



2025 U.S. NATIONAL CHAMPIONSHIPS

USA TAEKWONDO

INFORMATION PACKET

JULY 23 - 27

ONTARIO, CA

ONTARIO CONVENTION CENTER





2025 U.S. TAEKWONDO NATIONAL CHAMPIONSHIPS INFORMATION PACKET

WELCOME TO THE 2025 UNITED STATES TAEKWONDO NATIONAL CHAMPIONSHIPS

Welcome to the U.S. Taekwondo National Championships! The U.S. American Open Series and the 2025 State Championships will serve as the qualifying events for the 2025 U.S. Taekwondo National Championships, to be held in Ontario, California.

Key Points:

- All athletes who participate in one U.S. American Open will be eligible for the U.S. National Taekwondo Championships. *World Class Black Belt Athletes see Page 9 for US Citizenship Rule
- All athletes who earn a medal (Gold, Silver, or Bronze) in a USATKD State Championship will be eligible to compete in the National Championships.
 - Athletes may attend only 2 USATKD State Championships in 2025.
- All elite Sparring and Poomsae athletes who medal at the U.S. Taekwondo National Championships will be eligible for the Post Season and will be invited to compete in the 2025 U.S. Season Final. (World Class Divisions)
 - [2026 Elite Athletes Pathways](#)
- All aspiring Sparring and Poomsae athletes who medal at the U.S. Taekwondo National Championships will be eligible to compete at the 2025 USATKD Sport Festival held in conjunction with the 2025 U.S. Season Final.
 - [2026 Aspiring Athletes Pathways](#)
- The 2025 U.S. Taekwondo National Championships is classified as a Major Tournament on the US National Team Pathways and count towards winning Dominant Athlete Status
- Elite athletes that medal at the 2025 US Taekwondo National Championships is a step towards qualification for the 2026 USATKD Team Trials. See the [2026 Pathways](#) for more information.
 - Earning a gold medal at the 2025 U.S. Taekwondo National Championships qualifies you for the 2026 Team Trials.
- **IMPORTANT:** Any athletes who are unable to attend the competition after registration, please fill out the below online form to notify USATKD. This is to have the most accurate division timing for the competition.
 - [WITHDRAWAL FORM](#)



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HOST CITY/ACCOMMODATIONS

2025 U.S. Taekwondo National Championships

Ontario Convention Center Halls A&B

2000 E Convention Center Way

Ontario, California 91764

Hotel Reservations will be through [Group Housing](#)

[U.S. Taekwondo National Championships](#)



PROMOTER – EVENT RANKING

Promoter & Sanctioned By:

U.S.A. Taekwondo

Ranking:

18.0



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USATKD POINTS OF CONTACT

Christine Strong Simmons
Managing Director of Operations
cssimmons@usatkd.org

Katie Cleveland
Associate Director of Events
kcleveland@usatkd.org

Michael Newman
Events Assistant Manager
mnewman@usatkd.org

Mailing Address:
USATKD
1 Olympic Plaza
Colorado Springs, CO 80903



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- [Method of Competition & Competition Rules](#)
- [Team Trials Pathways and Procedures](#)
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- [USATKD Kyorugi Head Contact Rules](#)
- [Poomsae Divisions](#)
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- [Board Breaking Divisions](#)
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SCHEDULE OF EVENTS

Date	Event	Time	Division
July 1	Registration Deadline	12:00 PM MT	All Divisions
July 21	Designated Poomsae (Non-World Class)	11:59 PM MT	All Divisions
Tuesday July 22	Virtual Credentials sent via email, no in person check – in required	2 PM – 4 PM	<u>Sparring Weigh in Times</u> 2:00 PM – 4:00 PM Junior All Belts – Male/Female
	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Wednesday athletes must be weighed in by 4 PM		
Wednesday July 23	Doors Open	8:00 AM	All Athletes, Coaches, and Spectators
	<u>ATHLETES MUST BE IN PRE-STAGING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 8:15 AM)</u>		
Wednesday July 23	Competition Begins	8:30 AM	Division Order TBA After Registration Closes <u>Sparring Divisions</u> Junior All Belts – Male/Female <u>Poomsae</u> Under 30 Color Belts – Male/Female Pairs Black Belt – Under 30 – Male/Female Team Black Belt – Under 30 – Male/Female Freestyle Pairs Black Belt – 8-11, 17 & Under, 18 & Over Freestyle Team Black Belt – 8-11, 17& Under, 18 & Over <u>Demonstration Team</u>
	Virtual Credentials sent via email, no in person check – in required	10 AM – 4 PM	<u>Sparring Weigh in Times</u> 10:00 AM – 12:00 PM Tiger All Belts – Male/Female 12:00 PM – 2:00 PM Cadet Color Belts – Male/Female 2:00 PM – 4:00 PM <u>Under 21 World Championships Team Trial</u> Senior Color Belts – Male/Female
Wednesday July 23	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Thursday athletes must be weighed in by 4 PM		



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Date	Event	Time	Division
Thursday July 24	Doors Open	8:00 AM	All Athletes, Coaches, and Spectators
	<u>ATHLETES MUST BE IN PRE-STAGING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 8:15 AM)</u>		
	Competition Begins	8:30 AM	Division Order TBA After Registration Closes <u>Sparring</u> Under 21 World Championship Team Trial- Male/Female (DOB 2005-2008) Tiger All Belts – Male/Female Cadet Color Belts – Male/Female Senior Color Belts – Male/Female <u>Poomsae</u> Junior All Belts – Male/Female Under 30 Black Belts – Male/Female Under 40 Black Belts – Male/Female
	Virtual Credentials sent via email, no in person check – in required	10 AM – 12 PM	<u>Sparring Weigh in Times</u> 10:00 AM – 12:00 PM Senior World Class – Male/Female
	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Friday athletes must be weighed in by 12 PM		
Friday July 25th	Doors Open	8:00 AM	All Athletes, Coaches, and Spectators
	<u>ATHLETES MUST BE IN PRE-STAGING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 8:15 AM)</u>		
	Competition Begins	8:30 AM	Division Order TBA After Registration Closes <u>Sparring</u> Senior World Class Black Belt – Male/Female <u>Poomsae</u> Dragon All Belts – Male/Female Tiger All Belts – Male/Female Cadet Color Belts – Male/Female Pairs Black Belt Under 50 Team Black Belt Youth, Cadet, Junior, Under 50 – Male/Female Freestyle Black Belt 8-11, 17 & under, 18 & Over – Male/Female <u>Board Breaking</u> All Board Breaking Division – Male/Female



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Date	Event	Time	Division
Friday July 25	Virtual Credentials sent via email, no in person check – in required	10 AM – 2 PM	<u>Sparring Weigh In Times</u> 10:00 AM – 12:00 PM Cadet World Class – Male/Female 12:00 PM – 2:00 PM Ultra All Belts – Male/Female
	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Saturday athletes must be weighed in by 2 PM		
Saturday July 26	Doors Open	8:00 AM	All Athletes, Coaches, and Spectators
	<u>ATHLETES MUST BE IN PRE-STAGING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 8:15 AM)</u>		
	Competition Begins	8:30 AM	Division Order TBA After Registration Closes <u>Sparring</u> Cadet World Class Black Belt – Male/Female Ultra All Belts – Male/Female <u>Poomsae</u> Youth All Belts – Male/Female Under 40 Color Belts – Male/Female Under 50 All Belts – Male/Female Under 60 All Belts – Male/Female Under 65 All Belts – Male/Female Over 65 All Belts – Male/Female Over 70 All Belts – Male/Female Pairs Black Belt Youth, Cadet, Junior, Under 60, Over 60 Teams Black Belt Under 60 & Over 60 – Male/Female
	Virtual Credentials sent via email, no in person check – in required	10 AM – 12 PM	<u>Sparring Weigh In Times</u> 10:00 AM – 12:00 PM Dragon All Belts – Male/Female Youth All Belts – Male/Female Para All Belts – Male/Female
	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Sunday athletes must be weighed in by 12 PM		



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Date	Event	Time	Division
Sunday July 27	Doors Open	8:00 AM	All Athletes, Coaches, and Spectators
	<u>ATHLETES MUST BE IN PRE-STAGING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 8:15 AM)</u>		
	Competition Begins	8:30 AM	Division Order TBA After Registration Closes <u>Sparring</u> Dragon All Belts – Male/Female Youth All Belts – Male/Female Para All Belts – Male/Female <u>Poomsae</u> Cadet World Class Black Belt – Male/Female Para All Belts – Male/Female

ATHLETE REGISTRATION

Registration for all athletes will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. **There will not be any onsite registration for athletes.**

2025 U.S. Taekwondo National Championships Registration Deadline:

Registration deadline: July 1st, 2025, 12:00 PM, MST

THERE WILL BE NO LATE REGISTRATION.

USATKD HAS A NO REFUND POLICY.

All athletes must register and pay in full by the registration deadline. No exceptions will be made for not completing registration. If you are having trouble registering, please email mnewman@usatk.org for assistance.

How-To-Register for an Event

Once on the USATKD Sport80 page:

1. Click on “Events”, located on the left-hand side of the Home Page.
2. Search for U.S. Taekwondo National Championships.
3. Click on the “Enter Now” button for the U.S. Taekwondo National Championships registration.
4. Click the +Enter button next to the athlete’s name.
5. Follow the registration instructions on the site.

Tips For Successful Event Registration

Athletes must have their belt information in the belt section for their Sport80 profile. Missing belt information will prevent you from being able to select a division and register for any events.

*Black Belt Athletes: In addition to having a black belt listed in your profile, a copy of your black belt certificate must be uploaded into your Sport80 profile.



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*Athletes aged 18 and older: Must complete the U.S. Center for SafeSport course each year.

1. Log in to your USA Taekwondo Athlete profile on Sport80
2. Click “View Profile”
3. In the left navigation, click “Center for SafeSport Training”.
4. In the top right, select the +Access Training button and follow the prompts to select and complete the SafeSport – Core Training Course.
5. After completion, within 24 hours it will automatically validate that you completed the training on your Sport80 profile.

World Class Black Belt Athletes:

A copy of your U.S. Passport, U.S. Birth Certificate, or U.S. Naturalization must be uploaded into your Sport80 profile before being able to select/register for any events. These documents must be uploaded in the “Verification Document” section of your Sport80 profile.

Athlete Event Credentials:

Athletes will receive an event credential via email prior to the start of the tournament from Katie Cleveland, kcleveland@usatkd.org. This virtual credential will be the athlete’s credential for the event.

Athlete Check-In:

Poomsae athletes are automatically checked in for the competition when they receive their Virtual Event Credential. If you have not received your credential, please reach out to mnewman@usatkd.org to resend it. Sparring athletes are checked in when they weigh in during their scheduled weigh-in period. Any athlete who does not weigh in will be marked as “Disqualified”.

- **IMPORTANT:** Any athletes who are unable to attend the competition after registration, please fill out the below online form to notify USATKD. This is to have the most accurate division timing for the competition.
- [WITHDRAWAL FORM](#)

Under-21 World Championships Team Trials:

There will be a Team Trial conducted on Thursday July 24th for the probable Under-21 World Championships. The winners of each division will qualify to represent USATKD in the probable Under-21 World Championships held in 2025 in Nairobi, Kenya (Date TBD). The Under 21 Selection Procedures can be found [here](#). To receive an invitation for this division, please fill out the following online form [HERE](#)

The Under 21 Team Trial will serve as an additional division on top of the Event Entry Fee. See below for the athlete registration fees.

Athletes age 17-20 may register for Junior Sparring, Under-21 Team Trial, and Senior Sparring.

Please note that these events are on consecutive days, weigh in procedures will follow the below instructions

***If competing in Junior + U21 and/or Senior + U21, see the following for alternate weigh ins instructions**

- Athletes competing in Junior + U21 may weigh in at 7:30 AM on 7/23/25 for the U21 Division
- Athletes competing in Senior + U21 may weigh in at 7:30 AM on 7/24/25 for the Senior Division



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- And/or any athletes traveling from the World University Games in Germany will be eligible for alternate weigh in.

ATHLETE REGISTRATION FEES

Event Entry Fee	Credit Card Processing Fee	Price Per Division
\$190	\$5	\$30

COACHING REQUIREMENTS AND REGISTRATION

Registration for all coaches will be done through USATKD Sport80. All registrations must be completed by the registration deadline. There will not be any onsite registration for coaches.

2025 U.S. Taekwondo National Championships Registration Deadline: July 1st, 2025, 12:00 PM, MST

Profile Requirements to Register as a Coach for an Event:

- Upload a profile picture on your Sport80 profile.
- Have a current U.S.A. Taekwondo Membership on Sport80
- Have a current and valid Background Screen (valid through the final day of competition) (Ages 18+)
- Have a current and valid SafeSport Core Training (Valid through the final day of competition) (Ages 18+)
- Have either an [Associate Coach Course](#) completion in the discipline you want to coach and have it uploaded and validated on your Sport80 profile
- Please follow all steps on the following website to make sure your profile is complete; you will not be able to register until your profile is completed: <https://www.usatkd.org/coach-how-to-register-for-an-event>

Coaches must be an Associate Coach or Level 1 or higher to coach in the World Class Sparring & World Class Poomsae divisions at the National Championships or Season Final. Your coaching certification must be in the discipline you are coaching, i.e. Kyorugi, Poomsae, or both.

SafeSport – Background Checks (Coaches 18 and over)

Coaches (Ages 18+) are required to complete and pass a background check (every two years) and complete the U.S. Center for SafeSport Training (Every Year). The background check is conducted by a third-party system and can take anywhere from one week to one month to complete. Please initiate your background screening as soon as possible to ensure it is complete before the registration closes.

The SafeSport certification must be completed in your Sport80 Profile.

1. Log in to your USA Taekwondo Coaches profile via Sport80
2. Click “View Profile”
3. In the left navigation, click “Center for SafeSport Training”
4. In the top right, select the “+Access Training” button and follow the prompts to select and complete the SafeSport – Core Training Course



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Credential: All coach credentials must have a photo. These photos are taken from your profile picture on Sport80. COACH CREDENTIALS ARE NON-TRANSFERABLE.

USATKD HAS A NO REFUND POLICY

COACH REGISTRATION FEES

Entry Fee	Credit Card Processing Fee
\$80	\$5

QUALIFICATION

2025 U.S. Taekwondo National Championships Qualification

All athletes who receive a medal (Gold, Silver, Bronze) at a State Championship or all athletes who participate in an American Open tournament receive an invitation to the 2025 U.S. Taekwondo National Championships. Athletes may only attend two state championships of their choosing to qualify for the 2025 National Championships.

***Athletes who compete at a State Championship with 1300 athletes registered AND within a division of at least 10 athletes who participate, the top 8 athletes will qualify for the National Championships.**

All athletes who participate at an American Open will receive an invitation to compete at the 2025 U.S. Taekwondo National Championships. Participation is defined as registering for the tournament, (if sparring) weigh in, step on the mat to compete and earn a placement in your division. **World Class Black Belt athletes must also be US Citizens to compete in the World Class division at the 2025 U.S. Taekwondo National Championships.**

Belt Qualification Rule: All athletes will be eligible to compete at the 2025 U.S Taekwondo National Championships in the belt they currently hold.

Color Belts: All athletes in Dragon, Tiger, Youth, Cadet Color Belt, Junior Color Belt, Senior Color Belt and Ultra Divisions will be allowed to move weight classes from the weight class they qualified for at States, Regionals, or Nationals. However, it is strongly encouraged to make the weight they “qualified” in or move up one weight class.

World Class Black Belts: All world class black belt athletes in the Cadet, Junior, and Senior age divisions must compete in the weight class they qualified in or one weight class higher at States or American Open for the 2025 U.S. Taekwondo Nationals Championship. Any athlete who is found to have registered in a weight class they do not qualify for will be re-registered into the division they qualify for and receive an email acknowledging the change.

For example, if an athlete qualifies in the “Fly” weight class they must compete in that weight class or the “Bantam” weight class which is one above. The athlete may not move down to the “Fin” weight class.



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World Class Black Belt Weight Changes are allowed prior to the registration deadline for the 2025 U.S. Taekwondo National Championships. **Onsite weight changes are not permitted for World Class athletes.**

Age Qualification: USATKD uses the date December 31 of the given year to determine the competition age for all athletes. EX. A 14-year-old athlete turns 15 years old on September 27th, meaning they would compete as a 15-year-old athlete for all events during the calendar year.

WEIGH IN, WEIGHT CHANGES, BELT CHANGES, & BRACKETING

Weigh In Rules:

1. A competitor's weight shall be measured the day prior to their competition day. All competitors must weigh-in during the designated times on the schedule.
2. A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh in attempt is granted within the scheduled time period. A scale, one that is calibrated the same as the official scale, will be provided in the weigh in area as a test scale so that athletes can check prior to stepping on the Official Scale.
3. Before stepping on the Official Scale, athletes are required to show their valid ID and their virtual athlete credential.
4. Any irregular action by the athlete or their coach during the weigh-in process may result in disqualification from the event.
5. Weigh in for adult athletes 18 years old and older, for both male and female, shall be taken in the official V-neck uniform, or, if a contestant wishes, weigh-in may be done in underpants for adult male athletes and underpants and bra for adult female athletes. **Under no circumstances may an athlete weigh-in in the nude in the United States.**
6. Minor athletes who are 17 years old or younger must weigh-in wearing clothing or Dobok ONLY. Minor athletes will be given a 0.2kg allowance for clothing. One parent or guardian of the same sex will be allowed in the weigh-in room with their child.
7. Phones are NOT ALLOWED in the weigh in area unless being used to show virtual credentials. Pictures and/or videos are absolutely not allowed to be taken while in the weigh in area.

Weight, Belt and Division Changes:

Non-World Class Weight Changes Must Be Made Before Stepping on The Official Scale.

NO EXCEPTIONS.

Athletes can change weight classes through the final registration deadline at no additional fee. If an athlete would like to change their weight class before the final registration deadline, they must email mnewman@usatk.org. After the final registration deadline, all weight changes must be made onsite at the Registration Desk. Any weight changes at the tournament will incur a \$50.00 fee.



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***WORLD CLASS SENIOR, JUNIOR, AND CADET AGE ATHLETES MAY NOT CHANGE THEIR WEIGHT AFTER THE REGISTRATION DEADLINE OF JULY 1ST AT 12:00 PM MST.**

Belt and Division Changes:

Athletes can change their belt color or division through the final registration deadline. After the final registration deadline, athletes must compete in the division or belt color they have registered for.

Athletes will not be able to change their belt color or divisions onsite at the competition.

Under-21 Team Trial weigh in instructions if competing in both Junior + U21 or Senior + U21.

***If competing in only the Under-21 Team Trial, please follow the weigh in schedule on pages 6-9.**

***If competing in Junior + U21 and/or Senior + U21, see the following for alternate weigh ins instructions**

- Athletes competing in Junior + U21 may weigh in at 7:30 AM on 7/23/25 for the U21 Division
- Athletes competing in Senior + U21 may weigh in at 7:30 AM on 7/24/25 for the Senior Division

METHOD OF COMPETITION & COMPETITION RULES

Athletes must wear the appropriate uniforms for sparring and/or poomsae. Click Here to view the uniform requirements: [Dobok & Equipment Standards for 2025 Events](#)

The current competition rules for all divisions will be used. To view the current version, go to:

<https://www.usatkd.org/usatkd-competition-rules>

Bracketing and Seeding: Seeding will be done for all sparring and poomsae divisions based off the most recently posted [U.S. National Rankings](#).

Sparring – A single elimination format will be applied to all sparring divisions.

- [Sparring Weight Categories](#)
- [USATKD Kyorugi Head Contact Rules](#)

World Class Poomsae - will be seeded into brackets for new head-to-head rules.

Non-World Class Poomsae – Non-World Class poomsae divisions will be seeded for the first round according to the [USATKD National Rankings](#)

- [Poomsae Divisions](#)
- [Compulsory Poomsae](#)
- [Designated Poomsae](#)

Estimated Report Times will be posted prior to the event after the final registration deadline has closed.

Official Report times and brackets will be posted the night before after weigh-ins have concluded on the [USATKD.org](#) website.

Designated Poomsae for the event will be posted on the [USATKD.org](#) website.

Freestyle Poomsae divisions of 12 athletes or larger will go straight to a final and not perform a semi-final.



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BOARD BREAKING & DEMO TEAM

Board Breaking:

Participants may only use purchased boards through Visions USA. Boards will be sold onsite at the event. Athletes 9 years old and younger will use ¼ inch boards, athletes ages 10-14 years old will use ½ inch boards, and athletes 15 years old and older will use 1-inch boards.

[Board Breaking Rules and Divisions](#)

Board Breaking Holders: Athletes are responsible for providing their own board holders. Any board holder who is 18 + must complete the SafeSport Core Training Course through Sport80 prior to receiving their board holder credential. Athletes and/or their board holders can obtain a board holding credential at the Registration Desk on the day of competition for that division. This credential will only be valid for the day of the competition and must be returned to the Registration Desk after the division has been completed.

Demo Team:

Demo Team is open to all athletes who meet the age and belt requirements. There is no qualification required for this division.

[Demo Team Rules & Division](#)

SPECTATOR TICKETS & MEDICAL

Event Spectator Tickets: All spectator tickets are purchased online through [Showpass](#). Onsite at the event, admission wristbands will be handed out in exchange for your online ticket confirmation. Wristbands must be worn at all times and are good for the day that they were purchased for. Onsite ticket sales will be sold online only.

SPECTATOR TICKETS

Event Ticket	Online Ticket Price With Fees
All Weekend Adult Pass	\$90
All Weekend Child Pass	\$65
All Weekend Senior (65+) Pass	\$75
3-Day Adult Pass	\$56
3-Day Child Pass	\$41
3-Day Senior (65+) Pass	\$47
Single Day Adult	\$20
Single Day Child	\$15
Single Day Senior (65+)	\$17
Children 5 & under	FREE

Medical

Sports Med Staff will be ringside and in the medical tent to provide injury and illness care for all participants. Please remember when taping ankles or instep pads, competitors must comply with the rules set forth by the WT and USATKD



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AWARDS

Sparring: Medals will be given out to the top 4 athletes, in the respective divisions and weight categories.

Poomsae: Medals will be given out to the top 4 individuals, pairs (co-ed), and teams in the respective divisions. For those World Class Poomsae Team divisions, where an alternate has registered, the athlete will receive a medal if they have participated in the event. USATKD defines participation as check-in, stepping on the mat, and competing in front of judges.

Creative Events (Board Breaking and Demonstration Team): Medals will be given out to the top 4 athletes for board breaking and the top 4 Demonstration Teams, in their respective divisions in Board Breaking and Demonstration Team.

INDIVIDUAL AWARDS

1 ST PLACE	GOLD MEDAL
2 ND PLACE	SILVER MEDAL
3 RD PLACE	BRONZE MEDAL
3 RD PLACE	BRONZE MEDAL

MEDIA RELEASE

I hereby agree to be filmed, videotaped and photographed, and to have my name, image, picture, likeness, voice and biographical information otherwise recorded, in any media, by USA Taekwondo (USATKD) and its official photographers, film crews and video crews, and by any other entity authorized by USA Taekwondo (the “Footage”).

I hereby grant the USA Taekwondo and its assigns the irrevocable, perpetual, fully paid-up, worldwide right and license to use, and to authorize third parties to use, in all media, the Footage for: (1) news and information purposes, (2) promotion of me and the specific competition(s) in which I compete, (3) promotion of the USA Taekwondo Teams, and (4) promotion of USA Taekwondo (including, but not limited to in videos, blogs, episodes, shows or other promotions distributed digitally through a USA Taekwondo YouTube Channel) without the need to seek any further consent from me.

I acknowledge and agree that the programming in which the Footage is used, and the media through which the Footage is distributed, may contain advertising and sponsorships; provided that, in no event may USA Taekwondo use or authorize the commercial use of the Footage in any manner that would imply my endorsement of any company, product, or service, without my written permission. My permission will not be unreasonably withheld, delayed or conditioned provided that the proposed commercial association does not create sponsor conflicts for me.

USA Taekwondo may edit my appearance as it sees fit. USA Taekwondo shall have all rights, title and interest in any and all results and proceeds from usage of the Footage. USA Taekwondo is not obliged to make any use of my performance or exercise any of the rights granted by this Release.