



2024

**U.S. NATIONAL
TAEKWONDO
CHAMPIONSHIPS**

**JULY 04-07
FT. WORTH, TEXAS
FT. WORTH CONVENTION CENTER**



WELCOME TO THE 2024 UNITED STATES TAEKWONDO NATIONAL CHAMPIONSHIPS

Welcome to the U.S. Taekwondo National Championships! The U.S. Regional TKD Qualifier Series and the 2024 State Championships will serve as the qualifying events for the 2024 U.S. Taekwondo National Championships, to be held in Fort Worth, Texas.

Key Points:

- All athletes who participate in the U.S. Regional TKD Qualifier Series will be eligible for the U.S. National Taekwondo Championships.
- All athletes who earn a Gold or Silver medal in the State Championship will be eligible to compete in the National Championships.
- All Sparring and Poomsae athletes who medal at the U.S. Taekwondo National Championships will be eligible for the Post Season and compete in the U.S. Season Final.
- The 2024 U.S. Taekwondo National Championships is classified as a Major Tournament on the National Team Pathways and count towards winning Dominant Athlete Status.

HOST CITY/ACCOMMODATIONS

2024 U.S. Taekwondo National Championships
Fort Worth Convention Center Arena + Halls A/B
1201 Houston Street,
Fort Worth, Texas 76102

Hotel Reservations will be through [Group Housing](#)
[U.S. Taekwondo National Championships](#)



PROMOTER – EVENT RANKING

Promoter & Sanctioned By:
U.S.A. Taekwondo

Ranking:
16.0





USATKD POINTS OF CONTACT

Christy Simmons

Managing Director of Events & Member Programs

cssimmons@usatkd.org

Katie Cleveland

Senior Events Manager

kcleveland@usatkd.org

Michael Newman

Events Assistant Manager

mnewman@usatkd.org

Mailing Address:

USATKD

1 Olympic Plaza

Colorado Springs, CO 80903



TABLE OF CONTENTS

Page 2 ... Introduction, Host City, Event Ranking

Page 3 ... USATKD Points of Contact

Page 4 ... Table of Contents

Page 5-7 ... Schedule of Events

Page 8-9 ... Athlete Registration

Page 9-10 ... Coach Registration

Page 10-11 ... Qualification Information

Page 11-12 ... Weigh in, Weight Changes, Belt Changes, Bracketing + Seeding

Page 12 ... Method of Competition

Page 12 ... Board Breaking + Demo Team Info

Page 13 ... General Information: Spectator Tickets + Medical Information + Awards

WEBSITE LINKS

- [How-To-Register as an Athlete](#)
- [How-To-Register as a Coach](#)
- [Method of Competition & Competition Rules](#)
- [Team Trials Pathways and Procedures](#)
- [Dobok & Equipment Standards for 2024 Events](#)
- [Sparring Weight Categories](#)
- [USATKD Kyorugi Head Contact Rules](#)
- [Poomsae Divisions](#)
- [Compulsory Poomsae](#)
- [Designated Poomsae](#)
- [Board Breaking Divisions](#)
- [Demo Team Division](#)



SCHEDULE OF EVENTS

Date	Event	Time	Division
June 13	Registration Deadline	11:59 PM MT	All Divisions
July 1	Designated Poomsae	11:59 PM MT	All Divisions
Tickets Sales Online Only Through Showpass			
July 3	All athletes will be checked in automatically and will receive a virtual credential via email. *(No in person check-in required)	1 PM – 4 PM	<p style="text-align: center;"><u>Sparring Weigh in Times</u> 1:00 PM – 2:30 PM Junior Color Belts – Male/Female Ultra All Belts – Male/Female</p> <p style="text-align: center;">2:30 PM – 4:00 PM Junior World Class – Male/Female</p>
	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Friday athletes must be weighed in by 4 PM		
July 4	Doors Open	7:30 AM	Divisions TBA
	<u>ATHLETES MUST BE IN HOLDING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 7:30 AM)</u>		
	Competition Begins	8:00 AM	<p style="text-align: center;">Division Order TBA After Registration Closes</p> <p style="text-align: center;"><u>Sparring Divisions</u> Junior World Class – Male/Female Junior Color Belts – Male/Female Ultra All Belts – Male/Female</p> <p style="text-align: center;"><u>Board Breaking</u> Ultra All Belts – Male/Female Senior All Belts – Male/Female</p> <p style="text-align: center;"><u>Demo Team</u> <u>Poomsae</u> Under 30 Color 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 – Under 30, Over 30, Over 50 – Male/Female Team Black Belt – Over 50 – Male/Female Freestyle Pairs Black Belt – 17 & Under, 18 & Over Freestyle Team Black Belt – 17& Under, 18 & Over</p>



2024 U.S. TAEKWONDO NATIONAL CHAMPIONSHIPS
INFORMATION PACKET

Date	Event	Time	Division
July 4	All athletes will be checked in automatically and will receive a virtual credential via email. *(No in person check-in required)	12 PM – 3 PM	<p align="center"><u>Sparring Weigh in Times</u> 12:00 PM - 1:30 PM Tiger All Belts – Male/Female Senior Color Belts – Male/Female</p> <p align="center">1:30 PM – 3:00 PM Dragon All Belts – Male/Female Cadet Color Belts – Male/Female</p>
	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Friday athletes must be weighed in by 3 PM		
July 5	Doors Open	6:30 AM	Divisions TBA
	<u>ATHLETES MUST BE IN HOLDING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 6:30 AM)</u>		
	Competition Begins	7:00 AM	<p align="center">Division Order TBA After Registration Closes</p> <p align="center"><u>Sparring</u> Tiger All Belts – Male/Female Dragon All Belts – Male/Female Cadet Color Belts – Male/Female Senior Color Belts – Male/Female</p> <p align="center"><u>Board Breaking</u> Cadet All Belts – Male/Female Junior All Belts – Male/Female</p> <p align="center"><u>Poomsae</u> Cadet Black Belts – Male/Female Junior All Belts – Male/Female Under 30 Black Belts – Male/Female Under 40 Black Belts – Male/Female</p>
All athletes will be checked in automatically and will receive a virtual credential via email. *(No in person check-in required)	12 PM – 3 PM	<p align="center"><u>Sparring Weigh in Times</u> 12:00 PM – 1:30 PM Senior World Class – Male/Female</p> <p align="center">1:30 PM – 3:00 PM Youth All Belts – Male/Female</p>	
Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Friday athletes must be weighed in by 3 PM			



2024 U.S. TAEKWONDO NATIONAL CHAMPIONSHIPS
INFORMATION PACKET

Date	Event	Time	Division
July 6	Doors Open	7:30 AM	Divisions TBA
	<u>ATHLETES MUST BE IN HOLDING AT THEIR POSTED REPORT TIMES ON THE USATKD WEBSITE (STARTING AT 7:30 AM)</u>		
	Competition Begins	8:00 AM	Division Order TBA After Registration Closes <u>Sparring</u> Senior World Class Black Belt – Male/Female Youth All Belts – Male/Female <u>Board Breaking</u> Dragon All Belts – Male/Female Tiger All Belts – Male/Female <u>Poomsae</u> Dragon All Belts – Male/Female Tiger All Belts – Male/Female Cadet Color Belts – Male/Female Team Youth Black Belt – Male/Female Team Under 30 & Over 30 Black Belt – Male/Female Team Cadet & Junior Black Belt – Male/Female Freestyle Black Belt Youth, 17 & under, 18 & Over – Male/Female
July 6	All athletes will be checked in automatically and will receive a virtual credential via email. *(No in person check-in required)	12 PM – 5 PM	<u>Sparring Weigh In Times</u> 12:00 PM – 5:00 PM Cadet World Class – Male/Female Cadet Grassroots Black Belt – Male/Female Para All Belts – Male/Female
	Coach Credential Pick Up, Athlete Weigh-in, and Athlete Weight Changes *All Friday athletes must be weighed in by 3 PM		
July 7	Competition Begins	8:00 AM	Division Order TBA After Registration Closes <u>Sparring</u> Cadet World Class Black Belt – Male/Female Cadet Grassroots Black Belt – Male/Female Para All Divisions – All Belts – Male/Female <u>Board Breaking</u> Youth All Belts – Male/Female <u>Poomsae</u> Youth All Belts – Male/Female Pairs Youth, Cadet, & Junior Black Belts Para All Divisions – All Belts Freestyle Pairs Black Belt – Youth Freestyle Teams Black Belt – Youth



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.**

2024 U.S. Taekwondo National Championships Registration Deadline:

Registration deadline: June 13th, 2024, 11:59 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@usatkd.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 within 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.

*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.



2024 U.S. TAEKWONDO NATIONAL CHAMPIONSHIPS INFORMATION PACKET

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”.

ATHLETE REGISTRATION FEES

Event Entry Fee	Credit Card Processing Fee	Price Per Division
\$185	\$5	\$29

COACHING REQUIREMENTS AND REGISTRATION - CIDP

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.

2024 U.S. Taekwondo National Championships Registration Deadline: June 13th, 2024, 11:59 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 or Level 1 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>



2024 U.S. TAEKWONDO NATIONAL CHAMPIONSHIPS INFORMATION PACKET

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 and 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

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

2024 U.S. Taekwondo National Championships Qualification

All athletes who receive a gold or silver medal at a State Championship or all athletes who participate in a Regional TKD Qualifier tournament receive an invitation to the 2024 U.S. Taekwondo National Championships.

Belt Qualification Rule: All athletes will be eligible to compete at the 2024 U.S Taekwondo National Championships and the 2024 U.S. Season Final at the current belt in which they hold.

Color Belts: All athletes in Dragon, Tiger, Youth, Cadet Grassroots, 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 Regionals for the 2024 U.S. Taekwondo Nationals Championship. Any athlete who is found to have registered in a weight class they do not



2024 U.S. TAEKWONDO NATIONAL CHAMPIONSHIPS INFORMATION PACKET

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.

World Class Black Belt Weight Changes are allowed prior to the registration deadline for the 2024 U.S. Taekwondo National Championships. Onsite weight changes are not permitted for World Class athletes.

Sparring and Poomsae athletes that medal (gold, silver, or bronze) at the 2024 U.S. Taekwondo National Championships will qualify for the U.S. Season Final in Tulsa, Oklahoma September 20-22, 2024.

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.

If you would like to petition to compete in the US Taekwondo National Championships due to an injury or other outstanding circumstance, please fill out the below form:

[National Championship Petition](#)

WEIGH IN, WEIGHT CHANGES, BELT CHANGES, & BRACKETING

Weigh in times will be scheduled beforehand (see the Schedule on Pages 4, 5 & 6). All participants must provide a valid ID to weigh-in. There is no exception to this policy. Valid ID can be any of the following: Government Issued ID, School ID, GAL, military ID or Passport. If the athlete is a minor and does not have a Valid ID, then they are allowed to provide a copy of the athlete’s birth certificate.

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 the same as the official scale, will be provided in the weigh in area as a test scale so that athletes can check before they step 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 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.**



2024 U.S. TAEKWONDO NATIONAL CHAMPIONSHIPS INFORMATION PACKET

- 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. Pictures are not allowed in the weigh-in rooms.

Weight Changes and Belt Changes:

All Weight and Belt 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@usatkd.org. After the final registration deadline, all weight changes must be made onsite at the Registration Desk. Any weight changes after the final registration deadline will incur a \$50.00 administrative fee.

Athletes can change their belt color through the final registration deadline at no additional fee. If an athlete would like to change their belt color before the competition is set to begin, they must email mnewman@usatkd.org by Tuesday June 25th at 12:00 PM MST.

Athletes will not be able to change their belt color or change from Grassroots to World Class onsite.

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 2024 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](#)

Poomsae – All 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.



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](#)

GENERAL INFORMATION

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	\$70.60
All Weekend Child Pass	\$49.51
3-Day Adult Pass	\$54.78
3-Day Child Pass	\$38.96
Single Day (Adult 18+)	\$21.02
Single Day (Child 6-17)	\$15.76
Children 5 & under	FREE



2024 U.S. TAEKWONDO NATIONAL CHAMPIONSHIPS INFORMATION PACKET



Delta Air Lines is pleased to offer special discounts for **USA Taekwondo**

You may also call Delta Meeting Network® at 1.800.328.1111* Monday–Friday, 8:00 a.m. – 6:30 p.m. (EST) and refer to Meeting Event Code **NM3CA**

**Please note there is not a service fee for reservations booked and ticketed via our reservation 800 number.*

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

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 right, 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.