



**16-18**  
**FEBRUARY**

**RENO, NV**  
**RENO SPARKS CONVENTION CENTER**



One Olympic Plaza  
Colorado Springs, CO 80909  
719-866-2423  
[www.usatkd.org](http://www.usatkd.org)



## PROMOTER

USATKD  
One Olympic Plaza  
Colorado Springs, Colorado 80909  
1-719-866-2423

## SANCTIONED BY

World Taekwondo  
10th Floor, Booyoung Taepyeong Building 55, Sejong-daero, Jung-gu, Seoul Republic of Korea  
04513

Pan American Taekwondo Union  
General Guadalupe Victoria 214, Zona Centro, 20000 | Aguascalientes, Mexico  
[events@panamericantaekwoundunion.org](mailto:events@panamericantaekwoundunion.org)

## ORGANIZER

USATKD  
One Olympic Plaza  
Colorado Springs, Colorado 80909  
1-719-866-2423

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## VENUE

Reno-Sparks Convention Center  
4590 S Virginia Street  
Reno, Nevada 89502

## ACCOMMODATION

### Hotel accommodation

All accredited club/teams participating at the event are strongly recommended to book their hotel accommodation via the Organizing Committee in the Official Hotels through <https://groups.reservetravel.com/group.aspx?id=72578>

## REGISTRATION & CREDENTIALS

February 16-18, 2024  
Reno-Sparks Convention Center  
4590 S Virginia Street  
Reno, Nevada 89502

## BRACKETS & REPORT TIMES

Kyorugi brackets and report times will be published after the weigh ins conclude the day prior to competition on the [USATKD website](#) and [Facebook](#) page.

## SEEDING

World Taekwondo Kyorugi World Rankings will be in force.  
Seeding will be done for Senior divisions. All other kyorugi divisions will not be seeded.

## HEAD OF TEAM MEETING

There will not be a Head of Team meeting.

## COMPETITION RULES

[WT Competition Rules](#) will be used for the Ultra, Senior, Junior, and Cadet divisions. Youth (10-11), Tiger (8-9), and Dragon (6-7) divisions will use the [USATKD Kyorugi Rules](#) safety rules. **Cadets will NOT use height/weight divisions.**

Single elimination brackets.

All divisions will be best two out of three rounds.

## EQUIPMENT

### **PSS – system**

Daedo International Generation 2, with electronic headgear are provided by the OC for all divisions. Athletes must bring their own Daedo socks.

### **Mats**

WT recognized mats will be used at the event.

### **Dobok and protective equipment**

Athletes can only use WT recognized products (ie. Gloves, Arm Gear, etc) while participating at the event. See a list of recognized products [here](#).

## WEIGH-IN

If an athlete makes a weight category change within the registration period, it will be free. If the athlete needs to make a weight change after registration is closed, they will be charged \$50 USD onsite at weigh-in.

A competitor's weight shall be measured the day prior to his/her competition day. All competitors must weigh-in during the designated times on the schedule.

A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the time limit. So as not to be disqualified during official weigh-in, a scale, the same as the official one, shall be provided at the convention center as a test scale.

Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.

Weigh in, for both male and female shall be taken in the official V-neck uniform, or, if a contestant over the age of 18 wishes, weigh-in may be done in underpants for male and underpants and bra for female contestants. ***Under NO circumstances may an athlete weigh-in in the nude in the United States.***

*\*Athletes in the Youth (10-11), Cadet (12-14) and Junior (15-17) division will weigh-in clothing or dobok ONLY. Athletes will be given a 0.2kg cushion for clothing.*

RANDOM WEIGH IN: All G-2 Kyorugi Senior competitors are subject random weigh-in, except for the Male +87kg and Female +73kg divisions. The random weigh-in list will be posted at 5:30 a.m. the morning of competition. Should a contestant that is selected for the random weigh-in fail to appear, he/she will be disqualified. The random weigh-in shall be conducted with +5% of the contestant's weight category.

All participants must provide a valid ID to weigh-in. There will be no exception to this policy. A valid ID can be any of the following: school ID, state issued ID, GAL, or passport. If the athlete is a minor and does not have a valid ID, then the parent/legal guardian must provide a copy of their birth certificate.

## ATHLETE ELIGIBILITY REQUIREMENTS

Holder of a valid WT Global Athlete License.

1. Member of the team/club of a pertinent Member National Association, recognized by the Pan American Taekwondo Union or World Taekwondo.
2. Holder of 1st Dan/Poom and above (WT regulations)

**NO ONSITE REGISTRATION WILL BE ACCEPTED FOR ATHLETES**

## COACH ELIGIBILITY REQUIREMENTS

- Minimum age of 18 years.
- Holder of a valid WT Global Official License.
- Coaches are not allowed to wear a Dobok while coaching.

Coaches are required to have at minimum a World Taekwondo Level I Coach certification. Any member that cannot provide proof of a WT coach certification will not be allowed to coach at this tournament.

For Access to the WT Level I Coach Certification course please visit:

<https://worldtkd.simplycompete.com/courses?pageNumber=1&itemsPerPage=12&courseType=all&isArchived=false&isOffline=>

If you are coaching both Kyorugi and Poomsae, you will only need to register as a sparring coach.

Attire

All coaches are required to wear a sport coat for the semi-final and final rounds. No type of hat/cap is allowed.

### **USA Coaches**

USA Coaches are required to complete and pass a background check (every two years), complete the U.S. Center for SafeSport training (every year).

The SafeSport and background check can be completed from your [Sport80](#) profile.

First Time SafeSport - <https://sport80.zendesk.com/hc/en-us/articles/360054619112-How-do-I-take-SafeSport-core-training->

SafeSport Refreshers - <https://sport80.zendesk.com/hc/en-us/articles/360054619252-How-do-I-take-a-SafeSport-refresher-course->

These will update automatically every 24 hours if you follow the link through your [Sport80](#) profile.

**NO ONSITE REGISTRATION WILL BE ACCEPTED FOR COACHES**

## KYORUGI DIVISIONS

All divisions are black belt only.

<b>ULTRA SPARRING (33-45 AND 46 &amp; OVER) BEST 2 OUT OF 3 ROUNDS, 1 MINUTE</b>		
Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fly	Not exceeding 58 kg	Not exceeding 49 kg
Light	Over 58 kg & Not exceeding 68 kg	Over 49 kg & Not exceeding 57 kg
Middle	Over 68 kg & Not exceeding 80 kg	Over 57 kg & Not exceeding 67 kg
Heavy	Over 80kg	Over 67 kg

<b>SENIOR SPARRING DIVISIONS (17-32) BEST 2 out of 3 ROUNDS, 2 MINUTES</b>		
Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 54kg	Not exceeding 46kg
Fly	Over 54kg & Not exceeding 58kg	Over 46kg & Not exceeding 49kg
Bantam	Over 58kg & Not exceeding 63kg	Over 49kg & Not exceeding 53kg
Feather	Over 63kg & Not exceeding 68kg	Over 53kg & Not exceeding 57kg
Light	Over 68kg & Not exceeding 74kg	Over 57kg & Not exceeding 62kg
Welter	Over 74kg & Not exceeding 80kg	Over 62kg & Not exceeding 67kg
Middle	Over 80kg & Not exceeding 87kg	Over 67kg & Not exceeding 73kg
Heavy	Over 87kg	Over 73kg

<b>JUNIOR SPARRING DIVISIONS (15-17) BEST 2 out of 3 ROUNDS, 1 MINUTE 30 SECONDS</b>		
Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 45kg	Not exceeding 42kg
Fly	Over 45kg & Not exceeding 48kg	Over 42kg & Not exceeding 44kg
Bantam	Over 48kg & Not exceeding 51kg	Over 44kg & Not exceeding 46kg
Feather	Over 51kg & Not exceeding 55kg	Over 46kg & Not exceeding 49kg
Light	Over 55kg & Not exceeding 59kg	Over 49kg & Not exceeding 52kg
Welter	Over 59kg & Not exceeding 63kg	Over 52kg & Not exceeding 55kg
Light Middle	Over 63kg & Not exceeding 68kg	Over 55kg & Not exceeding 59kg
Middle	Over 68kg & Not exceeding 73kg	Over 59kg & Not exceeding 63kg
Light Heavy	Over 73kg & Not exceeding 78kg	Over 63kg & Not exceeding 68kg
Heavy	Over 78kg	Over 68kg



<b>CADET SPARRING DIVISIONS (12-14)</b>		
<b>BEST 2 out of 3 ROUNDS, 1 MINUTE 30 SECONDS</b>		
<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 33kg	Not exceeding 29kg
Fly	Over 33kg & Not exceeding 37kg	Over 29kg & Not exceeding 33kg
Bantam	Over 37kg & Not exceeding 41kg	Over 33kg & Not exceeding 37kg
Feather	Over 41kg & Not exceeding 45kg	Over 37kg & Not exceeding 41kg
Light	Over 45kg & Not exceeding 49kg	Over 41kg & Not exceeding 44kg
Welter	Over 49kg & Not exceeding 53kg	Over 44kg & Not exceeding 47kg
Light Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Light Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg

<b>YOUTH SPARRING DIVISIONS (10-11)</b>		
<b>BEST 2 out of 3 ROUNDS, 1 MINUTE</b>		
<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 30kg	Not exceeding 30kg
Light	Over 30kg & Not exceeding 35kg	Over 30kg & Not exceeding 35kg
Middle	Over 35kg & Not exceeding 40kg	Over 35kg & Not exceeding 40kg
Heavy	Over 40kg	Over 40kg

<b>TIGER SPARRING DIVISIONS (8-9)</b>		
<b>BEST 2 out of 3 ROUNDS, 1 MINUTE</b>		
<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 21kg	Not exceeding 21kg
Light	Over 21kg & Not exceeding 25kg	Over 21kg & Not exceeding 25kg
Middle	Over 25kg & Not exceeding 30kg	Over 25kg & Not exceeding 30kg
Heavy	Over 30kg	Over 30kg

<b>DRAGON SPARRING DIVISIONS (6-7)</b>		
<b>BEST 2 out of 3 ROUNDS, 1 MINUTE</b>		
<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 19kg	Not exceeding 19kg
Light	Over 19kg & Not exceeding 23kg	Over 19kg & Not exceeding 23kg
Middle	Over 23kg & Not exceeding 27kg	Over 23kg & Not exceeding 27kg
Heavy	Over 27kg	Over 27kg

## REGISTRATION & FEES

Entries will only be accepted through the WT GMS online registration system Simply Compete.

Registration of athletes and coaches is only possible with a valid WT Global License (GAL issued by assigned GMS club, Edition and MNA Administrators only). All athletes and coaches must register through the WT online registration system. There will be no onsite registration.

<https://worldtkd.simplycompete.com/>

ATHLETES		
DEADLINE	ONE DIVISION	TWO DIVISIONS
February 1	\$150	\$200
COACHES		
DEADLINE	FEE	
February 1	\$80	

## PAYMENT ENTRY

All entry fees shall be paid in advance to USATKD through Simply Compete registration system. **PAYMENT FOR REGISTRATION WILL NOT BE ACCEPTED ON SITE.** If a wire transfer needs to be done directly to USA Taekwondo due to national policies of MNA, please refer to the following info:

Beneficiary: USA Taekwondo  
Name of the bank: Wells Fargo  
Account Number: 1690251853  
Routing Number: 102000076  
BIC/SWIFT: WFBIUS6S  
Bank address: 90 S Cascade Ave. Colorado Springs, CO 80903

**SUBMIT A COPY OF YOUR PAYMENT TO:** [ewininger@usatkd.org](mailto:ewininger@usatkd.org).

**Athletes and coaches must pay IN FULL by the registration deadline to compete.**

USATKD has a NO REFUND policy.

## CREDENTIALS

All athletes must come to the registration desk to receive their credentials. Credentials can be picked up during the designated registration desk times.

All coaches will receive a physical credential onsite at the event. Please come to the registration desk for pickup during the designated registration times.



## VISA REQUEST

The visa invitation letter for each registered individual will be automatically generated from WT GMS platform if the visa is requested during the registration for the event. All members who need an entry visa to the USA must be registered for the event in GMS. You must then use this letter to apply for your or your team member's visa.

If you need assistance with a Visa letter you can email [kcleveland@usatkd.org](mailto:kcleveland@usatkd.org).

## AWARDS

INDIVIDUAL AWARDS	
1 <sup>st</sup> Place	Gold Medal
2 <sup>nd</sup> Place	Silver Medal
3 <sup>rd</sup> Place	Bronze Medal
3 <sup>rd</sup> Place	Bronze Medal

TEAM AWARDS	
1 <sup>st</sup> Place	7 points
2 <sup>nd</sup> Place	3 points
3 <sup>rd</sup> Place	1 point
3 <sup>rd</sup> Place	1 point

Team awards will be given out to the top three (3) teams in each of the Men's and Women's Kyorugi per medalist.

Other awards

Best Male and Best Female athlete in the Senior Kyorugi Division

Best Male and Female Kyorugi International Referees

Best Male and Female Kyorugi Team Coach.

Awards will be determined and awarded after the conclusion of the final day of the Senior Sparring Divisions.

## ANTI-DOPING

### Applicable medical rules

The WT Medical Code, WT mouthguard, bracing, taping, padding, and piercing rules are applicable, which all MNAs participating in this event must comply.

### Applicable doping rules

The WT Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests will be conducted among all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event.

### Therapeutic Use Exemption

Athletes who take any substance or medicine listed in the “Prohibited List” of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to submit TUE applications via ADAMS, together with the required medical information. Otherwise, please download the TUE Application Form (found on <https://ita.sport/TUE>), and once duly completed and signed, send it together with the required medical file to [tue@ita.sport](mailto:tue@ita.sport). Report TUE applications also to the WT Sport Department via [antidoping@worldtaekwondo.org](mailto:antidoping@worldtaekwondo.org) by no later than 15 January 2022.

### **ADAMS login**

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or [tue@ita.sport](mailto:tue@ita.sport) with copy to [antidoping@worldtaekwondo.org](mailto:antidoping@worldtaekwondo.org)

For more details, please visit.

<http://www.wada-ama.org/en/ADAMS/>

[http://www.worldtaekwondo.org/anti\\_doping-wt/therapeutic.html](http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html)

## **MEDICAL**

### **Athletic Trainers & Taping of Athletes**

Medical will be provided by Bare Essentials Sport Medicine. 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.

## **MEDIA**

Registered media and press officials or official photographers are entitled to receive a media credential. For more information, please contact the USATKD at [media@usatkd.org](mailto:media@usatkd.org).

## SPECTATORS TICKETS

Admission to the National Championships is by credential or ticket only. Event tickets can be ordered directly online through [Brown Paper Tickets](#). No onsite ticket sales will be available for purchase. Online ticket sales will be available through the conclusion of the event.



## TICKETS

TICKET TYPE	PRICE
ADULT SINGLE DAY	\$18.00
CHILD SINGLE DAY	\$13.00
ADULT ALL WEEKEND PASS	\$50.00
CHILD ALL WEEKEND PASS	\$35.00

Wristbands will be given in exchange for your tickets at the tournament. Wristbands must be worn at all times and are good for the time allotted on your ticket (Single Day = only for the appropriate day purchased).

## SAFESPORT & MAAP

If you need crisis intervention, referrals, or emotional support at any time, contact the 24-hour SafeSport Helpline at 866-200-0796.

If you are facing a life-threatening emergency, contact 911. Please use this link to report a Safe Sport incident - [safesport-i.sight.com/portal](https://safesport-i.sight.com/portal).

How to report a Safe Sport concern -

Please call 833 5US Safe

[safesport-i.sight.com/portal](https://safesport-i.sight.com/portal)

USA Taekwondo, SafeSport and the MAAPP Policy

Safe Sport is an initiative that is mandatory for all USOPC National Governing Bodies to develop and to implement. USA Taekwondo has done so, and it is now a requirement that people in supervisory positions with our Taekwondo athletes must undergo and successfully complete a background check. Of course, the emphasis here is on the safety of our athletes and the strong motivation to keep them safe from all kinds of abuse, including harassment, bullying and improper touching. We will also be providing training for our membership regarding Safe Sport and its implementation.

We are partnering with the USOPC to bring this training to our membership. Athlete safety concerns our entire membership and SafeSport is a great initiative that has been instituted by

the U.S. Olympic & Paralympic Committee to help to protect all of our athletes.

The Minor Athlete Abuse Prevention Policies (MAAPP) limits one-on-one adult/minor interactions and sets standards for training and sport settings that prevent abuse and misconduct. Sport organizations invested in keeping young athletes free of abuse are strongly encouraged to adopt the MAAPP—now required throughout the U.S. Olympic and Paralympic Movement.

Click [here](#) to view USATKD’s SafeSport Details including Reporting and MAAPP

Click [here](#) to view the US Center for SafeSport

<b>SCHEDULE</b>			
<b>Date</b>	<b>Event</b>	<b>Time</b>	<b>Division</b>
<b>February 1</b>	Final Registration Deadline	11:59 p.m. MT	All Divisions
<b>February 15</b>	Check-in/Weight Changes	10 a.m. - 12 p.m.	All Divisions
	Check-in/Weight Changes	2 p.m. - 4 p.m.	All Divisions
	Training	1 p.m. - 5 p.m.	All Divisions
	Poomsae Head of Team Meeting	4:30 p.m. or TBD	Poomsae Divisions
<b>February 16</b>	Registration Opens	7:00 a.m.	
	Doors Open for Poomsae Athletes & Coaches	7:30 a.m.	Report Times By Division TBA
	Athletes MUST be in Holding	8 a.m.	Report Times By Division TBA
	Doors Open for Spectators	8 a.m.	All Divisions
	Competition Begins	8:30 a.m.	All Poomsae Divisions
	Check-in/Weight Changes	9 a.m. - 4 p.m.	All Sparring Divisions
	Training	9 a.m. - 5 p.m.	All Divisions
	Weigh-in	8 a.m. - 10 a.m.	Dragons (6-7) Black Belts - M/F Tigers (8-9) Black Belts - M/F Youth (10-11) Black Belts - M/F Ultra (33+) Black Belts - M/F
	Weigh-in	10 a.m. - 12 p.m.	Cadet (12-14) Black Belts - M/F
	Weigh-in	12 p.m. - 2 p.m.	Junior (15-17) Black Belts - M/F
Kyorugi Head of Team Meeting	4 p.m. or TBD	Sparring Divisions	
<b>February 17</b>	Registration Opens	7:00 a.m.	
	Doors Open for Sparring Athletes & Coaches	7 a.m.	Report Times By Match Number TBA
	Athletes MUST be in Holding	7:30 a.m.	Report Times By Match Number TBA
	Doors Open for Spectators	7:30 a.m.	Report Times By Match Number TBA
	Check-in/Weight Changes	9 a.m. - 4 p.m.	Senior Sparring Divisions
	Competition Begins	8 a.m.	<b>Division order TBA after registration closes</b> <b>Sparring</b> Dragons (6-7) Black Belts - M/F Tigers (8-9) Black Belts - M/F Youth (10-11) Black Belts - M/F Cadet (12-14) Black Belts - M/F Junior (15-17) Black Belts - M/F Ultra (33+) Black Belts - M/F
	Training	9 a.m. - 5 p.m.	All Divisions
	Weigh-in	10 a.m. - 12 p.m.	Senior Sparring Divisions
<b>February 18</b>	Registration Opens	6:00 a.m.	
	Random Weigh-in List Posted	5:30 a.m.	Senior Sparring Divisions
	Random Weigh-in	6:30 a.m.	Senior Sparring Divisions
	Doors Open for Sparring Athletes & Coaches	6:30 a.m.	Report Times By Match Number TBA
	Athletes MUST be in Holding	7 a.m.	Report Times By Match Number TBA
	Doors Open for Spectators	7 a.m.	Report Times By Match Number TBA
	Competition Begins	7:30 a.m.	Senior Sparring Divisions
	Registration	7 a.m. - 11 a.m.	

## 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.