

2026 U.S. NATIONAL TKD CHAMPIONSHIPS



USA TAEKWONDO

Information Packet

JULY 01-05

CHARLOTTE, NORTH CAROLINA



WELCOME TO THE 2026 U.S. NATIONAL CHAMPIONSHIPS

Welcome to the U.S. Taekwondo National Championships! The U.S. American Opens and the 2026 State Championships will serve as the qualifying events for the 2026 U.S. Taekwondo National Championships, to be held in Charlotte, North Carolina.

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 earn points from 2 USATKD State Championships in 2026.

IMPORTANT: Any athletes who needs to withdraw after the registration deadline, please fill out the below online form to notify USATKD. This is to have the most accurate division timing for the competition.

[WITHDRAWAL FORM](#)

Sparring Athletes: Daedo GEN 3 PSS will be used. Daedo GEN 3 Socks and GEN 3 Domestic Gloves are required. This equipment can be purchased at www.truescore.com

HOST CITY & HOTEL ACCOMMODATIONS

2026 U.S. NATIONAL CHAMPIONSHIPS

CHARLOTTE CONVENTION CENTER

501 S. COLLEGE STREET

CHARLOTTE, NORTH CAROLINA 28202

HOTEL RESERVATIONS COMPLETED THROUGH

[LINK HERE](#)

PROMOTER & SANCTIONED BY:

U.S.A. TAEKWONDO

U.S. 60



USATKD POINTS OF CONTACT

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

Katie Cleveland
Associate Director of Events
kcleveland@usatk.org

Jakob Allison
Events and Member Services Coordinator
jallison@usatk.org

MAILING ADDRESS

U.S.A. Taekwondo
1 Olympic Plaza
Colorado Springs, CO 80909

USATKD  **PARTNERS**



Table of Contents

INTRODUCTION, HOST CITY, AND HOTEL ACCOMMODATIONS

USATKD POINTS OF CONTACT AND MAILING ADDRESS

SCHEDULE OF EVENTS

ATHLETE REGISTRATION

COACH REGISTRATION

QUALIFICATION

WEIGH IN INFORMATION

METHOD OF COMPETITION AND COMPETITION RULES

GENERAL INFORMATION: TICKETS, MEDICAL, AWARDS

MEDIA RELEASE

Website Links

- HOW-TO-REGISTER AS AN ATHLETE
- HOW-TO-REGISTER AS A COACH
- METHOD OF COMPETITION & COMPETITION RULES
- DOBOK & EQUIPMENT STANDARDS FOR EVENTS
- SPARRING WEIGHT CATEGORIES
- USATKD KYORUGI HEAD CONTACT RULES
- POOMSAE DIVISIONS
- COMPULSORY POOMSAE
- 2027 NATIONAL TEAM PATHWAYS AND PROCEDURES
- SPECTATOR CODE OF CONDUCT
- ATHLETE OMBUDS INFORMATION | USA TAEKWONDO
- SAFESPORT
- SOCIAL MEDIA POLICY
- SAFEST PLACE TO PLAY
- YOUTH AND PARENT SAFESPORT
- SAFESPORT CODE
- SAFESPORT CODE REVISIONS
- MAAPP POLICIES
- USADA
- ANTI-DOPING POLICY



2026 U.S. NATIONAL TAEKWONDO CHAMPIONSHIPS

JULY 01-05 | CHARLOTTE, NC

JULY 01

SPARRING

YOUTH OLYMPIC GAMES TEAM TRIAL

CADET (12-14) BLACK BELTS - M/F

POOMSAE

INDIVIDUAL
UNDER 30
COLOR BELT - M/F

PAIRS & TEAMS
UNDER 30

TRADITIONAL
YOUTH (10-11)

UNDER 50

UNDER 60

UNDER 65

OVER 65

OVER 70

FREESTYLE PAIRS & TEAMS
YOUTH (8-11)

UNDER 17

OVER 17

DEMO TEAM

JULY 02

SPARRING

JUNIOR (15-17) BLACK BELTS - M/F

JUNIOR (15-17) COLOR BELTS - M/F

ULTRA (33+) ALL BELTS - M/F

POOMSAE

INDIVIDUAL
YOUTH (10-11) ALL BELTS - M/F

UNDER 40
COLOR BELTS - M/F

UNDER 50
ALL BELTS - M/F

UNDER 60
ALL BELTS - M/F

UNDER 65
ALL BELTS - M/F

OVER 65 & 70
ALL BELTS - M/F

PAIRS
YOUTH (10-11)

CADET (12-14)

JUNIOR (15-17)

UNDER 60

OVER 60

TEAMS
UNDER 60
OVER 60

TRADITIONAL
DRAGON (5-6)

TIGER (8-9)

JULY 03

SPARRING

SENIOR (17-32) BLACK BELTS - M/F

POOMSAE

INDIVIDUAL
DRAGON (5-6) ALL BELTS - M/F

TIGER (8-9) ALL BELTS - M/F

CADET (12-14) COLOR BELTS - M/F

PAIRS
UNDER 50

TEAMS
YOUTH (10-11)

CADET (12-14)

JUNIOR (15-17)

UNDER 50

FREESTYLE INDIVIDUAL
YOUTH (8-11)

UNDER 17

OVER 17

BREAKING

ALL DIVISIONS

JULY 04

SPARRING

TIGER (8-9) ALL BELTS - M/F

CADET (12-14) COLOR BELTS - M/F

SENIOR (17-32) COLOR BELTS - M/F

PARA
ALL DIVISIONS - M/F

POOMSAE

INDIVIDUAL
JUNIOR (15-17) BLACK BELTS - M/F

JUNIOR (15-17) COLOR BELTS - M/F

UNDER 30
BLACK BELTS - M/F

UNDER 40
BLACK BELTS - M/F



USATKD.ORG

JULY 05

SPARRING

UNDER 21
TEAM TRIAL

DRAGON (6-7) ALL BELTS - M/F

YOUTH (10-11) ALL BELTS - M/F

POOMSAE

INDIVIDUAL
CADET (12-14) BLACK BELTS - M/F

PARA
ALL DIVISIONS - M/F

TRADITIONAL
UNDER 30

UNDER 40

CADET (12-14)

JUNIOR (15-17)

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.

2026 U.S. National Championships Registration Deadline:

Registration deadline: June 17, 2026, 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 support@usatkd.zendesk.com for assistance.

[CLICK HERE FOR STEPS ON HOW-TO-REGISTER FOR AN EVENT](#)

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.

[Click Here for Instruction Video for Center for SafeSport Training](#)

Athlete Event Credentials:

Athletes will receive an event credential, after registration concludes, 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.

A physical credential is available for purchase, through the Sport80 registration prior to the registration deadline for \$10.

Athlete Check-In:

Poomsae athletes are automatically checked in for the competition when they receive their Virtual Event Credential, after the registration deadline. If you have not received your credential, please reach out to kcleveland@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	CC PROCESSING	DIVISION FEE
\$195	\$5	\$30

Coach 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.

2026 U.S. National Championships Registration Deadline:

Registration deadline: June 17, 2026, 12:00 PM, MST

THERE WILL BE NO LATE REGISTRATION.

USATKD HAS A NO REFUND POLICY.

All coaches 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 jallison@usatkd.org for assistance.

[CLICK HERE FOR STEPS ON HOW-TO-REGISTER FOR AN EVENT](#)

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.

Coaches must be an Associate Coach, Level 1 Coach or higher to coach at any USATKD Sanctioned Event. Your coaching certification must be in the discipline you are coaching, i.e. Kyorugi, Poomsae

Center for SafeSport and USOPC Background Screening Requirements

[Center for SafeSport Training Instruction Video](#)

[USOPC Background Screening Instruction Video](#)

Coach Credential Information:

- All coach credentials must be physically picked up at the Member Services Desk at the competition.
- Member Services hours are 7:30 AM - end of competition.
- Coaches must be physically present and show a photo ID to receive their credential.

IMPORTANT:

COACH CREDENTIALS ARE NON-TRANSFERABLE DUE TO OUR COMPLIANCE WITH THE CENTER FOR SAFESPORT AND USOPC. ANY COACH FOUND TO SHARE THEIR CREDENTIAL WITH ANOTHER COACH IS SUBJECT TO SANCTION.

COACH REGISTRATION FEES

EVENT ENTRY FEE	CC PROCESSING
\$90	\$5

Qualification

2026 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 2026 U.S. Taekwondo National Championships.

*Athletes who compete at a State Championship with 1300 or more 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 2026 U.S. Taekwondo National Championships. Participation is defined as registering for the tournament, weighing in (if participating in sparring), and stepping 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 2026 U.S. Taekwondo National Championships.

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.

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 for the 2026 U.S. Taekwondo Nationals Championship. Any athlete who is found to have registered in a weight class they did 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 “-58 kg” weight class they must compete in that weight class or the “-63 kg” weight class which is one above. The athlete may not move down to the “-54 kg” weight class.

World Class Black Belt Weight Changes are allowed prior to the registration deadline for the 2026 U.S. Taekwondo National Championships. Weight changes after the deadline, and 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.

Para Divisions

USA Taekwondo will be hosting Para Kyorugi, Para Poomsae and Para Breaking divisions at the 2026 US National Championships. These divisions will all be separated into three age divisions, Youth (11 and under), Cadet (12 - 15), and Senior (16+). If your athlete would like to participate, please find the application link in the section below.

For all classification rules, please visit, [here](#).

Para Kyorugi Divisions: K41, K44

Para Poomsae Divisions: P21, P22, P23, P31, P32, P33, P34, P35, P51, P52, P53, P72

Para Breaking Divisions: P20, P30, P50, P70

2026 Non-Qualifying Divisions

Athletes who want to participate in the Demo Team, Traditional Poomsae, or any Para divisions at the 2026 USATKD National Championship but, did not qualify for Nationals by way of medaling at a State Championship or participating at a USATKD American Open, can request an invitation by filling out the below online form.

This invitation only allows you to register for the requested division. If an athlete registers for a non-open division they are not qualified in, they will be removed from the division and no refund will be issued.

[PARA ATHLETE REQUEST
FORM](#)

[DEMO TEAM INVITATION
REQUEST FORM](#)

[TRADITIONAL POOMSAE
INVITATION REQUEST FORM](#)

New to 2026, the gold medalist Demonstration Team from U.S. National Championships will be awarded the title of Team USA Demonstration team and have the opportunity to perform at the 2027 U.S. Open.

Weigh In Information

All 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. After the final registration deadline, all weight changes for non World Class divisions must be made onsite at the Member Services Desk. Any weight changes at the tournament will incur a \$50.00 fee.

World Class Sparring Divisions CANNOT change weights on site.

Athletes may only weigh in during their scheduled weigh in periods, no exceptions will be made. The weigh in window will last 2 hours for each group with a break between groups if necessary.

Weigh in times are based on the schedule below. 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.

[Click Here for All Weigh In Rules](#)

Weigh In Schedule

Date	Weigh In	Time
Tuesday 6/30/2026	Youth Olympic Games Team Trial	1:00 PM - 3:00 PM
	Cadet Black Belts - Male/Female	3:00 PM - 5:00 PM
Wednesday 7/1/2026	Ultra All Belts - Male/Female	8:30 AM - 10:30 AM
	Junior All Belts - Male/Female	10:30 AM - 12:30 PM
Thursday 7/2/2026	Senior Black Belts - Male/Female	8:30 AM - 10:30 AM
Friday 7/3/2026	Senior Color Belts - Male/Female Para All Divisions - Male/Female	8:30 AM - 10:30 AM
	Tiger All Belts - Male/Female	10:30 AM - 12:30 PM
	Cadet Color Belts - Male/Female	12:30 PM - 2:30 PM
Saturday 7/4/2026	Youth All Belts - Male/Female Dragon All Belts - Male/Female	8:30 AM - 11:30 AM
	Under 21 Team Trial	12:30 PM - 2:30 PM

Method of Competition & Competition Rules

Athletes must wear the appropriate uniforms for sparring and/or poomsae. [Dobok & Equipment Standards for 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](#)

[Sparring Athletes: Daedo GEN 3 PSS will be used. Daedo GEN 3 Socks and GEN 3 Domestic Gloves are required.](#)

Poomsae – All poomsae divisions will be drawn according to the U.S. [National Rankings](#) and the [Poomsae Rules](#)

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

Freestyle Poomsae: Please bring a device that can connect to a speaker to play your competition music to the mat on competition day.

Estimated Report Times will be posted on the U.S. National Championships webpage, [here](#), prior to the event after the final registration deadline has closed.

Final Report times and brackets will be posted the night before after weigh-ins have concluded on the U.S. National Championship webpage, [here](#).

Designated Poomsae will be randomized at the mat for World Class Divisions. Over 70 Black belts, and Youth black belts. All Black Belt Tiger and Dragon divisions as well as all red belt divisions will be single elimination with the designated poomsae per round to be released prior to the competition

All other poomsae divisions will have designated poomsae posted at least 1 week prior to the competition.

Member Services Daily Hours

Date	Member Services	Time (Subject to Change)
6/30/2026	Member Services	1:00 PM - 3:00 PM
7/1/2026	Member Services	7:30 AM - End of Competition
7/2/2026	Member Services	7:30 AM - End of Competition
7/3/2026	Member Services	7:30 AM - End of Competition
7/4/2026	Member Services	7:30 AM - End of Competition
7/5/2026	Member Services	7:30 AM - End of Competition

Daily Venue Hours

Date	Competition Days	Time (Subject to Change)
6/30/2026	No Competition, Only Weigh Ins	1:00 PM - 5:00 PM
7/1/2026	Competition Day 1	Doors Open 7:30 AM 1 st Report Time 8:00 AM Competition Begins 8:30 AM
7/2/2026	Competition Day 2	Doors Open 7:30 AM 1 st Report Time 8:00 AM Competition Begins 8:30 AM
7/3/2026	Competition Day 3	Doors Open 7:30 AM 1 st Report Time 8:00 AM Competition Begins 8:30 AM
7/4/2026	Competition Day 4	Doors Open 7:30 AM 1 st Report Time 8:00 AM Competition Begins 8:30 AM
7/5/2026	Competition Day 5	Doors Open 7:30 AM 1 st Report Time 8:00 AM Competition Begins 8:30 AM

Spectator Tickets

Event Spectator Tickets: All tickets sales are now Online Only. Come to the member services desk to redeem your online purchased tickets for a colored wrist band for entry into the tournament. To purchase tickets click [here](#).

SPECTATOR TICKETS	
Event Ticket	Online Ticket Price <u>With Fees</u>
All Weekend Adult Pass	\$90 (Early Bird), \$95
All Weekend Child Pass	\$65 (Early Bird), \$70
All Weekend Senior (65+) Pass	\$75 (Early Bird), \$80
3-Day Adult Pass	\$56 (Early Bird), \$61
3-Day Child Pass	\$41 (Early Bird), \$46
3-Day Senior (65+) Pass	\$47 (Early Bird), \$52
Single Day Adult	\$20 (Early Bird), \$25
Single Day Child	\$15 (Early Bird), \$20
Single Day Senior (65+)	\$17 (Early Bird), \$22
Children 5 & under	FREE

FORTIS Sports 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.

Gold Level Clubs

All Gold Level USATKD Clubs get the following benefits at the National Championships

- 1 Complimentary Coach Credential for U.S. TKD National Championships
- Ability to schedule semi-private training area sessions at USATKD Nationals
- Club Banner Signage at USATKD Nationals (Club Provides Banner)

[Upgrade your club today!](#)

Training session sign up link coming soon

Awards

INDIVIDUAL AWARDS

1 ST PLACE	GOLD MEDAL
2 ND PLACE	SILVER MEDAL
3 RD PLACE	BRONZE MEDAL
3 RD /4 TH PLACE	BRONZE MEDAL

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.

Media Release

By registering for this competition, 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.

USA TAEKWONDO SPECTATOR CODE OF CONDUCT

At all USA Taekwondo sanctioned events, every spectator plays a vital role in creating a respectful, safe and empowering environment for our athletes. By attending, you agree to uphold the values of Taekwondo: Courtsey, Integrity, Self-Control, Perverserance, and Indomitable Spirit.



SUPPORT THE SPIRIT OF TAEKWONDO

- Applaud effort & performance for all competitors.
- Respect all athletes, coaches, referees, staff & fans.
- Enjoy the event positively & respectfully.



RESPECT ALL COACHES, REFEREES & STAFF

- Respect that referees & officials apply complex rules fairly- mistakes may happen.
- Abusive and verbal attacks of any kind will not be tolerated.
- Disputes and concerns must be raised through official channels.



CHEER, DON'T JEER

- Encourage athletes - never taunt, boo, heckle or shout at competitors.
- Harassment, discrimination, and intimidation is prohibited.
- Aggressive and threatening behavior is prohibited.



HELP KEEP THE EVENT SAFE

- Do not enter restricted event areas.
- Report misconduct & inappropriate behavior to event staff.
- Fighting, violence, and unsafe conduct is prohibited.

CONSEQUENCES OF MISCONDUCT

- Verbal/written warnings
- Suspension or expulsion from USATKD events
- Report to U.S. Center for SafeSport
- Removal from the event (no refund)
- Referral to law enforcement
- Subject to further review under USA Taekwondo disciplinary policies

USATKD IS THE SAFEST PLACE TO PLAY