2026

NEW JERSEY

STATE CHAMPIONSHIPS

FORMS | SPARRING | BREAKING | WEAPONS

RONALD G. STONE COMMUNITY GYMNASIUM
332 GOLDSMITH AVENUE NEWARK, NJ

MAR 21 & 22

REGISTER: USATAEKWONDO.SPORT80.COM

NEW JERSEY USATKD

TRUESCORE

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2026 USAT New Jersey State Championship

Dear Coaches, Athletes, and Families,

It is our pleasure to invite you to the 2026 USAT NJ State Championship. It will be held on Saturday and Sunday, March 21st and 22nd at the Ronald G. Stone Community Gymnasium in Newark, NJ. We look forward to hosting this event and hope it serves our taekwondo community in a positive way.

Our goal is to host a world class event, with great judging and well-organized rings. The event will be held in a state-of-the-art facility and facilitated by renowned and certified international referees. We are holding nothing back and offering Daedo Gen2 PSS with E-head gear for all sparring, and Poomsae Pro for all poomsae competitions.

Please note that all registration must be done online at usataekwondo.sport80.com before the registration deadline, Tuesday, March 17th at 12pm MST. There will be no registration accepted after the deadline or paper registration accepted.

All coaches must pass the USA Taekwondo required background check, be Safesport certified and register online at usataekwondo.sport80.com. In addition, coaches for black belt athletes in the Cadet, Junior, and Senior divisions are required to be Level 1 Certified. (Level 1 Certification is not required for coaches who are only coaching color belts, breaking, or Black Belt Dragon, Tiger, Youth, and/or Ultra divisions). Please give yourself time as these items all need to be clear before your registration can be approved.

We aim to create a community of like-minded Masters interested in collaborating with each other and training our students together.

Master Mohamed Elshikh

President, New Jersey State Taekwondo Association

EVENT POINTS OF CONTACT

Call/Text: (732) 208-2020

SANCTIONED BY

USATKD

1015 Garden of the Gods Road

Suite 110

Colorado Springs, CO 80907

GOVERNANCE

All sanctioned Championships must use and follow the USA Taekwondo Rules and Regulations.

For current Sparring and Poomsae rules please refer to the following link:
https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules

VENUE

Ronald G. Stone Community Gymnasium
332 Goldsmith Avenue
Newark, NJ

LODGING

There are many hotels in the area. We recommend:

Crowne Plaza Newark Airport
901 Spring St. Elizabeth, NJ

EVENT SPECTATOR TICKETS

$15 for ages 5 and up. Cash only at the door.

EVENTS

Sparring
Poomsae, Individual, Team, Pairs, Freestyle
Para Poomsae
Para Sparring
Board Breaking
Demo
Weapons

SCHEDULE

Saturday, March 21st:

Poomsae, Board Breaking, Demo, Weapons

Weigh ins 8am-3pm

Sunday, March 22nd:

Sparring

Weigh-In

- All sparring competitors must weigh-in the day before the competition (on Saturday, March 21st). Athletes only competing in Poomsae (Forms) do not need to weigh-in but must check-in and pick up their credentials on the day of the event.

  Weigh Ins will take place at the venue on Saturday, March 21st. 8am-4pm. There will be no weigh-ins on Sunday, March 22nd.

Important: There will be a $50 fee for any weight or belt changes made after March 17th. Please check your profile in Sport 80 to ensure all information entered is correct before registering (including current belt/rank).

CHECKLIST

- ☐ Completing all items on this list will help ensure a speedy check-in and weigh-in process at the 2026 NJ State Taekwondo Championship
- ☐ Ensure you registered online & input your correct weight and belt (rank)
- ☐ NO ONSITE registrations will be allowed.
- ☐ A valid form of ID: ID, U.S. Birth Certificate, U.S. Passport Book or Card, School ID or Report Card, Valid Driver's License or Government Issued ID, or Military ID.
- ☐ Sparring competitors: bring appropriate attire - refer to "Weigh-In Rules."

Competition:

A detailed schedule will be available once registration closes at facebook/com/NJSTKD

REGISTRATION DEADLINES & FEES

Registration for all athletes, coaches, and referees will be done through USATKD Sport80. All registrations must be completed by the registration deadline.

If you need assistance registering for the event, please view a short video that has been provided.

Registration deadline: Tuesday, March 17th at 12:00pm MST.

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

The SafeSport and background check can be completed from your Sport80 profile.

Athletes will need to check their belt information in the belt section BEFORE registering. Athletes will need to make sure a belt color is added in your Sport80 profile. Not having belt information will prevent you from being able to select any events. Black belt athletes will need to upload a copy of their black belt certificate in Sport80.

Registration for all athletes, coaches, and referees will be done through USATKD Sport80. All registrations must be completed by the registration deadline. If you need assistance registering for the event, please view a short video that has been provided.

COACH REGISTRATION

Coaches must fulfill the following criteria in order to coach at the event:

1. Have a current USA Taekwondo Membership
2. USA Taekwondo background checked (must be updated every 2 years)
3. Safesport certified through USAT (must be updated every year)
4. Pass the USA Taekwondo Associate Quiz
5. Take the online Coaches' Edge Webinar
6. Register online at usataekwondo.sport80.com

   Please note anyone without those qualifications will not be able to enter the competition floor. No exceptions will be made.

Coach Dress Code:

Coaches are prohibited from wearing jeans, shorts, tank-tops, hat/cap, tight leggings, or slippers while on the competition floor or coaching a competitor.

WEIGH-INS & BRACKETING

WEIGH-IN

1. A competitor's weight shall be measured the day prior to their competition day. Weigh-ins will take place on Saturday, March 21st. All competitors must weigh-in during the designated times on the schedule. There will be no weigh-ins on Sunday, March 22nd.
2. 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.
3. During the weigh-in, the contestant is required to show his/her current photo ID, USATKD identification card or birth certificate.
4. Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
5. Weigh-in, for both males and females shall be taken in the official V-neck uniform, or, if a contestant 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.**
6. Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY. **Athletes will be given 0.2kg cushion for clothing.** 1 Parent/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.

SPARRING

Not exceeding means the weight limit is defined by the criterion of one decimal place away from the stated limit. For example, not exceeding 50kg is established as until 50.0kg with 50.1kg being over the limit and resulting in disqualification. Over: Over 50.00 kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

Ultra Divisions (33+ year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) (33-40, 41-50, 51-99)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fly	Not exceeding 58kg	Not exceeding 49kg
Light	Over 58kg & Not exceeding 68kg	Over 49kg & Not exceeding 57kg

Middle	Over 68kg & Not exceeding 80kg	Over 57kg & Not exceeding 67kg
Heavy	Over 80kg	Over 67kg

Senior Divisions (17-32 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

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

Junior Divisions (15-17 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

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

Cadet Divisions (12-14 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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
Lt. Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Lt. Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg

Youth Divisions (10-11 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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

Tiger Divisions (8-9 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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

Dragons Divisions (6-7 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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

Junior Safety Rules: Attacks to the head are prohibited. The Referee will penalize the athlete for this case. The referee can decide the winner of RSC (Referee Stop Contest) in case of significant difference of competing ability between two athletes

POOMSAE

INDIVIDUAL POOMSAE

AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
DRAGONS	6-7 YEARS OLD	**YELLOW, GREEN, BLUE & RED**	N/A	MODIFIED WTF FORMAT
DRAGONS	6-7 YEARS OLD	**BLACK**	1ST – 9TH	MODIFIED WTF FORMAT
TIGER	8-9 YEARS OLD	**YELLOW, GREEN, BLUE & RED**	N/A	MODIFIED WTF FORMAT

TIGER	8-9 YEARS OLD	**BLACK**	1ST – 9TH	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	**YELLOW, GREEN, BLUE & RED**	N/A	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	**BLACK**	1ST – 9TH	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	**YELLOW, GREEN, BLUE & RED**	N/A	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	**BLACK**	1ST – 9TH	MODIFIED WTF FORMAT
JUNIOR	15-17 YEARS OLD	**YELLOW, GREEN, BLUE & RED**	N/A	MODIFIED WTF FORMAT
JUNIOR	15-17 YEARS OLD	**BLACK**	1ST – 9TH	MODIFIED WTF FORMAT
UNDER 30	18-30 YEARS OLD	**YELLOW, GREEN, BLUE & RED**	N/A	MODIFIED WTF FORMAT
UNDER 40	31-40 YEARS OLD	**YELLOW, GREEN, BLUE & RED**	N/A	MODIFIED WTF FORMAT
UNDER 50	41-50 YEARS OLD	**YELLOW, GREEN, BLUE & RED**	N/A	MODIFIED WTF FORMAT
UNDER 60	51-60 YEARS OLD	**YELLOW, GREEN, BLUE & RED**	N/A	MODIFIED WTF FORMAT
UNDER 65	61-65 YEARS OLD	**YELLOW, GREEN, BLUE & RED**	N/A	MODIFIED WTF FORMAT
OVER 65	66 & OLDER	**YELLOW, GREEN, BLUE & RED**	N/A	MODIFIED WTF FORMAT
UNDER 30	18-30 YEARS OLD	**BLACK**	1ST – 9TH	WTF FORMAT
UNDER 40	31-40 YEARS OLD	**BLACK**	1ST – 9TH	WTF FORMAT
UNDER 50	41-50 YEARS OLD	**BLACK**	1ST – 9TH	WTF FORMAT
UNDER 60	51-60 YEARS OLD	**BLACK**	1ST – 9TH	WTF FORMAT
UNDER 65	61-65 YEARS OLD	**BLACK**	1ST – 9TH	WTF FORMAT
OVER 65	66 & OLDER	**BLACK**	1ST – 9TH	WTF FORMAT

PAIRS POOMSAE (CO-ED) – 1 MALE & 1 FEMALE

Dragon(6-7), Tiger (8-9), Youth(10-11), Cadet (12-14), Juniors (15-17), 1st Pairs (18-30) & 2nd Pairs (31+) Pairs Poomsae

Division	Belt	Rank	Gender	
Dragon (6-7)	Black	1st – 9th	Co-Ed	Modified WTF Format
Tiger (8-9)	Black	1st – 9th	Co-Ed	Modified WTF Format
Youth (10-11)	Black	1st – 9th	Co-Ed	Modified WTF Format

Cadet (12-14)	Black	1st – 9th	Co-Ed	Modified WTF Format
Juniors (15-17)	Black	1st – 9th	Co-Ed	Modified WTF Format
1st Pairs (18-30)	Black	1st – 9th	Co-Ed	WTF Format
2nd Pairs (31+)	Black	1st – 9th	Co-Ed	WTF Format

*State Championships can choose to do Dragon, Tiger and Youth Pairs Poomsae, but those divisions will not be available at the USA Taekwondo National Championships. *

**State Championships can choose to do color belt Co-Ed Pairs Poomsae, but those divisions will not be available at the USA Taekwondo National Championships. **

TEAM POOMSAE – 3 COMPETITORS OF THE SAME GENDER
Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Junior (15-17) 1st Team (18-30) & 2nd Team (31+) Team Poomsae

Division	Belt	Rank	Gender
Dragon (6-7)*	Black	1st – 9th	Female
Dragon (6-7)*	Black	1st – 9th	Male
Tiger (8-9)*	Black	1st – 9th	Female
Tiger (8-9)*	Black	1st – 9th	Male
Youth (10-11)*	Black	1st – 9th	Female
Youth (10-11)*	Black	1st – 9th	Male
Cadet (12-14)	Black	1st – 9th	Female
Cadet (12-14)	Black	1st – 9th	Male
Juniors (15-17)	Black	1st – 9th	Female
Juniors (15-17)	Black	1st – 9th	Male
1st Team (18-30)	Black	1st – 9th	Female
1st Team (18-30)	Black	1st – 9th	Male
2nd Team (31+)	Black	1st – 9th	Female
2nd Team (31+)	Black	1st – 9th	Male

BOARD BREAKING

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS
DRAGONS	6-7 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE

TIGER	8-9 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE
YOUTH	10-11 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE
CADET	12-14 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE
JUNIOR	15-17 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE
SENIOR	18-32 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE
ULTRA	33+ YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE

All boards MUST be purchased on site. Our official vendor and sponsor, Adidas Combat Sports will be on site.

Standard board sizes:
- 6 - 9 years old:1⁄4 x 10 x 12-inch Pine Board
- 10 - 14 years old: 1⁄2 x 10 x 12-inch Pine Board
- 15 - 17 years old: 1 x 10 x 12-inch Pine Board
- 18 + years old: 1 x 10 x 12-inch Pine Board

General Rules

- Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 15 boards. Any Taekwondo striking or kicking technique may be used, apart from head strikes, which are a 0.3 procedural deduction each.
- Competitors must provide their own board holder assistants. (Please note that board holder credentials are not a pass into the event; persons receiving this credential will need to pick it up in the designated holding area and return it to the holding area after competition).
- Competitors and helpers will have three minutes to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments. Exceeding the time limit will result in 0.3 procedural deduction in the final score for each 10 seconds, or fraction thereof, over the time. (Example: 12 seconds over = 0.6 procedural deduction.) If computer scoring is not used, a timer will be provided for each ring.
- In the interest of safety, competitors may not use props such as chairs, trampolines, tables, etc. for aerial techniques. However, board holders may be used as “human launch pads.” No glitter, confetti, explosives or sound makers may be used. Blindfolds are permitted.
- Multiple attempts of a single break are allowed, but each unbroken board will result in a 0.3 technical deduction

OFFICIAL SPARRING UNIFORM (DOBOK)

● All contestants must wear a white Taekwondo V-neck PATU/WT uniform (dobok) in good condition. All competitors may wear black taekwondo pants for any division (NEW as of 2024).

● Black belts must wear black-collared uniforms.

● Poom rank (14 and under black belts) may wear poom uniforms with black and red collars.

● Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms.

● No tape will be allowed on any part of the uniform. White V-Neck Poom V-Neck Black V-Neck

Color Belts Black Belts U14 Black Belts

OFFICIAL POOMSAE UNIFORM (DOBOK)

● All contestants must wear a white Taekwondo V-neck PATU/WT approved uniform or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants' division. Contestants may also wear black taekwondo pants for any division (NEW as of 2024).

● Black Belts must wear black-collared white uniforms or WT approved Poomsae competition uniform.

● Only black belt athletes 14 and under may wear a poom belt.

● Color belts may not wear black-collared uniforms.

METHOD OF COMPETITION

The current competition rules for all divisions will be used. To view current version, go to: http://www.teamusa.org/usa-taekwondo/v2-events/competition-rules

Sparring - A single elimination format will be applied to all sparring divisions. All sparring divisions will use the USATKD National Rankings sponsored by Tusah to determine seeding and brackets.

Poomsae - All poomsae divisions will be seeded for the first round according to the USATKD National Rankings sponsored by Tusah. Designated Poomsae will be selected from the Compulsory Poomsae. Poomsae pro will be used for World Class divisions.

Board Breaking - Judges scoring based on the rules set-forth online.

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

All sparring divisions will be seeded using the USATKD National Rankings sponsored by Tusah.

BLACK BELT REQUIREMENTS

PROOF OF BLACK BELT REQUIREMENT

- If an athlete doesn't have a black belt certification uploaded to their profile or provide a copy of certification at the time of registration, the State Association will be able to utilize the black belt verification form. The form will include contact information so that USA Taekwondo can track that each person provides a copy of their black belt certification by the National Championships. If a copy is not provided at the National Championships, then the athlete's coach and/or instructor will be required to apply for a USA Taekwondo Dan black belt certificate at the time of registration. For more information on the USA Taekwondo Dan certification program follow this link: http://www.teamusa.org/USA-Taekwondo/Resources/Dan-Certification-Program

Sparring Athletes:
Daedo Gen2 E-head gear will be used for all divisions, including color belts. All athletes must provide their own Daedo Gen2 socks. Gen2 Daedo socks will be available for purchase on-site.

Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory for both male and female competitors), **gloves (World Class divisions only)**, forearm protector, shin-instep protectors, Daedo socks, and a mouth guard before entering the Contest Area. The head protector must be firmly tucked under the left arm when entering the Contest Area and shall be put on the head after bowing to the opponent before the start of the contest.
● The groin, forearm, and shin-instep protectors must be worn inside the Taekwondo uniform. Wearing of any other items on the head other than head protector shall not be permitted, except for religious reasons. A previously approved religious item shall be worn beneath the head protector and inside the dobok and shall not cause harm or obstruct the opposing contestant.

Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety or sport eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc.

Mouth guards may be any color except solid red.

AWARDS

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

Individual Awards	
1st Place	
2nd Place	
3rd Place	
3rd Place	

POOMSAE
Medals will be given to the top 4 individuals, pairs (co-ed) and teams in the respective divisions.

Individual/Pairs/Team Awards	
1st Place	
2nd Place	
3rd Place	
3rd Place	

USA TAEKWONDO CODE OF CONDUCT

The following outline is the Code of Conduct for USA Taekwondo (USAT). The Code is for all athletes, coaches, tournament committee, referees and staff members to fully abide by when participating in any and all USA Taekwondo sanctioned event(s). Failure to comply with the following guidelines can result in the removal from an event, dismissal from future USAT sanctioned events, and/or the complete suspension from participation as a competitor, coach or staff member in future USAT sanctioned events.

1. One will act in a manner consistent with the spirit of fair play and responsible conduct.

2. One will acknowledge, respect and adhere to the authority of USA Taekwondo's appointed event staff and tournament staff if necessary.

3. One will fully comply with USA Taekwondo (USAT) and the World Taekwondo Federation (WTF) uniform requirement.

4. One will maintain an appropriate level of fitness to promote optimal athletic performance.

5. One will refrain from the excessive use of performance-limiting drugs, including, but not limited to, tobacco and alcohol.

6. One will refrain from using any substance on the Olympic Movement Anti-Doping Code, as enforced by USADA.

7. One will abide by the policies and rules established by USAT, the USOC and the World Taekwondo Federation.

8. One will respect others, including coaches, competitors, officials, and spectators.

9. One will not engage in, nor tolerate, any form of verbal, physical or sexual abuse.

10. One will respect the property of others.

11. One will refrain from illegal or inappropriate behavior that would deter from a positive image of oneself and USA Taekwondo.

12. One will maintain a positive attitude and act in a way that will bring honor to oneself, the staff, the sport of Taekwondo, USA Taekwondo and the United States of America.

13. One will remember that I am an ambassador of USA Taekwondo, my country and the Olympic movement.

USA Taekwondo recognizes that this Code does not establish a comprehensive set of rules that prescribes every aspect of appropriate behavior.

SAFESPORT & MAAPP

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 - https://uscenterforsafesport.org/report-a-concern/
How to report a Safe Sport concern -
Please call 833 5US Safe
https://uscenterforsafesport.org/report-a-concern/
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, to include 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