



2025 USA Taekwondo National Poomsae Team Pathway

This document details the pathway for an athlete, pair, or team to earn a spot on the 2025 USA Taekwondo National Poomsae Team for national team events for the following divisions:

Recognized Individual Divisions

Female 12-14 Black Belt, Male 12-14 Black Belt
Female 15-17 Black Belt, Male 15-17 Black Belt
Female 18-30 Black Belt, Male 18-30 Black Belt
Female 31-40 Black Belt, Male 31-40 Black Belt
Female 41-50 Black Belt, Male 41-50 Black Belt
Female 51-60 Black Belt, Male 51-60 Black Belt
Female 61-65 Black Belt, Male 61-65 Black Belt
Female 66+ Black Belt, Male 66+ Black Belt

Recognized Mixed Pair Divisions (1 female + 1 male)

12-14 Black Belt

15-17 Black Belt

18-30 Black Belt

31+ Black Belt

Recognized Team Divisions (3 females or 3 males)

Female Team 12-14 Black Belt, Male Team 12-14 Black Belt
Female Team 15-17 Black Belt, Male Team 15-17 Black Belt
Female Team 18-30 Black Belt, Male Team 18-30 Black Belt
Female Team 31+ Black Belt, Male Team 31+ Black Belt

Freestyle Individual Divisions

Female 12-17 Black Belt, Male 12-17 Black Belt

Female 18+ Black Belt, Male 18+ Black Belt

Freestyle Mixed Pair Divisions (1 female + 1 male)

12-17 Black Belt

18+ Black Belt

Freestyle Mixed Team Divisions (5 athletes plus 1 alternate, at least 2 females and 2 males)

Mixed Team 12-17 Black Belt

Mixed Team 18+ Black Belt



Notes on Pair and Team Composition: Any change in the composition of a pair or team (including freestyle team alternates) will result in that pair or team being considered a new pair or team for the purposes of replacement of athletes or pathway considerations. For example, the removal or replacement of an athlete from a pair or team for voluntary reasons, medical reasons, or aging up will result in that team being considered a new pair or team that would no longer have the rights of the previous pair or team with regard to national team status or pathway benefits.

The 2025 National Team Trials shall take place in 2025 and will take place in two rounds: the Qualification Round and the Selection Round. The winners of the Selection Round will serve as the team members for the entire calendar year.

Major Events

2024 US Open

2024 US National Taekwondo Championships

2024 US Final Championship

TEAM TRIAL QUALIFICATION ROUND

The **Qualification Round** is contested first.

Recognized Poomsae: The format of this round is two parts:

Part 1: A randomly ordered draw where all contestants perform a single randomly drawn poomsae.

Part 2: A different randomly ordered draw where all contestants perform a different single randomly drawn poomsae. No athlete will go first in both rounds.

The winner of the Qualification round will be the competitor with the highest combined score of the two poomsae. In the case of a tie, the winner is the competitor with the highest presentation score. If the competitors are still tied, all scores received during the competition are considered (without dropping the high and low scores). If the scores are still tied, the competitors will perform a randomly selected poomsae, and the scores from that poomsae will be used to break the tie.

Freestyle Poomsae: Athletes will contest a single freestyle poomsae with random order. The winner of the Qualification Round advances to the Selection Round.

For Freestyle Divisions: If there are five or more entries in the Qualification Round and no athletes contest the Selection Round, the athletes shall contest the Qualification Round, and then the top four athletes shall contest the Selection Round.

If there are four or fewer entries in the Qualification round and no athletes contest the Selection Round, then all athletes will immediately proceed to the Selection Round without



contesting the Qualification Round. The winner of the Selection round is named the 2025 USATKD National Poomsae Team Member.

† U17 Individual Freestyle Eligibility

Because the U17 Freestyle Division age span is 12-17 (combination of 12-14 and 15-17), and is impacted by a small developmental pipeline in the prior age (10-11) division, the following rules apply to U17 Freestyle Individual Divisions only at USATKD Major Events:

The top four finishers, who do not age up in 2025, will advance to the Qualification Round. This will roll down to include only the top 8 finishers in the division.

Scoring

Referees will use blind scoring; they will not see the scores until the end of each division. Athletes and coaches will see the scores after each performance.

INDIVIDUAL DIVISIONS

Athletes who meet one of the following criteria in 2024 in the relevant division compete in the Qualification Round:

- USATKD Major Event Silver and Bronze Medalists
- Highest ranked athlete in the USATKD Rankings as of Dec. 31, 2024
- Athletes who have won two golds within the same individual division at a G-1 or G-2 Event (must have at least one opponent)
- Athletes who age up in 2025 and have won gold, silver or bronze medals at a USATKD Major Event in the previous age division in 2024
- Aged up 2024 USATKD National Team members in the same category
- U30 & U40, O17 Freestyle: Top 20 WT World Ranking as of Dec. 31, 2024

PAIR/TEAM DIVISIONS

The following athletes compete in the Qualification Round:

- Any age-eligible pair or team that applies by the posted deadline

TEAM TRIAL SELECTION ROUND

The **Selection Round** is contested after the conclusion of the Qualification Round.

For Recognized Poomsae, this round is contested according to the Team Trials format (see addendum) where each athlete performs all 8 (7 for cadets) recognized poomsae for their division, and a winner is declared based on the results.



For Freestyle Poomsae, athletes will perform once in random order. The winner of the Selection Round is the winner of the team trial.

Scoring

Referees will use blind scoring; they will not see the scores until the end of each division. Athletes and coaches will see the scores after each performance.

INDIVIDUAL Divisions - Athletes who accomplish one of the following criteria in 2024 in the relevant division compete in the Selection Round**:

- Winner of the Qualification Round
- 2024 National Team Member***
- USATKD Major Event Gold Medalist
- International Dominant Athlete
- Aging up International Dominant Athlete

PAIR/TEAM Divisions – Pairs and teams that accomplish one of the following criteria in 2024 in the relevant division compete in the Selection Round**:

- Winner of the Qualification Round
- 2024 National Team Member***
- USATKD Major Event Gold Medalist
- International Dominant Pair/Team
- Aging up International Dominant Pair/Team

** If no athletes contest the Selection Round and there are five or more entries in the Qualification round, then the top four individuals, pairs or teams from the Qualification Round progress to the Selection Round.

If there are four or fewer entries in the Qualification round and no athletes contest the Selection Round, then all athletes will immediately proceed to the Selection Round without contesting the Qualification Round. The winner of the Selection round is named the 2025 USATKD National Poomsae Team Member.

***Benefits of being selected the National Team member only apply to the winner of the team trials; any athlete who acts as an alternate in a National Team event does not receive these benefits.

International Dominant Athlete

An international dominant athlete, pair, or team is one who has proven to be dominant in international competition by accomplishing one of the following criteria in the relevant division in 2024:

- Win three golds at a G-1 or G-2 event (must have five or more opponents)



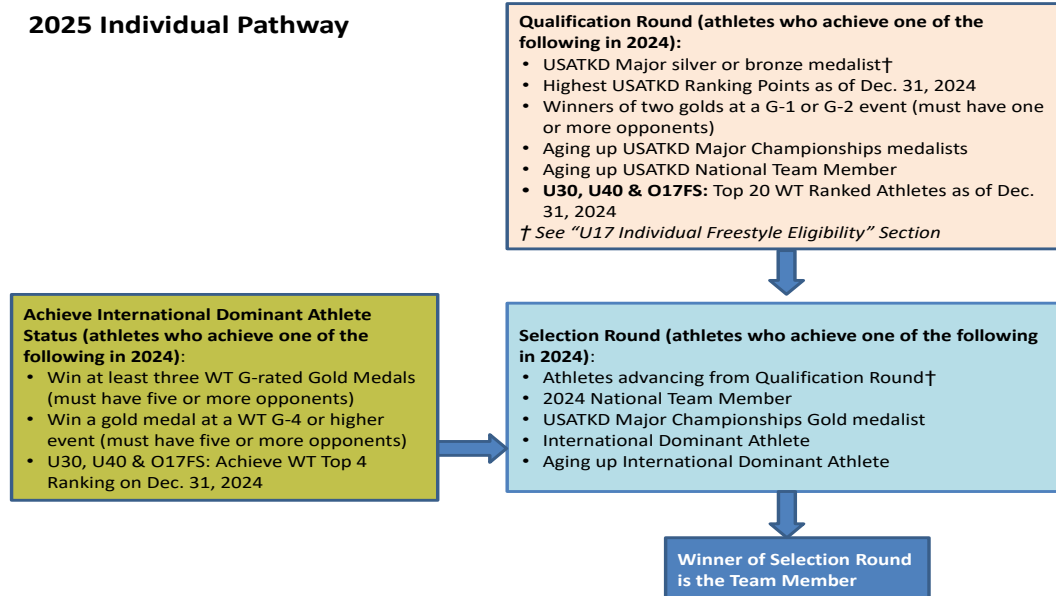
- Win a gold medal at a G-4 or higher event (must have five or more opponents)
- **U30 & U40, O17 Freestyle Individual Only:** Achieve #1-4 WT ranking in the world on Dec. 31, 2024
- There may be more than one International Dominant athlete.

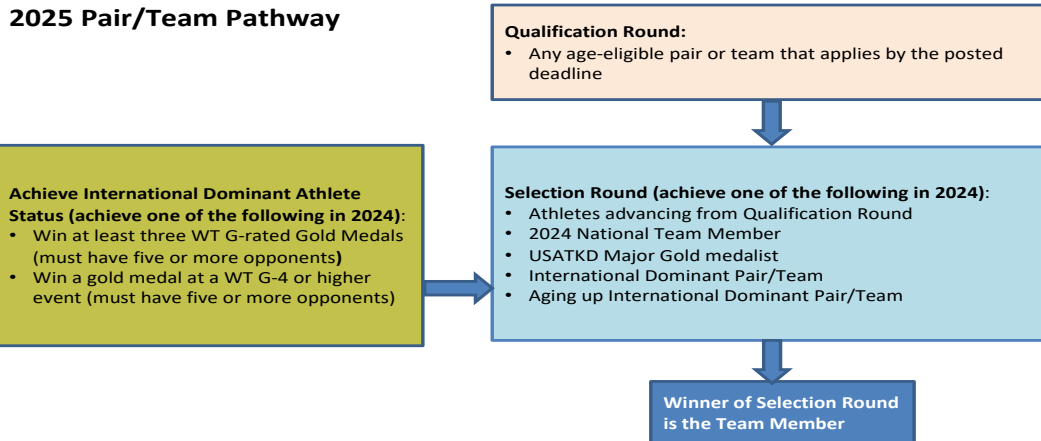
Notes on International qualification through WT G-rated Events

Proof of international results must be submitted by the athlete to USATKD at bbrand@usatkd.org in the form of an official bracket or official results sheet published by the tournament organizer within 60 days of the event. Photographs of athletes on podium or ringside monitors will not be accepted.

ALL divisions with at least 2 contestants* at a WT G-rated poomsae event will be considered as criteria for inclusion in the 2025 Team Trials. In other words, not only the WT-ranked poomsae divisions, but all divisions contested at that event will contribute to an athlete's eligibility.

* Athletes must compete against another athlete who is present and receives a score.





This graphic above is for illustrative purposes only. For the complete pathways process, please refer to the text of this document.

Minimum National Team Trials Eligibility Requirements

I. Citizenship:

a. Athlete meets eligibility and nationality requirements as presented by USA Taekwondo in compliance with the minimum International Federation standards for participation.

b. All athletes must be U.S. Citizens in order to participate in the team trials.

2. Minimum IF standards for participation:

a. World Taekwondo (WT); Rules of Competition, Article 4. Contestants, Section 1
<http://www.worldtaekwondo.org/rules-wt/rules.html>

- Holder of the nationality of the participating team.
- One recommended by the WT National Taekwondo Association.
- Holder of Taekwondo Dan certificate issued by the Kukkiwon or WT.

3. Other requirements:

a. Athlete must be a USA Taekwondo member in good standing.

II. Removal of Athletes



An athlete who is to be nominated to the Team by USA Taekwondo may be removed from the nominations for any of the following reasons, as determined by USA Taekwondo.

A. Voluntary withdrawal.

Athlete must submit a written letter to the USA Taekwondo CEO. Injury or illness as certified by USATKD physician (or medical staff). If an athlete refuses verification of their illness or injury by a USATKD physician (or medical staff), his/her injury will be assumed to be disabling and he/she may be removed.

B. Violation of the NGB's Code of Conduct.

An athlete who may be removed from the Team pursuant to this provision has the right to a hearing per the NGB's Bylaws (USATKD Bylaws, Section 15, Complaint Procedures) or USOPC Bylaws, Article 9.

C. Violation of the NGB's Athlete Agreement.

An athlete who may be removed from the Team pursuant to this provision has the right to a hearing per the NGB's Bylaws (USATKD Bylaws, Section 15, Complaint Procedures) or USOPC Bylaws, Article 9.

D. Doping violations

An athlete may be removed from Nomination or from the Team at any time for violation of IOC, WADA, WT, USADA and/or USOPC anti-doping protocol, policies and procedures. In such instances, the adjudication process will be managed through the United States Anti-Doping Agency.

III. Replacement of Athletes

Should circumstances arise in which the 1st place athlete needs to be removed for any of the reasons listed above, the athlete who places 2nd in the same division of team trial will serve as the replacement athlete. The 3rd place athlete will be the 3rd replacement athlete if needed. The 4th place athlete will be the 4th replacement athlete if needed. After this, the team spot will remain vacant.

Notes on multiple entries per national team category: If a WT or PATU-sanctioned event allows more than one entry per national team category, then alternates will be called to fill additional quotas as described in this section, up to the 4th place finisher.

IV. Required Documents

The following documents are required to be signed by an athlete as a condition of nomination to the U.S. National Team, and are included as attachments:

- Code of Conduct (Attachment A)
- Athlete Agreement (Attachment B)



V. Publicity/Distribution of Procedures

The approved Selection Procedures (complete and unaltered) will be posted/published by USA Taekwondo in the following locations:

A. NGB website: www.usa-taekwondo.us

VI. Mandatory Training and/or Competition:

N/A

VII. Anti-Doping Requirements

Athletes must adhere to all IOC, WADA, WT, USADA and USOPC anti-doping protocols, policies and procedures. This includes participation in out of competition testing as required by the IOC, WADA, WT, USADA and USOPC Rules.

VIII. Development of 2025 Poomsae Pathway

The following committee/group contributed to the creation of this document:

- Steve McNally, CEO, USA Taekwondo
- Barbara Brand, Poomsae High Performance Manager
- Eric Wininger, High Performance Department
- Stephen Lambdin, High Performance Department
- Sherman Nelson, High Performance Department
- Dan Chuang, National Poomsae Team Head Coach, USA Taekwondo
- David Turgeon, USA Taekwondo AAC Poomsae Representative
- Huy Nguyen, National Poomsae Team Coach, USA Taekwondo
- Jung Hwan Jin, National Poomsae Team Coach, USA Taekwondo

IX. NGB Bylaws and Grievance Procedures

The USA Taekwondo Bylaws and Grievance Procedures can be found in the USA Taekwondo Bylaws.

X. International Disclaimer These procedures are based on IOC and/or World Taekwondo (WT) and/or Pan American Taekwondo Union (PATU) rules and regulations as presently known and understood. Any change in the selection procedures caused by a change in IOC and/or WT and/or PATU rules and regulations will be distributed to the affected athletes immediately. The selection criteria are based on the latest information available to USA Taekwondo. However, the selections are always subject to unforeseen, intervening circumstances, and realistically may not have accounted for every possible contingency.

ADDENDUM **Team Trials Format**



Single Athlete Divisions

If a Recognized Poomsae or Freestyle Poomsae division has only one registered team trial entrant, then that individual, pair or team will be named the national team member for that division.

COMPETITION FORMAT: Selection Round

Recognized Poomsae Format: 8 Poomsae

Each Recognized Poomsae Division performs eight (seven for cadet 12-14) poomsae, one at a time per round. All competitors will perform the first randomly selected poomsae, followed by all competitors performing the second poomsae, and so forth.

A random competitor order will be utilized. The algorithm used to randomize the competitors will ensure that no competitor will perform first for any two consecutive poomsae. Performing first will be equally distributed among all competitors.

The selection of the winner will be based on two methods of calculating the results.

1. Cumulative Score Method: The first method will be by cumulative score of all rounds of competition. At the end of eight (or seven for cadet) rounds, the scores across all eight (seven) poomsae for each athlete are totaled. The athlete who has the highest total score will be declared the winner of this method.

In the case of a tie, the winner is the competitor with the highest presentation score. If the competitors are still tied, all scores received during the competition are considered (without dropping the high and low scores). If the scores are still tied, the competitors will perform a randomly selected poomsae, and the scores from that poomsae will be used to break the tie.

2. Rounds Won Method: The second method will be by placement during each round of poomsae. Each round a first, second, third and fourth place will be awarded to the competitors

and the number of wins will be recorded across all rounds. At the end of eight (or seven) rounds, the number of round wins will be listed as the highest number of 1st places, number of 2nd places, number of 3rd places and number of 4th places. The competitor with the highest number of 1st places wins.

If there is a tie, then the number of 2nd place, then number of 3rd place become a factor. For example, Competitor A with 5 first place wins beats Competitor B with 3 first place and 5 second place wins. Or Competitor A with 4 first place, 3 second place and 1 third place beats Competitor B with 4 first place, 2 second place and 1 third place.



If the same athlete places first in both methods of calculating the winner, then that athlete is the uncontested winner. In the event that any different athlete(s) places higher using the second method and records more round wins than the cumulative score winner, those athletes will have the right to challenge the winner to a tie breaker round.

The tie breaker between methods will use a single elimination format. The athletes qualifying will be seeded as the Cumulative Score winner seeded number 1 and the Round winner seeded number 2, with subsequent Round winners, if any, seeded next. Two forms will be randomly selected by the Events Director, and the round will be run using WT single elimination format rules. The winner will be named the Team Member.

Alternates, if needed, will be selected from the cumulative score results. The non-winning athlete who has the highest cumulative score is the first alternate. The non-winning athlete who has the second highest cumulative score is the second alternate, and the non-winning athlete with the third highest cumulative score is the third alternate. After this, the team spot will remain vacant if there were 4 or more contestants. If there were 3 or fewer contestants, alternates may be taken from the highest placement for the Qualification Round to fill 3 total alternate positions.

Recognized Poomsae Point Gap Rules

Point Leader: If at any point past the fourth round of competition, a competitor has simultaneously won at least 4 rounds, and achieved a cumulative score that is 1.50 or higher than the second place competitor, then that competitor will be declared the winner of the team trials. The remaining competitors must complete the competition to determine alternate standings.

For the remaining competitors after a winner is declared, if at any point during rounds 5-8, the leading competitor's cumulative score exceeds the next highest competitor by 1.50 or more, then that competitor secures the leading place among the group and no longer has to compete. The remaining competitors will compete until all players receive a standing or win by point gap.

Example 1: After 4 rounds, the standing among 3 competitors is:

Competitor A: 29.80, 0 Rounds won

Competitor B: 29.60, 0 Rounds won

Competitor C: 31.55, 4 Rounds won

At this point, Competitor C would be declared the winner, and Competitors A and B would continue to compete until: 1) either all 8 rounds are complete, OR 2) one of the competitor's cumulative scores has exceeded the others by 1.50 or more.



Example 2: After 4 rounds, the standing among 3 competitors is:

Competitor A: 29.80, 1 Rounds won

Competitor B: 29.60, 0 Rounds won

Competitor C: 31.55, 3 Rounds won

At this point, all competitors would continue until both the 1.50 point gap and 4 rounds won criteria are simultaneously achieved by a player, or until 8 rounds are complete.

Last Place Gap: If at any point past the fourth round of competition, the last place competitor has not won any rounds and achieved a cumulative score that is 1.50 or lower than the second-to-last place competitor, that competitor will keep their current last place standing and cease competition. The remaining competitors must complete the competition to determine the alternate standings.

After the last place is declared, if at any point during rounds 5-8, the remaining last place competitor's cumulative score is exceeded by the next highest competitor by 1.5 points or more, then that competitor secures their current standing and ceases to compete. The remaining competitors will compete until all of them receive a standing or win/lose by point gap

Freestyle Poomsae Format:

Athletes will perform once in random order. The winner of the Selection Round is the winner of the team trial.