



**June 30 – July 6, 2017**

**Cobo Center**

**Detroit, Michigan**



## Welcome Detroit, Michigan



USA Taekwondo would like to welcome you and your family to Cobo Center in Detroit, Michigan for the 2017 USA Taekwondo National Championships. Thank you for your support of USA Taekwondo; we hope this event is a successful and enjoyable event for you. We want to thank our sponsors for their assistance in helping make this event successful. We also want to thank the Cobo Center and the Detroit Sports Commission for being the host for the largest Taekwondo event in the world!

### PROMOTER - SANCTIONED

**Promoter & Sanctioned By:**

USA Taekwondo  
1 Olympic Plaza  
Colorado Springs, CO 80909

### USA TAEKWONDO POINTS OF CONTACT

**Jeanna Salgado, Director of Events**  
[Jeanna.Salgado@usa-taekwondo.us](mailto:Jeanna.Salgado@usa-taekwondo.us)

**Eric Winingger, Events Manager**  
[Eric.Winingger@usa-taekwondo.us](mailto:Eric.Winingger@usa-taekwondo.us)

Send documents to: [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us)

Phone: (719) 866-4632

Fax: (719) 866-4642

Mailing Address:  
USA Taekwondo  
Attention: Events Department  
1 Olympic Plaza  
Colorado Springs, CO 80909

# Schedule

## Thursday, June 29, 2017

<b>9:00am – 5:00pm</b>	Sparring Referee Seminar	Cobo Center
<b>9:00am – 5:00pm</b>	Poomsae Referee Seminar	Cobo Center
<b>8:00am – 4:00pm</b>	National Dan Test	Cobo Center
<b>9:00am – 12:00pm</b>	Credential Pick Up Weigh-in for Friday's Sparring Competitors	Cobo Center
<b>9:30am – 5:00pm</b>	Level 1 Coach Seminar	Cobo Center
<b>2:00pm – 7:00pm</b>	Credential Pick UP Weigh-In for Friday's Sparring Competitors	Cobo Center
<b>TBD</b>	Coaches Edge Seminar	Cobo Center
<b>6:00pm</b>	Appointed Referee Meeting	TBD

**ALL FRIDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 7:00PM**

## Friday, June 30, 2017

12-14 Cadet World Class Sparring (Black Belts) 12-14 Cadet Grassroots Sparring (Black Belts) 15-17 Junior World Class Individual Poomsae (Black Belts)	12-17 World Class Pairs Freestyle Poomsae (Black Belts) 12-17 World Class Teams Freestyle Poomsae (Black Belts) 12-14 Cadet Board Breaking (Color Belts)	
<b>7:30am</b>	Doors Open for Friday's Competitors & Coaches ONLY	Cobo Center
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Cobo Center
<b>8:30am</b>	Competition Begins	Cobo Center
<b>9:00am – 12:00pm</b>	Credential Pick Up for All competitors Weigh-In for Saturday's Sparring Competitors	Cobo Center
<b>TBD</b>	Lunch	Cobo Center
<b>2:00pm – 6:00pm</b>	Credential Pick Up for All competitors Weigh-In for Saturday's Sparring Competitors	Cobo Center

**ALL SATURDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM**

## Saturday, July 1, 2017

12-14 Cadet World Class Pairs Poomsae (Black Belts) 12-14 Cadet World Class Teams Poomsae (Black Belts) 12-17 World Class Individual Freestyle Poomsae (Black Belts) 12-14 Cadet Individual Poomsae (Color Belts) 15-17 Junior Board Breaking (All Belts)	15-17 Junior Individual Poomsae (Color Belts) 15-17 Junior World Class Sparring (Black Belts) – Divisions Below ONLY: <u>Male: Fin, Fly, Bantam &amp; Feather Weights</u> <u>Female: ALL Weight Classes</u>	
<b>7:30am</b>	Doors Open for Saturday's Competitors & Coaches ONLY	Cobo Center
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Cobo Center
<b>8:30am</b>	Competition Begins	Cobo Center
<b>9:00am – 12:00pm</b>	Credential Pick Up for All competitors Weigh-In for Sunday's Sparring Competitors	Cobo Center
<b>TBD</b>	Lunch	Cobo Center
<b>2:00pm – 6:00pm</b>	Credential Pick Up for All competitors Weigh-In for Sunday's Sparring Competitors	Cobo Center

**ALL SUNDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM**

**Sunday, July 2, 2017**

12-14 Cadet World Class Individual Poomsae (Black Belts)  
 15-17 World Class Pairs Poomsae (Black Belts)  
 15-17 World Class Teams Poomsae (Black Belts)  
 12-14 Cadet Board Breaking (Black Belts)  
 18-30 World Class Pairs Poomsae (Black Belts)

18-30 World Class Teams Poomsae (Black Belts)  
 12-14 Cadet Sparring (Color Belts)  
 15-17 Junior World Class Sparring (Black Belts) – Divisions Below ONLY  
Male: *Light, Welter, Light Middle, Middle, Light Heavy & Heavy*

<b>7:30am</b>	Doors Open for Sunday Competitors & Coaches ONLY	Cobo Center
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Cobo Center
<b>8:30am</b>	Competition Begins	Cobo Center
<b>9:00am – 12:00pm</b>	Credential Pick Up for All competitors Weigh-In for Monday's Sparring Competitors	Cobo Center
<b>TBD</b>	Lunch	Cobo Center
<b>2:00pm – 6:00pm</b>	Credential Pick Up for All competitors Weigh-In for Monday's Sparring Competitors	Cobo Center

**ALL MONDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM**

**Monday, July 3, 2017**

18+ Individual Poomsae (Color Belts)  
 18-30 World Class Individual Poomsae (Black Belts)  
 6-99 Demo Team (All Belts)  
 18-32 Senior Sparring (Color Belts)

33+ Ultra Sparring (All Belts)  
 31+ World Class Pairs Poomsae (Black Belts)  
 31+ World Class Teams Poomsae (Black Belts)  
 15-17 Junior Sparring (Color Belts)

<b>7:30am</b>	Doors Open for Monday Competitors & Coaches ONLY	Cobo Center
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Cobo Center
<b>8:30am</b>	Competition Begins	Cobo Center
<b>9:00am – 12:00pm</b>	Credential Pick Up for All competitors Weigh-In for Tuesday's Sparring Competitors	Cobo Center
<b>9:00am – 4:30pm</b>	Level 1 Coach Seminar	Cobo Center
<b>TBD</b>	Lunch	Cobo Center
<b>2:00pm – 6:00pm</b>	Credential Pick Up for All competitors Weigh-In for Tuesday's Sparring Competitors	Cobo Center
<b>Immediate Following Competition</b>	State President's Meeting	Cobo Center

**ALL TUESDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM**

**Tuesday, July 4, 2017**

18+ World Class Individual Freestyle Poomsae (Black Belts)  
31-40 World Class Individual Poomsae (Black Belts)  
41-50 World Class Individual Poomsae (Black Belts)  
51-60 World Class Individual Poomsae (Black Belts)  
61-65 World Class Individual Poomsae (Black Belts)  
66+ World Class Individual Poomsae (Black Belts)

10-11 Youth Board Breaking (All Belts)  
10-11 Youth Sparring – **MALE DIVISIONS ONLY**  
17-32 Senior World Class Sparring (Black Belts) Divisions Below  
ONLY:  
Male: Fin, Fly, Bantam, Feather & Light  
Female: Fin, Fly, Bantam, Feather & Light

<b>7:30am</b>	Doors Open for Tuesday Competitors & Coaches ONLY	Cobo Center
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Cobo Center
<b>8:30am</b>	Competition Begins	Cobo Center
<b>9:00am – 12:00pm</b>	Credential Pick Up for All competitors Weigh-In for Wednesday's Sparring Competitors	Cobo Center
<b>TBD</b>	Lunch	Cobo Center
<b>2:00pm – 6:00pm</b>	Credential Pick Up for All competitors Weigh-In for Wednesday's Sparring Competitors	Cobo Center

**ALL WEDNESDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM**

**Wednesday, July 5, 2017**

18+ World Class Pairs Freestyle Poomsae (Black Belts)  
18+ World Class Teams Freestyle Poomsae (Black Belts)  
18+ Board Breaking (All Belts)  
8-9 Tiger Board Breaking (All Belts)  
10-11 Youth Poomsae (All Belts)  
10-11 Youth Sparring – **FEMALE DIVISIONS ONLY**

6-7 Dragon Poomsae (All Belts)  
17-32 Senior World Class Sparring (Black Belts) Divisions Below  
ONLY:  
Male: Welter, Middle & Heavy  
Female: Welter, Middle & Heavy

<b>7:30am</b>	Doors Open for Wednesday Competitors & Coaches ONLY	Cobo Center
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Cobo Center
<b>8:30am</b>	Competition Begins	Cobo Center
<b>9:00am – 12:00pm</b>	Credential Pick Up for All competitors Weigh-In for Thursday's Sparring Competitors	Cobo Center
<b>TBD</b>	Lunch	Cobo Center
<b>TBD</b>	Para Classification	Cobo Center
<b>2:00pm – 6:00pm</b>	Credential Pick Up for All competitors Weigh-In for Thursday's Sparring Competitors	Cobo Center

**ALL THURSDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED BY 6:00PM**

**Thursday, July 6, 2017**

Para Sparring (All Belts)  
Para Poomsae (All Belts)  
6-7 Dragon Sparring (All Belts)

6-7 Board Breaking (All Belts)  
8-9 Tiger Sparring (All Belts)  
8-9 Tiger Poomsae (All Belts)

<b>7:30am</b>	Doors Open for Thursday Competitors & Coaches ONLY	Cobo Center
<b>8:00am</b>	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Cobo Center
<b>8:30am</b>	Competition Begins	Cobo Center
<b>TBD</b>	Lunch	Cobo Center

*Please Note: The detailed schedule of report times will be posted after the final registration deadline.*

**Sparring Brackets, Poomsae & Breaking Order** Sheets will be completed after Weigh-in & Check-In close for that day. Once completed they will be published to the USA Taekwondo website ([www.usa-taekwondo.us](http://www.usa-taekwondo.us))

## 2017 MAJOR CHANGES & IMPORTANT REMINDERS

**Sparring** - The Cadet (12-14) Black Belts will be the only division that have both Grassroots and World Class Divisions. Grassroots Divisions will use Junior Safety rules and the World Class Divisions will use Adult Rules. Athletes qualifying in the Grassroots Divisions at the State Championship may NOT compete in the World Class division. Cadet athletes qualifying in the World Class divisions may not compete in the Grassroots division. The current USA Taekwondo rules will be used for all sparring divisions.

All Belt colors in 6-7 Dragon, 8-9 Tiger, 10-11 Youth and 12-14 Cadet Color Belts and 12-14 Cadet Black Belt Grassroots divisions will use Generation 1 Daedo Hogu and must have Generation 1 Daedo foot gear. All World Class 12-14 Cadet, 15-17 Junior and 17-32 Senior divisions will use Generation 2 Hogu and headgear and will be required to have Generation 2 foot gear.

The 2017 National Championships will serve as the Team Trials for Cadet and Junior Sparring teams to the Cadet World Championships and Cadet & Junior Pan Am Championships. It will also serve as a qualifier to the 2018 Senior Team Trials. To view the selection procedures, click on this link: <http://www.teamusa.org/usa-taekwondo/v2-national-teams/athlete-team-selection-procedures>

**Poomsae** - The 2017 National Championships will serve as the Team Trials for the Cadet and Junior Poomsae teams to the Cadet and Junior Pan Am Championships. It will also serve as a Team Trials to Senior (over 30) to an event to be determined. To view the selection procedures for this event, click on this link: <http://www.teamusa.org/usa-taekwondo/v2-national-teams/athlete-team-selection-procedures>

**Breaking** – USA Taekwondo will use the current breaking rules <http://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>. Starting in 2017 USA Taekwondo will no longer combine belts divisions.

**Demonstration Team** – The rules for the Demonstration teams has changed, please see rules on the USA Taekwondo website: <http://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

**Coaches** - Coaches must be a Level 1 Certified Coach or higher to coach in the World Class Cadet Sparring, Junior Sparring, Senior Sparring and 12 & older World Class black belt poomsae divisions. For all other divisions, the coach must be a certified Associate Coach.

**Qualification** - In order to compete at the 2017 USA Taekwondo National Championships, one must have participated\*\* in a 2017 State Championship, 2017 Senior World Championships Team Trials, NCTA Collegiate Championships, Armed Forces Championships, 2016 Poomsae Team Trials or qualified through the American Taekwondo Association (ATA). \*\*The word **participating means** athletes must have officially weighed-in at the event scales and/or participated on the competition mats in front of the event referees and received a place within the division. \*\* The only exception to this will be in the Para sparring and poomsae, board breaking, freestyle poomsae and demonstration team divisions. These divisions are “Open”.

All color belt athletes will be able to compete in the National Championships at the current belt in which they hold. For example, an athlete competed at a State Championship as a green belt but has since tested and received their blue belt. This athlete may now compete at the USA Taekwondo National Championships as a blue belt. **EXCEPTION:** If an athlete competed at a State Championship as a red belt and has since been promoted to black belt, the athlete MAY NOT compete in any black belt divisions. You can change belt division through the final registration deadline at no additional fee. Any belt changes after the final registration deadline and/or at the event will incur a \$50.00 administrative fee. Participants may make changes directly through their membership profile in Hangastar until they are confirmed and then will need to contact the events department in writing at [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us) to change their belt. After the final registration deadline (June 15, 2017), all belt changes must be submitted in writing and the administrative fee paid before the belt division will be changed.



**Weight Requirements:** - All Grass Roots qualified participants will be allowed to move weight categories from the weight category they qualified in at the USA Taekwondo State Championships if needed. It is encouraged that athletes make the “qualified” weight, but USA Taekwondo understands children are going to grow. You can change weight categories through the final athlete registration deadline at no additional fee. Any weight changes after the final registration deadline and/or at the event will incur a \$50.00 administrative fee. Participants may make changes directly through their registration in Hangastar until they are confirmed and then will need to contact the events department in writing at [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us) to change the weight. After the final registration date (June 15, 2017), all weight changes must be submitted in writing and the administrative fee paid before the weight category will be changed.

Cadet (12-14), Junior (15-17) & Senior (17-32) World Class qualified participants **WILL NOT** be allowed to move weight categories or move into the Grass Roots divisions. Unless they have qualified in more than one weight division at different USA Taekwondo State Championships. If an athlete has qualified in more than one weight class, then that will have to select the weight class that want to compete in by the final registration deadline June 15, 2017. Athletes WILL NOT be allowed to move weight categories after this date.

**Safe Sport – Background Check** - Safe Sport is an initiative that is mandatory for all USOC 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. USA Taekwondo has begun our implementation of Safe Sport by partnering with Verified Volunteers for our vetting purposes. Verified Volunteers is a reputable organization which also provides this same service for several other USOC National Governing Bodies.

Some points of information for our membership:

- Members whose sole membership category is 'athlete' will not be required to complete a background check.
- If you indicate more than one membership category in your registration (i.e. athlete, coach, referee, instructor and/or club owner) you MUST complete the background check before you will be allowed to register for any tournament or seminar under any membership category.
- Background checks will be required every two years and should be updated annually.
- Life Members of USA Taekwondo are required to go to Hang-A-Star log into their USAT membership profile and pay to complete the background check.
- Completion of a background check will take a minimum of 24 hours to get the results back. For those coaches, referees, instructors, etc., who have an event that is coming up soon, you must allow yourself time to have a completed background check so that your participation in that event will not be denied, pending the results of your background check.
- The burden is on each individual to complete their background check in plenty of time to participate in any event or seminar of their choice. There are no 'RUSH' background checks to make up for poor planning on the part of an individual.
- The expense of the background check is the responsibility of each individual. Payment for the background check must be made before one is allowed to register for membership, events or seminars.

Please visit the USAT website for instructions on completing your background check. <http://www.teamusa.org/USA-Taekwondo/Resources/Safe-Sport>

**Event Credentials** - All participants will receive an event credential when they arrive to the event check-in and weigh-ins. All participants must provide a valid ID to pick-up credential and to weigh-in. There will be no exception to this policy. Valid ID is 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. All coaches' credentials will have a photo on the credential. This credential is NONTRANSFERABLE and will be confiscated if misused. The participant's credentials are not valid for an adult, parent or sibling of that participant. Lost credentials are subject to a \$25.00 reprint fee. Participants may only receive a one replacement credential at \$25.00; if a second credential needs to be replaced there will be a fee of \$40.00.

## REGISTRATION DEADLINES & FEES

All registration must take place on the USA Taekwondo Hang-A-Star system. Please visit [www.usa-taekwondo.us](http://www.usa-taekwondo.us) to register. Please have your USA Taekwondo membership number accessible to register. USA Taekwondo has a NO REFUND policy. **NO REFUNDS** will be given for any reason. All Athletes and Coaches must register and pay in full by the early registration dates listed below to receive the early registration fee. If payment is not received by early registration deadline you will be required to pay the final registration fee. ***\*\*Registration Deadlines end at 11:59pm (MT)\*\* If an athlete does not pay in full by the final registration date, then an additional \$25 admin fee will be charged onsite when you pick your credential.***

### ATHLETES

Divisions (Sparring, Poomsae, Etc.)	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
<b>1<sup>st</sup> Division</b>	\$125.00	June 6, 2017	\$170.00	June 15, 2017
<b>2<sup>nd</sup> Division</b>	\$145.00	June 6, 2017	\$190.00	June 15, 2017
<b>3<sup>rd</sup> Division</b>	\$170.00	June 6, 2017	\$215.00	June 15, 2017
<b>4<sup>th</sup> Division</b>	\$195.00	June 6, 2017	\$240.00	June 15, 2017
<b>5<sup>th</sup> Division</b>	\$220.00	June 6, 2017	\$265.00	June 15, 2017
<b>6<sup>th</sup> Division</b>	\$245.00	June 6, 2017	\$290.00	June 15, 2017
<b>7<sup>th</sup> Division</b>	\$270.00	June 6, 2017	\$315.00	June 15, 2017
<b>8<sup>th</sup> Division</b>	\$295.00	June 6, 2017	\$340.00	June 15, 2017

### COACHES

CIDP LEVEL	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline	Onsite Fee
<b>Associate Coach or Level 1</b>	\$65.00	June 6, 2017	\$125.00	June 15, 2017	\$175.00
<b>Level 2 or higher</b>	\$55.00	June 6, 2017	\$125.00	June 15, 2017	\$175.00

Coaches are required to complete a pass a background check, complete the USOC safe sport video and register for a Coaches Edge Webinar before they can register and pay for the 2017 USA Taekwondo National Championships. ALL Coaches are also required to take Coaches Edge Seminar prior to registering. Please allow plenty of time to complete these before registering for the event.

### REGISTRATION CHECKLIST

Completing all items on this list will help ensure a speedy check-in and weigh-in process at the 2017 National Championships

- Complete registration payment online. To receive the early registration price, you must pay by the early deadline. If payment is not received by this deadline the system will automatically update to the late fee. ***If an athlete does not pay in full by the final registration date, then an additional \$25 admin fee will be charged onsite when you pick your credential.***
- Send in Proof of Residency, Citizenship and/or black belt certification if required according to the division you have registered for. Hang-A-Star will indicate which is required upon completion of registration. (Proof of Citizenship required for: Cadet (12-14), Junior (15-17) & Senior (17-32) black belts for both Sparring and Poomsae). Email documents to [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us) and include participants USA Taekwondo membership number.



## METHOD OF COMPETITION

**Sparring – Color Belts & Black Belts** - A single elimination format will be applied to all sparring divisions.

**Poomsae** - A random draw will be completed prior to the start of competition to determine the order in which contestants will compete. For black belts 12 and over, please review the selection procedures for competition format (<http://www.teamusa.org/usa-taekwondo/v2-national-teams/athlete-team-selection-procedures>) Designated Poomsae will be selected from the Compulsory Poomsae and will be published to the USA Taekwondo website ([www.usa-taekwondo.us](http://www.usa-taekwondo.us)) approximately 1 week from the start of the National Championships.

**Board Breaking and Demonstration Team** - Judges scoring based on the rules set-forth

## QUALIFICATION & COMPETITION RULES

**\*\*USAT uses the date December 31 of the given year (December 31, 2017) to determine the age of all competitors. Example: an athlete turns 15 on October 26, 2017 they would compete as a 15 year old in the 2017 USA Taekwondo National Championships, even though they are 14 years old at the time of the event.\*\***

### QUALIFICATIONS

In accordance *of the USAT Competition Rules: Qualification of USAT contestant 1.) Citizen (12 and older black belts divisions) or Resident of the United States (depends on division registered). 2.) Registered USAT athlete member. 3.) All black belt contestants must submit a copy of the Dan/Poom certificate, 4.) All athletes must provide identification in the form of official ID, if no photo ID is available then a birth certificate may be provided. 5.) All contestants participating in a tournament are required to observe the Code of Conduct of the USAT and the rules of the tournament. Violators face sanction by the USAT.*

All Grass Roots qualified participants will be allowed to move weight categories from the weight category they qualified in at the USA Taekwondo State Championships if needed. It is encouraged that athletes make the “qualified” weight, but USA Taekwondo understands children are going to grow. You can change weight categories through the final athlete registration deadline at no additional fee. Any weight changes after the final registration deadline and/or at the event will incur a \$50.00 administrative fee. Participants may make changes directly through their registration in Hangastar until they are confirmed and then will need to contact the events department in writing at [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us) to change the weight. After the final registration date (June 15, 2017), all weight changes must be submitted in writing and the administrative fee paid before the weight category will be changed.

Winner of the Cadet Grassroots divisions will no longer qualify for the World Class division because Grassroots division will use Junior Safety Rules and World Class divisions will use full head contact rules (see competition rules for full explanation of rules). Once qualified for World Class, an athlete is not eligible for Grass Roots division.

**World Class qualified participants will not be allowed to move weight categories (exception listed below) or move into the Grass Root division.**

^^For those athletes who have qualified in two separate World Class weight categories, **you MUST choose which weight category you will compete in at the USAT National Championships by the REGISTRATION DEADLINE (June 15, 2017)** After the REGISTRATION DEADLINE you will not be allowed to switch weight categories.^^

### COMPETITION RULES:

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

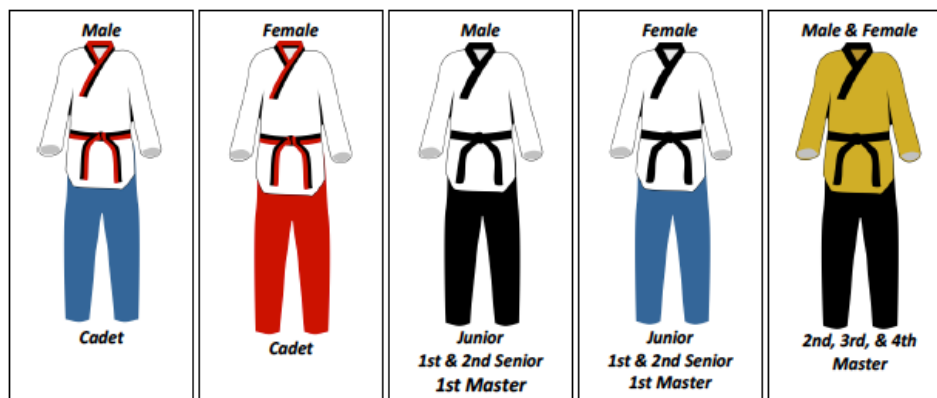
# DOBOK & EQUIPMENT STANDARDS

## 1. Official Uniform (Dobok)

All contestants must wear a white Taekwondo V-neck USAT/WTF uniform (dobok) in good condition. Black belts must wear black-collared uniforms. Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms. Patches, embroidery, logos, team names, country names, athlete names, and stripes are permitted on the uniform; they can be up to 12" x 4" on each leg or arm for a total of four. Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed.

**No tape will be allowed on any part of the uniform.**

**Poomsae contestants** may wear either the standard V-neck USA/WTF uniform (as specified above) or WTF-designated Y-neck competition poomsae uniforms appropriate to the contestant's division.



WTF Y-neck uniforms may have a national flag patch and country code displayed on the uniform consistent with WTF guidelines.

**Poomsae uniform wear only poomsae division (no sparring or breaking)**

## 2. Protective Equipment

Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory as of 1/1/2017 for both male and female competitors), gloves (see explanation below), forearm protector, shin-instep protectors, approved sensing socks (if using an electronic Protector and Scoring System) 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.

## 3. Personal Requirements

All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely. Pony tails must be tucked inside the headgear.

- **Metallic Articles**  
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.
- **Personal Hygiene**

All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their

hair neatly. Pony tails must be tucked inside the headgear.

Any violators of Section 1, 2, and 3 of this article will be required to correct the violation within one minute, or face disqualification.

- **Taping**

Taping on the foot and hand shall be allowed for the protection of athletes. For an injury, the minimum amount of tape that will protect the area should be used. Taping of feet and hands will be strictly checked during the athlete inspection process; if there is a question, the inspector or referee should have the wrapping examined and approved by the Tournament Medical Staff. Under no circumstances will a hard splint or cast—no matter how small—be allowed.

There will be no taping beneath the sensor socks unless it is approved by the Commission Doctor because of injury.

**4. USA Taekwondo Equipment Standards**

**Belt Colors:** Only WTF/USAT belt colors will be allowed—black, poom (black and red), red, blue, green, yellow). Belts with stripes will be allowed. **(Red belt cannot allowed to wear poom belt)**

**Gloves:** World Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts **and Color Belt** are required to wear USAT/WTF-approved Taekwondo gloves. Gloves may be red, blue, or white; white is preferred. However, red and blue are allowed. If the competitor chooses to wear red or blue gloves, they must correspond with the color of the chest protector. Gloves must be open finger style, as shown below. For all other divisions, gloves are optional and must comply with the above rule. Cloth gloves or hand covers are not allowed.



**Properly fitting head protector:** Unless electronic PSS head protectors are used, all participants must provide their own red, blue or white head protector with no markings other than corporate logos. Red and blue are preferred; white is only allowed for color belt divisions and 6-7 year old black belt divisions. The color of the head protector must correspond with the color of the chest protector. Cracks or defects in the headgear will not be allowed.

**Mouth guard:** All athletes are required to use a mouth guard. MOUTH GUARDS MUST BE EITHER WHITE OR TRANSPARENT. A mouth cover or different colored mouth guard (note: red is not allowed) may be used for competitors with braces if an orthodontist’s note is provided prior to the beginning of competition.

**Groin protection:** All male athletes are required to wear a protective cup, which must be inside the pants during competition. Groin protection is also required for female athletes, and must be worn inside the uniform. **(World Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts and Color Belt are required)**

**Properly fitting chest protector:** For USAT National Championships, an electronic Protection and Scoring System (PSS) will be used, and all athletes will be provided a red and blue full-body WTF trunk protector. Both players must use the same size PSS.

**Shin and instep protection:** Shin and instep protectors are REQUIRED, and they must be made of foam, cloth or vinyl. PSS sensor socks with built-in instep padding are also allowed. The instep protector may be red, blue, or white, but must correspond with the color of the chest protector; any color shin protector is allowed. Cloth or foam knee pads are permitted.

**Forearm guard:** Forearm guards are REQUIRED and it is mandatory that athletes wear only foam, cloth, or vinyl products. Any color forearm guard will be allowed. Cloth or foam elbow pads are permitted.

**Please Note:** USA Taekwondo reserves the right to disallow any uniform or equipment if it is found to be unsafe, offensive or degrading.

# DIVISIONS – WEIGHT CATAGORIES WEIGH-INS – BRACKETING

## SPARRING

**Note:** (Explanation #1) Not exceeding: 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. (Explanation #2) Over: Over 50.00 kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

<b>ULTRA SPARRING DIVISIONS (33+ year olds)</b> <b>3 ROUNDS, 1 MINUTE</b> <b>DAEDO GENERATION 1 HOGU</b>		
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
<b>SENIOR SPARRING DIVISIONS (17-32)</b> <b>COLOR BELTS: 3 ROUNDS, 1 MINUTE</b> <b>DAEDO GENERATION 1</b>		
<b>BLACK BELTS (WORLD CLASS): 3 ROUNDS, 2 MINUTES</b> <b>DAEDO GENERATION 2</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

**JUNIOR SPARRING DIVISIONS (15-17)**

**COLOR BELTS: 3 ROUNDS, 1 MINUTE**

**DAEDO GENERATION 1**

**BLACK BELTS (WORLD CLASS): 3 ROUNDS, 1 MINUTE 30 SECONDS**

**DAEDO GENERATION 2**

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
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 SPARRING DIVISIONS (12-14)**

**COLOR BELTS: 3 ROUNDS, 1 MINUTE**

**BLACK BELTS (GRASS ROOTS): 3 ROUNDS, 1 MINUTE**

**DAEDO GENERATION 1**

**BLACK BELTS (WORLD CLASS): 3 ROUNDS, 1 MINUTE 30 SECONDS**

**DAEDO GENERATION 2**

<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>ALL BELTS: 3 ROUNDS, 1 MINUTE</b> <b>DAEDO GENERATION 1</b>		
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
<b>TIGER SPARRING DIVISIONS (8-9)</b> <b>ALL BELTS: 2 ROUNDS, 1 MINUTE</b> <b>DAEDO GENERATION 1</b>		
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
<b>DRAGON SPARRING DIVISIONS (6-7)</b> <b>ALL BELTS: 2 ROUNDS, 1 MINUTE</b> <b>DAEDO GENERATION 1</b>		
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
<b>PARA SPARRING DIVISIONS (18 &amp; OLDER)</b> <b>SPORT CLASSES K41, K42, K43 and K44</b> <b>ALL BELTS: 3 ROUNDS, 1 MINUTE</b> <b>COLOR BELTS: DAEDO GENERATION 1</b> <b>BLACK BELTS: DAEDO GENERATION 2</b>		
Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not Exceeding 61kg	Not Exceeding 49kg
Light	Over 61kg & Not Exceeding 75kg	Over 49kg & Not Exceeding 58kg
Heavy	Over 75kg	Over 58kg

**\*\*All athletes competing in the Para Sparring division must be classified by a WTF Classifier.** For more information about classification please contact the USA Taekwondo High Performance Department (Dani Sweigard [Dani.Sweigard@usa-taekwondo.us](mailto:Dani.Sweigard@usa-taekwondo.us)).



## WEIGH-INS

1. A competitor's weight shall be measured the day prior to his or her 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 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, USAT 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.***

All Grass Roots qualified participants will be allowed to move weight categories from the weight category they qualified in at the USAT State Championships if needed. It is encouraged that athletes make the "qualified" weight, but USAT understands children are going to grow. You can change weight categories through the final athlete registration deadline at no additional fee. Any weight changes after the final registration deadline and/or at the event will incur a \$50.00 administrative fee. Participants may make changes directly through their registration in Hangastar until they are confirmed and then will need to contact the events department in writing at [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us) to change the weight. After the final registration date (June 15, 2017), all weight changes must be submitted in writing and the administrative fee paid before the weight category will be changed.

Cadet (12-14), Junior (15-17) & Senior (17-32) World Class qualified participants **WILL NOT** be allowed to move weight categories or move into the Grass Roots divisions.

## BRACKETING & SEEDING

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

Seeding will only be applied to those divisions where the seeding has been outlined in the selection procedures. To view selection procedures click on this link: <http://www.teamusa.org/USA-Taekwondo/V2-National-Teams/Athlete-Team-Selection-Procedures>

**POOMSAE**

<b>INDIVIDUAL POOMSAE</b>				
<b>AGE CLASSES</b>	<b>AGE DIVISIONS</b>	<b>BELT COLOR</b>	<b>RANK</b>	<b>COMPETITION TYPE</b>
DRAGONS	6-7 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A	SINGLE ELIMINATION
DRAGONS	6-7 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>	SINGLE ELIMINATION
TIGERS	8-9 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A	MODIFIED WTF FORMAT
TIGERS	8-9 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>	SEE SELECTION PROCEDURES
JUNIOR	15-17 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A	MODIFIED WTF FORMAT
JUNIOR	15-17 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>	SEE SELECTION PROCEDURES
UNDER 30	18-30 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A	MODIFIED WTF FORMAT
UNDER 40	31-40 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A	MODIFIED WTF FORMAT
UNDER 50	41-50 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A	MODIFIED WTF FORMAT
UNDER 60	51-60 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A	MODIFIED WTF FORMAT
UNDER 65	61-65 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A	MODIFIED WTF FORMAT
OVER 65	66 & OLDER	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A	MODIFIED WTF FORMAT
UNDER 30	18-30 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>	SEE SELECTION PROCEDURES
UNDER 40	31-40 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>	SEE SELECTION PROCEDURES
UNDER 50	41-50 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>	SEE SELECTION PROCEDURES
UNDER 60	51-60 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>	SEE SELECTION PROCEDURES
UNDER 65	61-65 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>	SEE SELECTION PROCEDURES
OVER 65	66 & OLDER	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>	SEE SELECTION PROCEDURES

**PAIRS POOMSAE**

**CO-ED: 1 MALE & 1 FEMALE**

**Cadet (12-14), Juniors (15-17), Under 30 (18-30) & Over 30 (31+)**

Division	Belt	Rank	Gender
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Under 30 (18-30)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Over 30 (31+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed

**TEAM POOMSAE**

**3 Competitors of the same gender**

**Cadet (12-14), Juniors (15-17), Under 30 (18-30) & Over 30 (31+)**

Division	Belt	Rank	Gender
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Under 30 (18-30)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Under 30(18-30)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Over 30 (31+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Over 30 (31+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male

**INDIVIDUAL FREESTYLE POOMSAE**

**12-17 & 18+**

Division	Belt	Rank	Gender
12-17	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
12-17	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
18+	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
18+	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male

**PAIRS FREESTYLE POOMSAE**

**COED – 1 MALE & 1 FEMALE**

**12-17 & 18+**

Division	Belt	Rank	Gender
12-17	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
18+	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed

**TEAMS FREESTYLE POOMSAE**

**Composition of 5 Members at least 2 Males & 2 Females**

**12-17 & 18+**

Division	Belt	Rank	Gender
12-17	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed
18+	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed

**\*Freestyle Poomsae will be open to all athletes that meet the age and belt requirement.**

## DESIGNATED POOMSAE

Designated Poomsae will be selected from the Compulsory Poomsae listed below and will be published to the USAT website ([www.usa-taekwondo.us](http://www.usa-taekwondo.us)) approximately 1 week from the start of the National Championships.

<b>COMPULSORY POOMSAE – BLACK BELTS</b>	
<b>INDIVIDUAL DIVISIONS</b>	<b>COMPULSORY POOMSAE</b>
Dragons (6-7)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Tigers (8-9)	
Youth (10-11)	
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Under 40 (31-40)	
Under 50 (41-50)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60 (51-60)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65 (61-65)	
Over 65 (66+)	
<b>PAIRS DIVISIONS (co-ed)</b>	<b>COMPULSORY POOMSAE</b>
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Teaback, Pyongwon, Shipjin
Over 30 (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
<b>TEAM DIVISIONS</b>	<b>COMPULSORY POOMSAE</b>
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Over 30 (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
<b>COMPULSORY POOMSAE – COLOR BELTS</b>	
<b>INDIVIDUAL DIVISIONS</b>	<b>COMPULSORY POOMSAE</b>
Yellow (7 <sup>th</sup> & 8 <sup>th</sup> Geup) – All Ages	Taegeuk 1, 2 Jang
Green (5 <sup>th</sup> & 6 <sup>th</sup> Geup) – All Ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3 <sup>rd</sup> & 4 <sup>th</sup> Geup) – All Ages	Taegeuk 3, 4, 5, 6 Jang
Red (1 <sup>st</sup> & 2 <sup>nd</sup> Geup) – All Ages	Taegeuk 4, 5, 6, 7, 8 Jang

## 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
TIGERS	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

*Participants may pre-order their boards at a discounted rate or they may be purchased onsite at the USA Taekwondo National Championships through Vision USA.*

## DEMONSTRATION TEAM

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS
DEMO TEAM	ALL AGES	ALL BELT COLORS	1 MINUTE	10 MINUTES

**\*Demo Team will be open to all athletes that meet the age and belt requirement.**

# COACHING REQUIREMENT - CIDP

### SAFE SPORT – BACKGROUND CHECKS

Safe Sport is an initiative that is mandatory for all USOC 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. USA Taekwondo has begun our implementation of Safe Sport by partnering with Verified Volunteers for our vetting purposes. Verified Volunteers is a very reputable organization that also provides this same service for several other USOC National Governing Bodies.

### CREDENTIAL

All coaches are required to upload a photo to their membership profile for their credentials for the 2017 National Championships. Picture must be headshot only in BMP, GIF, JPEG, PNG, TIFF and file must be under 4MB. Please do not mail or email a photo.

### COACHES’ EDGE SEMINAR

The 2017 Coaches’ Edge seminar is required for any USAT member who wishes to coach from the chair at any 2017 USAT National events, including the USAT National Championships. A one-time per year course, the Coaches’ Edge is an investment in the continuing education and development of our coaches. A coach who has already taken the Associate

Coach Quiz, 2007 Technical Update, and Associate Coach Seminar, Level 1 and/or Level 2 seminar may coach at USAT events at the same level in 2017 after taking the Coaches' Edge seminar. The Coaches' Edge seminar will be held via webinars and at the USAT National Championships. For questions regarding the CIDP please contact Dani Sweigard [Dani.Sweigard@usa-taekwondo.us](mailto:Dani.Sweigard@usa-taekwondo.us) or May Spence [May.Spence@usa-taekwondo.us](mailto:May.Spence@usa-taekwondo.us).

### **2017 Coaches' Edge Seminar/Webinar Dates**

Wednesday, May 17 @ 6pm (MT)

Friday, May 19 @ 10am (MT)

Thursday, May 25 @ 9am (MT) Poomsae

Tuesday, May 30 @ 6pm (MT) Poomsae

Thursday, June 1 @ 3pm (MT)

Tuesday, June 6 @ 9am (MT)

Monday, June 12 @ 7pm (MT)

Thursday, June 29, 2017 @ TBD – In person at the National Championships

### **CIDP – LEVEL 1 SEMINAR (June 29, 2017 and July 3, 2017)**

Level 1 – *Introducing Sport Taekwondo* seminar, which is designed for coaches who wish to gain further technical competencies and be introduced to the newly-established national coaching standards. Level 1 certification is required for members who plan to coach in the 12-14, 15-17 & 17-32 year old Black Belt Sparring and Poomsae Divisions at the USAT National Championships.

Note: Coaches must be a Level 1 Certified Coach or higher to coach in the World Class Cadet Sparring, Junior Sparring, Senior Sparring and 12 & older World Class black belt poomsae divisions. For all other divisions, the coach must be a certified Associate Coach.

The Level 1 seminar is a combination of sport and non-sport specific modules, based on theory and practice. It is the initial step toward acquiring the knowledge needed to coach at the World Class level. The true benefit of the Level 1 seminar, however, is obtaining proven learning principles to better understand how athletes process the information provided from their coach to influence their performance. In a Level 1 seminar, state of the art technology such as *Dartfish* is introduced as a learning tool as well as standardized concepts such as Organizing Training Sessions, Skill & Technique Development, Scouting and Weight control.

You can **register** for the **Level 1 seminar on the Hang-A-Star system** under the events tab or by visiting the Coaching page at [www.usa-taekwondo.us](http://www.usa-taekwondo.us)

## REFEREES

Registration must be completed through USA Taekwondo's online registration system.

There will be seven (7) days of competition at this event. Referees selected will receive an honorarium, hotel accommodations for eight (8) nights (double occupancy only to be shared with an appointed referee), and breakfast, lunch, and dinner for competition days. The referees selected will only receive hotel accommodations if you work at least three (3) days. Those referees that are selected to work will be expected to work all days through the end of competition. You must have attended a referee seminar in 2017 to be qualified to work this event. (If you are not able to work all 7 days please select the days you are able to work and you will be notified once appointments are made if you have been selected to work those days.)

Referees that are selected will be responsible for their own round trip airfare and hotel incidentals. Any referee that makes their own hotel accommodations will be responsible for the entire cost of the room. USAT will provide transportation to and from the airport and the venue. Referee attire will be black suit, plain white shirt, and solid red tie. If you are selected, you will then need to provide airline arrival and departure information into the designated airport



ONLY (DTW) in order for USA Taekwondo to plan accordingly. Please note we may need less referees on the last day of competition (July 6), so please do not make your travel arrangements until you have received official confirmation of the dates you have been appointed.

For 2017 National Championships and beyond referees have two options:

1. USA Taekwondo books you a shared room with another referee.
2. You make your own rooming arrangements. USA Taekwondo will reimburse you at the end of the event at a rate of \$XX per night during the event. Please note that if you make arrangements at a hotel other than the host hotel you will be responsible for your own transport arrangements.

Please state when accepting your appointment if you would prefer USA Taekwondo to book you into a shared room, or if you wish to make your own accommodation arrangements and be reimbursed.

## AWARDS

All athletes will receive a participation certificate at the time of registration.

### SPARRING

2017 USAT National Championship medals and certificate will be given out to the top 4 athletes, in the respective divisions and weight categories

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

### POOMSAE

2017 USAT National Championships medals and certificates will be given 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 certificate and medal if they have participated\* in the event. USA Taekwondo defines participated and check-in and stepped on the mat competed in front of judges.

INDIVIDUA/PAIRS/TEAMS AWARDS	
<b>1<sup>st</sup> Place</b>	Gold Medal + Certificate
<b>2<sup>nd</sup> Place</b>	Silver Medal + Certificate
<b>3<sup>rd</sup> Place</b>	Bronze Medal + Certificate
<b>3<sup>rd</sup> Place</b>	Bronze Medal + Certificate

**CREATIVE EVENTS**

2017 USAT National Championship Medals will be given out to the top four (4) athletes, in the respective divisions- Board Breaking and Demonstration Team.

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

## GENERAL INFORMATION

**Event Spectator Tickets**

Admission to the 2017 USAT National Championships is by credential or ticket only. Advance sales will save you money, time and avoid lines at the ticket windows, especially the first day of competition. Advanced event tickets can be ordered directly online through Brown Paper Tickets.



You can now order your tickets online at <http://www.brownpapertickets.com/event/2922147>. By ordering your tickets online you will save time and money. You can print your ticket at home and bring them to the event. We will have scanners there to scan your ticket and get you to the action quicker.

**Deadline for ordering tickets online is June 23, 2017 at 11:59pm (MT). Tickets will have to be purchased onsite after June 23.** Wristbands will be given in exchange for your tickets at the Austin Convention Center. 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).

Ticket Pricing		
Event Ticket	Advance (online)	At-Door
All-Event Pass	\$70.00	Not Available
Single Day (Adult 18+)	\$15.00	\$18.00
Single Day (Child 6-17)	\$10.00	\$12.00
Children 5 & Under	Free	Free

**\*\*NO REFUNDS or exchanges. Lost, stolen or forgotten tickets will NOT be replaced or refunded.**

**Athletic Trainers & Taping of Athletes**

Medical will be provided by Bare Essentials Sport Medicine. Sports Med Staff will be ringside and in 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 WTF and USAT.



### Daedo-Truescore

Daedo-Truescore will be the official provider of the EBP (Electronic Body Protector) for the 2017 USAT National Championships. USA Taekwondo and Daedo-Truescore will provide the hogu to all athletes prior to each sparring match, which athletes will obtain at the equipment area. These hogus should be returned immediately to the equipment area after the completion of their match. **Athletes who fail to return their hogu will be subject to disciplinary actions and assessed a replacement fee of the hogu.**



All athletes are responsible for purchasing their own scoring foot gear prior to the event. Availability of the foot socks for on-site sales is **NOT guaranteed**. It is best if athletes purchase them prior to arriving at the following link. Be sure to purchase them from the official reseller of Daedo gear in the United States at [www.truescore.com](http://www.truescore.com).

All Belt colors in 6-7 Dragon, 8-9 Tiger, 10-11 Youth and 12-14 Cadet Color Belts and 12-14 Cadet Black Belt Grassroots divisions will use Generation 1 Daedo Hogu and must have Generation 1 Daedo foot gear. All World Class 12-14 Cadet, 15-17 Junior and 17-32 Senior divisions will use Generation 2 Hogu and headgear and will be required to have Generation 2 foot gear.

### Board Breaking “Holders”

ALL athletes are responsible for providing their own board holders. Athletes and/or their board holders, can obtain a board holding credential in the competition holding area the day of the competition for that division. This credential can only be used for the day of that competition and must be returned after your event has been completed. Again, USAT will not provide, nor “appoint” coaches/spectators to hold the boards during the board breaking competition for athletes. Athletes must purchase their boards from the designated board vendor Vision for this event.

## HOTEL – HOUSING ACCOMODATIONS

USA Taekwondo has partnered with GroupHousing to offer great rates for the 2017 National Championships. Click the link below to book your reservations.

<https://www.grouphousingadmin.com/signup/showevent.asp?id=1282>



## TRANSPORTATION

### AIRFARE

All participants are responsible for their own airfare. Participants and families should look for flights to Detroit Airport (DTW). USA Taekwondo members can receive a discount by booking with United Airlines. To receive this discount, call the United Olympic desk at 1-800-841-0460, let the agent know you are member and you receive 2-10% discounts on flights.