I. SELECTION SYSTEM

The 2019 US Cadet and Junior Poomsae Team for the Pan American Cadet and Junior Poomsae Championships will be selected through an open qualification event at Colorado Springs, CO to be held from May 4, 2019 to May 5, 2019.

Qualifying Poomsae divisions are divided into 14 black belt groups.

2019 CADET AND JUNIOR PAN AM CHAMPIONSHIP POOMSAE TEAM FLOW CHART

OPEN TEAM TRIALS
2019 USAT National Poomsae Team Trials – Cadet and Poomsae Divisions
(Dates May 4-5, 2019, Colorado Springs, CO)

The 2019 USAT National Poomsae Team Trials is an open competition for all registered USAT members to participate in.

The winner in each of the Poomsae Team Trials Divisions earns a spot on the 2019 U.S. Cadet and Junior Poomsae Team, which will compete at the 2019 Pan Am Cadet and Junior Championships (June 13-15 in Portland, Oregon).

II. POOMSAE DIVISIONS

At the 2019 U.S. Cadet and Junior Poomsae Team Trials for the Pan American Championships, the following World Class black belt poomsae divisions will be contested:

*Age divisions are based on the year, rather than the date, of the event. For example, a competitor who has her 15th birthday on December 2, 2019, will compete in the 15-17 (Junior) Division at all events held between January 1 and December 31, 2019.
### Recognized Poomsae Divisions

<table>
<thead>
<tr>
<th>Age*</th>
<th>Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-14</td>
<td>12-14 (Cadet) - Male</td>
</tr>
<tr>
<td>12-14</td>
<td>12-14 (Cadet) - Female</td>
</tr>
<tr>
<td>15-17</td>
<td>15-17 (Junior) - Male</td>
</tr>
<tr>
<td>15-17</td>
<td>15-17 (Junior) - Female</td>
</tr>
</tbody>
</table>

**Pair**

<table>
<thead>
<tr>
<th>Age*</th>
<th>Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-14</td>
<td>12-14 (Cadet) Pair - Male/Female</td>
</tr>
<tr>
<td>15-17</td>
<td>15-17 (Junior) Pair - Male/Female</td>
</tr>
</tbody>
</table>

**Team**

<table>
<thead>
<tr>
<th>Age*</th>
<th>Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-14</td>
<td>12-14 (Cadet) Team - Male</td>
</tr>
<tr>
<td>12-14</td>
<td>12-14 (Cadet) Team - Female</td>
</tr>
<tr>
<td>15-17</td>
<td>15-17 (Junior) Team - Male</td>
</tr>
<tr>
<td>15-17</td>
<td>15-17 (Junior) Team - Female</td>
</tr>
</tbody>
</table>

### Freestyle Poomsae Divisions

<table>
<thead>
<tr>
<th>Age*</th>
<th>Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-17</td>
<td>Male</td>
</tr>
<tr>
<td>12-17</td>
<td>Female</td>
</tr>
</tbody>
</table>

**Pair**

<table>
<thead>
<tr>
<th>Age*</th>
<th>Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-17</td>
<td>Male/Female</td>
</tr>
</tbody>
</table>

**Team**

<table>
<thead>
<tr>
<th>Age*</th>
<th>Division</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-17</td>
<td>Five or Six members: at least two males and two females plus alternate</td>
</tr>
</tbody>
</table>
III. COMPETITION FORMAT

The 2019 USAT National Poomsae Team Trials event for selection of the Cadet and Junior Poomsae Team for the Pan Am Championships will use the cut-off method and team trial format as defined by the USAT Poomsae Competition Rules and these selection procedures:

**Preliminary Round (20+ competitors):**
Recognized competitors will perform one poomsae. Freestyle competitors will perform one freestyle poomsae. The competitors with scores in the top half of the group proceed to the semi-final round.

**Semifinal Round (9-19 competitors):** Recognized competitors will perform two poomsae. Freestyle competitors will perform one freestyle poomsae. The competitors with scores in the top eight of the group proceed to the final round.

**Final Round (Freestyle Poomsae) (8 or fewer competitors) Cut-off Format**

Each of the top 8 athletes will perform their poomsae once to determine the final standings. The athlete with the highest score will be determined the winner.

In case of a tied score, the tie will be broken according to the WTF rules: The winner will be the competitor with the highest technical skills score. In case that the scores are still tied, the competitor with the highest total points including the total points of all judges without dropping the high and low score is the winner. If it's still tied, the tied competitors will perform one poomsae, and the competitor with the highest score will be the winner.

**Final Round (Recognized Poomsae) (8 or fewer competitors)**

*Team Trials Format*

With the selection of the very best athlete in mind, the method of selection for Recognized Poomsae Divisions shall include the performance of each of the eight required poomsae for each division. *If there are twenty or more total competitors in the division, then the tournament committee will choose four randomly selected poomsae and each competitor will perform these four chosen poomsae instead of all eight poomsae.*

Each Recognized Poomsae Division will perform all required 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. The poomsae order will be announced at least 1 day prior to the competition.

The first round of competition (first poomsae) within a division shall have a random competitor order. Subsequent rounds’ competitor orders shall also have a random competitor order. The algorithm used to randomize the competitors each round will ensure that no competitor will perform first for any two consecutive rounds.
The selection of the winner will be based on two methods of calculating the results.

1. The first method will be by cumulative score of all rounds of competition. At the end of eight rounds, the scores across all eight (or four) poomsae for each athlete are totaled. The athlete who has the highest total score will be declared the winner. The athlete who has the second highest total score is the first alternate. The athlete who has the third highest score is the second alternate, and the athlete with the fourth highest score is the third alternate.

   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. 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 four) rounds, the number of round wins will be listed as highest number of 1st placements, # of 2nd places, # of 3rd places and # of 4th places. The competitor with the highest number of 1st place wins, if tied then the number of 2nd place then number of 3rd place etc. (i.e. 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 than that athlete is the uncontested winner. In the event that any different athletes place higher using the second method and record more first place 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. 2 forms will be randomly selected and the round will be run using WTF Single elimination format rules. The winner will be named the 2019 Cadet or Junior Poomsae Team Member for the Pan Am Championships. Alternates, if needed, will be selected from the cumulative score results.

IV. REQUIRED POOMSAE

A list of the required Poomsae for the 2019 USAT National Poomsae Team Trials event will be published to the USAT website no later than one day prior to the start of competition.
The order in which the Recognized Poomsae will be contested at the 2019 USAT National Poomsae Team Trials will be published to the USAT website no later than the day before the team trials.

V. ATHLETE REPLACEMENTS

In an uncontestd team or pair division (Recognized or Freestyle), in the event of an injury or withdrawal of a member, the team or pair may replenish their roster to the starting number that they had at team trials by any USAT athlete that was eligible throughout the selection process.

For contested divisions – in the event of an injury or withdrawal, the eligible alternate for that division will be asked to fill the opening. (Freestyle Team is seen as composed of 5 or 6 members that may be interchanged at the discretion of their coach. No athlete is guaranteed to be in the starting lineup of 5 whether they performed for team trials or not and a team shall not be replaced unless their number of athletes drops below 5.)

VI. DIVISION CHANGE DISCLAIMER

These selection procedures are based on the most current information available to USA Taekwondo. In the event that divisions are consolidated to larger age groupings the following method will be used to determine the athlete selected to represent USAT at the Pan Am Championships.

1. If USAT is notified of any change in the divisions to be contested at the Pan Am Championships before the USAT National Poomsae Team Trial event, USAT reserves the right to adjust and combine the divisions as necessary to select the appropriate team members.

2. If USAT is notified of any change in the divisions to be contested at the Pan Am Championships after the USAT National Poomsae Team Trial event, a selection committee will determine the best way to consolidate the divisions to meet the required participation for the Pan Am Championships using the following guidelines;
   a. The selection committee will consist of the USAT Executive Director, USAT High Performance Director, USAT AAC poomsae representative and the USAT National Poomsae Team Coaches (not including Associate and Assistant Coaches). Any individual who has any conflict of interest and is involved in the selection process must disclose this information, recuse him or herself and not influence others regarding the discussions, meetings or decisions involving the selection of the athlete.
   b. Only those athletes who placed 1st in their respective division or those athletes who are alternates who have been notified and accepted the position to represent their division in the event the 1st place winner declines the position, will be considered in the decision of the selection committee.
c. Criteria for the selection of the athlete will include but not be limited to World Poomsae Championship record, US Poomsae Team Trial record, USAT Nationals record, Pan Am Championships record and US Open record.

VII. ATHLETE RESPONSIBILITIES

Required Documents
The following documents are required to be signed by an athlete as a condition of nomination to the 2019 Cadet and Junior National Poomsae Team for the Pan American Championships, and are included as attachments;
- Code of Conduct (attachment A)
- Athlete Agreement (attachment B)

Travel & Competition Expenses
Registration fees, team uniforms and apparel will be provided to the athletes with their participation in the 2019 Pan American Championships. Those athletes that participate in the event will be responsible for all travel expenses related to the 2019 Pan American Championships.

Notification of Participation & Replacements
According to World Taekwondo Federation rules, athletes may compete in a maximum of two Recognized Poomsae and two Freestyle Poomsae divisions at any official poomsae championships. Athletes who qualify as a USAT National Poomsae Team member in more than two Recognized Poomsae and two Freestyle Poomsae divisions must declare the two Recognized Poomsae and two Freestyle Poomsae divisions in which they will compete and decline the other divisions no later than one week following the Team Trial event. The 2nd place finisher from the Team Trial event will be offered the declined USAT National Poomsae Team position. Once the alternate accepts the position than no further changes will be made.

All 2019 Cadet and Junior Poomsae Team members must make clear their intention of participating in the 2019 Pan American Championships no later than one week following the USAT Team Trials event. If the 1st place finisher from the Team Trial event is unwilling or unable to participate, the 2nd place finisher will be offered the spot as an alternate. If the 1st and 2nd place finishers from the Team Trial event are unwilling or unable to participate, the 3rd place finisher will be offered the spot as an alternate. If the 1st, 2nd and 3rd place finishers from the Team Trial event are unwilling or unable to participate, the 4th place finisher will be offered the spot as an alternate. If the 1st through 4th place finishers from the Team Trial event are unwilling or unable to participate, then the spot will go uncontested at the 2019 Cadet and Junior Pan American Championships.

If a player accepts the team spot but elects not to compete for a reason other than a medical condition, they will be responsible for reimbursing any expenses incurred, return any team apparel received for the event and face possible sanction by the NGB.
Mandatory Team Meeting & Training
The 2019 Cadet and Junior Poomsae Team will have a mandatory team meeting at the conclusion of the team trials. All 2019 U.S. National Poomsae Team members are required to attend the meeting on that day.

2019 Pan American Championships Schedule
All 2019 Senior Poomsae Team members are required to arrive at the 2019 Pan American Championships on the date specified by the USAT coaching staff in order to participate in training sessions and complete registration.

VIII. ATHLETE ELIGIBILITY

The following requirements must be met for an athlete to be eligible to join the 2019 National Poomsae Team.

1. Athlete is a holder of the nationality of the United States of America.
2. Athlete is a holder of Taekwondo Dan or Poom certificate issued by the Kukkiwon.
3. Athlete is a member of USA Taekwondo in good standing.

IX. DEVELOPMENT OF SELECTION PROCEDURES

The following committee/group (include names and titles) were responsible for creating these Selection Procedures:

- Daniel Chuang, USAT National Poomsae Head Coach
- Barbara Brand, USA Taekwondo AAC Representative
- Steve McNally, Executive Director, USA Taekwondo
- May Spence, Director of High Performance, USA Taekwondo

X. NGB BYLAWS AND GRIEVANCE PROCEDURES

The USA Taekwondo Bylaws and Grievance Procedures can be found at:

USA Taekwondo Bylaws

XI. INTERNATIONAL DISCLAIMER

These procedures are based on IOC and/or World Taekwondo Federation (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.
XII. ATHLETE OMBUDSMAN

Athletes who have questions regarding their opportunity to compete that are not answered by USA Taekwondo may contact the USOC Athlete Ombudsman: Kathleen (Kacie) Wallace by:

Toll free telephone at (888) ATHLETE

E-mail at athlete.ombudsman@usoc.org
http://www.teamusa.org/For-Athletes/Athlete-Ombudsman

XIII. NGB SIGNATURES

I certify that I have read, understand and incorporated our IF standards/criteria into our Selection Procedures and that the information provided herein regarding Athlete Selection Procedures represents the method approved by USA Taekwondo.

<table>
<thead>
<tr>
<th>Position</th>
<th>Print Name</th>
<th>Signature</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>NGB Executive Director</td>
<td>Steve McNally</td>
<td>4/11/2019</td>
<td></td>
</tr>
<tr>
<td>USAT National Poomsae Head Coach</td>
<td>Daniel Chuang</td>
<td>4/11/19</td>
<td></td>
</tr>
<tr>
<td>Athletes’ Advisory Council Representative*</td>
<td>Barbara Brand</td>
<td>4-11-19</td>
<td></td>
</tr>
<tr>
<td>NGB Director of High Performance</td>
<td>May Spence</td>
<td>4/11/2019</td>
<td></td>
</tr>
</tbody>
</table>

*If USOC AAC Representative has delegated authority to the Alternate AAC Representative to sign the Selection Procedures, attach a letter from the AAC Representative indicating the reason he/she has delegated authority.