GENERAL INFORMATION

Event Organizers

- The USAT State Championship “event” is organized by a Local Organizing Committee/State Association (LOC/SA) with guidance from USA Taekwondo. The contract to organize and conduct the event is made between the LOC/SA and USA Taekwondo to help ensure these events are of the quality expected of USA Taekwondo events.

- The correct and official name of the event shall always be used. 2013 USAT (blank) State Championships; example, “2013 USAT Colorado State Championships”.

Rules and Regulations

- All USAT State Championships must use and follow the USA Taekwondo rules and regulations. For current sparring and poomsae rules please refer to the following link, http://www.teamusa.org/USA-Taekwondo/Events/Competition-Rules.aspx

- USA Taekwondo only recognizes the following belt colors: Yellow, Green, Blue, Red and Black

- All State Championships ARE REQUIRED to use electronic scoring for sparring divisions. It is recommended to use electronic body protector scoring (Daedo or Lajust), but Ringmaster or other electronic systems may be used.

- All State Championships must use a ring size of 8m x 8m with a 1m safety border on all competition rings. A 10 foot safety zone should be the minimum between rings.

- All State Championships may choose the format they will follow for Poomsae divisions. Acceptable formats include, single elimination, double elimination, WTF cut-off, and judged format.

USAT Memberships

- All athletes, coaches and referees are required to hold the appropriate and current USA Taekwondo membership prior to the start of the competition. If anyone participates without a current USA Taekwondo membership their USAT National Championships qualification will be voided.

USAT State Championship Registration
2013 USAT STATE CHAMPIONSHIPS

- All participants must register via the Hang-A-Star online registration system. The USA Taekwondo Event Department will manage the online system and collect all paperwork prior to the event. The State Association will be responsible for collecting all registration paperwork associated with the event onsite, which must be sent to USAT immediately after the conclusion of the event.

USAT State Championship Divisions, Age and Qualification Requirements

- All USAT State Championships will use the same age, belt color, weight categories and rules that are followed at the USAT National Championships.

- A State Championship may choose to add divisions other than the required divisions, but these divisions will not qualify athletes to compete at the USAT National Championships. Athletes competing in these divisions must be notified of the non-qualifying status of their division.

- USAT uses the date December 31 of the given year (December 31, 2013) to determine the age of all competitors. Example: an athlete who turns 14 on October 26, 2013, would compete as a 14 year old in the given event, even though they are 13 years old at the time of the event.

- USAT State Championships are direct qualifiers for the USAT National Championships. For certain divisions an athlete must be a U.S. Citizen in order to compete in. Those divisions are usually ones that lead to USA Taekwondo National Teams or Team Trials. Basic rule is 14 and older black belts competing in sparring or poomsae must be a U.S. Citizen.

- Proof of Citizenship is fulfilled only by showing a U.S. Birth Certificate or U.S. Passport. Social Security Cards DO NOT prove proof of Citizenship.

- Proof of Residency is fulfilled only by showing one of the following documents: Social Security Card, Green Card, school report card/official U.S. college transcript, and in some circumstances a valid U.S. driver’s license.

- If an individual is not a valid resident or U.S. citizen he/she will not be allowed to compete at the USAT National Championships or State Championships, NO EXCEPTIONS. This rule must be enforced by all State Associations.

Qualifying for the 2013 USAT National Championships

- All athletes participating in the following divisions at a sanctioned USAT State Championship will automatically qualify to compete at the USAT National Championships.

- 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.
2013 USAT STATE CHAMPIONSHIPS

SPARRING
- **Color Belt Sparring** – Dragon(6-7), Ninja(8-9), Youth(10-11), Cadet(12-14), Junior(15-17), Senior(18-32) & Ultra(33+)
- **Black Belt Sparring** – Dragon(6-7), Ninja(8-9), Youth(10-11), Cadet(12-14) & Ultra(33+)

POOMSAE
- **Color Belt Poomsae** – Dragon(6-7), Ninja(8-9), Youth(10-11), Cadet(12-14), Junior(15-17), 1st Senior(18-29), 2nd Senior(30-39) & 1st, 2nd, 3rd Masters(40+)
- **Black Belt Poomsae** – Dragon(6-7), Ninja(8-9), Youth(10-11), Cadet(12-14)

- Although it is strongly encouraged that athletes make their qualified weight category, athletes in the following divisions can move up one (1) weight category at the time of weigh-ins for the USAT National Championships. Athletes cannot move down in weight.

SPARRING
- **Color Belt Sparring** – Dragon(6-7), Ninja(8-9), Youth(10-11), Cadet(12-14), Junior(15-17), Senior(18-32) & Ultra(33+)
- **Black Belt Sparring** – Dragon(6-7), Ninja(8-9), Youth(10-11), Cadet(12-14) & Ultra(33+)

**World Class vs. Grass Roots**
- All athletes placing in the top 4, per weight category, in the following divisions at a sanctioned USAT State Championship will automatically qualify to compete in the World Class Divisions at the USAT National Championships. Those athletes placing outside the top 4 will qualify for the Grass Roots divisions at the USAT National Championships.

SPARRING
- **Black Belt Sparring** – Junior(15-17), Senior(18-32) & **Cadet(12-14)

**USAT will offer Cadet World Class divisions at the USAT National Championships. These divisions will follow Adult Sparring rules.** The divisions are considered “open” to any eligible Cadet athlete who participated at a USAT State Championships. Athletes cannot compete in both the Cadet Grass Roots and Cadet World Class division. They must choose the divisions appropriate to their skill level at the time of registration.

2013 USAT STATE CHAMPIONSHIPS

POOMSAE

- **Black Belt Individual Poomsae** – Junior(15-17), 1st Senior(18-29), 2nd Senior(30-39), 1st Masters(40-49), 2nd Masters(50-59), & 3rd Masters(60+)
- **Black Belt Pairs Poomsae** – Junior(15-17), 1st Pairs(18-29), 2nd Pairs(30+)
- **Black Belt Team Poomsae** – Junior(15-17), 1st Team(18-29), 2nd Team(30+)

- An athlete **MAY NOT QUALIFY** in the same WORLD CLASS weight category in **MULTIPLE STATE CHAMPIONSHIPS**. Athletes found doing so may jeopardize their qualification for the USAT National Championships.

- If an athlete wants to compete in both Junior and Senior divisions, they must compete and qualify for both divisions.

- Athletes **ARE NOT** required to participate in their home state championships; however, State Championships do have the option to limit the event to only athletes of their State.

- Winners of these Grass Roots divisions, except Cadet Divisions, will automatically qualify for the corresponding World Class division at the USAT National Championships. The winner will receive the last seed in their qualifying World Class division.

- Once qualified for World Class, an athlete is not eligible for Grass Roots divisions.
  - **Exception:** If a coach/parent provides the USAT Director of Events a legitimate reason an athlete should not compete in the World Class division. If approved, the athlete will be placed in the appropriate Grass Root division, but cannot move back to the World Class division if they place 1st at the USAT National Championships.

**Coaching at USAT State Championships**

- All coaches **ARE** required to hold at minimum an Associate Coach (AC) Certification within the USA Taekwondo CIDP program and be a current member of USA Taekwondo. Coaches may obtain the AC certification by passing the Associate Coach Quiz within the Hang-a-star system.

- All coaches are required to hold the appropriate and current USA Taekwondo membership prior to the start of the competition.

**ADDITIONAL INFORMATION**

- Check out the USAT Event Calendar at [www.usa-taekwondo.us](http://www.usa-taekwondo.us)

- Follow USA Taekwondo on Facebook ([www.facebook.com/USATaekwondo](http://www.facebook.com/USATaekwondo))