



2018 Athlete Guide to State and National Championships

Effective January 1—December 31, 2018



2018 Changes

SPARRING REMINDERS

- State Associations will have a World Class and Grassroots divisions for CADET SPARRING black belts only.
- To qualify for a World Class at the National Championships, an athlete must participate** at a State Championship in that World Class division they wish to compete in.
- Winner of the Cadet Grassroots divisions does not qualify for the World Class division because Grassroots division will use Junior Safety Rules and World Class divisions will use Full Head Adult Contact Rules (see competition rules for full explanation of these rules)
- Once qualified for a World Class division, an athlete is no longer eligible for Grassroots divisions.



USATKD Membership

To participate at a State Championship, the participant must first create a USATKD membership for \$50. When registering, choose the option “USA Athlete, Coach, Instructor and/or Club Owner, or Referee.”

If a Support or International membership is selected, these members are not eligible for competition. Please contact membership@usa-taekwondo.us if this error has been made.

Do I need a World Taekwondo Global Athlete License to compete?

Athletes are not required to obtain a World Taekwondo (WT) Global Athlete License if they ONLY plan to compete at a USATKD sanctioned event (i.e. State or National Championships). Global Athlete Licenses are only required for WT sanctioned events such as the U.S. Open.

Do I need to complete a Background Check/SafeSport?

USATKD has implemented [SafeSport](#), an initiative that is mandatory for all USOC National Governing Bodies to develop and implement. It is now a requirement for members in a supervisory position with Taekwondo athletes to undergo and successfully complete a background check. USATKD has begun our implementation of [SafeSport](#) by partnering with Verified Volunteers for our vetting purposes. SafeSport training must be completed every two years. Verified Volunteers is a reputable organization which also provides this same service for several other USOC National Governing Bodies.

Some points of information:

- 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 USATKD 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 and a maximum of 10 days 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 lack of planning on the part of an individual.
- The expense of the background check is the responsibility of the individual. Payment for the background check must be made before one is allowed to register for membership, events or seminars.

If you indicate more than one membership category in your registration (i.e. athlete, coach, referee, instructor and/or club owner) and are over the age of 18, you **MUST** complete a background check before you will be allowed to attend any USATKD sanctioned events. The



background check is required even if you are only registering as an athlete for an event. For example, a member is registered as both an athlete and coach but only wants to attend an event as an athlete. The member is still required to complete a background check since they have an active coach membership.

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

How Do I Qualify?

1. An athlete must first register or renew their USATKD membership.
2. Once a member, an athlete must register and participate at a State Championship.
3. State Championships are held across the nation, from January through the end of April. For a detailed list of State Championships, please refer to the [event calendar](#).
 - a. If a state does not host a State Championship, athletes must travel to another state to participate in a State Championship to qualify for the 2018 National Championships.
 - b. An athlete **MAY** compete in a different or the same WORLD CLASS sparring weight division and/or same poomsae age category in **MULTIPLE STATE CHAMPIONSHIPS**.
 - c. Compete in a 2018 National Team Trials.
4. For Cadets wishing to compete in a World Class division at the 2018 National Championships, they must participate** in that division at a State Championship. Winning the Grassroots division does not qualify an athlete for the World Class division. Once an athlete has qualified for the National Championships in their respected division (Grassroots/World Class) they **MAY NOT** move to the other division (Grassroots/World Class).
5. Once an athlete has participated** at a State Championship, they are automatically qualified to compete at the National Championships.
6. The 2018 National Championships will be held in Salt Lake City, Utah, July 2 – 9. For more details and schedule about Nationals, please visit the [USATKD website](#).
7. For detailed selection procedures on how an athlete can make a National Team, follow this link: <http://www.teamusa.org/usa-taekwondo/v2-national-teams/athlete-team-selection-procedures>.



Athlete Qualifications

Black Belt Athletes 12 and older competing in World Class sparring or poomsae must be a U.S. Citizen. Athletes 11 and younger and Grassroots athletes must only provide proof of residency.

USATKD State Championship events are direct qualifiers for the USATKD National Championships and the National Championships are a direct qualifier for Team Trials (World Class Cadet, Junior, and Senior black belt divisions). To compete in certain divisions an athlete must be a U.S. Citizen. Please refer to the chart below to see what documents fulfill the requirement.

Proof of Citizenship	Proof of Residency	Age	Documentation Required
U.S. Passport	U.S. Passport/U.S. Passport Card	6-7, 8-9 & 10-11: All Belts	Proof of Residency
Birth Certificate	Birth Certificate	12-14 & 15-17: Color Belts 12-14: Grassroots Black Belts	Proof of Residency
U.S. Passport Card	Social Security Card	12-14 & 15-17: Black Belts	Proof of Citizenship
	Green Card	18 & Older: Colored Belts Ultra: Black Belts	Proof of Residency
	School Report Card/Transcript	18 & Older: Black Belts	Proof of Citizenship
	Valid U.S. Driver's license		
	U.S. Military ID		

If an individual is not a valid U.S. Resident or U.S. Citizen that athlete will not be allowed to compete at the USATKD National Championships or State Championships.

Send documentation to events@usa-taekwondo.us



Divisions

All athletes participating** in the following divisions at a sanctioned USATKD State Championship will automatically qualify an athlete to compete at the USATKD National Championships. World Class athletes must compete in the SAME divisions and weight class that he/she wishes to compete in at the USATKD National Championships.

Sparring: All Belts – Dragon(6-7), Tiger(8-9), Youth(10-11), Junior(15-17), Senior(17-32), Ultra(33+), Grassroots Black Belt Cadet (12-14), and Yellow, Green, Blue & Red belts for Cadet(12-14)

Poomsae: All Belts – Dragon(6-7), Tiger(8-9), Youth(10-11), Cadet(12-14), Junior (15-17), Under 30 (18-30), Under 40 (31-40), Under 50 (41-50), Under 60 (51-60), Under 65 (61-65), Over 65 (66+) (Pairs, Teams and Freestyle)

Cadet Poomsae; Junior Sparring and Poomsae; Senior Sparring and Poomsae black belts will have World Class Divisions ONLY (no Grassroots divisions). Those athletes that participate** at a USATKD State Championship or Team Trial in the these black belt divisions will qualify for the World Class Divisions.

An athlete **MAY** compete in a different or the same WORLD CLASS sparring weight division and/or same poomsae age category in **MULTIPLE STATE CHAMPIONSHIPS**.

Athletes must compete in the age category according to the age he/she will be as of December 31, 2018. For example: an athlete turns 10 on November 18, 2018, so they would compete as a 10-year-old in the given event, even though they are 9 years old at the time of the event for all divisions.

Cadet Grassroots/ World Class: The Cadet Grassroots division will serve as the division for those athletes whose coach and parent do not think they are ready to compete using full head contact rules. Athletes that compete in the Grassroots division qualify for the Grassroots division for the National Championships. Athletes that compete in the Grassroots division DO NOT qualify for the World Class division. Cadet athletes that compete in the World Class Divisions cannot participate in the Grassroots Division at the State or National Championships if they have qualified through World Class.

Color Belts: All color belt athletes will be able to compete in a State Championship and 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 USATKD 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.



Proof of Black Belt Requirement

- If an athlete doesn't have a black belt certification uploaded to their profile or provide a copy of certification at the time of registration, the State Association will be able to utilize the black belt verification form. The form will include contact information so that USATKD can track that each person provides a copy of their black belt certification by the National Championships. If a copy is not provided at the National Championships, the athlete's coach and/or instructor will be required to apply for a [USATKD Dan](#) black belt certificate at the time of registration.

Other Information

- If an athlete wants to compete in both Junior and Senior divisions, they must compete and qualify for both divisions at a State Championship.
- Winner of the Cadet Grassroots divisions do not qualify for the World Class division because the Grassroots division uses Junior Safety Rules and World Class divisions use Full Head Contact Rules (see competition rules for full explanation).
- Once qualified for a World Class division, an athlete is not eligible to participate in a Grassroots division.
- ALL athletes MUST participate** in a State Championship to compete at the USATKD National Championships. If an athlete is in a state that does not host a State Championship, then they will need to participate in another state's championship.

The word participate means athletes must have officially weighed-in on the event scales and/or stepped on the competition mats in front of the event referees and received a place within the division.



Dobok and Equipment Standards

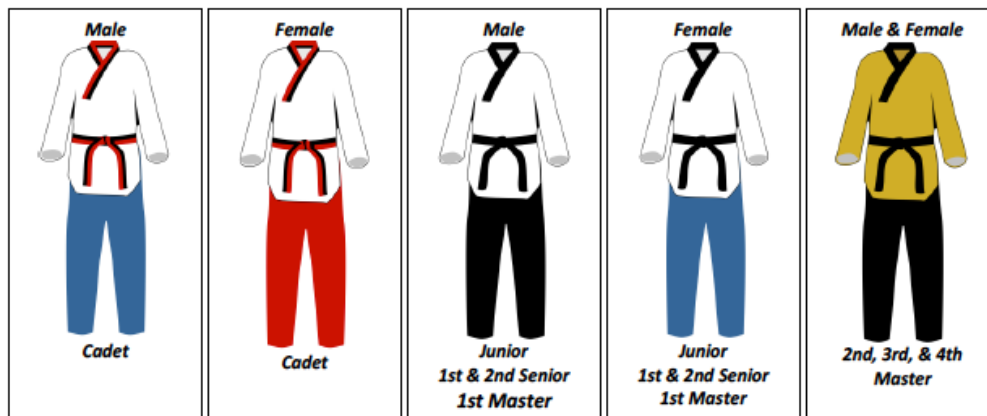
All State Championships must use and follow the [USATKD rules and regulations](#).

Official Uniform (Dobok)

All contestants must wear a white Taekwondo V-neck USAT/WT 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/WT uniform (as specified above) or WT-designated Y-neck competition poomsae uniforms appropriate to the contestant's division.



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

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

2. Protective Equipment

Participants 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. USATKD Equipment Standards

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

Gloves: World Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts and Color Belt athletes are required to wear USAT/WT-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 WT 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: USATKD reserves the right to disallow any uniform or equipment if it is found to be unsafe, offensive or degrading.



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 Grassroots qualified participants will be allowed to move weight categories from the weight division they qualified in at a USATKD State Championship if needed. It is encouraged that athletes make the "qualified" weight. 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 Hang-A-Star until they are confirmed and then will need to contact the events department in writing at events@usa-taekwondo.us to change the weight.

Once a contestant steps on the official scale they cannot change their weight division. All changes in weight divisions must be done before you step on the official scales with a registration staff member. Referees cannot make weight changes in the weigh-in room. The weight division that is listed on your credential is the division that you must compete in once you stop on the official scale with the referees. No changes can be made to the weight division once you step on the official scale. Test scales will be provided so that contestants can check their weight and make any necessary changes before stepping on the official scale.

Cadet (12-14), Junior (15-17), and Senior (17-32) World Class qualified participants **WILL NOT** be allowed to move weight categories or move into the Grassroots divisions. If an athlete qualified in two different weight divisions, they must declare which weight division they will participate in at Nationals by the final athlete registration deadline. Athletes cannot switch to the other weight division after the final registration deadline.



Coaches

All coaches wanting to coach at any State Championship or National Championship must, at minimum be an [Associate Coach](#). Passing the USATKD Associate Coach Quiz is the first step in the [USATKD Coach Identification and Development Program \(CIDP\)](#). The Associate Coach Quiz is offered online. Once a coach has passed the Associate Coach Quiz, they are considered an Associate Coach and are eligible to coach-from-the-chair at USATKD sanctioned events. The Associate Coach Quiz is a one-time assessment that only needs to be taken once, you do not have to take the quiz again in the future.

Requirements to take the Associate Coach Quiz:

- Be age 16 or older
- Be a current member of USATKD in good standing
- Complete the SafeSport Training Course every two years
- Pass the required background check (required for coaches over age 18. Must be updated once every two years).

CIDP – LEVEL 1 SEMINAR

[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 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.

COACHES' EDGE SEMINAR

The [2018 Coaches' Edge Seminar](#) is required for any USAT member who wishes to coach from the chair at any 2018 USAT National event, 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 2018 after taking the Coaches' Edge seminar. The Coaches' Edge seminar will be held via webinars and at the USAT National Championships. Dates for webinars will be announced in early 2018.

For questions regarding the [CIDP](#) please contact Dani Sweigard Dani.Sweigard@usa-taekwondo.us or May Spence May.Spence@usa-taekwondo.us.



Explanation of Status

PENDING:

The USATKD office is awaiting the missing documents and/or payment necessary to complete your registration.

These are the documents needed by USATKD to complete your registration. Once USATKD has received your document(s), the items in the “required documents checklist” will appear checked.

Missing documentation **does not** exclude participation at an event. If the documentation is not provided by the registration deadline, all documentation **MUST** be brought to registration at the tournament.

CONFIRMED:

Once you have paid for the event and all items in the “Required Documents Checklist” have been received by USATKD, your status will be set to confirmed.

Once confirmed, competitors are officially authorized to participate in the event.

DECLINED:

USATKD has declined your application for this event either by participant wishes or for extenuating circumstances.

Note that registration fees are non-refundable

