



**Salt Lake City, Utah**  
**July 27 – 31, 2022**

# Welcome to the 2022 USATKD National Championships

Welcome to the U.S. Grand Prix Series – a revolution in taekwondo events in the United States for 2022. The U.S. Grand Prix Series is a high quality, professionally produced series of events, consisting of three Grand Prix events, and a Grand Prix Final for the medalists in each Grand Prix, culminating in a glittering post season finale – the 2022 U.S. Grand Prix Final!

## KEY POINTS:

- All athletes who participated in the Grand Prix Series are eligible for the National Championships.
- All athletes who medal in the Grand Prix Series and National Championships will additionally move on to the Post Season and compete in the Grand Prix Final
- Both the 2022 U.S. National Taekwondo Championships and the 2022 Grand Prix Final are classed as Major Tournaments on the National Team Pathways and count towards winning Dominant Athlete Status

## Venue

**Salt Palace Convention Center**  
100 S W Temple  
Salt Lake City, UT 84101

## PROMOTER - Ranking

**Promoter & Sanctioned By:**  
USA Taekwondo

**Nationals Ranking:**  
US 16.0



Where Olympic & Paralympic Journeys Begin



## USATKD POINTS OF CONTACT

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## Schedule

### USATKD National Championship Schedule

Date	Event	Time	Division
July 11	Early Registration Deadline	11:59 p.m. MT	All Divisions
July 18	Final Registration Deadline	11:59 p.m. MT	All Divisions
July 21	Designated Poomsae		Designated Poomsae Posted Online
July 27	Check-in/Weigh-in	9 a.m. - 12 p.m.	<b>Sparring</b>
			Junior World Class Black - M/F
			Ultra All Belt - M/F
			<b>Board Breaking</b>
			Ultra All Belts - M/F
			Senior All Belts - M/F
			<b>Poomsae</b>
			Over 65 All Belts - M/F
			Under 50 All Belts - M/F
			Under 65 All Belts - M/F
			Under 40 Color Belts - M/F
Under 60 All Belts - M/F			
Under 30 Color Belts - M/F			
Cadet Color Belts - M/F			
Pairs Black - Over 50, Over 30, Under 30			
Team Black - Over 50			
Freestyle Pairs Black - 17&Under and 18&Over			
Freestyle Team Black - 17&Under and 18&Over			

**Please Note:** The detailed schedule of report times will be posted after the final registration deadline. **Sparring Brackets, Poomsae & Breaking Order** will be completed after Weigh-in & Check-In close for that day. Once completed they will be published to the USA Taekwondo [website](http://www.usa-taekwondo.us).



# National Championships INFORMATION PACKET

Date	Event	Time	Division		
July 27	Check-in/Weigh-in *All Thursday athletes must be checked in and weighed in by 5 p.m.	2 p.m. - 7 p.m.	<b>Sparring</b>	<b>Board Breaking</b>	
			Junior World Class Black - M/F	Ultra All Belts - M/F	
			Ultra All Belt - M/F	Senior All Belts - M/F	
			<b>Poomsae</b>		
			Over 65 All Belts - M/F	Under 50 All Belts - M/F	
			Under 65 All Belts - M/F	Under 40 Color Belts - M/F	
			Under 60 All Belts - M/F	Under 30 Color Belts - M/F	
			Cadet Color Belts - M/F		
			Pairs Black - Over 50, Over 30, Under 30		
			Team Black - Over 50		
Freestyle Pairs Black - 17&Under and 18&Over					
Freestyle Team Black - 17&Under and 18&Over					
July 28	Doors Open for Athletes & Coaches	7:30 a.m.	Divisions TBA		
	Athletes MUST be in Holding	8 a.m.	Divisions TBA		
	Doors Open for Spectators	8 a.m.	Divisions TBA		
	Competition Begins	8:30 a.m.	<b>Division report times TBA after registration closes</b>		
			<b>Sparring</b>	<b>Board Breaking</b>	
			Junior World Class Black - M/F	Ultra All Belts - M/F	
			Ultra All Belt - M/F	Senior All Belts - M/F	
			<b>Poomsae</b>		
			Over 65 All Belts - M/F	Under 50 All Belts - M/F	
			Under 65 All Belts - M/F	Under 40 Color Belts - M/F	
Under 60 All Belts - M/F			Under 30 Color Belts - M/F		
Cadet Color Belts - M/F					
Pairs Black - Over 50, Over 30, Under 30					
Team Black - Over 50					
Freestyle Pairs Black - 17&Under and 18&Over					
Freestyle Team Black - 17&Under and 18&Over					
July 28	Check-in/Weigh-in	9 a.m. - 12 p.m.	<b>Sparring</b>	<b>Board Breaking</b>	
			Cadet Color Belts - M/F	Cadet All Belts - M/F	
			Senior World Class Black - M/F	Junior All Belts - M/F	
			<b>Poomsae</b>		
			Over 70 All Belts - M/F	Under 30 Black Belts - M/F	
	Under 40 Black Belts - M/F	Cadet Black Belts - M/F			
	Check-in/Weigh-in *All Friday athletes must be checked in and weighed in by 5 p.m.	2 p.m. - 5 p.m.	<b>Sparring</b>	<b>Board Breaking</b>	
			Cadet Color Belts - M/F	Cadet All Belts - M/F	
			Senior World Class Black - M/F	Junior All Belts - M/F	
<b>Poomsae</b>					
Over 70 All Belts - M/F	Under 30 Black Belts - M/F				
Under 40 Black Belts - M/F	Cadet Black Belts - M/F				

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# National Championships INFORMATION PACKET

Date	Event	Time	Division	
July 29	Doors Open for Athletes & Coaches	7:30 a.m.	Divisions TBA	
	Athletes MUST be in Holding	8 a.m.	Divisions TBA	
	Doors Open for Spectators	8 a.m.	Divisions TBA	
	Competition Begins	8:30 a.m.	<b>Division report times TBA after registration closes</b>	
			<b>Sparring</b>	<b>Board Breaking</b>
			Cadet Color Belts - M/F	Cadet All Belts - M/F
			Senior World Class Black - M/F	Junior All Belts - M/F
			<b>Poomsae</b>	
	Over 70 All Belts - M/F	Under 30 Black Belts - M/F		
	Under 40 Black Belts - M/F	Cadet Black Belts - M/F		
	Check-in/Weigh-in	9 a.m. - 12 p.m.	<b>Sparring</b>	<b>Board Breaking</b>
			Senior Color Belts - M/F	Dragon (6-7) All Belts - M/F
			Junior Color Belts - M/F	Tiger (8-9) All Belts - M/F
			Youth (10-11) All Belts - M/F	
				<b>Demo Team</b>
			<b>Poomsae</b>	
			Junior All Belts - M/F	Tiger (8-9) All Belts - M/F
Dragon (6-7) All Belts - M/F				
Check-in/Weigh-in *All Saturday athletes must be checked in and weighed in by 5 p.m.	2 p.m. - 5 p.m.	<b>Sparring</b>	<b>Board Breaking</b>	
		Senior Color Belts - M/F	Dragon (6-7) All Belts - M/F	
		Junior Color Belts - M/F	Tiger (8-9) All Belts - M/F	
		Youth (10-11) All Belts - M/F		
			<b>Demo Team</b>	
		<b>Poomsae</b>		
		Junior All Belts - M/F	Tiger (8-9) All Belts - M/F	
		Dragon (6-7) All Belts - M/F		
		Team Over 30 & Under 30 Black Belt		
		Pairs Cadet & Junior Black Belt		
Freestyle Black Belt 17&Under and 18&Over - M/F				
July 30	Doors Open for Athletes & Coaches	7:30 a.m.	Divisions TBA	
	Athletes MUST be in Holding	8 a.m.	Divisions TBA	
	Doors Open for Spectators	8 a.m.	Divisions TBA	
	Competition Begins	8:30 a.m.	<b>Division report times TBA after registration closes</b>	
			<b>Sparring</b>	<b>Board Breaking</b>
			Senior Color Belts - M/F	Dragon (6-7) All Belts - M/F
			Junior Color Belts - M/F	Tiger (8-9) All Belts - M/F
			Youth (10-11) All Belts - M/F	
				<b>Demo Team</b>
			<b>Poomsae</b>	
			Junior All Belts - M/F	Tiger (8-9) All Belts - M/F
			Dragon (6-7) All Belts - M/F	
			Team Over 30 & Under 30 Black Belt	
	Pairs Cadet & Junior Black Belt			
	Freestyle Black Belt 17&Under and 18&Over - M/F			



# National Championships INFORMATION PACKET

Date	Event	Time	Division			
July 30	Check-in/Weigh-in	9 a.m. - 12 p.m.	<b>Sparring</b>			
			Tiger (8-9) All Belts - M/F	Board Breaking		
			Dragon (6-7) All Belts - M/F	Youth (10-11) All Belts - M/F		
			Cadet World Class Black - M/F			
			Cadet Grassroots Black - M/F			
			Para All Belts			
	<b>Poomsae</b>					
	Youth (10-11) All Belts - M/F	Freestyle Black Belt Youth - M/F				
	Para All Belts					
	Team Cadet and Junior Black Belt - M/F					
	Check-in/Weigh-in *All Sunday athletes must be checked in and weighed in by 5 p.m.	2 p.m. - 5 p.m.	<b>Sparring</b>			
			Tiger (8-9) All Belts - M/F	Board Breaking		
			Dragon (6-7) All Belts - M/F	Youth (10-11) All Belts - M/F		
Cadet World Class Black - M/F						
Cadet Grassroots Black - M/F						
Para All Belts						
<b>Poomsae</b>						
Youth (10-11) All Belts - M/F			Freestyle Black Belt Youth - M/F			
Para All Belts						
Team Cadet and Junior Black Belt - M/F						
July 31			Doors Open for Athletes & Coaches	7:30 a.m.	Divisions TBA	
			Athletes MUST be in Holding	8 a.m.	Divisions TBA	
			Doors Open for Spectators	8 a.m.	Divisions TBA	
	Competition Begins	8:30 a.m.	<b>Division report times TBA after registration closes</b>			
			<b>Sparring</b>		<b>Board Breaking</b>	
			Tiger (8-9) All Belts - M/F	Youth (10-11) All Belts - M/F		
			Dragon (6-7) All Belts - M/F			
Cadet World Class Black - M/F						
Cadet Grassroots Black - M/F						
Para All Belts						
<b>Poomsae</b>						
Youth (10-11) All Belts - M/F	Freestyle Black Belt Youth - M/F					
Para All Belts						
Team Cadet and Junior Black Belt - M/F						

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## ATHLETE REGISTRATION

Registration for all athletes, coaches, and referees will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. **There will not be any onsite registration for coaches or athletes.**

If you need assistance registering for the event, please view a short [video](#) that has been provided.

Athletes can still register for the Grand Prix Series event if you are not a USATKD member. Once on the [USATKD Sport80](#) page:

1. Click on “Preview Upcoming Events”, located under the login tab.
2. Click on the “Enter” tab for the Grand Prix Series registration.
3. Answer the question at the bottom of the page and follow the registration instructions within the site.

All athletes and coaches must register and pay in full by the early registration dates 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 11:59 p.m. MT.**

Athletes aged 18 and older must complete the U.S. Center for SafeSport course each year.

The SafeSport and background check can be completed from your [Sport80](#) profile.

First Time SafeSport - <https://sport80.zendesk.com/hc/en-us/articles/360054619112-How-do-I-take-SafeSport-core-training->

SafeSport Refreshers - <https://sport80.zendesk.com/hc/en-us/articles/360054619252-How-do-I-take-a-SafeSport-refresher-course->

These will update automatically every 24 hours if you follow the link through your [Sport80](#) profile.

Athletes will need to check their belt information in the belt section. Athletes will want to make sure a belt color is added in your Sport80 profile. Not having belt information will prevent you from being able to select any events for the Grand Prix Series. Black belt athletes will need to upload a copy of their black belt certificate in [Sport80](#).

World Class Black Belt athletes will also need to upload a copy of their US Passport or US Birth Certificate before being able to select any events for the Grand Prix Series. This can be uploaded in the Identification Verification section of your profile.

USATKD has a NO REFUND policy.

**Event Credentials** – Athletes will receive an event credential via email. All participants must provide a valid ID to weigh-in. There will be no exception to this policy. A valid ID can be any of 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.



ATHLETES		
Early Registration	Late Registration	Price Per Division
\$155	\$180	\$25

COACHES	
Early Registration	Late Registration
\$80	\$150

## METHOD OF COMPETITION & COMPETITION RULES

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

**Sparring** - A single elimination format will be applied to all sparring divisions. All sparring divisions will use the [USATKD National Rankings sponsored by Tusah](#) to determine seeding and brackets.

**Poomsae** - All poomsae divisions will be seeded for the first round according to the [USATKD National Rankings sponsored by Tusah](#). Designated Poomsae will be selected from the Compulsory Poomsae and will be published to the [USATKD website](#) approximately one week from the start of the tournament.

**Board Breaking and Demonstration Team** - Judges scoring based on the rules set-forth [online](#).

## QUALIFICATION

The Grand Prix Series tournaments are open to any athlete that resides in the United States. Athletes must have a USATKD membership to participate in the National Championships.

**\*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.

Athletes must have participated in a Grand Prix tournament to be eligible to compete at the National Championships. Medical waivers can be granted if an athlete can show proof of injury during the Grand Prix Series season.

USATKD uses the date December 31 of the given year (December 31, 2022) to determine the age of all competitors. Example: an athlete turns 15 on October 26, 2022 they would compete as a 15-year-old in the 2022 Grand Prix even though they are 14 years old at the time of the event.





## National Championships and Grand Prix Final

All color belt athletes will be eligible to compete in the National Championships and Grand Prix Final at the current belt in which they hold. For example, an athlete competed at the Grand Prix in June 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 the Grand Prix as a red belt and has since been promoted to black belt, the athlete **MAY NOT** compete in any black belt division.

All athletes in the Dragon, Tiger, Youth, Cadet Grassroots, and Ultra divisions as well as color belt athletes in the Cadet, Junior, and Senior divisions will be allowed to move weight divisions from the weight category they qualified in at the USATKD Grand Prix 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.

**World Class black belt Cadet, Junior, and Senior qualified athletes will be allowed to move up one weight division or down one weight division at the National Championships or Grand Prix Final from what they qualified in at the Grand Prix Series tournament. For example, if the athlete qualified in the Fin weight division at the Grand Prix, then the athlete can only move up to the Fly weight division at the National Championships and Grand Prix Final.**

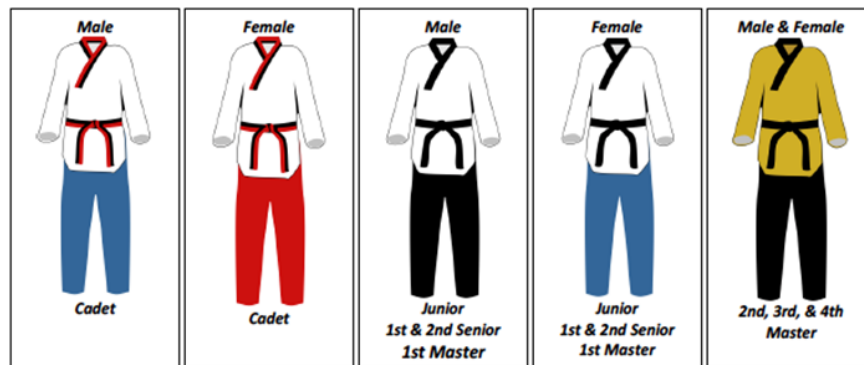
# DOBOK & EQUIPMENT STANDARDS

## 1. Official Uniform (Dobok)

All contestants must wear a white Taekwondo V-neck USATKD/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 may only be worn in poomsae divisions (no sparring or breaking divisions).**



## 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 sparring 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. Ponytails must be tucked inside the headgear and may not hang out below the helmet so that in the opinion of the referee, it is causing risk or inconvenience to other competitors.

- 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. Ponytails must be tucked inside the headgear and may not hang out below the helmet so that in the opinion of the referee, it is causing risk or inconvenience to other competitors.

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 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/USATKD belt colors will be allowed—black, poom (black and red), red, blue, green, yellow. Belts with stripes will be allowed. (Red belt cannot wear a poom belt)

**Gloves:** World Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts and Color Belts are required to wear USATKD/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 MAY BE ANY COLOR, EXCEPT FOR RED.

**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.

**Properly fitting chest protector:** For the USATKD 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: USATKD reserves the right to disallow any uniform or equipment if it is found to be unsafe, offensive or degrading.*

#### 4. Headgear

Divisions using Gen1 headgear that have light head contact will use new headgear overlays that will go over the helmet that is provided by the athlete. These overlays will provide extra protection and save on wear and tear of the helmets. Athletes must provide and wear their own helmets, the overlays will go on top of the helmet being worn during the match. Overlays must be returned at the conclusion of each match. Athletes cannot keep the overlay. Picture below shows how overlay will go over helmet.





# DIVISIONS – WEIGHT CATEGORIES

## WEIGH-INS – BRACKETING

### SPARRING

**Note:** Not exceeding means 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. 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</b> <b>(33 - 40, 41 - 50, and 51 &amp; Over)</b> <b>BEST 2 out of 3 ROUNDS, 1 MINUTE</b> <b>DAEDO GENERATION 2</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: Best 2 out of 3 ROUNDS, 1 MINUTE</b> <b>DAEDO GENERATION 2</b> <b>BLACK BELTS (WORLD CLASS): BEST 2 out of 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: BEST 2 out of 3 ROUNDS, 1 MINUTE**  
***DAEDO GENERATION 2***

**BLACK BELTS (WORLD CLASS): BEST 2 out of 3 ROUNDS, 1 MINUTE 30**  
***DAEDO GENERATION 2***

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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): BEST 2 out of 3 ROUNDS, 1 MINUTE**  
***DAEDO GENERATION 1***

**BLACK BELTS (WORLD CLASS): BEST 2 out of 3 ROUNDS, 1 MINUTE 30**  
***DAEDO GENERATION 2***

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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><u>ALL BELTS:</u> BEST 2 out of 3 ROUNDS, 1 MINUTE</b>		
<b><i>DAEDO GENERATION 1</i></b>		
<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
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><u>ALL BELTS:</u> BEST 2 out of 3 ROUNDS, 1 MINUTE</b>		
<b><i>DAEDO GENERATION 1</i></b>		
<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
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><u>ALL BELTS:</u> BEST 2 out of 3 ROUNDS, 1 MINUTE</b>		
<b><i>DAEDO GENERATION 1</i></b>		
<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
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 (16 &amp; OLDER)</b>			
<b>SPORT CLASSES K41 and K44</b>			
<b><u>ALL BELTS:</u> BEST 2 out of 3 ROUNDS, 1 MINUTE</b>			
<b><i>DAEDO GENERATION 2</i></b>			
<b>Male Divisions</b>		<b>Female Divisions</b>	
-58kg	Not exceeding 58kg	-47kg	Not Exceeding 49kg
-63kg	Not exceeding 63kg	-52kg	Not Exceeding 52kg
-70kg	Not exceeding 70kg	-57kg	Not Exceeding 57kg
-80kg	Not exceeding 80kg	-65kg	Not Exceeding 65kg
+80kg	Over 80kg	+65kg	Over 65kg



## WEIGH-INS

1. A competitor's weight shall be measured the day prior to their 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, USATKD 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.**
6. Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY. Athletes will be given 0.2kg cushion for clothing. 1 Parent/Guardian of the same sex will be allowed in the weigh-in room with their child. Pictures are not allowed in the weigh-in rooms.

## WEIGHT CHANGES & BELT COLOR CHANGES

**Weight Change process:** Athletes can change weight categories through the final athlete registration deadline at no additional fee. If an athlete would like to change their weight division before the final registration deadline they will need to email [ewininger@usatkd.org](mailto:ewininger@usatkd.org). After the final registration date, all weight changes must be done onsite at check-in. Any weight changes after the final registration deadline and/or at the event will incur a \$50 administrative fee.

World Class black belt Cadet, Junior, and Senior division qualified athletes cannot make a weight change after the final registration deadline. World Class athletes must compete in the division they qualified in at the Grand Prix Series tournament or can move up one or move down one division higher than their qualified weight division. All divisions must be selected by the registration deadline and not weight division changes can be made after the final registration deadline.

There will be test scales for athletes to check prior to stepping on the official scale.

Athletes may change their belt color through the final registration deadline at no additional fee. Athletes may make belt color changes directly through their profiles in Sport80 through the final registration deadline. Any belt changes after the final registration deadline and/or at the event will incur a \$50.00 administrative fee.

**Any weight changes or belt color changes must be completed in the registration area before stepping on the official scale with the referee. World Class black belt Cadets, Juniors, or Seniors cannot make weight changes after the final registration deadline. Referees cannot make weight changes or update belt colors. Once an athlete steps on the official scale, they cannot make any weight changes.**

## BRACKETING & SEEDING

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

All sparring divisions will be seeded using the [USATKD National Rankings sponsored by Tusah](#).



**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	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
DRAGONS	6-7 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
TIGERS	8-9 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
YOUTH	10-11 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
CADET	12-14 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
UNDER 30	18-30 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 40	31-40 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 50	41-50 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 60	51-60 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 65	61-65 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
OVER 65	66 & OLDER	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
OVER 70	71 & OLDER	YELLOW, GREEN, BLUE, & RED	N/A	MODIFIED WT FORMAT
UNDER 30	18-30 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	Single Elimination
UNDER 40	31-40 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	Single Elimination
UNDER 50	41-50 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
UNDER 60	51-60 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
UNDER 65	61-65 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
OVER 65	66 & OLDER	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
OVER 70	71 & OLDER	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT





<b>PAIRS POOMSAE</b>			
<b>CO-ED: 1 MALE &amp; 1 FEMALE</b>			
<b>Cadet (12-14), Juniors (15-17), Under 30 (18-30), Over 30 (31+), &amp; Over 50 (51+)</b>			
<b>Division</b>	<b>Belt</b>	<b>Rank</b>	<b>Gender</b>
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
Over 50 (51+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
*Over 50 athletes must participate in the Over 30 Division to be considered for National Team and Academy spots			

<b>TEAM POOMSAE</b>			
<b>3 Competitors of the same gender</b>			
<b>Cadet (12-14), Juniors (15-17), Under 30 (18-30), Over 30 (31+), &amp; Over 50 (51+)</b>			
<b>Division</b>	<b>Belt</b>	<b>Rank</b>	<b>Gender</b>
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
Over 50 (51+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Over 50 (51+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
*Over 50 athletes must participate in the Over 30 Division to be considered for National Team and Academy spots			

<b>INDIVIDUAL FREESTYLE POOMSAE</b>			
<b>12-17 &amp; 18+</b>			
<b>Division</b>	<b>Belt</b>	<b>Rank</b>	<b>Gender</b>
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



<b>PAIRS FREESTYLE POOMSAE</b>			
<b>COED – 1 MALE &amp; 1 FEMALE</b>			
<b>12-17 &amp; 18+</b>			
<b>Division</b>	<b>Belt</b>	<b>Rank</b>	<b>Gender</b>
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
<b>TEAMS FREESTYLE POOMSAE</b>			
<b>Composition of 5 Members at least 2 Males &amp; 2 Females</b>			
<b>12-17 &amp; 18+</b>			
<b>Division</b>	<b>Belt</b>	<b>Rank</b>	<b>Gender</b>
12 - 17	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed
18+	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed

### Recognized Poomsae

Contestants shall perform one (1) assigned compulsory Poomsae in the preliminary and semi-final rounds and two (2) assigned compulsory Poomsae in the final round. All contestants will compete in the preliminary round. The highest 50% scores from the preliminary round will advance to the semifinals. At the end of the semi-final round the highest eight (8) scoring contestants will advance to the final round. The highest score in four (4) contestants will be awarded medals (1st, 2nd, 3rd, 3rd) based on scores

- Divisions with fewer than 20 contestants will start with the semi-final round.
- Divisions with fewer than 9 contestants will start with the final round.
- Under 30 and Under 40 Black Belt divisions will use a single elimination bracketed format.

### Freestyle Poomsae

Cut-off system for all Freestyle divisions. One Final Round.

## CHECK IN

Poomsae competitors must check in at least one day prior to the start of competition during the schedule check-in times. Poomsae competitors must be present at the time of check-in. Coaches, parent/guardian or other teammates are not permitted to check-in and pickup poomsae competitors' credentials. If a poomsae competitor does not check-in at least one day prior to the event, they will be disqualified from competing. In the case of Poomsae Pairs or Teams, all members must also check-in individually. If a member of the pairs or team does not check-in the day before, the entire pair or team will be disqualified.



**DESIGNATED POOMSAE**

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

<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+)	
Over 70 (71+)	
<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
Over 50 (51+)	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
Over 50 (51+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon



## COMPULSORY POOMSAE – COLOR BELTS

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
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	TIME LIMIT
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	3 MINUTES
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	3 MINUTES
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	3 MINUTES
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	3 MINUTES
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	3 MINUTES
SENIOR	18-32 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	3 MINUTES
ULTRA	33+ YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	3 MINUTES

\*Athletes have 3 minutes to set up, perform breaking routine, and clean up all boards, broken boards and wood fragments.

Participants can only use purchased boards through Vision USA at. Boards must be purchased onsite at the venue.

Athletes 9 and younger will use ¼” boards, athletes aged 10 – 14 will use ½” boards, and athletes 15 and older will use 1” boards.

**Board Breaking Holders:** 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. USATKD 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 USA for this event.



## DEMONSTRATION TEAM

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS	CLEAN-UP TIME LIMITS
DEMO TEAM	6 & Older	ALL BELT COLORS	1 MINUTE	6 MINUTES	1 MINUTE

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

## COACHING REQUIREMENT - CIDP

Registration for all athletes, coaches, and referees will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. **There will not be any onsite registration for coaches or athletes.**

If you need assistance registering for the event, please view a short [video](#) that has been provided.

Coaches must have at minimum an Associate Coach certification to coach at the National Championships.

Coaches must be at minimum an Associate Coach or higher to coach in the World Class Cadet Sparring, Junior Sparring, Senior Sparring and 12 & older World Class black belt poomsae divisions at the National Championships, Grand Prix Final, and Grand Slams.

**Registration Deadlines end at 11:59 p.m. MT.**

### SAFE SPORT – BACKGROUND CHECKS

Coaches are required to complete and pass a background check (every two years), complete the U.S. Center for SafeSport training (every year).

The SafeSport and background check can be completed from your [Sport80](#) profile.

First Time SafeSport - <https://sport80.zendesk.com/hc/en-us/articles/360054619112-How-do-I-take-SafeSport-core-training->

SafeSport Refreshers - <https://sport80.zendesk.com/hc/en-us/articles/360054619252-How-do-I-take-a-SafeSport-refresher-course->

These will update automatically every 24 hours if you follow the link through your [Sport80](#) profile.

### CREDENTIALIAL

All coach credentials will have a photo. Coach credentials are NON-TRANSFERABLE.

All coaches are required to upload a photo to their USATKD membership profile for their credentials for the Grand Prix Series. Pictures must be headshot only. Please do not mail or email a photo.

USATKD has a NO REFUND policy



## REFEREES

Registration must be completed through [USATKD Sport80](#) online registration system. Selection for Nationals will be done with priority given Referee Certification Level and how many total days a referee is eligible to officiate.

There will be four days of competition at this event. Referees selected will receive an honorarium, hotel accommodations for four 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 two days. Those referees who are selected to work will be expected to work all days through the end of competition. You must have attended a referee seminar or camp from 2019 – 2022 this event. If you are not able to work all four 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 who 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. USATKD 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 for USATKD to plan accordingly. Please note we have reduced the number of referees we are selecting for this event, so please do not make your travel arrangements until you have received official confirmation of the dates you have been appointed.

## AWARDS

All athletes will receive a participation certificate via email.

### SPARRING

Medals and certificate will be given out to the top 4 athletes, in the respective divisions and weight categories.

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

### POOMSAE

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. USATKD defines participated as check-in, stepped on the mat, and competed in front of judges.

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



**CREATIVE EVENTS (BOARD BREAKING AND DEMOTRATION TEAM)**

Medals will be given out to the top four (4) athletes (teams for Demo), in the respective divisions- Board Breaking and Demonstration Team.

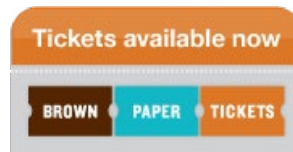
INDIVIDUAL AWARDS	
1 <sup>st</sup> Place	Gold Medal + Certificate
2 <sup>nd</sup> Place	Silver Medal + Certificate
3 <sup>rd</sup> Place	Bronze Medal + Certificate
3 <sup>rd</sup> Place	Bronze Medal + Certificate

# GENERAL INFORMATION

**Event Spectator Tickets**

Admission to the National Championships is by credential or ticket only. Advanced event tickets can be ordered directly online through [Brown Paper Tickets](#).

Wristbands will be given in exchange for your tickets at the tournament. 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).



**\*\*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 the 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 WT and USATKD.

# ACCOMMODATIONS

Hotel reservations will be through [Group Housing](#).