



**September 16-18, 2022**  
**North Carolina Embassy Suites**  
**and Conference Center**  
**5400 John Q Hammons Drive NW**  
**Concord, NC 28027**



# USA TAEKWONDO POINTS OF CONTACT

**Christy Simmons, Director of Events**

[cssimmons@usatkd.org](mailto:cssimmons@usatkd.org)

**Eric Wininger, Events Manager**

[ewininger@usatkd.org](mailto:ewininger@usatkd.org)

**Niko Bryant, Event Coordinator**

[nbryant@usatkd.org](mailto:nbryant@usatkd.org)

**Mailing Address:**

USATKD

Events Department

1015 Garden of the Gods Road, Suite 110

Colorado Springs, CO 80907



## WELCOME TO THE 2022 U.S. GRAND PRIX FINAL

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 must have participated and have earned a place (medal) at one of the following events to be eligible to compete at the 2022 U.S. Grand Prix FINAL event:
  - 2022 U.S. Grand Prix West
  - 2022 U.S. Grand Prix Central
  - 2022 U.S. Grand Prix East
  - 2022 U.S Taekwondo National Championships
  - *Participating means* athletes must have officially weighed-in at the event official scales and/or participated on the competition mats in front of the event referees and received a place within the division.
  - Medical waivers may be granted if an athlete can show proof of injury during the Grand Prix Series season.
- The 2022 U.S. Grand Prix Final and the U.S. Taekwondo National Championship events are classified as Major Tournaments on the National Team Pathways and count towards winning Dominant Athlete Status.
- The 2022 Grand Prix Final event provides the opportunity to earn 20.0 US National Ranking Point.
- The Grand Prix Series tournaments are open to any athlete that resides in the United States.
- Athletes must have a USATKD membership to participate
- USA Taekwondo 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.
- Color Belts:
  - All color belt athletes will be eligible to compete at the 2022 U.S. Grand Prix FINAL at the current belt in which they hold.
    - For example, an athlete competed at the Grand Prix West, Central or East as a green belt but has since tested and received their blue belt. This athlete may now compete at the U.S. Grand Prix FINAL as a blue belt.
    - **EXCEPTION:** If an athlete competed at the Grand Prix West, Central or East as a red belt and has since been promoted to black belt, the athlete MAY NOT compete in any black belt division.



- Dragon, Tiger, Youth, Cadet Grassroots, and Ultra divisions, and Color belt athletes in the Cadet, Junior, and Senior divisions:
  - These athletes will be allowed to move weight divisions from the weight category they qualified in at the USATKD Grand Prix West, Central, or East, if needed.
    - It is encouraged that athletes make the “qualified” weight from Grand Prix West, Central, or East.
    - You **CAN** change weight categories through the final athlete registration deadline at no additional fee.
    - If you chose to change weight at the U.S. Grand Prix FINAL event, there will be a weight-change fee.
- World Class (Black Belt) Cadet, Junior, and Senior qualified athletes:
  - Athletes **WILL** be allowed to move up one weight division or down one weight division at the U.S. Grand Prix FINAL from what they qualified in at the U.S. Grand Prix West, Central or East events.
    - For example, if the athlete qualified in the Fin weight division at a U.S. Grand Prix event, then the athlete can only move up to the Fly weight division at the U.S. Grand Prix FINAL.

## VENUE

**Embassy Suites and Conference Center**  
5400 John Q Hammons Drive NW  
Concord, NC 28027

## ACCOMMODATIONS

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



## SPECATOR INFORMATION

Admission to the 2022 Grand Prix FINAL event is by ticket only.

### Advance Ticket Purchase:

- Tickets purchase in advance will be available at a DISCOUNT.
- Advance ticket purchases may be ordered online via [Brown Paper Tickets](#).
- Upon arrival to the event, please proceed to the registration desk to pick up a wristband in exchange for the advance tickets purchased.
- Wristbands must be worn at all times and are good for the days that were purchased.
  - Single Day = only for the specific day purchased
- No refunds or exchanges for tickets.
- Lost, stolen or forgotten tickets will not be replaced or refunded.

### At Event Ticket Purchase:

- Tickets may be purchased at the event from the registration desk.
- Wristbands must be worn at all times and are good for the days that were purchased.
  - Single Day = only for the specific day purchased
- No refunds or exchanges for tickets.
- Lost, stolen or forgotten tickets will not be replaced or refunded.



## REGISTRATION DETAILS

### Registration Fees and Deadlines

	Early Registration Fee	Division Fee	Registration Deadline
ATHLETE	\$155	\$25	September 5
COACH	\$80		September 5

To make payment with the Early Registration Fee, all athletes and coaches must register and pay IN-FULL by the early registration deadline.

Any payment made AFTER the early registration deadline, or any partial payment processed after the early registration deadline, will be processed at the Regular Registration fee.

### Registration Information:

#### Athletes:

- Registration for athletes and coaches must be completed through Sport:80 @ USATAEKWONDO.SPORT80.COM
- All registrations must be completed by the registration deadline.
- There will be NO onsite registration.
- Athletes aged 18 and over must complete the Center for SafeSport Training and have a current, valid status.
- All athletes must be U.S. Citizens.
- All athletes must have a valid form of identification
  - U.S. Passport, U.S. Birth Certificate, Photo Student ID, U.S. state issued ID, GAL (Global Athletic License)
- World Class Black Belt athletes: Before the Sport:80 registration system will allow for selection and registration of World Class divisions, please ensure you have a copy of your U.S. Passport or U.S. Birth Certificate loaded into your Sport:80 profile.
- Upon registration, all athletes will be emailed a link (closer to the event date) to sign-up for check-in or weigh-in.
- USATKD has a no refund policy.

#### Coaches:

- Registration for coaches must be completed through Sport:80 @ USATAEKWONDO.SPORT80.COM
- 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.



- All registrations must be completed by the registration deadline.
- There will be NO onsite registration.
- All coaches must complete the Center for SafeSport Training every year and have a current, valid status.
- All coaches must have a current, valid Background Screening every 2 years.
- All coaches must have a valid form of identification
  - Valid Identification Includes: U.S. Passport, U.S. Birth Certificate, Photo Student ID, U.S. state issued ID, GAL (Global Athletic License)
- USATKD has a no refund policy.
- For a seamless registration experience, please ensure your athlete profile is updated and loaded with all documentation required. (see Sport:80 Athlete profile below for more details)

### Sport:80 Registration Assistance:

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

### How to register an athlete that is NOT a USATKD Member:

- First, goto the USATKD Sport:80 Registration page at [USATAEKWONDO.SPORT80.COM](https://USATAEKWONDO.SPORT80.COM)
- Click on “Preview Upcoming Events”, located under the login tab.
- Click on the “Enter” tab for the Grand Prix FINAL registration.
- Answer the question at the bottom of the page and follow the registration instructions within the site

### How to access the Center for SafeSport Training and the Background Screening:

- First log into USATKD Sport:80 @ [USATAEKWONDO.SPORT80.COM](https://USATAEKWONDO.SPORT80.COM).
- The SafeSport and background check can be completed from within your [Sport80](#) profile.

First-Time SafeSport Users - <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.

### **Sport:80 Athlete Profile**

All athletes, please login and ensure your athlete profile is current and has all required information.

All athletes: Verify belt information in the athlete profile belt section is current. If belt information is not loaded into an athlete profile, the athlete will be prevented from selecting competitive divisions for the Grand Prix FINAL during the registration process.



# U.S. Grand Prix FINAL INFORMATION PACKET

Black Belt athletes: In addition to entering belt information, please also upload a copy of your black belt certificate prior to the registration process.

World Class Black Belt athletes: In addition to accurate belt information in the athlete profile and uploading a copy of your black belt certificate, it is also required to upload a copy of your U.S. Passport or U.S. Birth Certificate. This can be uploaded in the Identification Verification section of your profile. All of this information must be loaded into the athlete profile before beginning the registration process. If any of this information is missing, the Sport:80 system will not allow you to select competitive divisions for the U.S. Grand Prix FINAL.





# U.S. GRAND PRIX FINAL EVENT SCHEDULE

<b>2022 U.S. GRAND PRIX FINAL - SPARRING - Schedule of Events</b>																																																									
Date	WEIGH-IN / CHECK-IN	SPARRING WEIGH-IN				SPARRING COMPETITION TIME SCHEDULE		SPARRING COMPETITION																																																	
INFORMATION:	This column lists the times that Weigh-in & Check-in is open. If all information is correct on Sparring Athletes virtual credential, there is NO need to check-in at registration. Athletes proceed directly to weigh-in.	This column lists all SPARRING Divisions that need to Weigh-In by date. (No check-in at registration is necessary unless a change must be made)				This column lists the competition date & time schedule		This Column lists the SPARRING Divisions that are competing by date.																																																	
THURS, SEPT 15	4:00pm-6:00pm: Check-in & Weigh-In Open	SENIOR WORLD CHAMPIONSHIP TEAM TRIAL - WEIGH-IN CADET, JUNIOR, SENIOR, ULTRA COLOR BELTS DRAGON, TIGER, YOUTH (ALL BELTS) TEAM TRIAL				THURS, SEPT 15	There are no competition times for this day.		There is no Sparring Competition on this day.																																																
FRI, SEPT 16	10:00am - 12:00pm Check-In & Weigh-In -OR- 3:00pm - 5:00pm: Check-in & Weigh-In	GRASSROOTS CADET SPARRING	12 - 14	Black	Female	FRI, SEPT 16	Doors Open at 7:30 a.m. Athletes MUST be in holding no later than 8 a.m. Competition begins at 8:30 a.m.		SENIOR WORLD CHAMPIONSHIP TEAM TRIAL - WEIGH-IN CADET, JUNIOR, SENIOR, ULTRA COLOR BELTS DRAGON, TIGER, YOUTH (ALL BELTS) TEAM TRIAL																																																
		GRASSROOTS CADET SPARRING	12 - 14	Black	Male																																																				
		PARA SPARRING	ALL DIVISIONS	All Belts	Female																																																				
		PARA SPARRING	ALL DIVISIONS	All Belts	Male																																																				
		SENIOR SPARRING	18 - 32	Color Belts	Female																																																				
		SENIOR SPARRING	18 - 32	Color Belts	Male																																																				
		WORLD CLASS CADET SPARRING	12 - 14	Black	Female																																																				
		WORLD CLASS CADET SPARRING	12 - 14	Black	Male																																																				
		TIGER SPARRING	8 - 9	All Belts	Female																																																				
		TIGER SPARRING	8 - 9	All Belts	Male																																																				
		DRAGON SPARRING	6 - 7	All Belts	Female																																																				
		DRAGON SPARRING	6 - 7	All Belts	Male																																																				
		YOUTH SPARRING	10 - 11	All Belts	Female																																																				
		YOUTH SPARRING	10 - 11	All Belts	Male																																																				
		WORLD CLASS JUNIOR SPARRING	15 - 17	Black	Female																																																				
		WORLD CLASS JUNIOR SPARRING	15 - 17	Black	Male																																																				
		ULTRA SPARRING	33 and Over	All Belts	Female																																																				
		ULTRA SPARRING	33 and Over	All Belts	Male																																																				
SAT, SEPT 17	10:00am - 12:00pm Check-In & Weigh-In -OR- 3:00pm - 5:00pm: Check-in & Weigh-In	JUNIOR SPARRING	15 - 17	Color Belts	Female	SAT, SEPT 17	Doors Open at 7:30 a.m. Athletes MUST be in holding no later than 8 a.m. Competition begins at 8:30 a.m.		GRASSROOTS CADET SPARRING			12 - 14	Black	Female																																											
		JUNIOR SPARRING	15 - 17	Color Belts	Male							GRASSROOTS CADET SPARRING			12 - 14	Black	Male																																								
		ULTRA SPARRING	33 and Over	All Belts	Female										PARA SPARRING			ALL DIVISIONS	All Belts	Female																																					
		ULTRA SPARRING	33 and Over	All Belts	Male													PARA SPARRING			ALL DIVISIONS	All Belts	Male																																		
		CADET SPARRING	12 - 14	Color Belts	Female																SENIOR SPARRING			18 - 32	Color Belts	Female																															
		CADET SPARRING	12 - 14	Color Belts	Male																			SENIOR SPARRING			18 - 32	Color Belts	Male																												
		WORLD CLASS SENIOR SPARRING	18 - 32	Black	Female																						WORLD CLASS CADET SPARRING			12 - 14	Black	Female																									
		WORLD CLASS SENIOR SPARRING	18 - 32	Black	Male																									WORLD CLASS CADET SPARRING			12 - 14	Black	Male																						
		(intentionally left blank)																															TIGER SPARRING			8 - 9	All Belts	Female																			
		(intentionally left blank)																																		TIGER SPARRING			8 - 9	All Belts	Male																
		(intentionally left blank)																																					DRAGON SPARRING			6 - 7	All Belts	Female													
		(intentionally left blank)																																								DRAGON SPARRING			6 - 7	All Belts	Male										
		(intentionally left blank)																																											YOUTH SPARRING			10 - 11	All Belts	Female							
		(intentionally left blank)																																														YOUTH SPARRING			10 - 11	All Belts	Male				
		(intentionally left blank)																																																	WORLD CLASS JUNIOR SPARRING			15 - 17	Black	Female	
		(intentionally left blank)																																																				WORLD CLASS JUNIOR SPARRING			15 - 17
		(intentionally left blank)						ULTRA SPARRING			33 and Over																																														All Belts
		(intentionally left blank)									ULTRA SPARRING			33 and Over																																											All Belts
SUN, SEPT 18			There are no SPARRING divisions weighing in today.				SUN, SEPT 18							Doors Open at 7:30 a.m. Athletes MUST be in holding no later than 8 a.m. Competition begins at 8:30 a.m.		JUNIOR SPARRING																																									15 - 17
																			JUNIOR SPARRING																																						15 - 17
																						ULTRA SPARRING																																			33 and Over
																									ULTRA SPARRING																																33 and Over
																												CADET SPARRING																													12 - 14
																															CADET SPARRING																										12 - 14
														WORLD CLASS SENIOR SPARRING			18 - 32	Black																Female																							
																	WORLD CLASS SENIOR SPARRING			18 - 32	Black													Male																							

**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).



# U.S. Grand Prix FINAL INFORMATION PACKET

## 2022 U.S. GRAND PRIX FINAL - POOMSAE - Schedule of Events

DATE	CHECK-IN	POOMSAE CHECK-IN	POOMSAE COMPETITION TIME SCHEDULE	POOMSAE COMPETITION																																																																																																																																																																																																				
INFORMATION:	This column lists the times that Check-in is open.	This column lists all Poomsae Divisions that need to Check-In by date.	This column lists the competition date & time schedule.	This column lists the POOMSAE divisions that are competing by date.																																																																																																																																																																																																				
THURS, SEPT 15	4 p.m.-6 p.m. Check-in & Weigh-in	CADET, JUNIOR, SENIOR, ULTRA COLOR BELTS DRAGON, TIGER, YOUTH (ALL BELTS) TEAM TRIAL	THURS, SEPT 15 NO Poomsae competition times today	NO Poomsae competition today																																																																																																																																																																																																				
FRI, SEPT 16	CHECK-IN: 10:00a.m.-12:00p.m. -OR- 3:00p.m. -5:00p.m.	<table border="1"> <tr><td>PAIRS POOMSAE</td><td>UNDER 30</td><td>Black</td><td></td></tr> <tr><td>PAIRS POOMSAE</td><td>OVER 31</td><td>Black</td><td></td></tr> <tr><td>PAIRS POOMSAE</td><td>OVER 50</td><td>Black</td><td></td></tr> <tr><td>PARA POOMSAE</td><td>ALL DIVISIONS</td><td>All Belts</td><td>Female</td></tr> <tr><td>PARA POOMSAE</td><td>ALL DIVISIONS</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>UNDER 30</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 40</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 50</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 60</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 65</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Over 65</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>UNDER 30</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 40</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 50</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 60</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 65</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Over 65</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>OVER 70</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>OVER 70</td><td>All Belts</td><td>Male</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>CADET-JUNIOR</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>SENIOR</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>CADET-JUNIOR</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>SENIOR</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>CADET TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>JUNIOR TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>CADET TEAM</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>JUNIOR TEAM</td><td>Black</td><td>Male</td></tr> </table>	PAIRS POOMSAE	UNDER 30	Black		PAIRS POOMSAE	OVER 31	Black		PAIRS POOMSAE	OVER 50	Black		PARA POOMSAE	ALL DIVISIONS	All Belts	Female	PARA POOMSAE	ALL DIVISIONS	All Belts	Male	POOMSAE	UNDER 30	All Belts	Female	POOMSAE	Under 40	All Belts	Female	POOMSAE	Under 50	All Belts	Female	POOMSAE	Under 60	All Belts	Female	POOMSAE	Under 65	All Belts	Female	POOMSAE	Over 65	All Belts	Female	POOMSAE	UNDER 30	All Belts	Male	POOMSAE	Under 40	All Belts	Male	POOMSAE	Under 50	All Belts	Male	POOMSAE	Under 60	All Belts	Male	POOMSAE	Under 65	All Belts	Male	POOMSAE	Over 65	All Belts	Male	POOMSAE	OVER 70	All Belts	Female	POOMSAE	OVER 70	All Belts	Male	WORLD CLASS FREESTYLE POOMSAE	CADET-JUNIOR	Black	Female	WORLD CLASS FREESTYLE POOMSAE	SENIOR	Black	Female	WORLD CLASS FREESTYLE POOMSAE	CADET-JUNIOR	Black	Male	WORLD CLASS FREESTYLE POOMSAE	SENIOR	Black	Male	WORLD CLASS TEAM POOMSAE	CADET TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	JUNIOR TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	CADET TEAM	Black	Male	WORLD CLASS TEAM POOMSAE	JUNIOR TEAM	Black	Male	FRI, SEPT 16 There are NO Poomsae competition times today	CADET, JUNIOR, SENIOR, ULTRA COLOR BELTS DRAGON, TIGER, YOUTH (ALL BELTS) TEAM TRIAL																																																																																								
PAIRS POOMSAE	UNDER 30	Black																																																																																																																																																																																																						
PAIRS POOMSAE	OVER 31	Black																																																																																																																																																																																																						
PAIRS POOMSAE	OVER 50	Black																																																																																																																																																																																																						
PARA POOMSAE	ALL DIVISIONS	All Belts	Female																																																																																																																																																																																																					
PARA POOMSAE	ALL DIVISIONS	All Belts	Male																																																																																																																																																																																																					
POOMSAE	UNDER 30	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Under 40	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Under 50	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Under 60	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Under 65	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Over 65	All Belts	Female																																																																																																																																																																																																					
POOMSAE	UNDER 30	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Under 40	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Under 50	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Under 60	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Under 65	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Over 65	All Belts	Male																																																																																																																																																																																																					
POOMSAE	OVER 70	All Belts	Female																																																																																																																																																																																																					
POOMSAE	OVER 70	All Belts	Male																																																																																																																																																																																																					
WORLD CLASS FREESTYLE POOMSAE	CADET-JUNIOR	Black	Female																																																																																																																																																																																																					
WORLD CLASS FREESTYLE POOMSAE	SENIOR	Black	Female																																																																																																																																																																																																					
WORLD CLASS FREESTYLE POOMSAE	CADET-JUNIOR	Black	Male																																																																																																																																																																																																					
WORLD CLASS FREESTYLE POOMSAE	SENIOR	Black	Male																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	CADET TEAM	Black	Female																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	JUNIOR TEAM	Black	Female																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	CADET TEAM	Black	Male																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	JUNIOR TEAM	Black	Male																																																																																																																																																																																																					
SAT, SEPT 17	CHECK-IN: 10:00a.m. -12:00p.m. -OR- 3:00p.m. -5:00p.m.	<table border="1"> <tr><td>PAIRS POOMSAE</td><td>CADET PAIRS</td><td>Black</td><td>Mixed</td></tr> <tr><td>PAIRS POOMSAE</td><td>JUNIOR PAIRS</td><td>Black</td><td>Mixed</td></tr> <tr><td>POOMSAE</td><td>Junior</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Junior</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>CADETS</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>CADETS</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Dragons</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Dragons</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Tigers</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Tigers</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Youth</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Youth</td><td>All Belts</td><td>Male</td></tr> <tr><td>WORLD CLASS FREESTYLE PAIRS POOMSAE</td><td>17 &amp; Under</td><td>Black</td><td>Mixed</td></tr> <tr><td>WORLD CLASS FREESTYLE PAIRS POOMSAE</td><td>18 &amp; Over</td><td>Black</td><td>Mixed</td></tr> <tr><td>WORLD CLASS FREESTYLE TEAM POOMSAE</td><td>17 &amp; Under</td><td>Black</td><td>Mixed</td></tr> <tr><td>WORLD CLASS FREESTYLE TEAM POOMSAE</td><td>18 &amp; Over</td><td>Black</td><td>Mixed</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>UNDER 30 TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 30 TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 50 TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>UNDER 30 TEAM</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 30 TEAM</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 50 TEAM</td><td>Black</td><td>Male</td></tr> </table> <p>(intentionally left blank)</p>	PAIRS POOMSAE	CADET PAIRS	Black	Mixed	PAIRS POOMSAE	JUNIOR PAIRS	Black	Mixed	POOMSAE	Junior	All Belts	Female	POOMSAE	Junior	All Belts	Male	POOMSAE	CADETS	All Belts	Female	POOMSAE	CADETS	All Belts	Male	POOMSAE	Dragons	All Belts	Female	POOMSAE	Dragons	All Belts	Male	POOMSAE	Tigers	All Belts	Female	POOMSAE	Tigers	All Belts	Male	POOMSAE	Youth	All Belts	Female	POOMSAE	Youth	All Belts	Male	WORLD CLASS FREESTYLE PAIRS POOMSAE	17 & Under	Black	Mixed	WORLD CLASS FREESTYLE PAIRS POOMSAE	18 & Over	Black	Mixed	WORLD CLASS FREESTYLE TEAM POOMSAE	17 & Under	Black	Mixed	WORLD CLASS FREESTYLE TEAM POOMSAE	18 & Over	Black	Mixed	WORLD CLASS TEAM POOMSAE	UNDER 30 TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	OVER 30 TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	OVER 50 TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	UNDER 30 TEAM	Black	Male	WORLD CLASS TEAM POOMSAE	OVER 30 TEAM	Black	Male	WORLD CLASS TEAM POOMSAE	OVER 50 TEAM	Black	Male	SAT, SEPT 17 Doors open at 7:30 a.m. Athletes MUST be in holding no later than 8 a.m. Competition begins at 8:30 a.m.	<table border="1"> <tr><td>PAIRS POOMSAE</td><td>UNDER 30</td><td>Black</td><td>Mixed</td></tr> <tr><td>PAIRS POOMSAE</td><td>OVER 31</td><td>Black</td><td>Mixed</td></tr> <tr><td>PAIRS POOMSAE</td><td>OVER 50</td><td>Black</td><td>Mixed</td></tr> <tr><td>PARA POOMSAE</td><td>ALL DIVISIONS</td><td>All Belts</td><td>Female</td></tr> <tr><td>PARA POOMSAE</td><td>ALL DIVISIONS</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>UNDER 30</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 40</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 50</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 60</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Under 65</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Over 65</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>UNDER 30</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 40</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 50</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 60</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Under 65</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Over 65</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>OVER 70</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>OVER 70</td><td>All Belts</td><td>Male</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>17 &amp; Under</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>18 &amp; Over</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>17 &amp; Under</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS FREESTYLE POOMSAE</td><td>18 &amp; Over</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>CADET TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>JUNIOR TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>CADET TEAM</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>JUNIOR TEAM</td><td>Black</td><td>Male</td></tr> </table>	PAIRS POOMSAE	UNDER 30	Black	Mixed	PAIRS POOMSAE	OVER 31	Black	Mixed	PAIRS POOMSAE	OVER 50	Black	Mixed	PARA POOMSAE	ALL DIVISIONS	All Belts	Female	PARA POOMSAE	ALL DIVISIONS	All Belts	Male	POOMSAE	UNDER 30	All Belts	Female	POOMSAE	Under 40	All Belts	Female	POOMSAE	Under 50	All Belts	Female	POOMSAE	Under 60	All Belts	Female	POOMSAE	Under 65	All Belts	Female	POOMSAE	Over 65	All Belts	Female	POOMSAE	UNDER 30	All Belts	Male	POOMSAE	Under 40	All Belts	Male	POOMSAE	Under 50	All Belts	Male	POOMSAE	Under 60	All Belts	Male	POOMSAE	Under 65	All Belts	Male	POOMSAE	Over 65	All Belts	Male	POOMSAE	OVER 70	All Belts	Female	POOMSAE	OVER 70	All Belts	Male	WORLD CLASS FREESTYLE POOMSAE	17 & Under	Black	Female	WORLD CLASS FREESTYLE POOMSAE	18 & Over	Black	Female	WORLD CLASS FREESTYLE POOMSAE	17 & Under	Black	Male	WORLD CLASS FREESTYLE POOMSAE	18 & Over	Black	Male	WORLD CLASS TEAM POOMSAE	CADET TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	JUNIOR TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	CADET TEAM	Black	Male	WORLD CLASS TEAM POOMSAE	JUNIOR TEAM	Black	Male
PAIRS POOMSAE	CADET PAIRS	Black	Mixed																																																																																																																																																																																																					
PAIRS POOMSAE	JUNIOR PAIRS	Black	Mixed																																																																																																																																																																																																					
POOMSAE	Junior	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Junior	All Belts	Male																																																																																																																																																																																																					
POOMSAE	CADETS	All Belts	Female																																																																																																																																																																																																					
POOMSAE	CADETS	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Dragons	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Dragons	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Tigers	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Tigers	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Youth	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Youth	All Belts	Male																																																																																																																																																																																																					
WORLD CLASS FREESTYLE PAIRS POOMSAE	17 & Under	Black	Mixed																																																																																																																																																																																																					
WORLD CLASS FREESTYLE PAIRS POOMSAE	18 & Over	Black	Mixed																																																																																																																																																																																																					
WORLD CLASS FREESTYLE TEAM POOMSAE	17 & Under	Black	Mixed																																																																																																																																																																																																					
WORLD CLASS FREESTYLE TEAM POOMSAE	18 & Over	Black	Mixed																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	UNDER 30 TEAM	Black	Female																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	OVER 30 TEAM	Black	Female																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	OVER 50 TEAM	Black	Female																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	UNDER 30 TEAM	Black	Male																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	OVER 30 TEAM	Black	Male																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	OVER 50 TEAM	Black	Male																																																																																																																																																																																																					
PAIRS POOMSAE	UNDER 30	Black	Mixed																																																																																																																																																																																																					
PAIRS POOMSAE	OVER 31	Black	Mixed																																																																																																																																																																																																					
PAIRS POOMSAE	OVER 50	Black	Mixed																																																																																																																																																																																																					
PARA POOMSAE	ALL DIVISIONS	All Belts	Female																																																																																																																																																																																																					
PARA POOMSAE	ALL DIVISIONS	All Belts	Male																																																																																																																																																																																																					
POOMSAE	UNDER 30	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Under 40	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Under 50	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Under 60	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Under 65	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Over 65	All Belts	Female																																																																																																																																																																																																					
POOMSAE	UNDER 30	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Under 40	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Under 50	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Under 60	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Under 65	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Over 65	All Belts	Male																																																																																																																																																																																																					
POOMSAE	OVER 70	All Belts	Female																																																																																																																																																																																																					
POOMSAE	OVER 70	All Belts	Male																																																																																																																																																																																																					
WORLD CLASS FREESTYLE POOMSAE	17 & Under	Black	Female																																																																																																																																																																																																					
WORLD CLASS FREESTYLE POOMSAE	18 & Over	Black	Female																																																																																																																																																																																																					
WORLD CLASS FREESTYLE POOMSAE	17 & Under	Black	Male																																																																																																																																																																																																					
WORLD CLASS FREESTYLE POOMSAE	18 & Over	Black	Male																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	CADET TEAM	Black	Female																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	JUNIOR TEAM	Black	Female																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	CADET TEAM	Black	Male																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	JUNIOR TEAM	Black	Male																																																																																																																																																																																																					
SUN, SEPT 18	NO Poomsae Check-IN	NO Poomsae Check-IN	SUN, SEPT 18 Doors open at 7:30 a.m. Athletes MUST be in holding no later than 8 a.m. Competition begins at 8:30 a.m.	<table border="1"> <tr><td>PAIRS POOMSAE</td><td>CADET PAIRS</td><td>Black</td><td>Mixed</td></tr> <tr><td>PAIRS POOMSAE</td><td>JUNIOR PAIRS</td><td>Black</td><td>Mixed</td></tr> <tr><td>POOMSAE</td><td>Junior</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Junior</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>CADETS</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>CADETS</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Dragons</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Dragons</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Tigers</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Tigers</td><td>All Belts</td><td>Male</td></tr> <tr><td>POOMSAE</td><td>Youth</td><td>All Belts</td><td>Female</td></tr> <tr><td>POOMSAE</td><td>Youth</td><td>All Belts</td><td>Male</td></tr> <tr><td>WORLD CLASS FREESTYLE PAIRS POOMSAE</td><td>17 &amp; Under</td><td>Black</td><td>Black</td></tr> <tr><td>WORLD CLASS FREESTYLE PAIRS POOMSAE</td><td>18 &amp; Over</td><td>Black</td><td>Black</td></tr> <tr><td>WORLD CLASS FREESTYLE TEAM POOMSAE</td><td>17 &amp; Under</td><td>Black</td><td>Black</td></tr> <tr><td>WORLD CLASS FREESTYLE TEAM POOMSAE</td><td>18 &amp; Over</td><td>Black</td><td>Black</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>UNDER 30 TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 30 TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 50 TEAM</td><td>Black</td><td>Female</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>UNDER 30 TEAM</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 30 TEAM</td><td>Black</td><td>Male</td></tr> <tr><td>WORLD CLASS TEAM POOMSAE</td><td>OVER 50 TEAM</td><td>Black</td><td>Male</td></tr> </table>	PAIRS POOMSAE	CADET PAIRS	Black	Mixed	PAIRS POOMSAE	JUNIOR PAIRS	Black	Mixed	POOMSAE	Junior	All Belts	Female	POOMSAE	Junior	All Belts	Male	POOMSAE	CADETS	All Belts	Female	POOMSAE	CADETS	All Belts	Male	POOMSAE	Dragons	All Belts	Female	POOMSAE	Dragons	All Belts	Male	POOMSAE	Tigers	All Belts	Female	POOMSAE	Tigers	All Belts	Male	POOMSAE	Youth	All Belts	Female	POOMSAE	Youth	All Belts	Male	WORLD CLASS FREESTYLE PAIRS POOMSAE	17 & Under	Black	Black	WORLD CLASS FREESTYLE PAIRS POOMSAE	18 & Over	Black	Black	WORLD CLASS FREESTYLE TEAM POOMSAE	17 & Under	Black	Black	WORLD CLASS FREESTYLE TEAM POOMSAE	18 & Over	Black	Black	WORLD CLASS TEAM POOMSAE	UNDER 30 TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	OVER 30 TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	OVER 50 TEAM	Black	Female	WORLD CLASS TEAM POOMSAE	UNDER 30 TEAM	Black	Male	WORLD CLASS TEAM POOMSAE	OVER 30 TEAM	Black	Male	WORLD CLASS TEAM POOMSAE	OVER 50 TEAM	Black	Male																																																																																																												
PAIRS POOMSAE	CADET PAIRS	Black	Mixed																																																																																																																																																																																																					
PAIRS POOMSAE	JUNIOR PAIRS	Black	Mixed																																																																																																																																																																																																					
POOMSAE	Junior	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Junior	All Belts	Male																																																																																																																																																																																																					
POOMSAE	CADETS	All Belts	Female																																																																																																																																																																																																					
POOMSAE	CADETS	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Dragons	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Dragons	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Tigers	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Tigers	All Belts	Male																																																																																																																																																																																																					
POOMSAE	Youth	All Belts	Female																																																																																																																																																																																																					
POOMSAE	Youth	All Belts	Male																																																																																																																																																																																																					
WORLD CLASS FREESTYLE PAIRS POOMSAE	17 & Under	Black	Black																																																																																																																																																																																																					
WORLD CLASS FREESTYLE PAIRS POOMSAE	18 & Over	Black	Black																																																																																																																																																																																																					
WORLD CLASS FREESTYLE TEAM POOMSAE	17 & Under	Black	Black																																																																																																																																																																																																					
WORLD CLASS FREESTYLE TEAM POOMSAE	18 & Over	Black	Black																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	UNDER 30 TEAM	Black	Female																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	OVER 30 TEAM	Black	Female																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	OVER 50 TEAM	Black	Female																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	UNDER 30 TEAM	Black	Male																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	OVER 30 TEAM	Black	Male																																																																																																																																																																																																					
WORLD CLASS TEAM POOMSAE	OVER 50 TEAM	Black	Male																																																																																																																																																																																																					



## CREREDENTIALS & WEIGH-IN PROCEDURES

### General Credential Information:

- All participants will be emailed a digital credential for this event.
- The digital credential for this event may be printed if a hard copy is preferred.
- If the credential information is correct, no further action is required.
- If the credential information contains an error, please go to the registration desk at the event for assistance.

### Credentials for Coaches:

- All coach credentials will have a photo on the coach credential.
- Coach credentials are NON-TRANSFERABLE.
- All coaches are required to upload a photo to their USA Taekwondo membership profile for their credentials for the U.S. Grand Prix FINAL event.
  - Pictures must be headshots only.
  - Please do not mail or email a photo.
- USA Taekwondo has a NO REFUND policy.

### Credentials for Poomsae Athletes:

- All athletes will be emailed a digital credential for this event.
- All athletes will need to bring the emailed digital credential to check-in at registration. (The athlete may show a printed copy of their valid credential)
- All athletes must check-in at least one day prior to the start of competition during the event schedule check-in times.
  - 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.
- All athletes 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.
- To check-in, the athlete MUST present a valid ID
  - Valid Identification Includes: U.S. Passport, U.S. Birth Certificate, Photo Student ID, U.S. state issued ID, GAL (Global Athletic License)
  - If the athlete is a minor and DOES NOT have a valid ID then the parent/legal guardian MUST provide a copy of their U.S. Birth Certificate.



### **Credentials and Weigh-In for Sparring Athletes:**

- Sparring athletes do NOT need to check-in at the registration desk and should proceed directly to weigh-in.
- Sparring athletes will need to bring the emailed digital credential to weigh-in. (The sparring athlete may show a printed copy of their valid credential).
- At weigh-in, all sparring athletes MUST present a valid ID
  - Valid Identification Includes: U.S. Passport, U.S. Birth Certificate, Photo Student ID, U.S. state issued ID, GAL (Global Athletic License)
  - If the athlete is a minor and DOES NOT have a valid ID then the parent/legal guardian MUST provide a copy of their U.S. Birth Certificate.

### **Weigh-In:**

- A sparring athlete's weight shall be measured the day prior to his/her competition day.
- PLEASE NOTE: There shall be NO weight changes for World Class Black Belt Athletes after the registration deadline
- Weigh-in will be by appointment only and only available during the designated weigh-in times on the event schedule. You will be sent a link closer to the event date to sign up for a weigh-in time.
- On the OFFICIAL SCALES: A sparring athlete's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the weigh-in times as per the event schedule for that same day.
- A TEST SCALE will be provided at the event. The scale will be the calibrated such that it measure the same weight as the official scale and shall be provided in the designated weigh-in areas.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participant.
- Weigh-in, for both males and females, shall be taken in the official V-neck uniform or if a sparring athlete wishes, weigh-in may be done in underpants for male sparring athletes, underpants and bra for female sparring athletes.
- Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY.
- Athletes will be given 0.2kg cushion for clothing.
- 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.
- Under NO circumstances may a sparring athlete weigh-in in the nude in the United States.

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.

## 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.

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](#).



## MEDICAL STAFF

### Athletic Trainers & Taping of Athletes

- Medical will be provided by Bare Essentials Sport Medicine. Sports Medicine 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, athletes must comply with the rules set forth by the WT (World Taekwondo) and USA Taekwondo.
- 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.

## DOBAK AND EQUIPMENT STANDARDS

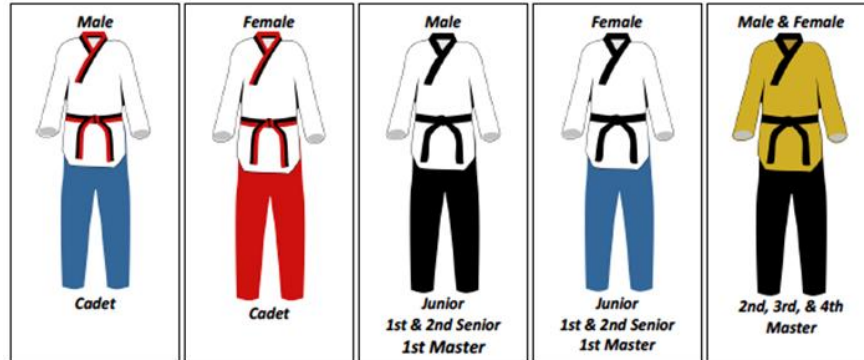
### 1. Official Uniform (Dobok)

- All athletes must wear a white Taekwondo V-neck USATKD/WT uniform (dobok) in good condition.
- Black belt athletes must wear black-collared uniforms.
- Color belt athletes 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 Athletes:

- Poomsae athletes may wear either the standard V-neck USA/WT (World Taekwondo) uniform (as specified above) or WT-designated Y-neck competition poomsae uniforms appropriate to the athlete's division.



- WT (World Taekwondo) Y-neck uniforms may have a national flag patch and country code displayed on the uniform consistent with WT guidelines.
- Poomsae uniforms may only be worn while competing in poomsae divisions (no sparring or breaking divisions).

## 2. Protective Equipment

- All athletes shall wear an approved trunk protector, head protector, groin guard, gloves, forearm protector, shin-instep protectors, approved sensing socks (if using an electronic Protector and Scoring System) and a mouth guard before entering the Competition Area.
  - The groin guard rule is mandatory as of 1/1/2017 for both male and female sparring competitors.
- The head protector must be firmly tucked under the left arm when entering the Competition 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 athletes shall keep their nails cut short.
- Athletes shall not wear any articles that may injure or endanger an opponent.
- 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.



- 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 athletes.
- All athletes must maintain the highest standard of personal hygiene.

**Any violators of Section 1 (Official Uniform), 2 (Protective Equipment), and 3 (Personal Requirements) of this section will be required to correct the violation within one minute, or will face disqualification.**

#### 4. USATKD Equipment Standards

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

##### **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 (Non-World Class): Gloves are optional and must comply with the above rules. 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 helmets are preferred
- The color of the head protector must correspond with the color of the chest protector.
- White helmets are only allowed for color belt divisions and 6-7 year-old black belt divisions.
- 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 red.





## **Groin protection:**

- All male athletes are required to wear a protective cup, which must be worn inside the uniform.
- All female athletes are required to wear groin protection, which must be worn inside the uniform.

## **Properly fitting chest protector:**

- Electronic Protection and Scoring System (PSS) will be used, and all athletes will be provided a red and blue full-body electron trunk protector.
- Both athletes must wear the same size PSS.

## **Shin and instep protection:**

- Shin and instep protectors are required, and they must be made of foam, cloth or vinyl.
  - Any color shin protector is allowed.
- PSS (electronic) sensor socks with built-in instep padding are allowed.
  - The instep protector may be red, blue, or white, but must correspond with the color of the chest protector
- Cloth or foam knee pads are allowed.

## **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.

## **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.
- 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 - SPARRING - WEIGHT CATEGORIES**

In the charts below the words “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><i>DAEDO GENERATION 2</i></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><u>COLOR BELTS</u>: Best 2 out of 3 ROUNDS, 1 MINUTE</b> <b><i>DAEDO GENERATION 2</i></b>  <b><u>BLACK BELTS (WORLD CLASS)</u>: BEST 2 out of 3 ROUNDS, 2 MINUTES</b> <b><i>DAEDO GENERATION 2</i></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***

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 45kg	Not exceeding 42kg
Fly	Over 45kg & Not exceeding 48kg	Over 42kg & Not exceeding 44kg
Bantam	Over 48kg & Not exceeding 51kg	Over 44kg & Not exceeding 46kg
Feather	Over 51kg & Not exceeding 55kg	Over 46kg & Not exceeding 49kg
Light	Over 55kg & Not exceeding 59kg	Over 49kg & Not exceeding 52kg
Welter	Over 59kg & Not exceeding 63kg	Over 52kg & Not exceeding 55kg
Light Middle	Over 63kg & Not exceeding 68kg	Over 55kg & Not exceeding 59kg
Middle	Over 68kg & Not exceeding 73kg	Over 59kg & Not exceeding 63kg
Light Heavy	Over 73kg & Not exceeding 78kg	Over 63kg & Not exceeding 68kg
Heavy	Over 78kg	Over 68kg

**CADET SPARRING DIVISIONS (12-14)**

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

**BLACK BELTS (GRASS ROOTS): 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***

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 33kg	Not exceeding 29kg
Fly	Over 33kg & Not exceeding 37kg	Over 29kg & Not exceeding 33kg
Bantam	Over 37kg & Not exceeding 41kg	Over 33kg & Not exceeding 37kg
Feather	Over 41kg & Not exceeding 45kg	Over 37kg & Not exceeding 41kg
Light	Over 45kg & Not exceeding 49kg	Over 41kg & Not exceeding 44kg
Welter	Over 49kg & Not exceeding 53kg	Over 44kg & Not exceeding 47kg
Light Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Light Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg



<b>YOUTH SPARRING DIVISIONS (10-11)</b>		
<b><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



**POOMSAE DIVISIONS**

<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:**

- Athletes 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 athletes 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 certificates (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. Divisions with 13 or more athletes will have semi-final round.



**DESIGNATED POOMSAE**

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

<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

## REFEREES

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

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

### **SPARRING:**

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

INDIVIDUAL AWARDS	
1 <sup>st</sup> Place	Certificate
2 <sup>nd</sup> Place	Certificate
3 <sup>rd</sup> Place	Certificate
3 <sup>rd</sup> Place	Certificate

### **POOMSAE:**

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 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	Certificate
2 <sup>nd</sup> Place	Certificate
3 <sup>rd</sup> Place	Certificate
3 <sup>rd</sup> Place	Certificate