



June 27 – July 4, 2019

Minneapolis Convention Center

Minneapolis, Minnesota





Welcome Salt Lake City, Utah



USATKD would like to welcome you and your family to Minneapolis Convention Center in Minneapolis for the 2019 USATKD National Championships. Thank you for your support of USATKD; we hope this event is a successful and enjoyable event for you. We want to thank our sponsors for their assistance in helping make this event successful. We also want to thank the Utah Sports Commission and Visit Salt Lake being the host for the largest Taekwondo event in the world!

PROMOTER - SANCTIONED

Promoter & Sanctioned By:

USATKD

1 Olympic Plaza

Colorado Springs, CO 80909

USATKD POINTS OF CONTACT

Jeanna Salgado, Director of Events

Jeanna.Salgado@usa-taekwondo.us

Eric Wininger, Events Manager

Eric.Wininger@usa-taekwondo.us

Mailing Address:

USATKD

Attention: Events Department

1015 Garden of the Gods Road

Colorado Springs, CO 80915



2019 USATKD NATIONAL CHAMPIONSHIPS INFORMATION PACKET

Schedule

Thursday, June 27, 2019

TBD	Sparring Referee Seminar	Minneapolis Convention Center, Room 101B
TBD	Poomsae Referee Seminar	Minneapolis Convention Center, Room 101C
9:00am – 12:00pm	Credential Pick Up Weigh-in for Friday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
9:00am-4:00pm	Level 1 Coach Seminar	Minneapolis Convention Center, Room 101D
2:00pm – 7:00pm	Credential Pick Up Weigh-In for Friday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
5:30pm – 6:30pm	Coaches Edge Seminar (Webinar)	Minneapolis Convention Center
6:00pm	Appointed Referee Meeting	Minneapolis Convention Center, Room 101B
4:00pm	#NOTINMYSPORT Education Seminar	Minneapolis Convention Center, Room 101D
7:00pm	Congress	Minneapolis Convention Center, Room 101C

ALL FRIDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 7:00PM

Friday, June 28, 2019

12-14 Cadet World Class Sparring (Black Belts) 12-14 Cadet Grassroots Sparring (Black Belts) 15-17 Junior World Class Individual Poomsae (Black Belts)		12-17 World Class Pairs Freestyle Poomsae (Black Belts) 12-17 World Class Teams Freestyle Poomsae (Black Belts)
7:30am	Doors Open for Friday's Competitors & Coaches ONLY	Minneapolis Convention Center, Halls B & C
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Minneapolis Convention Center, Halls B & C
8:30am	Competition Begins	Minneapolis Convention Center, Halls B & C
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Saturday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F -J
TBD	Lunch	
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Saturday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J

ALL SATURDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM

Saturday, June 29, 2019

12-14 Cadet World Class Pairs Poomsae (Black Belts) 12-14 Cadet World Class Teams Poomsae (Black Belts) 12-17 World Class Individual Freestyle Poomsae (Black Belts) 12-14 Cadet Individual Poomsae (Color Belts) 12-14 Cadet Board Breaking (Black Belts)		15-17 Junior Board Breaking (All Belts) 15-17 Junior Individual Poomsae (Color Belts) 15-17 Junior World Class Sparring (Black Belts) – Divisions Below ONLY : <u>Male: Fin, Fly, Bantam & Feather Weights</u> <u>Female: ALL Weight Classes</u>
7:30am	Doors Open for Saturday's Competitors & Coaches ONLY	Minneapolis Convention Center, Halls B & C
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Minneapolis Convention Center, Halls B & C
8:30am	Competition Begins	Minneapolis Convention Center, Halls B & C
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Sunday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
TBD	Lunch	
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Sunday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
3:30pm	State President & State Event Coordinator Meeting	Minneapolis Convention Center, Room 101C

ALL SUNDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM



2019 USATKD NATIONAL CHAMPIONSHIPS INFORMATION PACKET

Sunday, June 30, 2019

12-14 Cadet World Class Individual Poomsae (Black Belts)
12-14 Cadet Board Breaking (Color Belts)
15-17 World Class Pairs Poomsae (Black Belts)
15-17 World Class Teams Poomsae (Black Belts)
18-30 World Class Pairs Poomsae (Black Belts)
18-30 World Class Teams Poomsae (Black Belts)

51-60 World Class Individual Poomsae (Black Belts)
61-65 World Class Individual Poomsae (Black Belts)
66+ World Class Individual Poomsae (Black Belts)
15-17 Junior Sparring (Color Belts)
15-17 Junior World Class Sparring (Black Belts) – Divisions Below **ONLY**
Male: *Light, Welter, Light Middle, Middle, Light Heavy & Heavy*

7:30am	Doors Open for Sunday Competitors & Coaches ONLY	Minneapolis Convention Center, Halls B & C
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Minneapolis Convention Center, Halls B & C
8:30am	Competition Begins	Minneapolis Convention Center, Halls B & C
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Monday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
TBD	Lunch	
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Monday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J

ALL MONDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM

Monday, July 1, 2019

10-11 Youth Board Breaking (All Belts) – **FEMALE DIVISIONS ONLY**
10-11 Youth Poomsae (Color Belts ONLY) – **MALE DIVISIONS ONLY**
12-14 Cadet Sparring (Color Belts)
18+ Individual Poomsae (Color Belts)
18-30 World Class Individual Poomsae (Black Belts)

18-32 Senior Sparring (Color Belts)
33+ Ultra Sparring (All Belts)
31+ World Class Pairs Poomsae (Black Belts)
31+ World Class Teams Poomsae (Black Belts)

7:30am	Doors Open for Monday Competitors & Coaches ONLY	Minneapolis Convention Center, Halls B & C
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Minneapolis Convention Center, Halls B & C
8:30am	Competition Begins	Minneapolis Convention Center, Halls B & C
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Tuesday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
9:00am – 4:00pm	Level 1 Coach Seminar	Minneapolis Convention Center, Room 101D
TBD	Lunch	
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Tuesday's Sparring Competitors	Minneapolis Convention Center, Rooms 101-F-J

ALL TUESDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM



2019 USATKD NATIONAL CHAMPIONSHIPS INFORMATION PACKET

Tuesday, July 2, 2019

10-11 Youth Poomsae (All Belts)–**FEMALE DIVISIONS ONLY**
 10-11 Youth Board Breaking (All Belts)–**MALE DIVISIONS ONLY**
 10-11 Youth Sparring (Black Belts) – **MALE DIVISIONS ONLY**
 18+ World Class Individual Freestyle Poomsae (Black Belts)
 31-40 World Class Individual Poomsae (Black Belts)
 41-50 World Class Individual Poomsae (Black Belts)

6-99 Demo Team (All Belts)
 17-32 Senior World Class Sparring (Black Belts) - Divisions Below ONLY:
Male: Fin, Fly, Bantam, Feather & Light
Female: Fin, Fly, Bantam, Feather & Light

7:30am	Doors Open for Tuesday Competitors & Coaches ONLY	Minneapolis Convention Center, Halls B & C
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Minneapolis Convention Center, Halls B & C
8:30am	Competition Begins	Minneapolis Convention Center, Halls B & C
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Wednesday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
TBD	Lunch	
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Wednesday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
	#NOTINMYSPORT Education Seminar	Minneapolis Convention Center, Room 101D

ALL WEDNESDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM

Wednesday, July 3, 2019

6-7 Dragon Poomsae (All Belts)
 8-9 Tiger Poomsae (All Belts) – **FEMALE DIVISIONS ONLY**
 8-9 Tiger Board Breaking (All Belts) – **MALE DIVISIONS ONLY**
 10-11 Youth Sparring – **FEMALE DIVISIONS ONLY**
 10-11 Youth Poomsae (Black Belts ONLY) – **MALE DIVISIONS ONLY**
 10-11 Youth Sparring (Color Belts) – **MALE DIVISIONS ONLY**

18+ World Class Pairs Freestyle Poomsae (Black Belts)
 18+ World Class Teams Freestyle Poomsae (Black Belts)
 18+ Board Breaking (All Belts)
 17-32 Senior World Class Sparring (Black Belts) Divisions Below ONLY:
Male: Welter, Middle & Heavy
Female: Welter, Middle & Heavy

7:30am	Doors Open for Wednesday Competitors & Coaches ONLY	Minneapolis Convention Center, Halls B & C
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Minneapolis Convention Center, Halls B & C
8:30am	Competition Begins	Minneapolis Convention Center, Halls B & C
9:00am – 12:00pm	Credential Pick Up for All competitors Weigh-In for Thursday's Sparring Competitors	Minneapolis Convention Center, Rooms 101F-J
TBD	Lunch	
2:00pm – 6:00pm	Credential Pick Up for All competitors Weigh-In for Thursday's Sparring Competitors	Minneapolis Convention Center, Room 101F-J

ALL THURSDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM

Thursday, July 4, 2019

Para Sparring (All Belts)
 Para Poomsae (All Belts)
 6-7 Dragon Sparring (All Belts)

6-7 Board Breaking (All Belts)
 8-9 Tiger Sparring (All Belts)
 8-9 Tiger Board Breaking (All Belts) – **FEMALE DIVISIONS ONLY**
 8-9 Tiger Poomsae (All Belts) – **MALE DIVISIONS ONLY**

7:30am	Doors Open for Thursday Competitors & Coaches ONLY	Minneapolis Convention Center, Halls B & C
8:00am	Competitors MUST be in the Holding Area (Divisions TBD) Doors Open for Spectators	Minneapolis Convention Center, Halls B & C
8:30am	Competition Begins	Minneapolis Convention Center
TBD	Lunch	

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 (www.usa-taekwondo.us)



REGISTRATION INFO, DEADLINES & FEES

All registration must take place on the USATKD Hang-A-Star system. Please visit

<https://www.usat.hangastar.com/Login.aspx> to register. Please have your USATKD membership number accessible to register. USATKD has a NO REFUND policy. **NO REFUNDS** will be given for any reason. All Athletes and Coaches must register and pay in full by the early registration dates listed below 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 11:59pm (MT)** If an athlete does not pay in full by the final registration date, then an additional \$30 admin fee will be charged onsite when you pick your credential. If a coach does not pay in full by the final registration date, then you will pay the On-site registration fee.**

ATHLETES				
EVENTS: (Sparring, Poomsae, Breaking, etc.)	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
1st Event	\$140.00	June 7, 2019	\$170.00	June 13, 2019
2nd Event	\$160.00	June 7, 2019	\$190.00	June 13, 2019
3rd Event	\$185.00	June 7, 2019	\$215.00	June 13, 2019
4th Event	\$210.00	June 7, 2019	\$240.00	June 13, 2019
5th Event	\$235.00	June 7, 2019	\$265.00	June 13, 2019
6th Event	\$260.00	June 7, 2019	\$290.00	June 13, 2019
7th Event	\$285.00	June 7, 2019	\$315.00	June 13, 2019
8th Event	\$310.00	June 7, 2019	\$340.00	June 13, 2019

COACHES					
USATKD COACH LEVEL	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline	Onsite Fee
Associate Coach or Level 1	\$65.00	June 7, 2019	\$135.00	June 13, 2019	\$180.00
Level 2 or higher	\$60.00	June 7, 2019	\$135.00	June 13, 2019	\$180.00

Coaches are required to complete a pass a background check, complete the U.S. Center for Safe Sport webinar courses and register for a Coaches Edge Webinar before they can register and pay for the 2019 USATKD National Championships. ALL Coaches are also required to take Coaches Edge Seminar prior to registering. Please allow plenty of time to complete these before registering for the event.

Event Credentials - All participants will receive an event credential when they arrive to the event check-in and weigh-ins. All participants must provide a valid ID to pick-up credential and to weigh-in. There will be no exception to this policy. Valid ID is 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. All coaches' credentials will have a photo on the credential. This credential is NON-TRANSFERABLE and will be confiscated if misused. The participant's credentials are not valid for an adult, parent or sibling of that participant. Lost credentials are subject to a \$30.00 reprint fee. Participants may only receive a one replacement credential at \$30.00; if a second credential needs to be replaced there will be a fee of \$45.00.

Registration Checklist: Completing all items on this list will help ensure a speedy check-in and weigh-in process at the 2019 USATKD National Championships

- o Complete registration payment online. To receive the early registration price, you must pay by the early deadline. If payment is not received by this deadline the system will automatically update to the late fee. **If an athlete does not pay in full by the final registration date, then an additional \$30 admin fee will be charged onsite when you pick up your credential. If a coach does not pay in full by the final registration date, then you will pay the On-site registration fee.** Send in Proof of Citizenship if the division you are registered in requires this, and/or black belt certification if required according to the division you have registered for. (Proof of Citizenship required for: Cadet (12-14), Junior (15-17) & Senior (17-32) black belts for both Sparring and Poomsae).



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 be seeded according to the USATKD National Rankings sponsored by Tusah.

Poomsae - A random draw will be completed prior to the start of competition to determine the order in which contestants will compete. Designated Poomsae will be selected from the Compulsory Poomsae and will be published to the USATKD website (www.usa-taekwondo.us) approximately 1 week from the start of the National Championships.

Board Breaking and Demonstration Team - Judges scoring based on the rules set-forth online.

QUALIFICATION

To compete at the 2019 USATKD National Championships, one must have participated** in a 2019 USATKD State Championship, 2019 Poomsae Cadet & Junior, NCTA Collegiate Championships, Armed Forces Championships or qualified through the American Taekwondo Association (ATA). **The word **participating means** athletes must have officially weighed-in at the event scales and/or participated on the competition mats in front of the event referees and received a place within the division. ** The only exception to this will be in the Para sparring and poomsae, board breaking, freestyle poomsae and demonstration team divisions. These divisions are "Open".

In accordance of the **USATKD Competition Rules:** Qualification of USATKD contestant 1. Citizen (12 and older black belts divisions) or Resident of the United States (depending on division registered). 2. Registered USATKD athlete member. 3. All black belt contestants must submit a copy of the Dan/Poom certificate, 4. All athletes must provide identification in the form of official ID, if no photo ID is available then a birth certificate may be provided. 5. All contestants participating in a tournament are required to observe the Code of Conduct of the USATKD and the rules of the tournament. Violators face sanction by the USATKD. All color belt athletes will be able to compete in the National Championships at the current belt in which they hold. For example, an athlete competed at a State Championship as a green belt but has since tested and received their blue belt. This athlete may now compete at the USATKD National Championships as a blue belt. **EXCEPTION:** If an athlete competed at a State Championship as a red belt and has since been promoted to black belt, the athlete MAY NOT compete in any black belt divisions. You can change belt division through the final registration deadline at no additional fee. Any belt changes after the final registration deadline and/or at the event will incur a \$50.00 administrative fee. Participants may make changes directly through their membership profile in Hangastar until they are confirmed and then will need to contact the events department in writing at events@usa-taekwondo.us to change their belt. After the final registration deadline (June 13, 2019), all belt changes must be submitted in writing and the administrative fee paid before the belt division will be changed. **IMPORTANT NOTE:** If an athletes changes belt ranks during the registration process for the 2019 USATKD National Championships, they will receive no seeding and points can only be transferred after they compete at the 2019 USATKD National Championships.

USATKD uses the date December 31 of the given year (December 31, 2019) to determine the age of all competitors. Example: an athlete turns 15 on October 26, 2019 they would compete as a 15 year old in the 2019 USATKD National Championships, even though they are 14 years old at the time of the event. All Dragon, Tiger, Youth (All Belts), Cadet Grassroots and Ultra qualified participants will be allowed to move weight divisions from the weight category they qualified in at the USATKD State Championships if needed. It is encouraged that athletes make the "qualified" weight, but USATKD understands children are going to grow. You can change weight categories through the final athlete registration deadline at no additional fee. Any weight changes after the final registration deadline and/or at the event will incur a \$50.00 administrative fee. Participants may make changes directly through their registration in Hangastar until they are confirmed and then will need to contact the events department in writing at events@usa-taekwondo.us to change the weight. After the final registration date (June 13, 2019), all weight changes must be submitted in writing and the administrative fee paid before the weight category will be changed. **World Class (Cadet, Junior & Senior Sparring) qualified participants WILL NOT be allowed to move weight categories (exception listed below) or move into the Grass Root division.** For those athletes who have qualified in two different World Class weight categories, you MUST choose which weight category you will compete in at the USATKD National Championships by the final registration deadline (June 13, 2019). After the FINAL registration deadline you will NOT be allowed to switch weight categories.



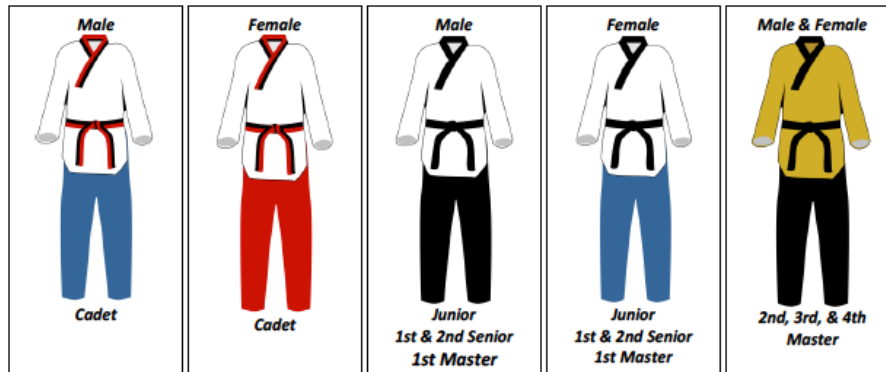
DOBOK & EQUIPMENT STANDARDS

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. Pony tails must be tucked inside the headgear.

- **Metallic Articles**

Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety or sport eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc.

- **Personal Hygiene**

All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly. Pony tails must be tucked inside the headgear.

Any violators of Section 1, 2, and 3 of this article will be required to correct the violation within one minute, or face disqualification.

Taping 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



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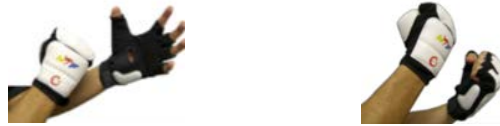
examined and approved by the Tournament Medical Staff. Under no circumstances will a hard splint or cast—no matter how small—be allowed.

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. A

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.



DIVISIONS – WEIGHT CATEGORIES

WEIGH-INS – BRACKETING

SPARRING

Note: (Explanation #1) Not exceeding: 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. (Explanation #2) Over: Over 50.00 kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

ULTRA SPARRING DIVISIONS (33+ year old) 3 ROUNDS, 1 MINUTE <i>DAEDO GENERATION 1 HOGU</i>		
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
SENIOR SPARRING DIVISIONS (17-32) <u>COLOR BELTS</u> : 3 ROUNDS, 1 MINUTE <i>DAEDO GENERATION 1</i>		
<u>BLACK BELTS (WORLD CLASS)</u> : 3 ROUNDS, 2 MINUTES <i>DAEDO GENERATION 2</i>		
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



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JUNIOR SPARRING DIVISIONS (15-17)

COLOR BELTS: 3 ROUNDS, 1 MINUTE

DAEDO GENERATION 1

BLACK BELTS (WORLD CLASS): 3 ROUNDS, 1 MINUTE 30 SECONDS

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): 3 ROUNDS, 1 MINUTE

DAEDO GENERATION 1

BLACK BELTS (WORLD CLASS): 3 ROUNDS, 1 MINUTE 30 SECONDS

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



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YOUTH SPARRING DIVISIONS (10-11)

ALL BELTS: 3 ROUNDS, 1 MINUTE

DAEDO GENERATION 1

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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

TIGER SPARRING DIVISIONS (8-9)

ALL BELTS: 2 ROUNDS, 1 MINUTE

DAEDO GENERATION 1

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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

DRAGON SPARRING DIVISIONS (6-7)

ALL BELTS: 2 ROUNDS, 1 MINUTE

DAEDO GENERATION 1

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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

PARA SPARRING DIVISIONS (16 & OLDER)

SPORT CLASSES K41, K42, K43 and K44

ALL BELTS: 3 ROUNDS, 1 MINUTE

COLOR BELTS: DAEDO GENERATION 1

BLACK BELTS: DAEDO GENERATION 2

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not Exceeding 61kg	Not Exceeding 49kg
Light	Over 61kg & Not Exceeding 75kg	Over 49kg & Not Exceeding 58kg
Heavy	Over 75kg	Over 58kg

****All athletes competing in the Para Sparring division must be classified by a WT Classifier.** For more information about classification please contact the USATKD High Performance Department (Dani Sweigard Dani.Sweigard@usa-taekwondo.us).



2019 USATKD NATIONAL CHAMPIONSHIPS INFORMATION PACKET

WEIGH-INS

1. A competitor's weight shall be measured the day prior to his or her competition day. All competitors must weigh-in during the designated times on the schedule.
2. A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the time limit. So as not to be disqualified during official weigh-in, a scale, the same as the official one, shall be provided at the convention center as a test scale.
3. During the weigh-in, the contestant is required to show his/her current photo ID, 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.***

**Starting in 2019, athletes 17 and younger MUST weigh-in 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 Change process: All Dragon (all belts), Tiger (all belts), Youth (all belts), Cadet (color belts), Cadet Grassroots, Junior (color belts), Senior (color belts), Ultras (all belts) will be allowed to move weight categories from the weight category they qualified in at the USATKD State Championships if needed. It is encouraged that athletes make the "qualified" weight, but USATKD understands children are going to grow. You can change weight categories through the final athlete registration deadline at no additional fee. Any weight changes after the final registration deadline and/or at the event* will incur a \$50.00 administrative fee. Participants may make changes directly through their registration in Hangastar until they are confirmed and then will need to contact the events department in writing at events@usa-taekwondo.us to change the weight. After the final registration date (June 13, 2019), all weight changes must be submitted in writing and the administrative fee paid before the weight category will be changed. ***IMPORTANT NOTICE:** Athletes must make their weight change prior to stepping on the official scale on the event in the registration area. Weight changes cannot be made in the weigh-in area by referees. Athletes are not permitted to make weight changes once they have stepped on the official recorded scale. There will be test scales for athletes to check prior to stepping on the official scale.

World Class (Cadet, Junior & Senior Sparring) qualified participants WILL NOT be allowed to move weight categories (exception listed below) or move into the Grass Root division. For those athletes who have qualified in two separate World Class weight categories, you MUST choose which weight category you will compete in at the USATKD National Championships by the final registration deadline (June 13, 2019). After the FINAL registration deadline, you will NOT be allowed to switch weight categories.

BRACKETING & SEEDING

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

All sparring division will be seeded according the National Rankings. Rankings posted as of **June 27, 2019** will be the official Rankings used for seeding at this event. To view the recent rankings, click on this link: <https://www.teamusa.org/USA-Taekwondo/V2-National-Teams/Tusah-US-National-Rankings>. Athletes or Coaches have until **June 26, 2019** to make any corrections or report any International results for these changes to apply to the seeding for the National Championships. No changes or results will be accepted during the National Championships. The current National Rankings bylaws can also be viewed at the above link.



2019 USATKD NATIONAL CHAMPIONSHIPS INFORMATION PACKET

POOMSAE

INDIVIDUAL POOMSAE				
AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	SINGLE ELIMINATION
DRAGONS	6-7 YEARS OLD	BLACK	1 ST – 9 TH	SINGLE ELIMINATION
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
TIGERS	8-9 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	BLACK	1 ST – 9 TH	SEE SELECTION PROCEDURES
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 ST – 9 TH	SEE SELECTION PROCEDURES
UNDER 30	18-30 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
UNDER 40	31-40 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
UNDER 50	41-50 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
UNDER 60	51-60 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
UNDER 65	61-65 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
OVER 65	66 & OLDER	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
UNDER 30	18-30 YEARS OLD	BLACK	1 ST – 9 TH	SEE SELECTION PROCEDURES
UNDER 40	31-40 YEARS OLD	BLACK	1 ST – 9 TH	SEE SELECTION PROCEDURES
UNDER 50	41-50 YEARS OLD	BLACK	1 ST – 9 TH	SEE SELECTION PROCEDURES
UNDER 60	51-60 YEARS OLD	BLACK	1 ST – 9 TH	SEE SELECTION PROCEDURES
UNDER 65	61-65 YEARS OLD	BLACK	1 ST – 9 TH	SEE SELECTION PROCEDURES
OVER 65	66 & OLDER	BLACK	1 ST – 9 TH	SEE SELECTION PROCEDURES

PAIRS POOMSAE			
CO-ED: 1 MALE & 1 FEMALE			
Cadet (12-14), Juniors (15-17), Under 30 (18-30) & Over 30 (31+)			
Division	Belt	Rank	Gender
Cadet (12-14)	Black	1 st – 9 th	Co-Ed
Juniors (15-17)	Black	1 st – 9 th	Co-Ed
Under 30 (18-30)	Black	1 st – 9 th	Co-Ed
Over 30 (31+)	Black	1 st – 9 th	Co-Ed



2019 USATKD NATIONAL CHAMPIONSHIPS INFORMATION PACKET

TEAM POOMSAE

3 Competitors of the same gender
Cadet (12-14), Juniors (15-17), Under 30 (18-30) & Over 30 (31+)

Division	Belt	Rank	Gender
Cadet (12-14)	Black	1 st – 9 th	Female
Cadet (12-14)	Black	1 st – 9 th	Male
Juniors (15-17)	Black	1 st – 9 th	Female
Juniors (15-17)	Black	1 st – 9 th	Male
Under 30 (18-30)	Black	1 st – 9 th	Female
Under 30(18-30)	Black	1 st – 9 th	Male
Over 30 (31+)	Black	1 st – 9 th	Female
Over 30 (31+)	Black	1 st – 9 th	Male

INDIVIDUAL FREESTYLE POOMSAE

12-17 & 18+

Division	Belt	Rank	Gender
12-17	Black	1 st – 9 th	Female
12-17	Black	1 st – 9 th	Male
18+	Black	1 st – 9 th	Female
18+	Black	1 st – 9 th	Male

PAIRS FREESTYLE POOMSAE

COED – 1 MALE & 1 FEMALE

12-17 & 18+

Division	Belt	Rank	Gender
12-17	Black	1 st – 9 th	Co-Ed
18+	Black	1 st – 9 th	Co-Ed

TEAMS FREESTYLE POOMSAE

Composition of 5 Members at least 2 Males & 2 Females

12-17 & 18+

Division	Belt	Rank	Gender
12-17	Black	1 st – 9 th	Mixed
18+	Black	1 st – 9 th	Mixed

***Freestyle Poomsae will be open to all athletes who meet the age and belt requirement.**

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 Pair or Team, all members must also check-in individually. If a member of the pairs or team does not check the day before, the entire pair or team will be disqualified.



2019 USATKD NATIONAL CHAMPIONSHIPS INFORMATION PACKET

DESIGNATED POOMSAE

Designated Poomsae will be selected from the Compulsory Poomsae listed below and will be published to the USATKD website (www.usa-taekwondo.us) approximately 1 week from the start of the National Championships.

COMPULSORY POOMSAE – BLACK BELTS	
INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
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+)	
PAIRS DIVISIONS (co-ed)	COMPULSORY POOMSAE
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
TEAM DIVISIONS	COMPULSORY POOMSAE
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
COMPULSORY POOMSAE – COLOR BELTS	
INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
Yellow (7 th & 8 th Geup) – All Ages	Taegeuk 1, 2 Jang
Green (5 th & 6 th Geup) – All Ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3 rd & 4 th Geup) – All Ages	Taegeuk 3, 4, 5, 6 Jang
Red (1 st & 2 nd Geup) – All Ages	Taegeuk 4, 5, 6, 7, 8 Jang



2019 USATKD NATIONAL CHAMPIONSHIPS INFORMATION PACKET

BOARD BREAKING

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
SENIOR	18-32 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
ULTRA	33+ YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE

Participants can only use purchased boards through USATKD Sponsor Vision USA. Pre-order of boards at a discounted rate will be available through June 17, 2019 by going to: https://www.mykick.com/store/c52/USA_Taekwondo.html. After this date prices will go up and you can only purchase boards onsite through Vision USA. Starting at the 2019 USATKD National Championships competitors 11 and younger (all belts) will use Palowina Demo Boards and competitors 12 and older (all belts) will use Pine Boards.

Board Breaking “Holders”: ALL 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. Again, 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 for this event.

DEMONSTRATION TEAM

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS
DEMO TEAM	6 & Older	ALL BELT COLORS	1 MINUTE	10 MINUTES

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



COACHING REQUIREMENT – CIDP

All registration must take place on the USATKD Hang-A-Star system. Please visit www.usa-taekwondo.us to register. Please have your USATKD membership number accessible to register. USATKD has a NO REFUND policy. **NO REFUNDS** will be given for any reason. Coaches must register and pay in full by the early registration dates listed below 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 11:59pm (MT)** If a coach does not pay in full by the final registration date, then you will pay the On-site registration fee.***

SAFE SPORT – BACKGROUND CHECKS

Safe Sport is an initiative that is mandatory for all USOC National Governing Bodies to develop and to implement. USATKD has done so, and it is now a requirement that people in supervisory positions with our Taekwondo athletes must undergo and successfully complete a background check. Of course, the emphasis here is on the safety of our athletes and the strong motivation to keep them safe from all kinds of abuse, to including harassment, bullying and improper touching. USATKD has begun our implementation of Safe Sport by partnering with Verified Volunteers for our vetting purposes. Verified Volunteers is a very reputable organization that also provides this same service for several other USOC National Governing Bodies.

CREDENTIAL

All coaches are required to upload a photo to their USATKD membership profile for their credentials for the 2019 USATKD National Championships. Picture must be headshot only in BMP, GIF, JPEG, PNG, TIFF and file must be under 4MB. Please do not mail or email a photo.

COACHES' EDGE WEBINAR:

All coaches are required to complete the Coaches Edge Webinar. The 2019 mandatory Coaches Edge Seminar will be a webinar series that Coaches must register for prior to registering for the National Championships and must complete prior to the start of the 2019 USATKD National Championships. Coaches will be listed as pending in the online system until they have completed the Coaches Edge Webinar. Once they have completed the webinar and completed quiz questions, you will be confirmed for the event. If coaches have not complete the webinar by the final registration deadline June 13, 2019, they will not be confirmed and will have to go to the "Pending Registration" line to pick up their credential.

Coaches must be a Level 1 Certified Coach or higher to coach in the World Class Cadet Sparring, Junior Sparring, Senior Sparring and 12 & older World Class black belt poomsae divisions. For all other divisions, the coach must be a certified Associate Coach. Coaches are also required to take the U.S. Center Safe Sport Training every 2 years.

The 2019 Coaches' Edge seminar is required for any USATKD member who wishes to coach from the chair at any 2019 USATKD National events, including the USATKD National Championships. A one-time per year course, the Coaches' Edge is an investment in the continuing education and development of our coaches. A coach who has already taken the Associate Coach Quiz, 2007 Technical Update, and Associate Coach Seminar, Level 1 and/or Level 2 seminar may coach at USATKD events at the same level in 2019 after taking the Coaches' Edge seminar. The Coaches' Edge seminar will be held via webinars and at the USATKD National Championships. For questions regarding the CIDP please contact Dani Sweigard Dani.Sweigard@usa-taekwondo.us or May Spence May.Spence@usa-taekwondo.us.

CIDP – LEVEL 1 SEMINAR (June 27, 2019 and July 1, 2019)

Level 1 – *Introducing Sport Taekwondo* seminar, which is designed for coaches who wish to gain further technical competencies and be introduced to the newly-established national coaching standards. Level 1 certification is required for members who plan to coach in the 12-14, 15-17 & 17-32 year old Black Belt Sparring and Poomsae Divisions at the USATKD National Championships.



2019 USATKD NATIONAL CHAMPIONSHIPS INFORMATION PACKET

Note: Coaches must be a Level 1 Certified Coach or higher to coach in the World Class Cadet Sparring, Junior Sparring, Senior Sparring and 12 & older World Class black belt poomsae divisions. For all other divisions, the coach must be a certified Associate Coach.

The Level 1 seminar is a combination of sport and non-sport specific modules, based on theory and practice. It is the initial step toward acquiring the knowledge needed to coach at the World Class level. The true benefit of the Level 1 seminar, however, is obtaining proven learning principles to better understand how athletes process the information provided from their coach to influence their performance. In a Level 1 seminar, state of the art technology such as *Dartfish* is introduced as a learning tool as well as standardized concepts such as Organizing Training Sessions, Skill & Technique Development, Scouting and Weight control.

You can **register** for the **Level 1 seminar on the Hang-A-Star system** under the events tab or by visiting the Coaching page at www.usa-taekwondo.us

REFEREES

Registration must be completed through USATKD's online registration system. Selection for the 2019 USATKD National Championship will be done with priority given Referee Certification Level and how many total days a referee is eligible to officiate. USATKD will be selecting a total 105 referees for this event.

There will be seven (7) days of competition at this event. Referees selected will receive an honorarium, hotel accommodations for eight (8) 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 three (3) 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 in 2019 to be qualified to work this event. (If you are not able to work all 7 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 (SLC) in order 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.

For 2019 USATKD National Championships referees have two options:

1. USATKD books you a shared room with another referee.
2. You make your own rooming arrangements. USATKD will reimburse you at the end of the event at a rate of \$XX per night during the event. Please note that if you make your arrangements at a hotel other than the host hotels you will be responsible for your own transportation arrangements.

Please state when accepting your appointment if you would prefer USATKD to book you into a shared room, or if you wish to make your own accommodation arrangements and be reimbursed.



AWARDS

All athletes will receive a participation certificate at the time of registration.

SPARRING

2019 USATKD National Championship medals and certificate will be given out to the top 4 athletes, in the respective divisions and weight categories

INDIVIDUAL AWARDS	
1st Place	Gold Medal + Certificate
2nd Place	Silver Medal + Certificate
3rd Place	Bronze Medal + Certificate
3rd Place	Bronze Medal + Certificate

POOMSAE

2019 USATKD National Championships 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.

INDIVIDUA/PAIRS/TEAMS AWARDS	
1st Place	Gold Medal + Certificate
2nd Place	Silver Medal + Certificate
3rd Place	Bronze Medal + Certificate
3rd Place	Bronze Medal + Certificate

CREATIVE EVENTS (BOARD BREAKING AND DEMOTRATION TEAM)

2019 USATKD National Championship 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	
1st Place	Gold Medal + Certificate
2nd Place	Silver Medal + Certificate
3rd Place	Bronze Medal + Certificate
3rd Place	Bronze Medal + Certificate



GENERAL INFORMATION

Event Spectator Tickets

Admission to the 2019 USATKD National Championships is by credential or ticket only. Advance sales will save you money, time and avoid lines at the ticket windows, especially the first day of competition. Advanced event tickets can be ordered directly online through Brown Paper Tickets.



You can now order your tickets online at <https://www.brownpapertickets.com/event/4250660>. By ordering your tickets online you will save time and money. You can print your ticket at home and bring them to the event. We will have scanners there to scan your ticket and get you to the action quicker.

Deadline for ordering tickets online is June 20, 2019 at 11:59pm (MT). Tickets will have be purchased onsite after June 23. Wristbands will be given in exchange for your tickets at the Minneapolis Convention Center. 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).

Ticket Pricing		
Event Ticket	Advance (online)	At-Door
All-Event Pass	\$84.00	\$125.00
Single Day (Adult 18+)	\$16.00	\$19.00
Single Day (Child 6-17)	\$11.00	\$14.00
Children 5 & Under	Free	Free

****NO REFUNDS or exchanges. Lost, stolen or forgotten tickets will NOT be replaced or refunded.**

Volunteers:

To volunteer for the 2019 USATKD National Championships click this link for details:

<https://usat.wufoo.com/forms/qmf517402w3sd7/>

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.



Daedo-Truescore

Daedo-Truescore will be the official provider of the EBP (Electronic Body Protector) for the 2019 USATKD National Championships. USATKD and Daedo-Truescore will provide the hogu to all athletes prior to each sparring match, which athletes will obtain at the equipment area. These hogu should be returned immediately to the equipment area after the completion of their match. **Athletes who fail to return their hogu will be subject to disciplinary actions and assessed a replacement fee of the hogu.**



All athletes are responsible for purchasing their own scoring foot gear prior to the event. Availability of the foot socks for on-site sales is **NOT guaranteed**. It is best if athletes purchase them prior to arriving at the following link. Be sure to purchase them from the official reseller of Daedo gear in the United States at www.truescore.com. All Belt colors in 6-7 Dragon, 8-9 Tiger, 10-11 Youth and 12-14 Cadet Color Belts and 12-14 Cadet Black Belt Grassroots, 15-17 Junior Color Belts, 17-32 Senior Color Belts, Ultra Sparring All belts divisions will use Generation 1 Daedo Hogu and must have Generation 1 Daedo foot gear. All World Class 12-14 Cadet, 15-17 Junior and 17-32 Senior, Para Sparring (16 & older) divisions will use Generation 2 Hogu and headgear and will be required to have Generation 2 foot gear.