

**FEB 10-12  
TULSA  
OKLAHOMA**



**2023  
US  
TEAM  
TRIAL**

**PAN AM GAMES  
QUALIFIER  
TEAM TRIAL**

**Tulsa, Oklahoma**

## Venue

**Cox Business Center**  
100 Civic Center  
Tulsa, OK 74103

## PROMOTER

**Promoter & Sanctioned By:**  
USA Taekwondo



## USATKD POINTS OF CONTACT

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## SafeSport

If you need crisis intervention, referrals, or emotional support at any time, contact the 24-hour SafeSport Helpline at 866-200-0796.

If you are facing a life-threatening emergency, contact 911. Please use this link to report a Safe Sport incident - <https://uscenterforsafesport.org/report-a-concern/>

How to report a Safe Sport concern -

Please call 833 5US Safe

<https://uscenterforsafesport.org/report-a-concern/>

USA Taekwondo, SafeSport and the MAAPP Policy

Safe Sport is an initiative that is mandatory for all USOPC National Governing Bodies to develop and to implement. USA Taekwondo 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 include harassment, bullying and improper touching. We will also be providing training for our membership regarding Safe Sport and its implementation.

We are partnering with the USOPC to bring this training to our membership. Athlete safety concerns our entire membership and SafeSport is a great initiative that has been instituted by the U.S. Olympic & Paralympic Committee to help to protect all of our athletes.

The Minor Athlete Abuse Prevention Policies (MAAPP) limits one-on-one adult/minor interactions and sets standards for training and sport settings that prevent abuse and misconduct. Sport organizations invested in keeping young athletes free of abuse are strongly encouraged to adopt the MAAPP—now required throughout the U.S. Olympic and Paralympic Movement.

Click [here](#) to view USATKD's SafeSport Details including Reporting and MAAPP

Click [here](#) to view the US Center for SafeSport

Click [here](#) for Minor Athlete Education

Click [here](#) for parent and other educational resources from the U.S. Center for SafeSport

## ATHLETE REGISTRATION

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

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

Athletes must be a USATKD member to register for the event. The membership must not expire before the conclusion of the event.

All athletes and coaches must register and pay in full by the regular registration dates to receive the regular registration fee. If payment is not received by regular registration deadline you will be required to pay the late registration fee.



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

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

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

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

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

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

Athletes must be invited through Sport80 to register for this event.

USATKD has a NO REFUND policy.

**Event Credentials** – Athletes will receive an event credential via email. All participants must provide a valid ID to weigh-in. There will be no exception to this policy. A valid ID can be any of the following: school ID, state issued ID, GAL, or passport. If the athlete is a minor and does not have a valid ID then the parent/legal guardian must provide a copy of their birth certificate.

ATHLETES			
Regular Registration	Late Registration	Price Per Division	Late Registration
<b>\$185</b>	<b>\$370</b>	<b>\$29</b>	<b>\$58</b>

COACHES	
Regular Registration	Late Registration
<b>\$80</b>	<b>\$150</b>



# 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** – Sparring divisions will use the [2023 Pathways Documents](#) to determine brackets and selections. All sparring divisions will use the [USATKD National Rankings sponsored by Tusah](#) to determine seeding.

**Poomsae** - Poomsae divisions will use the [2023 Pathways Documents](#) to determine selection and competition format. Designated Poomsae will be selected from the Compulsory Poomsae and will be published to the USATKD website.

## Pan American Games

Selection procedures for sparring, poomsae, and para sparring are still being reviewed by the USOPC and will be posted once approved. Poomsae athletes must compete as a male/female freestyle pair and compete in recognized individual poomsae.

# QUALIFICATION

## Team Trials

Athletes must have met the criteria outlined in the [2023 Pathways Documents](#) to be eligible for the Team Trials Event.

## Pan American Games Qualifier

The Pan American Games Qualifier Trials is open for sparring, poomsae, and para sparring athletes.

World Class black belt Cadet and Junior qualified athletes will be allowed participate in the division they qualified in or move up in weight division from what weight division they qualified in.

Senior athletes must participate in the division they qualified in.

Athletes that qualified for the 2023 Team Trials during the 2022 Championship Season that are aging up in 2023 can move up to the next age division in any weight category, these athletes will be unseeded in the qualifying round bracket.

Athletes that are invited to the 2023 Team Trials an unqualified, next highest ranked athlete cannot move up in age division or weight category. These athletes can only participate in the age and weight division they received the invite for.

If an athlete that qualified for the 2023 Team Trials during the 2022 Championship Season ages up. The second or third place athletes do not move up and take that spot. There will be no athletes in that position for the 2023 Team Trials.

If a Cadet, Junior, or Ultra athletes moves up in weight division that athlete will go into the new division unseeded in the qualifying round.



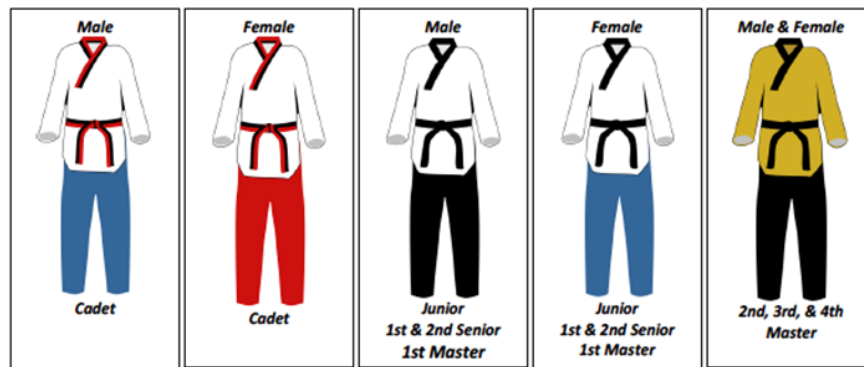
# DOBOK & EQUIPMENT STANDARDS

## 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 - *different font/sizes in this document*

Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory as of 1/1/2017 for both male and female sparring competitors), gloves (see explanation below), forearm protector, shin-instep protectors, approved sensing socks (if using an electronic Protector and Scoring System) and a mouth guard before entering the Contest Area.

The head protector must be firmly tucked under the left arm when entering the Contest Area and shall be put on the head after bowing to the opponent before the start of the contest.

The groin, forearm, and shin-instep protectors must be worn inside the Taekwondo uniform. Wearing of any other items on the head other than head protector shall not be permitted, except for religious reasons. A previously approved religious item shall be worn beneath the head protector and inside the dobok and shall not cause harm or obstruct the opposing contestant.



### 3. Personal Requirements

All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely. Ponytails must be tucked inside the headgear and may not hang out below the helmet so that in the opinion of the referee, it is causing risk or inconvenience to other competitors.

- Metallic Articles
  - Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety or sport eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc.
- Personal Hygiene
  - All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly. Ponytails must be tucked inside the headgear and may not hang out below the helmet so that in the opinion of the referee, it is causing risk or inconvenience to other competitors.

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

Taping on the foot and hand shall be allowed for the protection of athletes. For an injury, the minimum amount of tape that will protect the area should be used. Taping of feet and hands will be strictly checked during the athlete inspection process; if there is a question, the inspector or referee should have the wrapping examined and approved by the Tournament Medical Staff. Under no circumstances will a hard splint or cast—no matter how small—be allowed. There will be no taping beneath the sensor socks unless it is approved by the Commission Doctor because of injury.

### 4. USATKD Equipment Standards

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

**Gloves:** World Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts and Color Belts are required to wear USATKD/WT-approved Taekwondo gloves. Gloves may be red, blue, or white; white is preferred. However, red and blue are allowed. If the competitor chooses to wear red or blue gloves, they must correspond with the color of the chest protector. Gloves must be open finger style, as shown below. For all other divisions, gloves are optional and must comply with the above rule. Cloth gloves or hand covers are not allowed.



**Properly fitting head protector:** Unless electronic PSS head protectors are used, all participants must provide their own red, blue or white head protector with no markings other than corporate logos. Red and blue are preferred; white is only allowed for color belt divisions and 6-7 year-old black belt divisions. The color of the head protector must correspond with the color of the chest protector. Cracks or defects in the headgear will not be allowed.

**Mouth guard:** All athletes are required to use a mouth guard. MOUTH GUARDS MAY BE ANY COLOR, EXCEPT FOR RED.

**Groin protection:** All male athletes are required to wear a protective cup, which must be inside the pants during competition. Groin protection is also required for female athletes and must be worn inside the uniform.



# Team Trials INFORMATION PACKET

**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.*

## 1. Headgear

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







# DIVISIONS – WEIGHT CATEGORIES

## WEIGH-INS – BRACKETING

### SPARRING

**Note:** Not exceeding means the weight limit is defined by the criterion of one decimal place away from the stated limit. For example, not exceeding 50kg is established as until 50.0kg with 50.1kg being over the limit and resulting in disqualification. Over: Over 50.00 kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification. All divisions will use Gen2.

<b>ULTRA SPARRING</b> <b>(33 - 40, 41 - 50, and 51 &amp; Over)</b> <b>BEST 2 out of 3 ROUNDS, 1 MINUTE</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>BEST 2 out of 3 ROUNDS, 2 MINUTES</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



<b>JUNIOR SPARRING DIVISIONS (15-17)</b>		
<b>BEST 2 out of 3 ROUNDS, 1 MINUTE 30 SECONDS</b>		
<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

<b>CADET SPARRING DIVISIONS (12-14)</b>		
<b>BEST 2 out of 3 ROUNDS, 1 MINUTE 30 SECONDS</b>		
<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

**Pan American Games Qualifier**

<b>PARA SPARRING DIVISIONS (16 &amp; OLDER)</b>			
<b>SPORT CLASSES K44</b>			
<b>ALL BELTS: BEST 2 out of 3 ROUNDS, 1 MINUTE</b>			
<b>DAEDO GENERATION 2</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



SENIOR SPARRING DIVISIONS (17-32)	
BEST 2 out of 3 ROUNDS, 2 MINUTES	
Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Not exceeding 58kg	Not exceeding 49kg
Over 58kg & Not exceeding 68kg	Over 49kg & Not exceeding 57kg
Over 68kg & Not exceeding 80kg	Over 57kg & Not exceeding 67kg
Over 80kg	Over 67kg

## WEIGH-INS

1. A competitor's weight shall be measured the day prior to their competition day. All competitors must weigh-in during the designated times on the schedule.
2. A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the time limit. So as not to be disqualified during official weigh-in, a scale, the same as the official one, shall be provided at the convention center as a test scale.
3. During the weigh-in, the contestant is required to show his/her current photo ID, USATKD identification card or birth certificate.
4. Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
5. Weigh in, for both males and females shall be taken in the official V-neck uniform, or, if a contestant wishes, weigh-in may be done in underpants for male and underpants and bra for female contestants. **Under NO circumstances may an athlete weigh-in in the nude in the United States.**
6. Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY. Athletes will be given 0.2kg cushion for clothing. 1 Parent/Guardian of the same sex will be allowed in the weigh-in room with their child. Pictures are not allowed in the weigh-in rooms.

## WEIGHT CHANGES

**Weight Change process:** Athletes can change weight categories through the final athlete registration deadline at no additional fee, if allowed.

No weight changes will be allowed after the final registration deadline. If an athlete would like to change their weight division before the final registration deadline, they will need to email [nbryant@usatkd.org](mailto:nbryant@usatkd.org).

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

**World Class black belt Cadet and Junior qualified athletes will be allowed participate in the division they qualified in or move up in weight division from what weight division they qualified in.**

**Senior athletes must participate in the division they qualified in.**



## BRACKETING & SEEDING

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

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

## POOMSAE

INDIVIDUAL POOMSAE				
AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
CADET	12-14 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	See Pathways
JUNIOR	15-17 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	See Pathways
UNDER 30	18-30 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	See Pathways
UNDER 40	31-40 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	See Pathways
UNDER 50	41-50 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	See Pathways
UNDER 60	51-60 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	See Pathways
UNDER 65	61-65 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	See Pathways
OVER 65	66 & OLDER	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	See Pathways
OVER 70	71 & OLDER	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	See Pathways

PAIRS POOMSAE			
CO-ED: 1 MALE & 1 FEMALE			
Cadet (12-14), Juniors (15-17), Under 30 (18-30), Over 30 (31+), & Over 50 (51+)			
Division	Belt	Rank	Gender
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

TEAM POOMSAE			
3 Competitors of the same gender			
Cadet (12-14), Juniors (15-17), Under 30 (18-30), Over 30 (31+), & Over 50 (51+)			
Division	Belt	Rank	Gender
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



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

## CHECK IN

Poomsae competitors will NOT have to check-in the day before their first competition day. All athletes will be **automatically** checked in prior to the start of the tournament.

If an athlete cannot **attend the competition**, they are **required** to email a **withdraw request** to [nbryant@usatkd.org](mailto:nbryant@usatkd.org) by **5:00 pm Mountain Time** the day before their competition. Athletes **must** include their name, USATKD membership number, and the division they cannot participate in. If competing in pairs or teams please include your teammate names **and the other required information**.

**Athletes submitting a withdraw email request will be removed from the competition immediately after 5:00 pm Mountain Time the night before their competition. Athletes that have withdrawn will not be re-added to the competition**

## DESIGNATED POOMSAE

Designated Poomsae will be selected from the Compulsory Poomsae listed below and will be published to the [USATKD website](http://www.usatkd.org) the day before the first day of competition.



## COACHING REQUIREMENT - CIDP

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

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

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

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

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

### SAFE SPORT – BACKGROUND CHECKS

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

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

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

### CREDENTIALIAL

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

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

USATKD has a NO REFUND policy

## REFEREES

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

There will be three days of competition at this event. Referees selected will receive an honorarium, hotel accommodations for four nights (double occupancy only to be shared with an appointed referee), and breakfast, lunch, and dinner for competition days. The referees selected will only receive hotel accommodations if you work at least two days. Those referees who are selected to work will be expected to work all days through the end of competition. You must have attended a referee seminar or camp from 2019 – 2022 this event. If you are not able to work all four days please select the days you are able to work, and you will be notified once appointments are made if you have been selected to work those days.

Referees who are selected will be responsible for their own round-trip airfare and hotel incidentals. Any referee that makes their own hotel accommodations will be responsible for the entire cost of the room. USATKD will provide transportation to and from the airport and the venue. Referee attire will be black suit, plain white shirt, and solid red tie. If you are selected, you will then need to provide airline arrival and departure information into the designated airport ONLY for USATKD to plan accordingly. Please note we have reduced the number of referees we are selecting for this event, so please do not make your travel arrangements until you have received official confirmation of the dates you have been appointed.



## AWARDS

All athletes will receive a participation certificate via email.

### SPARRING

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

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

### POOMSAE

Medals and certificates will be given to the top 4 individuals, pairs (co-ed) and teams in the respective divisions. For those World Class Poomsae Team divisions, where an alternate has registered, the athlete will receive a certificate and medal if they have participated in the event. USATKD defines participated as check-in, stepped on the mat, and competed in front of judges.

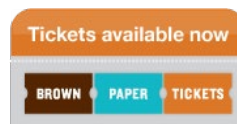
INDIVIDUAL AWARDS	
1 <sup>st</sup> Place	Gold Medal + Certificate
2 <sup>nd</sup> Place	Silver Medal + Certificate
3 <sup>rd</sup> Place	Bronze Medal + Certificate
3 <sup>rd</sup> Place	Bronze Medal + Certificate

## GENERAL INFORMATION

### Event Spectator Tickets

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

Wristbands will be given in exchange for your tickets at the tournament. Wristbands must be worn at all times and are good for the time allotted on your ticket (Single Day = only for the appropriate day purchased).



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

## MEDICAL

### Athletic Trainers & Taping of Athletes

Medical will be provided by Bare Essentials Sport Medicine. Sports Med Staff will be ringside and in the medical tent to provide injury and illness care for all participants. Please remember when taping ankles or instep pads, competitors must comply with the rules set forth by the WT and USATKD.

## ACCOMMODATIONS

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



# Schedule

Date	Event	Time	Division
January 17	Regular Registration Deadline	11:59 p.m. MT	All Divisions
January 31	Final Registration Deadline	11:59 p.m. MT	All Divisions
February 9	Check-in/Weigh-in	2 p.m. - 4 p.m.	Senior Sparring (17-32) World Divisions - Black Belts M/F Para K44 PanAm Games - M/F Poomsae & Sparring Coaches
February 10	Doors Open for Athletes & Coaches	7:30 a.m.	Divisions TBA
	Athletes MUST be in Holding	8 a.m.	Divisions TBA
	Doors Open for Spectators	8 a.m.	All Divisions
	Competition Begins	8:30 a.m.	<b>Sparring</b> Senior Sparring (17-32) World Divisions - Black Belts M/F Para K44 M: -58kg, -63kg, -70kg, -80kg, +80kg Para K44 Female: -47kg, -52kg, -57kg, -65kg, +65kg <b>Poomsae</b> Poomsae PanAm Games Under 60 Black Belts - M/F Under 65 Black Belts - M/F Over 65 Black Belts - M/F Over 70 Black Belts - M/F Pairs Over 50 Black Belts Teams Over 50 Black Belts - M/F
	Check-in/Weigh-in	1 p.m. - 4 p.m.	<b>Sparring</b> Cadet (12-14) Black Belts M: -53kg, -57kg, -61kg, -65kg, +65kg Cadet (12-14) Black Belts F: -29kg, -33kg, -37kg, -41kg, -47kg Junior (15-17) Black Belts - M/F Ultra 33+ Black Belts - M/F
February 11	Doors Open for Sparring Athletes & Coaches	7:30 a.m.	Divisions TBA
	Athletes MUST be in Holding	8 a.m.	Divisions TBA
	Doors Open for Spectators	8 a.m.	Divisions TBA
	Competition Begins	8:30 a.m.	<b>Division order TBA after registration closes</b> <b>Sparring</b> Cadet (12-14) Black Belts M: -53kg, -57kg, -61kg, -65kg, +65kg Cadet (12-14) Black Belts F: -29kg, -33kg, -37kg, -41kg, -47kg Junior (15-17) Black Belts - M/F Ultra 33+ Black Belts - M/F <b>Poomsae</b> Cadet Black Belts - M/F Junior Black Belts - M/F Under 50 Black Belts M/F Cadet Pairs Black Belts Under 30 Pairs Black Belts Over 30 Pairs Black Belts Junior Teams Black Belts - M/F Under 30 Team Black Belts - M/F Over 30 Teams Black Belts - M/F 17 & Over Freestyle Individual Black Belts - M/F 12-17 Freestyle Pairs Black Belts 17 & Over Freestyle Teams Black Belts
	Check-in/Weigh-in	1 p.m. - 4 p.m.	PanAm Games (17-32) - Black Belts M/F Cadet (12-14) Black Belts M: -33kg, -37kg, -41kg, 45kg, -49kg Cadet (12-14) Black Belts F: -51kg, -55kg, -59kg, +59kg
February 12	Doors Open for Sparring Athletes & Coaches	7:30 a.m.	Divisions TBA
	Athletes MUST be in Holding	8 a.m.	Divisions TBA
	Doors Open for Spectators	8 a.m.	Divisions TBA
	Competition Begins	8:30 a.m.	<b>Division order TBA after registration closes</b> <b>Sparring</b> PanAm Games (17-32) - Black Belts M/F Cadet (12-14) Black Belts M: -33kg, -37kg, -41kg, 45kg, -49kg Cadet (12-14) Black Belts F: -51kg, -55kg, -59kg, +59kg <b>Poomsae</b> Under 30 Black Belts - M/F Under 40 Black Belts - M/F Junior Pairs Black Belts Cadet Teams Black Belts - M/F 12-17 Freestyle Individual Black Belts - M/F 17 & Over Freestyle Pairs Belts 12-17 Freestyle Teams Black Belts

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