



2019 USA TAEKWONDO VIRGINIA STATE CHAMPIONSHIPS

Official Qualifier Event for USA Taekwondo National Championships

- Competition Date: Saturday, April 27th, 2019
- Competition Venue: Osbourn Park High School
8909 Euclid Ave, Manassas, VA 20111
- Events: Sparring, Board Breaking, Demo Team,
Individual Poomsae, Pair Poomsae, Team Poomsae
- DAEDO HOGU will be used for 10years old & up Black Belts ONLY (Gen 2)
- National Level Tournament Facility & International Referees



EVENT POINT OF CONTACT

Virginia State Taekwondo Association

Master Han Kim

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www.novataekwondo.com



SANCTIONED BY

USA TAEKWONDO

1 Olympic Plaza

Colorado Springs, CO 80909



GOVERNANCE

All sanctioned State Championships must use and follow the USA Taekwondo Rules and Regulations.

For current USA Taekwondo Sparring and Poomsae Rules on USA Taekwondo web site; please refer to the following link:

<https://www.teamusa.org/USA-Taekwondo/V2-Events/Competition-Rules>

VENUE

Osborn Park High School

8909 Euclid Ave,
Manassas, VA 20111



LODGING

Wyndham Garden Manassas

Address: 10800 Vandor Ln, Manassas, VA 20109

Phone: (703) 659-4353



Days Inn by Wyndham Manassas

Address: 7611 Centreville Rd, Manassas, VA 20111

Phone: (703) 659-4379



Best Western Manassas

Address: 8640 Mathis Ave, Manassas, VA 20110

Phone: (703) 368-7070



GENERAL ADMISSION

Ticket Pricing	
Event Ticket	At-Door
Adult 18-64 Child 5-17	\$10.00 (Cash only)
Adults 65 & Older Children 4 &	Free

IMPORTANT REMINDERS

- ✓ EARLY REGISTRATION: Must be received by Sunday, April 7th, 2019
- ✓ LATE REGISTRATION: Must be received by Sunday, April 21st, 2019
- ✓ Online registration will be closed and locked on the deadline date sharp.
- ✓ All registration is done online through USA TAEKWONDO usat.hangastar.com.
- ✓ No door registration for any USAT STATE EVENT for Athletes or Coaches.
- ✓ NO refunds, transfers or credits of your registration fee or general admission fee will be made.
- ✓ Absolutely NO ONE will be allowed on the ring without a valid pass.
- ✓ DAEDO HOGU will be used for 10years old & up Black Belts ONLY (Gen 2)
- ✓ DIVISIONS: USAT uses the date December 31st of the given year (December 31st, 2019) to determine the age of the competitors. For example: an athlete turns 12 on October 26th, 2019, so they would compete as a 12year old in the given event, even though they are 11 years old at the time of the event.
- ✓ During the weigh-in and check-in, the contestant is required to show his/her current photo ID, UAT identification card or birth certificate and registration confirmation form from usat.hangastar.com.
- ✓ Athletes and coaches should wear appropriate outfits for the tournament regulations.
- ✓ Anyone who wish to change the weight division, you must e-mail Eric Wininger from USAT ASAP. (eric.wininger@usa-taekwondo.us)

REQUIREMENTS

All participants must be current USA Taekwondo members. All coaches, referees, club owner/instructors 18 and older are required to complete and pass USA Taekwondo background check prior to being a member of USA Taekwondo and registered for USA Taekwondo state sanctioned event (background checks must be completed every two years). Please see the USA Taekwondo website for more details. Additionally, they will be required to view and complete the USOC Safe Sport video before renewing their membership.

- Athletes must hold the appropriate U.S. citizenship or residency depending on the division he/she participates in.
- All coaches must be, at minimum, AC certified within the USA Taekwondo CIDP program as well as view the Center for Safe Sport Video.
- An athlete **MAY** qualify in the same WORLD CLASS weight (sparring) and/or age category (poomsae) in **MULTIPLE STATE CHAMPIONSHIPS**.

2019 MAJOR CHANGES

- There is no on-site registration at any State Championship or National Championship.

1. SPARRING:

- State Associations will have a World Class & Grassroots divisions for CADET SPARRING black belts.
- To qualify for a World Class at the National Championships, an athlete must participate** at a State Championship in that World Class division they wish to compete in.
- State Associations can offer a Non-World Class Black Belt Division for Cadets, Juniors, and Seniors. This division is for athletes that do not have US Citizenship. This division will not be held at Nationals in 2019.
- Athletes participating as a black, red, blue, green, or yellow belt that are 11 years old or younger, as well as the Ultra divisions will **NO LONGER** have to show proof of U.S. residency to compete in at the State or National Championships.
- All World Class 12 – 14 (Cadets), 15 – 17 (Juniors), 17 – 32 (Seniors) Sparring and Poomsae, and 40 and older Poomsae Black Belt athletes must provide proof of U.S. citizenship, if they cannot provide this documentation, they cannot compete in the State Championship.
- Winner of the cadet Grassroots divisions will no longer qualify for the World Class division because Grassroots division will use Junior Safety Rules and World Class divisions will use Full Head Contact Rules (see competition rules for full explanation of these rules)
- Once qualified for a World Class division, an athlete is no longer eligible for Grassroots divisions.

Cadet Poomsae; Junior Sparring and Poomsae; Senior Sparring and Poomsae black belts will have World Class Divisions ONLY (no Grassroots divisions). Those athletes that participate** at a USA Taekwondo State Championships in these black belt divisions will qualify for the World Class Divisions at Nationals.

2. COLOR BELTS

- All color belt athletes will be able to compete in a State Championship and National Championships at the current belt in which they hold. For example, an athlete competed at a State Championship as a green belt but has since tested and received their blue belt. This athlete may now compete at the USA Taekwondo 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.

3. PROOF OF BLACK BELT REQUIREMENT

- If an athlete doesn't have a black belt certification uploaded to their profile or provide a copy of certification at the time of registration, the State Association will be able to utilize the black belt verification form. The form will include contact information so that USA Taekwondo can track that each person provides a copy of their black belt certification by the National Championships. If a copy is not provided at the National Championships, then the athlete's coach and/or instructor will be required to apply for a USA Taekwondo Dan black belt certificate at the time of registration. For more information on the USA Taekwondo Dan certification program follow this link: <http://www.teamusa.org/USA-Taekwondo/Resources/Dan-Certification-Program>

SCHEDULE

1. Check-in & Weigh-In:

Date: Friday, April 26, 2019 4:00 – 6:00 PM (Day before the Competition)

Location: US Taekwondo College
1029 Herndon Pkwy, Herndon, VA 20170

Date: Friday, April 26, 2019 7:00 – 9:00 PM (Day before the Competition)

Location: Osbourn Park High School
8909 Euclid Ave, Manassas, VA 20111

- All Athletes must present payment confirmation form from usat.hangastar.com. Any pending athletes must clear their documents as CONFIRMED in order to receive their credentials. No athletes will receive credentials if they are PENDING. Athletes must come in on Friday, April 26th, 2019 with clear documents.
- If you are not labeled as CONFIRMED in usat.hangastar.com, this means that there is an outstanding item you owe – if so, please bring all the appropriate documentation and payment to check-in or weigh-in on Friday, April 26th, 2019 (money order or cashier check made to USA TAEKWONDO)
- All sparring competitors must weigh-in the day before the competition. (Those participating in sparring divisions MUST weigh-in or the athlete will be DISQUALIFIED from the competition.) All competitors must weigh-in during the designated times on the schedule.
- A competitor's weight may be measured twice. If a contestant doesn't qualify the first time, one more official weight-in granted within the time limit (Maximum 2 Attempts). Once an athlete steps on the official scale they cannot change their weight division. 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.
- During the weigh-in, the contestant is required to show his/her current photo ID, School ID, State Issued ID, Passport, UAT identification card or birth certificate.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- Athletes competing in Poomsae(Form), Board Breaking, and Demo Team, do not need to weigh-in.
- All competitors and authorized coaches must check-in and pick up their credentials Friday, April 26th, 2019

- Absolute No Weigh-in Day of the Event, April 27th, 2019

- Weigh-ins for any USAT State Championships are not allowed on the morning of competition. All weigh-ins must be done on the day before the event.
- 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.

2. Competition:

Report Time	Description of Event	Location
8:00 AM	Door opens for Staff, Referees & Coaches	
8:10 AM	Referees Meetings	
8:45 AM	All 6 - 14years old athletes competing Individual Poomsae, Pair Poomsae, Team Poomsae, and Board Breaking	Holding area
9:00 AM	All 6 - 14years old All Poomsae & Breaking competition Begins	
10:00 AM	All 6 -14years old Sparring athletes	Holding area
10:30 AM	All 6-14years old athletes competing Sparring Begins	
12:00 AM	All Team Demo	Holding area
12:30 PM	All 15years old and Over athletes competing Individual, Pair, Team Poomsae, and Board Breaking	Holding area
1:00 PM	All 15years old and Over All Poomsae & Breaking Competition Begins	
2:00 PM	All 15years old and over Sparring athletes	Holding area
2:30 PM	All 15years old and over Sparring Competition Begins	

⌘ Athletes should arrive to stand by no later than 15 minutes prior to the times listed for their age group. If an athlete is called to stand by and does not respond to the call they will miss their division, no athlete will be added to a division at the ring.

REGISTRATION

1. Registration Checklist:

Completing all items on this list will help ensure a speedy check-in and weigh-in process

- All registration must take place on the USAT Hang a Star online registration system.
- Please visit www.usat.hangastar.com to register.
- Please have your USAT membership accessible to register.
- USAT has a NO REFUND policy. **NO REFUNDS** will be given for any reason.
- Complete registration payment online. In order 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.
- Send in Proof of Citizenship, and/or black belt certification if required according to the division you have registered for. Hang-A-Star will indicate which is required upon completion of registration.

Age & Division	Documentation Required	Appropriate Documentation
6-7, 8-9, 10-11 (Yellow, Green, Blue, Red & Black Belts)	N/A	N/A
12-14 & 15-17 (Yellow, Green, Blue & Red Belts)		
18 & Older (Yellow, Green, Blue & Red Belts)		
12-14 & 15-17 (Black Belts)	Proof of Citizenship Required	U.S. Passport, U.S. Passport Card, U.S. Birth Certificate
18 & Older (Black Belts)		
⌘ These are the only acceptable documents that may be submitted any other documents will not be approved.		

- Upload a picture to your membership profile. Please do not mail or email a photo.
- Upload a picture (headshot only in BMP, GIF, JPEG, PNG, TIFF and file must be under 4MB) to your membership profile. Please do not mail or email a photo.
- Confirmation forms are no longer required for athletes and coaches of all ages. Participants will automatically be confirmed as long as all documentation is received.

2. REGISTRATION DEADLINES & FEES:

- ATHLETES

Divisions	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
1 Division	\$90	April 7 th , 2019 (Early Registration Deadlines end at 1:59am (EST))	\$110	April 21 st , 2019 (Final Registration Deadlines end at 1:59am (EST))
2 Divisions	\$110		\$130	
3 Divisions	\$130		\$150	
4 Divisions	\$150		\$170	
5 Divisions	\$170		\$190	
6 Divisions	\$190		\$210	

- COACHES

CIDP LEVEL	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
Associate Coach or Level 1	\$50	April 7 th , 2019 (Early Registration Deadlines end at 1:59am (EST))	\$70	April 21 st , 2019 (Early Registration Deadlines end at 1:59am (EST))

- Register online www.usat.hangastar.com.
- Coaches are required to complete a pass a background check before they can register and pay for any sanctioned USA Taekwondo event as well as the USOC Safe Sport Video
- All coaches are required to hold, at minimum an Associate Coach (AC) Certification within the USA Taekwondo CIDP program, be a current member, and have taken and cleared USA Taekwondo background check (every 2 years).
- Coaches may obtain the AC Certification by passing the Associate Coach Quiz within the Hang-a-star system. AC Coach Quiz should be completed at least 3 business days prior to State Championship registration deadline for grading.
- Coaches will also be required to view the USOC Safe Sport Video. Coaching is required for all Sparring Competitors.
- Proof of current USAT Coach Membership and AC Coach Credentials is REQUIRED for Coaching Credentials to be released at check in.
- Coach passes will be given to all REGISTERED COACHES to let tournament officials know who is allowed on the competition floor.

TOURNAMENT ATTIRE

1. Coaches' Attire:

Appropriate attire for Master/Coach when coaching your athlete's competition:

- Team warm-ups, slacks, polo shirts, etc. are considered as appropriate attire for state competition.
- Micro-mini skirt, leggings as pants (yoga pants), shorts (cutoff), flip-flop, hat, tank-top shirt or Taekwondo uniform are not considered as appropriate attire for state competition.
- All officials and referees of the championship, upon their discretion, hold the right to take away your coach pass and expel you from the competition floor for general misconduct and poor sportsmanship.

2. Contestant uniform and competition equipment:

- A contestant shall wear a USAT-approved uniform (Dobok), trunk protector, groin guard, forearm guards, shin guards, hand protector, sensing socks (in the case of PSS), and be equipped with a mouth piece upon entering the Field of Play.
- 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.
- 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.
- 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.
- Dobok: clean and in good repair
 - White V-neck for color belts
 - Black/Red trim V-neck for Poom Belts only
 - Black trim V-neck for Black Belts only
- Belt colors: white, yellow, green, blue, red, black (Stripes and non-derogatory writing permitted)
- Head protector in good repair (no cracks, tape, pictures, writing, etc.)
- All sparring athletes are required to use a mouth guard (White or clear mouth guard)
- No metallic or hard plastic braces
- Properly fitting chest protector
- Approved sensing socks. (PSS Generation 2)

WEIGHT DIVISIONS & COMPETITION FORMAT

1. COLOR BELTS:

- All color belt athletes will be able to compete in a State Championship and National Championships at the current belt in which they hold. For example, an athlete competed at a State Championship as a green belt but has since tested and received their blue belt. This athlete may now compete at the USA Taekwondo 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.

2. BOARD BREAKING:

Age Division	Belt	Set-Up Time Limits	Routine Time Limits
6-7 years old (DRAGON)	White	1 Minute	1 Minute
6-7 years old (DRAGON)	Yellow - Green		
6-7 years old (DRAGON)	Blue - Red		
6-7 years old (DRAGON)	Black		
8-9 years old (TIGER)	White	1 Minute	1 Minute
8-9 years old (TIGER)	Yellow - Green		
8-9 years old (TIGER)	Blue - Red		
8-9 years old (TIGER)	Black		
10-11 years old (YOUTH)	White	1 Minute	1 Minute
10-11 years old (YOUTH)	Yellow - Green		
10-11 years old (YOUTH)	Blue - Red		
10-11 years old (YOUTH)	Black		
12-14 years old (CADET)	White	1 Minute	1 Minute
12-14 years old (CADET)	Yellow - Green		
12-14 years old (CADET)	Blue - Red		
12-14 years old (CADET)	Black		
15-17 years old (JUNIOR)	White	1 Minute	1 Minute
15-17 years old (JUNIOR)	Yellow - Green		
15-17 years old (JUNIOR)	Blue - Red		
15-17 years old (JUNIOR)	Black		
18-30 years old (UNDER 30)	White	1 Minute	1 Minute
18-30 years old (UNDER 30)	Yellow - Green		
18-30 years old (UNDER 30)	Blue - Red		
18-30 years old (UNDER 30)	Black		
31+ years old (OVER 30)	White	1 Minute	1 Minute
31+ years old (OVER 30)	Yellow - Green		
31+ years old (OVER 30)	Blue - Red		
31+ years old (OVER 30)	Black		

- The 2019 USAT Virginia State Championships will be using the following rule set for breaking. State Championships Breaking Rules are modified to make the tournament run in a professional & timely manner.

- **Time:** Maximum 2 minutes to setup and perform the breaking routine. All boards, broken boards and wood fragments must be cleaned up following routine.

- **Not Allowed:** Chairs, Trampolines, Tables, Spacers, Pencils, Bricks, Cinder Blocks, Fingers as Spacers, 1 Inch Boards, Demo Boards, Bending Boards, Tampering with Boards

- **Number of Boards:** 15 Boards Maximum (Not 30 Boards – Nationals will be 30 Board Maximum) Number of Boards will not affect the scoring for this state championships. However, breaking multiple boards in a single attempt will increase scoring.

- **Board Size:** 12 inches by 8 inches and 3/8 inches thick (1/2 inch nominal) for ALL competitors. Breaking boards can be purchased on site or at your clubs. Any tampering with boards will lead to immediate disqualification. Referees will be checked occasionally.

- **Board Holder:** Coaches will be allowed to be on stage to hold boards. However, if you do not have a board holder, every ring will provide a board holder.

- **Scoring Guidelines:**

Difficulty (50%)	<ul style="list-style-type: none"> - Kicking/Hand Techniques, - Number of Boards Broken in Single Technique, Demonstration of Speed and Power
Demonstration of Taekwondo Skill & Presentation (50%)	<ul style="list-style-type: none"> - Accuracy, Speed & Presentation

3. DEMONSTRATION TEAM:

Age Divisions	Belt	Set-Up Time Limits	Routine Time Limits
All Ages	All Belt Colors	1 Minute	10 Minutes

1) Competition Rules

- There will be no limit to age of the Team members.
- Demonstration Competition is a performance highlighting the many aspects of the Taekwondo art, with the addition of music and choreography.
- Music and the machine to play the music MUST be provided by the demonstration team.
- There will be NO standing on chairs or tables, and no use of tumbling boards or any similar devices. USAT, the Virginia Taekwondo Association, and Prince William County Public Schools will not be responsible for any accident involving Westpoint Insurance.
- Use of poles and similar devices to hold boards for high jumping breaks is permitted; these must be approved in advance.
- Absolutely NO pyrotechnics, fireworks or flame breaks.
- Weapons, boards & any props used in the demo will be provided by the Demo Team.

2) Scoring Guidelines

- Synchronicity of technique
- Excitement of performance
- Successful completion of Taekwondo techniques
- Fun generated by the team
- Demonstrations of Accuracy, Speed and Power

4. Male Individual POOMSAE & Female Individual POOMSAE:

Age Divisions	Belt	Rank	Competition type / Designated Poomsae
6-7 years old (DRAGON)	Yellow	N/A	Single Elimination / Taegeuk 1 or 2 Jang
6-7 years old (DRAGON)	Green	N/A	Single Elimination / Taegeuk 3 or 4 Jang
6-7 years old (DRAGON)	Blue	N/A	Single Elimination / Taegeuk 5 or 6 Jang
6-7 years old (DRAGON)	Red	N/A	Single Elimination / Taegeuk 7 or 8 Jang
6-7 years old (DRAGON)	Black	1 st – 9 th	Single Elimination / Koryo
8-9 years old (TIGER)	Yellow	N/A	Modified WTF Format / Taegeuk 1 or 2 Jang
8-9 years old (TIGER)	Green	N/A	Modified WTF Format / Taegeuk 3 or 4 Jang
8-9 years old (TIGER)	Blue	N/A	Modified WTF Format / Taegeuk 5 or 6 Jang
8-9 years old (TIGER)	Red	N/A	Modified WTF Format / Taegeuk 7 or 8 Jang
8-9 years old (TIGER)	Black	1 st – 9 th	Modified WTF Format / Koryo
10-11 years old (YOUTH)	Yellow	N/A	Modified WTF Format / Taegeuk 1 or 2 Jang
10-11 years old (YOUTH)	Green	N/A	Modified WTF Format / Taegeuk 3 or 4 Jang
10-11 years old (YOUTH)	Blue	N/A	Modified WTF Format / Taegeuk 5 or 6 Jang
10-11 years old (YOUTH)	Red	N/A	Modified WTF Format / Taegeuk 7 or 8 Jang
10-11 years old (YOUTH)	Black	1 st – 9 th	Modified WTF Format / Koryo
12-14 years old (CADET)	Yellow	N/A	Modified WTF Format / Taegeuk 1 or 2 Jang
12-14 years old (CADET)	Green	N/A	Modified WTF Format / Taegeuk 3 or 4 Jang
12-14 years old (CADET)	Blue	N/A	Modified WTF Format / Taegeuk 5 or 6 Jang
12-14 years old (CADET)	Red	N/A	Modified WTF Format / Taegeuk 7 or 8 Jang
12-14 years old (CADET)	Black	1 st – 9 th	WTF Format / Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
15-17 years old (JUNIOR)	Yellow	N/A	Modified WTF Format / Taegeuk 1 or 2 Jang
15-17 years old (JUNIOR)	Green	N/A	Modified WTF Format / Taegeuk 3 or 4 Jang
15-17 years old (JUNIOR)	Blue	N/A	Modified WTF Format / Taegeuk 5 or 6 Jang
15-17 years old (JUNIOR)	Red	N/A	Modified WTF Format / Taegeuk 7 or 8 Jang
15-17 years old (JUNIOR)	Black	1 st – 9 th	WTF Format / Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek

18-30 years old (UNDER 30)	Yellow	N/A	Modified WTF Format / Taegeuk 1 or 2 Jang
18-30 years old (UNDER 30)	Green	N/A	Modified WTF Format / Taegeuk 3 or 4 Jang
18-30 years old (UNDER 30)	Blue	N/A	Modified WTF Format / Taegeuk 5 or 6 Jang
18-30 years old (UNDER 30)	Red	N/A	Modified WTF Format / Taegeuk 7 or 8 Jang
18-30 years old (UNDER 30)	Black	1 st – 9 th	WTF Format / Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek,
31-40 years old (UNDER 40)	Yellow	N/A	Modified WTF Format / Taegeuk 1 or 2 Jang
31-40 years old (UNDER 40)	Green	N/A	Modified WTF Format / Taegeuk 3 or 4 Jang
31-40 years old (UNDER 40)	Blue	N/A	Modified WTF Format / Taegeuk 5 or 6 Jang
31-40 years old (UNDER 40)	Red	N/A	Modified WTF Format / Taegeuk 7 or 8 Jang
31-40 years old (UNDER 40)	Black	1 st – 9 th	WTF Format / Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek,
41-50 years old (UNDER 50)	Yellow	N/A	Modified WTF Format / Taegeuk 1 or 2 Jang
41-50 years old (UNDER 50)	Green	N/A	Modified WTF Format / Taegeuk 3 or 4 Jang
41-50 years old (UNDER 50)	Blue	N/A	Modified WTF Format / Taegeuk 5 or 6 Jang
41-50 years old (UNDER 50)	Red	N/A	Modified WTF Format / Taegeuk 7 or 8 Jang
41-50 years old (UNDER 50)	Black	1 st – 9 th	WTF Format / Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin,
51-60 years old (UNDER 60)	Yellow	N/A	Modified WTF Format / Taegeuk 1 or 2 Jang
51-60 years old (UNDER 60)	Green	N/A	Modified WTF Format / Taegeuk 3 or 4 Jang
51-60 years old (UNDER 60)	Blue	N/A	Modified WTF Format / Taegeuk 5 or 6 Jang
51-60 years old (UNDER 60)	Red	N/A	Modified WTF Format / Taegeuk 7 or 8 Jang
51-60 years old (UNDER 60)	Black	1 st – 9 th	WTF Format / Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
61-65 years old (UNDER 65)	Yellow	N/A	Modified WTF Format / Taegeuk 1 or 2 Jang
61-65 years old (UNDER 65)	Green	N/A	Modified WTF Format / Taegeuk 3 or 4 Jang
61-65 years old (UNDER 65)	Blue	N/A	Modified WTF Format / Taegeuk 5 or 6 Jang
61-65 years old (UNDER 65)	Red	N/A	Modified WTF Format / Taegeuk 7 or 8 Jang
61-65 years old (UNDER 65)	Black	1 st – 9 th	WTF Format / Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
66+ years old (OVER 66)	Yellow	N/A	Modified WTF Format / Taegeuk 1 or 2 Jang
66+ years old (OVER 66)	Green	N/A	Modified WTF Format / Taegeuk 3 or 4 Jang
66+ years old (OVER 66)	Blue	N/A	Modified WTF Format / Taegeuk 5 or 6 Jang
66+ years old (OVER 66)	Red	N/A	Modified WTF Format / Taegeuk 7 or 8 Jang
66+ years old (OVER 66)	Black	1 st – 9 th	WTF Format / Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

* State Championships can choose to do Dragon, Tiger and Youth Pairs Poomsae, but those divisions will not be available at the USA Taekwondo National Championships. *

** State Championships can choose to do color belt Co-Ed Pairs Poomsae, but those divisions will not be available at the USA Taekwondo National Championships. **

5. Pairs POOMSAE (CO-ED): 1 Male & 1 Female

Age Division	Belt	Rank	Competition type / Designated Poomsae
12-14 years old (CADET)	Black	1 st – 9 th	Modified WTF Format / Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
15-17 years old (JUNIOR)	Black	1 st – 9 th	Modified WTF Format / Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
18-30 years old (UNDER 30)	Black	1 st – 9 th	WTF Format / Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
31+ years old (OVER 30)	Black	1 st – 9 th	WTF Format / Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

6. Men's Team POOMSAE & Women's Team POOMSAE: 3 Competitors of the same gender

Age Division	Belt	Rank	Compulsory Poomsae
12-14 years old (CADET)	Black	1 st – 9 th	Modified WTF Format / Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
15-17 years old (JUNIOR)	Black	1 st – 9 th	Modified WTF Format / Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
18-30 years old (UNDER 30)	Black	1 st – 9 th	WTF Format / Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
31+ years old (OVER 30)	Black	1 st – 9 th	WTF Format / Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin,

7. SPARRING:

1) DAEDO Competition

- There will be DAEDO competition for 10 years old & up Black Belt sparring competitors. (Gen 2)
- Competitors should pre-purchase the appropriate gear, including DAEDO socks, as there will be no equipment available on site at the event.

2) GRASSROOTS

- State Associations will have a World Class and Grassroots divisions for CADET (12- 14 years old) SPARRING black belts only.
- To qualify for a World Class at the National Championships, an athlete must participate at a State Championship in that World Class division they wish to compete in.
- Winner of the cadet Grassroots divisions will no longer qualify for the World Class division because Grassroots division will use Junior Safety Rules and World Class divisions will use Full Head Contact Rules (see competition rules for full explanation of these rules)
- Once qualified for a World Class division, an athlete is no longer eligible for Grassroots divisions.

3) SAFETY RULES

Ages 7 & Under (All Belts), Ages 11 & Under (Color Belts)	<ul style="list-style-type: none"> - No Head Contact
Ages 8-11 (Black Belts), Ages 12-14 (Grassroots Cadet Black Belts and Cadet Color Belts), Ages 15-17 (Junior Color Belts)	<ul style="list-style-type: none"> - Junior Safety Rules - The competitor is allowed to kick to the head area; however, the kick must be light contact with appropriate control without causing any injury or excessive contact.
Ages 12-14 (Cadet Black Belts)	<ul style="list-style-type: none"> - All USAT State and Local Championships will use Junior Safety Rules for Cadet Black Belt divisions. - At USAT National Championships, there will be two Black Belt Cadet divisions: <ol style="list-style-type: none"> 1) Grass Roots Cadet Black Belt division will follow Junior Safety Rules 2) World Class Cadet Black Belt division will follow Adult Rules
Ages 15-17 (Junior Black Belts), Ages 17 and Up (Senior All Belts)	<ul style="list-style-type: none"> - Junior Safety Rules will not apply in these divisions at any USAT sanctioned event. - These divisions will follow Adult Rules.

Junior Safety Rules: Attacks to the head are prohibited. The Referee will penalize the athlete for this case. The referee can decide the winner of RSC (Referee Stop Contest) in case of significant difference of competing ability between two athletes

4) DIVISIONS

■ Dragon Divisions (6-7 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Weight Categories (kg/lbs)	Female Weight Categories (kg/lbs)
Fin	Under 19 kg (Under 42 lbs)	Under 19 kg (Under 42 lbs)
Light	19.1-23 kg (42.1-51 lbs)	19.1-23 kg (42.1-51 lbs)
Middle	23.1-27 kg (51.1-59 lbs)	23.1-27 kg (51.1-59 lbs)
Heavy	Over 27.1 kg (Over 59.1 lbs)	Over 27.1 kg (Over 59.1 lbs)
<ul style="list-style-type: none"> • Black Belts: No Head Contact 2 ROUNDS, 1 MINUTE / 30 SECONDS REST • Color Belts: No Head Contact 2 ROUNDS, 1 MINUTE / 30 SECONDS REST 		

■ Tiger Divisions (8-9 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Weight Categories (kg/lbs)	Female Weight Categories (kg/lbs)
Fin	Under 21 kg (Under 46 lbs)	Under 21 kg (Under 46 lbs)
Light	21.1-25 kg (46.1-55 lbs)	21.1-25 kg (46.1-55 lbs)
Middle	25.1-30 kg (55.1-66 lbs)	25.1-30 kg (55.1-66 lbs)
Heavy	Over 30.1 kg (Over 66.1 lbs)	Over 30.1 kg (Over 66.1 lbs)
<ul style="list-style-type: none"> • Black Belts: Light Head Contact 2 ROUNDS, 1 MINUTE / 30 SECONDS REST • Color Belts: No Head Contact 2 ROUNDS, 1 MINUTE / 30 SECONDS REST 		

■ Youth Divisions (10-11 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Weight Categories (kg/lbs)	Female Weight Categories (kg/lbs)
Fin	Under 30 kg (Under 66 lbs)	Under 30 kg (Under 66 lbs)
Light	30.1-35 kg (66.1-77 lbs)	30.1-35 kg (66.1-77 lbs)
Middle	35.1-40 kg (77.1-88 lbs)	35.1-40 kg (77.1-88 lbs)
Heavy	Over 40 kg (Over 88.1 lbs)	Over 40 kg (Over 88.1 lbs)
<ul style="list-style-type: none"> • Black Belts: Light Head Contact 3 ROUNDS, 1 MINUTE / 30 SECONDS REST • Color Belts: No Head Contact 3 ROUNDS, 1 MINUTE / 30 SECONDS REST • DAEDO HOGU will be used for 10years old & up Black Belts ONLY 		

■ Cadet Divisions (12-14 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Weight Categories (kg/lbs)	Female Weight Categories (kg/lbs)
Fin	Under 33 kg (Under 72.8 lbs)	Under 29 kg (Under 63.9 lbs)
Fly	33.1-37 kg (72.9-81.6 lbs)	29.1-33 kg (64.0-72.8 lbs)
Bantam	37.1-41 kg (81.7-90.4 lbs)	33.1-37 kg (72.9-81.6 lbs)
Feather	41.1-45 kg (90.5-99.2 lbs)	37.1-41 kg (81.7-90.4 lbs)
Light	45.1–9 kg (99.3-108.0 lbs)	41.1-44 kg (90.5-97.0 lbs)
Welter	49.1-53 kg (108.1-116.8 lbs)	44.1-47 kg (97.1-103.6 lbs)
Light Middle	53.1-57 kg (116.9-125.7 lbs)	47.1-51 kg (103.7-112.4 lbs)
Middle	57.1-61 kg (125.8-134.4 lbs)	51.1-55 kg (112.5-121.3 lbs)
Light Heavy	61.1-65 kg (134.5-143.3 lbs)	55.1-59 kg (121.4-130.1 lbs)
Heavy	Over 65 kg (Over 143.4 lbs)	Over 59 kg (Over 130.2 lbs)

- World Class Black Belts & Non-World Class Black Belts: Adult Rules
3 ROUNDS, 1 MINUTE / 30 SECONDS REST
- Grass Roots Black Belts & All Color Belts: Light Head Contact
3 ROUNDS, 1 MINUTE / 30 SECONDS REST
- DAEDO HOGU will be used for 10years old & up Black Belts ONLY

■ Junior Divisions (15-17 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Weight Categories (kg/lbs)	Female Weight Categories (kg/lbs)
Fin	Under 45 kg (Under 99.2 lbs)	Under 42 kg (Under 92.6 lbs)
Fly	45.1-48 kg (99.3-105.8 lbs)	42.1-44 kg (92.7-97.0 lbs)
Bantam	48.1-51 kg (105.9-112.4 lbs)	44.1-46 kg (97.1-101.4 lbs)
Feather	51.1-55 kg (112.5-121.3 lbs)	46.1-49 kg (101.5-108.0 lbs)
Light	55.1-59 kg (121.4-130.0 lbs)	49.1-52 kg (108.1-114.6 lbs)
Welter	59.1-63 kg (130.1-138.9 lbs)	52.1-55 kg (114.7-121.3 lbs)
Light Middle	63.1-68 kg (139.0-149.9 lbs)	55.1-59 kg (121.4-130.0 lbs)
Middle	68.1-73 kg (150.0-160.9 lbs)	59.1-63 kg (130.1-138.9 lbs)
Light Heavy	73.1-78 kg (161.0-172.0 lbs)	63.1-68 kg (139.0-149.9 lbs)
Heavy	Over 78 kg (Over 172.1 lbs)	Over 68 kg (Over 150.0 lbs)

- World Class Black Belts & Non-World Class Black Belts: Adult Rules
3 ROUNDS, 1MINUTE 30 SECONDS / 1 MINUTE REST
- All Color Belts: Light Head Contact
3 ROUNDS, 1 MINUTE / 30 SECONDS REST
- DAEDO HOGU will be used for 10years old & up Black Belts ONLY

■ Senior Divisions (17-32 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Weight Categories (kg/lbs)	Female Weight Categories (kg/lbs)
Fin	Not exceeding 54 kg (Not exceeding 119.0 lbs)	Not exceeding 46 kg (Not exceeding 101.4 lbs)
Fly	Over 54 kg & not exceeding 58 kg (119.1 lbs – 127.9 lbs)	Over 46 kg & not exceeding 49 kg (101.5 lbs – 108.0 lbs)
Bantam	Over 58 kg & not exceeding 63 kg (128.0 lbs – 138.9 lbs)	Over 49 kg & not exceeding 53 kg (108.1 lbs – 116.9 lbs)
Feather	Over 63 kg & not exceeding 68 kg (139.0 lbs – 149.9 lbs)	Over 53 kg & not exceeding 57 kg (117.0 lbs – 125.7 lbs)
Light	Over 68 kg & not exceeding 74 kg (150.0 lbs – 163.1 lbs)	Over 57 kg & not exceeding 62 kg (125.8 lbs – 136.7 lbs)
Welter	Over 74 kg & not exceeding 80 kg (163.2 lbs – 176.4 lbs)	Over 62 kg & not exceeding 67 kg (136.8 lbs – 147.7 lbs)
Middle	Over 80 kg & not exceeding 87 kg (176.5 lbs – 191.8 lbs)	Over 67 kg & not exceeding 73 kg (147.8 lbs – 160.9 lbs)
Heavy	Over 87 kg (191.8 lbs and over)	Over 73 kg (161.0 lbs and over)

- World Class Black Belts & Non-World Class Black Belts: Adult Rules
3 ROUNDS, 2 MINUTES / 60 SECONDS REST
- All Color Belts: Adult Rules
3 ROUNDS, 1 MINUTE / 30 SECONDS REST
- DAEDO HOGU will be used for 10years old & up Black Belts ONLY

■ Ultra-Divisions (33+ year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) (33-40, 41-50, 51-99)

Classification	Male Weight Categories (kg/lbs)	Female Weight Categories (kg/lbs)
Fly	58.0 kg & Under	49.0 kg & Under
Light	58.1 kg - 68.0 kg	49.1 kg - 57.0 kg
Middle	68.1 kg - 80.0 kg	57.1 kg - 67.0 kg
Heavy	80.1 kg & Over	67.1 kg & Over

- All Belts: Adult Rules
3 ROUNDS, 1 MINUTE / 30 SECONDS REST
- DAEDO HOGU will be used for 10years old & up Black Belts ONLY

2019 VIRGINIA STATE CHAMPIONSHIP MANUAL

ATTACHMENT #1

USA TAEKWONDO BLACK BELT VERIFICATION FORM

Form must be filled out completely to be valid:

Athlete Name: _____

Athlete USATKD Membership Number: _____

Athlete/Parent or Guardian Email: _____

Athlete/Parent or Guardian Phone Number: _____

Coach or Instructor Name: _____

Coach or Instructor Email: _____

Club Name: _____

Coach or Club Phone #: _____

I, _____ certify that _____ is a Black Belt

as of _____.

DATE

By signing this form, I understand that _____ will compete as a black belt in all USA Taekwondo events from this date forward and that I will provide a copy of black belt certification by the final registration deadline for the 2019 National Championships to USA Taekwondo National Office.

Signed: _____ Date: _____

ATTENTION COACH/INSTRUCTOR: You will be required to provide the USA Taekwondo National Office with a copy of this athlete's black belt certification by the final registration deadline of the 2019 National Championships. If documentation is not available at that time, then it can be presented at time of registration. If a copy is not available at the time of registration, then the coach/instructor will be required to apply and pay for a USA Taekwondo black belt certification.