



2016 USAT Michigan State Championships
March 26, 2016

Competition Venue
Fowlerville High School Gymnasium
700 N Grand St
Fowlerville, MI 48836

Contact Information:

Registration

<https://www.usat.hangastar.com/login.aspx>

All registration shall be thru Hangastar

NO LATER THAN MARCH 22, 2016 AT 12:59 AM

THERE WILL BE NO ON SITE REGISTRATION

Our Website

<http://www.michigansporttaekwondo.com>

President Master Steve Shinn

shinnstk@gmail.com

(517) 347-9062

USA Taekwondo Points of Contact

Jeanna Salgado-Director of Events

events@usa-taekwondo.us

or

Jake Strack Loertscher-Events Manager

tickets@usataekwondo.uservoice.com

Phone: 719-866-4632

Fax: (719) 866-4642

Mailing Address:

USA Taekwondo

1 Olympic Plaza

Colorado Springs, CO 80909

Athletes

- **Qualifications**

USA Taekwondo Membership: All athletes are required to hold the appropriate and current USA Taekwondo membership prior to the start of the competition. Membership may be obtained at the following link

<https://www.usat.hangastar.com/login.aspx>

Divisions

Belt Divisions are as follows:

- a) White (note that there will be no white belt divisions at Nationals)
- b) Yellow
- c) Green
- d) Blue
- e) Red
- f) Black

Weight Classes

Weigh ins are conducted the day prior to competition. Weigh in locations are listed elsewhere in this manual.

There will be no on site weigh-ins. Weigh-ins must be completed the day prior to competition.

Adults

Weight Category	Men	Women
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)

Para-Sparring

Men	Women
Not exceeding 61 kg	Not exceeding 49 kg
Over 61 kg & not exceeding 75 kg	Over 49 kg & not exceeding 58 kg
Over 75 kg	Over 58 kg

Junior Divisions Black Belt (15-17 years)

Weight Category	Junior Male	Junior Female
Fin	Not exceeding 45 kg (Not exceeding 99.2 lbs)	Not exceeding 42 kg (Not exceeding 92.6 lbs)
Fly	Over 45 kg not exceeding 48 kg (99.3 lbs – 105.8 lbs)	Over 42 kg not exceeding 44 kg (92.7 lbs – 97.0 lbs)
Bantam	Over 48 kg not exceeding 51 kg (105.9 lbs – 112.4 lbs)	Over 44 kg not exceeding 46 kg (97.1 lbs – 101.4 lbs)
Feather	Over 51 kg not exceeding 55 kg (112.5 lbs – 121.3 lbs)	Over 46 kg not exceeding 49 kg (101.5 lbs – 108.0 lbs)
Light	Over 55 kg not exceeding 59 kg (121.4 lbs – 130.0 lbs)	Over 49 kg not exceeding 52 kg (108.1 lbs – 114.6 lbs)
Welter	Over 59 kg not exceeding 63 kg (130.1 lbs – 138.9 lb)	Over 52 kg not exceeding 55 kg (114.7 lbs – 121.3 lbs)
Light Middle	Over 63 kg not exceeding 68 kg (139.0 lbs – 149.9 lbs)	Over 55 kg not exceeding 59 kg (121.4 lbs – 130.0 lbs)
Middle	Over 68 kg not exceeding 73 kg (150.0 lbs – 160.9 lbs)	Over 59 kg not exceeding 63 kg (130.1 lbs – 138.9 lbs)
Light Heavy	Over 73 kg not exceeding 78 kg (161.0 lbs – 172.0 lbs)	Over 63 kg not exceeding 68 kg (139.0 lbs – 149.9 lbs)
Heavy	Over 78 kg (172.1 lbs and over)	Over 68 kg (150.0 lbs and over)

Cadet Divisions 12 -14 Year Old Black Belts

Cadet Male Division		Cadet Female Division	
Under 33 kg	Not exceeding 33 kg (Not exceeding 72.8 lbs)	Under 29 kg	Not exceeding 29 kg (Not exceeding 63.9 lbs)
Under 37 kg	Over 33 kg & not exceeding 37 kg (72.9 – 81.6 lbs)	Under 33 kg	Over 29 kg & not exceeding 33 kg (64.0 – 72.8 lbs)
Under 41 kg	Over 37 kg & not exceeding 41 kg (81.7 – 90.4 lbs)	Under 37 kg	Over 33 kg & not exceeding 37 kg (72.9 – 81.6 lbs)
Under 45 kg	Over 41 kg & not exceeding 45 kg (90.5 – 99.2 lbs)	Under 41 kg	Over 37 kg & not exceeding 41 kg (81.7 – 90.4 lbs)
Under 49 kg	Over 45 kg & not exceeding 49 kg (99.3 – 108.0 lbs)	Under 44 kg	Over 41 kg & not exceeding 44 kg (90.5 – 97.0 lbs)
Under 53 kg	Over 49 kg & not exceeding 53 kg (108.1 – 116.8 lbs)	Under 47 kg	Over 44 kg & not exceeding 47 kg (97.1 – 103.6 lbs)
Under 57 kg	Over 53 kg & not exceeding 57 kg (116.9 – 125.7 lbs)	Under 51 kg	Over 47 kg & not exceeding 51 kg (103.7 – 112.4 lbs)
Under 61 kg	Over 57 kg & not exceeding 61 kg (125.8 – 134.4 lbs)	Under 55 kg	Over 51 kg & not exceeding 55 kg (112.5 – 121.3 lbs)
Under 65 kg	Over 61 kg & not exceeding 65 kg (134.5 – 143.3 lbs)	Under 59 kg	Over 55 kg & not exceeding 59 kg (121.4 – 130.1 lbs)
Over 65 kg	Over 65 kg (143.4 lbs and over)	Over 59 kg	Over 59 kg (130.2 lbs and over)

Junior Kyorugi Weight Divisions (All Color Belt Ranks and 6–11 Year Old Black Belts)

Age Class	Belt Color	Male Weight Categories (kg/lbs)	Female Weight Categories (kg/lbs)
6–7 Dragon	Yellow Green Blue Red Black	Under 19 kg (Under 42 lbs) 19.1–23 kg (42.1–51 lbs) 23.1–27 kg (51.1–59 lbs) Over 27.1 kg (Over 59.1 lbs)	Under 19 kg (Under 42 lbs) 19.1–23 kg (42.1–51 lbs) 23.1–27 kg (51.1–59 lbs) Over 27.1 kg (Over 59.1 lbs)
8–9 Ninja	Yellow Green Blue Red Black	Under 21 kg (Under 46 lbs) 21.1–25 kg (46.1–55 lbs) 25.1–30 kg (55.1–66 lbs) Over 30.1 kg (Over 66.1 lbs)	Under 21 kg (Under 46 lbs) 21.1–25 kg (46.1–55 lbs) 25.1–30 kg (55.1–66 lbs) Over 30.1 kg (Over 66.1 lbs)
10–11 Youth	Yellow Green Blue Red Black	Under 30 kg (Under 66 lbs) 30.1–35 kg (66.1–77 lbs) 35.1–40 kg (77.1–88 lbs) Over 40 kg (Over 88.1 lbs)	Under 30 kg (Under 66 lbs) 30.1–35 kg (66.1–77 lbs) 35.1–40 kg (77.1–88 lbs) Over 40 kg (Over 88.1 lbs)
12–14 Cadet	Yellow Green Blue Red	Under 33 kg (Under 72.8 lbs) 33.1–37 kg (72.9–81.6 lbs) 37.1–41 kg (81.7–90.4 lbs) 41.1–45 kg (90.5–99.2 lbs) 45.1–49 kg (99.3–108.0 lbs) 49.1–53 kg (108.1–116.8 lbs) 53.1–57 kg (116.9–125.7 lbs) 57.1–61 kg (125.8–134.4 lbs) 61.1–65 kg (134.5–143.3 lbs) Over 65 kg (Over 143.4 lbs)	Under 29 kg (Under 63.9 lbs) 29.1–33 kg (64.0–72.8 lbs) 33.1–37 kg (72.9–81.6 lbs) 37.1–41 kg (81.7–90.4 lbs) 41.1–44 kg (90.5–97.0 lbs) 44.1–47 kg (97.1–103.6 lbs) 47.1–51 kg (103.7–112.4 lbs) 51.1–55 kg (112.5–121.3 lbs) 55.1–59 kg (121.4–130.1 lbs) Over 59 kg (Over 130.2 lbs)
15–17 Junior	Yellow Green Blue Red	Under 45 kg (Under 99.2 lbs) 45.1–48 kg (99.3–105.8 lbs) 48.1–51 kg (105.9–112.4 lbs) 51.1–55 kg (112.5–121.3 lbs) 55.1–59 kg (121.4–130.0 lbs) 59.1–63 kg (130.1–138.9 lbs)	Under 42 kg (Under 92.6 lbs) 42.1–44 kg (92.7–97.0 lbs) 44.1–46 kg (97.1–101.4 lbs) 46.1–49 kg (101.5–108.0 lbs) 49.1–52 kg (108.1–114.6 lbs) 52.1–55 kg (114.7–121.3 lbs) 55.1–59 kg (121.4–130.0 lbs) 59.1–63 kg (130.1–138.9 lbs) 63.1–68 kg (139.0–149.9 lbs) Over 68 kg (Over 150.0 lbs)

		63.1–68 kg (139.0–149.9 lbs) 68.1–73 kg (150.0–160.9 lbs) 73.1–78 kg (161.0–172.0 lbs) Over 78 kg (Over 172.1 lbs)	
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Note: All weigh ins will be done in Kilograms. Conversions to pounds are approximate and for convenience only.

White belts weight classes will be the same as the corresponding age yellow belts.

1st, 2nd and two 3rd place winners will receive awards. At the discretion of the Tournament Organizing Committee, competitors may be divided into three rank divisions as follows: Black, yellow and green, and blue and red.

• **Credentials**

Important Notice: All coaches, referees, club owner/instructors 18 and older are required to complete and pass USAT background check prior to being a member of USAT and before registering for a USAT state sanctioned event. Please see USAT website for further details.

Athletes will be issued credentials. These credentials are not transferable and do not apply to siblings or family members.

Competitors shall compete in the weight classes they occupy at weigh in the day prior to competition. Weight shall be measured in Kilograms, to the nearest .05 kilogram
Ages shall be age as of December 31, 2016

Coaches

Important Notice: All coaches, referees, club owner/instructors 18 and older are required to complete and pass a USAT background check every two years prior to being a member of USAT and complete the SafeSport program before registering for a USAT state sanctioned event. Please see USAT website for further details.

Qualifications

USA Taekwondo Membership: coaches are required to hold the appropriate and current USA Taekwondo membership prior to the start of the competition. Obtain membership at the following link <https://www.usat.hangastar.com/login.aspx>

Fees

Coaches fee is \$10

Credentials

All coaches **ARE required** to hold at minimum an Associate Coach (AC) Certification within the USA Taekwondo CIDP program and be a current member and have taken and cleared a background check (every 2 years) of USA Taekwondo as well as have completed SafeSport. 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 a registration deadline to allow for grading. In order to coach in the World Class cadet (12-14), junior (15-17) and/or senior (17-32) black belts in both sparring and poomsae at the USAT National Championships, coaches must have a Level 1 certification through the USAT CIDP program. More information about the Level 1 certification can be found at the following link.

<http://www.teamusa.org/USA-Taekwondo/Coaching/Level-1-Seminar.aspx>

Each Coach will be issued a coach's wrist band which must be worn at all times. Coaches with multiple students are encouraged to bring multiple assistant coaches and obtain credentials for them to avoid holding up the competition.

Rules

COMPETITION RULES – SPARRING

All sparring will use current USAT competition rules. To download the USAT Competition Rules visit <http://www.teamusa.org/USA-Taekwondo/Events/Competition-Rules>.

Applicable Safety Rules

Dragon 6-7 years	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	
Ninja 8-9 years	Yellow	No Head Contact
	Green	
	Blue	
	Red	Junior Safety Rules
	Black	
Youth 10-11 years	Yellow	No Head Contact
	Green	
	Blue	
	Red	Junior Safety Rules
	Black	
Cadet 12-14 years	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black (Grass Roots)	
	Black (World Class)	Adult Rules
Junior 15-17 Years	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	Adult Rules
Senior over 17 years	Yellow	Adult Rules
	Green	
	Blue	
	Red	
	Black	

COMPETITION RULES – PARA-SPARRING

All sparring will use current USAT competition rules. To download the USAT Competition Rules visit <http://www.teamusa.org/USA-Taekwondo/Events/Competition-Rules>.

Applicable Safety Rules

Senior over 17 years	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	

Competition Rules-Poomsae

- BB Cadet (12-14), Juniors(15-17), and Seniors(18-29), 2nd Senior(30-39), 1st Masters(40-49), 2nd Masters(50-59), 3rd Masters(60-64) & 4th Masters (over 65) Sport Poomsae using USAT Poomsae Competition Rules. To Download the USAT Competition Rules visit www.teamusa.org/USA-Taekwondo/Resources/Sport-Poomsae. The mandated poomsae will be posted on the MST website at <http://www.michigansporttaekwondo.com> and on the facebook page 1 week prior to the start of competition. Method of competition shall be Single Elimination.
- All other Divisions will perform the required Poomsae below
 - 10th Gup Basic Form 1
 - 9th Gup Basic Form 2
 - 8th Gup Taegeuk 1 Jang
 - 7th Gup Taegeuk 2 Jang
 - 6th Gup Taegeuk 3 Jang
 - 5th Gup Taegeuk 4 Jang
 - 4th Gup Taegeuk 5 Jang
 - 3rd Gup Taegeuk 6 Jang
 - 2nd Gup Taegeuk 7 Jang
 - 1st Gup Taegeuk 8 Jang

Competition rules-Breaking

Breaking Competition rules will be as posted on the USAT website.

Equipment

The Uniform for Contestants

All sparring contestants must wear a white Taekwondo V-neck USAT/WTF uniform (dobok) in good condition. Black Belts only must wear black-collared uniforms.

Poomsae Competitors may wear approved WTF Poomsae 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 extremity (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

Protective Equipment

Contestants shall wear

- Daedo Electronic Chest protector. Chest protectors will be provided by the tournament committee
- headgear (red for Hong and blue for Chung or White). World Class divisions will use Daedo e-Headgear.
- groin guard (optional for female competitors),
- Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts are required to wear WTF-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 open finger style. For all other divisions, gloves are optional and must comply with the above rule.
- forearm protector
- shin-instep protectors
- Daedo sensing socks. Socks may be purchase prior to the event or may be rented for the event for \$10
- mouth guard

Wearing of any other items on the head other than head protector shall not be permitted. A previously approved religious item may be worn beneath the head protector and inside the dobok and shall not cause harm

2016 USAT National Championships Qualifications

Athletes must compete in the age category according to the age he/she will be as of December 31, 2016.

All athletes **participating in the following divisions at a sanctioned USAT State Championship will automatically qualify to compete at the USAT National Championships. An athlete must compete in the SAME divisions he/she wishes to compete in at the USAT National Championships.

The word participating means athletes must have officially weighed-in at the event scales and appeared on the competition mats in front of the event referees.

SPARRING: All Belts – Dragon(6-7), Tiger(8-9), Youth(10-11), Junior(15-17), Para-Taekwondo, Senior(17-32)& Ultra(33+) & Yellow, Green, Blue & Red belts for Cadet(12-14)

POOMSAE: All Belts – Dragon(6-7), Tiger(8-9), Youth(10-11), Cadet(12-14), Junior (15-17), Under 30 (18-30), Under 40 (31-40), Under 50 (41-50), Under 60 (51-60), Under 65 (61-65), Over 65 (66+) (Pairs, Teams and Freestyle)

Starting in 2015, the only divisions that will have a World Class and Grassroots divisions will be CADET SPARRING black belts. 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 rules).Once qualified for World Class, an athlete is not eligible for Grass Roots divisions.

Cadet Poomsae, Junior Poomsae and Sparring, 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

Misc. Information

- If an athlete wants to compete in both Junior and Senior divisions, they must compete and qualify for both divisions.
- 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 rules).Once qualified for World Class, an athlete is not eligible for Grass Roots divisions.

Tournament Schedule

Check in begins 9 am, ends 10:30 am .

Referee Meeting at 10:30am.

Poomsae begins 11am.

Breaking 11am

Sparring begins 12:30pm

Weigh-ins

Weigh-ins will be held on March 25, 2016 from 6 pm to 8 pm (except as noted) at the following locations

Kicks Tae Kwon Do,
35004 Michigan Ave,
Wayne, MI 48184

Shinn's Taekwondo
2189 W Grand River Ave,
Okemos, MI 48864

USA Taekwondo, Inc
125 Peekstock Rd
Kalamazoo, MI 49001

Lim's Taekwondo
417 S Saginaw Rd,
Midland, MI 48640

Lakeshore Taekwondo (from 5 pm to 8 pm)
1045 Columbus Ave.
Grand Haven, MI 49417

Neff Martial Arts
1363 S. Old 23
Brighton 48114

Midwest TKD
584 W. Ann Arbor Trail
Plymouth, MI 48170

Master Siegel's Martial Arts Academy
6465 Stadium Drive
Kalamazoo, MI 49009

Olympian Taekwondo (9 am to 12 noon)
6487 N Canton Center Rd
Canton, MI 48187

High Performance Martial Arts (8 am to 12 noon)
1127 3rd Ave SW,
Carmel IN 46032

Referee seminar

**The Michigan State Referee Seminar will be held on Saturday, February 20, 2016
9 am to 6 pm**

At Kicks Taekwondo

35004 Michigan Ave

Wayne, MI

Register at <http://www.teamusa.org/USA-Taekwondo.aspx>

Championship Registration Fee and Schedule

Late Registration ends 3/22/16 12:59 am

There will be no registration at the door.

Fees

\$65 for 1 event

\$20 for each additional event.

\$10 Coaches fee

Spectator fees

\$5 for spectators (5 and under free)

Registration Checklist

- Register for the 2016 Michigan State Championships through the USAT Hang-A-Star online registration system. **There will be no registration at the door.**
- Complete registration payment online.
- Upload headshot photo to your USAT membership profile. Photographs must be a headshot of the MEMBER ONLY on a white background. Members should not be wearing hats, scarves, or other accessories.
- If you are a Black Belt Competitor 12 and over competing in sparring and/or poomsae, you must provide proof of citizenship. A passport or birth certificate are acceptable forms of Proof of U.S. Citizenship
- If you are a non-Black Belt Competitor, or are under 12 and competing in sparring and/or poomsae, or are competing in breaking only, you must provide proof of residency. A passport, birth certificate, social security card, green card, school report card or transcript or valid U.S. driver's license are acceptable forms of Proof of Residency

Nearby Hotels

Magnuson Hotel Fowlerville
950 S Grand Ave, Fowlerville, MI 1.5 mi S
(517) 223-9165 · fowlervillehotel.com

Holiday Inn Express Hotel & Suites Howell
1397 N Burkhart Rd, Howell, Michigan 5.2 mi SE
(517) 548-0100 · ihg.com

Baymont Inn and Suites Howell/Brighton
4120 Lambert Dr, Howell, MI 5.0 mi SE
(517) 546-0712 · baymontinns.com