The Athletes Guide to State Championships & National Championships







Where Olympic Journeys Begin™

How do I qualify?

- 1. An athlete must first register or renew their USAT membership.
- 2. Once a member, an athlete must register and compete at a State Championship.
- 3. State Championships are held across the nation, January through the first weekend in May. For a detailed list of State Championships, please refer to our website at: <u>http://www.teamusa.org/USA-Taekwondo/Event-Calendar</u>.
 - a. If a state does not host a State Championship, all athletes will have to travel to another state to attend a State Championship in order to qualify for the 2015 National Championships.
 - b. An athlete MAY NOT QUALIFY in the same WORLD CLASS weight (sparring) and/or age category (poomsae) in MULTIPLE STATE CHAMPIONSHIPS. Athletes found doing so may jeopardize their qualification for the USAT National Championships. Athletes <u>MAY</u> compete in multiple state championships if they compete in a <u>DIFFERENT</u> weight category.
- 4. Once an athlete has participated at a State Championship, they are automatically qualified to compete at the National Championships. For a complete list of Athlete Qualifications and Divisions, please refer to page 5.
- 5. The 2015 National Championships will be held in Austin, Texas at the Austin Convention Center on July 4-11, 2015. For more details about Nationals, please visit our website <u>www.usa-taekwondo.us</u>.
- 6. For detailed selection procedures on how your athlete can make a National Team, please follow this link: <u>http://www.teamusa.org/USA-Taekwondo/HP/Athlete-Team-Selection-Procedures</u>

USAT Membership

In order to participate at a State Championship, the participant must first resister as an athlete for \$35.00. When registering, choose the option "USA Athlete, Coach, Instructor and/or Club Owner, Referee.."

If a Support membership is chosen, these members are not eligible for competition

The easiest and fastest way to register, is to visit our website, <u>www.usat.hangastar.com</u>, and click "Sign Up".

Do I Need a WTF Global License (GAL) to compete?

Athletes are not required to obtain a World Taekwondo Federation (WTF) Global License if they <u>ONLY</u> plan to compete at a USAT sanctioned event (i.e. State or National Championships). Global Licenses are only required for WTF sanctioned events such as the U.S. Open.

Do I Need to take a Background Check?

USA Taekwondo has implemented Safe Sport and it is now a requirement for members in a supervisory position with our Taekwondo athletes to undergo and successfully complete a background check.

A member whose sole membership category is 'athlete' does not need to take a background check.

If you indicate more than one membership category in your registration (i.e. athlete, coach, referee, instructor and/or club owner) and are over the age of 18, you <u>MUST</u> complete a background check before you will be allowed to attend any USAT sanctioned event. The background check is required even if you are registering as just an athlete for an event. For example, a member is registered as both an athlete and coach but only wants to attend an event as an athlete. The member is still required to complete a background check since they have an active coach membership.

If you need to complete a Background check, please follow the instructions listed here: <u>http://www.teamusa.org/USA-Taekwondo/Features/2014/April/03/Required-background-check-reminder</u>

Athlete Qualifications

Black Belt Athletes 12 and older competing in sparring or poomsae must be a U.S. Citizen. Athletes 12 and younger must only provide proof of residency.

Since USAT State Championships are direct qualifiers for the USAT National Championships and the National Championship are a direct qualifier for Team Trials (for cadet, junior and senior black belt divisions), there are certain divisions an athlete must be a U.S. Citizen in order to compete in. Please refer to the list below to see what documents fulfill the requirement:

Proof of Citizenship	Proof of Residency
Passport	Passport
Birth Certificate	Birth Certificate
	Social Security Card
	Green Card
	School Report Card/Transcript
	Valid U.S. Driver's license

If an individual is not a valid U.S. resident or U.S. citizen he/she will not be allowed to compete at the USAT National Championships or State Championships.

*Please send documentation to events@usa-taekwondo.us

Divisions

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.

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

POOMSAE: <u>All Belts</u> – 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)

An athlete **MAY NOT QUALIFY in the same **WORLD CLASS** weight (sparring) and/or age category (poomsae) in **MULTIPLE STATE CHAMPIONSHIPS**. Athletes found doing so may jeopardize their qualification for the USAT National Championships. Athletes <u>MAY</u> compete in multiple state championships if they compete in a <u>DIFFERENT</u> weight category.**

Athletes must compete in the age category according to the age he/she will be as of December 31, 2015.

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.
 - Exception A coach/parent must provide the USAT Director of Events a legitimate reason why an athlete should not compete in the World Class division. If approved, the athlete will be placed in appropriate Grass Root division.
- ALL athletes <u>MUST</u> participate in a State Championship to compete at a The USA Taekwondo National Championship. If an athlete is in a state that does not host a State Championship, then will need to participate in another State's championship.

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.

2015 Major Changes

SPARRING

- Starting in 2015, the only divisions that will have a World Class and Grassroots divisions will be CADET SPARRING black belts. For these black belt divisions all athletes placing in the top 4 (top 8 for those state with "larger" state championships; example California and Texas) per weight category at a sanctioned USAT State Championship will automatically qualify to compete in the World Class Divisions at the USAT National Championships. Those athletes placing outside the top 4 will qualify for the Grass Roots divisions at the USAT National Championships.
- 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.
 - Exception A coach/parent must provide the USAT Director of Events a legitimate reason why an athlete should not compete in the World Class division. If approved, the athlete will be placed in appropriate Grass Root 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 the these black belt divisions will qualify for the World Class Divisions.

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 USAT 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.

PROOF OF BLACK BELT REQUIREMENT

 Starting in 2015 the black belt proof requirement will change. State Association will still be able to utilize the black belt verification form (see attachment C) if an athlete does not have certification uploaded to their profile or provide a copy of certification at the time of registration. Starting in 2015 the form will include contact information so that USAT 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 athletes coach and/or instructor will be required to apply for USA Taekwondo Dan black belt certificate at the time of registration. For more information on the USAT Dan certification program follow this link: http://www.teamusa.org/USA-Taekwondo/Resources/Dan-Certification-Program

Dobok & Equipment Standards

All State Championships must use and follow the USA Taekwondo rules and regulations. For current sparring and poomsae rules please refer to the following link,

http://www.teamusa.org/USA-Taekwondo/Events/Competition-Rules.aspx

The Uniform for Contestants

- Official Uniform (Dobok)
 - All contestants must wear a white Taekwondo V-neck USAT/WTF 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 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.
 - Poomsae Contestants may wear WTF designated Y-neck competition poomsae uniforms as outlined in the WTF Notice from April 4, 2012 (<u>http://www.wtf.org/wtf_eng/site/news/notice.html</u>). Contestants must comply with WTF guidelines concerning uniforms designated by rank. WTF Y-neck uniforms may have a national flag patch and country code displayed on the uniform consistent with WTF guidelines.

NO TAPE WILL BE ALLOWED ON ANY PART OF THE UNIFORM

Protective Equipment

Contestants shall wear an approved trunk protector, headgear (white, or red for Hong and blue for Chung), groin guard (optional for female competitors), gloves (see below), forearm protector, shininstep protectors, 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 competition area, and shall be put on the head following instructions of the referee 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. 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.

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.

- a) Metallic Articles -Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc.
- b) Personal Hygiene -All competitors must maintain the highest standard of personal hygiene, keep his or her nails cut short, and groom their hair neatly. Any violators of the Section above will be required to correct the violation within one minute, or face disqualification.
- c) Tape -A maximum of two (2) layers of tape are allowed, except in the case of an injury. For an injury, the minimum amount of tape that will protect the area should be used. If there is a question, the referee should have the wrapping examined and approved by the Tournament Medical Staff. Under no circumstances will hard splints or cast—no matter how small—be allowed.

<u>Dobok & Equipment Standards</u> <u>Cont.</u>

Equipment Standards

<u>Gloves</u> – Cadet (12-14), Junior (15-17) year old and Senior (17-32) Black belts are required to wear taekwondo gloves. Gloves may be red, blue, or white; white is preferred. If the competitor chooses to wear red or blue gloves, they must correspond with the chest protector. For all other divisions, gloves are optional and must comply with the above rule.

<u>Mouth Guard</u> – All athletes are REQUIRED to use a mouth guard. A mouth cover may be used for those with braces if an orthodontist's note is provided prior to the beginning of competition. Mouth guards **MUST** be white, but clear is preferred.

<u>Properly fitting Headgear</u> – All participants must provide their own red, blue or white headgear with no markings other than corporate logos. Cracks or defects in the headgear will not be allowed.

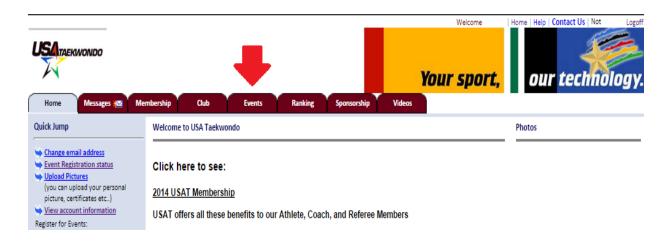
<u>Properly fitting chest protector</u> - Electronic Body Protectors are being used, all athletes will be provided a red and blue **full-body WTF trunk protector**. (*Both players must use the same size.*) All trunk protectors must wrap around and cover the back of the athlete in the valid scoring area. All trunk protectors must be of a similar style as to those pictured.

<u>Protective Cup</u> – All male athletes are REQUIRED to wear a protective cup inside the pants during competition. Groin protection is optional for female athletes; if worn, it must be inside the uniform.

<u>Shin protection</u> – Shin protectors are REQUIRED and they must be made of foam, cloth or vinyl products. The shin protector may be red, blue, or white, but must correspond with your chest protector.

<u>Forearm guard</u> – Forearm guards are REQUIRED and it is mandatory that athletes get foam, cloth, or vinyl products. Any color forearm guard will be allowed. *Please Note: USA Taekwondo reserves the right to disallow any uniform or equipment if it is found to be offensive or degrading in any fashion.*

The only way to register for an event is on-line through the Hang-A-Star system (<u>http://www.usat.hangastar.com/</u>) using your USAT member number. Once you are logged in click the 'EVENTS' tab, shown below.



After you have clicked 'Events' a list of current USAT sanctioned events will appear. Scroll down to locate the event in which you are looking to register. If you do not see the event you wish to register for, use the page numbers to see later events. You may also use the fields at the top to narrow the amount of results.

Home Messages 🜌 Membership Club Events	Ranking Tou	urn amen ts Spon sorship Video	s US	SAT			
Events						<u>My E</u>	vents @Create New Event
Event: (Any) V Event ID: Event	Event: [(Any) V Event ID: Event Name: Type: [(Any) V St				▼ State: (A	Any) 🔻	
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@Event Admin	Action	Event Name	<u>Түре</u>	<u>Location</u>	<u>Event</u> Dates ▲	Registration Begins	Registration Ends
Event ID: 756 ACTIONS	REGISTER NOW						Athlete : 10/28/2014 11:59 PM Local
[Edit][Copy][Deactivate][Upload Results]			Tournament		11/01/2014	Athlete : 5/07/2014 8:00 AM Local Time Cosch : 5/07/2014 8:00 AM Local	Time 14 days Cosch : 10/28/2014 11:59 PM Local
REPORTS [Participants][Weight Divisions][Q/A][Hotel Report][Demographics][Metrics][Match Times]	<u>View Weight</u> <u>Divisions</u>	2014 Las Vegas Open Championships	(Open Tournament)	Las Vegas , NV	to 11/01/2014	Cosch : 5/07/2014 8:00 AM Local Time Referee : 5/07/2014 8:00 AM Local Time	Time 14 days Referee : 10/28/2014 11:59 PM Local Time 14 days
Event ID: 766	REGISTER NOW						
ACTIONS	REGISTER NOW						
[Edit] [Copy] [Deactivate] [Upload Results]			Tournament		11/06/2014		
REPORTS	View Weight	2014 USAT Ultra Sparring Development Camp	(Open	Colorado Springs, CO	to	Athlete : 9/05/2014 12:00 PM Local Time	Athlete : 10/15/2014 11:59 PM Local Time 1 day
[Participants] [Weight Divisions] [Q/A] [Hotel Report] [Demographics] [Metrics] [Match Times]	Divisions	Development comp	Tournament)		11/10/2014		ldəy

USAT sanction's not only tournaments, but referee and coaching seminars which could be held close to the time of another event in the same state. Pay close attention to these columns to verify that you are correctly registering for an event:

- A. Event Name
- B. Type
- C. Location
- D. Event Dates

CURRENT	FUTURE PAST A	В	С	D		
Action	Event Name	Type	Location	<u>Event</u> Dates ▲	Registration Begins	Registration Ends
<u>REGISTER NOW</u>	League of Professional Taekwondo Referees - poomsae seminar	Referee Seminar (Referee)	walnut creek , CA	8/23/2014 to 8/23/2014	Athlete : 8/20/2014 12:03 PM Local Time Coech : 8/20/2014 12:03 PM Local Time Referee : 8/20/2014 12:03 PM Local Time	Athiete : 8/21/2014 11:59 PM Local Time 1 day Coach : 8/21/2014 11:59 PM Local Time 1 day Referee : 8/21/2014 11:59 PM Local Time 1 day
<u>REGISTER NOW</u>	<u>Georgia State Referee Seminar-Master Pius Martial Arts</u>	Referee Seminar (Referee)	Alpharetta , GA	8/29/2014 to 8/29/2014	Athlete : 2/07/2013 11:38 AM Local Time Ceech : 2/07/2013 11:38 AM Local Time Referee : 2/07/2013 11:38 AM Local Time	Athiete : 8/27/2014 11:59 PM Local Time 7 days Coach : 8/27/2014 11:59 PM Local Time 7 days Referee : 8/27/2014 11:59 PM Local Time 7 days

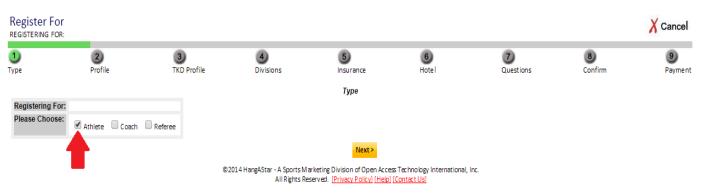
Once you have located the event you would like to register for, click the "Register Now" button.



The next page will give you a detailed description and logistical information about the event as well as its early and late registration deadlines. Pay close attention to this page as it will contain the most up to date information about the particular event. If an event packet is available, it will appear in the box (shown below) of which we recommend to download a copy. After you have read through the events information, click "Register for this event now"



Next, choose how you would like to register for the event.



On the next page, the athletes personal information will be displayed. Verify that the information is correct, then scroll down and click "Next"

If any personal information is incorrect, please email: membership@usa-taekwondo.us

Register For REGISTERING FOR:								X Cancel
Type Pro	ofile	3 TKD Profile	4 Divisions	5 Insurance	6 Hotel	7 Questions	8 Confirm	9 Payment
				Profile				
Please verify that	all your information is corr	ect and update information	if it has changed.					
*First Name:	(Note: Name must n	natch legal ID)						
Middle Name:								
*Last Name:								
Suffix:	(none)		T					
*Address:								
*City:								
*State:			T					
*Country:			T					
*ZipCode:								
*Daytime Phone:								
Evening Phone:	· · · · ·							
Cell Phone:	· · · ·							
Fax:								

If you need to edit your Athlete information, you may do so here. After the information is verified, click "Next"

Register REGISTERING								X Cancel
1 Type	2 Profile	3 TKD Profile	4 Divisions	(5)	6 Hotel	7 Questions	8 Confirm	9 Payment
				TKD Profile				
Edit your A	thlete information							
*Belt Color:		Black	•					
Kukkiwon #, i	f applicable:	oom rank, and enter either your Black B	elt # or your					
*Dan/Poom	Rank: Dan 1st / Po	oom 1st	T					
OPTION 1:	Kukkiwon #:	000000						
	OR							
OPTION 2:	Black Belt #:							
	Black belt certification w 'Upload' located on the r	ill be pending until a copy of your black ight side of the page.	certification is uploaded or	sent to the USAT office for verificatio	on. To upload a scann	ed black belt certificate later, pleas	e go the membership tab a	nd click on
				< Previous Next >				
		62		larketing Division of Open Access Te eserved. [Privacy Policy] [Help] [Cor		al, Inc.		

On the fourth page, choose the divisions in which you wish to register. Please pay close attention to:

- A. Prices for the division(s)
- B. Different Sub-Events
- C. Weight Divisions



After you have chosen which divisions you would like to compete, you must agree to the Code of Conduct and Medical Release. After you have checked these respective boxes, click "next"

Agreements:					
	Image of oneself and USAT. 13. One will maintain a positive attitude and act in a way that will bring honor to oneself the staff, the sport of Taekwondo, USAT and the United States of America. 14. One will remember that I am an ambassador of USAT, my country and the Olympic movement.				
Las Vegas open Code of Conduct	USAT recognizes that this Code does not establish a comprehensive set of rules that prescribes every aspect of appropriate behavior.	×			
	4	6			
	By clicking here, I agree to the terms & conditions of the contract above				
	understand that any pictures taken of the minor child or I in connection with this athletic meet may be used by USA Taekwondo for publicity or promotion without compensation • I have read this agreement, fully understand its terms, understand that I or the minor child have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and	L -			
Las Vegas Open Medical Release	unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.	*			
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CORE & University of County Manufacture Division of County Technology International Inc.					

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Over the next pages, you will be asked to answer questions (if applicable). Step 8 will ask you to select the option "I will pay now online by credit card" or to "Pay Later". Please note, if you select the "pay later" option and do not pay by the end of the Early Registration Deadline, the late fees will apply.

Please choose how you would like to pay for this event:

I will pay now online by credit card

I will pay later.

Note that your application will not be considered complete until payment is received.

- 1. You may send in your payment (MoneyOrder/Cashier's Check) along with your confirmation form OR
- 2. You can pay by credit card online at a later time by clicking on the events tab, and then clicking the 'Make a Payment' link.

Registering As: Athlete

Types Registered:

SENIOR SPARRING

18-32 Female Black 1st / Black 9th 57.1 - 62.0 kg(LIGHT) Competition Date: 11/01/2014



\$90.00

If you choose to pay at the time of registration, fill in the next page with your payment information and click "finish". Print the next page to keep for your records.

All registration EXCEPTIONS.	on fees are non-refundable; this includes training injuries or any other withdrawals once your application is received by the USA Taekwondo National Events o b.
Member Name:	
Registering As:	
	Due Paid Owed Athlete \$90.00 \$90.00
	Total \$90.00 \$0.00 \$90.00
Billing Information:	
*Name on Card:	Secured
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*Credit Card #:	Type: Visa 🔻
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*Security Code:	What is this?
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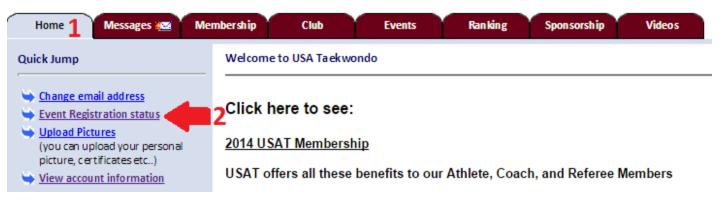
The final page will summarize all of the events you have previously attended. From here you can re-print the confirmation form and check your status. If the athlete is missing documentation, you can find a list of these items under the status column. ***Confirmation forms are no longer required for athletes and coaches of all ages***

Event	Details	Status**	Sub Event	Division
14 Las Vegas Open Championships w Weich Division k above to view a list of all competitors that have registered for the each weight division in this event. ance My Owision lifets, click above to vign up for a different weight division from what you originally registered for. You may also add additional divisions along th an additional payment. Please note that you will only be able to modify your registration if your status is still PENDING for this event and given in an offended yet. Life a Payment, you can click above to make an online credit card payment now. ance Ouestions typur ouestions details for this event.	Type: Athlete Registered: 8/21/2014 2:28 PM Local Time Print Confirmation	PENDING Once the following required items are received by the USAT offices, they will appear checked below: Black Belt Certification Personal Photo	SENIOR SPARRING	18-32 Female Black 1st / Black 9th 57.1 62.0 kg(UGHT)
No Poly and the second se	Type: Athlete Registered: 5/27/2014 12:00 AM Local Time Print Confirmation	PENDING Once the following required items are received by the USAT offices, they will appear checked below:	Referee Seminar	N/A
014 USAT Nevada State Championships ew Weight Divisions lick above to view a list of all competitors that have registered for the each weight division in this event.	Type: Athlete Registered: 2/25/2014 12:00 AM Local Time Print Confirmation	DECLINED Once the following required items are received by the USAT offices, they will appear checked below: Black Belt Certification Insurance Verified	BOARD BREAKING	18-29 Female Black 1st / Black 9th All (1ST SENIOR)

How to Edit an Existing Registration

After you have completed the registration process, the easiest way to check your registration status, add/change a division, make a payment or to view a list of other competitors in the same division is to:

- 1. Log into your Hang-A-Star account
- 2. On the HOME tab, click "Event Registration Status"



- 3. Click to view a list of all registered competitors by weight division in this event
- 4. Click "Change My Division" to add or change divisions. The participant may make changes until they are confirmed and then will need to contact the events department in writing at <u>events@usa-taekwondo.us</u>
- 5. Click to make a payment
- 6. Change Questions- Edit your question details for this event (if applicable)
- 7. Print confirmation form



Explanation of Statuses

PENDING:

The USA Taekwondo office is awaiting the missing documents and/or payment necessary to complete your registration.

These are the documents needed by USAT to complete your registration. Once USAT has received your document(s), the items in the "required documents checklist" will appear checked.

Missing documentation <u>does not</u> exclude participation at an event. If the documentation is not provided by the registration deadline, all documentation MUST be brought to registration at the tournament.

CONFIRMED:

Once you have paid for the event and all items in the "Required Documents Checklist" have been received by USAT, your status will be set to confirmed.

Once confirmed, competitors are officially authorized to participate in the event.

DECLINED:

USA Taekwondo has declined your application for this event either by participant wishes or for extenuating circumstances.

Note that registration fees are non-refundable