

QUICK FACTS

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July 3 – July 8, 2013

McCormick Place – Chicago, Illinois

Welcome to Chicago, IL,



USA Taekwondo welcomes you to the McCormick Place in, Chicago, Illinois, for the 2013 USAT National Championships. We thank you for your continued support and offer our best wishes to each participant for a successful and enjoyable experience. We also extend our most sincere appreciation to our sponsors whose assistance is invaluable for the success of this Championship.

We extend our thanks to the Chicago Sports Commission for serving as the host, and the Hyatt McCormick Place as the Headquarters hotel for this prestigious event.

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2013 MAJOR CHANGES/ANNOUNCEMENTS

Age Divisions

In December of 2012, the World Taekwondo Federation (WTF) changed the recognized age divisions within both sparring and poomsae. Because USA Taekwondo is the recognized WTF National Governing Body (NGB) in the United States we adopted them in January of 2013.

Those changes are as follows:

Sparring

- Cadet Divisions = 12-14 years old
- Junior Divisions = 15-17 years old
- Senior Divisions = 17+ years old

Poomsae

- Cadet Individual Divisions = 12-14 years old
- Junior Individual Divisions = 15-17 years old
- Junior Pairs = 15-17 years old
- 1st Pairs (co-ed) = 18-29 years old
- Junior Team (male/female) = 15-17 years old
- 1st Team (male/female) = 18-29 years old

Qualification/Participation

In order to compete at the 2013 USAT National Championships, one must have “participated” (registered and made weight and/or appeared at the ring when one’s division was called) in a 2013 USAT State Championship, NCTA Collegiate Championships or Armed Forces Championships.

World Class Divisions = *Cadet (12-14), Junior (15-17) & Senior (18-32) **BLACK BELTS**. For the Junior and Senior BLACK BELTS only those who placed Top 4 (gold, silver, bronze, bronze) at a USAT State Championships, NCTA Collegiate Championships or Armed Forces Championships are eligible for WORLD CLASS.

**Cadets(12-14) BLACK BELTS can choose either GRASS ROOTS or WORLD CLASS at the time of registration. GRASS ROOTS divisions will follow Junior Safety Rules, while WORLD CLASS will follow ADULT RULES. Athletes CANNOT compete in BOTH GRASS ROOTS and WORLD CLASS.

Grass Roots Divisions = ALL color belts, black belts in the Dragons (6-7), Ninjas (8-9), Youth (10-11), Cadet (12-14) & Ultra (33+) black belts. Also, those who did not place in the Top 4 within the Junior (15-

17) & Senior (18-32) divisions at a USAT State Championships, NCTA Collegiate Championships or Armed Forces Championships.

The winner (gold medalist) from the Grass Roots Divisions in the Junior (15-17) & Senior (18-32) divisions have the option of competing in the corresponding World Class division if they so choose. The winner must weigh-in again and make the correct weight to be eligible. They will receive the last seed in their respective division.

*All Grass Roots qualified participants will be allowed to move weight categories from the weight category they qualified in at a USAT State Championship If needed. It is encouraged that athletes make the “qualified” weight, but USAT understands kids are growing.

Junior (15-17) and Senior (18-32) World Class qualified participants **will not be allowed to move weight categories or move into the Grass Roots division.

- Exception: If a coach/parent provides the USAT Director of Events a legitimate reason an athlete should not compete in the World Class division. If approved, the athlete will be placed in the appropriate Grass Root division, but cannot move back to the World Class division if they place 1st at the USAT National Championships.

If an athlete wants to compete in both Junior and Senior divisions, they must compete and qualify for both divisions and be age eligible.

Registration Structure

In 2013, USAT registration will consist of an “early Kick” registration price and a “registration” price. Participants can save money by registering during the “early kick” period. Please check the Pre-Event Manual for the registration timeline.

Event Title

Since 2012, USAT has dropped the name/use of the words Junior Olympics. USAT will refer to their event as the USAT National Championships.

Event Spectator Tickets

You can now order your tickets online at www.brownpapertickets.com. By ordering your tickets online you will save time and money. In 2013, you can print your ticket at home and bring them to the event. We will have scanners there to scan your ticket and get you to the action quicker.



Event Credentials

All event registered participants will receive an event credential when they arrive to the event check-in and weigh-ins. This credential is NONTRANSFERABLE and will be **confiscated** if misused. The participants credential is NOT VALID for an adult, parent or sibling of that participant.

- **Lost credentials are subject to a \$5.00 reprint fee – THIS WILL BE ENFORCED**

Athletic Trainers & Taping of Athletes – Continued from 2012

Athletic Trainers will not be responsible for taping athletes' ankles or instep pads. The Athletic Trainers are there to cover the event and this is where their responsibilities need to be. The Athletic Trainers are contracted for injury assessment and care during the event. Please remember when taping ankles or instep pads, competitors must comply with the rules set forth by the WTF and USAT.

Daedo-Truescore

Daedo-Truescore will be the official provider of the EBP (Electronic Body Protector) for the 2013 USAT National Championships. USA Taekwondo and Daedo-Truescore will provide the hogu to all athletes prior to each sparring match, which athletes will obtain at the equipment area. These hogu should be returned immediately to the equipment area after the completion of their match. **Athletes who fail to return their hogu will be subject to disciplinary actions and assessed a replacement fee of the hogu.**

All athletes are responsible for purchasing their own scoring foot gear prior to the event. Availability of the foot socks for on-site sales is **NOT guaranteed**. It is best if athletes purchase them prior to arriving at the following link. Be sure to purchase them from the official reseller of Daedo gear in the United States at www.truescore.com.

<http://truescore116.corecommerce.com/E-Sparring-Equipment/E-Foot-Gear-p24.html>

Board Breaking “Holders”

ALL athletes are responsible for providing their own board holders. Athletes and/or their board holders, can obtain a board holding credential at the event check-in area the day prior to competition for that division. Again, USAT will not provide, nor “appoint” coaches/spectators to hold the boards during the board breaking competition for athletes.

Training Opportunities

USA Taekwondo will provide an “Open Training Area” to all 2013 USAT National Championships participants. This training area will be designated and identified prior to arrival at the McCormick Place. This training area will be open during all scheduled times. Please check the Championship schedule for times of Open Training.

Athletes/Teams/Schools **are not allowed or permitted** to train in McCormick Place walk-ways, hallways or public open areas. Security will be monitoring and controlling these areas. Any athletes/teams/schools disobeying this may be asked to leave the premises of the McCormick Place which could cause their athletes to be disqualified from the USAT National Championships.

Participants & Coaches in the 2013 USAT National Championships are subject to and must obey ALL rules, regulations and policies of USA Taekwondo herein or otherwise written.

Schedule

<u>TUESDAY – JULY 2: 2013 USAT NATIONAL CHAMPIONSHIPS</u>			
Referee Seminar	9:00AM – 5:00PM		TBD
USAT Natl. Championship Event Check-In	2:00PM – 8:00PM		McCormick Place: Lakeside-E450a
Weigh-In for WEDNESDAY competitors	2:00PM – 8:00PM		McCormick Place: Lakeside-E450b
2013 Coaches Edge Seminar	7:00PM		TBD
Open Training Area	12:00PM – 8:00PM		McCormick Place: Lakeside-E354
All WEDNESDAY 7/3/13 competitors must be weighed-in and checked-in by <u>8:00PM</u> on Tuesday, 7/2/2013			

<u>WEDNESDAY – JULY 3: 2013 USAT NATIONAL CHAMPIONSHIPS</u>			
Dragon (6-7) Sparring & Poomsae: All Belt Colors			
Ninja (8-9) Sparring & Poomsae: All Belt Colors			
Youth (10-11) Board Breaking & Weapons: All Belt Colors			
USAT Natl. Championship Event Check-In	9:00AM – 12:00PM & 2:00PM – 6:00PM		McCormick Place: Lakeside-E450a
Weigh-In for THURSDAY competitors	9:00AM – 12:00PM & 2:00PM – 6:00PM		McCormick Place: Lakeside-E450b
Competition Begins	9:00AM		McCormick Place: Lakeside-Hall D

2013 USAT NATIONAL CHAMPIONSHIPS PRE-EVENT MANUAL

Open Training Area	8:00AM – 8:00PM	McCormick Place: Lakeside-E354
All THURSDAY competitors must be weighed-in and checked-in by 6:00PM on Wednesday, 7/3/2013		
<u>THURSDAY – JULY 4: 2013 USAT NATIONAL CHAMPIONSHIPS</u> Dragon (6-7) Board Breaking & Weapons: All Belt Colors Ninja (8-9) Board Breaking & Weapons: All Belt Colors Cadet (12-14) Board Breaking & Weapons: All Belt Colors Junior (15-17) Board Breaking & Weapons: All Belt Colors Youth (10-11) Sparring & Poomsae: All Belt Colors Cadet (12-14) Poomsae: All Belt Colors Demonstration Team Eliminations & Semi-Finals (If Needed)		
USAT Natl. Championship Event Check-In	9:00AM – 12:00PM & 2:00PM – 6:00PM	McCormick Place: Lakeside-E450a
Weigh-In for FRIDAY competitors	9:00AM – 12:00PM & 2:00PM – 6:00PM	McCormick Place: Lakeside-E450b
Competition Begins	9:00AM	McCormick Place: Lakeside-Hall D
Open Training Area	8:00AM – 8:00PM	McCormick Place: Lakeside-E354
All FRIDAY competitors must be weighed-in and checked-in by 6:00PM on Thursday, 7/4/2013		

<u>FRIDAY – JULY 5: 2013 USAT NATIONAL CHAMPIONSHIPS</u> Cadet (12-14) Sparring: Color Belts Cadet (12-14) Grass Roots & World Class Sparring: Black Belts Only Junior (15-17) Sparring & Poomsae: Color Belts Junior (15-17) Grass Roots Sparring: Black Belts Only Junior (15-17), 1st Seniors (18-29), 2nd Seniors (30-39), 1st Masters (40-49), 2nd Masters (50-59), 3rd Masters (60-69) Grass Roots Poomsae: Black Belts Only Demonstration Team Finals		
USAT Natl. Championship Event Check-In	9:00AM – 12:00PM &	McCormick Place: Lakeside-E450a

2013 USAT NATIONAL CHAMPIONSHIPS PRE-EVENT MANUAL

	2:00PM – 6:00PM		
Weigh-In for FRIDAY competitors	9:00AM – 12:00PM & 2:00PM – 6:00PM		McCormick Place: Lakeside-E450b
Competition Begins	9:00AM		McCormick Place: Lakeside-Hall D
Open Training Area	8:00AM – 8:00PM		McCormick Place: Lakeside-E354
All SATURDAY competitors must be weighed-in and checked-in by 6:00PM on Friday, 7/5/2013			

<p><u>SATURDAY – JULY 6: 2013 USAT NATIONAL CHAMPIONSHIPS</u> Ultra (33+) Board Breaking & Weapons: All Belt Colors Senior (18-32) Board Breaking & Weapons: All Belt Colors Junior Pairs (15-17), 1st Pairs (18-29), 2nd Pairs (30+) & Junior Team (15-17), 1st Team (18-29), & 2nd Team (30+) Grass Roots Poomsae: Black Belts only Junior (15-17), 1st Seniors (18-29), 2nd Seniors (30-39), 1st Masters (40-49), 2nd Masters (50-59), 3rd Masters (60-69) World Class Poomsae: Black Belts Only Junior (15-17) World Class Sparring: Black Belts Only</p>			
USAT Natl. Championship Event Check-In	9:00AM – 12:00PM & 2:00PM – 6:00PM		McCormick Place: Lakeside-E450a
Weigh-In for SUNDAY competitors	9:00AM – 12:00PM & 2:00PM – 6:00PM		McCormick Place: Lakeside-E450b
Competition Begins	9:00AM		McCormick Place: Lakeside-Hall D
Open Training Area	8:00AM – 8:00PM		McCormick Place: Lakeside-E354
2013 Coaches Edge Seminar	7:00PM		TBD
All SUNDAY competitors must be weighed-in and checked-in by 6:00PM on Saturday, 7/6/2013			

SUNDAY – JULY 7: 2013 USAT NATIONAL CHAMPIONSHIPS

**2nd Seniors (30-39), 1st Masters (40-49), 2nd Masters (50-59),
3rd Masters (60-69) Poomsae: Color Belts Only**

Ultra (33+) Sparring: All Belt Colors

Senior (18-32) Sparring & Poomsae: Color Belts Only

Senior (18-32) Grass Roots Sparring: Black Belts Only

Junior Pairs (15-17), 1st Pairs (18-29), 2nd Pairs (30+) & Junior Team (15-17), 1st Team (18-29), 2nd Team (30+) World Class Poomsae: Black Belts only

USAT Natl. Championship Event Check-In	9:00AM – 12:00PM & 2:00PM – 6:00PM	McCormick Place: Lakeside-E450a
Weigh-In for MONDAY competitors	9:00AM – 12:00PM & 2:00PM – 6:00PM	McCormick Place: Lakeside-E450b
Competition Begins	9:00AM	
Open Training Area	8:00AM – 8:00PM	McCormick Place: Lakeside-E354

All MONDAY competitors must be weighed-in and checked-in by 6:00PM on Sunday, 7/7/2013

MONDAY – JULY 8 : 2013 USAT NATIONAL CHAMPIONSHIPS

Senior (18-32) World Class Sparring: Black Belts Only

Competition Begins	9:00AM	McCormick Place: Lakeside-Hall D
Open Training Area	8:00AM – 4:00PM	McCormick Place: Lakeside-E354

*Brackets will be completed after weigh-ins close for that day. Once completed they will be published to the USAT website.

**Ring assignments will be viewable on a large public screen.

Registration Deadlines & Fees

All registrations must take place on the USAT Hang-A-Star system. Please visit www.usa-taekwondo.us to register. Please have your USAT membership number accessible to register for the 2013 USAT National Championships.

USA Taekwondo has a NO REFUND policy. **NO REFUNDS** will be given for any reason.

ATHLETES

Divisions (Sparring, Poomsae, Etc.)	Early kick Registration Fee	Registration Fee	Early kick Deadline	Registration Deadline
1 st Division	\$110.00	\$150.00	June 7, 2013	June 21, 2013
2 nd Division	\$125.00	\$175.00	June 7, 2013	June 21, 2013
3 rd Division	\$150.00	\$200.00	June 7, 2013	June 21, 2013
4 th Division	\$175.00	\$225.00	June 7, 2013	June 21, 2013
5 th Division	\$200.00	\$250.00	June 7, 2013	June 21, 2013
6 th Division	\$225.00	\$275.00	June 7, 2013	June 21, 2013
7 th Division	\$250.00	\$300.00	June 7, 2013	June 21, 2013
8 th Division	\$275.00	\$325.00	June 7, 2013	June 21, 2013

**** Registration deadlines end at 11:59pm (MST) ****

COACHES

CIDP Level	Early kick Registration Fee	Registration Fee	Early kick Deadline	Registration Deadline
AC or Level 1	\$60.00	\$110.00	June 7, 2013	June 21, 2013
Level 2	\$45.00	\$110.00	June 7, 2013	June 21, 2013

Registration Checklist

Completing all items on this list will help insure a speedy check-in and weigh-in process at the 2013 USAT National Championships.

- Register for the **2013 USAT National Championships** through the USAT Hang-A-Star online registration system.
- Complete registration payment online. (In order to receive the “early-kick” price you must pay prior to the “early-kick” deadline.)
- If under 18 years of age, print the “confirmation form”. Have a parent or legal guardian sign the confirmation form and mail, fax or scan & email to USA Taekwondo National Office.

USA TKD
Attn: National Championships
1 Olympic Plaza
Colorado Springs, CO 80909
Fax: (719) 866-4642
email: usatkdevents@gmail.com

- Upload a picture (headshot-shoulders up) to your USAT membership profile
- Send in Proof of Residency or Citizenship depending on the division in which you will compete
 - Citizenship – Cadet(12-14), Junior(15-17) & Senior(18-32) black belts
 - Residency – All other ages and belt colors

Important Notes:

- For specific help regarding the USAT Hang-A-Star online registration system, refer to the Event FAQ (<http://www.teamusa.org/USA-Taekwondo/Events/Events-FAQ.aspx>)
- **USAT uses the date December 31 of the given year (December 31, 2013) to determine the age of all competitors. Example: an athlete turns 14 on October 26, 2013 they would compete as a 15 year old in the 2013 USAT National Championships, even though they are 14 years old at the time of the event.

Method of Competition

SPARRING – COLOR BELTS & BLACK BELTS

A single elimination format with seeding system will be applied; the seeding will be as follows:

- USAT Point/National Rankings –ALL Dragons (6-7), Ninjas (8-9), Youth (10-11), Cadet (12-13) and Ultra (33+) divisions when available.
- Random (computer draw) – if USAT Point/National Ranking System is not used
- Selection Procedures – Junior (15-17) & Senior (18-32) Black belt World Class divisions

CREATIVE EVENTS – BOARD BREAKING, WEAPONS & DEMONSTRATION TEAM

Judges scoring based on the rules set-forth.

Qualifications & Competition Rules

****USAT uses the date December 31 of the given year (December 31, 2013) to determine the age of all competitors. Example: an athlete turns 15 on October 26, 2013 they would compete as a 15 year old in the 2013 USAT National Championships, even though they are 14 years old at the time of the event.****

QUALIFICATIONS

In accordance **of the USAT Competition Rules:** *Qualification of USAT contestant 1.) Citizen or Resident of United States. 2.) Registered USAT athlete member. 3.) All black belt contestants must submit a copy of the Dan/Pooms certificate, current USAT identification card and birth certificate at the time of registration with the Organizing Committee. 4.) All contestants participating in a tournament are required to observe the Code of Conduct of the USAT and the rules of the tournament. Violators face sanction by the USAT.*

Although, color belt Grass Roots sparring qualified participants will be allowed to move up weight categories from the weight category qualified in. **USA Taekwondo strongly encourages athletes to make their qualified weight.**

In the, Junior (15-17) & Senior (18-32) BLACK BELT divisions the winner of the Grass Root divisions will automatically qualify for the corresponding World Class Division. The winner will automatically receive the last seed in their qualifying World Class division. These participants must also weigh-in again and make the proper weight category to be eligible.

World Class qualified participants will not be allowed to move weight categories or move into the Grass Root division.

^^For those athletes who have qualified in two separate World Class weight categories, you must choose which weight category you will compete in at the USAT National Championships by the REGISTRATION DEADLINE (June 21, 2013) After the REGISTRATION DEADLINE you will not be allowed to switch weight categories.

COMPETITION RULES – SPARRING & POOMSAE

For Sparring & Poomsae, all divisions will use current USA Taekwondo competition rules. To download the USAT Competition rules visit <http://www.teamusa.org/USA-Taekwondo/Events/Competition-Rules.aspx>

COMPETITION RULES – BOARD BREAKING

1. Competitors can choose the kind of techniques and number of boards to break.
2. The maximum set-up time is 1 minute.
3. The maximum time to complete the performance is 1 minute.
4. The maximum number of tries for a specific break is 2 tries.
5. The performance must be done within the WTF regulation ring size (8 m x 8 m).
6. All boards for 18+ Year olds breaking must be 12-inch by 10-inch, 1/2-inch thick pine.
All boards for 10-17 year olds breaking must be 12-inch by 10-inch, 1/4-inch thick pine.
All boards for 6-9 year olds breaking must be 12-inch by 8-inch, 1/4-inch thick pine.

USA Taekwondo shall sell the boards to be used on-site at the McCormick Place. **Absolutely NO boards will be provided by the participants.** Competitors must provide their own board holders. Board holders abusing their credential/competition floor privileges will be removed and not permitted back into the competition area for the duration of the event. Board holder credentials are not a pass into the event. Persons receiving these credentials will still need to purchase an event ticket.

SCORING GUIDELINES

1. Difficulty of Technique will be based on the following order of superiority (in ascending order):
 - Hand Technique (least difficult)
 - Standing kick technique
 - Jump kick technique
 - Kicking technique with spinning motion
 - Jump kick with spinning motion
 - Multiple breaking jump kick
 - Multiple spinning jump kick (most difficult)
2. Difficulty of Breaking will also be based on the number of Boards.
 - Number of boards held at one time
 - Total number of boards in performance
3. Technique will be based on Accuracy, Speed, and Power.
 - Breaking at the first attempt is superior to breaking at the second attempt, and breaking at the center of the board is superior to breaking off-center.

COMPETITION RULES – WEAPONS

1. The maximum set-up time is 1 minute.
2. The maximum time to complete the performance is 2 minutes.
3. The performance must be done within the WTF regulation ring size (8 m x 8 m).

USA Taekwondo will allow any traditional martial arts weapon. All blades of any weapons must be DULL. For safety sake please do NOT bring a sharp weapon for your performance. Competitors must provide their own weapons.

Scoring Guidelines

1. Difficulty of Technique will be based on the following order of superiority (in ascending order): Technique will be based on Accuracy, Speed, and Power.

COMPETITION RULES – DEMONSTRATION TEAMS

1. The maximum set-up time is 1 minute.
2. The maximum time to complete the performance is 10 minutes.
3. The performance must be done within the WTF regulation ring size (8 m x 8 m).
4. There will be no limit on the number of Team members but the team MUST comply with rule #3. All participants must have competed in the Demo Team division at a State Championship.

**Teams are allowed 1 alternate team member to replace an injured athlete – Team size (number of team members) must remain the same as what competed at the State Championship or be less. The Team cannot be larger than what competed at a State Championship.

5. Music and the machine to play the music MUST be provided by the demonstration team.
6. There will be NO standing on chairs or tables. USAT and the McCormick Place will not be responsible for any accident involving the Convention Center's chairs or tables.
7. Absolutely NO pyrotechnics, fireworks or flame breaks.
8. Weapons, boards or any props will be provided by the demonstration team.

Scoring Guidelines - Demonstration teams scoring will be based on the following order of superiority (in ascending order):

1. Synchronicity of technique.
2. Excitement of performance.
3. Successful completion of taekwondo techniques.
4. Fun generated by the team.
5. Demonstrations of Accuracy, Speed, and Power.

Dobok & Equipment Standards

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 Contestant may wear WTF designated Y-neck competition poomsae uniforms as outlined in the WTF Notice from April 4, 2012 (http://www.wtf.org/wtf_eng/site/news/notice.html). 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, shin-instep 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.

Equipment Standards

Gloves – Cadet (12-14), Junior (15-17) year old and Senior (18-32) 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.



Mouth Guard – 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 may be white, but clear is preferred.

Properly fitting Headgear – 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.

Properly fitting chest protector - Where Electronic Body Protectors are not being used, all athletes must provide their own red and blue **full-body WTF trunk protector**. *When Electronic Body Protectors are used, 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.

Protective Cup – 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.

Shin & instep protection – Shin & instep 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.

Forearm guard – 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.

Code of Conduct/Disciplinary Actions

Any person registered for the event that is causing unfavorable situations either prior to, during, or after the 2013 USAT National Championships is subject to disciplinary action as determined by the Competition Supervisory Board/USAT Director of Events. In particular, the use of alcohol or drugs by athletes, coaches, officials, or staff during the course of the event will disqualify the guilty individual from further competition. There are no warnings for alcohol or drug consumption by underage participants.

The following outline is the Code of Conduct for USA Taekwondo (USAT). The Code is for all athletes, coaches, referees and staff members to fully abide by when participating in any and all USAT sanctioned & organized events. Failure to comply with the following guidelines may result in removal from an event, dismissal from future USAT sanctioned events, and/or the complete suspension from participation as a competitor, coach, international referee or staff member in future USAT sanctioned or organized events. *The signer is authorized to make this declaration and has confirmed by his/her signature that all members of the National Team understand this Code of Conduct.

As a participant of the Event, I hereby promise and agree that I:

- will abide by all published rules related to the Event as approved by USA Taekwondo;
- have acted and will act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct;
- will maintain a level of fitness and competitive readiness that will permit my performance to be at the maximum of my abilities;
- will submit to a physical examination by USA Taekwondo medical personnel if my ability to compete is compromised due to physical injury
- will not commit a doping violation/suspension as defined by the International Olympic Committee (IOC), World Anti-Doping Agency (WADA), the United States Anti-Doping Agency (USADA), the United States Olympic Committee (USOC) or the World Taekwondo Federation rules;
- am not currently serving a doping violation and/or do not have a pending or unresolved doping charge;
- will not engage in any conduct that is criminal under any laws applicable to me, including, but not limited to laws governing the possession and use of drugs and alcohol and providing of drugs to any person and of alcohol to minors;
- will not participate or assist in any gambling or betting activities associated with any event related to my sport or my participation;
- am eligible to compete under the rules of USA Taekwondo;
- will refrain from conduct detracting from my ability or that of my teammates to attain peak performance;
- will respect the property of others whether personal or public;
- will respect members of my Team, other teams, spectators and officials, and engage in no form of discriminatory behavior or verbal, physical or sexual harassment or abuse;
- will abide by the rules of the USA Taekwondo concerning allowable trademark identification on clothing and equipment worn or used in competition or on visible body tattoos.
- agree to be filmed and photographed by the official photographer(s) and network(s) of USA Taekwondo under conditions authorized by USA Taekwondo and give event organizers and USA Taekwondo the right to use my name, picture, likeness, and biographical information before, during and after the period of my participation in these activities to promote the activity in which I participate or to promote the success of the team on which I compete; in no event may USA Taekwondo or the event organizers use or authorize the use of my name, picture, likeness, voice and biographical information for the purpose of trade, including any use in a manner that would imply an endorsement of any company, product, or service, without my written permission;
- will not use or authorize the use of photographs, films or videos of myself in USA Taekwondo Events, apparel or equipment or the use of the USA Taekwondo logo for the purpose of trade, without the prior written consent of USA Taekwondo;
- will attempt to participate in media activities if compatible with my training and competitive schedule, when requested by USA Taekwondo;
- understand that if I require legal representation because of I am accused of a doping violation or am accused of criminal misconduct, or if for any other reasons I require the services of an attorney, I will be personally responsible for payment of such legal fees and expenses;
- will act in a way that will bring respect and honor to myself, my teammates, my country; and will remember that at all times I am an ambassador for my sport, my country and the Olympic Movement.

USAT recognizes that this Code does not establish a comprehensive set of rules that prescribes every aspect of appropriate behavior.

LIABILITY WAIVER & RELEASE

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT

- In consideration of your acceptance of my entry or that of the minor child, I do hereby, for myself or the minor child, my heirs, executors, and administrators waive, release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless any and all rights and claims for damages which I may have or may accrue to me against USA Taekwondo and for its states and district associations, this athletic meet, it's organizing committee, the United States Olympic Committee, the 2013 USAT National Championships, the World Taekwondo Federation, and all members of this athletic meet, or their respective officers, committees, medical committee, agents, representatives, successors, sponsors, advertisers, volunteers, owners and lesser of premises on which the athletic meet takes place, assignees and against any competitor for any and all damages which may be sustained by me or the minor child, in connection with my association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from this athletic meet. I understand that all entry fees are nonrefundable.
- I understand the nature of USA Taekwondo activities and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I understand that USA Taekwondo activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death. These risks and dangers may be caused by myself or the minor child's own actions, or inactions, and/or the actions or inactions of others participating in the athletic meet.
- If the minor child or I are selected, I agree to be drug tested pursuant to the United States Olympic Committee National Anti-Doping Program, as amended. I understand that such drug testing may take place at any time during the competition. If the minor child or I fail to show up at the athletic meet, for any reason, I knowingly forfeit this competition and all applicable registration fees. I further understand that any pictures taken of the minor child or me 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 it's terms, understand that I or the minor child have given up substantial rights by signing it (registration confirmation form) and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and 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.
- I have read the Pre-Event Manual and will comply with all rules and regulations set forth by USA Taekwondo.

**GENERAL EVENT
INFORMATION**

Chapter

2



July 3 – July 8, 2013

McCormick Place – Chicago, Illinois

Promoter – Sanctioned

Promoter & Sanctioned By - USA Taekwondo (USAT)

USA TKD
1 Olympic Plaza
Colorado Springs, CO 80909
Phone: 719.866.4632
Fax: 719.866.4642
Email: travis.oosthoek@usa-taekwondo.us
website: www.usa-taekwondo.us
twitter: @USATKD_NC

Hotel – Housing Accommodations

USA Taekwondo is pleased to be working with the following hotel properties for the 2013 USAT National Championships. Please visit their website to make your room reservation now. Discounted accommodations have been set-up at numerous hotel properties in the Chicago area by USA Taekwondo.

To make your reservations please visit <http://www.teamusa.org/USA-Taekwondo/Event-Calendar/2013/July/03/2013-USAT-National-Championships/Hotels.aspx>

Headquarters Hotel

Hyatt Regency McCormick Place

 @HyattMcCormick



Step into Hyatt Regency McCormick Place where our luxurious wood paneled lobby filled with comfortable leather seating groups dispels your preconceived notion of conventional hotels immediately. Here, chic yet inviting décor, superb service and luxurious amenities enhance your guest experience from the moment you enter our

welcoming Chicago McCormick Place hotel. Take in the incredible views of downtown, Lake Michigan and the Museum Campus from contemporary [guestrooms](#). Savor a variety of delicious cuisines in our popular McCormick Place hotel [restaurants](#). Relax in our [indoor pool](#) and StayFit™ [fitness center](#).

Connected via enclosed sky-bridge to North America's largest convention center, Hyatt Regency McCormick Place is designed with thoughtful features to pamper every guest, natural lighting throughout and an attentive staff, our versatile McCormick Place Chicago Hyatt hotel remains the preferred choice for visitors year after year.

Single/Double Rooms: \$149.00 per night (Photo courtesy of Hyatt Regency-McCormick Place)



For hotel reservations <http://www.teamusa.org/USA-Taekwondo/Event-Calendar/2013/July/03/2013-USAT-National-Championships/Hotels.aspx> or call 888-421-1442.

Downtown Hotels

Hilton Chicago

 @HiltonChicago

Discover the Hilton Chicago hotel (www.hiltonchicagohotel.com) near McCormick Place, which combines a contemporary design and exciting atmosphere within this iconic Chicago hotel. Our downtown Chicago hotel is located within walking distance to many Chicago attractions. Step outside the front door and walk through Grant Park to Chicago's lakefront, Field Museum, Shedd Aquarium, Adler Planetarium or Soldier Field. Millennium Park and theatre and financial district events are only



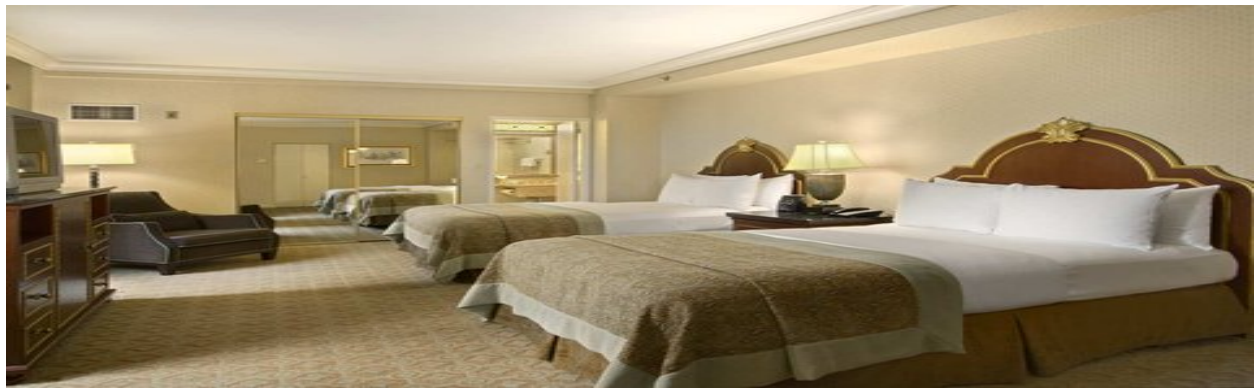
steps from our South Loop location. Navy Pier and Chicago Children’s Museum are also nearby.

Our Chicago hotel rooms and suites, decorated in a sophisticated style, feature HDTVs and high-speed internet access. Take advantage of Chicago’s finest hotel Athletic Club, boasting modern fitness equipment, free weights, indoor running track, full-length heated indoor pool, whirlpool and sauna with seasonal sundeck.

Kitty O’Sheas is an authentic Irish pub with live entertainment. The 720 South Bar & Grill offers a seasonal menu inspired by fresh, local ingredients. Enjoy signature comfort foods, locally crafted beers, cocktails and wine. Relish lighter fare and gourmet bites at SNAX with specialty coffees.

Single/Double Rooms: \$149.00 per night

(Photo courtesy of Hilton Chicago)



For hotel reservations <http://www.teamusa.org/USA-Taekwondo/Event-Calendar/2013/July/03/2013-USAT-National-Championships/Hotels.aspx> or call 800-774-1500

Palmer House Hilton

 @PalmerHouse



Step into the lobby of Palmer House® A Hilton hotel (www.palmerhousehiltonhotel.com) and gaze at the famous frescoed ceiling of this landmark Chicago, Illinois hotel. This AAA four-diamond rated hotel has been hosting visitors to the Chicago Loop for over 140 years. Today, the Palmer House Hilton continues to thrive in the heart of the theatre and financial district, just steps from the Art Institute, Millennium Park and State Street shopping. A short walk away is Grant Park where summer festivals take place. Family attractions like the Chicago Children’s Museum and Navy Pier are just a quick cab ride away.

Enjoy comfort and elegance in your Guest room or suite at this Chicago hotel. Amenities include flat-screen TVs and wireless internet access. Elegant suites feature abundant space with comfortable seating

and wet bar areas, creating an ideal setting for entertaining. On the Executive Level you can enjoy private check-in, complimentary continental breakfast, hot and cold beverages, and an honor bar with evening appetizers.

This Chicago hotel features the Lockwood Restaurant and Bar, located just off the lobby, is open throughout the day serving contemporary American cuisine. Small plates and classic cocktails are served in Potters Lounge. Balance Spa features 14 treatment rooms including hydrotherapy services for the ultimate pampering. The fitness center offers over 10,000 sq. ft. of cardio and free weight equipment, an indoor pool, whirlpool, and saunas.

Single/Double Rooms: \$139.00 per night

(Photo courtesy of the Palmer House Hilton)



For hotel reservations <http://www.teamusa.org/USA-Taekwondo/Event-Calendar/2013/July/03/2013-USAT-National-Championships/Hotels.aspx> or call 312-726-7500.

Hyatt Regency Chicago



@HyattChicago

Simply the best (www.chicagoregency.hyatt.com). Discover the difference between a hotel and a Hyatt when you stay at our incomparable downtown Chicago, Illinois hotel. Set within the epicenter of the city, our [AAA Four Diamond](#) Hyatt Regency Chicago is conveniently connected to the Illinois Center and within minutes of the Magnificent Mile. Sway to the electrified beat of Chicago blues and jazz greats, take in a show at Navy Pier, shop on Michigan Avenue, or enjoy a day in the park or on the water. Our cosmopolitan downtown Chicago, Illinois hotel is central to it all.

Dine at our legendary restaurants or take in expansive views of downtown Chicago while sipping on colossal cocktails at [BIG Bar](#). The essence of the cosmopolitan downtown Chicago, Illinois is yours, when you book your hotel reservation at one of [Chicago's best hotels](#).

Single/Double Rooms: \$119.00 per night

(Photo courtesy of the Hyatt Regency Downtown-Chicago)



For hotel reservations <http://www.teamusa.org/USA-Taekwondo/Event-Calendar/2013/July/03/2013-USAT-National-Championships/Hotels.aspx> or please call 888-421-1442

University Center

For Reservations use the promo code **USAT**

 @chisummerhousin

University Center (www.chicagosummerhousing.com) is located at the southeast corner of Congress Parkway and State Street. Our property is one block south of “The Loop”, Chicago’s Central Business District, and minutes from Grant and Millennium Parks, local city attractions, restaurants and shopping. Public transportation is plentiful and readily available right outside the door, providing easy access to anywhere within the city, including Midway and O’Hare International Airports and Chicago’s major train stations.



Semi Suites consist of two separate bedrooms with two beds each sharing a semi-private bath. Bedrooms include extra-long twin bed, desk with chair, bookshelves and closet with organizer for each guest. Standard linen service is provided with your room rates. Linen service includes weekly linen and cleaning service. Bedrooms include sheets, towels, internet access and alarm clock. Guests will have access to the following building amenities:

Additional amenities include:

- Onsite Dining Center
- Laundry Facilities
- Complimentary Fitness Center
- Game/recreational area
- Outdoor terrace
- Indoor bike storage
- High speed Internet (wired access, please bring your own Ethernet cable)
- 24-hour concierge staff
- 24-hour security staff
- On-site retail includes food, banking and sundry

Single/Double per person Semi Suite: \$80.00/\$57.00

(Both rates will include breakfast each day)

2013 USAT NATIONAL CHAMPIONSHIPS PRE-EVENT MANUAL



(Photos courtesy of www.chicagosummerhousing.com)



For hotel reservations <http://www.teamusa.org/USA-Taekwondo/Event-Calendar/2013/July/03/2013-USAT-National-Championships/Hotels.aspx> and use the **group promo code USAT**

2013 USA Taekwondo National Championship



- 1 Hyatt Regency McCormick Place**
2233 S. Dr. Martin Luther King Jr. Dr.
 - 2 Hilton Chicago**
720 S. Michigan Ave.
 - 3 Palmer House Hilton**
17 E. Monroe St.
 - 4 Hyatt Regency Chicago**
151 E. Wacker Dr.
 - 5 University Center Conference Chicago**
525 S. State St.
- McCormick Place - Lakeside**
2301 S. Lake Shore Dr.

Map Key

- = Attraction
- = CTA Station
- = Red Line
- = Brown Line
- = Purple Line
- = Orange Line
- = Blue Line
- = Pink Line
- = Green Line

Transportation

Airfare

All participants are responsible for their own airfare. Participants and families should look for flights to either Chicago O’Hair International Airport (ORD), or Midway International Airport (MDW). Please visit www.flychicago.com for more information and to see what airlines serve each airport.

Airline	Phone Number	Web Site
*United	800.864.8997	www.united.com

***USA Taekwondo has partnered with United Airlines to provide a discounted rate on airfare. When participants are arranging airfare for the 2013 USAT National Championships, be sure to use the code ZP6D562534 in the "offer code" field when purchasing your ticket.**

Rental Car

O'Hare International Airport offers a variety of options for vehicle rentals. Each rental car company offers free shuttle service which picks up and drops off at the terminal curbside. Rental car shuttles pick up at the arrival curbside which is the lower level outside of baggage claim. Each terminal has designated areas on the out-most curbside where shuttles board. For specific information on hours of operation, please contact the individual rental car company.

Midway International Airport offers a variety of options for vehicle rentals. Rental car agencies are located inside the terminal on the Lower Level (Arrivals). Some rental car companies offer pick-up and drop-off service in Level 2 of the Main Airport Parking Garage; others are located off-airport and offer free shuttle service. Rental car shuttles pick up at the arrival curbside which is the lower level outside of baggage claim. For specific information on hours of operation and whether they offer pick-up and drop-off service in the Main Airport Parking Garage or are located off-site, please contact the individual rental car company.

Check out the car rental companies below that serve Midway International Airport to find vehicle availability and rates.

Rent-A-Car	Phone Number	Web Site
Advantage	800.777.9377	www.advantage.com
Budget	800.922.2899	www.budget.com
Alamo / National	800.462.5266	www.alamo.com
Dollar	800.800.4000	www.dollar.com
Avis	800.331.1212	www.avis.com
Hertz	800.654.3131	www.hertz.com
Enterprise	800.796.2227	www.enterprise.com

Local Ground Transportation

MORE INFORMATION COMING SOON!

Training Opportunities





USA Taekwondo will provide an “Open Training Area” to all 2013 USAT National Championships participants. This training area will be designated and identified prior to arrival at the McCormick Place. This training area will be open during all scheduled times. Please check the Championships schedule for times of Open Training.

Athletes/Teams/Schools **are not allowed** or permitted to train in McCormick Place walk ways, hallways or public open areas. Security will be monitoring and controlling these areas. Any athletes/teams/schools disobeying this may be asked to leave the premises of the McCormick Place, which could cause their athletes to be disqualified from the USAT National Championships.

Awards - Sparring

2013 USAT National Championship Medals will be given out to the top four (4) athletes, in the respective divisions and weight categories.





Certificates will be emailed out after the event. Please complete the certificate "request" form at the time of receiving your medal.

Individual Awards		
1 st Place		Gold Medal + Certificate
2 nd Place		Silver Medal + Certificate
3 rd Place		Bronze Medal + Certificate
3 rd Place		Bronze Medal + Certificate

Awards - Poomsae

2013 USAT National Championship Medals will be given out to the top four (4) individuals, pairs (co-ed) and teams in the respective divisions.

Certificates will be emailed out after the event. Please complete the certificate "request" form at the time of receiving your medal.

Individual/Pairs/Team Awards		
1 st Place		Gold Medal + Certificate
2 nd Place		Silver Medal + Certificate
3 rd Place		Bronze Medal + Certificate
3 rd Place		Bronze Medal + Certificate

Awards – Creative Events

2013 USAT National Championship Medals will be given out to the top four (4) athletes, in the respective divisions- Board Breaking, Weapons, and Demonstration Team.

****No certificate will be given for these divisions****

Individual Awards	
1 st Place	Gold Medal
2 nd Place	Silver Medal
3 rd Place	Bronze Medal
3 rd Place	Bronze Medal

Spectator Tickets

Admission to the 2013 USAT National Championship is by credential or ticket only. Advance sales will save time and avoid lines at the ticket windows, especially the first day of competition.



Advance Event Tickets can be ordered directly online through Brown Paper Tickets beginning April 19th.

Follow the Brown Paper Tickets link below to purchase tickets:

<http://2013usatkdn.c.brownpapertickets.com>

Save yourself time by ordering online and printing at home! Make sure to bring your tickets to the event as USA Taekwondo will not honor anything but printed or mobile tickets.

Deadline for ordering tickets online is June 30th at 11:59pm (MST)! Tickets will have to be purchased onsite after June 30th.

Wrist bands will be given in exchange for your tickets at the MCP. 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).

Please keep your tickets in a safe place and remember to pack them.

Ticket Pricing		
Event Ticket	At-Door	In Advance (online)
All-Event Pass	n/a	\$35.00
Single Day (Adult 18+)	\$15.00	\$7.50
Single Day (Junior 6-17)	\$10.00	\$5.00
Kids 5 & Under	Free	Free

****No refunds or exchanges. Lost, stolen or forgotten tickets will NOT be replaced or refunded****

Participant Credentials

All event registered participants will receive an event credential when they arrive to accreditation and weigh-ins. This credential is NONTRANSFERABLE and will be **confiscated** if misused or if an athlete, coach or spectator violates the Code of Conduct. The participants credential is NOT VALID for an adult, parent or sibling of that participant. Lost credentials are subject to a **\$5.00 reprint fee**.

2013 USAT National Championships staff reserves the right to conduct random and periodic ID checks during competition.

Sports Medicine

The training staff will be available free of charge to all 2013 USAT National Championships participants. It is the responsibility of the participant to have training supplies such as tape. The training staff's duties are not to be retailers in tape and other training supplies. It is impossible and unreasonable to expect them to estimate and ship enough training supplies for every participant. Their job is to support, evaluate and assist in athlete injuries and medical emergencies. The trainers' facility will be located on the competition floor (area) in a central location.

Divisions – Weight Categories
Weigh-ins – Bracketing –
Coaching Requirements

Chapter

3



July 3 – July 8, 2013

McCormick Place – Chicago, Illinois

SPARRING

Senior Divisions (18-32 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Match Length – Grass Roots Divisions = 3 rounds, 1 minute 30 seconds: World Class Divisions = 3 rounds, 2 minutes

	Male Divisions	Female Divisions
Classification	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

Note:

(Explanation #1)

Not exceeding:

The weight limit is defined by the criterion of one decimal place away from the stated limit. For example, not exceeding 50kg is established as until 50.0kg with 50.1kg being over the limit and resulting in disqualification.

(Explanation #2)

Over: Over 50.00 kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

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

Match Length – Grass Roots Divisions = 3 rounds, 1 minute 30 seconds: World Class Divisions = 3 rounds, 2 minutes

	Male Divisions	Female Divisions
Classification	Weight Category (kg)	
Fin	Not exceeding 45kg	Not exceeding 42kg
Fly	Over 45kg & Not exceeding 48kg	Over 42kg & Not exceeding 44kg
Bantam	Over 48kg & Not exceeding 51kg	Over 44kg & Not exceeding 46kg
Feather	Over 51kg & Not exceeding 55kg	Over 46kg & Not exceeding 49kg
Light	Over 55kg & Not exceeding 59kg	Over 49kg & Not exceeding 52kg
Welter	Over 59kg & Not exceeding 63kg	Over 52kg & Not exceeding 55kg
Light Middle	Over 63kg & Not exceeding 68kg	Over 55kg & Not exceeding 59kg
Middle	Over 68kg & Not exceeding 73kg	Over 59kg & Not exceeding 63kg
Light Heavy	Over 73kg & Not exceeding 78kg	Over 63kg & Not exceeding 68kg
Heavy	Over 78kg	Over 68kg

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

Match Length – Grass Roots Divisions = 3 rounds, 1 minute: World Class Divisions = 3 rounds, 1 minute 30 seconds

	Male Divisions	Female Divisions
Classification	Weight Category (kg)	
Fin	Not exceeding 33kg	Not exceeding 29kg
Fly	Over 33kg & Not exceeding 37kg	Over 29kg & Not exceeding 33kg
Bantam	Over 37kg & Not exceeding 41kg	Over 33kg & Not exceeding 37kg
Feather	Over 41kg & Not exceeding 45kg	Over 37kg & Not exceeding 41kg

2013 USAT NATIONAL CHAMPIONSHIPS PRE-EVENT MANUAL

Light	Over 45kg & Not exceeding 49kg	Over 41kg & Not exceeding 44kg
Welter	Over 49kg & Not exceeding 53kg	Over 44kg & Not exceeding 47kg
Lt. Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Lt. Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg

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

Match Length – 3 Rounds, 1 minute

	Male Divisions	Female Divisions
Classification	Weight Category (kg)	
Fin	Not exceeding 30kg	Not exceeding 30kg
Light	Over 30kg & Not exceeding 35kg	Over 30kg & Not exceeding 35kg
Middle	Over 35kg & Not exceeding 40kg	Over 35kg & Not exceeding 40kg
Heavy	Over 40kg	Over 40kg

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

Match Length – 2 Rounds, 1 minute

	Male Divisions	Female Divisions
Classification	Weight Category (kg)	
Fly	Not exceeding 21kg	Not exceeding 21kg
Feather	Over 21kg & Not exceeding 25kg	Over 21kg & Not exceeding 25kg
Welter	Over 25kg & Not exceeding 30kg	Over 25kg & Not exceeding 30kg
Heavy	Over 30kg	Over 30kg

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

Match Length – 2 Rounds, 1 minute

	Male Divisions	Female Divisions
Classification	Weight Category (kg)	
Fly	Not exceeding 19kg	Not exceeding 19kg
Feather	Over 19kg & Not exceeding 23kg	Over 19kg & Not exceeding 23kg
Welter	Over 23kg & Not exceeding 27kg	Over 23kg & Not exceeding 27kg
Heavy	Over 27kg	Over 27kg

Ultra Divisions (33+ year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Match Length – 3 Rounds, 1 minute

	Male Divisions	Female Divisions
Classification	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

Weigh-ins

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

Bracketing & Seeds

SPARRING – COLOR BELTS & BLACK BELTS

A single elimination format with seeding system will be applied; the seeding will be as follows:

- USAT Point/National Rankings – ALL, Dragons(6-7), Ninjas(8-9, Youth (10-11), Cadet (12-14), Ultra(33+) divisions when available
- Selection Procedures – Junior (15-17) & Senior (18-32) Black belt World Class divisions ONLY
- Random (computer draw) – if USAT Point/National Ranking System is not used

participants from the same state and club will be separated (according to the athlete profiles on the USAT Hang-A-Star system) in the first round of the appropriate bracket, **if possible.

POOMSAE

Individual Poomsae

AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	SINGLE ELIMINATION
DRAGONS	6-7 YEARS OLD	BLACK	1 ST – 9 TH	SINGLE ELIMINATION

2013 USAT NATIONAL CHAMPIONSHIPS PRE-EVENT MANUAL

NINJAS	8-9 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
NINJAS	8-9 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	SINGLE ELIMINATION
YOUTH	10-11 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
1 ST SENIOR	18-29 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
2 ND SENIOR	30-39 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
1 ST MASTERS	40-49 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
2 ND MASTERS	50-59 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
3 RD MASTERS	60-69 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
1 ST SENIOR	18-29 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
2 ND SENIOR	30-39 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
1 ST MASTERS	40-49 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
2 ND MASTERS	50-59 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
3 RD MASTERS	60-69 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT

Pairs Poomsae (Co-Ed)

Cadet (12-14), Juniors (15-17) 1st Pairs (18-29) & 2nd Pairs (30+) Pairs Poomsae

Division	Belt	Rank	Sex
Cadet (12-14)	Black	1 st – 9 th	Co-Ed
Juniors (15-17)	Black	1 st – 9 th	Co-Ed
1 st Pairs (18-29)	Black	1 st – 9 th	Co-Ed
2 nd Pairs (30+)	Black	1 st – 9 th	Co-Ed

Team Poomsae

Cadet (12-14), Junior (15-17) 1st Team (18-29) & 2nd Team (30+) Team Poomsae

Division	Belt	Rank	Sex
Cadet (12-14)	Black	1 st – 9 th	Female
Cadet (12-14)	Black	1 st – 9 th	Male
Juniors (15-17)	Black	1 st – 9 th	Female
Juniors (15-17)	Black	1 st – 9 th	Male
1 st Team (18-29)	Black	1 st – 9 th	Female
1 st Team (18-29)	Black	1 st – 9 th	Male
2 nd Team (30+)	Black	1 st – 9 th	Female
2 nd Team (30+)	Black	1 st – 9 th	Male

**USAT uses the date December 31 of the given year (December 31, 2013) to determine the age of all competitors. Example: an athlete turns 15 on October 26, 2013 they would compete as a 15 year old in the 2013 USAT National Championships, even though they are 14 years old at the time of the event.

BOARD BREAKING

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

WEAPONS

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS
DRAGONS	6-7 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	2 MINUTE

NINJAS	8-9 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	2 MINUTE
YOUTH	10-11 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	2 MINUTE
CADET	12-13 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	2 MINUTE
JUNIOR	14-17 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	2 MINUTE
SENIOR	18-32 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	2 MINUTE
ULTRA	33+ YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	2 MINUTE

DEMONSTRATION TEAM

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

DESIGNATED POOMSAE

DESIGNATED POOMSAE WILL BE PUBLISHED TO THE USAT WEBSITE (WWW.USA-TAEKWONDO.US) APPROXIMATELY A WEEK FROM THE START OF THE NATIONAL CHAMPIONSHIPS.

Compulsory Poomsae – Black Belts

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
Dragons (6-7)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Ninjas (8-9)	
Youth (10-11)	
Cadets (12-14)	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
1 st Seniors (18-29)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 nd Seniors (30-39)	
1 st Masters (40-49)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
2 nd Masters (50-59)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
3 rd Masters (60+)	
PAIRS DIVISIONS (co-ed)	COMPULSORY POOMSAE
Cadets (12-14)	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
1 st Pairs (18-29)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Teaback, Pyongwon, Shipjin
2 nd Pairs (30+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
TEAM DIVISIONS	COMPULSORY POOMSAE

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Cadets (12-14)	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
1 st Team (18-29)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 nd Team (30+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

Compulsory Poomsae – Color Belts

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
Yellow (7 th & 8 th Geup) – All Ages	Taegeuk 1, 2 Jang
Green (5 th & 6 th Geup) – All Ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3 rd & 4 th Geup) – All Ages	Taegeuk 1, 2, 3, 5, 6 Jang
Red (1 st & 2 nd Geup) – All Ages	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang

COACHING REQUIREMENTS - CIDP

COACHES' EDGE SEMINAR

The 2013 Coaches' Edge seminar is required for any USAT member who wishes to coach from the chair at any 2013 USAT National events, including the USAT National Championships. A one-time per year course, the Coaches' Edge is an investment in the continuing education and development of our coaches. A coach who has already taken the Associate Coach Quiz, 2007 Technical Update, and Associate Coach Seminar, Level 1, and/or Level 2 seminar may coach at USAT events at the same level in 2013 after taking the Coaches' Edge seminar. In 2013, the Coaches' Edge seminar will be held via webinars and at the USAT National Championships (Chicago, IL).

In response to the Coaches survey done in November 2011, USAT will offer the **2013 Coaches' Edge seminar via a webinar platform** again in 2013. This Coaches' Edge webinar will be the same material a coach will receive at an in-person seminar, but it can be enjoyed in the comfort of one's own home. For questions regarding the CIDP please contact John McAfee by email at john.mcafee@usa-taekwondo.us

2013 Coaches' Edge Seminar/Webinar Dates

Webinar #1 – May 7, 7:00pm (EST)

Webinar #2 – May 18, 1:00pm (EST)

Webinar #3 – May 22, 7:00pm (EST)

Webinar #4 – June 1, 1:00pm (EST)

Webinar #5 – June 17, 7:00pm (EST)

Chicago, IL Seminar - Tuesday, July 2, 2013 - 7:00pm (local time) *part of the 2013 USAT National Championships

Chicago, IL Seminar - Saturday, July 6, 2012 - 7:00pm (local time) *part of the 2013 USAT National Championships

CIDP – LEVEL 1 SEMINAR

Level 1 – *Introducing Sport Taekwondo* seminar, which is designed for coaches who wish to gain further technical competencies and be introduced to the newly-established national coaching standards. Level 1 certification is required for members who plan to coach in the 12-14, 15-17 & 18-32 year old Black Belt Division at the USAT National Championships.

Note: Individuals coaching in the Dragon, Ninja, Youth, Cadet (color belts), Junior (color belts) or Ultra Divisions at the 2013 USAT National Championships are only required to be AC certified and to have taken the 2013 Coaches' Edge Seminar. However, all coaches wanting to coach in the Cadet(12-14), Junior(15-17) & Senior(18-32) black belt divisions, Grass Roots and/or World Class, must have a minimum certification level of a Level 1. A coach who took a previous year Level 1 seminar may coach at the same level in 2013 after taking the 2013 Coaches' Edge seminar/webinar. In other words, coaches who receive Level 1 certification in previous years need only to take the Coaches' Edge seminar/webinar of the current year to maintain their certification for that year.

2013 USAT NATIONAL CHAMPIONSHIPS PRE-EVENT MANUAL

As USAT strives to increase the quality of athletes and coaches in the country and to ensure that coaches are meeting the established standards of the CIDP, all competitions that are part of the athlete selection process (excluding State Championships) for the junior, U-24, or senior National Teams will require coaches to be Level 1 certified. As mentioned, the only CIDP Level 1 seminars that will be scheduled in 2013 will be at the 2013 USAT National Championships or selected State Association hosted ones. Please contact John McAfee for more information on the State Association hosted Level 1 seminars. Until then, the next Level 1 seminars will be offered at the 2014 USAT National Championships. So please plan ahead and be prepared for your athletes.

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

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