



**March 3-5, 2023**  
LAS VEGAS, NEVADA



**POOMSAE**



## PROMTER

USATKD  
1015 Garden of the Gods Road, Suite 110  
Colorado Springs, Colorado 80907  
1-719-374-5745

## SANCTIONED BY

World Taekwondo  
10th Floor, Booyoung Taepyeong Building 55, Sejong-daero, Jung-gu, Seoul Republic of Korea  
04513

Pan American Taekwondo Union  
General Guadalupe Victoria 214, Zona Centro, 20000 | Aguascalientes, Mexico  
[events@panamericantaekwondounion.org](mailto:events@panamericantaekwondounion.org)

## GLOBAL RANKING

Under 30, Under 40, 17 and Older Freestyle: G2

## ORGANIZER

USA Taekwondo  
1015 Garden of the Gods Road Suite 110  
Colorado Springs, CO 80907  
1-719-374-5736

Eric Winger  
[ewinger@usatk.org](mailto:ewinger@usatk.org)

Christy Simmons  
[cssimmons@usatk.org](mailto:cssimmons@usatk.org)

## VENUE

West Gate Hotel  
3000 Paradise Road  
Las Vegas, Nevada 89109

## ACCOMMODATION & TRANSPORTATION

### Hotel accommodation

All accredited club/teams participating at the event are strongly recommended to book their hotel accommodation via the Organizing Committee in the Official Hotels through <https://groups.reservetravel.com/group.aspx?id=57805>

## REGISTRATION & CREDENTIALS

March 2 – 4, 2023  
West Gate Hotel  
3000 Paradis Road  
Las Vegas, Nevada 89109

## DRAW SHEETS & DESIGNATED POOMSAE

Poomsae draws and brackets will be published after the Technical Meeting on the [USATKD website](#) and [Facebook](#) page.

## SEEDING

[World Taekwondo Poomsae World Ranking Bylaw](#) will be used.  
Seeding will be done for Under 30, Under 40, and 17 and Over Freestyle divisions. All other poomsae divisions will not be seeded.

## HEAD OF TEAM MEETING

The Poomsae Head of Team meeting will take place on March 2, 2023 at the competition venue.

## COMPETITION RULES

[World Taekwondo Poomsae Rules](#) will be followed.

Recognized Poomsae

Under 30 and Under 40: Single elimination tournament system. Two Poomsae performed for all rounds.

All other divisions: Contestants shall perform one (1) assigned compulsory Poomsae in the preliminary and semi-final rounds and two (2) assigned compulsory Poomsae in the final round. All contestants will compete in the preliminary round. The highest 50% scores from the preliminary round will advance to the semifinals. At the end of the semi-final round the highest eight (8) scoring contestants will advance to the final round. The highest score in four (4) contestants will be awarded medals (1st, 2nd, 3rd, 3rd) based on scores

- Divisions with fewer than 20 contestants will start with the semi-final round.
- Divisions with fewer than 9 contestants will start with the final round.

Designated poomsae forms will be drawn at the Poomsae Head of Team Meeting and posted online after the meeting.

Freestyle Poomsae

Poomsae Freestyle: Cut-off system for all Freestyle categories (single Final Round). The OC may change this due to organizational matters. Scoring shall be made in

accordance with the rules of World Taekwondo.

## CONTEST TIME

### Recognized Poomsae

Individual, Pair, and Team competitions up to 90 seconds. The waiting period between 1st poomsae and 2nd poomsae is minimum of 30 seconds.

### Free Style Poomsae

Individual, Pair, and Mixed Team competitions from 90 seconds to 100 seconds.

The WT Technical Delegate has the authority to adjust the contest time as seen fit.

## ATHLETE ELIGIBILITY REQUIREMENTS

1. Holder of a valid WT Global Athlete License.
2. Member of the team/club of a pertinent Member National Association, recognized by the Pan American Taekwondo Union or World Taekwondo.
3. Holder of 1st Dan/Poom, and above (WT regulations) for Cadets athletes and above.

Contestants may compete in a maximum of two events per WT Competition Rules (in recognized poomsae and/or freestyle poomsae). If an athlete is registered in more than two events, the athlete will randomly be removed from the needed events until meeting the two limit criteria.

## COACH ELIGIBILITY REQUIREMENTS

- Minimum age of 18 years.
- Holder of a valid WT Global Official License.
- Coach is not allowed to wear a Dobok.

### **USA Coaches**

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

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

First Time SafeSport - <https://sport80.zendesk.com/hc/en-us/articles/360054619112-How-do-I-take-SafeSport-core-training->

SafeSport Refreshers - <https://sport80.zendesk.com/hc/en-us/articles/360054619252-How-do-I-take-a-SafeSport-refresher-course->

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

## POOMSAE DIVISIONS

INDIVIDUAL POOMSAE				
AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
DRAGONS	6-7 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
TIGERS	8-9 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
YOUTH	10-11 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
CADET	12-14 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
UNDER 30	18-30 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	Single Elimination
UNDER 40	31-40 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	Single Elimination
UNDER 50	41-50 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
UNDER 60	51-60 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
UNDER 65	61-65 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
OVER 65	66 & OLDER	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT
OVER 70	71 & OLDER	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WT FORMAT

PAIRS POOMSAE			
CO-ED: 1 MALE & 1 FEMALE			
Cadet (12-14), Juniors (15-17), Under 30 (18-30), Over 30 (31+), & Over 50 (51+)			
Division	Belt	Rank	Gender
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Under 30 (18-30)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Over 30 (31+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed
Over 50 (51+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Co-Ed

<b>TEAM POOMSAE</b>			
3 Competitors of the same gender			
Cadet (12-14), Juniors (15-17), Under 30 (18-30), Over 30 (31+), & Over 50 (51+)			
<b>Division</b>	<b>Belt</b>	<b>Rank</b>	<b>Gender</b>
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Under 30 (18-30)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Under 30(18-30)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Over 30 (31+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Over 30 (31+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male
Over 50 (51+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Female
Over 50 (51+)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male

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

## COMPULSORY POOMSAE

<b>COMPULSORY POOMSAE – BLACK BELTS</b>	
<b>INDIVIDUAL DIVISIONS</b>	<b>COMPULSORY POOMSAE</b>
Dragons (6-7)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Tigers (8-9)	
Youth (10-11)	
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Under 40 (31-40)	
Under 50 (41-50)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60 (51-60)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65 (61-65)	
Over 65 (66+)	
Over 70 (71+)	
<b>PAIRS DIVISIONS (co-ed)</b>	<b>COMPULSORY POOMSAE</b>
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Teaback, Pyongwon, Shipjin
Over 30 (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Over 50 (51+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
<b>TEAM DIVISIONS</b>	<b>COMPULSORY POOMSAE</b>
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Over 30 (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Over 50 (51+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

## REGISTRATION & FEES

Team entries will only be accepted through the WT GMS online registration system Simply Compete.

Registration of athletes is only possible with a valid WT Global License (GAL issued by assigned GMS club, Edition and MNA Administrators only).

<https://worldtkd.simplycompete.com/>

ATHLETES		
Deadline	One Division	Two Divisions
<b>Tuesday, February 7</b>	<b>\$150</b>	<b>\$200</b>
<b>Tuesday, February 21</b>	<b>\$200</b>	<b>\$250</b>

COACHES		
EARLY	LATE	ONSITE
<b>\$80</b>	<b>\$150</b>	<b>\$180</b>

## PAYMENT ENTRY

All entry fees shall be paid in advance to USATKD through Simply Compete registration system. Cash payments will **only** be accepted under extraordinary circumstance and with a prior request. If a wire transfer needs to be done directly to USA Taekwondo due to national policies of MNA, please refer to the following info:

Beneficiary: USA Taekwondo  
Name of the bank: Wells Fargo  
Account Number: 1690251853  
Routing Number: 102000076  
BIC/SWIFT: WFBIUS6S  
Bank address: 90 S Cascade Ave. Colorado Springs, CO 80903

**SUBMIT A COPY OF YOUR PAYMENT TO:** [ewininger@usatkd.org](mailto:ewininger@usatkd.org).

Athletes and coaches must pay IN FULL by the early, regular or final registration deadline to receive the registration fee at that rate. This means if you register during the Early Registration period but do not pay by the deadline you will have to pay the fee applicable for the registration period when you pay.

## CREDENTIALS

USATKD has a NO REFUND policy.

Athletes will receive an event credential via email if they have paid in full by the registration

deadline. If an athlete has not paid in full they must come to the registration desk onsite to complete any outstanding items with their profile before they will be emailed a credential. Coaches will not be emailed a credential. All coaches will receive a physical credential onsite at the event.

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

## VISA REQUEST

The visa invitation letter for each registered individual will be automatically generated from WT GMS platform if the visa is requested during the registration for the event. All members who need entry visa to USA must be registered for the event in GMS. You must then use this letter to apply for your or your team member's visa.

## SPORT EQUIPMENT

If you need assistance with a Visa letter you can email [nbryant@usatkd.org](mailto:nbryant@usatkd.org).

### Mats

WT Recognized mats will be used at the event

### Dobok

Athletes can only use WT recognized products while participating at the event. See a list of recognized products at: <http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>

### Approved Poomsae Competition Uniforms

Children Division (6-11): Color code as Cadets is highly encourage, but participants may compete in fully white V neck dobok.

Division (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.

Junior and Senior Division (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females.

Master Division (Ages 51 and up): Yellow top and dark blue pants for both males and females.

## AWARDS

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

TEAM AWARDS	
1 <sup>st</sup> Place	7 points
2 <sup>nd</sup> Place	3 points
3 <sup>rd</sup> Place	1 point
3 <sup>rd</sup> Place	1 point

Team awards will be given out to the top three (3) teams in each of the Men's and Women's Poomsae per medalist.

Special awards

Best Male and Best Female athlete in the Senior Poomsae Division

Best Male and Female Poomsae International Referees

Best Male and Female Poomsae Team Coach.

Awards will be determined and awarded after the conclusion of the final day of the Senior Sparring Divisions.

## ANTI-DOPING

### Applicable medical rules

The WT Medical Code, WT mouthguard, bracing, taping, padding, and piercing rules are applicable, which all MNA participating in this event must comply.

### Applicable doping rules

The WT Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests will be conducted among all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event.

### Therapeutic Use Exemption

Athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to submit TUE applications via ADAMS, together with the required medical information. Otherwise, please download the TUE Application Form (found on <https://ita.sport/TUE>), and once duly completed and signed, send it together with the required medical file to [tue@ita.sport](mailto:tue@ita.sport). Report TUE applications also to the WT Sport Department via [antidoping@worldtaekwondo.org](mailto:antidoping@worldtaekwondo.org) by no later than 15 January 2022.

### ADAMS login

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or [tue@ita.sport](mailto:tue@ita.sport) with copy to [antidoping@worldtaekwondo.org](mailto:antidoping@worldtaekwondo.org)

For more details, please visit

<http://www.wada-ama.org/en/ADAMS/>

[http://www.worldtaekwondo.org/anti\\_doping-wt/therapeutic.html](http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html)

## MEDICAL

### **Athletic Trainers & Taping of Athletes**

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

## MEDIA

Registered media and press officials or official photographers are entitled to receive a media credential. For more information, please contact the USATKD at [media@usatkd.org](mailto:media@usatkd.org).

## SPECTATORS TICKETS

Admission to the National Championships is by credential or ticket only. Advanced event tickets can be ordered directly online through [Brown Paper Tickets](#). Online ticket sales will end Sunday, February 26.



TICKETS		
	Online	Door
<b>Adults (18 &amp; Over)</b>	<b>\$18</b>	<b>\$21</b>
<b>Child (6 - 17)</b>	<b>\$13</b>	<b>\$16</b>

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

## SAFESPORT & MAAP

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

If you are facing a life-threatening emergency, contact 911. Please use this link to report a Safe Sport incident - [safesport-i.sight.com/portal](https://safesport-i.sight.com/portal).

How to report a Safe Sport concern -  
Please call 833 5US Safe  
[safesport-i.sight.com/portal](https://safesport-i.sight.com/portal)

### USA Taekwondo, SafeSport and the MAAPP Policy

Safe Sport is an initiative that is mandatory for all USOPC National Governing Bodies to develop and to implement. USA Taekwondo has done so, and it is now a requirement that people in supervisory positions with our Taekwondo athletes must undergo and successfully complete a background check. Of course, the emphasis here is on the safety of our athletes and the strong motivation to keep them safe from all kinds of abuse, to include harassment, bullying and improper touching. We will also be providing training for our membership regarding Safe Sport and its implementation.

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

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

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

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

## SCHEDULE

## US Open Taekwondo Championships Schedule

Date	Event	Time	Division
February 7	Early Registration Deadline	11:59 p.m. MT	All Divisions
February 21	Final Registration Deadline	11:59 p.m. MT	All Divisions
March 2	Check-in/Weight Changes	10 a.m. - 12 p.m.	All Divisions
	Check-in/Weight Changes	2 p.m. - 4 p.m.	All Divisions
	Training	1 p.m. - 5 p.m.	All Divisions
	Poomsae Head of Team Meeting	4:30 p.m.	Poomsae Divisions
March 3	Doors Open for Poomsae Athletes & Coaches	7:30 a.m.	Divisions TBA
	Athletes MUST be in Holding	8 a.m.	Divisions TBA
	Doors Open for Spectators	8 a.m.	All Divisions
	Competition Begins	8:30 a.m.	All Poomsae Divisions
	Check-in/Weight Changes	9 a.m. - 12 p.m.	All Sparring Divisions
	Weigh-in	8 a.m. - 10 a.m.	Dragons (6-7) Black Belts - M/F Tigers (8-9) Black Belts - M/F Youth (10-11) Black Belts - M/F Ultra (33+) Black Belts - M/F
	Weigh-in	10 a.m. - 12 p.m.	Cadet (12-14) Black Belts - M/F
	Check-in/Weight Changes	2 p.m. - 4 p.m.	Junior (15-17) Black Belts - M/F Senior Sparring Divisions
March 4	Doors Open for Sparring Athletes & Coaches	7:30 a.m.	Divisions TBA
	Athletes MUST be in Holding	8 a.m.	Divisions TBA
	Doors Open for Spectators	8 a.m.	Divisions TBA
	Competition Begins	8:30 a.m.	<b>Division order TBA after registration closes</b> <b>Sparring</b> Dragons (6-7) Black Belts - M/F Tigers (8-9) Black Belts - M/F Youth (10-11) Black Belts - M/F Cadet (12-14) Black Belts - M/F Junior (15-17) Black Belts - M/F Ultra (33+) Black Belts - M/F
	Weigh-in	10 a.m. - 12 p.m.	Senior Sparring Divisions
	Registration	9 a.m. - 11 a.m.	
March 5	Random Weigh-in List Posted	6 a.m.	Senior Sparring Divisions
	Random Weigh-in	7:30 a.m.	Senior Sparring Divisions
	Doors Open for Sparring Athletes & Coaches	7:30 a.m.	Divisions TBA
	Athletes MUST be in Holding	8 a.m.	Divisions TBA
	Doors Open for Spectators	8 a.m.	Divisions TBA
	Competition Begins	8:30 a.m.	Senior Sparring Divisions
	Registration	9 a.m. - 11 a.m.	