



POOMSAE INFORMATION PACKET

RENO, NV

**RENO SPARKS CONVENTION CENTER
4590 S. VIRGINIA STREET
RENO, NEVADA 89502**



One Olympic Plaza
Colorado Springs, CO 80909
719-866-2423
www.usatkd.org



PROMOTER

USATKD
One Olympic Plaza
Colorado Springs, Colorado 80909
1-719-866-2423

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@panamericantaekwoundunion.org

ORGANIZER

USATKD
One Olympic Plaza
Colorado Springs, Colorado 80909
1-719-866-2423

Christy Simmons, Director of Events
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Eric Winger, Associate Director of National Teams
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Katie Cleveland, Event Manager
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Michael Newman, Event Coordinator
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VENUE

Reno-Sparks Convention Center
4590 S Virginia Street
Reno, Nevada 89502

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=72578>

February 16-18, 2024

REGISTRATION & ACCREDITATION

February 16-18, 2024

Reno-Sparks Convention Center
4590 S Virginia Street
Reno, Nevada 89502

DRAW SHEETS & DESIGNATED POOMSAE

Poomsae draws and brackets will be published after the Technical Meeting on the USATKD website and Facebook page. Designated Poomsae will be posted on February 12, 2024

SEEDING

World Taekwondo Poomsae World Ranking Bylaw will be in force. Seeding will be done for Recognized Under 30, Recognized 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 February 15, 2024, 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.

Freestyle Poomsae: 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 Cadet 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.

NO ONSITE REGISTRATION WILL BE ACCEPTED FOR ATHLETES

COACH ELIGIBILITY REQUIREMENTS

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

If you are coaching both Kyorugi and Poomsae at the U.S. Open, you will only need to register as a Kyorugi coach.

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

NO ONSITE REGISTRATION WILL BE ACCEPTED FOR COACHES

POOMSAE DIVISIONS

INDIVIDUAL POOMSAE				
AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
DRAGONS	6-7 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
TIGERS	8-9 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
YOUTH	10-11 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
CADET	12-14 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
UNDER 30	18-30 YEARS OLD	BLACK	1 ST – 9 TH	Single Elimination
UNDER 40	31-40 YEARS OLD	BLACK	1 ST – 9 TH	Single Elimination
UNDER 50	41-50 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
UNDER 60	51-60 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
UNDER 65	61-65 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
OVER 65	66 & OLDER	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
OVER 70	71 & OLDER	BLACK	1 ST – 9 TH	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 st – 9 th	Co-Ed
Juniors (15-17)	Black	1 st – 9 th	Co-Ed
Under 30 (18-30)	Black	1 st – 9 th	Co-Ed
Over 30 (31+)	Black	1 st – 9 th	Co-Ed
Over 50 (51+)	Black	1 st – 9 th	Co-Ed

TEAM POOMSAE			
3 Competitors of the same gender			
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 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
Under 30 (18-30)	Black	1 st – 9 th	Female
Under 30(18-30)	Black	1 st – 9 th	Male
Over 30 (31+)	Black	1 st – 9 th	Female
Over 30 (31+)	Black	1 st – 9 th	Male
Over 50 (51+)	Black	1 st – 9 th	Female
Over 50 (51+)	Black	1 st – 9 th	Male

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

COMPULSORY POOMSAE

COMPULSORY POOMSAE – BLACK BELTS	
INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
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+)	
PAIRS DIVISIONS (co-ed)	COMPULSORY POOMSAE
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
TEAM DIVISIONS	COMPULSORY POOMSAE
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 and athlete 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
February 1	\$150	\$200
COACHES		
DEADLINE	FEE	
February 1	\$80	

PAYMENT ENTRY

All entry fees will be paid in advance to USATKD through Simply Compete registration system. **PAYMENT FOR REGISTRATION WILL NOT BE ACCEPTED ON SITE.** 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.

Athletes and coaches must pay IN FULL by the final registration deadline to compete.

USATKD has a NO REFUND policy.

CREDENTIALS

Athletes will receive an event credential via email the week of February 11, 2024.

Coaches will not be emailed a credential. All coaches will receive a physical credential onsite at the event. Please come to the registration desk for pickup during the designated registration desk times.

All Poomsae athletes will be automatically checked in the night before their event and **no in person check in is required.**

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 an entry visa to the 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.

If you need assistance with a Visa letter you can email kcleveland@usatkd.org.

SPORT EQUIPMENT

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 formales; 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 malesand females.

AWARDS

INDIVIDUAL AWARDS

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

TEAM AWARDS

1st Place	7 points
2nd Place	3 points
3rd Place	1 point
3rd 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. Report TUE applications also to the WT Sport Department via 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 with copy to antidoping@worldtaekwondo.org

For more details, please visit:

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

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.

SPECTATORS TICKETS

Admission to the National Championships is by credential or ticket only. Event tickets can be ordered directly online through [Brown Paper Tickets](#). No onsite ticket sales will be available for purchase. Online ticket sales will be available through the conclusion of the event.



TICKETS	
TICKET TYPE	PRICE
ADULT SINGLE DAY	\$18.00
CHILD SINGLE DAY	\$13.00
ADULT ALL WEEKEND PASS	\$50.00
CHILD ALL WEEKEND PASS	\$35.00

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).

SCHEDULE

Date	Event	Time	Division	
February 1	Final Registration Deadline	11:59 p.m. MT	All Divisions	
February 12	Designated Poomsae	11:59 p.m. MT	All Divisions	
February 15	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. or TBD	Poomsae Divisions	
February 16	Doors Open for Poomsae Athletes & Coaches	7:30 a.m.	Report Times By Division TBA	
	Athletes MUST be in Holding	8 a.m.	Report Times By Division 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. - 4 p.m.	All Sparring Divisions	
	Training	9 a.m. - 5 p.m.	All 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	
Weigh-in	12 p.m. - 2 p.m.	Junior (15-17) Black Belts - M/F		
Kyorugi Head of Team Meeting	4 p.m. or TBD	Sparring Divisions		
February 17	Doors Open for Sparring Athletes & Coaches	7 a.m.	Report Times By Match Number TBA	
	Athletes MUST be in Holding	7:30 a.m.	Report Times By Match Number TBA	
	Doors Open for Spectators	7:30 a.m.	Report Times By Match Number TBA	
	Check-in/Weight Changes	9 a.m. - 4 p.m.	Senior Sparring Divisions	
	Competition Begins	8 a.m.	Division order TBA after registration closes	
			Sparring	
			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	
Training	9 a.m. - 5 p.m.	All Divisions		
Weigh-in	10 a.m. - 12 p.m.	Senior Sparring Divisions		
February 18	Random Weigh-in List Posted	5:30 a.m.	Senior Sparring Divisions	
	Random Weigh-in	6:30 a.m.	Senior Sparring Divisions	
	Doors Open for Sparring Athletes & Coaches	6:30 a.m.	Report Times By Match Number TBA	
	Athletes MUST be in Holding	7 a.m.	Report Times By Match Number TBA	
	Doors Open for Spectators	7 a.m.	Report Times By Match Number TBA	
	Competition Begins	7:30 a.m.	Senior Sparring Divisions	
	Registration	7 a.m. - 11 a.m.		