



2018 UTAH STATE CHAMPIONSHIPS

GENERAL PROGRAM



GENERAL INFORMATION

SUBJECT	DESCRIPTION
2018 Utah State Championship Events	<ul style="list-style-type: none"> • Sparring • Poomsae- Individual, Pairs, Team and Para • Weapons • Board Breaking
Competitor Registration	<ul style="list-style-type: none"> • Competitors must Register at- WWW.tkdutah.com • All competitors must be United States of America Taekwondo Members and hold appropriate U.S. Citizenship or meet Residency Requirements • Early Registration Competitor Fee- \$75 for one event, \$20 for each additional event • Late Registration Fee (After April 9th)- \$95 for one event plus \$25 for each additional event • Late Registration Fees paid on site on April 28th will incur an additional \$10 charge
Coaching Registration	<ul style="list-style-type: none"> • Coaches must Register at- WWW.tkdutah.com • All coaches must be, at a minimum, AC Certified within the USAT Coach Development Program (CIDP) with a completed background check • Early Coaches Registration Fee- \$50 • Late Registration Fee (After Midnight April 15th)- \$60 • Final Registration will be April 25th (To allow for Background Check Processing)
Entrance Fees for Spectators and Fans	<ul style="list-style-type: none"> • 6 Years and Older - \$12 • 5 Years and Younger- Free
Competitor Uniform and Equipment Requirements	<ul style="list-style-type: none"> • All Competitors must wear- <ul style="list-style-type: none"> o World Taekwondo Federation (WTF) Approved white V-Neck for Color Belts o No Colored trim will be allowed except for Black Belt V-Neck Lapels • All Kyo-roo-gi Competitors must wear- <ul style="list-style-type: none"> o Daedo Scoring Equipment o Personally Purchased Daedo Foot Gear (Can be Purchased at www.e productions.co) o WTF Approved, Red/ Blue Headgear for Black Belts (Color Belts May wear White) o Forearm Guards, Shin, Instep Guards and Mouthpiece o All Male Competitors must wear a Groin Cup under their Uniform
Competition Rules	<ul style="list-style-type: none"> • The Most Current WTF Rules.
Club awards	First, Second and Third Place Awards will be designated by total Club Medal Counts
Individual Awards	There will be one First Place, one Second Place, and two Third Place Awards in Each Division
Weigh-in	<ul style="list-style-type: none"> • Weigh-In is Required For All Sparring Competitors • Weigh-In Will Take Place at the Salt Palace Convention Center Hall A, 100 S. West Temple, Salt Lake City , Utah 84101 • Weigh-In Times will be- From Noon to 4:00 pm and From 5:00 pm to 7:00 pm on April 27th 2018
Host Hotel	Hilton Salt Lake City Center, 255 South, West Temple, Salt Lake City, Utah, 84101

GENERAL INFORMATION

FRIDAY APRIL 28		DESCRIPTION	LOCATION	TIME
REFeree SEMINAR		USAT Referee seminar to be certified or to upgrade rank.		1:00pm
				8:00pm
CREDENTIAL PICK UP & WEIGH-IN		All participants must pick up their credentials <i>(Only Sparring participants weigh-in). Participants not picking up their credentials will not be bracketed</i>	Salt Palace Convention Center 100 S W Temple, Salt Lake City, UT 84101 (Hall A)	12 pm - 4pm
				5pm - 7pm
SATURDAY APRIL 29		DESCRIPTION	LOCATION	TIME
REFeree MEETING		Referee meeting	Ring 1	8:30 am
VOLUNTEER MEETING		First shift	Ring 2	8:45 am
COACH MEETING		Review rules and logistics	Ring 3	8:45 am
DEMO TEAM		All teams check in	Staging	9:00 am
BLACK BELT POOMSAE (AGES 12-17)		Sports Poomsae		9:00 am
POOMSAE, BREAKING & WEAPONS (AGES 9 & UNDER)		Bring your boards and weapons to staging when called		9:00 am
POOMSAE, BREAKING, WEAPONS & SPARRING (AGES 10 & OLDER)		All categories and divisions	Hall A Convention Center	9:00 am
COMPETITION STARTS		Demo Team	Main Floor Hall A	9:30 am
SPARRING		7 & younger	Staging	11:00 am
		8 & younger	Hall A	12:00 pm

2018 UTAH STATE CHAMPIONSHIP SPARRING CATEGORIES

AGE CLASSES	AGE DIVISIONS	BELT COLOR	MATCH TIME LIMITS	FEMALE WEIGHT CATEGORIES (KG)	MALE WEIGHT CATEGORIES (KG)	WEIGHT CLASSES
DRAGON	6-7 Years old	Yellow, Green, Blue, Red & Black	2/1-Min. Rounds 30 sec. Rest	U19, U23, U27 & O27	U19, U23, U27 & O27	Fin, Light, Middle & Heavy
TIGERS	8-9 Years old	Yellow, Green, Blue, Red & Black	2/1-Min. Rounds 30 sec. Rest	U21, U25, U30 & O30	U21, U25, U30 & O30	Fin, Light, Middle & Heavy
YOUTH	10-11 Years old	Yellow, Green, Blue, Red & Black	3/1-Min. Rounds 30 sec. Rest	U30, U35, U40 & O40	U30, U35, U40 & O40	Fin, Light, Middle & Heavy
CADET	12-14 Years old	Yellow, Green, Blue, Red Black	3/1-Min. Rounds 30 sec. Rest 3/1.30 -Min. Rounds, 30 sec. Rest	U29, U33, U37, U41, U44, U47, U51, U55 U59, O59	U33, U37, U41, U45, U49, U53, U57, U61, U65, O65	Fin, Fly, Bantam, Feather, Light, Welter, Lt. Middle, Middle, Lt. Heavy & Heavy
JUNIOR	15-17 Years old	Yellow, Green, Blue & Red Black	3/1-Min. Rounds 30 sec. Rest 3/1.30-Min. Rounds 30 sec. Rest	U42, U44, U46, U49, U52, U55, U59, U63, U68, O68	U45, U48, U51, U55, U59, U63, U68, U73, U78, O78	Fin, Fly, Bantam, Feather, Light, Welter, Lt. Middle, Middle, Lt. Heavy & Heavy
SENIOR	17-32 Years old	Yellow, Green, Blue, Red Black	3/1-Min. Rounds 30 sec. Rest 3/2-Min. Rounds 1 Min. Rest	U46, U49, U53, U57, U62, U67, U73, O73	U54, U58, U63, U68, U74, U80, U87, O87	Fin, Fly, Bantam, Feather, Light, Welter, Lt. Middle, Middle, Lt. Heavy & Heavy
ULTRA	33+ Years old	Yellow, Green, Blue, Red & Black	3/1-Min. Rounds 30 sec. Rest	U49, U57, U67 & O67	U58, U68, U80 & O80	Fin, Light, Middle & Heavy

Match times are subject to change with announcement at event.

INDIVIDUAL POOMSAE AGE DIVISIONS

AGE CLASSES	AGE DIVISIONS	BELT COLOR
DRAGONS	6-7 Years old	 Yellow, Green, Blue, Red & Black
TIGERS	8-9 Years old	
YOUTH	10-11 Years old	
CADET	12-14 Years old	 Yellow, Green, Blue & Red
JUNIOR	15-17 Years old	
SENIORS & MASTERS	18 & older	
CADET	12-14 Years old	 Black 1st-9th
JUNIOR	15-17 Years old	
1ST SENIORS	18 & older	
2ND SENIORS	31-40 Years old	
1ST MASTERS	41-50 Years old	
2ND MASTERS	51-60 Years old	
3RD MASTERS	61-65 Years old	
4TH MASTERS	65+ Years old	

BLACK BELTS RECOGNIZED POOMSAE

DIVISION		COMPULSORY POOMSAE
DRAGON (6-7)	TIGER (8-9)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	YOUTH (10-11)	
	CADET (12-14)	
JUNIOR (15-17)		Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
UNDER 30	UNDER 40	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
UNDER 50		
UNDER 60	OVER 65	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
UNDER 65		
OVER 65		
PAIR	9 AND UNDER	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 - 11	
	CADET (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	JUNIOR (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	UNDER 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	OVER 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
TEAM	9 AND UNDER	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 - 11	
	CADET (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	JUNIOR (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	UNDER 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	OVER 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

Note:

Shaded cells are **official WTF divisions** competed at USAT sanctioned events.

Unshaded cells are **USAT divisions** competed in USAT sanctioned events.

COLOR BELTS COMPULSORY POOMSAE

Yellow (7th & 8th Geup) All ages Taegeuk 1, 2 Jang
Green (5th & 6th Geup) All ages Taegeuk 1, 2, 3, 4 Jang
Blue (3rd & 4th Geup) All ages Taegeuk 3, 4, 5, 6 Jang
Red (1st & 2nd Geup) All ages Taegeuk 4, 5, 6, 7, 8 Jang

TEAM (MALE/FEMALE) POOMSAE AGE DIVISIONS & CO-ED PAIRS POOMSAE AGE DIVISIONS

AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	GENDER
CADET	12-14 Years old	● Black	1 st -9 th	Male or female
JUNIORS	15-17 Years old	● Black		
1ST TEAM	18-30 Years old	● Black		
2ND TEAM	30+ Years old	● Black		

MALE & FEMALE INDIVIDUAL AGE DIVISIONS-BOARD BREAKING & WEAPONS

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	BREAKING TIME LIMITS	WEAPONS - ROUTINE TIME LIMITS
DRAGONS	6-7 Years Old	 All Belts	1 MINUTE	1 MINUTE	1 MINUTE
TIGERS	8-9 Years Old				
YOUTH	10-11 Years Old				
CADET	12-14 Years Old				
JUNIOR	15-17 Years Old				
SENIOR	18-32 Years Old				
ULTRA	33+ Years Old				

SOCKS ALLOWED BY BELT

EQUIPMENT	YELLOW, GREEN, BLUE, RED BELTS	BLACK BELTS (WHEN HEAD CONTACT ALLOWED)
GEN 1 E-SOCK	X	X
E-HEEL		X
GEN 2 E-SOCK		X
GEN 1 E-HOGU	X	X
DAEDO E-HELMET		X

PARTICIPANT REQUIREMENTS

AGES & BELTS	PROOF OF RESIDENCY
<ul style="list-style-type: none"> ● 6-7, 8-9, 10-11 (Black Belts) 	<ul style="list-style-type: none"> » U.S. Passport » U.S. Birth Certificate » Green Card » U.S. School Report Card » Valid U.S. Driver's License or Government issued ID » U.S. Military ID
<ul style="list-style-type: none"> ● 12-14, 15-17 & 18 & Older (Yellow, Green, Blue & Red) 	
<ul style="list-style-type: none"> ● 12-14, 15-17, 18 & Older Black Belts 	<ul style="list-style-type: none"> » U.S. Passport » U.S. Birth Certificate

COACH REQUIREMENTS

All coaches are **REQUIRED** to hold, at minimum, an Associate Coach (AC) Certification within the USA Taekwondo CIDP program. All Coaches must be a current member of USA Taekwondo and must have taken and cleared the USA Taekwondo Background Check (Required every 2 years). Coaches may obtain the AC Certification by passing the Associate Coach Quiz within the Hang-a-Star System. The AC Coach Quiz should be completed at least 3 business days prior to State Championship registration deadline to allow for grading. Coaches are also required to view the **USOC Safe Sport Video**. (See the following link: <http://www.teamusa.org/usa-taekwondo/v2-coaching/coach-education-program>)

(Note: In order to coach in the World Class Cadet (12-14), Junior (15-17) and/or Senior (17-32) Black Belts in both Sparring and

Poomsae at the USA Taekwondo National Championships, coaches must have a Level 1 certification through the USA Taekwondo CIDP program. More information about the Level 1 certification can be found following the link above).

COMPETITION RULES & REQUIREMENTS

The Utah State Championships will use and follow the USA Taekwondo rules and regulations. For current Sparring and Poomsae rules please refer to the following link: <http://www.teamusa.org/USA-Taekwondo/Events/Competition-Rules.aspx>.

Weigh-In for sparring competitors is **REQUIRED** to be held the day before each sparring divisions. **NO EXCEPTIONS WILL BE MADE TO THIS RULE.**



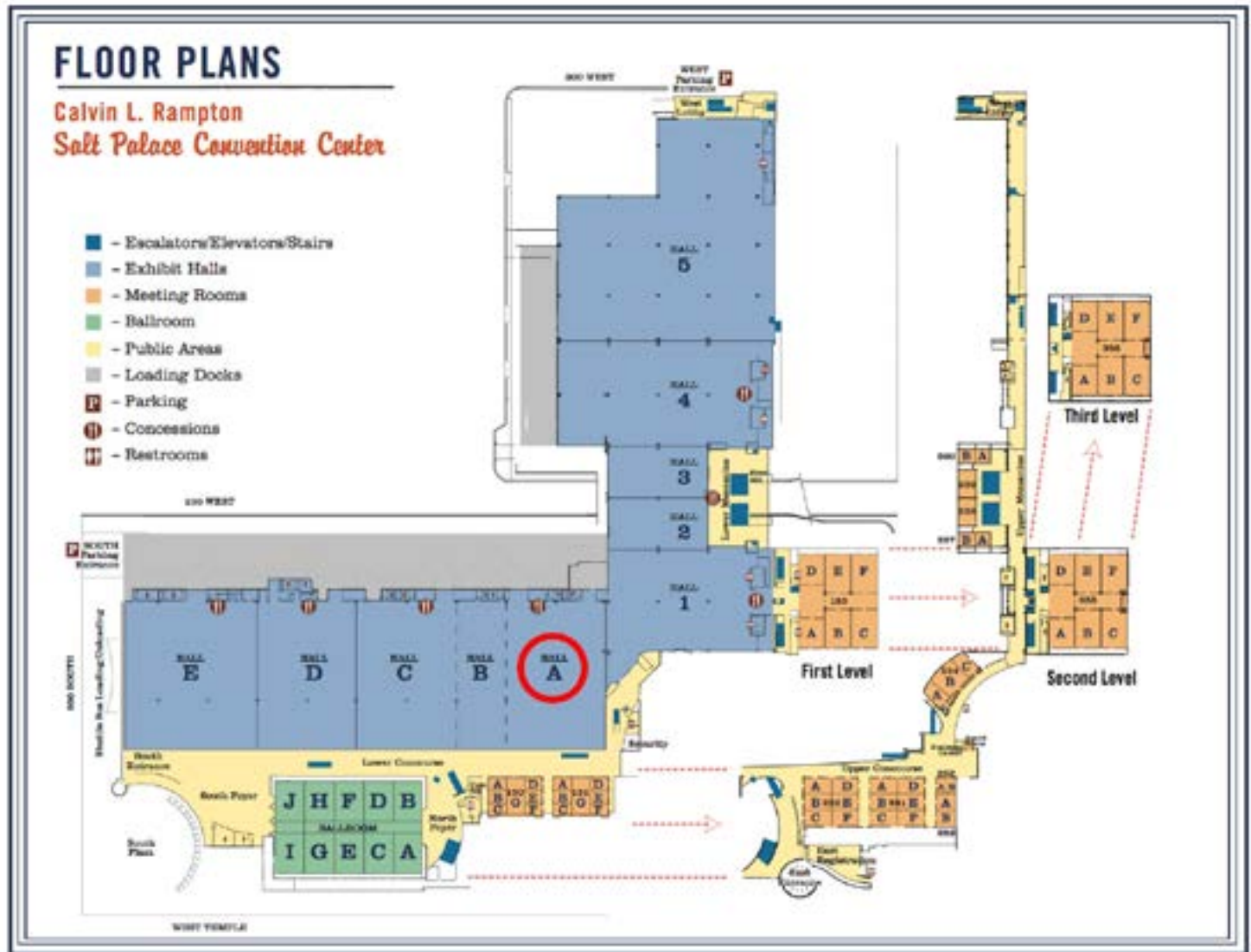
STATE CHAMPIONSHIP REGISTRATION

All participants must register via the USA Taekwondo Hang-A-Star online registration system. **NO DAY-OF/ONSITE REGISTRATION WILL BE ALLOWED.** The reason for the strict requirement of no on-site registration is because USA Taekwondo has a responsibility to do all it can to safeguard our athletes and members, and it is often impossible to verify that an unregistered participant is a member and/or has successfully passed a background check.



SALT PALACE CONVENTION CENTER FLOOR PLAN

All events will be held in **Exhibition Hall A.**



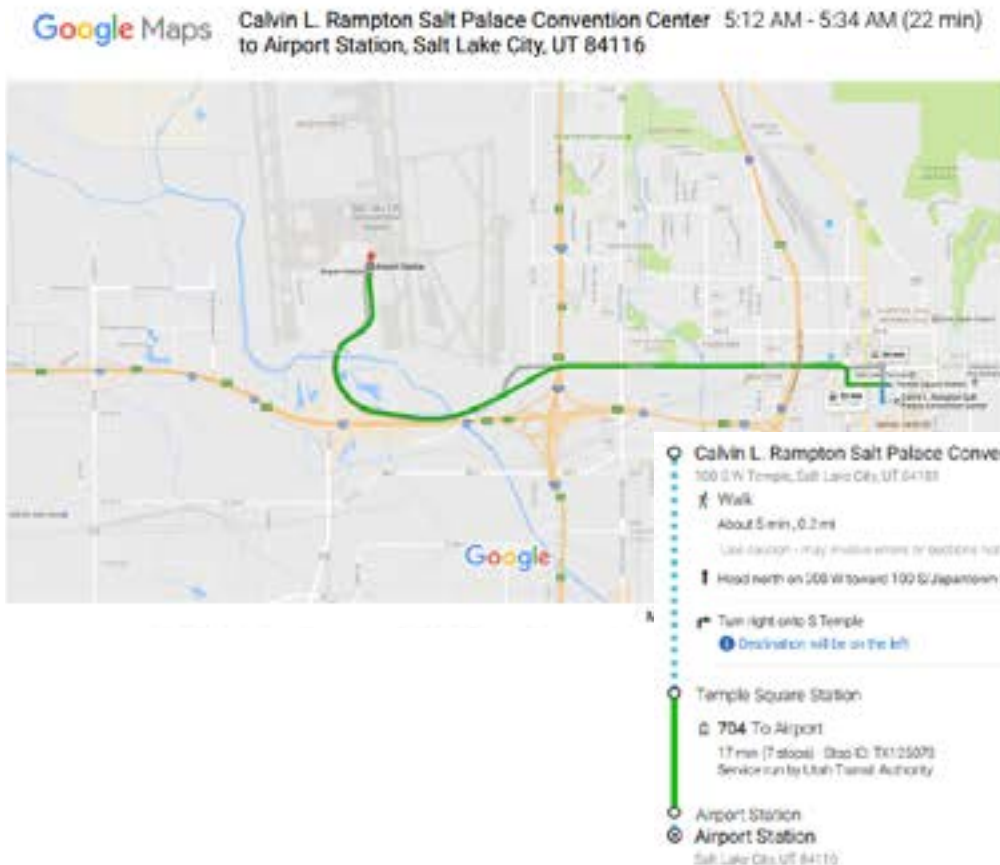
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SPECIAL EVENTS

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THINGS TO KNOW

Tournament Registration Check List:

- We will be selling equipment at event, including Daedo socks
- We will have a professional photographer on site for your convenience
- Tournament Registration Check List:
 - ✓ Register on USAT HangAStar website
 - ✓ Referees register at www.tkdutah.com
 - ✓ Make sure you are in your correct weight
 - ✓ Bring proof of Residency or Citizenship
 - ✓ Athletes pick up credential on Friday April 27, NO EXCEPTIONS
 - ✓ All sparring athletes must weigh in on Friday April 27, NO EXCEPTIONS
 - ✓ All coaches must register through USAT HangAStar website
 - ✓ Bring all your equipment the day of the event. Include Daedo socks all sparring competitors



Airport shuttle to Convention Center on a train (Transit Utah): \$2.50.

The train in Downtown Salt Lake City is **FREE** to ride.