



2022 USA TAEKWONDO WASHINGTON STATE CHAMPIONSHIP

March 27, 2022

St. Martin's University

Marcus Pavilion • Olympia



WELCOME!

Dear Taekwondo Family,

Welcome to the 2022 USAT Washington State Championship. I want to acknowledge the athletes, coaches and their supporters for all your perseverance and commitment to taekwondo. Thank you to the officials and the volunteers who have given their time and energy to make this event successful.

Good Luck to all.

Sincerely,
Master Jason Lee
USAT WA President



EVENT POINTS OF CONTACT

State Association: USA Taekwondo Washington

Tournament Director: Master Angie Lee

(360) 459-3661
usatwashington@gmail.com

www.usatwashington.com
www.facebook.com/usatwashington



SANCTIONED BY

USA Taekwondo

1015 Garden of the Gods Rd Ste 110
Colorado Springs, CO 80907

<https://www.teamusa.org/usa-taekwondo>

Ranking: US 12.0



GOVERNANCE

All sanctioned State Championships must use and follow the USA Taekwondo Rules and Regulations.

The current competition rules for all divisions will be used. To view current version, go to:
<http://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

VENUE

St. Martin's University Marcus Pavilion

5300 Pacific Ave SE
Lacey, WA 98503



LODGING

Hampton Inn & Suites (HQ Hotel)

4301 Martin Way E
Olympia, WA 98516
(360) 459-5000

Free Parking
Breakfast



Ramada Hotel

4520 Martin Way E
Olympia, WA 98516
(360) 459-8866

Free Parking
Breakfast



Mention "taekwondo championship" for special rate.

EVENT SPECTATOR TICKETS

Ticket Pricing	
Event Ticket	At-Door
All-Event Pass	\$15.00
Children 3 & Under	Free

SCHEDULE

Weigh-In and Registration:

March 26, 2022

10:00am – 6:30pm PST

Hampton Inn & Suites, Olympia, WA

- All sparring competitors must weigh-in the day before the competition
- Athletes only competing in Poomsae (Form) do not need to weigh-in but must still check-in and pick up their credentials
- Competitor may change weight on-site. But must do so before stepping on the official weigh-in scale and must pay the \$50.00 administrative fee before weight category is changed.

Saturday, March 26, 2022		
Referee Seminar Weigh-Ins (Sparring Competitors) Credential Pick-Up (All Competitors)		All Competitors All Referees All Coaches
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
9:00am – 5:00pm PST	Referee Seminar	U.S. Martial Arts Center – Olympia
10:00am – 6:00pm PST	Credential Pick-Up	Hampton Inn & Suites
10:00am – 6:00pm PST	Weigh-Ins	Hampton Inn & Suites
ALL SUNDAY SPARRING COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 6:00PM PST		

Sunday, March 27, 2022		
Demonstration Team All Poomsae All Sparring		All Ages
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
8:30am PST	Team/Pairs Poomsae	SMU Marcus Pavilion
9:00am PST	Individual Poomsae	SMU Marcus Pavilion
12:00pm PST	Demonstration Team	SMU Marcus Pavilion
12:00pm PST	Welcome Ceremony / Lunch Break	SMU Marcus Pavilion
1:00pm PST	Sparring	SMU Marcus Pavilion

All Times subject to change. Final Schedule will be posted after registration deadline.

REGISTRATION DEADLINES & FEES

All registration must take place on the USA Taekwondo [Sport80](#) platform. Please have your USA Taekwondo membership number accessible to register.

All athletes and coaches must register and pay in full by the early registration dates to receive the early registration fee. If payment is not received by early registration deadline you will be required to pay the final registration fee.

Athletes will need to check their belt information in the belt section. Athletes will want to make sure a belt color is added in your Sport80 profile. Not having belt information will prevent you from being able to select any events for the Grand Prix Series. Black belt athletes will need to upload a copy of their black belt certificate in [Sport80](#).

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

ATHLETES

Divisions (Sparring, Poomsae, Etc.)	Registration Fee	Registration Deadline
1 st Division	\$125.00	03/21/2022
2 nd Division	\$150.00	03/21/2022
3 rd Division	\$175.00	03/21/2022
4 th Division	\$200.00	03/21/2022
5 th Division	\$225.00	03/21/2022

****Registration Deadlines end at 11:59pm (MT)****

COACHES

CIDP LEVEL	Registration Fee	Registration Deadline
Associate Coach or Level 1	\$75.00	03/21/2022

Coaches are required to complete a pass a background check every two years as well as complete the USOPC SafeSport training every year before they can register for any sanctioned USATKD event. Athletes 18 and older must complete the USOPC SafeSport training every year before they can complete the registration for a sanctioned event. The background check and SafeSport training can be accessed through your [Sport80](#) member 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->

WEIGH-INS & BRACKETING

SPARRING

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

- A competitor's weight shall be measured the day prior to their competition day. All competitors must weigh-in during the designated times on the schedule.
- 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.
- During the weigh-in, the contestant is required to show his/her current photo ID, USATKD identification card or birth certificate.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- 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.**

Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY. Athletes will be given 0.2kg cushion for clothing. 1 Parent/Guardian of the same sex will be allowed in the weigh-in room with their child. Pictures are not allowed in the weigh-in rooms.

Ultra Divisions (33+ year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) (33-4 and 46+)

Classification	Male Divisions Weight Category (kg)	Female Divisions 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

Senior Divisions (17-32 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions 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

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

Classification	Male Divisions Weight Category (KG)	Female Divisions 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)

Classification	Male Divisions Weight Category (kg)	Female Divisions 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
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)

Classification	Male Divisions Weight Category (kg)	Female Divisions 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

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

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 21kg	Not exceeding 21kg
Light	Over 21kg & Not exceeding 25kg	Over 21kg & Not exceeding 25kg
Middle	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)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 19kg	Not exceeding 19kg
Light	Over 19kg & Not exceeding 23kg	Over 19kg & Not exceeding 23kg
Middle	Over 23kg & Not exceeding 27kg	Over 23kg & Not exceeding 27kg
Heavy	Over 27kg	Over 27kg

Junior Safety Rules: Attacks to the head are prohibited. The Referee will penalize the athlete for this case. The referee can decide the winner of RSC (Referee Stop Contest) in case of significant difference of competing ability between two athletes.

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
TIGER	8-9 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR- MAT
TIGER	8-9 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FOR- MAT
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR- MAT
YOUTH	10-11 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FOR- MAT
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR- MAT
CADET	12-14 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR- MAT
JUNIOR	15-17 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
UNDER 30	18-30 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR- MAT
UNDER 40	31-40 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR- MAT
UNDER 50	41-50 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR- MAT
UNDER 60	51-60 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR- MAT
UNDER 65	61-65 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR- MAT
OVER 65	66 & OLDER	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FOR- MAT
UNDER 30	18-30 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
UNDER 40	31-40 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
UNDER 50	41-50 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
UNDER 60	51-60 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
UNDER 65	61-65 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
OVER 65	66 & OLDER	BLACK	1 ST – 9 TH	WTF FORMAT

PAIRS POOMSAE (CO-ED) – 1 MALE & 1 FEMALE

Dragon(6-7), Tiger (8-9), Youth(10-11), Cadet (12-14), Juniors (15-17), 1st Pairs (18-30) & 2nd Pairs (31+)
Pairs Poomsae

Division	Belt	Rank	Gender	
Dragon (6-7)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Tiger (8-9)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Youth (10-11)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Cadet (12-14)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Juniors (15-17)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
1 st Pairs (18-30)	Black	1 st – 9 th	Co-Ed	WTF Format
2 nd Pairs (31+)	Black	1 st – 9 th	Co-Ed	WTF Format

State Championships can choose to do Dragon, Tiger and Youth Team Poomsae, but those divisions will not be available at the USATKD Grand Prix Regionals or National Championships.

**State Championships can choose to do color belt Team Poomsae, but those divisions will not be available at the USATKD Grand Prix Regionals or National Championships. **

TEAM POOMSAE – 3 COMPETITORS OF THE SAME GENDER

Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Junior (15-17) 1st Team (18-30) & 2nd Team (31+)

Team Poomsae

Division	Belt	Rank	Gender
Dragon (6-7)*	Black	1 st – 9 th	Female
Dragon (6-7)*	Black	1 st – 9 th	Male
Tiger (8-9)*	Black	1 st – 9 th	Female
Tiger (8-9)*	Black	1 st – 9 th	Male
Youth (10-11)*	Black	1 st – 9 th	Female
Youth (10-11)*	Black	1 st – 9 th	Male
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 (18-30)	Black	1 st – 9 th	Female
1 st Team (18-30)	Black	1 st – 9 th	Male
2 nd Team (31+)	Black	1 st – 9 th	Female
2 nd Team (31+)	Black	1 st – 9 th	Male

*State Championships can choose to do Dragon, Tiger and Youth Team Poomsae, but those divisions will not be available at the USATKD Grand Prix Regionals or National Championships. *

**State Championships can choose to do color belt Team Poomsae, but those divisions will not be available at the USATKD Grand Prix Regionals or National Championships. **

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

*Demo Teams must provide their own boards and pass inspection

WEIGH-INS

- A competitor's weight shall be measured the day prior to their competition day. All competitors must weigh-in during the designated times on the schedule.
- 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.
- During the weigh-in, the contestant is required to show his/her current photo ID, USATKD identification card or birth certificate.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- 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.**
- **Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY. Athletes will be given 0.2kg cushion for clothing. 1 Parent/Guardian of the same sex will be allowed in the weigh-in room with their child. Pictures are not allowed in the weigh-in rooms.**

REGISTRATION CHECKLIST

Completing all items on this list will help ensure a speedy check-in and weigh-in process

- Register for the State Championships through the [USATKD Sport80](#) online registration system.
- Complete registration payment online. In order to receive the early registration price you must pay by the early deadline. If payment is not received by this deadline the system will automatically update to the late fee.
- Upload your proof of Citizenship and/or black belt certification, if required, to your [Sport80](#) profile.
- Upload a picture (headshot only in BMP, GIF, JPEG, PNG, TIFF and file must be under 4MB) to your membership profile. Please do not mail or email a photo.
- If you need assistance registering for the event, please view a short [video](#) that has been provided.

REQUIREMENTS

All participants must be current USA Taekwondo members. All coaches, referees, club owner/ instructors 18 and older are required to complete and pass USA Taekwondo background check prior to being a member of USA Taekwondo and registered for USA Taekwondo state sanctioned event (background checks must be completed every two years). Please see the USA Taekwondo website for more details. Additionally, they will be required to view and complete the USOC Safe Sport video before renewing their membership.

- Athletes do not need to provide proof of citizenship or residency for any division at State Championships.
- All coaches must be, at minimum, AC certified within the USATKD CIDP program as well as view the Center for SafeSport Video.

AWARDS

SPARRING

Medals will be given out to the top 4 athletes, in the respective divisions and weight categories.

POOMSAE

Medals will be given to the top 4 individuals, pairs (co-ed) and teams in the respective divisions.

DEMONSTRATON TEAM

Medals will be given to the top 3 teams, in the respective divisions.

EQUIPMENT

SPARRING

All sparring divisions will use Daedo Gen-2 E-foot gear.

- *E-Headgear will be used for Black Belt Divisions
- Must wear correct uniform according to USAT Rules.
- Must wear correct style of sparring gear according to USAT Rules.

POOMSAE

Must wear correct poomsae uniform according to USAT Rules.

DEMONSTRATON TEAM

Demo Teams will have a 15 person max limit and a 5 person minimum requirement.

- Teams must supply own boards
- Must wear correct uniforms according to USAT Rules.
- Demonstration Team Rules may differ at USA Taekwondo National Championships

Competition Rules: <https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

COVID PROTOCOLS

Following all federal, state, local safety recommendations and protocols regarding COVID-19

REQUIREMENTS

- There is no on-site registration at any State Championship.
- Athletes do not need to provide proof of citizenship or residency for any division at State Championships

PROOF OF BLACK BELT REQUIREMENT

- If an athlete doesn't have a black belt certification uploaded to their profile or provide a copy of certification at the time of registration, the State Association will be able to utilize the black belt verification form. The form will include contact information so that USA Taekwondo can track that each person provides a copy of their black belt certification by the National Championships. If a copy is not provided at the National Championships, then the athlete's coach and/or instructor will be required to apply for a USA Taekwondo Dan black belt certificate at the time of registration. For more information on the USA Taekwondo Dan certification program follow this link: <http://www.teamusa.org/USA-Taekwondo/Resources/Dan-Certification-Program>