

CALIFORNIA UNIFIED TAEKWONDO ASSOCIATION



**APRIL 7, 2019**

**2019 California  
High School State Championship**

**Selland Arena  
Fresno, CA**

## CUTA HIGH SCHOOL TEAM TRIALS INFORMATION PACKET

### GREETING

At the California State Championship in Fresno, California United Taekwondo Association (CUTA) will be holding team trials for United States High School Taekwondo (USHT) Nationals. Although ALL High School Teams are eligible to compete at the USHT Nationals, winners of the CUTA High School Team Trials will be recognized and sponsored with CUTA Team Uniform and USHT National Registration Fees.

It is our goal to support the growth of Taekwondo sport and culture through the creation of an avenue for athletes to continue their training through high school and college. In doing so, we will advocate and support for individual schools, universities, and leagues by providing resources that are necessary to grow their programs to benefit of all.

### PROMOTER - SANCTIONED



### POINTS OF CONTACT

For more information please visit either: [HighSchoolTaekwondo.com](http://HighSchoolTaekwondo.com) or <https://catkd.org/>

You may reach us for help through the [United States High School Taekwondo Facebook](#) page, the contact form on the website, or by contacting the point of contact below.

We look forward to seeing you soon at the CUTA High School Team Trials.

Greg Bew  
[Bew@wcma.us](mailto:Bew@wcma.us)  
706-604-8541  
USHT, President

## CUTA HIGH SCHOOL TEAM TRIALS INFORMATION PACKET

### REGISTRATION DEADLINE & FEES

All registration must take place on the CUTA website. Please visit <https://www.catkd.org/> to register. NO REFUNDS will be given for any reason. All Athletes and Coaches must register and pay in full by the registration deadline.

**ONLINE REGISTRATION DEADLINE:**  
**March 31, 2019**

#### Fees

- All participants must be USHT members. Coaches and athletes may signup online at <https://highschooltaekwondo.com> or at the event.
- Competitors will be included in one flat fee for each selected event.
- Coaches must be registered as a coach for 2019 USAT California State Championship to ensure proper training and background checks.
- Registration Fee for Each Team (Poomsae/Sparring): \$100
- USHT Memberships: Athletes \$10 Coaches \$50

### ELIGIBILITY

- High school competitors must have been between the ages of 13 and 17 during the current academic year.
- All competitors have proof of full-time student status such as Student ID or Transcript.

#### Athlete Checklist

- ☐ Ensure current status as USHT member
- ☐ Register and pay for event on <http://catkd.org/>
- ☐ Register as an athlete for 2019 USAT California State Championship
- ☐ Have the following item at credential pickup:
  - Proof of Student Eligibility

#### Coach Checklist

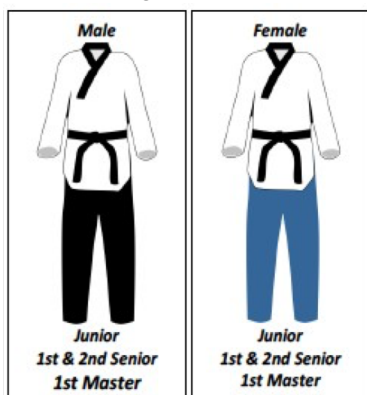
- ☐ Ensure current status as USHT member
- ☐ Complete Coach requirement on <http://www.usat.hangastar.com>
- ☐ Register as a coach for 2019 USAT California State Championship

## **DOBOK & EQUIPMENT REQUIREMENT**

### **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. 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 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. **No tape will be allowed on any part of the uniform.**

**Poomsae contestants** may wear either the standard V-neck USA/WTF uniform (as specified above) or WTF-designated Y-neck competition poomsae uniforms appropriate to the contestant's division.



WTF Y-neck uniforms may have a national flag patch and country code displayed on the uniform consistent with WTF guidelines.

### **Protective Equipment**

Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory as of 1/1/2017 for both male and female competitors), gloves, forearm protector, shin-instep protectors, approved sensing socks (if using an electronic Protector and Scoring System) and a mouth guard before entering the Contest Area.

Wearing of any other items on the head other than head protector shall not be permitted, except for religious reasons. 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. Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety or sport eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc.

## METHOD OF COMPETITION

The 2019 CUTA High School Team Trials will follow the latest USAT rules with additional eligibility requirements as follow:

### TEAM SPARRING

#### 1. TEAM MAKE UP

- Must be from the same School District or Same Region in the SAME State.
- Each male and female team will consist of **3 weight divisions** classified under Light, Middle and Heavy.
- In order to form a team, each team **must** enter three (3) athletes (First Team Members) in minimum, one per weight division. **Athlete can move up one weight division.**
- Each Team **may** have up to six (6) active athletes, two (2) max. per each weight division.  
Ex: If a team has 4 athletes, then only 1 division has 2 athletes.
- Each team **may** have one (1) Substitute athlete for each weight division. These athletes are similar to an injured reserve.

#### 2. TEAM WEIGHT CONFIGURATION

**High School Team: (WTF / USAT approved Junior Weight Categories)**

<b>Men</b>		
<b>Weight Divisions</b>	<b>Range (lbs)</b>	<b>Range (kg)</b>
Light	121 lbs & below	55 kg & below
Middle	121.1 – 150 lbs	55.1 to 68 kg
Heavy	150.1 +	68.1 kg +

<b>Women</b>		
<b>Weight Division</b>	<b>Range (lbs)</b>	<b>Range (kg)</b>
Light	108 lbs & below	49 kg & below
Middle	108.1 – 130 lbs	49.1 to 59 kg
Heavy	130.1 +	59.1 kg +

A **Varsity team** shall consist exclusively of Black Belts.

**Junior Varsity** teams may consist of any Color Belts.

## CUTA HIGH SCHOOL TEAM TRIALS INFORMATION PACKET

### 3. WEIGH IN PROCEDURES

- Weigh-in will be conducted in conjunction with CA State Championship. Competitor credentials for CA State Championship will be valid for CUTA High School Team Trials. Fighters must be within 5% of their weight class.

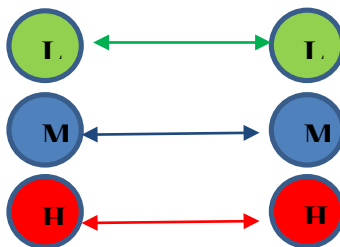
### 4. DURATION OF CONTEST

- Total of three (3) rounds.
- First (1<sup>st</sup>) round : total 3 minutes for 3 person team, 1 minute per each athlete without break between the individual matches.
- Second (2<sup>nd</sup>) and Third (3<sup>rd</sup>) rounds : 3 minutes each round, open tag. Team will have six tags per round.
- 30 second break between rounds.

### 5. METHOD OF COMPETITION

- Mixture of Traditional Team Match format and Tag-team Match format in Three (3) rounds.
- Each active team is comprised of 3 first team athletes and maximum 3 second team athletes and 3 substitutes.
- All matches shall be carried out for 3 rounds at 3 minutes per round with a 30 second break between rounds.
- The 1st round shall be conducted based on traditional match format for one (1) minute per each weight division starting from the lighter to heavier weight. It means that the athletes shall compete against his/her counterpart of the opposing team (same numbered athlete of first team member from #1 to #3) determined before the match.
- The 2nd round and 3<sup>rd</sup> round shall be conducted based on tag-team match format for 3 minutes. The 2<sup>nd</sup> and 3<sup>rd</sup> rounds will be conducted with athletes entering the match regardless of order. The 2<sup>nd</sup> round will begin with the choice of athlete by Blue and the 3<sup>rd</sup> round with the choice by Red. If golden point round is necessary, the team with the least penalties will get athlete choice.

**Must only fight against SAME WEIGHT DIVISION player.**





## CUTA HIGH SCHOOL TEAM TRIALS INFORMATION PACKET



- There shall be 6 **tags** allowed in each the 2<sup>nd</sup> and 3<sup>rd</sup> round. A coach cannot tag players until three techniques have been performed or 10 seconds have elapsed since the last tag. Hopping and checking are not techniques.
- Once the referee has stopped the match to allow a tag, the player leaving the ring must walk to the entering player and they must tag hands before entering the ring. This prevents players from charging in without identification of the correct player and weight division.
- Players have 5 seconds to be in the ring and ready to resume the match or their team may receive a “Gam-jeom”.
- **20** “Gam-jeoms” will be counted as DSQ.
- A point gap of **30** points will be enforced at the end of the 2<sup>nd</sup> round. At that time or anytime in the 3<sup>rd</sup> round the match will be ended if the gap is reached.
- The team that scores more points in accumulation of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> round shall be declared the winner of the match. **In case of a tie**, golden point round shall be carried out for **1 minute**. The team that scores 2 points **or** whose opponent receives 2 “Gam-jeoms” in the golden point round shall be declared the winner.
- In the event that neither contest has scored a point after completion of the golden point round the winner shall be decided by superiority based on the following criteria:
  - a) The team who received less numbers of penalty during all rounds.
  - b) In case the same number of penalties are given to each team, the referee and judges shall decide the winner based on technical dominance of an opponent through aggressive match management, the greater number of techniques executed, the use of the more advanced techniques both in difficulty and complexity, and display of the better competition manner.

### 6. **SUBSTITUTE**

- Each team may bring 1 substitute for each weight class to stand by for each team match and can replace any of the active competitors under any circumstances for once **after** the first round of match. It means, once the substitute is in, the replaced athlete can NOT enter the competition again, even in later matches.
- In case of injury happen during the first round, the individual contest is ended and continue to the next weight division contest. **No substitute is allowed during the first round.**
- In case of injury, a team must be able to form a complete team of 3 or 4 or 5 athletes (including substitutes) to continue to compete.
- If a Team has less than 3 active competitors during the match, the team is disqualified.



## CUTA HIGH SCHOOL TEAM TRIALS INFORMATION PACKET



### TEAM POOMSAE

#### 1. TEAM MAKE UP

- Must be from the same School District or Same Region in the SAME State.
- Cut off system.
- Mixed Gender Team of three (3) is permitted.
- Teams of all men, women, or any combination will compete in one division against each other.

#### 2. DESIGNATED POOMSAE

	Preliminary (20 or more)	Semi (9 -19)	Final (8 and less)
Varsity			
Junior Varsity			

**Varsity** teams shall consist exclusively of Black Belts.

**Junior Varsity** teams may consist of any Color Belts.

**Designated Poomsae will be published 1 week before the event.**

Sparring Brackets, Poomsae & Breaking Order Sheets will be completed after Weigh-in & Check-In are closed and posted before the competition.