



2019 USA Taekwondo California State Championships

**Fresno Convention Center
Selland Arena**

700 M Street
Fresno, CA 93721
April 5 - 7, 2019

Hosted by:

CALIFORNIA UNIFIED TAEKWONDO ASSOCIATION



February 2, 2019

Dear Grand Masters, Masters, Instructors, Referees, Coaches, Athletes, Families & Volunteers,

On behalf of the CUTA organization, I would like to welcome you to the 2019 CUTA State Championship, State Team Trials and USAT National Qualifier.

Thanks to your support, we had a very exciting and successful 2018. Some highlights:

- BiNationals, Baja Mexico: State Cadet Team (ages 12-14) & Junior Team ages (15-17)
- French Taekwondo Open, Paris France: State Senior Team (18 and Over)
- Israel TKD Open, Tel Aviv: State Senior Team (18 and over)

CUTA athletes not only gained valuable international competition experiences, but also gained greater understanding and appreciation for history and culture of the host countries. All these events were made possible by a great team work of CUTA BOD, our event manager Master Elvis Chavez and our CA State Team Coaches who volunteered their time to work with our athletes throughout the year at various CUTA events.

2019 CUTA Event Highlights:

- We kicked the year off with Allstate Rumble, Western Regional High School Competition and Poomsae Development Seminar all on the same day capped by a North vs South Laser Tag.
- CUTA Team trips (TBD)
- CUTA Member Training Trip to Korea (July 10 -24) visit www.catkd.org for information.
- CUTA Referee Development Program to develop and assist those interested in becoming State and National Referees.
- Alliance with US National High School Taekwondo to develop high school Taekwondo programs in California.
- We will continue to form alliances with other International and State organizations pool our resources provide opportunities for our CUTA Members.

We are an organization that embraces and celebrates diversity in all forms. We look forward to your participation in our 2019 CA State Championships.

Sincerely,



Grand Master Yong Choi
President, CUTA

EVENT POINT OF CONTACT

Edward E Givans CUTA Event Director cutaeventdirector@gmail.com (925) 848-9449

SANCTIONED BY

USA Taekwondo
1 Olympic Plaza
Colorado Springs, CO 80909

GOVERNANCE

All sanctioned State Championships must 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>

COMPETITION VENUE

Fresno Convention Center [Selland Arena]
700 M Street, Fresno CA 93721

LODGING and WEIGH-IN/REGISTRATION

Double Tree Hilton Hotel & Conference Center, 2233 Ventura St. Fresno, CA 93721

EVENT SPECTATOR TICKETS

Ticket Pricing	
Event Ticket	At-Door
All-Event Pass	\$20.00
Single Day (Adult 18+)	\$15.00
Single Day (Child 6-17)	\$15.00
Children 5 & Under	Free

COMPETITOR REGISTRATION

All competitor registration must take place on the USA Taekwondo Hang-A-Star system at www.catkd.org Please have your USA Taekwondo membership number accessible to register. USA Taekwondo has a NO REFUND policy. **NO REFUNDS** will be given for any reason.

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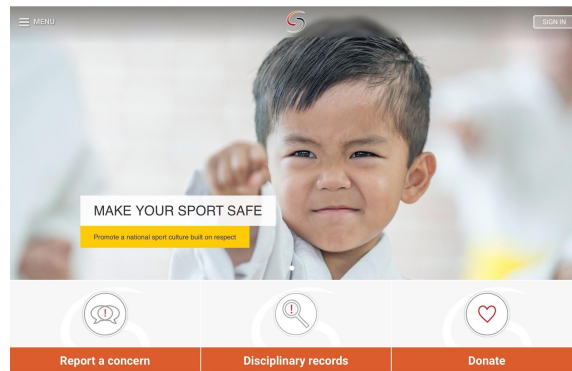
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COACH REGISTRATION

All coach registration must take place on the USA Taekwondo Hang-A-Star system at www.catkd.org. In order to coach at the California State Championship or any USA Taekwondo sanctioned event, ALL Coaches are required to complete a pass a background check before they can register. Please refer to **USOC Safe Sport** at <https://safesport.org>. All coaches must be, at minimum, AC certified within the USA Taekwondo CIDP program. USAT Coach Certified Level 1 and higher required for ALL World Class Sparring and Black Belt Poomsae (Cadet and up) for Nationals.

OUR PRIORITY IS THE SAFETY OF ALL OUR ATHLETES



Competition Fees, Early Registration and Deadline

Athletes

Sparring – Poomsae	Early Registration Fee	Early Registration Deadline	Final Registrations fee	Final Registration Deadline
1 st Event	\$95	15 March 2019	\$120	31 March 2018
2 nd Event	\$130	15 March 2019	\$155	31 March 2018
3 rd Event	\$165	15 March 2019	\$190	31 March 2018
4 th Event	\$200	15 March 2019	\$225	31 March 2018
5 th Event	\$235	15 March 2019	\$260	31 March 2018
6 th Event	\$270	15 March 2019	\$295	31 March 2018

Coaches

CIDP LEVEL	Early Registration Fee	Early Registration Deadline	Final Registrations fee	Final Registration Deadline
Associate Coach Level 1 Coach	\$55	15 March 2019	\$ 75	31 March 2019

NO on-site registration at any State Championship
**** Registration Deadline is at 11:59 pm (MT)****

WEIGH-IN and REGISTRATION

Double Tree Hilton Hotel & Conference Center, 2233 Ventura St. Fresno, CA 93721

ALL COMPETITORS must check-in at registration for credential pick-up the day before their competition to be included in their division brackets. Friday competitors will have a separate line at registration.

Weigh-In is MANDATORY for all SPARRING COMPETITORS.

ALL Sparring Competitors MUST weigh-in the day before scheduled competition. A maximum of 2 weigh-ins are allowed per athlete. The 2nd weigh-in must occur before registration is officially closed. There is a \$25 division change fee.

Friday competitors

Check-in 10 AM to noon and 2 PM to 7 PM Friday, April 5, 2019 at the Double Tree by Hilton
Competition Starts at 4 pm (Selland Arena).

Saturday competitors check-in & weigh-in Friday, April 5, 2019 at the Double Tree by Hilton

Check-in & Weigh-in time: 10 AM to noon

Closed noon to 2 pm

Check-in time: 2 PM to 7 PM

Weigh-in time: 5 PM to 7 PM

Sunday competitors check-in & weigh-in Saturday, April 6, 2019 at the Double Tree by Hilton

Check-in & Weigh-in time: 10 AM to noon

Closed noon to 2 pm

Check-in time: 2 PM to 7 PM

Weigh-in time: 5 PM to 7 PM

SCHEDULE

Friday 5 April 2019

18-30 Color Belt Individual Poomsae Senior+ Black Belt Individual Poomsae: Under 30 (18-30), Under 40 (31-40), Under 50 (41-50), Under 60 (51-60), Under 65 (61-65), Over 65 (66+)		ALL Black Belt Pair/Team: Cadet (12-14), Junior (15-17), Under 30 (18-30), Over 30 (31+)
TIMES	DESCRIPTION OF EVENT	LOCATION
10:00 am – noon 2 pm - 7 pm	Credential pick-up for ALL Competitors Weigh-in for all Saturday Competitors	Double Tree by Hilton
4 pm	Competition starts for Poomsae	Selland Area
ALL SATURDAY SPARRING COMPETITORS MUST CHECK-IN AND WEIGH-IN BY 7:00 PM		

Saturday 6 April 2019

Color Belt Poomsae and Sparring: Dragons (6-7), Tigers (8-9), Youth Color Belts (10-11), Cadet Color Belts (12-14), Junior Color Belts (15-17), Senior Color Belts (18-30), Ultra Color Belts (31 & over)		Black Belt Individual Poomsae: Dragons (6-7), Tigers (8-9), Youth (10-11), Cadet (12-14), Junior (15-17)
TIMES	DESCRIPTION OF EVENT	LOCATION
8:00 am	Arena doors open	Selland Arena
9:00 am	Competition Starts	Selland Arena
8 am – 9 am	Confirmed Only Coaches Pick-up	Double Tree by Hilton
10 am – 1 pm 3 pm - 7 pm	Credential Pick-up for ALL competitors Weigh-in for all Sunday Competitors	Double Tree by Hilton
ALL SUNDAY SPARRING COMPETITORS MUST CHECK-IN AND WEIGH-IN BY 7:00 PM		

Sunday 7 April 2019

All Black Belt Sparring Divisions:

Youth Black Belts (10–11)
 Cadet Black Belts (12-14)
 Cadet World Class (12-14) Full Contact
 Junior Black Belts (15-17) Full Contact
 Senior Black Belts (18-30) Full Contact

ALL Freestyle Poomsae

Under 17 Individual (12-17), Over 17 Individual (18+),
 Under 17 Pair (12-17), Over 17 Pair (18+),
 Mixed Team
**High School CUTA Team Trials
 for USHT Nationals**

TIME	DESCRIPTION OF EVENT	LOCATION
8:00 am	Arena doors open	Selland Arena
9:00 am	Competition Starts	Selland Arena

REGISTRATION CHECKLIST

Completing all items on this list will help ensure a speedy check-in and weigh-in process at the California State Championship.

1. Register for the California State Championships through the USA Taekwondo Hang-A-Star online registration system. Complete registration payment online.
2. 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.
3. Send in Proof of Residency, Citizenship and/or Black Belt certification if required according to the division you have registered for. Hang-A-Star will indicate which is required upon completion of registration.
4. 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.
5. Confirmation forms are no longer required for athletes and coaches of all ages. Participants will automatically be confirmed as long as all documentation is received.

Note: These are the only acceptable documents that may be submitted any other documents will not be approved.

PROOF OF CITIZENSHIP	PROOF OF RESIDENCY	AGE	Documentation Required
U.S. Passport	U.S. Passport	6-7, 8-9 & 10-11: Yellow, Green, Blue, Red & Black Belts	Proof of Residency Required
U.S. Passport Card	U.S. Passport Card	12-14 & 15-17: Yellow, Green, Blue & Red Belts	Proof of Residency Required
U.S. Birth Certificate	U.S. Birth Certificate	12-14 & 15-17: Black Belts	Proof of Citizenship Required
	Social Security Card	18 & Older: Yellow, Green, Blue & Red Belts	Proof of Residency Required
	Green Card	18 & Older: Black Belts	Proof of Citizenship Required
	U.S. School Report Card/Transcript		
	Valid U.S. Driver's License or Government issued ID		
	U.S. Military ID		

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.

1. Athletes must hold the appropriate U.S. citizenship or residency depending on the division he/she participates in.
2. All coaches must be, at minimum, AC certified within the USA Taekwondo CIDP program as well as view the USOC Safe Sport Video.
3. An athlete **MAY** qualify in the same WORLD CLASS weight (sparring) and/or age category (poomsae) in **MULTIPLE STATE CHAMPIONSHIPS**.

USA TAEKWONDO NATIONAL CHAMPIONSHIPS QUALIFICATIONS

All athletes *****participating*** in the following divisions at a sanctioned USA Taekwondo State Championship, NCTA Championship or Armed Forces Taekwondo Qualifier will automatically qualify to compete at the USA Taekwondo National Championships.

*****Participating*** means athletes must have officially weighed-in at the event scales (sparrings) and/or participated on the competition mats in front of the event referees (poomsae) and received a place within the division.**

SPARRING: All Belts – Dragon(6-7), Tiger(8-9), Youth(10-11), Junior(15-17), Senior(17-32)& Ultra(33+) & Yellow, Green, Blue & Red belts for Cadet(12-14)

POOMSAE: All Belts – Dragon(6-7), Tiger(8-9), Youth(10-11), Cadet(12-14), Junior (15-17), Under 30 (18-30), Under 40 (31-40), Under 50 (41-50), Under 60 (51-60), Under 65 (61-65), Over 65 (66+) (Pairs, Teams and Freestyle)

An athlete **MAY** compete in multiple State Championships. Athletes competing in World Class Sparring divisions (Cadet 12-14, Junior 15-17 & Senior 17-32) must compete in the same weight class at the National Championships they qualify in at the State Championships.

Athletes must compete in the age category according to the age he/she will be as of December 31, 2019.

AWARDS

SPARRING

California Medals and certificates will be given out to the top 4 athletes, in the respective divisions and weight categories: 1st Place, 2nd Place, 3rd Place, 3rd Place.

POOMSAE

California Medals and certificates will be given to the top 4 individuals, pairs (co-ed) and teams in the respective divisions: 1st Place, 2nd Place, 3rd Place, 4th Place.

WEIGH-IN RULES

1. A competitor's weight shall be measured the day prior to his or her competition day. All competitors must weigh-in during the designated times on the schedule.
2. 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.
3. During the weigh-in, the contestant is required to show his/her current photo ID, USA Taekwondo identification card or birth certificate.
4. Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
5. 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.

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.

Ultra Divisions (33+ year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) **(33-40, 41-50, 51-99)**

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 excessive contact. The referee can decide the winner of RSC (Referee Stop Contest) in case of significant difference of competing ability between two athletes.

**Application of Junior Safety
Rules for USAT and
California State**

Application of Junior Safety Rules for USAT and California State			Duration of Rounds Round-Times-Rest
Age	Belt Color	Applicable Rules	
Dragon 6 -7 years	Yellow	No Head Contact	All Division Two - 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Ninja 8-9 years	Yellow	No Head Contact Junior Safety Rules	All Division Two - 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Youth 10 - 11 years	Yellow	No Head Contact Junior Safety Rules	All Color Belts Two - 60 seconds - 30 seconds rest All Black Belts Three -60 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Cadet 12 - 14 years	Yellow	Junior Safety Rules Senior Rules	All Color Belts Two - 60 seconds - 30 seconds rest All Black Belts Three -60 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Junior 15 - 17	Yellow	Junior Safety Rules Senior Rules	All Color Belts Two - 60 seconds - 30 seconds rest All Black Belts Three -90 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Senior	Yellow	Senior Rules	All Color Belts Two - 60 seconds - 30 seconds rest All Black Belts Three -90 seconds 30 seconds rest
	Green		
	Blue		
	Red		
	Black		

* CUTA reserves the right to modify the number of rounds at their discretion. *

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

*California State Championships will not have Dragon, Tiger and Youth Pairs Poomsae, or Color belt Co-Ed Pairs. Those divisions will not be available at the USA Taekwondo National Championships. *

CALIFORNIA UNIFIED TAEKWONDO ASSOCIATION



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

*California State Championships will not have Dragon, Tiger and Youth Team Poomsae, or Color belt Co-Ed Teams. Those divisions will not be available at the USA Taekwondo National Championships.



California State Championship

MAJOR CHANGES

WORLD CLASS VS. GRASSROOTS DIVISIONS

1. State Associations will have a World Class and Grassroots divisions for CADET SPARRING black belts only.
 - a. To qualify for a World Class at the National Championships, an athlete must participate** at a State Championship in that World Class division they wish to compete in.
 - b. Winner of the cadet Grassroots divisions will no longer qualify for the World Class division because Grassroots division will use Junior Safety Rules and World Class divisions will use Full Head Contact Rules (see competition rules for full explanation of these rules)
 - c. Once qualified for a World Class division, an athlete is no longer eligible for Grassroots divisions.
2. *Cadet Poomsae; Junior Sparring and Poomsae; Senior Sparring and Poomsae black belts will have World Class Divisions ONLY (no Grassroots divisions).* Those athletes that participate** at a USA Taekwondo State Championships in these black belt divisions will qualify for the World Class Divisions at Nationals.

POOMSAE

1. *“Old Rules” (USAT Poomsae and Demonstration Team Competition Rules, October 15, 2016) will be applied at the 2019 California State Championship.*
2. *Cadet Poomsae; Junior Sparring and Poomsae; Senior Sparring and Poomsae black belts will have World Class Divisions ONLY (no Grassroots divisions).* Those athletes that participate** at a USA Taekwondo State Championships in these black belt divisions will qualify for the World Class Divisions at Nationals.

COLOR BELTS

1. All color belt athletes will be able to compete in a State Championship and National Championships at the current belt in which they hold. For example, an athlete competed at a State Championship as a green belt but has since tested and received their blue belt. This athlete may now compete at the USA Taekwondo National Championships as a blue belt.
2. EXCEPTION: If an athlete competed at a State Championship as a red belt and has since been promoted to black belt, the athlete MAY NOT compete in any black belt divisions.

PROOF OF BLACK BELT REQUIREMENT

Continuing from 2017, 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 (see attachment C) 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>

****Participate** means athletes must have officially weighed-in at the event scales (sparrings) and/or participated on the competition mats in front of the event referees (poomsae) and received a place within the division.**