

2018

USA Taekwondo

Iowa State Championship

Iowa Center for Higher Education

2280 Bell Ave DSM, IA 50321



Where Olympic Journeys Begin™



WELCOME!

We are pleased to announce our 4th State Championship hosted by ITA. Iowa Taekwondo Alliance (ITA) was formed in 2013 with the purpose to foster, promote and facilitate the practice of and competition in the art and sport of Taekwondo for the state of Iowa. ITA seeks to provide financial support to promote athletic development in Taekwondo and to facilitate tournaments and competitive events. ITA further seeks to provide seminars and quality educational support for practitioners, referees, coaches, and athletes in Taekwondo.

EVENT POINTS OF CONTACT

Iowa Taekwondo Alliance

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[Click here to enter text.](#)

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>

VENUE

Iowa Center for Higher Education Activity Center
2280 Bell Ave
Des Moines, IA 50321

LODGING

Holiday Inn Express & Suites Des Moines Downtown
333 SW 11th Street
Des Moines, IA 50309
\$149/ night
Free continental breakfast and parking.

EVENT SPECTATOR TICKETS

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

SCHEDULE

Weigh-In and Registration:

February 23, 2018

6-9 PM

Event Venue: Iowa Center for Higher Education

- 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

Competition:

February 23, 2018		
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
6-9 PM	Competitor Weigh-in and Credential Pick-up	Iowa Center for Higher Education
ALL SATURDAY SPARRING COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 9:00PM		

February 24, 2018		
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
8 AM	Credential Pick Up for Poomsae Only Competitors	Iowa Center for Higher Education
9 AM	Opening Ceremonies	
TBD	All Divisions Poomsae and Sparring	
ALL SATURDAY POOMSE COMPETITORS MUST BE CHECKED IN BY 9:00AM		

REGISTRATION DEADLINES & FEES

All registration must take place on the USA Taekwondo Hang-A-Star system. Please visit www.usa-taekwondo.us to register. 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.

ATHLETES

Divisions (Sparring, Poomsae, Etc.)	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
1 st Division			\$75	February 21, 2018
2 nd Division			\$20	February 21, 2018
3 rd Division				
4 th Division				
5 th Division				
6 th Division				
7 th Division				
8 th Division				

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

COACHES

CIDP LEVEL	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
Associate Coach or Level 1	Click here to enter text.	Click here to enter text.	\$25	February 21, 2018

Coaches are required to complete a pass a background check before they can register and pay for any sanctioned USA Taekwondo event as well as the USOC Safe Sport Video.

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.

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 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 WT FORMAT
TIGER	8-9 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
YOUTH	10-11 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
CADET	12-14 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
UNDER 30	18-30 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 40	31-40 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 50	41-50 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 60	51-60 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 65	61-65 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
OVER 65	66 & OLDER	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WT FORMAT
UNDER 30	18-30 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
UNDER 40	31-40 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
UNDER 50	41-50 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
UNDER 60	51-60 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
UNDER 65	61-65 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
OVER 65	66 & OLDER	BLACK	1 ST – 9 TH	WT 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 WT Format
Tiger (8-9)	Black	1 st – 9 th	Co-Ed	Modified WT Format
Youth (10-11)	Black	1 st – 9 th	Co-Ed	Modified WT Format
Cadet (12-14)	Black	1 st – 9 th	Co-Ed	Modified WT Format
Juniors (15-17)	Black	1 st – 9 th	Co-Ed	Modified WT Format
1 st Pairs (18-30)	Black	1 st – 9 th	Co-Ed	WT Format
2 nd Pairs (31+)	Black	1 st – 9 th	Co-Ed	WT Format

*State Championships can choose to do Dragon, Tiger and Youth Pairs Poomsae, but those divisions will not be available at the USA Taekwondo National Championships. *

**State Championships can choose to do color belt Co-Ed Pairs Poomsae, but those divisions will not be available at the USA Taekwondo 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 USA Taekwondo National Championships.

**State Championships can choose to do color belt Team Poomsae, but those divisions will not be available at the USA Taekwondo National Championships. **

WEIGH-INS

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. Once an athlete steps on the official scale they cannot change their weight division. 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.

REGISTRATION CHECKLIST

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

- Register for the State Championships through the USA Taekwondo Hang-A-Star 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.
- 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.

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/Trancript		
	Valid U.S. Driver’s License or Government issued ID		
	U.S. Military ID		

- 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.
- 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.

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

AWARDS





SPARRING

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

Individual Awards		
1 st Place		Gold Medal
2 nd Place		Silver Medal
3 rd Place		Bronze Medal
3 rd Place		Bronze Medal

POOMSAE

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

Individual/Pairs/Team Awards		
1 st Place		Gold Medal
2 nd Place		Silver Medal
3 rd Place		Bronze Medal
3 rd Place		Bronze Medal

2017 MAJOR CHANGES

- There is no on-site registration at any State Championship or National Championship.

SPARRING

- State Associations will have a World Class and Grassroots divisions for CADET SPARRING black belts only.
- 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.
- 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)
- Once qualified for a World Class division, an athlete is no longer eligible for Grassroots divisions.

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

- 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.
- 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 2016, 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>