



2019 USA Taekwondo Iowa State Championship

February 23, 2019

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

Registration Deadline: February 20, 2019

**Daedo will be used for ALL sparring divisions. Athletes must supply their own E-Foot Gear
World Class Divisions must have Daedo Gen 2 E-Foot Gear**

USATKD membership required for all coaches, referees, and competitors (\$50). Family memberships (starting at \$100 for 3 people) are also available via paper registration. All coaches, referees, and club owner/instructors 18 and older are required to complete and pass the USAT background check and Safe Sport Certification every two years.



WELCOME!

We are pleased to announce our 5th State Championship hosted by the Iowa Taekwondo Alliance (ITA). 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
Amy Ratekin | Vice President
515-202-5287
amy@iowaspiritkd.com

SANCTIONED BY

USATKD
1 Olympic Plaza
Colorado Springs, CO 80909

GOVERNANCE

All sanctioned State Championships must use and follow the USA Taekwondo Rules and Regulations. <https://www.teamusa.org/usa-taekwondo/v2-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

\$149/night

Free continental breakfast and parking

EVENT SPECTATOR TICKETS

Ticket Pricing	
Event Ticket	At-Door
All ages 6 and over	\$5
Children 5 and under	FREE

SCHEDULE

Event Venue: Iowa Center for Higher Education Activities Center, 2280 Bell Ave, Des Moines, IA

Weigh-In and Check-in:

February 22, 2019

6:00-9:00 PM

- **All sparring competitors must be checked in and weighed in by 9:00PM.**
- Athletes only competing in Poomsae (Form) do not need to weigh-in but may still check-in and pick up their credentials
- Coaches may pick up credentials.

Competition:

February 23, 2019

8:00-9:00am: Credential pick-up for poomsae-only competitors and coaches

9:00am: Opening Ceremonies

All Divisions: Schedule will be posted on <http://iowatkdalliance.com/state-championships/> and <http://facebook.com/iowatkdalliance> by February 22, 2019

REGISTRATION DEADLINES & FEES

Membership with USA Taekwondo is required for participation in any State Championship.

<https://www.teamusa.org/usa-taekwondo/v2-membership/become-a-usa-taekwondo-member>

Athlete, Coach, and Referee memberships are \$50 each. Family memberships (paper application only) start at \$100 for 3 family members, with the cost increasing \$30 for each additional member. Allow 4-6 weeks for paper membership applications to be processed.

All registration must take place on the USA Taekwondo Hang-A-Star system.

Visit <https://www.usat.hangastar.com/> to register.

Please have your USA Taekwondo membership number accessible to register. USA Taekwondo has a NO REFUND policy.

ATHLETES

Divisions (Sparring, Poomsae, Etc.)	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
1 Division	\$80	February 11, 2019	\$85	February 20, 2019
2 Divisions	\$100		\$105	
3 Divisions	\$120		\$125	
4 Divisions	\$140		\$145	
5 Divisions	\$160		\$165	

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

COACHES

CIDP LEVEL	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
Associate Coach or Level 1	\$25	February 11, 2019	\$30	February 20, 2019

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

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

NO REFUNDS will be given for any reason.

WEIGH-INS & BRACKETING

SPARRING

**DAEDO will be used for all sparring divisions.
All competitors must provide their own E-foot Gear.**

World-Class divisions must have Gen 2.

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

- Knockout rules will apply to all Black Belt divisions 12 years and above (non-grassroots sparring) and for all color belt divisions 18 years and over.
- Junior safety rules will apply to all Black Belt divisions 8 years to 11 years old, and to all color belt divisions 12 years old to 17 years old, and to Grassroots divisions.
- No head contact allowed for ages 7 and under all belts, and ages 11 and under for all color belts
- 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.
- All World Class Black Belt Sparring Divisions will have 2 divisions available for athletes, a US Citizen division and a non-US Citizen/non-US Resident division for each weight and age category.

Daedo will be used for all sparring divisions.

All competitors must provide their own E-foot Gear.

World-Class divisions must have Gen 2.

POOMSAE

Rank	Designated Poomsae
ALL Yellow Belts	Taegeuk 1 (Il-Jang)
ALL Green Belts	Taegeuk 3 (Sam-Jang)
ALL Blue Belts	Taegeuk 5 (Oh-Jang)
ALL Red Belts	Taegeuk 7 (Chil-Jang)

Designated Poomsae for Black Belts will be provided no later than one week prior to the tournament and will be posted at <http://iowatkdalliance.com/state-championships/> and <http://facebook.com/iowatkdalliance>

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

Cadet (12-14), Juniors (15-17), 1st Pairs (18-30) & 2nd Pairs (31+) Pairs Poomsae

Division	Belt	Rank	Gender	
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

TEAM POOMSAE – 3 COMPETITORS OF THE SAME GENDER

Cadet (12-14), Junior (15-17) 1st Team (18-30) & 2nd Team (31+) Team Poomsae

Division	Belt	Rank	Gender
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

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 venue 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 2019 USATKD Iowa State Championship.

- 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 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	AGE	DOCUMENTATION REQUIRED
U.S. Passport	6-7, 8-9, & 10-11: Yellow, Green, Blue, Red, & Black Belts	n/a
U.S. Passport Card	12-14 & 15-17: Yellow, Green, Blue, & Red Belts	n/a
U.S. Birth Certificate	12-14, 15-17, and 18 & Older: Black Belts	Proof of Citizenship
	18 & Older: Yellow, Green, Blue, & Red Belts	n/a
	Sparring 33 & Older (Ultra): Black Belts	n/a

- 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 if all documentation is received.
- All participants must present a photo ID to check-in and weigh-in. Valid ID is the following: School ID, State Issued ID, GAL or Passport. If the athlete is a minor and does not have a valid ID then the parent/legal guardian must provide a copy of their birth certificate.

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 Center for 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

2019 MAJOR CHANGES

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

SPARRING

- State Associations will have a World Class & Grassroots divisions for CADET SPARRING black belts.
- 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.
- The Non-World Class Black Belt Division for Cadets, Juniors, and Seniors is for athletes that do not have US Citizenship. This division will not be held at Nationals in 2019.
- Athletes participating as a black, red, blue, green, or yellow belt that are 11 years old or younger, as well as the Ultra divisions will **NO LONGER** have to show proof of U.S. residency.
- All World Class 12 – 14 (Cadets), 15 – 17 (Juniors), 17 – 32 (Seniors) Sparring, and 12 and older Poomsae Black Belt athletes must provide proof of U.S. citizenship, **if they cannot provide this documentation, they cannot compete in the State Championship.**
- 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
- 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

- 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>

**The word participating means athletes must have officially weighed-in at the event scales and/or participated on the competition mats in front of the event referees and received a place within the division.

UNIFORM & EQUIPMENT

The following are a selection of the current rules.

Full rules are available in the USA Taekwondo Rules and Regulations.

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

- **All Events** - Belts MUST be white, yellow, green, blue, red, poom (red/black) (ages 14 and under only), or black. **NO other colors will be permitted.**
- **Coach Attire** - No hats, shorts, jeans, leggings, doboks, open toe shoes, cell/smart phones, or other communication devices in use.
- **Referee Attire** - Black Slacks, White Shirt, Red Tie
- **Sparring**
 - Color Belts - White V-neck Top and White Pants in good condition
 - Black Belts - Black V-neck Top and White Pants in good condition
 - All sparring athletes MUST provide their own DAEDO E-Foot Gear
 - Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory for both male and female competitors), gloves (see below), forearm protector, shin-instep protectors, sensing socks, and a mouth guard before entering the Contest Area.
- **Poomsae**
 - Color Belts - White V-neck Top and White Pants in good condition. Color belts **cannot** wear black-collar uniforms.
 - Black Belts - Black-collared white uniforms or WT approved Poomsae competition uniform.
 - Dragon, Tiger, and Youth Black Belt
 - All Athletes MAY wear Black V-neck Top and White Pants in good condition
 - Male MAY wear White Top and Navy Pant Poomsae Uniform
 - Female MAY wear White Top and Red Pant Poomsae Uniform
 - Cadet Black Belt
 - All Athletes MAY wear Black V-neck Top and White Pants in good condition
 - Male MAY wear White Top and Navy Pant Poomsae Uniform
 - Female MAY wear White Top and Red Pant Poomsae Uniform
 - Junior, Under 30, and Under 40 Black Belt
 - All Athletes MAY wear Black V-neck Top and White Pants in good condition
 - Male MAY wear White Top and Black Pant Poomsae Uniform
 - Female MAY wear White Top and Aqua Pant Poomsae Uniform
 - Under, 50, Under 60, Under 65, and Over 66 Black Belt
 - All Athletes MAY wear Black V-neck Top and White Pants in good condition
 - All Athletes MAY wear Gold Top and Black Pant Poomsae Uniform

Protective Equipment

- The head protector must be firmly tucked under the left arm when entering the Contest Area, and shall be put on the head after bowing to the opponent before the start of the contest.
- The groin, forearm, and shin-instep protectors must be worn inside the Taekwondo uniform.
- 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.
- All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely. Pony tails must be tucked inside the headgear.
- 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.
- All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly.
- Pony tails must be tucked inside the headgear.
- Any violators will be required to correct attire/equipment violations within one minute, or face disqualification.
- Shoes may not be worn. No jewelry or ornaments may be worn. No hats or items may be worn on the head except for religious coverings or soft ties to contain the hair.
- Taping on the foot and hand shall be allowed for the protection of athletes. For an injury, the minimum amount of tape that will protect the area should be used. Taping of feet and hands will be strictly checked during the athlete inspection process; if there is a question, the inspector or referee should have the wrapping examined and approved by the Tournament Medical Staff. Under no circumstances will a hard splint or cast—no matter how small—be allowed. Any taping must be removed during general weigh-in to ensure that there is no open wound, cut, or bleeding. There will be no taping beneath the sensor socks unless it is approved by the Commission Doctor because of injury.
- World Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts are **required** to wear USAT/WT-approved Taekwondo gloves. Gloves may be red, blue, or white; white is preferred. However, red and blue are allowed. If the competitor chooses to wear red or blue gloves, they must correspond with the color of the chest protector. Gloves must be open finger style. For all other divisions, gloves are optional and must comply with the above rule. Cloth gloves or hand covers are not allowed
- All sparring athletes are required to use a mouth guard. **MOUTH GUARDS MUST BE EITHER WHITE OR TRANSPARENT.** A mouth cover or different colored mouth guard (red is not allowed) may be used for competitors with braces if an orthodontist's or dentist's note is provided prior to the beginning of competition. Use of a mouth guard may be exempted upon submission of a medical doctor's statement that its use might cause harm to the contestant.

Full Rules, Equipment Standards, and Requirements are available to download:

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

REFEREES

The Iowa Taekwondo Alliance is promoting the growth of all aspects of Sport Taekwondo competition and invites you to participate in the upcoming 2019 Iowa State Taekwondo Championships.

The ITA will host a Kyorugi Referee Seminar the day before the State Championship.

- February 22, 2019
- 3:00PM- 9:00PM
- Iowa Center for Higher Education, 2280 Bell Avenue, Des Moines, IA
- Dinner provided

Certified Referees who work the Iowa State Championship will receive the following benefits:

- International Referees: \$100 Stipend, 1 night hotel stay (if needed)
- A, B, C or D Level: \$50 Stipend, 1 night hotel stay (if needed)
- All Referees will be provided food and drinks at the venue during competition.

All referees must be USA Taekwondo members. Every two years they also complete the Background Check and Safe Sport certifications.

We will be following all current USAT Rules and Guidelines, using Daedo True Score Scoring Systems and PoomsaePro.

We truly look forward to your participation, realizing that the best way to improve the value of our events is to run them in a timely fashion with highly capable and experienced referees. We will do our absolute best to minimize downtime, keep the competitors flowing to the rings, and ensure that the day starts and ends on time.

If you are available to be an official for our event, please register online through Hang-A-Star. Please contact Master Amy Ratekin, amy@iowaspiritkd.com, (515) 202-5287 with questions. Our sincerest thanks for your participation in advance!