



**February 2-7, 2016**  
**Reno-Sparks Convention Center**  
**Reno, Nevada**



Where Olympic Journeys Begin™



USA Taekwondo would like to welcome you to the 2016 U.S. Open Taekwondo Championships in Reno, Nevada being held February 2-7, 2016 at the Reno-Sparks Convention Center in Reno, Nevada

## Sanctioned By:



## Organized By:



Where Olympic Journeys Begin™

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# SCHEDULE

## Tuesday February 2, 2016

9:30am-12:00pm	Credential Pick Up for ALL Competitors Weigh-In for all Wednesday Competitors	Reno-Sparks Convention Center Hall 3
9:30am-12:00pm	Credential Pick Up for National Teams <b>By Appointment ONLY*</b>	Reno-Sparks Convention Center Hall 3
10:00am-8:00pm	Open Training	USAT Host Hotels ONLY
TBD	PATU Coach Certification Course	Reno-Sparks Convention Center TBD
1:30pm-6:00pm	Credential Pick Up for ALL Competitors Weigh-In for all Wednesday Competitors	Reno-Sparks Convention Center Hall 3
2:00pm-5:00pm	Credential Pick Up for National Teams <b>By Appointment ONLY*</b>	Reno-Sparks Convention Center Hall 3
TBD	International Referee Meeting	Reno-Sparks Convention Center TBD
6:30pm	Technical Meeting for Sparring Competition ONLY	Reno-Sparks Convention Center Room F1

**All Ultra (33+), Para and Junior (15-17) Sparring Competitors must be weighed in by 6:00pm**

*\*National Teams will be able to pick-up their credentials during all registration times, but will also have the option to make an appointment to check in and pick up credentials during a scheduled time.*

## Wednesday February 3, 2016

### Competition for Ultra, Para (G1) and Junior Sparring Competitors

7:30am	Doors Open for Ultra, Para (G1) & Junior Sparring Competitors	Reno-Sparks Convention Center Halls 4 & 5
8:00am	Sparring Competitors MUST be in Holding Area (Matches TBD) Doors Open for Spectators	Reno-Sparks Convention Center Halls 4 & 5
8:30am	Competition Begins	Reno-Sparks Convention Center Halls 4& 5
9:30am-12:30pm	Credential Pick Up for ALL Competitors Weigh-In for Thursday Sparring Competitors	Reno-Sparks Convention Center Hall 3
8:00am-8:00pm	Open Training	USAT Host Hotels
TBD	Lunch	
2:30pm-6:30pm	Credential Pick Up for ALL Competitors Weigh-In for Thursday Sparring Competitors	Reno-Sparks Convention Center Hall 3
6:30pm	Technical Meeting for Sparring Competition ONLY	Reno-Sparks Convention Center Room F1

**All Thursday G2 Senior Sparring Competitors must be weighed in by 6:30pm**

**Thursday February 4, 2016**

**Competition for (G2) 17-32 Senior Sparring Competitors**

**Male: Light, Welter, Middle and Heavy**

**Female: Fin, Fly, Bantam and Feather**

<b>7:30am</b>	Doors Open for Sparring Competitors (Match Numbers TBD)	Reno-Sparks Convention Center Halls 4 & 5
<b>8:00am</b>	Matches (TBD) Sparring Competitors MUST be in Holding Area Doors Open for Spectators	Reno-Sparks Convention Center Halls 4 & 5
<b>8:30am</b>	Competition Begins	Reno-Sparks Convention Center Halls 4 & 5
<b>9:30am-12:30pm</b>	Credential Pick Up for ALL Competitors Weigh-In for Friday Sparring Competitors	Reno-Sparks Convention Center Hall 3
<b>8:00am-8:00pm</b>	Open Training	USAT Host Hotels
<b>TBD</b>	Lunch	
<b>2:30pm-6:30pm</b>	Credential Pick Up for ALL Competitors Weigh-In for Friday Sparring Competitors	Reno-Sparks Convention Center Hall 3

**All Friday G2 Senior Sparring Competitors MUST be checked in and weighed-in by 6:30pm**

**Friday February 5, 2016**

**Competition for (G2) 17-32 Senior Sparring Competitors**

**Male: Fin, Fly, Bantam and Feather**

**Female: Light, Welter, Middle and Heavy**

<b>7:30am</b>	Doors Open for Sparring Competitors (Match Numbers TBD)	Reno-Sparks Convention Center Halls 4 & 5
<b>8:00am</b>	Matches (TBD) G2 Sparring Competitors MUST be in Holding Area Doors Open for Spectators	Reno-Sparks Convention Center Halls 4 & 5
<b>8:30am</b>	Competition Begins for G2 event	Reno-Sparks Convention Center Halls 4 & 5
<b>9:30am-12:30pm</b>	Credential Pick Up for ALL Competitors Weigh-In for Saturday Sparring Competitors	Reno-Sparks Convention Center Hall 3
<b>TBD</b>	PATU Coaching Certification Course	Reno-Sparks Convention Center
<b>8:00am-8:00pm</b>	Open Training	USAT Host Hotels
<b>TBD</b>	Lunch	
<b>2:30pm-6:30pm</b>	Credential Pick Up for ALL Competitors Weigh-In for Saturday Sparring Competitors	Reno-Sparks Convention Center Hall 3

**All Saturday Youth (10-11) & Cadet (12-14) Sparring Competitors MUST be checked in & weighed-in by 6:00pm**

**Saturday February 6, 2016**

**Competition for Youth (10-11) and Cadet (12-14) Sparring Competitors**

<b>7:30am</b>	Doors Open for Sparring Competitors (Match Numbers TBD)	Reno-Sparks Convention Center Halls 4 & 5
<b>8:00am</b>	Matches (TBD Sparring Competitors MUST be in Holding Area (Match Numbers TBD) Doors Open for Spectators	Reno-Sparks Convention Center Halls 4 & 5
<b>8:30am</b>	Competition Begins	Reno-Sparks Convention Center Halls 4 & 5
<b>9:30am-12:30pm</b>	Credential Pick Up for ALL Competitors	Reno-Sparks Convention Center Hall 3
<b>8:00am-8:00pm</b>	Open Training	USAT Host Hotels
<b>TBD</b>	Lunch	
<b>2:30pm-6:30pm</b>	Credential Pick Up for ALL Competitors	Reno-Sparks Convention Center Hall 3
<b>Following Competition</b>	Technical Meeting for Poomsae Competition ONLY	Reno-Sparks Convention Center Room F1
<b>All Poomsae Competitors MUST be checked-in by 6:30pm</b>		

**Sunday February 7, 2016**

**Competition for ALL Poomsae Competitors**

<b>7:00am</b>	Doors Open for Poomsae Competitors	Reno-Sparks Convention Center Halls 4 & 5
<b>7:30am</b>	Poomsae Competitors MUST be in Holding Area (Divisions TBD) Doors Open for Spectators	Reno-Sparks Convention Center Halls 4 & 5
<b>8:00am</b>	Competition Begins	Reno-Sparks Convention Center Halls 4 & 5
<b>TBD</b>	Lunch	

Detailed report times will be published prior to the start of the competition on the USA Taekwondo website ([www.usa-taekwondo.us](http://www.usa-taekwondo.us)). Match numbering will be used for all sparring divisions. Sparring brackets will be posted to the USA Taekwondo website the evening before the competition after the close of weigh-in. Daedo Hit Levels and designated poomsae will be posted 1 week prior to the start of the competition.





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## 2016 MAJOR CHANGES

**POOMSAE:** The 2016 U.S. Open Taekwondo Championship will include Freestyle Poomsae divisions. The division will include the WTF recognized age categories. See page 12 for Freestyle Divisions.

**ATHLETE, COACH & OFFICIAL REGISTRATION:** Registration for Athletes, Coaches and officials (Trainers, managers, etc.) must be completed through the World Taekwondo Federation (WTF) Event registration system:

<http://www.hangastar.com/WTF/login.aspx>. All athletes, coaches and officials must have an approved 2016 Global License before you will be able to register. U.S. athletes and coaches must be a current USA Taekwondo member and meet membership requirements prior to your Global License being approved and processed. U.S. Participants please allow up to 10 business days for your Global Licenses to be approved and processed. Please click this link for details on how to process your Global License: <http://www.teamusa.org/usa-taekwondo/v2-events/global-license-applications>

**NATIONAL TEAM REGISTRATION:** International National Teams may either register directly through the WTF online system or may request the National Registration Team registration packet by emailing the Director of Events, Jeanna Salgado at [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us). To register a Team Doctor they must upload proof of Medical Doctor/Physio therapist certificate in English to Global License.

**INTERNATIONAL REFEREE APPLICATION PROCESS:** Registration for International Referees will be completed through the USA Taekwondo online system: <https://www.usat.hangastar.com/login.aspx>. International Referees appointed to the 2016 U.S. Open Taekwondo Championships will receive notification through the online system. Those International Referees needing additional letter for the Visa process, once appointed will need to email Michelle George at [referee@usa-taekwondo.us](mailto:referee@usa-taekwondo.us).

**PATU COACH CERTIFICATION:** Starting in 2016 Pan American Taekwondo Union (PATU) will require all Coaches to have PATU Coach Certification to coach athletes at any G rated events in the Pan Am Region. Coaches will be required to upload a copy of their certification to the WTF Global License system if you have taken a previous course. If a coach has completed the course within one (1) year and uploaded said documentation, per the PATU policy entry to the event is at no cost to the coach. If you have not taken this course previously you will have the option to attend one the courses being held on February 2 or February 5, 2016. A coach may opt not to attend the PATU Coaching Certification Course, but the coaching fee is still \$200. Please see page 14 for complete details on this requirement and how to register.

**COACHES ATTIRE:** Coaches will be required to wear the appropriate attire for the Semi-Finals and Finals of the G-2 competition matches. Appropriate attire consists of a Coat and Tie for Males and the similar appropriate attire for Female Coaches. While the same attire is not mandatory for coaches at the non-G2 competitions, it is strongly recommended that coaches dress in appropriate attire for the competition as well. Shorts, cutoffs, flip flops, hats, tank-tops are **not permitted** when sitting in the Coach's chair. Team warm-ups, slacks, polo shirts are appropriate attire for the non-G2 competitions and the G-2 event except for the Semi-Finals and Finals.



## REGISTRATION & QUALIFICATION REQUIREMENTS

All Athlete and Coach Registration must take place on the World Taekwondo Federation online registration system. Please visit <http://www.hangastar.com/WTF/login.aspx> to register. All Athletes and Coaches must have a current World Taekwondo Federation Global License that is valid through 2016 before you will be able to register. USA Taekwondo has a NO REFUND policy. **NO REFUNDS** will be given for any reason. Registration Deadlines ends at 11:59pm (Mountain Time).

### **QUALIFICATIONS:**

- Athletes must be at least 10 years of age as of December 31, 2016 to compete in this event.
- Must be a 1<sup>st</sup> degree black belt or higher. A copy of the black belt certification must be uploaded your Global License profile.
- All athletes, coaches and team officials MUST have a Global Athlete License and/or Global Official License to compete in this the U.S. Open Taekwondo Championships. For details on obtaining your Global License. Go to: <http://www.teamusa.org/usa-taekwondo/v2-events/global-license-applications>. Non-U.S. participants must go through their Member National Association (MNA).

*Note: USA Taekwondo uses the date of December 31 of the given year (December 31, 2016) to determine the age of all competitors. Example: If an athlete turns 14 on October 26, 2016 they would compete as a 14 year old in the 2016 U.S. Open Taekwondo Championships, even though they are 13 years old at the time of the event.*

### **REGISTRATION REQUIREMENTS:**

- Athletes and coaches must pay IN FULL by the early, regular or late registration deadline to receive the registration fee at that rate.
- All U.S. Coaches and Officials must complete and clear a background check prior to registering for the 2016 U.S. Open Taekwondo Championships. This is part of the Safe Sport – Background initiative that is mandatory for all United States Olympic Committee National Governing Bodies. This background check is required for all people that are in supervisory positions with our Taekwondo athletes. For more information on Safe Sport initiative please visit the USA Taekwondo website. <http://www.teamusa.org/USA-Taekwondo/Resources/Safe-Sport>
- **Intercontinental Coach Certification:** Starting in 2016 the WTF will require all Coaches to have an Intercontinental Coach Certification to coach in the G2 (Senior 17-32 Sparring ONLY) competition. Coaches will be required to upload a copy of their certification to the WTF Global License or attend the course being held on February 2, 2016. Registration for this seminar will be open shortly and more details will be provided once registration is open for the course.

### **CREDENTIAL PICKUP & WEIGH-IN PROCESS:**

- All participants must pick up **their own** credential for this event. You must present a photo ID at the time of registration. This ID must be either an official State issued ID, Passport or WTF Global License as long as the photo on the WTF Global License is a current photo.
- All sparring competitors must also present their own official State issued ID, Passport or Global License at the time of weigh-in.
- Lost credentials are subject to \$25 reprint fee. U.S. Open staff reserves the right to conduct random and periodic ID checks during competition.
- Any participants found on the competition floor without a valid credential will be asked to leave the competition floor and may be removed for the competition completely violating any of the USA Taekwondo policies, procedures or code of conduct.
- If an athlete wants to change weight at the time registration he/she may do so for a fee of \$50.00. There is no fee to change weight if you change your weight prior to the final registration deadline. Athletes must change their weight prior to stepping on the official scale.

**IMPORTANT NOTE:** All participants must provide their own red and blue head gear. (10-11 Youth and 33+ Ultra competitors may use white) with no markings other than corporate logos. Cracks or defects in the headgear will not be allowed.

## REGISTRATION DEADLINES & FEES

### ATHLETES

Division (Sparring/Poomsae)	Early Registration Fee	Early Deadline	Regular Registration Fee	Regular Registration Deadline	Final Registration Fee	Final Deadline
1 <sup>st</sup> Division	\$125.00	Jan. 7, 2016	\$175.00	Jan. 14, 2016	\$225.00	Jan. 21, 2016
2 <sup>nd</sup> Division	\$140.00	Jan. 7, 2016	\$190.00	Jan. 14, 2016	\$275.00	Jan. 21, 2016
3 <sup>rd</sup> Division	\$190.00	Jan. 7, 2016	\$240.00	Jan. 14, 2016	\$325.00	Jan. 21, 2016
4 <sup>th</sup> Division	\$240.00	Jan. 7, 2016	\$290.00	Jan. 14, 2016	\$375.00	Jan. 21, 2016
5 <sup>th</sup> Division	\$290.00	Jan. 7, 2016	\$340.00	Jan. 14, 2016	\$425.00	Jan. 21, 2016
6 <sup>th</sup> Division	\$340.00	Jan. 7, 2016	\$390.00	Jan. 14, 2016	\$475.00	Jan. 21, 2016
7 <sup>th</sup> Division	\$390.00	Jan. 7, 2016	\$440.00	Jan. 14, 2016	\$525.00	Jan. 21, 2016

### COACHES

Position	Early Registration Fee	Early Deadline	Regular Registration Fee	Regular Registration Deadline	Final Registration Fee	Final Deadline	Onsite Registration
Coach	\$200.00*	Jan. 7, 2016	\$200.00*	Jan. 14, 2016	\$200.00*	Jan. 21, 2016	\$200.00*

\*US Coaches must have completed and cleared a background check and have WTF Global License to register on-site for this event. All Coaches must register and take PATU Coaching Certification Course prior to coach for this event.

**Registration Deadlines ends at 11:59pm (Mountain Time).**

## METHOD OF COMPETITION

#### SPARRING:

Single Elimination tournament with seeding system will be applied; the seeding will be as follows:

- WTF World Rankings
- Random computer draw

POOMSAE: The WTF Cut off competition system will be used.

Contestants shall perform one (1) assigned compulsory Poomsae in the preliminary and semi-final rounds and two (2) assigned compulsory Poomsae in the final round. All contestants will compete in the preliminary round. The highest 50% scores from the preliminary round will advance to the semifinals. At the end of the semi-final round the highest eight (8) scoring contestants will advance to the final round. The highest score in four (4) contestants will be awarded medals (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 3<sup>rd</sup>) based on scores

- Divisions with fewer than 20 contestants will start with the semi-final round.
- Divisions with fewer than 9 contestants will start with the final round.



# COMPETITION RULES

**Sparring:** Cadet (12-14), Junior (15-17), Senior (17-32) and Ultras (33+) competitors will use current WTF competition rules. To download the WTF competition Rules go to:

<http://www.worldtaekwondofederation.net/rules-and-documents>.

Youth (10-11) competitors will use USA Taekwondo Junior Safety rules. To download these rules go to: <http://www.teamusa.org/USA-Taekwondo/Resources/Referee-Information>

Dartfish video replay will be used on all competition areas. 2 quota until and including semi-final; 1 bonus quota will be given in the final if all quotas have been used.

Doping Control: G2 Contestants will be chosen at random.

**Poomsae:** Divisions for ages 12 and older will use current WTF poomsae rules. To download the rules go to:

<http://www.worldtaekwondofederation.net/rules-and-documents>.

Division for Youth (10-11) competitors will use a modified WTF format which will have a preliminary round, a semifinal round, and a final, non-bracketed round. The final round will be for the top eight competitors. The top four scores will be the gold, silver, and two bronze medalists.

## DOBOK & EQUIPMENT STANDARDS

**Uniform for contestants:** Official Uniform (Dobok)

<http://www.worldtaekwondofederation.net/recognized>

**Sparring:** Contestants must wear a white Taekwondo V-neck WTF approved uniform (Dobok) in good condition. Black belts must wear black-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 extremity (leg or arm) for a total of 4 (four). Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed. WTF-recognized PSS will be provided for all competitors. Athletes are required to bring their own Red and Blue headgear, groin, forearm, shin guards, mouthpiece, gloves, and sensing socks. Youth (10-11) & Ultra (33+) competitors may wear white, red and blue headgear.

**Poomsae:** Contestants must wear either a USA Taekwondo approved Dobok, WTF approved Dobok or the WTF designated Y-neck competition poomsae uniform as outlined in the WTF Rules. If a Contestants chooses to wear the WTF designated competition poomsae uniform they must comply with WTF guidelines concerning uniforms designated by rank. WTF Y-neck uniforms may have a national flag patch and country code displayed on the uniform consistent with WTF guidelines.



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# SPARRING DIVISIONS - WEIGHT CATEGORIES

**All Divisions are Black Belts ONLY. Note:** Not Exceeding means 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 50.0 kg with 50.1kg being over the limit resulting in disqualification.

SENIOR (17-32) SPARRING 3 ROUNDS, 2 MINUTES		
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 (15-17) SPARRING 3 ROUNDS, 1 MINUTE 30 SECONDS		
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 (12-14) SPARRING 3 ROUNDS, 1 MINUTE		
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
LIGHT MIDDLE	Over 53kg & Not Exceeding 57kg	Over 47kg & Not Exceeding 51kg
MIDDLE	Over 57kg & Not Exceeding 61kg	Over 51kg & Not Exceeding 55kg
LIGHT HEAVY	Over 61kg & Not Exceeding 65kg	Over 55kg & Not Exceeding 59kg
HEAVY	Over 65kg	Over 59kg

### YOUTH (10-11) SPARRING

#### 3 ROUNDS, 1 MINUTE

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

### ULTRA (33+) SPARRING - (Age Division: 33 to 45 and 46+.)

#### 3 ROUNDS, 1 MINUTE

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

### Weigh-Ins

- During the weigh-in, the contestant is required to show his/her current photo ID, USAT identification card or birth certificate.
- A competitor's weight shall be measured the day prior to his/her 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.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- Weigh in, for both male and female 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.***

Competitors will be permitted to move weight categories from the weight category they registered in. You may change weight categories through the final athlete registration deadline at no additional fee. Any weight changes after the final registration deadline and/or at the event will incur a \$50.00 administrative fee. Participants may make changes directly through their registration in the USA Taekwondo Hang-a-star until they are confirmed and then you will need to contact the USA Taekwondo events department in writing at [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us) to change the weight. After the final registration date (**January 21, 2016**), all weight changes must be submitted in writing and the administrative fee paid before the weight category will be changed. Competitors 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.

### BRACKETING & SEEDING

Sparring competition will be a single elimination event with a seeding system being applied to Senior (17-32) Sparring Competitors.

Seeding System:

- WTF World Rankings
- Computer Random Draw

# POOMSAE DIVISIONS – AGE CATEGORIES

All of the pomsae divisions except for the Youth Individuals & Pairs will follow the WTF format. The Youth divisions will use a modified WTF format which will have a preliminary round, a semifinal round, and a final, non-bracketed round. The final round will be for the top eight competitors. The top four scores will be the gold, silver, and two bronze medalists.

## INDIVIDUAL POOMSAE

AGE CLASSIFICATION	AGE DIVISIONS	RANK	COMPETITION TYPE
Youth	10-11 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	Modified WTF Format
Cadet	12-14 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
Junior	15-17 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
1 <sup>st</sup> Senior	18-30 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
2 <sup>nd</sup> Senior	31-40 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
1 <sup>st</sup> Masters	41-50 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
2 <sup>nd</sup> Masters	51-60 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
3 <sup>rd</sup> Masters	61-65 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
4 <sup>th</sup> Masters	66 & Older	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format

## PAIRS POOMSAE (Co-Ed)

AGE CLASSIFICATION	AGE DIVISIONS	RANK	COMPETITION TYPE
Youth	10-11 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	Modified WTF Format
Cadet	12-14 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
Junior	15-17 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
1 <sup>st</sup> Pairs	18-30 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
2 <sup>nd</sup> Pairs	31 & Older	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format

## TEAM POOMSAE

(3 Competitors of the Same Gender)

AGE CLASSIFICATION	AGE DIVISIONS	RANK	COMPETITION TYPE
Cadet	12-14 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
Junior	15-17 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
1 <sup>st</sup> Team	18-30 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
2 <sup>nd</sup> Team	31 & Older	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format

## INDIVIDUAL FREESTYLE POOMSAE

AGE CLASSIFICATION	AGE DIVISION	RANK	COMPETITION TYPE
Cadet/Junior	12-17 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
Cadet/Junior	12-17 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
Senior	18 Years & Older	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
Senior	18 Years & Older	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format

## PAIRS FREESTYLE POOMSAE (Co-Ed)

AGE CLASSIFICATION	AGE DIVISION	RANK	COMPETITION TYPE
Cadet/Junior	12-17 Years Old	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format
Senior	18 Years & Older	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format

## TEAM FREESTYLE POOMSAE (Co-Ed)

5 Members at least 2 Males & 2 Females

AGE CLASSIFICATION	AGE DIVISION	RANK	COMPETITION TYPE
Cadet/Junior/Senior	12 Years & Older	1 <sup>st</sup> – 9 <sup>th</sup>	WTF Format

**IMPORTANT:** Designated Poomsae will be selected from the Compulsory Poomsae listed below and be published to the USA Taekwondo website 1 week from the start of the 2016 U.S. Open Taekwondo Championships.

DESIGNATED POOMSAE	
INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
Youth (10-11)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Cadet (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, , Taebaek
1 <sup>st</sup> Senior (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 <sup>nd</sup> Senior (31-40)	
1 <sup>st</sup> Masters (41-50)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkown, Hansu
2 <sup>nd</sup> Masters (51-60)	
3 <sup>rd</sup> Masters (61-65)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkown, Hansu
4 <sup>th</sup> Masters (66 & Older)	
PAIRS DIVISIONS (CO-ED)	COMPULSORY POOMSAE
Youth (10-11)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang , Koryo, Keumgang, Taebaek
1 <sup>st</sup> Pairs (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 <sup>nd</sup> Pairs (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkown
TEAMS DIVISIONS	COMPULSORY POOMSAE
Youth (10-11)	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
1 <sup>st</sup> Team (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 <sup>nd</sup> Team (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkown

## Coaching Requirements

To coach at the 2016 U.S. Open Taekwondo Championships all coaches must be in good standing with their National Federation or Governing Body and holder of current Global Official License. The registration deadlines and fees will be strictly enforced and no exceptions will be made. Please refer to Registration Fees and deadlines section of this packet.

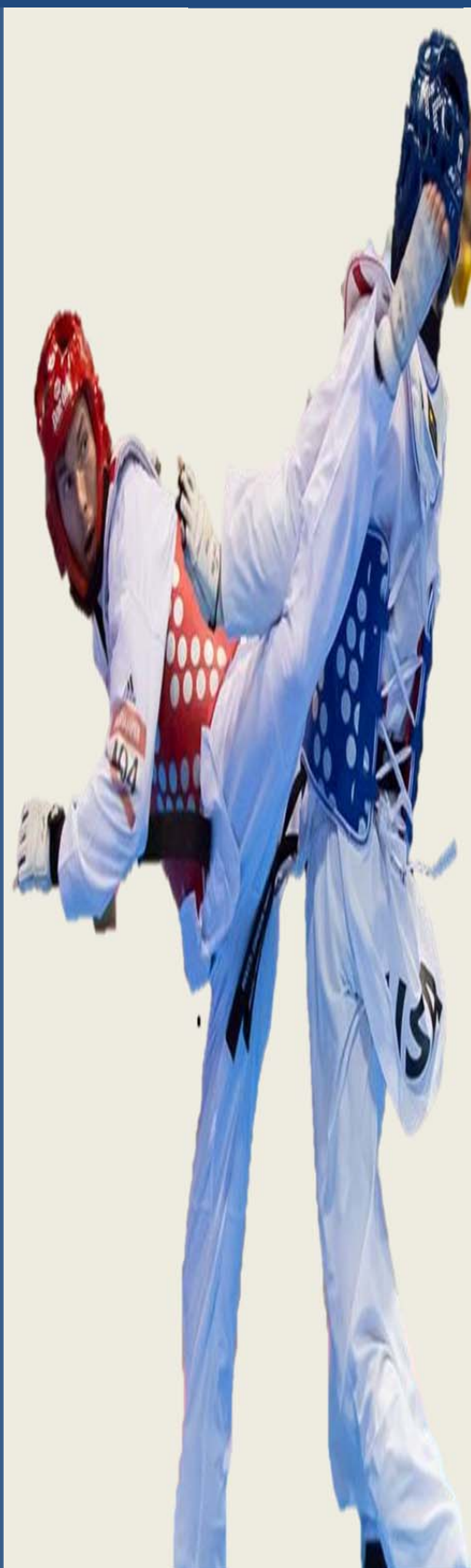
**Pan Am Taekwondo Union Coach Certification:** Starting in 2016 Pan American Taekwondo Union (PATU) will require all Coaches to have PATU Coach Certification to coach athletes at any G rated events in the Pan Am Region. Coaches will be required to upload a copy of their certification to the WTF Global License system if you have taken a previous course. If a coach has completed the course within one (1) year and uploaded said documentation, per the PATU policy entry to the event is at no cost to the coach. If you have not taken this course previously you will have the option to attend one the courses being held on February 2 or February 5, 2016. A coach may opt not to attend the PATU Coaching Certification Course, but the coaching fee is still \$200. When registering for the US Open through the WTF registration system, you will be charged a fee of \$200. This fee will cover the cost of PATU Certification Course or Fine for not attending and your credential fee for the 2016 U.S. Open. Coaches must register for the event and seminar through WTF Online registration system: <http://www.hangastar.com/WTF/login.aspx>.

All U.S. Coaches and officials must be a current USA Taekwondo member, have completed and cleared a background check, taken Safe Sport Training course before registering your Global License will be approved. Once you have completed this you can register for 2016 U.S. Open Taekwondo Championships. On-site registration is permitted, but only if you have completed and clear the USA Taekwondo Safe Sport background check and Training Course. For more information on Safe Sport and USA Taekwondo background checks, please go to the USA Taekwondo website.





**February 2-7, 2016**  
**Reno-Sparks**  
**Convention Center**  
**Reno, Nevada**



## Training Opportunities

Training will be available at the Reno-Sparks Convention Center starting on February 2, 2016.

## Awards

2016 U.S. Open Taekwondo Championships medals will be given out to the top four (4) athletes, in the respective divisions and weight Categories. 1<sup>st</sup> Place - Gold Medal, 2<sup>nd</sup> Place – Silver Medal, & two (2) 3<sup>rd</sup> Place – Bronze medals in all sparring and poomsae divisions.

Team awards will be given out to the top four (4) teams in each of the Men's and Women's Senior Sparring Classifications, based on the point system below:

Rationale	Points Awarded
<b>Gold Medal</b>	7 Points
<b>Silver Medal</b>	3 Points
<b>Bronze Medal</b>	1 Point

Awards will also be given to the Best Male and Best Female athlete in the Senior Sparring Division, Best Male and Female International Referees and Best Male and Female Team Coach. These awards will be determine and awarded after the conclusion of the final day of the Senior Sparring Divisions.

## Hotel, Flights & Transportation

**Hotel Reservation:** All participants may book their hotel reservation through USA Taekwondo Hotel Housing Company – GroupHousing. Reservation can be made directly by clicking the link below. This is the only way to receive USA Taekwondo discounts at the contracted hotels.

<http://www.grouphousingadmin.com/signup/showevent.asp?id=940>

**Airline Reservations:** Participations can receive 2-10% discount through United Airlines by calling 1-800-841-0460 and tell the reservation agent you are booking for the 2016 U.S. Open.

**Transportation:** The Reno Transportation Commission (RTC) will be providing discount passes. Details will be provided shortly.

## Spectator Tickets

Admission to the 2016 U.S. Open Taekwondo Championships is by credential or ticket only. Advanced tickets can be purchased online through **January 26, 2016**. To purchase tickets in advance click:

<http://www.brownpapertickets.com/event/2463999> Wrist bands will be given in exchange for tickets at the Reno-Sparks Convention Center. Wrist bands must be worn at all times and are good for the day allotted on your ticket. **No refunds or exchanges.** Lost, stolen or forgotten tickets will NOT be replaced or refunded.

TICKET PRICING		
Event Ticket	In Advance (Online ONLY)	At-Door
Adult All-Events (18+)	\$30.00	Not Available
Adult Single Day (18+)	\$10.00	\$15.00
Children Single Day (6-17)	\$6.00	\$10.00
Children 5 & Under	Free	Free