



26 February – 01 March 2020

Walt Disney World Resort

The Arena at ESPN Wide World of Sports Complex

Kissimmee, Florida USA



Where Olympic Journeys Begin



USA Taekwondo would like to welcome you to the 2020 U.S. Open Taekwondo Championships in Kissimmee, Florida being held 26 February - 01 March 2020 at

***The Arena at ESPN Wide World of Sports Complex
700 South Victory Way
Kissimmee, FL 34747***

Sanctioned By:



Sponsored By:



Organized By:



Where Olympic Journeys Begin

USA Taekwondo

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GAL Questions
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SCHEDULE

Wednesday, 26 February 2020

9:00am-12:00pm	Credential Pick Up for ALL Competitors Weigh-in for Sparring Competitors	ESPN Wide World of Sports
10:00am-12:00pm	Credential Pick Up for National Teams that have scheduled a pick-up time ONLY*	ESPN Wide World of Sports
10:00am-8:00pm	Open Training	ESPN Wide World of Sports
2:00pm-6:00pm	Credential Pick Up for ALL Competitors Weigh-In for Thursday's Sparring Competitors	ESPN Wide World of Sports
2:30pm-5:00pm	Credential Pick Up for National Teams that have a scheduled pick-up time ONLY*	ESPN Wide World of Sports
TBD	International Referee Meeting	
TBD	Poomsae WT Coach Permit Course Sparring WT Coach Permit Course	ESPN Wide World of Sports
6:00pm	Sparring & Poomsae Technical Meeting	ESPN Wide World of Sports

All Thursday's competitors must be checked in & weighed-in (sparring only) by 6:00pm

Thursday, 27 February 2020

	<p>Cadet (12-14) Pairs & Team Poomsae Junior (15-17) Individual Poomsae Cadet/Junior (12-17) Pairs & Teams Freestyle Poomsae Under 30 Pairs & Team Poomsae Over 30 Pairs & Team Poomsae Under 50 Individual Poomsae</p>	<p>Under 60 Individual Poomsae Senior (18 & Older) Pairs & Teams Freestyle Poomsae</p> <p>G2 Senior (17-32) Sparring <u>Male:</u> Fin (-54kg), Fly (-58kg), Feather (-68kg) & Light (-74kg) <u>Female:</u> Bantam (-53kg), Light (-62kg), Middle (-73kg), & Heavy (+73kg)</p>
7:30am	Doors Open for Thursday's Competitors	ESPN Wide World of Sports
8:00am	Doors Open for Spectators	ESPN Wide World of Sports
8:00am	Random Weigh-In	ESPN Wide World of Sports
8:30am	Competition Begins for all non-Senior Sparring Divisions	ESPN Wide World of Sports
9:30am-12:30pm	Credential Pick Up for ALL Competitors Weigh-In for Friday's Sparring Competitors	ESPN Wide World of Sports
8am-7pm	Open Training	ESPN Wide World of Sports
TBD	Lunch	
TBD	Competition Begins for Senior Sparring	ESPN Wide World of Sports Arena
2:30pm-6:30pm	Credential Pick Up for ALL Competitors Weigh-In for Friday's Sparring Competitors	ESPN Wide World of Sports

All Friday's Competitors must be checked in & weighed in (sparring) by 6:30pm

Detailed report times will be published prior to the start of the competition on the USA Taekwondo's website (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. Designated poomsae will be posted 1 week prior to the start of the competition.



Where Olympic Journeys Begin

Friday, 28 February 2020

Cadet (12-14) Individual Poomsae Junior (15-17) Pairs & Team Poomsae Cadet/Junior (12-17) Individual Freestyle Under 30 Individual Poomsae Under 40 Individual Poomsae Under 65 Individual Poomsae	66 & Older Individual Poomsae G2 Senior (17-32) Sparring <u>Male:</u> Bantam (-63kg), Welter (-80kg), Middle (-87kg), Heavy (+87kg) <u>Female:</u> Fin (-46kg), Fly (59kg), Feather (-57kg), Welter (-67kg),	
7:30am	Doors Open for Friday's Competitors	ESPN Wide World of Sports
8:00am	Doors Open for Spectators	ESPN Wide World of Sports
8:00am	Random Weigh-In	ESPN Wide World of Sports
8:30am	Competition Begins for all non-Senior Sparring Divisions	ESPN Wide World of Sports
9:30am-12:30pm	Credential Pick Up for ALL Competitors Weigh-In for Saturday's Sparring Competitors	ESPN Wide World of Sports
8:00am-7:00pm	Open Training	ESPN Wide World of Sports
TBD	Lunch	
TBD	Competition Begins for Senior Sparring	ESPN Wide World of Sports Arena
2:30pm-6:30pm	Credential Pick Up for ALL Competitors Weigh-In for Saturday's Sparring Competitors	ESPN Wide World of Sports
All Saturday's Competitors MUST be checked in and weighed-in (Sparring Only) by 6:30pm		

Saturday, 29 February 2020

Youth (10-11) Female Sparring Youth (10-11) Pairs & Team Poomsae	Junior (15-17) Sparring Ultra Sparring Senior (18 & Older) Individual Freestyle Poomsae	
7:30am	Doors Open for Saturday's Competitors	ESPN Wide World of Sports
TBD	Para Classification	ESPN Wide World of Sports
8:00am	Doors Open for Spectators	ESPN Wide World of Sports
8:30am	Competition Begins	ESPN Wide World of Sports
9:30am-12:30pm	Credential Pick Up for ALL Competitors Weigh-In for Sunday's Sparring Competitors	ESPN Wide World of Sports
8:00am-7:00pm	Open Training	ESPN Wide World of Sports
TBD	Lunch	
2:30pm-6:30pm	Credential Pick Up for ALL Competitors Weigh-In for Sunday's Sparring Competitors	ESPN Wide World of Sports
All Sunday's Competitors MUST be checked in and weighed (sparring only)-in by 6:30pm		

Sunday, 01 March 2020

Youth (10-11) Male Sparring Youth (10-11) Individual Poomsae Cadet (12-14) Sparring Dragon (6-7) Individual Poomsae Tiger (8-9) Individual Poomsae	Dragon (6-7) Sparring Tiger (8-9) Sparring Para Sparring (16+) Para Poomsae (16+)	
7:30am	Doors Open for Sunday's Competitors	ESPN Wide World of Sports
8:00am	Doors Open for Spectators	ESPN Wide World of Sports
8:30am	Competition Begins	ESPN Wide World of Sports
TBD	Lunch	

REGISTRATION & QUALIFICATION REQUIREMENTS

REGISTRATION REQUIREMENTS: All Registration must take place on the World Taekwondo (WT) online registration system. Please visit <https://worldtkd.simplycompete.com/login> to register. All Athletes, Coaches and Officials must have a current World Taekwondo Membership (formally named WT Global License) that is valid through 2020 and have the World Taekwondo Global License (formally named the World Taekwondo Event Pass) 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) on the respective dates.

- Athletes and coaches must pay IN FULL by the early, regular or final registration deadline to receive the registration fee at that rate. This means if you register during the Early Registration period but do not pay by the deadline you will have to pay the fee applicable for the registration period when you pay.
- All U.S. Coaches and Officials must complete and clear a background check prior to registering for the 2020 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](#).

QUALIFICATIONS:

- Athletes must be at least 6 years of age as of December 31, 2020 to compete in this event.
- Must be a 1st 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 World Taekwondo Membership and Global Athlete License to compete in this the U.S. Open Taekwondo Championships. For details on obtaining your Global License. Go to: <https://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, 2020) to determine the age of all competitors. Example: If an athlete turns 14 on October 26, 2020 they would compete as a 14-year-old in the 2020 U.S. Open Taekwondo Championships, even though they are 13 years old at the time of the event.

P20 PARA POOMSAE QUALIFICATIONS:

- Pomsae Intellectually Disabled (ID) (P20) athletes must have INAS provisional eligibility. For list of INAS Master List, INAS Provisional Eligibility Application Form and Guideline notes go to: <http://www.worldtaekwondo.org/rules/>
- Athletes must be at least 12 years of age as of December 31, 2020 to compete in this event. Athletes in the Pomsae Junior Divisions (12-15 years old) are not eligible for WT World Rankings.
- Must be a 8 gup belt or higher. A copy of the black belt must be uploaded to your GAL License profile.

PARA SPARRING QUALIFICATIONS:

- Athletes must be at least 16 years of age as of December 31, 2020 to compete in this event.
- Must be a 5th Gup belt or higher. A copy of the black belt must be uploaded your Global License profile.

WT/PATU Intercontinental Coach Permit Seminar: World Taekwondo (WT) requires all Coaches to have WT Coach Certification to coach athletes at any G rated events. Coaches are required to upload a copy of their certification to the WT Global License system if you have taken a previous course. The fee for this course will be \$100.00. Registration can be completed at www.PATU.org.

CREDENTIAL PICKUP:

- 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 or Passport.
- 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 \$50 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.

REGISTRATION DEADLINES & FEES

ATHLETES					
Division (Sparring/Poomsae)	Early Registration Fee	Early Registration Deadline	Regular Registration Fee	Regular Registration Deadline	
1 st Division	\$135.00	05 Feb, 2020	\$160.00	14 Feb., 2020	
2 nd Division	\$150.00	05 Feb, 2020	\$175.00	14 Feb., 2020	
3 rd Division	\$200.00	05 Feb, 2020	\$225.00	14 Feb., 2020	
4 th Division	\$250.00	05 Feb, 2020	\$275.00	14 Feb., 2020	
5 th Division	\$300.00	05 Feb, 2020	\$325.00	14 Feb., 2020	
6 th Division	\$350.00	05 Feb, 2020	\$375.00	14 Feb., 2020	
7 th Division	\$400.00	05 Feb, 2020	\$425.00	14 Feb., 2020	
COACHES					
Position	Early Registration Fee	Early Registration Deadline	Regular Registration Fee	Regular Registration Deadline	Onsite Registration Fee
Coach	65.00	05 Feb., 2020	\$90.00	14 Feb., 2020	125.00
*US Coaches must have completed and cleared a background check, complete Safe Sport Training Course in last 2 years and have WT Global License to register on-site for this event.					

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

METHOD OF COMPETITION

SPARRING:

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

- WT World Rankings – 100% Seeding for Senior G2 Sparring
- Random computer draw

All other Sparring divisions (Dragon, Tiger, Youth, Cadet, Junior, Ultra) will be done by Random draw.

Juniors born in 2003 can compete as a junior or as a senior. Competing in both categories is not allowed.

POOMSAE: The WT 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 (1st, 2nd, 3rd, 3rd) 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.

New Partner Invitation Function for Poomsae Event: WT GMS has implemented a new function for an individual member to invite partner(s) for Pairs and Teams Poomsae. During the registration for a poomsae event, there is a new

button called “**Invite/Add**”. Your partner will receive an email about the invitation, then he/she needs to accept the invitation by registering through GMS to 2020 U.S. Open. Click [here](#) to find detailed infographics on how the function works.

POOMSAE:

Standing Procedures for the WT Para Taekwondo Championships will be used:

- Single elimination tournament system
- P20 Sport Class shall perform two (2) free-choice Recognized Poomsae ranking from Taegeuk 1-jang to Shipjin. The following bonus points shall be added to the final score by the Poomsae Scoring System or the Referee and Judges, according to the Poomsae performed and is as follows

Poomsae	Bonus
Taegeuk 1-jang to Taegeuk 3-jang	No bonus points
Taegeuk 4-jang to Taegeuk 7-jang	0,3 bonus points

COMPETITION RULES

SPARRING: Cadet (12-14), Junior (15-17), Senior (17-32) and Ultras (33+) competitors will use current WT competition rules. To download the WT competition Rules go to: <http://www.worldtaekwondo.org/rules/>. Dragon (6-7), Tiger (8-9), and Youth (10-11) competitors will use USA Taekwondo's Junior Safety rules. To download these rules, go to: <https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

Juniors born in 2003 can compete as a junior or as a senior. Competing in both categories is not allowed.

SCORING EQUIPMENT:

Daedo Gen 1 PSS Hogu will be used for all Dragon (6-7), Tiger (8-9), and Youth (10-11) Sparring Divisions. All Youth Dragon (6-7), Tiger (8-9), and Youth (10-11) participants must provide their own red and blue head gear with no markings other than corporate logos. Cracks or defects in the headgear will not be allowed.

Daedo Gen 2 PSS Hogu and Headgear will be provided for all Cadet (12-14), Junior (15-17), Senior (17-32), Ultra (33+) and Para Divisions.

PARA SPARRING: Senior (16-32) To download the WT competition Rules go to:

<http://www.worldtaekwondo.org/rules/>. 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.

PARA POOMSAE: Junior, Under 30 years old and Over 30 years old divisions. Consolidation, if any, will be made in accordance with WT Rules.

Poomsae P20 Sport Class: Competitions for Intellectually Impaired athletes is recognized by INAS, the international sports federation for Para athletes with an intellectual impairment. The 2020 US Open Para Taekwondo is NOT a G1 ranking event for the P20 under 30 and over 30 events. The Junior P20 events will not be world ranking events

Poomsae P30 Sport Classes: (P31, P32, P33 & P34) competitions for athletes with a motor impairment. The 2020 US Open Para Taekwondo is NOT a world ranking event for the P30 sport classes.

SCORING EQUIPMENT: Daedo Gen 2 PSS Hogu and Headgear will be provided for all Para Divisions.

PARA MALE SPARRING DIVISIONS		
WEIGHT	HOGU SIZE	HIT LEVEL
Not Exceeding 61kg	2	15
Over 61kg & Not Exceeding 75kg	3	18
Over 75kg	4	19

PARA FEMALE SPARRING DIVISIONS		
WEIGHT	HOGU SIZE	HIT LEVEL
Not Exceeding 49kg	2	13
Over 49kg & Not Exceeding 58kg	2	15
Over 58kg	3	16

All sparring divisions competitors must bring their own Daedo Sensor Socks.

Dartfish video replay will be used on all competition areas.

DOPING CONTROL: Anti-doping regulations The WT Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions. Compulsory anti-doping tests will be carried out for all according to the World Taekwondo Anti-doping finalists, while random tests will be conducted among the quarter- and semi-finalists who failed to advance to the (semi-)final. The WT and/or WADA may carry out random out-of-competition testing prior to the U.S. Open. Therefore, all participating contestants are required to submit their latest and most accurate Athlete Location (Whereabouts Info) Forms to the WT.

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 50.0kg with 50.1kg being over the limit resulting in disqualification.

Juniors born in 2003 can compete as a junior or as a senior. Competing in both categories is not allowed.

SENIOR (17-32) SPARRING 3 ROUNDS, 2MINUTES

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

TIGER (8-9) SPARRING

3 ROUNDS, 1 MINUTE

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

DRAGON (6-7) SPARRING

2 ROUNDS, 1 MINUTE

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

ULTRA (33+) SPARRING – AGE Division: 33 – 45 & 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

PARA SPARRING DIVISIONS (16 & OLDER)

SPORT CLASSES K41, K42, K43 and K44

ALL BELTS: 3 ROUNDS, 1 MINUTE

CLASSIFICATION	MALE DIVISIONS WEIGHT CATEGORY (KG)	FEMALE DIVISIONS WEIGHT CATEGORY (kg)
Fin	Not Exceeding 61kg	Not Exceeding 49kg
Light	Over 61kg & Not Exceeding 75kg	Over 49kg & Not Exceeding 58kg
Heavy	Over 75kg	Over 58kg

Weigh-Ins

- If you make a weight category changes within the same registration period that you registered and paid it will be **FREE**. If you make a weight category change in a different registration period from when you initially registered and paid you will be charged the difference e.g. Registered and paid during early bird (until 5 Feb 2020) you can change any time during this period for FREE. If you then change weight category during regular (Feb 6 - 12) you would be

charged 25 USD (difference between regular and early registration fee). If you need to make a weight change after registration is closed you would be charge 50 USD onsite at weigh-in.

- 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.***

**Athletes in the Youth (10-11), Cadet (12-14) and Junior (15-17) division will weigh-in clothing or dobok ONLY. Athletes will be given 0.2kg cushion for clothing.*

- RANDOM WEIGH IN: All G-2 Kyorugi competitors are subject to this new WT rule. Random weigh-in must be completed 30 minutes prior to the beginning of each competition day. The random weigh-in for Senior athletes will take place at 8:00 a.m. at the competition venue. All contestants must be present for the random weigh-in. Should a contestant fail to appear for the random weigh-in, he/she will be disqualified. 20% of the number of athletes for each category shall be randomly selected for the weigh-in. The random weigh-in shall be conducted with +5% of the contestant’s weight category.

POOMSAE DIVISIONS – AGE CATEGORIES

All of the poomsae divisions except for the 6-7 (Dragon), 8-9 (Tiger), and 10-11 (Youth) Individuals & Pairs will follow the WT format. The Youth divisions will use a modified WT 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
Dragon	6-7 Years Old	1 st – 9 th	Modified WT Format
Tiger	8-9 Years Old	1 st – 9 th	Modified WT Format
Youth	10-11 Years Old	1 st – 9 th	Modified WT Format
Cadet	12-14 Years Old	1 st – 9 th	WT Format
Junior	15-17 Years Old	1 st – 9 th	WT Format
1 st Senior	18-30 Years Old	1 st – 9 th	WT Format
2 nd Senior	31-40 Years Old	1 st – 9 th	WT Format
1 st Masters	1-50 Years Old	1 st – 9 th	WT Format
2 nd Masters	51-60 Years Old	1 st – 9 th	WT Format
3 rd Masters	61-65 Years Old	1 st – 9 th	WT Format
4 th Masters	66 & Older	1 st – 9 th	WT Format

PAIRS POOMSAE (Co-Ed)

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

TEAM POOMSAE

(3 Competitors of the Same Gender)

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

INDIVIDUAL FREESTYLE POOMSAE

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

PAIRS FREESTYLE POOMSAE (Co-Ed)

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

TEAM FREESTYLE POOMSAE (Co-Ed)

5 Members at least 2 Males & 2 Females

AGE CLASSIFICATION	AGE DIVISION	RANK	COMPETITION TYPE
Cadet/Junior	12-17 Years Old	1 st – 9 th	WT Format
Senior	18 Years 7 Older	1 st – 9 th	WT Format

INDIVIDUAL POOMSAE P20 & P30

AGE CLASSIFICATION	AGE DIVISIONS	RANK	COMPETITION TYPE
Junior	12–15	8 Gup to 1 Gu or 1 st Dan – 9 th Dan	WT Format
Under 30	16-29	8 Gup to 1 Gu or 1 st Dan – 9 th Dan	WT Format
Over 30	30+	8 Gup to 1 Gu or 1 st Dan – 9 th Dan	WT Format

Poomsae P20 Sport Class: The Para Taekwondo Poomsae P20 Sport Class competitions for Intellectually Impaired athletes is recognized by INAS, the international sports federation for Para athletes with an intellectually impairment.

P20 SPORT CLASSES BONUS POINTS

INDIVIDUAL DIVISIONS	POOMSAE
No bonus points	Taegeuk 1-jang to Taegeuk 3-jang
0,3 bonus points	Taegeuk 4-jang to Taegeuk 7-jang
0,5 bonus points	Taegeuk 8-jang to Shipjin

Poomsae P30 Sport Classes: The Para Taekwondo Poomsae P30 Sport Classes (P31, P32, P33 & P34) competitions for athletes with a motor impairment. The 2020 US Open Para Taekwondo is NOT a world ranking event for the P30 sport classes.

P30 SPORT CLASSES DESIGNATED POOMSAE

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
Junior	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Under 30	Taegeuk 5, 6, 7, 8 Jang, Koryo, Taebaek, Pyongwon, Shipjin (except Kuemgang)
Over 30	Taegeuk 8 Jang, Koryo, Taebaek, Pyongwon, Shipjin, Jitae, Chonkown, Hansu (except Kuemgang)

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 2020 U.S. Open Taekwondo Championships.

DESIGNATED POOMSAE

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
Dragon (6-7)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Tiger (8-9)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
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 st Senior (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 nd Senior (31-40)	
1 st Masters (41-50)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 nd Masters (51-60)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkown, Hansu
3 rd Masters (61-65)	
4 th Maters (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 st Pairs (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 nd Pairs (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
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 st Team (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 nd Team (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

COACHING REQUIREMENTS

All coaches must be in good standing with their MNA and holder of current World Taekwondo Membership (formally named WT Global License) and World Taekwondo Global License (Formally named World Taekwondo Event Pass). 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.

COACHES ATTIRE: All coaches must oblige to wearing business suits (tie optional) for the semifinals and final rounds. Coaches that do not follow the dress code will not be allowed to enter the field of play during finals and semifinals.

INTERCONTINENTAL COACH CERTIFICATION: WT requires all Coaches to have an Intercontinental Coach Certification to coach in a WT Sanctioned competition. Coaches will be required to upload a copy of their certification to the WT Global License or attend one of the courses being held at the 2020 U.S. Open Taekwondo Championships. Registration for this seminar will be open shortly and more details will be provided once registration is open for the course.: www.patu.org

All U.S. Coaches and officials must be a current USA Taekwondo member, have completed and cleared a background check in the last 2 years, taken Safe Sport Training or Refresher course in the last year before your Global License will be approved. Once you have completed this you can register for the 2020 U.S. Open Taekwondo Championships. On-site registration is permitted, but only if you have completed and cleared the USA Taekwondo background check (in the past 2 years and Center for Safe Sport Training Course or Refresher. For more information on Safe Sport and USA Taekwondo background checks, please go to the USA Taekwondo website.

TRAINING OPPORTUNITIES

Training will be available at The Arena at ESPN Wilde World of Sports Complex starting on 26 February, 2020.

AWARDS

2020 U.S. Open Taekwondo Championships medals will be given out to the top four (4) athletes, in the respective divisions and weight Categories. 1st Place - Gold Medal, 2nd Place – Silver Medal, & two (2) 3rd 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
Gold Medal	7 Points
Silver Medal	3 Points
Bronze Medal	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 determined 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 Disney by clicking [here](#). The link provided will give you access to booking your hotel and event tickets. Book between two of Disney’s magnificent resorts, Disney’s Pop Century Resort or Disney’s Coronado Springs Resort and by staying at one of these resorts you will receive complementary transportation to and from the airport, and to and from the resort to the competition venue.

VISA INFORMATION

The visa invitation letter per individual will be automatically generated from WT GMS platform if the visa is requested during the registration for the event. All members who needs entry visa to USA must FIRST be registered for the event in GMS. The deadline for visa invitation letter through the GMS platform is ???????, 2020. You must then use this letter to apply for your or your team members visa. Please watch the video below on HOW to request visa invitation letter from GMS [HERE](#).

IMPORTANT: We strongly recommend that you register your team for the U.S. Open as soon as possible to generate the visa invitation letter and apply for yourself and for your teams Visa (if required) to ensure sufficient time to receive your visa before travelling.

SPECTATOR TICKETS

Admission to the 2020 U.S. Open Taekwondo Championships is by credential or ticket only. Advanced tickets can be purchased online at <https://www.mydisneygroup.com/20usataekwondo/event--theme-park-tickets#Event-Admission>.

Online sales will be available throughout the event, tickets can be purchased on event days at the ESPN Wide World of Sports Box Office. All ticket sales are non-refundable and no-exchangeable. Tickets are subject to availability and capacity limits. Prices subject to change without notice. Children under 3 are free.

TICKET PRICING	
Event Ticket	
Ages 10+ Length of Event (LOE)	\$58.50
Ages 3 – 9 Length of Event (LOE)	\$43.50
Ages 10+ Daily Admission	\$19.50
Ages 3-9 Daily Admission	\$14.50

WAIVERS

All athletes and coaches participating in the US Open must fill out a Disney Sports Waiver and Permission Form. In order to help lines a check-in these can be printed off at home and brought to the event. You will not receive a credential without turning in a signed waiver. The waivers can be found at <https://www.teamusa.org/usa-taekwondo/event-calendar/2020/february/27/2020-us-open-taekwondo-championships>.