



# 2024 USATKD Florida State Championship USA Taekwondo Sanctioned 12.0 Event

April 27<sup>th</sup>, 2024

Sarasota County Fair Grounds  
Robarts Arena  
3000 Ringling Blvd.  
Sarasota FL 34237



2024 USATKD Florida State Championships  
April 27<sup>th</sup>, 2024



## IMPORTANT INFORMATION

**This will be a 1-day event.**

**Saturday, April 27<sup>th</sup>, 2024**

All Poomsae competitions  
All Sparring competitions

**Note:** For Poomsae, all color belt and 6–11 year-old Black Belt divisions have only two rounds, prelim and final. For any division with more than 9 competitors, the top 8 competitors will advance to the final round. For any division with less than 9 competitors, all competitors will advance straight to the final round. Competitors will perform one Poomsae for prelim and one Poomsae for the final round. Designated Poomsae will be released closer to the tournament date.

All the other black belt divisions (individual age 12+, pairs and teams) will do WT cut off format performing one Poomsae for prelim, one Poomsae for semi-final round and two Poomsae for the final round. Designated Poomsae will be released closer to the tournament date.

**All Belt Belts aged 12 and over will compete in the Recognized Sports Poomsae format. No exceptions.**

**Note:** Exhibition matches will be allowed as time permits AT THE END OF ALL REGULAR COMPETITION and with permission of both competitors coaches. A list of single competitors will be posted on the website after registration closes. Please see the schedule for exhibition timing.

Weigh-ins are required for all sparring competitors. **Weigh-ins will be held Friday, April 28th from 12pm-3pm and 5pm to 8pm at the venue site.**

All registrations must have been completed online PRIOR to the event. **There will be NO onsite registrations accepted.**

Please check online at [www.FlaTKD.com](http://www.FlaTKD.com) for official updates and notifications about this competition.

## GENERAL INFORMATION

### **Hosted By:**

Florida Sport Taekwondo Federation

### **Tournament Director / Officials:**

Master Mark Antonucci, FST CEO, Chairman, Tournament Director

Master Russell Beneby, COO, Director

Master Dennis White, FST Director, Tournament Director Sparring

Master Angelito Ong, FST Director,

Master Jin Hwan Hwang, FST Referee Chair & Tournament Referee Director

Master James White, FST Director, Tournament Official

[www.USA-Taekwondo.us](http://www.USA-Taekwondo.us)

Phone: (561) 231-9294  
Email: [info@FlaTKD.com](mailto:info@FlaTKD.com)

[www.FlaTKD.com](http://www.FlaTKD.com)



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Master Dr. Eric Gilson, Tournament Director Poomsae  
Master Bill Ferkile, Tournament Operations Manager

**Information:**

Facebook: <https://www.facebook.com/FLSportTKD>

Website: <https://FlaTKD.com/>

**Event Contact**

[Info@FlaTKD.com](mailto:Info@FlaTKD.com)

**Registration Help Contact**

[cssimmons@usatkd.org](mailto:cssimmons@usatkd.org) or [ewininger@usatkd.org](mailto:ewininger@usatkd.org) or Call USATKD at 719-374-5745

Need help with Sport 80? Click the link below!

[https://vimeo.com/user44435707/usatkd-member-tutorials/video/431742671?fbclid=iwar27j0l4wed-mayysjvqijw3\\_tuz1lznicoepkpxjn1hddk1tyxhpiuzoga&ofcom\\_user\\_token=](https://vimeo.com/user44435707/usatkd-member-tutorials/video/431742671?fbclid=iwar27j0l4wed-mayysjvqijw3_tuz1lznicoepkpxjn1hddk1tyxhpiuzoga&ofcom_user_token=)

**Competition Venue**

Sarasota County Fair Grounds  
Robarts Arena  
3000 Ringling Blvd.  
Sarasota FL 34237

Check-in & Weigh-ins will occur at this location as well.

**Event Spectator Tickets**

day pass - \$15.00      Children under 5 years – FREE

Admission tickets may be Pre-Purchased prior to the Event [https://sparkpages.io/?i=\\_HNfb](https://sparkpages.io/?i=_HNfb)

Tickets will be limited at the Venue and only to be purchased with cash only. The tickets will be available at the time of weigh-in/credential pickup as well as at the door during the competition.

**COMPETITION REGISTRATION FEES & DEADLINES**

**Competitor Events**

ALL participants (coaches and athletes) must register at: <http://usataekwondo.sport80.com>. Registration deadline is Thursday, April 18th, 2024.



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Events	Ages	Belts
Individual Sports Poomsae	12+	Black Belt only
Pair Sports Poomsae (M, F, Mixed)	Cadet, Junior, U30, O30	Black Belt only
Team Sports Poomsae (M, F, Mixed)	Cadet, Junior, U30, O30	Black Belt only
Sparring	All Ages	All Belts

**Athlete Fees**

Registration Type	Tournament		Each Event	Final Registration
Athlete	\$90		\$20	Thursday, April 18th, 2024

In order to register on Sport80, make sure you choose the correct age (date of birth) and you must choose a rank (Color Belt) to let you choose a division and let you make a payment.

Payments must be made by registration due dates. If registration is not finalized by April 21st, 2023, your registration and information will not be sent to us, and your registration will not be processed.

Therefore, no pending registration will be accepted after the close of registration date: April 21st, 2023.

**Check-in & Weigh in**

Sarasota County Fair Grounds  
Robarts Arena  
3000 Ringling Blvd.  
Sarasota FL 34237

ALL COMPETITORS must check-in at registration for credential pick-up to be included in their division brackets. **Check-ins will be held Friday, April 26<sup>th</sup>, 2024 from 12pm-3pm and 5pm to 8pm at the venue site. Sparring competitors who do not weigh-in will be disqualified.**

**Registration Checklist**

Completing all items on this list will help ensure a speedy check-in and weigh-in process at the 2024 USATKD Florida State Championships.

- Ensure you registered online & input your correct weight. NO ONSITE registrations will be allowed.
- A valid form of ID: ID, U.S. Birth Certificate, Passport Book or Card, School ID or Report Card,



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Valid Driver’s License or Government Issued ID, or Military ID.

- Sparring competitors: bring appropriate attire - refer to “Weigh-In Rules.”
- Poomsae ONLY competitors must still check-in by 10:00am on Saturday in order to be on brackets, if not, they may be disqualified.
- Bring payment if required: cash only. No Checks or Credit Cards.
- Coaches must pick up during credential pick up times only.

**Weigh-in Rules**

- ALL sparring competitors MUST weigh-in the DAY BEFORE the scheduled competition. A maximum of two (2) weigh-ins are allowed per athlete. The 2nd weigh-in must occur before registration is officially closed.
- Contestants are required to show a valid form of ID to weigh-in.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- Weigh-ins, for both males and females, shall be done in athletic clothing. A total of .1 kgs will be deducted from the weight on the scale. Under NO circumstance may an athlete weigh-in in the nude in the U.S. No sports bras or crop tops for females and males must wear a T-shirt.

**Coach Fees**

Registration Type	Tournament		Final Registration
Coach	\$65		Thursday, April 18th, 2024

Coaches must have current and up-to-date Safe Sport training and background check in order to participate in this event. All coaches must follow rules and regulations, keep in Martial Arts conduct, and abide by USATKD/PATU/WT rules and regulations.

**No onsite registration for athletes or coaches. This includes adding events. Any changes on site will have a minimum charge of \$50 cash paid on site.**

**Coach Requirements**

In addition to the coach’s attire and conduct requirements as outlined in the rules, there will be the following requirements:

- Coach courtesy hold and match management:
  - First-round we will make accommodations for coaches with multiple athletes in separate rings.
  - Due to the scale and scheduling of this event, referees will be instructed to hold matches for a maximum of one minute prior to starting the match.
  - Once the division brackets and match orders are set by officials, no changes will be



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accepted on the floor.

- Coach etiquette:
  - No recording video or pictures ringside or on the competition floor.
  - No phones, headsets, earbuds, etc. at ringside or on the competition floor.
  - No loitering behind the ring table.
  - No questions during the competition

Violations of etiquette may be penalized with a yellow card (sanction).

**SCHEDULE OF EVENTS**

**Saturday, April 27th, 2024**

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REPORT TIME	EVENT
8:00am	Credential Pick-up - Non-Sparring competitors only Coach Credential Pick-up
9:00am	Competition Begins for all Sparring & Sports Poomsae Competitors

PLEASE NOTE: A more detailed schedule will be released after early registration closes on Thursday, April 18th, 2024 at 23:59.

**COMPETITION FORMAT INFORMATION**

**Competitor Awards**

Medals will be awarded to one 1st, one 2nd and two 3rd place winners.

**Competition Area & Rules**

Per USATKD regulations, the competition area is open only to the following personnel. Everyone else must watch from the designated spectator areas.

- Registered & certified coaches.
- Registered & certified referees.



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- Registered athletes.
- FST State Taekwondo Association staff & volunteers

Your cooperation helps us run a smooth & professional event. Thank you for your support.

FST follows all rules endorsed by USA Taekwondo found on their website at:

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

### **Mandatory Competition Equipment**

#### **OFFICIAL POOMSAE UNIFORM (DOBOK) FOR CONTESTANTS**

- All contestants must wear a white Taekwondo V-neck USATKD approved uniform (dobok) or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants' division. Black Belts must wear black-collared white uniforms or WT approved Poomsae competition uniform. Color belts may not wear black-collared or poom collared uniforms.
- Only black belt athletes 14 and under may wear a poom belt. Also, if athlete wears a poom collar uniform they must wear a poom belt.
- Patches, embroidery, logos, team names, country names, athlete names, and stripes are permitted on the uniform. Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed.
- 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.
- NO TAPE WILL BE ALLOWED ON ANY PART OF THE UNIFORM.

#### **Personal Hygiene**

- All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly.
- Any violators of This Section will be required to correct the violation within one minute or shall be subject to disqualification.

#### **Taping**

- There will be no ankle or wrist wrapping or bandage or any equivalent of protection on the hand and feet. Any taping for an injury requires medical approval.

#### **OFFICIAL SPARRING UNIFORM (DOBOK)**

- All contestants must wear a white Taekwondo V-neck USATKD/PATU/WT uniform (dobok) in good condition.
- Black belts must wear black-collared uniforms.
- Poom rank (15 and under black belts) may wear poom uniforms with black and red collars.
- Color belts must wear white-collared uniforms.
- Color belts cannot wear black-collared uniforms.
- No tape will be allowed on any part of the uniform.



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All sparring competitors must wear (WT approved):

- White, or red, or blue headgear (if red & blue headgear must be matched with chest protector color);
- Red & Blue chest protector (hogu);
- Forearm guards;
- Shin and instep guards;
- Groin cups are required for all (male & females) and must be worn under the pants.
- Mouth guard may be any color except Red, must have a thickness greater than 3mm and if competitor has braces they are required to have an upper & lower mouth guard. Kyurogi Rules date January 2023 page 11.
- Cadet, Junior, & Senior divisions World Class and Grassroot Black Belt Sparring competitors must also wear WT approved TKD Gloves.

### Personal Requirements

- 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 or interfere with the PSS system, shall be required to tie it back securely. Long hair must be tucked inside the headgear.

### Metallic Articles

- 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, hair clips, etc.

### Personal Hygiene

- All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly.

### Taping

- 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 USATKD Medical Staff because of injury.

Any violators of this article will be required to correct the violation within one minute, or face





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disqualification.

### **Medical Control**

- At Taekwondo events promoted or sanctioned by USATKD, any use or administration of drugs or chemical substances described in the U.S. Olympic Committee anti-doping by-laws is prohibited. International Olympic Committee doping by-laws shall be applied to Taekwondo competition in the Olympic Games and other multi-sport Games.
- USATKD may carry out any doping testing deemed necessary to ascertain if a contestant has committed a breach of this rule. Any winner who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings, and the record shall be transferred to the contestant next in line in the competition standings.
- The organizing committee shall be responsible for making arrangements to carry out medical testing, if any.

### **Daedo PSS Scoring requirements.**

Gen 2 Daedo PSS hogus and electronic head gear will be used for 8-9 year old Black belts, 10-11 year old black belts, and 12 years and over all belts. Athletes will need their own Gen 2 Daedo electronic socks. Electronic hogus will be provided. These are sparring competitors in divisions using Junior Safety Rules or Senior Rules where head contact is allowed.

All Color belts 11 and under and Black belts under age 8 will need to bring their own hogu and head gear. Daedo esocks are not required. These are sparring competitors in divisions with no head contact allowed.

### **Points Ranking System**

FST will use the current Tusah U.S. National Rankings to seed each division at the event, which is normally updated as of the first Wednesday of each month, as per the US Sparring & Poomsae Ranking Rules January 2023, [Tusah U.S. National Rankings](#). Seeding for events will be based off a report from current posted rankings on the USATKD [Tusah U.S. National Rankings](#) website as of Monday, April 24th, 2023.



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### SPARRING INFORMATION

We will use USATKD up-to-date rules and regulations, Best 2 of 3 rounds will be criteria used for sparring.

#### Female Sparring Age Divisions & Weight Categories

AGE CLASSES	AGE DIVISIONS	BELT COLOR	*WEIGHT CATEGORIES	WEIGHT CLASSES
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U19, U23, U27, O27	FIN, LIGHT, MIDDLE & HEAVY
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U21, U25, U30 & O30	FIN, LIGHT, MIDDLE & HEAVY
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & O40	FIN, LIGHT, MIDDLE & HEAVY
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U29, U33, U37, U41, U44, U47, U51, U55, U59, O59	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U42, U44, U46, U49, U52, U55, U59, U63, U68 & O68	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
SENIOR	17-32 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U55, U49, U53, U57, U62, U67, U73, O73	FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE & HEAVY
ULTRA	33+ YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U49, U57, U67, O67	FIN, LIGHT, MIDDLE & HEAVY

\*U=Under, O=Over



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**Male Sparring Age Divisions & Weight Categories**

AGE CLASSES	AGE DIVISIONS	BELT COLOR	*WEIGHT CATEGORIES	WEIGHT CLASSES
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U19, U23, U27, O27	FIN, LIGHT, MIDDLE & HEAVY
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U21, U25, U30 & O30	FIN, LIGHT, MIDDLE & HEAVY
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & O40	FIN, LIGHT, MIDDLE & HEAVY
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U33, U37, U41, U45, U49, U53, U57, U61, U65 & O65	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U45, U48, U51, U55, U59, U63, U68, U73, U78 & O78	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
SENIOR	17-32 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U44, U58, U63, U68, U74, U80, U87 & O87	FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE & HEAVY
ULTRA	33+ YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U58, U68, U80 & O80	FIN, LIGHT, MIDDLE & HEAVY

\*U=Under, O=Over



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**Sparring Match Format**

Best of 3 System (win by rounds) shall be followed for all matches.

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

Age	Belt Color	Applicable Rules
Dragon 6 – 7	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	
Tiger 8 – 9	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	Light Head Contact
Youth 10 – 11	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	Light Head Contact
Cadet (12 – 14)	Yellow	Light Head Contact
	Green	
	Blue	
	Red	
	Black (Grass Roots) Black (World Class) Black (Non World Class)	Full Head Contact
Junior (15 – 17)	Yellow	Light Head Contact
	Green	
	Blue	
	Red	
	Black (World Class) Black (Non World Class)	Full Head Contact
Senior (18 – 32)	Yellow	Full Head Contact
	Green	
	Blue	
	Red	
	Black (World Class) Black (Non World Class)	
Ultra (33+)	Yellow	Light Head Contact
	Green	
	Blue	
	Red	
	Black	

**JUNIOR SAFETY RULES**

Attacks to the head with light contact is allowed. The Referee will penalize the athlete for excessive contact. The referee can decide the winner of RSC (Referee Stop Contest) in case of a significant difference of competing ability between two athletes. FST utilizes \*\*USATKD’s KYORUGI COMPETITION RULES & INTERPRETATION Effective December 31<sup>st</sup>, 2023



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**RECOGNIZED SPORT POOMSAE**

**INDIVIDUAL POOMSAE**

Consists of 1 competitor for the following age divisions: Cadet (12-14), Juniors (15-17), U30 (18-30), U40 (31-40), U50 (41-50), U60 (51-60), U65 (61-65) O65 (66+)

**PAIRS POOMSAE (CO-ED)**

Consists of 1 Male & 1 Female competitors for the following age divisions: Cadet (12-14), Juniors (15-17), U30 Pairs (18-30) & O30 Pairs (31+) Pairs Poomsae.

**TEAM POOMSAE**

Consists of 3 competitors of the same gender for the following age divisions: Cadet (12-14), Junior (15-17), U30 Team (18-30), O30 Team (31-50) and O50 (51+) Team Poomsae.

**1. Black Belts**

Division		Compulsory Poomsae
6 – 7		Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
8 – 9		
10 – 11		
Cadet (12 – 14)		Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Junior (15 – 17)		Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30		Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Under 40		
Under 50		Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60		Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65		
Over 65		
Pair	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 – 11	
	Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Teaback, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Team	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 – 11	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

Notes: Shaded cells are official WTF divisions competed at USAT sanctioned events. Unshaded cells are USAT divisions competed in USAT sanctioned events.



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### **FAMILY PAIR POOMSAE**

2 family members compete as a team. At least 1 member must be a color belt and the team may contain black belt family members. Participants will present 1 color belt form of their choice but should have 1 additional form as an option in case of a tie score. (This Event will not Qualify you for USATKD Nationals)

### **FAMILY TEAM POOMSAE**

Up to 8 family members compete as a team. At least 1 member must be a color belt and the team may contain black belt family members. Participants will present 1 color belt form of their choice but should have 1 additional form as an option in case of a tie score. (This Event will not Qualify you for USATKD Nationals)

### **REGISTRATION**

Ensure competitors are registered for ALL events they plan on participating in by the time registration closes.

**NO ONSITE** registrations will take place. Meaning, if you plan on competing in a Team or in Pairs, but one (1) member did not register, your team or pair will be disqualified.

**\*2023 USATKD Florida State Championships will not have Dragon, Tiger and Youth Poomsae, or Color belt Co-Ed Pairs. \***

### **POOMSAE PRE-COMPETITION REQUIREMENTS**

Athletes competing in Recognized Poomsae Pairs, Recognized Poomsae Teams, and all have additional pre-competition requirements to ensure smooth competition. Pairs and Teams are required to report their team members.

## **MAJOR CHANGES**

### **COMPETITION EQUIPMENT**

#### **OFFICIAL SPARRING UNIFORM (DOBOK)**

- All contestants must wear a white Taekwondo V-neck USATKD/PATU/WT uniform (dobok) in good condition.
- Black belts must wear black-collared uniforms.
- Poom rank (15 and under black belts) may wear poom uniforms with black and red collars.
- Color belts must wear white-collared uniforms.
- Color belts cannot wear black-collared uniforms.
- Competitors may wear black uniform (dobok) pants.
- No tape will be allowed on any part of the uniform.



White V-Neck  
Color Belts



Poom V-Neck  
Black Belts U14



Black V-Neck  
Black Belts

### Personal Requirements

- 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 or interfere with the PSS system, shall be required to tie it back securely. Long hair must be tucked inside the headgear.

### Metallic Articles

- 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, hair clips, etc.

### Personal Hygiene

- All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly.

### Taping

- 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 USATKD Medical Staff because of injury.

Any violators of this article will be required to correct the violation within one minute, or face



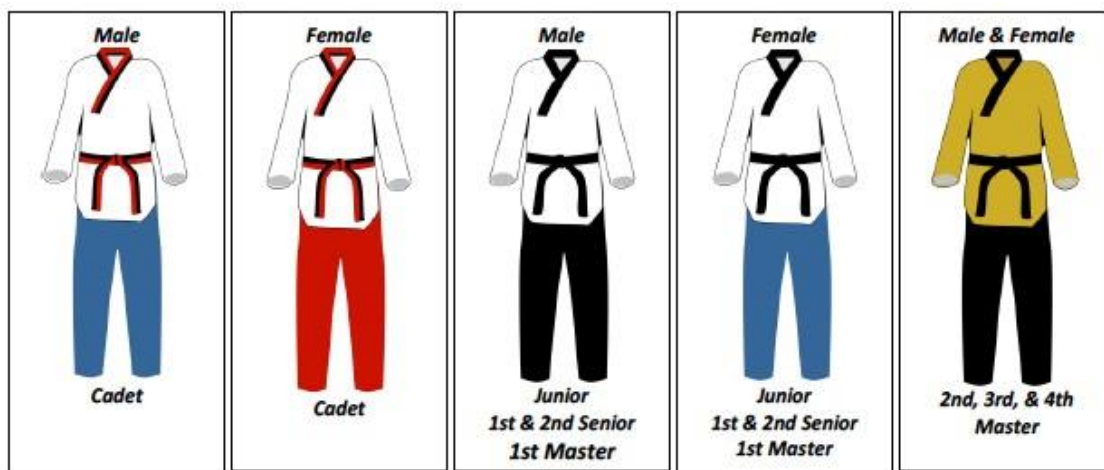
disqualification.

### Medical Control

- At Taekwondo events promoted or sanctioned by USATKD, any use or administration of drugs or chemical substances described in the U.S. Olympic Committee anti-doping by-laws is prohibited. International Olympic Committee doping by-laws shall be applied to Taekwondo competition in the Olympic Games and other multi-sport Games.
- USATKD may carry out any doping testing deemed necessary to ascertain if a contestant has committed a breach of this rule. Any winner who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings, and the record shall be transferred to the contestant next in line in the competition standings.
- The organizing committee shall be responsible for making arrangements to carry out medical testing.

### OFFICIAL POOMSAE UNIFORM (DOBOK) FOR CONTESTANTS

- All contestants must wear a white Taekwondo V-neck USATKD approved uniform (dobok) or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants' division. Black Belts must wear black-collared white uniforms or WT approved Poomsae competition uniform. Color belts may not wear black-collared or poom collared uniforms. Competitors may wear black uniform (dobok) pants.
- Only black belt athletes 14 and under may wear a poom belt. Also, if athlete wears a poom collar uniform they must wear a poom belt.
- Patches, embroidery, logos, team names, country names, athlete names, and stripes are permitted on the uniform. Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed.
- 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.
- NO TAPE WILL BE ALLOWED ON ANY PART OF THE UNIFORM.





### Personal Hygiene

- All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly.
- Any violators of This Section will be required to correct the violation within one minute or shall be subject to disqualification.

### Taping

There will be no ankle or wrist wrapping or bandage or any equivalent of protection on the hand and feet. Any taping for an injury requires medical approval.

### DAEDO PSS & PROTECTIVE EQUIPMENT



### DAEDO SOCKS - REQUIRED FOR ALL



FST Sponsor Truescore/Daedo will be available to sell socks Online at:

<https://www.tkscore.com/>

### FOREARM GUARDS – REQUIRED



### SHIN GUARDS - REQUIRED



- **HAND GLOVES - RECOMMENDED FOR ALL BLACK BELT DIVISIONS.**
- **REQUIRED** Cadet, Junior, & Senior divisions World Class and Grassroot Black Belt Sparring competitors must also wear WT approved TKD Gloves.

**HEADGEARS – REQUIRED FOR ALL COMPETITORS**



**BRING YOUR OWN HEADGEAR.** We will use a head electronic headgear for some divisions.  
White, red, or blue Helmets - blue or red must match hogu color.  
Headgear must be in good condition, i.e. not have any cracks and must strap securely to the head.



**MOUTHGUARDS - REQUIRED**

- **Mouth Guards** may be any color except Red,
- Must have a thickness greater than 3mm,
- If competitor has braces they are require to have an upper & lower mouth guard. Kyurogi Rules date January 2023 page 11.



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**FEMALE & MALE PROTECTORS - REQUIRED**



**HOTEL**



**Hampton Inn Sarasota I-75 Bee Ridge**  
**5995 Cattleridge Blvd Sarasota**  
**941-371-1900** or

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=SRQFLHX&groupCode=CHHTDA&arrivaldate=2024-04-26&departuredate=2024-04-28&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

We have secured a very limited hotel block. This is a very busy weekend so make your hotel reservations as soon as possible.

Registration information for the hotel is located at [www.FlaTKD.com](http://www.FlaTKD.com)



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**VOLUNTEERS**

An event like the Florida State Championships cannot happen without your help. Please consider signing up as a volunteer!

Link to sign up is located at [www.FlaTKD.com](http://www.FlaTKD.com)

All Rules, Times, Divisions, Events, Locations and any other Areas of this Tournament are subject to change at the sole discretion of FST or is deemed necessary by FST.