



2025 U.S. OPEN CHAMPIONSHIPS

INFORMATION PACKET

FEB 14-16, 2025
RENO, NEVADA



Where Olympic & Paralympic Journeys Begin



PROMOTER

USATKD
One Olympic Plaza
Colorado Springs, Colorado 80909
1-719-866-2423

SANCTIONED BY

World Taekwondo
10th Floor, Booyoung Taepyeong Building 55, Sejong-daero, Jung-gu, Seoul Republic of Korea
04513

Pan American Taekwondo Union
General Guadalupe Victoria 214, Zona Centro, 20000 | Aguascalientes, Mexico
events@panamericantaekwoundunion.org

ORGANIZER

USATKD
One Olympic Plaza
Colorado Springs, Colorado 80909
1-719-866-2423

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Eric Winger, Associate Director of National Teams
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VENUE

Reno-Sparks Convention Center
4590 S Virginia Street
Reno, Nevada 89502

ACCOMMODATION & TRANSPORTATION

Hotel accommodation

All accredited club/teams participating at the event are strongly recommended to book their hotel accommodation via the Organizing Committee in the Official Hotels through <https://groups.reservetravel.com/group.aspx?id=78061>

One shuttle bus will run between the Circus Circus Hotel, Silver Legacy Hotel, El Dorado Hotel, and the Reno Convention Center on a loop from February 14-16, 2025, from 6:30 AM – 11:30 AM and 4:30 PM – 9:00 PM

REGISTRATION & ACCREDITATION

February 14-16, 2025
Reno-Sparks Convention Center
4590 S Virginia Street
Reno, Nevada 89502

DRAW SHEETS & DESIGNATED POOMSAE

Poomsae draws and brackets will be published after the Technical Meeting on the USATKD website and Facebook page. Designated Poomsae will be released during the poomsae head of team meeting.

[USA Taekwondo | 2025 U.S. OPEN TAEKWONDO CHAMPIONSHIP \(usatkd.org\)](http://usatkd.org)

SEEDING

World Taekwondo Poomsae World Ranking Bylaw will be in force. Seeding will be done for Recognized Under 30, Recognized Under 40, and 17 and Over Freestyle divisions. All other poomsae divisions will not be seeded.

HEAD OF TEAM MEETING

The head of team meeting will be Thursday February 13, 2025. Time TBD.

COMPETITION RULES

World Taekwondo Poomsae Rules will be followed.

To view poomsae rules, please see the World Taekwondo website: [CLICK HERE](#)

CONTEST TIME

Recognized Poomsae

Individual, Pair, and Team competitions up to 90 seconds. The waiting period between 1st poomsae and 2nd poomsae is minimum of 30 seconds.

Free Style Poomsae

Individual, Pair, and Mixed Team competitions from 90 seconds to 100 seconds.

The WT Technical Delegate has the authority to adjust the contest time as seen fit.

ATHLETE ELIGIBILITY REQUIREMENTS

1. Holder of a valid WT Global Athlete License.
2. Member of the team/club of a pertinent Member National Association, recognized by the Pan American Taekwondo Union or World Taekwondo.
3. Holder of 1st Dan/Poom, and above (WT regulations) for Cadet athletes and above.

Contestants may compete in a maximum of two events per WT Competition Rules (in recognized poomsae and/or freestyle poomsae). If an athlete is registered in more than two events, the athlete will randomly be removed from the needed events until meeting the two limit criteria.

NO ONSITE REGISTRATION WILL BE ACCEPTED FOR ATHLETES

COACH ELIGIBILITY REQUIREMENTS

- Minimum age of 18 years.
- Holder of a valid WT Global Official License.
- Coach is not allowed to wear a Dobok while coaching.

Beginning January 1, 2025 all Poomsae Coaches participating in WT recognized tournaments must hold a WT Poomsae Coach Certification. The first online course will be offered through [Simply Compete](#) in the [Courses section](#). Coaches can register online through their [Simply Compete profile](#).

NO ONSITE REGISTRATION WILL BE ACCEPTED FOR COACHES

USA Coaches

USA Coaches are required to complete and pass a background check (every two years), complete the U.S. Center for SafeSport training (every year).

The SafeSport and background check can be completed from your [Sport80](#) profile.

First Time SafeSport - <https://sport80.zendesk.com/hc/en-us/articles/360054619112-How-do-I-take-SafeSport-core-training->

SafeSport Refreshers - <https://sport80.zendesk.com/hc/en-us/articles/360054619252-How-do-I-take-a-SafeSport-refresher-course->

These will update on Sport80 automatically every 24 hours if you follow the link through your [Sport80](#) profile.

POOMSAE DIVISIONS

INDIVIDUAL POOMSAE

AGE CLASS	AGE DIVISION	BELT COLOR	RANK	COMPETITION FORMAT
DRAGON	6-7 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
TIGER	8-9 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
YOUTH	10-11 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
CADET	12-14 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
UNDER 30	18-30 YEARS OLD	BLACK	1 ST – 9 TH	SINGLE ELIMINATION
UNDER 40	31-40 YEARS OLD	BLACK	1 ST – 9 TH	SINGLE ELIMINATION
UNDER 50	41-50 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
UNDER 60	51-60 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
UNDER 65	61-65 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
OVER 65	66 & OLDER	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT
OVER 70	71 & OLDER	BLACK	1 ST – 9 TH	MODIFIED WT FORMAT

PAIRS POOMSAE

CO-ED: 1 MALE & 1 FEMALE

CADET (12-14), JUNIOR (15-17), UNDER 30 (18-30), UNDER 60 (31-60) & OVER 60 (61+)

DIVISION	BELT	RANK	GENDER
CADET	BLACK	1 ST – 9 TH	CO-ED
JUNIOR	BLACK	1 ST – 9 TH	CO-ED
UNDER 30	BLACK	1 ST – 9 TH	CO-ED
UNDER 50	BLACK	1 ST – 9 TH	CO-ED
UNDER 60	BLACK	1 ST – 9 TH	CO-ED
OVER 60	BLACK	1 ST – 9 TH	CO-ED

TEAM POOMSAE

3 COMPETITORS OF THE SAME GENDER

CADET (12-14), JUNIOR (15-17), UNDER 30 (18-30), UNDER 60 (31-60) & OVER 60 (61+)

DIVISION	BELT	RANK	GENDER
CADET	BLACK	1 ST – 9 TH	MALE
CADET	BLACK	1 ST – 9 TH	FEMALE
JUNIOR	BLACK	1 ST – 9 TH	MALE
JUNIOR	BLACK	1 ST – 9 TH	FEMALE
UNDER 30	BLACK	1 ST – 9 TH	MALE
UNDER 30	BLACK	1 ST – 9 TH	FEMALE
UNDER 50	BLACK	1 ST – 9 TH	MALE
UNDER 50	BLACK	1 ST – 9 TH	FEMALE
UNDER 60	BLACK	1 ST – 9 TH	MALE
UNDER 60	BLACK	1 ST – 9 TH	FEMALE
OVER 60	BLACK	1 ST – 9 TH	MALE
OVER 60	BLACK	1 ST – 9 TH	FEMALE

INDIVIDUAL FREESTYLE POOMSAE

12-17 & 18+

DIVISION	BELT	RANK	GENDER
12-17	BLACK	1 ST – 9 TH	MALE
12-17	BLACK	1 ST – 9 TH	FEMALE
18+	BLACK	1 ST – 9 TH	MALE
18+	BLACK	1 ST – 9 TH	FEMALE

PAIRS FREESTYLE POOMSAE

COED: 1 MALE & 1 FEMALE

12-17 & 18+

DIVISION	BELT	RANK	GENDER
12-17	BLACK	1 ST – 9 TH	CO-ED
18+	BLACK	1 ST – 9 TH	CO-ED

TEAMS FREESTYLE POOMSAE

COMPOSITION OF 5 MEMBERS OF AT LEAST 2 MALES & 2 FEMALES

12-17 & 18+

DIVISION	BELT	RANK	GENDER
12-17	BLACK	1 ST – 9 TH	CO-ED
18+	BLACK	1 ST – 9 TH	CO-ED

COMPULSORY POOMSAE

COMPULSORY POOMSAE – BLACK BELTS

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
DRAGON	TAEGEUK 2, 3, 4, 5, 6, 7, 8 JANG, KORYO
TIGER	
YOUTH	
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
JUNIOR	TAEGEUK 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON
UNDER 30	TAEGEUK 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE
UNDER 40	
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
UNDER 65	
OVER 65	
OVER 70	
PAIRS DIVISIONS	COMPULSORY POOMSAE
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG
JUNIOR	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK

UNDER 30	TAEGEUK 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
OVER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
TEAMS DIVISIONS	COMPULSORY POOMSAE
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG
JUNIOR	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
UNDER 30	TAEGEUK 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
OVER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU

REGISTRATION & FEES

Team and athlete entries will only be accepted through the WT GMS online registration system Simply Compete.

Registration of athletes is only possible with a valid WT Global License (GAL issued by assigned GMS club, Edition and MNA Administrators only).

<https://worldtkd.simplycompete.com/>

ATHLETES		
DEADLINE	ONE DIVISION	TWO DIVISIONS
January 30	\$155	\$205
COACHES		
DEADLINE	FEE	
January 30	\$80	

PAYMENT ENTRY

All entry fees will be paid in advance to USATKD through Simply Compete registration system. **PAYMENT FOR REGISTRATION WILL NOT BE ACCEPTED ON SITE.** If a wire transfer needs to be done directly to USA Taekwondo due to national policies of MNA, please refer to the following info:

Beneficiary: USA Taekwondo
Name of the bank: Wells Fargo
Account Number: 1690251853
Routing Number: 102000076
BIC/SWIFT: WFBIUS6S
Bank address: 90 S Cascade Ave. Colorado Springs, CO 80903

SUBMIT A COPY OF YOUR PAYMENT TO: kcleveland@usatkd.org.

Athletes and coaches must pay IN FULL by the final registration deadline to compete.

USATKD has a NO REFUND policy.

CREDENTIALS

All athletes will receive a physical credential onsite at the event. Please come to the registration desk to pick up during the designated registration desk times.

All coaches will receive a physical credential onsite at the event. Please come to the registration desk for pickup during the designated registration desk times.

VISA REQUEST

The visa invitation letter for each registered individual will be automatically generated from WT GMS platform if the visa is requested during the registration for the event. All members who need an entry visa to the USA must be registered for the event in GMS. You must then use this letter to apply for your or your team member's visa.

If you need assistance with a Visa letter you can email mnewman@usatkd.org.

SPORT EQUIPMENT

Mats

WT Recognized mats will be used at the event.

Dobok

Athletes can only use WT recognized products while participating at the event. See a list of recognized products at: <http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>

Approved Poomsae Competition Uniforms

Children Division (6-11): Color code as Cadets is highly encourage, but participants may compete in fully white V neck dobok.

Division (Ages 12-14): White top with red and black collar, plus blue pants formales; the same top, but with red pants, for females.

Junior and Senior Division (Ages 15-50): White top with dark blue pants for males;white top with light blue pants for females.

Master Division (Ages 51 and up): Yellow top and dark blue pants for both males and females.

AWARDS

INDIVIDUAL AWARDS	
1 st Place	Gold Medal
2 nd Place	Silver Medal
3 rd Place	Bronze Medal
3 rd Place	Bronze Medal

TEAM AWARDS	
1 st Place	7 points
2 nd Place	3 points
3 rd Place	1 point
3 rd Place	1 point

Team awards will be given out to the top three (3) teams in each of the Men's and Women's Poomsae per medalist.

Special awards

Best Male and Best Female athlete in the Senior Poomsae Division

Best Male and Female Poomsae International Referees

Best Male and Female Poomsae Team Coach.

Awards would be given out after the conclusion of the poomsae event.

ANTI-DOPING

Applicable medical rules

The WT Medical Code, WT mouthguard, bracing, taping, padding, and piercing rules are applicable, which all MNA participating in this event must comply.

Applicable doping rules

The WT Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests will be conducted among all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event.

Therapeutic Use Exemption

Athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to submit TUE applications via ADAMS, together with the required medical information. Otherwise, please download the TUE Application Form (found on <https://ita.sport/TUE>), and once duly completed and signed, send it together with the required medical file to tue@ita.sport. Report TUE applications also to the WT Sport Department via antidoping@worldtaekwondo.org by no later than 2 January 2025.

ADAMS login

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or tue@ita.sport with copy to antidoping@worldtaekwondo.org

For more details, please visit:

<http://www.wada-ama.org/en/ADAMS/>

http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html

MEDICAL

Athletic Trainers & Taping of Athletes

Sports Med Staff will be ringside and in the medical tent to provide injury and illness care for all participants. Please remember when taping ankles or instep pads, competitors must comply with the rules set forth by the WT and USATKD.

MEDIA

Registered media and press officials or official photographers are entitled to receive a media credential. For more information, please contact the USATKD at media@usatkd.org.

SPECTATORS TICKETS

Admission to the US Open is by credential or ticket only. Event tickets can be ordered directly online through Showpass. No onsite ticket sales will be available for purchase. Online ticket sales will be available through the conclusion of the event.

<https://www.showpass.com/2025-us-open/>

TICKETS	
TICKET TYPE	PRICE
ADULT SINGLE DAY	\$20.00
CHILD SINGLE DAY	\$15.00
ADULT ALL WEEKEND PASS	\$56.00
CHILD ALL WEEKEND PASS	\$41.00
SENIOR (65 & OLDER) SINGLE DAY	\$17.00
SENIOR (65 & OLDER) WEEKEND PASS	\$47.00

Wristbands will be given in exchange for your tickets at the tournament. Wristbands must be worn at all times and are good for the time allotted on your ticket (Single Day = only for the appropriate day purchased).

Delta Air Lines is pleased to offer special discounts for **USA Taekwondo**

You may also call Conferences and Events® at 1.800.328.1111* Monday–Friday, 8:00 a.m. – 6:30 p.m. (EST) and refer to Meeting Event Code **NY3HJ**

****Please note there is not a service fee for reservations booked and ticketed via our reservation 1-800 number.***



SAFESPORT & MAAP

If you need crisis intervention, referrals, or emotional support at any time, contact the 24-hour SafeSport Helpline at 866-200-0796.

If you are facing a life-threatening emergency, contact 911. Please use this link to report a Safe Sport incident - safesport-i.sight.com/portal.

How to report a Safe Sport concern -

Please call 833 5US Safe

safesport-i.sight.com/portal

USA Taekwondo, SafeSport and the MAAPP Policy

Safe Sport is an initiative that is mandatory for all USOPC National Governing Bodies to develop and to implement. USA Taekwondo has done so, and it is now a requirement that people in supervisory positions with our Taekwondo athletes must undergo and successfully complete a background check. Of course, the emphasis here is on the safety of our athletes and the strong motivation to keep them safe from all kinds of abuse, including harassment, bullying and improper touching. We will also be providing training for our membership regarding Safe Sport and its implementation.

We are partnering with the USOPC to bring this training to our membership. Athlete safety concerns our entire membership and SafeSport is a great initiative that has been instituted by the U.S. Olympic & Paralympic Committee to help to protect all of our athletes.

The Minor Athlete Abuse Prevention Policies (MAAPP) limits one-on-one adult/minor interactions and sets standards for training and sport settings that prevent abuse and misconduct. Sport organizations invested in keeping young athletes free of abuse are strongly encouraged to adopt the MAAPP—now required throughout the U.S. Olympic and Paralympic Movement.

Click [here](#) to view USATKD's SafeSport Details including Reporting and MAAPP

Click [here](#) to view the US Center for SafeSport

SCHEDULE

Date	Event	Time	Division	
January 30	Registration Deadline	12:00 PM MT	All Divisions	
February 13	Check In/Weight Changes	10 AM - 12 PM	All Divisions	
	Check In/Weight Changes	2 PM – 4 PM	All Divisions	
	Training	1 PM – 5 PM	All Divisions	
	Poomsae Head of Team Meeting	TBD	All Poomsae Divisions	
February 14	Registration Opens	7:00 AM		
	Doors Open for Poomsae Athletes and Coaches	7:00 AM		
	Athletes MUST be in holding	7:30 AM	Report Times TBA Night Before Competition	
	Doors open for spectators	7:30 AM		
	Competition Begins	8:00 AM	Start Times TBA Night Before Competition	
	Check In/Weight Changes	9 AM – 4 PM	All Kyorugi Divisions	
	Training	9 AM – 5 PM	All Divisions	
	Weigh In	8 AM – 10 AM	Dragon – Male/Female Youth – Male/Female	Tiger – Male/Female Ultra – Male/Female
	Weigh In	10 AM – 12 PM	Cadet – Male/Female	
	Weigh In	12 PM – 2 PM	Junior – Male/Female	
	Kyorugi Head of Team Meeting	TBD	Sparring Divisions	
February 15	Registration Opens	7:00 AM		
	Doors Open for Sparring Athletes and Coaches	7:00 AM		
	Athletes MUST be in holding	7:30 AM	Report Times by Match Number TBA	
	Doors open for spectators	7:30 AM		
	Check In/Weight Changes	9 AM – 4 PM	Senior Kyorugi Divisions	
	Competition Begins	8:00 AM	Division Order TBA after registration closes	
			Kyorugi	
			Dragon – Male/Female	Tiger – Male/Female
			Youth – Male/Female	Cadet – Male/Female
			Junior – Male/Female	Ultra – Male/Female
Training	9 AM – 5 PM	All Divisions		
Weigh In	10 AM – 12 PM	Senior Kyorugi – Male/Female		
February 16	Registration Opens	6:00 AM		
	Random Weigh In List Posted	5:30 AM	Senior Kyorugi Athletes	
	Random Weigh In	6:30 AM	Senior Kyorugi Athletes	
	Doors Open for Kyorugi Athletes and Coaches	6:30 AM	Senior Kyorugi Divisions	
	Athletes Must be In Holding	7:00 AM	Report Times by Match Number TBA	
	Doors Open for Spectators	7:00 AM		
	Competition Begins	7:30 AM	Senior Kyorugi	
	Registration	6 AM – 11 AM		

MEDIA RELEASE

I hereby agree to be filmed, videotaped and photographed, and to have my name, image, picture, likeness, voice and biographical information otherwise recorded, in any media, by USA Taekwondo (USATKD) and its official photographers, film crews and video crews, and by any other entity authorized by USA Taekwondo (the "Footage").

I hereby grant the USA Taekwondo and its assigns the irrevocable, perpetual, fully paid-up, worldwide right and license to use, and to authorize third parties to use, in all media, the Footage for: (1) news and information purposes, (2) promotion of me and the specific competition(s) in which I compete, (3) promotion of the USA Taekwondo Teams, and (4) promotion of USA Taekwondo (including, but not limited to in videos, blogs, episodes, shows or other promotions distributed digitally through a USA Taekwondo YouTube Channel) without the need to seek any further consent from me.

I acknowledge and agree that the programming in which the Footage is used, and the media through which the Footage is distributed, may contain advertising and sponsorships; provided that, in no event may USA Taekwondo use or authorize the commercial use of the Footage in any manner that would imply my endorsement of any company, product, or service, without my written permission. My permission will not be unreasonably withheld, delayed or conditioned provided that the proposed commercial association does not create sponsor conflicts for me.

USA Taekwondo may edit my appearance as it sees fit. USA Taekwondo shall have all right, title and interest in any and all results and proceeds from usage of the Footage. USA Taekwondo is not obliged to make any use of my performance or exercise any of the rights granted by this Release.