



2010

Ohio State Taekwondo Championship

Sanctioned By: USA Taekwondo

Sponsored by: Ohio Taekwondo Martial Arts Commission

Tournament Director: Master Ryan Andrachik

**Contact: (330) 650-6333
info@asiansun.net**

Events: Forms & Sparring

Registration: Online through Hang-a-Star (USAT)

Will be available soon: <http://usa-taekwondo.us>

Fees:

Athlete:

\$65.00 1st event (day of event: \$75.00)

\$10.00 additional event (day of event \$15.00)

NOTE: Must be 2010 USAT Member (\$35.00)

Register/renew online at

<https://www.usat.hangastar.com>

Or, download application at

<http://usa-taekwondo.us>

Coach:

\$20.00 (day of event \$20.00)

Spectator:

\$10.00 – Children 6 and under FREE

Referee Seminar: Pre-register online at www.ohtmac.org

Location:

Saturday, May 22; 4:00 - 9:00 p.m.

OMAC - 1349 Brice Road, Reynoldsburg

Sunday, May 23; 8:30 - 10:30 a.m.

Blendon Middle School

Application for VIP/OFFICIAL Pass

Submit online - [click here](#)

[Download this Packet](#)

[Click Here](#)



GENERAL INFORMATION:

On-line Registration

Hang-A-Star System on USAT Website

1. USAT On-line registration until midnight 5/18 only - Hang A star system. After online registration closes, registration will be accepted at the door. No registrations by postal service.
2. Doors Open: 8:00 am - 10:30 am (Sunday May 23, 2010)
3. Late Registration & Weigh-In: 8:30 am - 11:00 am (Sunday May 23, 2010)
4. Official Meeting: Referees / Coaches / Officials / Committees : 9:30 am - 10:30 am
5. Introduction: 11 am - Competition begins right after the short introduction
6. Fees: \$65.00 (one event) \$10.00 (Each additional event) by 5/18/09
At the door 5/23/10, \$75.00 - 1 event; \$15.00 - each additional event
7. Ohio Team Support: OHTMAC will make an effort to raise funds to support an Ohio team to participate in Nationals in July.
8. Poomsae Competition (USAT): Qualifier for Nationals and World Championships
Divisions, Required Poomsae and Details - see Rules Handbook ([Download here](#))
9. USAT Olympic Style Sparring Competition: Qualifier for Nationals and World Championships
Divisions - see Rules Handbook ([Download here](#))
10. Sparring Equipment (Mandatory) - see Rules Handbook ([Download here](#))
11. Rings - Puzzle mat rings - Black Belt 8 x 8 meters. Modified rings maybe used for other divisions.
12. Scoring System: Ring Master - Provided by Master Andrachik
13. Referees & Judges - USAT certified referees and judges (Referees wear Black Suit, Red Tie, TKD Shoes)
14. Rules: USAT Rules
15. Coaches - Coaches are required to have certification as an Associate Coach (AC), Level 1 or higher to coach at a State Championship. The AC certification may be completed online via Hang-a-star. It is not required to host an AC Seminar and/or Level 1 seminar at the State Championship, however if any coach intends to coach at a National Qualifier and/or Junior Olympics or U.S. National Championship he/she must meet all coaching requirements. Coaches can view the USAT website to review coaching requirements.
16. **Qualification of USAT Contestants**
 - 1) Citizen of the United States. State Championships are a direct qualifier for the USAT U.S. National Championship and Junior Olympics. **Proof of U.S. Citizenship is only valid with a U.S. birth certificate or U.S. passport. Social Security Cards are NOT proof of citizenship, but are proof of residency.**

If the USAT Event Participant Report states the individual is "pending" all documentation must be collected and resubmitted to USAT. This includes citizenship/residency. A copy of the documentation must be submitted.

If the individual is not a valid resident or U.S. Citizen he/she WILL NOT be able to compete at the Junior Olympics or Senior Nationals.

If participants register at the door all "pending" documentation must be collected. This includes waivers, membership, insurance, proof of citizenship, etc.
 - 2) Registered USAT athlete member
 - 3) All contestants participating in a tournament are required to observe the decorum code of the USAT and the rules of the tournament. Violators face sanction by the USAT.
17. The Uniform for Contestants: Official Uniform Contestants must wear a white Taekwondo V-neck USAT/WTF uniform (dobok) in good condition.
18. Protective Equipment: The male contestant shall wear an approved trunk protector, headgear (white, or red for Hong and blue for Chung), groin guard, gloves, forearm protector, shin-instep protectors and a mouth guard before entering the contest area. The groin, forearm, and shin-instep protectors must be worn inside the Taekwondo uniform. Wearing of any other items on the head other than head protector shall not be permitted. The female contestant shall wear an approved trunk protector, headgear (white, or red for Hong and blue for Chung), women's groin guard (optional), gloves, women's breast guard (optional), forearm protector, shin-instep protector and mouth guard before entering the contest area. The women's groin guard, the women's breast guard, forearm protector and shin-instep protectors must be worn inside the uniform.

SUMMARY OF RULES [The Complete Rule Book May be Downloaded - Click Here](#)

State Championships must be held under the same USAT/WTF modified rules and divisions used at USAT National Qualifiers, Junior Olympic and U.S. National Championships. All competitors must weigh-in prior to competition.

ATHLETE REQUIREMENTS:

Sparring

All categories must be the same age, belt and weight as the USAT National Qualifiers, Junior Olympics, and U.S. National Championships.

Athletes must compete in the age category according to what age he/she will be as of December 31, 2010. World Class Division: Athletes placing 1st (gold medalists) in his/her respective category qualify for the Junior Olympics and/or U.S. National Championships. Athletes that place 2nd or 3rd are NOT qualified. These individuals must attend a USAT National Qualifier to qualify for the World Class Division or may compete in the Elite Open Divisions during the Junior Olympics and U.S. National Championships. (There are some divisions that are non-qualifying division and are open at the National Qualifiers, Junior Olympics and/or U.S. National Championships.)

If an athlete qualifies at both a State Championship and National Qualifier in the same belt and weight category, the athlete will automatically receive the National Qualifier seed. The 2nd place (silver medalist) from the State Championship will then qualify.

The following divisions are non-qualifying division for World Class, but may compete at State Championships.

6-7	yellow, green, blue, red and black belts
14-17	yellow, green, blue and red belts
18-32	yellow, green, blue and red belts
33 & older (Ultra Division)	yellow, green, blue, red and black belts

The 33 & older competition is not available at the National Qualifiers. These divisions are Elite Open Divisions at the Junior Olympics and U.S. National Championship only.

These divisions and White Belts may be held at the State Championships. All participants are still required to be athlete members of USAT. White Belts divisions are not available at any USAT National Qualifier, Junior Olympics or U.S. National Championship.

If a competitor wants to compete in both the Junior Olympics 14-17 Black Belt Division and the Senior Black Belt Division, he/she must compete and qualify in each division.

Forms

All categories must be the same age, belt and weight as the USAT National Qualifiers, Junior Olympics, and U.S. National Championships.

At both State Championships and National Qualifiers, black belt athletes 14 and older placing 1st, 2nd, or 3rd (gold, silver, or 1 bronze medalist) in the respective category will qualify for a seed in forms at the Junior Olympics and/or U.S. National Championships. If an athlete does not place at a State Championship or USAT National Qualifier, he/she may still compete in an unseeded position at the Junior Olympics and/or U.S. National Championships.

If an athlete qualifies at both a State Championship and National Qualifier in the same belt and weight category, the athlete will automatically receive the National Qualifier seed. The 2nd place (silver medalist) from the State Championship will then qualify. The following divisions are non-qualifying division for World Class, but may compete at State Championships.

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Belt Divisions are as follows:

- a) White 10th & 9th Gup
- b) Yellow 8th & 7th Gup
- c) Green 6th & 5th Gup
- d) Blue 4th & 3rd Gup
- e) Red 2nd & 1st Gup
- f) Black 1st Dan and above

The sponsoring organization has the option of further dividing each belt division [under Black Belt] into weight classes as light, middle and heavy, depending on the number of competitors in each division. It is recommended that the belt divisions be separated into a minimum of two weight classes (light and heavy) whenever the number of entrants is sixteen (16) or more. The maximum number of weight classes will be at the discretion of the tournament director.

Adult Weight Division

- Weights are divided into male and female divisions.
- Weight divisions are divided as follows for black belts in International, US Team Trials, and US National competitions, and also for any USAT-sanctioned competitions:

	Men's Division	Women's Division
Fin	Not exceeding 119.0 lbs (Not exceeding 54 kg)	Not exceeding 101.4 lbs (Not exceeding 46 kg)
Fly	119.1 lbs – 127.9 lbs (Over 54 kg & not exceeding 58 kg)	101.5 lbs – 108.0 lbs (Over 46 kg & not exceeding 49 kg)
Bantam	128.0 lbs – 138.9 lbs (Over 58 kg & not exceeding 63 kg)	108.1 lbs – 116.9 lbs (Over 49 kg & not exceeding 53 kg)
Feather	139.0 lbs – 149.9 lbs (Over 63 kg & not exceeding 68 kg)	117.0 lbs – 125.7 lbs (Over 53 kg & not exceeding 57 kg)
Light	150.0 lbs – 163.1 lbs (Over 68 kg & not exceeding 74 kg)	125.8 lbs – 136.7 lbs (Over 57 kg & not exceeding 62 kg)
Welter	163.2 lbs – 176.4 lbs (Over 74 kg & not exceeding 80 kg)	136.8 lbs – 147.7 lbs (Over 62 kg & not exceeding 67 kg)
Middle	176.5 lbs – 191.8 lbs (Over 80 kg & not exceeding 87 kg)	147.8 lbs – 160.9 lbs (Over 67 kg & not exceeding 73 kg)
Heavy	191.8 lbs and over (Over 87 kg)	161.0 lbs and over (Over 73 kg)

Other Weight Divisions

These additional Weight Division Charts can be found in the complete Handbook

Sparring	14 - 17 Year Old Black Belts 6 - 13 Year Old Black Belts
Forms	14 - 17 Year Old Black Belts 6 - 13 Year Old Black Belts 14 - 17 Year Old Color Belts 6 - 13 Year Old All Belt Colors

Duration of Contest

The duration of the contest shall be three rounds of two minutes each, with a one-minute rest period between rounds.

In case of a tie score after the completion of the 3rd round, a two minute, 4th round will be conducted as the overtime round, after a one-minute rest period.

The USAT at its discretion, may modify round duration and rest periods for specific competitions.

The valid points are divided as follows:

- 1) One (1) point for attack on trunk protector
- 2) Two (2) points for a valid turning kick to the trunk protector.
- 3) Three (3) points for a valid attack to the head.

Penalties

1. Penalties shall be declared by the referee for any prohibited acts.
2. Penalties are divided into “Kyong-go” (warning penalty) and “Gam-jeom” (deduction penalty).
3. Two “Kyong-gos” shall be counted as an additional one (1) point for the opposing contestant. However, the final odd-numbered “Kyong-go” shall not be counted in the grand total.
4. A “Gam-jeom” shall be counted as an additional point for the opposing contestant.

Prohibited acts

- 1) The following acts shall be classified as prohibited acts, and “Kyong-go” shall be declared.
 - a. Crossing the Boundary Line
 - b. Evading by turning the back to the opponent
 - c. Falling down
 - d. Avoiding the match
 - e. Grabbing, holding or pushing the opponent
 - f. Attacking below the waist
 - g. Pretending injury
 - h. Butting or attacking with knee
 - i. Hitting the opponent’s face with the hand
 - j. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
 - k. Lifting the knee to avoid a valid attack or impede the progress of an attack

- 2) The following acts shall be classified as prohibited acts, and “Gam-jeom” shall be declared.
 - a. Attacking the opponent after “Kal-yeo”
 - b. Attacking the fallen opponent
 - c. Throwing down the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand
 - d. Intentionally attacking the opponent’s face with the hand
 - e. A coach or contestant interrupting the progress of the match
 - f. Violent or extreme remarks or behavior on the part of a contestant or a coach

POOMSE COMPETITION

Judges and referee will award scores on the basis of the following merits:

1. Correct and orderly execution of each movement;
2. Degree of proficiency which will be judged on the basis of:
 - a. Beginning and ending the Poomsae at the same spot
 - b. Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
 - c. Mental concentration
 - d. Focused eye and head movements
 - e. Accurate targets
 - f. Inhaling and exhaling at the proper moment
 - g. Balance
 - h. Rhythm
 - i. Synchronization of entire body movements
 - j. Competition manner

Official Poomsae

The only official Poomsae for all USAT-sanctioned Poomsae competition are the ones officially recognized by the Kukkiwon/WTF and required by the USAT.

The WTF presently recognizes and the USAT presently requires:

BLACK BELTS

10th Dan - None
 9th Dan - Ilyo
 8th Dan - Hansu
 7th Dan - Chonkwon
 6th Dan - Jitae
 5th Dan - Sipjin
 4th Dan - Pyungwon
 3rd Dan/Poom - Taebaek
 2nd Dan/Poom - Keumgang
 1st Dan/Poom - Koryo

NON-BLACK BELTS

10th Gup - Basic Form 1
 9th Gup - Basic Form 2
 8th Gup - Taegeuk or Palgwae 1 Jang
 7th Gup - Taegeuk or Palgwae 2 Jang
 6th Gup - Taegeuk or Palgwae 3 Jang
 5th Gup - Taegeuk or Palgwae 4 Jang
 4th Gup - Taegeuk or Palgwae 5 Jang
 3rd Gup - Taegeuk or Palgwae 6 Jang
 2nd Gup - Taegeuk or Palgwae 7 Jang
 1st Gup - Taegeuk or Palgwae 8 Jang