



2010 U.S. National Championships – Orlando, FL

1. DATE:

July 3 – 4, 2010

2. VENUE:

ORANGE COUNTY CONVENTION CENTER

ADDRESS:

Hall NA, North Concourse
[9400 Universal Boulevard, Orlando, FL 32819.](http://www.occc.net)

TELEPHONE:

(407) 685-1061

WEB SITE:

<http://www.occc.net/default.asp>

DIRECTIONS:

<http://www.occc.net/global/directions.asp>

3. PREREQUISITES:

MEMBERSHIP All participants, athletes and coaches must be current 2010 USA Taekwondo members. Membership can be easily renewed through your Hang a Star profile. If you need to become a new member of USA Taekwondo please see the membership portion of our website at [MEMBERSHIP](#).

RESIDENCY & CITIZENSHIP All competitors are required to be residents of the United States. Residency can be proven by providing a copy of a school report card, driver's license or any other document that shows the athlete's name with a current U.S. address.

Athletes competing in 14-17 black belt sparring World Class divisions need to also provide proof of citizenship to compete at the Junior Olympics. The proof of U.S. citizenship is required for these divisions because they are part of the selection procedures to make U.S. National Teams. Citizenship can only be proven by providing a copy of a birth certificate or passport. Competitors in the 14-17 and 18-32 black belt sparring divisions that are not U.S. citizens may compete in the Elite Open divisions where no qualification is necessary.

COACHING EDUCATION The minimum level of coaching education to register for the Junior Olympics is the Associate level. For more information on obtaining this level of certification please visit [COACHES](#). All coaches must also take the 2010 Coach's Edge Seminar. This coaching education opportunity is offered before the Junior Olympics. To register for this seminar go to [COACHES](#). The minimum level of coaching education to coach in the World Class divisions is a Level 1 certification. This coaching education opportunity is offered before the Junior Olympics. To register for this seminar go to [LEVEL 1](#). For more information on the 2010 Coaches Edge Seminar please visit [COACHES EDGE](#).

4. COMPETITION RULES:

USA Taekwondo's Competition Rules click [HERE](#)

6-13 year old divisions will use the junior safety rules for sparring click [HERE](#)

Sport Poomsae (WTF cut off format) you can find the current rules at [HERE](#)

The required Poomsae for the Cadet age group are:

1st Compulsory Set: Taegeuk 1, 3, 4, 5

2nd Compulsory Set: Taegeuk 6, 7, 8, Koryo

Board breaking rules can be found [HERE](#).

Demonstration team competition rules are as follows:

1. There is no limit to team members although the team will have to fit on one regulation sized ring.
2. There is a 2 minute set up time limit.
3. There is a 5 minute demonstration time limit.
4. If music is used the team will have to provide it as well as the device to play the music.
5. Demo materials like boards etc, need to be provided by the demo team.





5. EQUIPMENT:

USA Taekwondo will be using LaJust Electronic Body Protectors at the Junior Olympics. USAT will be supplying the electronic EBP's. Athletes age 8 and older are required to have LaJust socks. These can be purchased by visiting [LAJUST](#) or by visiting the LaJust representatives at the event.

All athletes will be responsible for supplying their own headgear, gloves, foot pads, arm and shin guards and mouth guards. USAT equipment standards and guidelines can be found at [EQUIPMENT](#).

6. QUALIFYING FOR 2010 JUNIOR OLYMPICS, NATIONAL CHAMPIONSHIPS and/or U.S. POOMSAE TEAM TRIALS:

*******When registering for the Junior Olympics all colored belts and 6-13 old black belts may move up or down one weight division when from the division in which they qualified. All 14-17 and 18-32 black belts must compete in the same weight class at Junior Olympics and/or Nationals in which they qualified. *******

SPARRING

Colored Belts

6-32 Year Olds: Individuals placing in the top four (4) from each age, belt color and weight class at a National Qualifier or State Championships will qualify for the 2010 Junior Olympics in Orlando, Florida.

33 & Older: No qualification is necessary for these colored belt divisions, as they are open categories at the National Championships. These divisions will not be available for competition at National Qualifiers.

Black Belts

6-32 Year Olds: Individuals placing in the top four (4) from each age and weight class at a National Qualifier will qualify for the 2010 Junior Olympics in Orlando, Florida. 6-13 year olds placing in the top four (4) will qualify for the 2010 Junior Olympics in Orlando, Florida. 14-32 year olds will place according to the size of the particular state championships. States with 0-399 participants will qualify gold medalists, 400-599 participants will qualify gold and silver medalists and any state championships with over 600 participants will qualify all four medalists.

33 & Older: No qualification is necessary for these black belt divisions, as they are open categories at the 2010 National Championships. These divisions will not be available for competition at National Qualifiers.

FORMS

Colored Belts

6-32 Year Olds: Individuals participating at any National Qualifier or State Championships will qualify for the 2010 Junior Olympics in Orlando, Florida. At the Junior Olympics and National Championships these are not open divisions and participation in a state championship or National Qualifier is required.

33 & Older: No qualification is necessary for these colored belt divisions, as they are open categories at the 2010 National Championships. These divisions will not be available for competition at National Qualifiers.

Black Belts

6-9 Year Olds: Individuals participating at any State Championship or National Qualifier will qualify for the 2010 Junior Olympics in Orlando, Florida. At the Junior Olympics these are not open divisions and participation in a State Championship or National Qualifier is required.

10-17 year olds: This is an open division. The forms will be based on an athletes Dan rank and will be double elimination in format.





SPORT POOMSAE

Black Belts

10-13 Year Olds: Individuals participating at any State Championship or National Qualifier will qualify for the 2010 Junior Olympics in Orlando, Florida.

14 & Older: Individuals placing in the top three (3) from each division at a State Championship or National Qualifier will qualify for the 2010 Poomsae Team Trials in Orlando, Florida.

Teams & Pairs: Individuals placing in the top three (3) from each division at a State Championship or National Qualifier will qualify for the 2010 Poomsae Team Trials in Orlando, Florida.

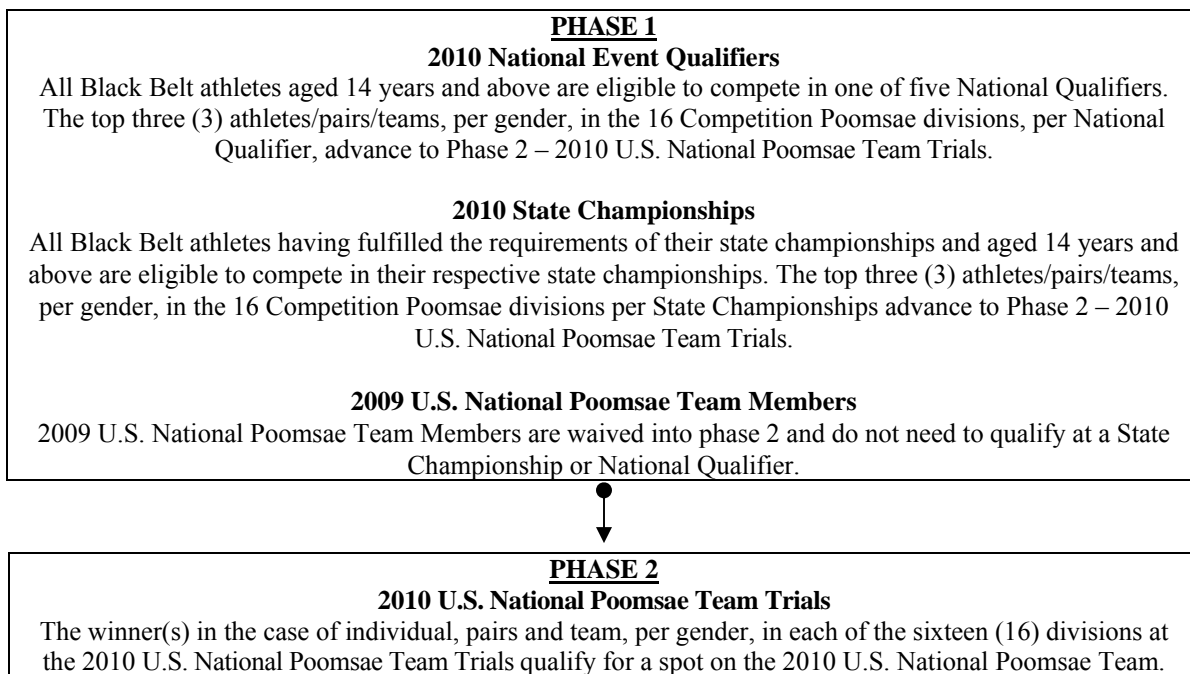
BOARD BREAKING, CREATIVE FORMS & WEAPONS

All Belts and Ages

No qualification is necessary for these competitions, as they are open categories at the 2010 Junior Olympics and National Championships. These divisions will not be available for competition at National Qualifiers.

7. U.S. NATIONAL TEAMS SELECTION PROCEDURES:

2010 POOMSAE TEAM TRIALS The athlete selection system for the 2010 U.S. National Poomsae Team is objective based through qualification events that include the 2010 State Championships, the 2010 National Qualifiers and the 2010 U.S. National Poomsae Team Trials. Below is the 2010 U.S. National Poomsae Team Selection Flow Chart:



2011 NATIONAL TEAM

Below is the 2011 National Team Selection Flow Chart that includes the 2010 Sanctioned State Qualifiers, the 2010 National Qualifiers, the 2010 Senior National Taekwondo Championships, the 2011 National Team Trial and the 2011 National Team Fight-Off. For a complete explanation of these procedures please [click here](#).





PHASE 1

2010 National Event Qualifiers

All athletes aged 14 years and older are eligible to compete in the senior division in one of five National Qualifiers. The semifinalists, per gender in the eight (8) Black Belt weight divisions, per National Qualifier advance to Phase 2 – 2010 Senior National Taekwondo Championships – World Class Division (Orlando, FL - July, 2010).

2010 Sanctioned State Qualifier

The top finisher or finishers, as defined below, per gender in the eight (8) Black Belt weight divisions from each sanctioned 2010 Sanctioned State Qualifier will advance to PHASE 2 – 2010 Senior National Taekwondo Championships – World Class Division (Orlando, FL - July, 2010).

If a sanctioned 2010 State Championship has 0 – 399 individual competitors the 1st place finisher per gender in the ten (10) Black Belt weight divisions will advance. If a Sanctioned State Championship has 400-600 individual competitors the 1st and 2nd place finishers per gender in the ten (10) Black Belt weight divisions will advance. If a Sanctioned State Championship has over 600 individual competitors then the top 4 finishers (semi-finalists) per gender in the ten (10) Black Belt weight divisions will advance.



PHASE 2

2010 Senior National Taekwondo Championships – World Class

The semifinalists, per gender, in each of the eight (8) weight divisions from the World Class Black Belt division at the 2010 Senior National Taekwondo Championships will advance to Phase 3 – 2011 National Team Trial/Fight-Off. (Date & Location TBD).



PHASE 3

2011 National Team Trial

The winner or winners of Phase 3, per gender, in each of the ten eight (8) weight divisions from the 2011 National Team Trial will advance to Phase 4 National Team Fight- Off. The 2011 National Team Fight-Off will take place immediately following the completion of the 2011 National Team Trial unless an injury waiver is granted to a 2009 World Medalist as set forth in Section I. and Attachment B below. In the cases where an injury waiver is granted the Phase 4 national team Fight -Off Shall be held at a later date as determined by the Medical Waiver Committee.



PHASE 4

2011 National Fight-Off

The winner, per gender, in each of the eight (8) weight divisions from the 2011 National Team Fight-Off earns a spot on the 2011 National Team and will compete in the 2011 World Taekwondo Championships. (Date & Location TBD, 2011).

2011 PAN AMERICAN TEAM USA Taekwondo (USAT) is currently in the process of developing the 2011 Pan Am Games Selection Procedures. USAT is working closely with the United States Olympic Committee and the USA Taekwondo Athlete Advisory Council to develop the best process for selecting the 2011 Pan Am Games Taekwondo Team. Due to the intricacies of these procedures and the level of approval that is needed to endorse them, it will take a considerable amount of time to finalize these procedures.

The Pan American Taekwondo Federation has recently announced that the Pan Am Games Qualification Tournament will take place in either November or December of 2010. This is prior to the 2011 USAT Senior National Taekwondo Championships. That being said, it is likely that 2010 State Championships, 2010 National Qualifiers and 2010 Senior Nationals World Class division will play a major role in qualifying athletes for the 2011 Pan Am Games Team Trial which must take place prior to the Pan Am Games Qualification Tournament.

We will post the final approved Pan Am Games Selection Procedures as soon as possible. For questions or concerns, please contact Meredith Miller at the USA Taekwondo office at 719-866-4632 or meredith.miller@usa-taekwondo.us.





2012 OLYMPIC TEAM USA Taekwondo (USAT) is currently in the process of developing the 2012 Olympic Selection Procedures. USAT is working closely with the United States Olympic Committee and the USA Taekwondo Athlete Advisory Council to develop the best process for selecting the 2012 Olympic Taekwondo Team. Due to the intricacies of these procedures and the level of approval that is needed to endorse them, it will take a considerable amount of time to finalize these procedures.

The World Taekwondo Federation has recently announced that the World Olympic Qualifier will take place in either June or July of 2011. This is prior to the 2011 USAT Senior National Taekwondo Championships. That being said, it is likely that 2010 State Championships, 2010 National Qualifiers and 2010 Senior Nationals World Class division will play a major role in qualifying athletes for the 2012 Olympic Trials for Taekwondo which must take place prior to the World Olympic Qualifier.

We will post the final approved Olympic Selection Procedures as soon as possible. For questions or concerns, please contact Meredith Miller at the USA Taekwondo office at 719-866-4632 or meredith.miller@usa-taekwondo.us.

8. USAT POINT SYSTEM:

2010 will be the inaugural year for the USA Taekwondo Domestic Point System. The purpose of the system is to facilitate meaningful competition on a national scale that rewards USA Taekwondo athlete members at all skill levels for both participation and achievement at USA Taekwondo and USA Taekwondo-Sanctioned Events during each event year. For the 2010 calendar year, points will be earned in sparring only; Poomsae and sport Poomsae will eventually be added. Accumulated points will be scaled according to the importance/size of the approved event and the achievement of the athlete. For black belt sparring 12 and older, points will be awarded to the age and weight class in which the athlete competed. For all other divisions, points will be awarded to the age/belt color in which the athlete competed. All points accumulated in 2010 will expire at the end of the calendar year. The points earned by each athlete will be used in various manners throughout the year. In an effort to avoid randomized seeding at the 2010 Junior Olympics and National Championships, total points accumulated at that point in the year will be used for seeding purposes, with the exception of 14-17 and 18-32 black belts. Additionally, points will be used to award athletes with the highest point totals in their division and clubs with the most overall points.

Below is the point grading chart that explains the points available at approved USAT events:

Event	1st Place	2nd Place	3rd Place	Quarters
Tournament Grade 1.0 - Local USAT Sanctioned Events (149 or less participants)	5 points	3 points	1.8 points	0 points
Tournament Grade 2.0 - Regional USAT Sanctioned Events (150 or more participants) - USAT Rocky Mountain Open	10 points	6 points	3.6 points	0 points
Tournament Grade 2.5 - USAT Sanctioned State Championships (less than 499 participants) - US Military Championships	12.5 points	7.5 points	4.5 points	0 points
Tournament Grade 3.0 - USAT Sanctioned State Championships (500 or more participants) - US Collegiate Championships	15 points	9 points	5.4 points	0 points
Tournament Grade 4.0 - USAT National Qualifiers - USAT Junior Olympics/ National Championships (Elite Open Divisions)	20 points	12 points	7.2 points	4.3 points
Tournament Grade 6.0 - USAT Junior Olympics/ National Championships (World Class Divisions)	30 points	18 points	12 points	6.5 points
Tournament Grade 6.5 - US Open	32.5 points	19.5 points	13 points	7 points

9. WEIGHT DIVISIONS & COMPETITION FORMAT:

SPARRING

18 AND ABOVE: Single elimination bracket, three 1 minute rounds with 30 second rest periods

Men's Sparring (Yellow, Green, Blue, Red & Black Belts)		Women's Sparring (Yellow, Green, Blue, Red & Black Belts)	
Fin/Fly	Not exceeding 58 kg (127.9 lbs)	Fin/Fly	Not exceeding 51 kg (108.0 lbs)
Bantam/Feather	58.1 kg (127.9 lbs) – 67 kg (149.9 lbs)	Bantam/Feather	51.1 kg (108.0 lbs) – 59 kg (125.7 lbs)
Light/Welter	67.1 kg (150.0 lbs) – 78 kg (176.4 lbs)	Light/Welter	59.1 kg (125.7 lbs) – 67 kg (147.7 lbs)

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Orange County Convention Center





Middle/Heavy	78.1 kg (176.5 lbs) & above	Middle/Heavy	67.1 kg (147.8 lbs) & above
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WORLD CLASS: Single elimination bracket, three 2 minute rounds with 1 MINUTE rest periods

Men's Senior Sparring (Black Belts)		Women's Senior Sparring (Black Belts)	
Fin	Not exceeding 54 kg (119.0 lbs)	Fin	Not exceeding 47 kg (101.4 lbs)
Fly	54.1 kg (119.1 lbs) – 58 kg (127.9 lbs)	Fly	47.1 kg (101.5 lbs) – 51 kg (108.0 lbs)
Bantam	58.1 kg (128.0 lbs) – 62 kg (138.9 lbs)	Bantam	51.1 kg (108.1 lbs) – 55 kg (116.8 lbs)
Feather	62.1 kg (139.0 lbs) – 67 kg (149.9 lbs)	Feather	55.1 kg (116.9 lbs) – 59 kg (125.7 lbs)
Light	67.1 kg (150.0 lbs) – 72 kg (163.1 lbs)	Light	59 kg (125.8 lbs) – 63 kg (136.7 lbs)
Welter	72.1 kg (163.2 lbs) – 78 kg (176.4 lbs)	Welter	63.1 (136.8 lbs) – 67 kg (147.7 lbs)
Middle	78.1 kg (176.5 lbs) – 84 kg (191.8 lbs)	Middle	67.1 kg (147.8 lbs) – 72 kg (160.9 lbs)
Heavy	84.1 kg (191.9 lbs) & above	Heavy	72.1 kg (161.0 lbs) & above

FORMS

18-32 Year Olds: Double elimination bracket

Men's Poomsae (Yellow, Green, Blue, Red & Black Belts)		Women's Poomsae (Yellow, Green, Blue & Red Belts)	
Light	Not exceeding 70 kg (154.0 lbs)	Light	Not exceeding 61 kg (134.2 lbs)
Heavy	70.1 kg (154.1 lbs) & above	Heavy	61.1 (134.3 lbs) & above

SPORT POOMSAE

18 & Up: http://www.wtf.org/wtf_eng/site/rules/poomsae.html

Male Sport Poomsae (Black Belts)		Female Sport Poomsae (Black Belts)	
1 st Seniors	19 – 30 Year Olds	1 st Seniors	19 – 30 Year Olds
2 nd Seniors	31 – 40 Year Olds	2 nd Seniors	31 – 40 Year Olds
1 st Masters	41 – 50 Year Olds	1 st Masters	41 – 50 Year Olds
2 nd Masters	51 + Year Olds	2 nd Masters	51 + Year Olds

Male Team Sport Poomsae (Black Belts)		Female Team Sport Poomsae (Black Belts)	
1 st Team	14 – 35 Year Olds	1 st Team	14 – 35 Year Olds
2 nd Team	36 + Year Olds	2 nd Team	36 + Year Olds

Co-Ed Pairs Sport Poomsae (Black Belts)	
1 st Pairs	14 – 35 Year Olds
2 nd Pairs	36 + Year Olds

10. REGISTRATION DATES:

Online registration can be made at <https://www.usat.hangastar.com/login.aspx>

Early registration expires June 14, 2010 at 11:59pm MST.

Late registration expires June 21, 2010 at 11:59pm MST.

11. REGISTRATION PRICES:

Please note that all registration fees are non-refundable. Also, if the payment is not made in full by the early registration deadline the \$50 late fee will be applied

COMPETITORS	EARLY ONLINE REGISTRATION RECEIVED BY JUNE 14, 2010	EARLY PAPER REGISTRATION RECEIVED BY JUNE 14, 2010	LATE ONLINE REGISTRATION RECEIVED BY JUNE 21, 2010	LATE PAPER REGISTRATION RECEIVED BY JUNE 21, 2010	RECEIVED AFTER FEBRUARY 26, 2010 OR ON-SITE

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Member U.S. Olympic Committee



1 Event	\$100.00	\$125.00	\$150.00	\$175.00	N/A
2 Events	\$125.00	\$150.00	\$175.00	\$200.00	N/A
3 Events	\$150.00	\$175.00	\$200.00	\$225.00	N/A
4 Events	\$175.00	\$200.00	\$225.00	\$250.00	N/A
5 Events	\$200.00	\$225.00	\$250.00	\$275.00	N/A
6 Events	\$225.00	\$250.00	\$275.00	\$300.00	N/A
7 Events	\$250.00	\$275.00	\$300.00	\$325.00	N/A
8 Events	\$275.00	\$300.00	\$325.00	\$350.00	N/A
9 Events	\$300.00	\$325.00	\$350.00	\$375.00	N/A
10 Events	\$325.00	\$350.00	\$375.00	\$400.00	N/A

12. SPECTATOR TICKET PRICES: Tickets can be purchased on site or in advance at

Online Ticket Prices:

	SINGLE DAY PASS	2 DAY PASS	3 DAY PASS	4 DAY PASS
Adults (10-59)	\$15.00	\$24.00	36.00	\$48.00
Kids (6-9) & Seniors (60+)	\$10.00	\$16.00	\$24.00	\$36.00
Kids (5 & Under)	FREE	FREE	FREE	FREE
USOC OR NGB ID	FREE	FREE	FREE	FREE

Onsite Ticket Prices:

	SINGLE DAY PASS	3 DAY PASS	4 DAY PASS
Adults (10-59)	\$15.00	\$40.00	\$54.00
Kids (6-9) & Seniors (60+)	\$10.00	\$27.00	\$36.00
Kids (5 & Under)	FREE	FREE	FREE
USOC OR NGB ID	FREE	FREE	FREE

13. WEIGH-IN:

Weigh-in of the contestants shall be completed one day before their scheduled competition day. During the weigh-in, male contestants shall wear underpants and female contestants shall wear underpants and brassieres.

14. CONDITIONS OF PARTICIPATION:

Round trip airfare, room and board accommodation, transportation and entry fees charges shall be borne by the participant.





15. AWARDS:

Medals will be given to the top three in each division. For sparring there will be two 3rd places.

Trophies will be given to the 5 USAT registered clubs with the greatest athlete participation.

16. LODGING

Go to <https://secure.thsweb.com/Event2.aspx?TournamentID=3202&Cid=22> for a listing of all the USAT recommended hotels.

Although it is not a requirement to stay in the USAT recommended hotel it is a strong suggestion. The more participation we have in our hotel block the better hotel rates we are able to negotiate for our members. We also can negotiate stronger with cities and venues in securing the best locations and contracts if we can show a confirmed large room block.

18. CAR RENTAL:

We are pleased to announce National Car Rental and Enterprise Rent-A-Car as the preferred rental car suppliers for USA Taekwondo effective April 5, 2010. Enterprise Rent-A-Car and National Car Rental are low cost leaders while providing excellent customer service as reflected by the 2009 J.D. Powers & Associates Award. This partnership allows USAT to simplify program management, reduce both USAT's and your annual car rental expenditures and introduce program residuals back into USAT's athlete initiatives.

The partnership with National and Enterprise provides all USAT members with special recognition, service and speed whether renting at an airport or in the local market where you live and work. National provides speed and consistency for the most frequent airport travelers through the Emerald Club. Enterprise provides the custom attention and service needed for local market rentals while also serving the needs of airport travelers.

Before your first rental with National or Enterprise, please take the time to enroll in the Frequent Renter programs noted below. This will ensure you receive the appropriate rates, services and benefits every time you rent.

We are pleased to offer you a complimentary membership in the Emerald Club.



Please click on this enrollment link <https://www.nationalcar.com/offer/XZ12061> to access the online application and complete the enrollment process. This short process will take approximately 5 minutes and your membership will be active immediately upon completion.

As an Emerald Club member, you will receive the following benefits, among others:

- Bypass the counter - Bypass the rental counter and go directly to the Emerald Club Aisle[®] at more than 50 major airports in the U.S. and Canada.
- Choose your own car - Don't waste time looking for your assigned car - just choose any car from the Emerald Club Aisle, which is stocked with mid-size or larger vehicles, and pay the reserved mid-size rate.
- Speed up returns with an E-Receipt - There's no need to wait around for a piece of paper when you return your car. Sign up to receive this benefit and we will automatically email your receipts to you within 24 hours of each returned rental.
- Choose your rewards - Choose to either earn rental credits towards a Free Day with every seven rental credits earned, OR choose to automatically receive frequent flyer miles for each day rented (average of 50 frequent flyer miles per rental day - amount varies by airline).
- Enterprise is excited to introduce our complimentary members' benefit program – Enterprise Plus TM! With Enterprise Plus for Business, you will enjoy extra speed and services – free! These include:



Faster Reservations – online, on the phone, with your travel agent, and at participating Enterprise locations.

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- Faster Rentals
- Special Members' Line at Major Airport Locations
- Special offers when you subscribe to Email Extras

Joining Enterprise Plus is easy; the registration page takes only a minute to complete and already has your account # and PIN # pre-populated. Just follow these easy steps:

- Step 1: Go to https://www.enterprise.com/car_rental/deeplinkmap.do?bid=044&cust=XZ12061
- Step 2: Complete the form and click on "submit".
- Step 3: Print off the Welcome page that displays the temporary Enterprise Plus for Business card and unique member number. We will mail you a permanent member card within 4 – 6 weeks.

20. AIRLINE TRAVEL

USAT has partnered with United Airlines to provide a discounted rate on airfare. When you are arranging airfare for USAT events be, sure to use the code "513PH."



21. SCHEDULE OF EVENTS (subject to change) **All times are local**

UNITED

SCHEDULE OF EVENTS

<u>MONDAY JUNE 28, 2010</u>		
2010 Junior Olympic Check-In and Weigh in for 6-7 & 10-11 sparring only.	8:30 am - 12:00 pm & 3 pm – 9 pm	Orange County Convention Center – N220
Coach Seminar (Level 1 - Introduction to Sport Taekwondo)	TBD	Orange County Convention Center – N210
Coach Seminar (Coach's Edge)	TBD	Orange County Convention Center – N210

<u>TUESDAY JUNE 29, 2010</u>		
2010 Junior Olympic Check-In and Weigh in for All Forms, Sport Poomsae, Weapons, Board Breaking, Team Forms and Demo Team divisions	8:30 am - 12:00 pm & 3 pm – 9 pm	Orange County Convention Center – N220
6-7 & 10-11 Sparring	9 am	OCCC – North Hall A

<u>WEDNESDAY JUNE 30, 2010</u>		
2010 Junior Olympic Check-In and Weigh in for 8-9 & 12-13 Sparring	8:30 am - 12:00 pm & 3 pm – 9 pm	Orange County Convention Center – N220
All Forms, Sport Poomsae, Weapons, Board Breaking, Team Forms and Demo Team divisions	9 am	OCCC – North Hall A
Opening Ceremony	Immediately Following Day's Competition	OCCC – North Hall A





THURSDAY JULY 1, 2010

2010 Junior Olympic & Poomsae Team Trials Check-In for all 19+ Poomsae Team Trials, 2nd Team & 2nd Pairs Registration and weigh in for all 14-17 sparring	8:30 am - 12:00 pm & 3 pm – 9 pm	Orange County Convention Center – N220
8-9, 12-13 Sparring	9 am	OCCC – North Hall A

FRIDAY JULY 2, 2010.

2010 National Championships & Poomsae Team Trials Check-In for 14-18 Juniors, 1st Team & 1st Pairs and weigh in for Poomsae, Sport Poomsae, Weapons, Breaking, Team Forms & 18+ Color Belt, Grass Root & Ultra Sparring	8:30 am - 12:00 pm & 2 pm – 6pm	Orange County Convention Center – N220
14-17 All Belts Sparring & 19+ Poomsae Team Trials & 2nd Team & 2nd Pairs	9 am	OCCC – North Hall A
Coach Seminar (Level 1 - Introduction to Sport Taekwondo)	TBD	Orange County Convention Center – N210
Coach Seminar (Coach's Edge)	TBD	Orange County Convention Center – N210

SATURDAY JULY 3, 2010

2010 Senior National Championships Check-In and weigh in for 18-32 World Class Sparring	8:30 am – 12:00 pm & 2 pm – 6 pm	Orange County Convention Center – N220
Poomsae, Sport Poomsae, Weapons, Breaking, Team Forms & 18+ Color Belt, Grass Root & Ultra Sparring	9 am	OCCC – North Hall A
2010 U.S. National Poomsae Team Trials	9 am	OCCC – North Hall A

SUNDAY JULY 4, 2010

2010 Senior National Championships late credential pick up	8:30 am	Orange County Convention Center – N220
18-32 World Class Sparring	9 am	OCCC – North Hall A





INDIVIDUAL COMPETITOR ENTRY FORM

FOR ALL INDIVIDUAL EVENTS

(\$25 Processing Fee assessed to all paper applications)

SAVE MONEY AND REGISTER ONLINE AT <https://www.usat.hangastar.com/secure/.aspx>

All entry forms must be filled out completely and all necessary documentation completed in order for your application to be accepted. All entry forms must be **RECEIVED** by the USAT National Events Office by the early registration date of **JUNE 14, 2010** in order to receive the discounted rate or **RECEIVED** by the late registration date of **JUNE 21, 2010** for an additional fee. Registration will NOT be accepted at the door. *Applications will NOT be accepted by fax.* All registration fees are non-refundable; this includes training injuries or any other withdrawals once your application is received by the USA Taekwondo National Events office, NO EXCEPTIONS.

PLEASE PROVIDE THE FOLLOWING INFORMATION:

- Complete Entry Form (2-pages)
- Proof of USAT 2010 athlete membership card or confirmation (USA athletes only)
- Proof of age (Copy of birth certificate or passport)
- Copy of Kukkiwon black belt certification (USA athletes may submit any Black Belt certification.)
- Signed USAT Consent for Medical Treatment
- Signed USAT Code of Conduct
- Include all fees by Cashier's Check, Money Order, Visa, MasterCard, Discover or American Express. Please make Cashier's Checks and Money Orders payable to USA Taekwondo. Personal and Business checks will NOT be accepted.

For USAT Office Use ONLY	
Competitor Entry Form (2pgs)	_____
Membership	_____
Residency/Citizenship	_____
Black Belt /Kukkiwon	_____
Waiver	_____
Code of Conduct	_____
Paid	_____

PRINT ALL INFORMATION: USAT MEMBERSHIP ID # _____

BLACK BELT RANK: _____ BLACK BELT CERTIFICATION #: _____

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____ DOB (mm/dd/yy) _____

CITY: _____ STATE: _____ ZIP CODE: _____ COUNTRY: _____

PHONE NUMBER: (COUNTRY CODE): _____ (CITY CODE OR AREA CODE) _____ NUMBER: _____

FAX NUMBER: _____ E-MAIL ADDRESS: _____

SCHOOL/CLUB NAME: _____ INSTRUCTOR: _____

SCHOOL ADDRESS: _____

Please note you must list your coach's information. Only the coaches you list will be granted a coach credential once the appropriate paperwork has been received.

COACH #1: _____

COACH #2: _____





INDIVIDUAL COMPETITOR ENTRY FORM (continued)

Please Check: MALE FEMALE

Sparring Division: 18-32 33-40 41-50 51 +
 Yellow Green Blue Red Black
 Fin Fly Bantam Feather Light Welter Middle Heavy

Forms Division: 18-32 33-40 41-50 51 +
 Yellow Green Blue Red Black
 Light Heavy

Sport Poomsae Division:
 Individual: 1st Seniors 2nd Seniors 1st Masters 2nd Masters
 Teams: 1st Team 2nd Team
 Pairs: 1st Pairs 2nd Pairs

Demo Team: 18-99

Board Breaking: 18-99
 Yellow / Red Black

Weapons: 18-99
 Yellow / Red Black

World Class Sparring: Fin Fly Bantam Feather Light Welter Middle Heavy

SAVE MONEY AND REGISTER ONLINE AT <https://www.usat.hangastar.com/login.aspx>

COMPETITORS	EARLY ONLINE REGISTRATION <u>RECEIVED BY</u> JUNE 14, 2010	EARLY PAPER REGISTRATION <u>RECEIVED BY</u> JUNE 14, 2010	LATE ONLINE REGISTRATION <u>RECEIVED</u> BY JUNE 21, 2010	LATE PAPER REGISTRATION <u>RECEIVED</u> BY JUNE 21, 2010	RECEIVED AFTER FEBRUARY 26, 2010 OR ON-SITE
1 Event	\$100.00	\$125.00	\$150.00	\$175.00	N/A
2 Events	\$125.00	\$150.00	\$175.00	\$200.00	N/A
3 Events	\$150.00	\$175.00	\$200.00	\$225.00	N/A
4 Events	\$175.00	\$200.00	\$225.00	\$250.00	N/A
5 Events	\$200.00	\$225.00	\$250.00	\$275.00	N/A
6 Events	\$225.00	\$250.00	\$275.00	\$300.00	N/A
7 Events	\$250.00	\$275.00	\$300.00	\$325.00	N/A
8 Events	\$275.00	\$300.00	\$325.00	\$350.00	N/A
9 Events	\$300.00	\$325.00	\$350.00	\$375.00	N/A
10 Events	\$325.00	\$350.00	\$375.00	\$400.00	N/A

Total Amount Due: \$ _____

Please Check Payment Type: Cashier's Check Money Order Visa MasterCard Am Ex/Discover

Credit Card #: _____ Expiration Date: _____ Security Code (Located on back of card) _____

Address of Cardholder _____

Print Name of Cardholder: _____ Signature: _____

For USA Taekwondo Office Use Only:

_____ Money Order _____ Cashier's Check #: _____ Amt Rcvd.: _____ Rcvd Date: _____ Rcvd By: _____

2010 U.S. Junior Olympics – Orlando, FL

June 29-July 2, 2010

Orange County Convention Center





CODE OF CONDUCT/DISCIPLINARY ACTIONS

Any person registered for the event that is causing unfavorable situations either prior to, during, or after the 2010 USAT National Qualifier is subject to disciplinary action as decided by the Competition Supervisory Board. In particular, the use of alcohol or drugs by athletes, coaches, officials, or staff during the course of the event will disqualify the guilty individual from further competition. There are no warnings for alcohol or drug consumption by underage participants.

The following outline is the Code of Conduct for USA Taekwondo (USAT). The Code is for all athletes, coaches, event specialists, and international referees and staff members to fully abide by when participating in any and all USAT sanctioned event. Failure to comply with the following guidelines can result in the removal from an event, dismissal from future USAT sanctioned events, and/or the complete suspension from participation as a competitor, coach or staff member in future USAT sanctioned events.

1. One will act in a manner consistent with the spirit of fair play and responsible conduct.
2. One will acknowledge, respect and adhere to the authority of USAT appointed event staff and tournament staff if necessary.
3. One will fully comply with USAT and the World Taekwondo Federation (WTF) uniform requirement.
4. One will maintain an appropriate level of fitness to promote optimal athletic performance.
5. One will refrain from the excessive use of performance-limiting drugs, including, but not limited to, tobacco and alcohol.
6. One will refrain from using any substance on the Olympic Movement Anti-Doping Code, as enforced by USADA.
7. One will abide by the policies and rules established by USAT, the USOC and the WTF.
8. One will abide by the rules of this particular competition as stated in this packet.
9. One will respect others, including coaches, competitors, officials, and spectators.
10. One will not engage in, nor tolerate, any form of verbal, physical or sexual abuse.
11. One will respect the property of others.
12. One will refrain from illegal or inappropriate behavior that would deter from a positive image of oneself and USAT.
13. One will maintain a positive attitude and act in a way that will bring honor to oneself, the staff, and the sport of Taekwondo, USAT and the United States of America.
14. One will remember that I am an ambassador of USAT, my country and the Olympic movement.

USAT recognizes that this Code does not establish a comprehensive set of rules that prescribes every aspect of appropriate behavior.

Participant's Printed Name

Participant's Signature

Date

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date





USA TAEKWONDO INDIVIDUAL CONSENT FOR MEDICAL TREATMENT

I, _____, consent to medical treatment for athletic related injuries/illnesses by USA TAEKWONDO Medical Personnel and /or Hospital Medical Staff at any USA Taekwondo Sanctioned Event. I authorize treatment by such personnel in the event of injury or illness. This care includes but is not limited to: preventative taping and padding; first aid treatment of injuries and illnesses; medication for illness or injury treatment, including over-the-counter medications such as ibuprofen or acetaminophen; emergency care of injuries, which may include use of a backboard and cervical collar; suturing, splinting or casting of wounds/injuries on site or in medical treatment facility; chiropractic adjustments and care; acupuncture treatments; use of AED, injected medications, oxygen or IV to stabilize an athlete's condition on site or in route to a medical treatment facility; and any other medical and/or life-sustaining treatment deemed necessary for athlete to continue competition or deemed by medical personnel to be in the best interest of the health and well-being of the athlete.

(Athlete's Signature) _____ (Date)

As a parent or legal guardian of _____, who is under the age of 18, I hereby authorize medical treatment in the event of an injury or illness as outlined above for _____ while he/she is participating in a USA TAEKWONDO event by a member of USA TAEKWONDO Medical Personnel and/or Hospital Medical Staff.

____ I Agree ____ I Agree, with the following exceptions to treatment: _____

----- I DO NOT AGREE _____
(Parent/Guardian Signature) _____ (Date)

All medical evaluations completed by USA TAEKWONDO Medical Personnel for athletic injuries are considered confidential and will be filed under the direction of the USA TAEKWONDO Medical Coordinator. Copies of medical injury forms can be requested verbally from the USA TAEKWONDO Medical Coordinator by the injured athlete, or parent of a minor athlete at the time of injury or requested in writing following a competition. The original injury report form will remain on file. No information about an individual athlete will be released without that athlete's permission per Federal Guidelines except where it is necessary to file insurance claims directly associated with the injury or illness. Information pertaining to injury data without using an athlete's name will be released to the Medical Director, the Medical Coordinator or their assistants for purposes of injury research or recommendations for safety rule changes only. An athlete's name and injury will only be released in cases pertaining to head injuries requiring the athlete to not compete for 30 days per USA Taekwondo and World Taekwondo Federation rules. This information will be released to the Medical Director, Medical Coordinator, Referee Chairperson, Tournament Committee Chairman, National Events Director, Executive Director and documented within the secured USA Taekwondo online registration program for purposes of enforcing the 30-day-out rule in compliance with USA TAEKWONDO and WTF rules.

I have read and understand the above information as it pertains to my medical records of injury or illness which may occur and be treated at USA Taekwondo Sanctioned events. I also understand that if these guidelines are not followed as stated above that USA Taekwondo could be found in violation of Federal Guidelines set forth by HIPAA.

(Athlete's Signature) _____ (Parent/Guardian Signature) _____ (Date)

I, _____, consent to having my image photographed while injured or ill by USA Taekwondo Staff Photographer or USA TAEKWONDO Medical staff for purposes of documentation of the injury and/or publicity for USA Taekwondo, USA Taekwondo Sports Medicine. This publicity may include but is not limited to advertisement in print or on the websites of said organizations. I know I have the right to decline the photographing of my image at the time of injury if verbally requested by myself, my parent or my coach per Federal Guidelines set forth by HIPAA. Furthermore I know I can request that such images be removed from publication or public view if I decide to decline their use at a later date for any reason simply by making that request in writing directly to the USA Taekwondo National Office. I understand that such pictures may be taken without any expectations of compensation for said photographic images.

____ I Agree ____ I Decline _____
(Athlete's signature) _____ (Date)





As a parent or legal guardian of _____, who is under the age of 18, I hereby authorize photographic images of _____ to be allowed if injured or ill unless otherwise verbally requested at time of injury/illness that no such photographs be taken at that time. Furthermore I know I can request that such images be removed from publication or public view if I decide to decline their use at a later date simply by making that request in writing directly to the USA Taekwondo National Office.

_____ I Agree _____ I Decline _____
(Parent/Guardian signature) (Date)

INSURANCE INFORMATION:

Primary Insurance Company: _____ Policyholder's Name: _____

Insurance Address: _____

Insurance Phone: _____ Policy #: _____ Claimant's Name (Print): _____

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT

- In consideration of your acceptance of my entry or that of the minor child, I do hereby, for myself or the minor child, my heirs, executors and administrators waive, release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless any and all rights and claims for damages which I may have or may accrue to me against USA Taekwondo and for its states and district associations, this athletic meet, its organizing committee, the United States Olympic Committee, the 2010 National Qualifiers, the World Taekwondo Federation, The United States Olympic Committee and all members of this athletic meet, or their respective officers, committees, medical committee, agents, representatives, successors, sponsors, advertisers, volunteers, owners and lesser of premises on which the athletic meet takes place, assignees and against any competitor for any and all damages which may be sustained by me or the minor child, in connection with my association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from this athletic meet. I understand that all entry fees are nonrefundable.
- I understand the nature of USA Taekwondo activities and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in this athletic meet. I understand that USA Taekwondo activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death. These risks and dangers may be caused by myself or the minor child's own actions, or inactions, and/or the actions or inactions of others participating in the athletic meet.
- If the minor child or I are selected, I agree to be drug tested pursuant to the United States Olympic Committee National Anti-Doping Program, as amended. I understand that such drug testing may take place at any time during the competition. If the minor child or I fail to show up at the athletic meet, for any reason, I knowingly forfeit this competition and all applicable registration fees. I further understand that any pictures taken of the minor child or me in connection with this athletic meet may be used by USA Taekwondo for publicity or promotion without compensation.
- I have read this agreement, fully understand it's terms, understand that I or the minor child have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

Participant's Printed Name Participant's Signature Date

Parent/Guardian's Printed Name Parent/Guardian's Signature Date





The USA Taekwondo Events Department strives to provide the most fun, efficient, fair and user friendly events in the world. We are dedicated to constantly improve the user experience for all of our dedicated athletes, coaches and fans. If you have any questions concerning this National Championships or any other USA Taekwondo event please do not hesitate to contact us. Thank you again for you continued support and best of luck in the 2010 U.S. Junior Olympics

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