



# 2008 USAT ROCKY MOUNTAIN OPEN ATHLETE REGISTRATION PACKET

DECEMBER 6 & 7, 2008  
COLORADO SPRINGS, CO



**Competition Venue:**  
OLYMPIC TRAINING CENTER  
1 OLYMPIC PLAZA  
COLORADO SPRINGS, CO - 80909

**Competition Rules:**  
CURRENT USAT &  
MODIFIED WTF COMPETITION RULES

**Type of Competition:**  
FORMS, SPARRING & BOARD BREAKING

**Register at:**  
[WWW.USA-TAEKWONDO.US](http://WWW.USA-TAEKWONDO.US)

**CONTACT TRAVIS OOSTHOEK**  
EMAIL: Travis.Oosthoek@usa-taekwondo.us  
PHONE: (719) 866-4632



**2008 ROCKY MOUNTAIN OPEN  
OTC – COLORADO SPRINGS, CO  
DEC. 6-7, 2008**



**TABLE OF CONTENTS:**

How to Register _____	3
On-Line & Paper Registration Procedure _____	4
Schedule of Events _____	5
General Event Information _____	6
Eligibility Requirements _____	7
JR Divisions & Weight Categories _____	8-12
SR & Ultra Divisions & Weight Categories _____	12-13
Board Breaking Rules _____	14-15
Equipment Standards _____	15
Advance Ticket Application _____	16
Competitor Application _____	17-22
OTC Forms _____	23-35
2009 USAT Schedule _____	35





2008 ROCKY MOUNTAIN OPEN  
OTC – COLORADO SPRINGS, CO  
DEC. 6-7, 2008



## HOW TO REGISTER

There are two ways to register for the 2008 Rocky Mountain Open:

### 1. Online (preferred way to register)

- *Early Registration:* Early On-line registration will be available through November 14, 2008.
  - Confirmation sheets must be SIGNED & RECEIVED by mail, fax or electronic in the USAT National Events office by November 28, 2008.
- *Late Registration:* Late On-line registration will be available through November 21, 2008.
  - Confirmation sheets must be SIGNED & RECEIVED in the USAT National Events office by November 28, 2008.

### 2. Paper Registration (there will be a \$25 administration fee added for each paper registration)

- *Early Registration:* Complete the attached paperwork and send it to the USA Taekwondo office so it is **RECEIVED** by November 14, 2008 with payment in full.
- *Late Registration:* Complete the attached paperwork and send it to the USA Taekwondo office so it is **RECEIVED** by November 21, 2008 with payment in full.

## GENERAL REGISTRATION PROCESS FOR ATHLETES

- All athletes may register online or by completing the necessary paperwork. The early registration deadline is November 14, 2008. Late registration will be available through November 21, 2008 for an additional \$50.
- All participants must pre-register and adhere to the registration deadlines and procedures in order to be accepted into the tournament. **There will be no registrations accepted at the door.**
- The USAT office will not confirm applications by phone, fax or email. Log on to the Hang-A-Star system using your membership number to check your registration status at any time.
- The competitor list is available through Hang-A-Star at any time.
- **Payment must be made in full prior to the Early Registration Deadline in order to be given the Early Price.** Any athlete or coach who is registered before the early deadline but not paid in full before the early deadline will have to pay the late entry fee.
- Entry fees must accompany all registrations. Only U.S. Cashier's Checks, U.S. Money Orders, Visa, American Express, Discover and MasterCard will be accepted. Absolutely NO personal or business checks will be accepted. **NO EXCEPTIONS. Registration fees are non-refundable:**

*Please Note:* Paper applications must include the following items in order to be considered complete:

- Entry form
- Entry fee
- USAT Consent for Medical Treatment
- USAT Code of Conduct
- Hotel Form
- Black belt certification information. Please provide a copy if not already uploaded in your online profile.
- Proof of USA Taekwondo athlete membership
- OTC Forms & Agreements (All athletes and coaches must complete this, no matter if you are or are not staying on complex)



2008 ROCKY MOUNTAIN OPEN  
OTC – COLORADO SPRINGS, CO  
DEC. 6-7, 2008



**ON-LINE REGISTRATION PROCEDURES**

**\*\*\*ONLINE REGISTRATION WILL BE AVAILABLE FOR ALL ATHLETES!**

1. Please go to the USAT website ([www.usa-taekwondo.us](http://www.usa-taekwondo.us)) and log-in to Hang-A-Star membership. The log-in is located on the right side of the USAT homepage. If you are a member but have not logged in before, your log-in username is your membership number located on your USAT membership card. You will then be directed into the system to create a password and set up your profile.
2. If you are becoming a USAT member for the first time, you will need to use the sign-up option located below the log-in box.
3. Once your profile is updated, you will be able to register for the event.
4. From the Hang-A-Star homepage, click on the Events tab.
5. Click on 2008 Rocky Mountain Open, Colorado Springs, CO
6. Click on the "Register for this Event Now" button near the bottom of the page.
7. Follow the necessary steps to completing your registration and click register.
8. Once you have registered for this event you will immediately be prompted to print a confirmation page.
9. Print your confirmation page.
10. All Athletes & Parents or Guardians must, sign and mail the confirmation page along with all other necessary documentation to USA Taekwondo, 1 Olympic Plaza, Suite 104C, Colorado Springs, CO 80909. **THE CONFIRMATION SHEET MUST BE RECEIVED BY THE USAT OFFICE BY NOV. 28, 2008 IN ORDER TO COMPLETE YOUR REGISTRATION.**
11. You will also have the opportunity to upload your photo and Black Belt certification while in the registration system. Once a proper headshot photo is uploaded you will never have to provide another photo. This will speed up the check-in process at the event.

**\*\*Please note that we will not be sending confirmations back to you, but at anytime members can check the status of their registration online.**

**\*\*\* Payment must be made in full prior to the Early Registration Deadline in order to be given the Early Price. Any athlete or coach who is registered before the early deadline but not paid in full before the early deadline will have to pay the late entry fee.**

**PAPER REGISTRATION PROCEDURES**

**\*\*\*Please note: There will be a \$25 administration fee added for each paper registration**

Early Registration: Complete the attached paperwork and send it to the USA Taekwondo office so it is **RECEIVED** by November 14, 2008 with payment in full. Please note that all registrations received after November 14, 2008 will pay an additional \$50.00 fee. If applications are postmarked on the registration date but received after the early registration deadline, you will still incur the late registration fee of \$50.00.

Late Registration: Complete the attached paperwork and send it to the USA Taekwondo office so it is **RECEIVED** by November 21, 2008 with payment in full. Please note that the application must be **RECEIVED** in the USA Taekwondo office by November 21, 2008 to be considered.

**\*\*\*NO competitor will be accepted if their registration is not **RECEIVED** by the final Late Registration deadline of November 21, 2008. NO FAXED APPLICATIONS WILL BE ACCEPTED. PLEASE MAIL ALL PAPERWORK.**



**2008 ROCKY MOUNTAIN OPEN  
OTC – COLORADO SPRINGS, CO  
DEC. 6-7, 2008**



**SCHEDULE OF EVENTS:**

<b><u>Tuesday, December 2, 2008</u></b>		
9:00 am	Athletes & Coaches can check-in to their OTC rooms	OTC Athlete Center
<b><u>Wednesday, December 3, 2008</u></b>		
9:00am-5:00pm	Practice Time Available	Sports Center 1 – Gym 6
<b><u>Thursday, December 4, 2008</u></b>		
9:00am-5:00pm	International Athlete Seminar	Sports Center 1 – Gym 6
4:00pm-6:00pm	Credential Pick up	Sports Center 2 – Gym 9
<b><u>Friday, December 5, 2008</u></b>		
9:00am-5:00pm	International Athlete Seminar	Sports Center 1 – Gym 6
11:00am-6:00pm	Referee Seminar	Sports Center 1
7:00pm-8:00pm	Appointed Referee Meeting	Sports Center 1
3:00pm-8:00pm	Credential Pick-up and Weigh-ins for Saturday Competitors	Sports Center 2 – Gym 9
<b><u>Saturday, December 6, 2008</u></b>		
9:00am-5:00pm	International Athlete Seminar	Sports Center 1 – Gym 6
9:00am	Comp. Begins	Sports Center 1
10:00am-12:00pm	Credential Pick-Up for Sunday Competitors	Sports Center 2 – Gym 9
3:00pm-8:00pm	Credential Pick-Up & Weigh-ins for Sunday Competitors <i>(14-17 &amp; Senior Black Belt Sparring Competitors)</i>	Sports Center 2 – Gym 9
<b><u>Sunday, December 7, 2008</u></b>		
9:00am	Competition Begins	Sports Center 1
<b><u>Monday, December 8, 2008</u></b>		
9:00am	All Athletes & Coaches must check out of their OTC Housing	OTC Athlete Center



## AWARDS

The USAT will present medals to all participants finishing 1<sup>st</sup> through 3<sup>rd</sup> place in Forms, Breaking and Sparring (there will be two 3<sup>rd</sup> place medalists in sparring). Also the RMO will award a Forms Grand Champions, as well as the winners from the 14-17 & Senior BB Sparring divisions will have a chance to compete for the Rocky Mountain Cup. Winners of the Rocky Mountain Cup (one male & one female) **will earn their free registration and one (1) hotel night at the Tropicana Hotel & Casino specifically for the 2009 US Open.**

## HOTEL RESERVATIONS

USA Taekwondo has arranged housing at double or triple occupancy, as well as, meals at the Olympic Training Center for \$50/Night; **OTC housing is only available for athletes & coaches.** Housing will be available starting on December 2<sup>nd</sup> through December 7<sup>th</sup>; on a first come first serve basis. If you arrive earlier than December 2<sup>nd</sup>, you will need to make other housing arrangements until December 2<sup>nd</sup>. Transportation will be provided from the Colorado Springs Airport to the Olympic Training Center. For athletes and coaches staying at the training center, flight itineraries are needed in the USAT office by the **registration deadline, November 21** in order to schedule this transportation. Transportation will **NOT** be provided for athletes & coaches staying off of the OTC campus. For those athletes and coaches who are not staying on the OTC complex, but would like to purchase an OTC meal card they can do so for \$25/day. This meal card, is on a first come first serve basis, and is good for all meals at the OTC Athlete Center during designated meal hours. You must let Travis Oosthoek (Travis.Oosthoek@usa-taekwondo.us) know by 5:00pm (Mountain Standard Time) on **November 3** if you are interested in either housing or a meal card at the OTC, **NO EXCEPTIONS.** Please note that all room and meal cards must be returned to the Athlete Center upon departure of the OTC. Athletes and/or coaches who do not return their keys or meal card will be billed accordingly and not allowed to participate in other USAT events until they have paid this bill.

USA Taekwondo has arranged for a group rate of **\$85/night** at the **DoubleTree Hotel, Colorado Springs-World Arena.** DoubleTree Hotel, Colorado Springs-World Arena offers complementary parking, as well as, complementary shuttle service to and from the Colorado Springs Airport. To make your hotel reservations please call (719) 576-8900.

## TRAVEL INFORMATION

USA Taekwondo and Continental Airlines have set-up a discount for USA Taekwondo Event Participants. When booking your flights through Continental Airlines please use the Agreement Code: **CPBXVT** and the Z Code: **ZZHK.** Please contact Continental Airlines at (800) 468-7022 or visit [www.continental.com](http://www.continental.com)  
If not flying Continental Airlines please visit [www.usataekwondotravel.us](http://www.usataekwondotravel.us) for more discounted flights.

## CAR RENTAL



Avis Rent-A-Car is offering discounted rates to the participants and spectators of the Rocky Mountain Open. To make a reservation, please call AVIS at 1-800-331-1600 or visit [www.avis.com](http://www.avis.com) and use the Avis World (AWD) number J998316.

## REGISTRATION FEES & SCHEDULE:

### Colorado Participants

DIVISION	EARLY REGISTRATION		LATE REGISTRATION	
	Online	Paper	Online	Paper
<b>1 EVENT</b>	<b>\$60</b>	<b>\$85</b>	<b>\$110</b>	<b>\$135</b>
<b>2 EVENTS</b>	<b>\$85</b>	<b>\$110</b>	<b>\$135</b>	<b>\$160</b>
<b>3 EVENTS</b>	<b>\$110</b>	<b>\$135</b>	<b>\$160</b>	<b>\$185</b>
<b>4 EVENTS</b>	<b>\$135</b>	<b>\$160</b>	<b>\$185</b>	<b>\$210</b>
<b>5 EVENTS</b>	<b>\$160</b>	<b>\$185</b>	<b>\$210</b>	<b>\$235</b>
<b>6 EVENTS</b>	<b>\$185</b>	<b>\$210</b>	<b>\$235</b>	<b>\$260</b>
<b>ALL PAPER REGISTRATION WILL BE CHARGED AN EXTRA \$25 ADMINISTRATION FEE</b>				

### Out of State Participants

DIVISION	EARLY REGISTRATION		LATE REGISTRATION	
	Online	Paper	Online	Paper
<b>1 EVENT</b>	<b>\$75</b>	<b>\$100</b>	<b>\$125</b>	<b>\$150</b>
<b>2 EVENTS</b>	<b>\$100</b>	<b>\$125</b>	<b>\$150</b>	<b>\$175</b>
<b>3 EVENTS</b>	<b>\$125</b>	<b>\$150</b>	<b>\$175</b>	<b>\$200</b>
<b>4 EVENTS</b>	<b>\$150</b>	<b>\$175</b>	<b>\$200</b>	<b>\$225</b>
<b>5 EVENTS</b>	<b>\$175</b>	<b>\$200</b>	<b>\$225</b>	<b>\$250</b>
<b>6 EVENTS</b>	<b>\$200</b>	<b>\$225</b>	<b>\$250</b>	<b>\$275</b>
<b>ALL PAPER REGISTRATION WILL BE CHARGED AN EXTRA \$25 ADMINISTRATION FEE</b>				

**NOTE:** COLORADO ATHLETES, WHEN REGISTERING ON-LINE PLEASE CLICK THE **“I WILL PAY LATER”** OPTION AND CONTACT TRAVIS OOSTHOEK ([TRAVIS.OOSTHOEK@USA-TAEKWONDO.US](mailto:TRAVIS.OOSTHOEK@USA-TAEKWONDO.US)) TO RECEIVE THE DISCOUNT PRICE

## **JUNIOR ELIGIBILITY FOR 2008 USAT ROCKY MOUNTAIN OPEN:**

- All competitors must be between the ages of 6-17 during the 2008 calendar year.
- No athlete will be allowed to fight in a lower age division in 2008. If the competitor turns 14 at any point during the 2008 calendar year, they will be required to compete in the 14-17 year old division. This stands true for all age divisions.
- If the competitor turns 18 during the 2008 calendar year, they are **NOT ELIGIBLE** to compete in the Junior Sparring Division. They will be allowed to compete in the Senior Sparring Division.
- Competitors who are 14 years of age or older will be allowed to compete in the Junior Sparring & Forms Divisions and the Senior Sparring & Forms Divisions at the 2008 USAT RMO
- All competitors must be current USA Taekwondo Athlete Members.

## **SENIOR & ULTRA ELIGIBILITY FOR 2008 USAT ROCKY MOUNTAIN OPEN:**

- All competitors must be 14 years of age and older during the 2008 calendar year.
- All competitors must be current USA Taekwondo Athlete Members.

### **Prerequisites for the Senior Sparring & Poomsae Divisions:**

- All competitors must be white, yellow, green, blue, red or black belts. (All black belts will need to submit proof of their black belt certificate or ID card).
- Competitors will be required to declare their weight category on the application form. However, competitors will be allowed to change weight category upon weighing in at the 2008 USAT RMO.
- Competitors will be required to provide the following:
  - Current USAT athlete membership
  - Signed USAT Code of Conduct
  - Copy of black belt certification
  - Signed USAT Consent for Medical Treatment
  - Completed USAT Hotel Form
  - Completed OTC Medical & Consent Forms
  - Registration fee

### **Prerequisites for the Junior Sparring and Poomsae Divisions:**

- All competitors must be white, yellow, green, blue, red or black belts. (All black belts will need to submit proof of their black belt certificate or ID card).
- Competitors will be required to declare their weight category on the application form. However, competitors will be allowed to change weight category upon weighing in at the 2008 USAT RMO.
- Competitors will be required to provide the following:
  - Current USAT athlete membership
  - Signed USAT Code of Conduct
  - Copy of black belt certification or ID card (if applicable)
  - Signed USAT Consent for Medical Treatment
  - Completed OTC Medical & Consent Forms
  - Completed USAT Hotel Form
  - Registration fee



## JUNIOR COMPETITION RULES

### PURPOSE:

The Sparring Rules (will be referred to as “Junior Competition Rules” hereinafter) regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by USA Taekwondo and its state or district associations or member clubs and organizations, under the USAT modified rules. However, the following special section of the Competition Rules shall further apply to junior sparring divisions as stated below.

### 1. Ages 7 & Under All Belts and Ages 11 & Under Color Belt Divisions

In Rocky Mountain Open sparring competition, the rules concerning a kick to the face shall be as follows:

- a. Any technique contacted to the head area which does not make an injury, will be given a warning by the referee.
- b. Any technique, which makes an injury to the head area, will result in a one-point deduction given by the referee.
- c. If the injured competitor cannot continue because of the injury to the head area, the attacker will be disqualified.  
NOTE: Inability to continue because of fright, crying or loss of will following a kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker. Decision of disqualification will be made by the referee.

### 2. Ages 8-11 Black Belts, 12-13 Year Old Divisions (All Belts), & 14-17 Year Old Divisions Color Belts

In Rocky Mountain Open sparring competition, the rules concerning a kick to the face shall be as follows:

- a. The competitor is allowed to kick to the facial area; however, the kick must be light contact with absolute control.
- b. The competitor who executes a successful technique (light contact without causing any injury) shall be awarded one point.
- c. The competitor who executes a kick to the face which results in a minor injury shall receive a one-point deduction. A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.
- d. The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.  
NOTE: Inability to continue because of fright, crying or loss of will following a legal kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker. Decision of disqualification will be made by the referee.

### 3. 14-17 Year Old Black Belts and Senior Division (All Belts)

In Rocky Mountain Open sparring competition, the Senior Black Belt adult rules shall apply for these divisions. Junior (14-17) and Senior Black Belt divisions will also wear Electronic Body Protectors (EBP) provided by USA Taekwondo for all sparring matches

## JUNIOR SPARRING & POOMSAE DIVISION INFORMATION (WHITE, YELLOW, GREEN, BLUE, RED & BLACK BELTS)

Sparring: All Junior color belt sparring will be a SINGLE ELIMINATION bracket format with awards going to 1<sup>st</sup>-3<sup>rd</sup> places, there will be two 3<sup>rd</sup> place awards handed out.

Junior (14-17) Black Belt sparring will compete in a DOUBLE ELIMINATION bracket format with the winners from each weight category advancing to the ROCKY MOUNTAIN CUP Championship Division if they choose. The ROCKY MOUNTAIN CUP Championship Division will be a SINGLE ELIMINATION bracket with the WINNERS competing **regardless of their weight categories**. The winner of the ROCKY MOUNTAIN CUP Championship Division will receive THEIR FREE REGISTRATION and ONE(1) FREE HOTEL NIGHT at the Tropicana, to be used only at the 2009 US OPEN. **These divisions will compete with Adidas Electronic Body Protectors (EBP) provided by USA Taekwondo and Golden Tiger Martial Arts.** USA Taekwondo reserves the right to combine weight categories at any time.

Poomsae: All Junior poomsae divisions will be DOUBLE ELIMINATION bracket format with awards going to 1<sup>st</sup>-3<sup>rd</sup> place.

**JUNIOR SPARRING WEIGHT CATEGORIES**  
**(6-13 Year Old All Belts & 14-17 Year Old Color Belts)**  
**\*USAT HAS THE RIGHT TO COMBINE WEIGHT CATEGORIES AT ANYTIME\*\***

AGE	RANK	FEMALE WEIGHTS – KG (LBS)	MALE WEIGHTS – KG (LBS)
6 – 7	White	18 KG & Under (39.6 LBS & Under)	18 KG & Under (39.6 LBS & Under)
	Yellow	Over 18 - 24 KG (Over 39.6 - 52.8 LBS)	Over 18 - 24 KG (Over 39.6 - 52.8 LBS)
	Green	Over 24 - 30 KG (Over 52.8 - 66 LBS)	Over 24 - 30 KG (Over 52.8 - 66 LBS)
	Blue	Over 30 - 35 KG (Over 66 - 77 LBS)	Over 30 - 35 KG (Over 66 - 77 LBS)
	Red	Over 35 - 41 KG (Over 77 - 90.2 LBS)	Over 35 - 41 KG (Over 77 - 90.2 LBS)
	Black	Over 41 KG (Over 90.2 LBS)	Over 41 KG (Over 90.2 LBS)
8 - 9	White	25 KG & Under (55 LBS & Under)	25 KG & Under (55 LBS & Under)
	Yellow	Over 25 - 30 KG (Over 55 - 66 LBS)	Over 25 - 30 KG (Over 55 - 66 LBS)
	Green	Over 30 - 36 KG (Over 66 - 79.2 LBS)	Over 30 - 36 KG (Over 66 - 79.2 LBS)
	Blue	Over 36 - 42 KG (Over 79.2 - 92.4 LBS)	Over 36 - 42 KG (Over 79.2 - 92.4 LBS)
	Red	Over 42 - 48 KG (Over 92.4 - 105.6 LBS)	Over 42 - 48 KG (Over 92.4 - 105.6 LBS)
	Black	Over 48 KG (Over 105.6 LBS)	Over 48 KG (Over 105.6 LBS)
10 – 11	White	30 & Under KG (66 & Under LBS)	30 & Under KG (66 & Under LBS)
	Yellow	Over 30 - 35 KG (Over 66 - 77 LBS)	Over 30 - 35 KG (Over 66 - 77 LBS)
	Green	Over 35 - 41 KG (Over 77 - 90.2 LBS)	Over 35 - 41 KG (Over 77 - 90.2 LBS)
	Blue	Over 41 - 46 KG (Over 90.2 - 101.2 LBS)	Over 41 - 46 KG (Over 90.2 - 101.2 LBS)
	Red	Over 46 - 52 KG (Over 101.2 - 114.4 LBS)	Over 46 - 52 KG (Over 101.2 - 114.4 LBS)
	Black	Over 52 KG (Over 114.4 LBS)	Over 52 KG (Over 114.4 LBS)
12 – 13	White	32 & Under KG (70.4 & Under LBS)	34 & Under KG (74.8 & Under LBS)
	Yellow	Over 32 - 37 KG (Over 70.4 - 81.4 LBS)	Over 34 - 40 KG (Over 74.8 - 88 LBS)
	Green	Over 37 - 43 KG (Over 81.4 - 94.6 LBS)	Over 40 - 45 KG (Over 88 - 99 LBS)
	Blue	Over 43 - 48 KG (Over 94.6 - 105.6 LBS)	Over 45 - 51 KG (Over 99 - 112.2 LBS)
	Red	Over 48 - 54 KG (Over 105.6 - 118.8 LBS)	Over 51 - 57 KG (Over 112.2 - 125.4 LBS)
	Black	Over 54 KG (Over 118.8 LBS)	Over 57 KG (Over 125.4 LBS)
14 – 15	White	42 & Under KG (92.4 & Under LBS)	43 & Under KG (94.6 & Under LBS)
	Yellow	Over 42 - 47 KG (Over 92.4 - 103.4 LBS)	Over 43 - 49 KG (Over 94.6 - 107.8 LBS)
	Green	Over 47 - 53 KG (Over 103.4 - 116.6 LBS)	Over 49 - 54 KG (Over 107.8 - 118.8 LBS)
	Blue	Over 53 - 58 KG (Over 116.6 - 127.6 LBS)	Over 54 - 60 KG (Over 118.8 - 132 LBS)
	Red	Over 58 - 64 KG (Over 127.6 - 140.8 LBS)	Over 60 - 64 KG (Over 132 - 140.8 LBS)
	Black	Over 64 - 69 KG (Over 140.8 - 151.8 LBS)	Over 64 - 72 KG (Over 140.8 - 158.4 LBS)
16 – 17	White	45 & Under KG (99 & Under LBS)	48 & Under KG (105.6 & Under LBS)
	Yellow	Over 45 - 51 KG (Over 99 - 112.2 LBS)	Over 48 - 53 KG (Over 105.6 - 116.6 LBS)
	Green	Over 51 - 56 KG (Over 112.2 - 123.2 LBS)	Over 53 - 60 KG (Over 116.6 - 132 LBS)
	Blue	Over 56 - 63 KG (Over 123.2 - 138.6 LBS)	Over 60 - 64 KG (Over 132 - 140.8 LBS)
	Red	Over 63 - 68 KG (Over 138.6 - 149.6 LBS)	Over 64 - 70 KG (Over 140.8 - 154 LBS)
	Black	Over 68 - 74 KG (Over 149.6 - 162.8 LBS)	Over 70 - 76 KG (Over 154 - 167.2 LBS)
		Over 74 KG (Over 162.8 LBS)	Over 76 KG (Over 167.2 LBS)



**JUNIOR SPARRING 14-17 YEAR OLD  
BLACK BELT WEIGHT CATEGORIES:**

\*\*USAT RESERVES THE RIGHT TO COMBINE WEIGHT CATEGORIES AT ANYTIME\*\*

CATEGORY	FEMALE WEIGHT KG (LBS)	MALE WEIGHT KG (LBS)
FIN	42 & Under KG (92.4 & Under LBS)	45 & Under KG (99 & Under LBS)
FLY	Over 42 – 44 KG (Over 92.4 - 96.8 LBS)	Over 45 - 48 KG (Over 99 - 105.6 LBS)
BANTAM	Over 44 - 46 KG (Over 96.8 - 101.2 LBS)	Over 48 - 51 KG (Over 105.6 - 112.2 LBS)
FEATHER	Over 46 - 49 KG (Over 101.2 - 107.8 LBS)	Over 51 - 55 KG (Over 112.2 - 121 LBS)
LIGHT	Over 49 - 52 KG (Over 107.8 - 114.4 LBS)	Over 55 - 59 KG (Over 121 - 129.8 LBS)
WELTER	Over 52 – 55 KG (Over 114.4 - 121 LBS)	Over 59 - 63 KG (Over 129.8 - 138.6 LBS)
LIGHT MIDDLE	Over 55 – 59 KG (Over 121 - 129.8 LBS)	Over 63 - 68 KG (Over 138.6 - 149.6 LBS)
MIDDLE	Over 59 - 63 KG (Over 129.8 - 138.6 LBS)	Over 68 - 73 KG (Over 149.6 - 160.6 LBS)
LIGHT HEAVY	Over 63 - 68 KG (Over 138.6 - 149.6 LBS)	Over 73 - 78 KG (Over 160.6 - 171.6 LBS)
HEAVY	Over 68 KG (Over 149.6 LBS)	Over 78 KG (Over 171.6 LBS)

USAT reserves the right to combine weight categories at anytime – Adidas EBP will be worn in these divisions

**TIME LIMITS FOR JUNIOR SPARRING DIVISIONS:**

AGE	NUMBER OF ROUNDS	TIME LIMIT	REST PERIOD
6-7 YEARS	2	1 MINUTE	30 SECONDS
8-13 YEARS	3	1 MINUTE	30 SECONDS
14-17 YEAR OLD COLOR BELTS	3	1 MINUTE	30 SECONDS
14-17 YEAR OLD BLACK BELTS	3	2 MINUTES	30 SECONDS

\*\*\* The referee interval will be 1.5 second for all divisions

**JUNIOR POOMSAE INFORMATION: FORMS – TAEGEUK OR PALGWE**

The poomsae (forms) will be divided by belt ranking, weight, and gender. The Official form for this competition will be those recognized by USA Taekwondo and the World Taekwondo Federation. **All forms competitors must weigh-in.** Competition will be DOUBLE ELIMINATION, with USA Taekwondo reserves the right to combine weight categories at anytime. Winners from these divisions will have the chance to compete in the FORMS GRAND CHAMPION Division. This division will have no weight class restrictions.

BELT RANK	GUP	TAEGEUK	PALGWE
WHITE & YELLOW BELT	7 <sup>th</sup> and 8 <sup>th</sup> Gup	1 and 2	1 and 2
GREEN BELT	5 <sup>th</sup> and 6 <sup>th</sup> Gup	3 and 4	3 and 4
BLUE BELT	3 <sup>rd</sup> and 4 <sup>th</sup> Gup	5 and 6	5 and 6
RED BELT	1 <sup>st</sup> and 2 <sup>nd</sup> Gup	7 and 8	7 and 8

**BLACK BELT FORMS**

Dan/Poom	Poomsae (Forms)
1 <sup>st</sup>	Koryo
2 <sup>nd</sup>	Keumgang
3 <sup>rd</sup>	Taebaek
4 <sup>th</sup>	Pyung Won

**POOMSAE WEIGHT CATEGORIES**

**(6 – 13 YEAR OLD ALL BELTS & 14 – 17 OLD COLOR BELTS)**

**USAT RESERVES THE RIGHT TO COMBINE WEIGHT CATEGORIES AT ANYTIME**

AGE	BELT	DAN/POOM	FEMALE WEIGHTS KG (LBS)	MALE WEIGHTS KG (LBS)
6 – 7	White Yellow Green Blue Red Black	1 <sup>ST</sup> Dan/Poom 2 <sup>ND</sup> Dan/Poom 3 <sup>RD</sup> Dan/Poom 4 <sup>TH</sup> Dan/Poom	23 & Under KG (50.6 & Under LBS) Over 23 – 35 KG (Over 50.6 – 77 LBS) OVER 35 KG (Over 77 LBS)	23 & Under KG (50.6 & Under LBS) Over 23 – 35 KG (Over 50.6 – 77 LBS) OVER 35 KG (Over 77 LBS)
8 – 9	White Yellow Green Blue Red Black	1 <sup>ST</sup> Dan/Poom 2 <sup>ND</sup> Dan/Poom 3 <sup>RD</sup> Dan/Poom 4 <sup>TH</sup> Dan/Poom	30 & Under KG (66 & Under LBS) OVER 30 – 42 KG (Over 66 – 92.4 LBS) OVER 42 KG (Over 92.4 LBS)	30 & Under KG (66 & Under LBS) OVER 30 – 42 KG (Over 66 – 92.4 LBS) OVER 42 KG (Over 92.4 LBS)
10 – 11	White Yellow Green Blue Red Black	1 <sup>ST</sup> Dan/Poom 2 <sup>ND</sup> Dan/Poom 3 <sup>RD</sup> Dan/Poom 4 <sup>TH</sup> Dan/Poom	35 & Under KG (77 & Under LBS) Over 35 – 46 KG (Over 77 – 101.2 LBS) Over 46 KG (Over 101.2 LBS)	35 & Under KG (77 & Under LBS) Over 35 – 46 KG (Over 77 – 101.2 LBS) Over 46 KG (Over 101.2 LBS)
12 – 13	White Yellow Green Blue Red Black	1 <sup>ST</sup> Dan/Poom 2 <sup>ND</sup> Dan/Poom 3 <sup>RD</sup> Dan/Poom 4 <sup>TH</sup> Dan/Poom	37 & Under KG (81.4 & Under LBS) Over 37 – 48 KG (over 81.4 – 105.6 LBS) OVER 48 KG (Over 105.6 LBS)	40 & Under KG (88 & Under LBS) Over 40 – 51 KG (over 88 – 112.2 LBS) OVER 51 KG (Over 112.2 LBS)
14 – 15	White Yellow Green Blue Red	N/A	49 & Under KG (107.8 & Under LBS) Over 49 – 60 KG (Over 107.8-132 LBS) Over 60 KG (Over 132 LBS)	50 & Under KG (110 & Under LBS) Over 50 – 63 KG (Over 110-138.6 LBS) Over 63 KG (Over 138.6 LBS)
16 – 17	White Yellow Green Blue Red	N/A	53 & Under KG (116.6 & Under LBS) Over 53 – 64 KG (Over 116.6 – 140.8 LBS) Over 64 KG (Over 140.8 LBS)	53 & Under KG (116.6 & Under LBS) Over 53 – 64 KG (Over 116.6 – 140.8 LBS) Over 64 KG (Over 140.8 LBS)

**JUNIOR POOMSAE 14-17 YEAR OLD**

**BLACK BELT WEIGHT CLASS CATEGORIES:**

**USAT RESERVES THE RIGHT TO COMBINE WEIGHT CATEGORIES AT ANYTIME**

AGE	BELT	DAN/POOM	FEMALE WEIGHTS KG (LBS)	MALE WEIGHTS KG (LBS)
14-17	Black	1 <sup>ST</sup> Dan/Poom 2 <sup>ND</sup> Dan/Poom 3 <sup>RD</sup> Dan/Poom 4 <sup>TH</sup> Dan/Poom	44 & Under KG (96.8 & Under LBS) Over 44 – 49 KG (Over 96.8 – 107.8 LBS) Over 49 – 55 KG (Over 107.8 - 121 LBS) Over 55 – 63 KG (Over 121 – 138.6 LBS) Over 63 KG (Over 138.6 LBS)	48 & Under KG (105.6 & Under LBS) Over 48 – 55 KG (Over 105.6 – 121 LBS) Over 55 – 63 KG (Over 121 – 138.6 LBS) Over 63 – 73 KG (Over 138.6 – 160.6 LBS) Over 73 KG (Over 160.6 LBS)

**SENIOR COLOR BELT SPARRING & POOMSAE DIVISION INFORMATION (COLOR BELTS ONLY)**

The poomsae (forms) will be divided by belt ranking, weight, and gender. The Official form for this competition will be those recognized by USA Taekwondo and the World Taekwondo Federation. **All forms competitors must weigh-in.** Competition will be DOUBLE ELIMINATION, with USA Taekwondo reserving the right to combine weight categories at anytime.

Color Belt Sparring will be divided by belt ranking, weight, and gender. **All Sparring competitors must weigh-in.** Competition will be SINGLE ELIMINATION, with USA Taekwondo reserving the right to combine weight categories at anytime.

BELT RANK	GUP	TAEGEUK	PALGWE
WHITE & YELLOW BELT	7 <sup>th</sup> and 8 <sup>th</sup> Gup	1 and 2	1 and 2
GREEN BELT	5 <sup>th</sup> and 6 <sup>th</sup> Gup	3 and 4	3 and 4
BLUE BELT	3 <sup>rd</sup> and 4 <sup>th</sup> Gup	5 and 6	5 and 6
RED BELT	1 <sup>st</sup> and 2 <sup>nd</sup> Gup	7 and 8	7 and 8

#### BLACK BELT FORMS

Dan/Poom	Poomsae (Forms)
1 <sup>st</sup>	Koryo
2 <sup>nd</sup>	Keumgang
3 <sup>rd</sup>	Taebaek
4 <sup>th</sup>	Pyung Won

#### TIME LIMITS FOR SENIOR COLOR BELT SPARRING DIVISIONS:

COMPETITION CATEGORY	NUMBER OF ROUNDS	TIME LIMIT	REST PERIOD
WOMEN SINGLE ELIMINATION	3	1 MINUTE	30 SECONDS
MEN SINGLE ELIMINATION	3	1 MINUTE	30 SECONDS

#### SENIOR COLOR BELT SPARRING WEIGHT CLASS DIVISIONS:

DIVISIONS	FEMALE WEIGHT KG (LBS)	MALE WEIGHT KG (LBS)
WHITE	49 KG & Under (107.8 & Under LBS)	58 & Under KG (127.6 & Under LBS)
YELLOW	Over 49 - 55 KG (Over 107.8 - 121 LBS)	Over 58 - 64 KG (Over 127.6 - 140.8 LBS)
GREEN	Over 55 - 61 KG (Over 121 - 134.2 LBS)	Over 64 - 70 KG (Over 140.8 - 154 LBS)
BLUE	Over 61 - 67 KG (Over 134.2 - 147.4 LBS)	Over 70 - 76 KG (Over 154 - 167.2 LBS)
RED	Over 67 - 73 KG (Over 147.4 - 160.6 LBS)	Over 76 - 82 KG (Over 167.2 - 180.4 LBS)
	Over 73 KG (Over 160.6 LBS)	Over 82 KG (Over 180.4 LBS)

#### SENIOR COLOR BELT POOMSAE WEIGHT CATEGORIES

RANK/BELT	POOMSAE	DIVISIONS	FEMALE WEIGHT KG (LBS)	MALE WEIGHT KG (LBS)
WHITE YELLOW GREEN BLUE RED	3 or 4 5 or 6 7 or 8	LIGHT HEAVY	61 & Under KG (134.2 & Under LBS) Over 61 KG (Over 134.2 LBS)	70 & Under KG (154 & Under LBS) Over 70 KG (Over 154 LBS)

#### SENIOR BLACK BELT POOMSAE WEIGHT CATEGORIES

RANK/BELT	POOMSAE	DIVISIONS	FEMALE WEIGHT KG (LBS)	MALE WEIGHT KG (LBS)
BLACK	1 <sup>ST</sup> Dan/Poom 2 <sup>ND</sup> Dan/Poom 3 <sup>RD</sup> Dan/Poom 4 <sup>TH</sup> Dan/Poom 5 <sup>th</sup> Dan/Poom 6 <sup>th</sup> Dan/Poom	LIGHT HEAVY	59 & Under KG (129.8 & Under LBS) Over 59 KG (Over 129.8 LBS)	67 & Under KG (147.4 & Under LBS) Over 67 KG (Over 147.4 LBS)

#### SENIOR SPARRING DIVISION INFORMATION (BLACK BELTS ONLY)

Senior Black Belts will compete in a DOUBLE ELIMINATION bracket format with the winners from each weight category advancing to the ROCKY MOUNTAIN CUP Championship Division if they choose. The ROCKY MOUNTAIN CUP Championship Division will be a SINGLE ELIMINATION bracket with the EIGHT WINNERS competing **regardless of their weight category**. The winner of the ROCKY MOUNTAIN CUP will receive THEIR FREE REGISTRATION and ONE(1) HOTEL NIGHT at the Tropicana to be used only at the 2009 US OPEN. **These divisions will compete with Adidas Electronic Body Protectors (EBP) provided by USA Taekwondo and Golden Tiger Martial Arts.**

**TIME LIMITS FOR SENIOR BLACK BELT SPARRING DIVISIONS:**

COMPETITION CATEGORY	NUMBER OF ROUNDS	TIME LIMIT	REST PERIOD
WOMEN DOUBLE ELIMINATION	3	2 MINUTES	30 SECONDS
MEN DOUBLE ELIMINATION	3	2 MINUTES	30 SECONDS

\*\*\* The referee interval will be 1.5 second for all divisions \*\*\*

**SENIOR BLACK BELT SPARRING WEIGHT CATEGORIES:**

DIVISIONS	FEMALE WEIGHT KG (LBS)	MALE WEIGHT KG (LBS)
FIN	47 KG & Under KG (103.4 & Under LBS)	54 & Under KG (118.8 & Under LBS)
FLY	Over 47 - 51 KG (Over 103.4 - 112.2 LBS)	Over 54 - 58 KG (Over 118.8 - 127.6 LBS)
BANTAM	Over 51 - 55 KG (Over 112.2 - 121 LBS)	Over 58 - 62 KG (Over 127.6 - 136.4 LBS)
FEATHER	Over 55 - 59 KG (Over 121 - 129.8 LBS)	Over 62 - 67 KG (Over 136.4 - 147.4 LBS)
LIGHT	Over 59 - 63 KG (Over 129.8 - 138.6 LBS)	Over 67 - 72 KG (Over 147.4 - 158.4 LBS)
WELTER	Over 63 - 67 KG (Over 138.6 - 147.4 LBS)	Over 72 - 78 KG (Over 158.4 - 171.6 LBS)
MIDDLE	Over 67 - 72 KG (Over 147.4 - 158.4 LBS)	Over 78 - 84 KG (Over 171.6 - 184.8 LBS)
HEAVY	Over 72 KG (Over 158.4 LBS)	Over 84 KG (Over 184.8 LBS)
USAT reserves the right to combine weight categories at anytime Adidas Electronic Body Protectors will be worn in these divisions		

**ULTRA SPARRING AND FORMS COMPETITORS 33 & OLDER  
WHITE, YELLOW, GREEN, BLUE, RED & BLACK BELTS**

**ELIGIBILITY FOR THE ULTRA SPARRING AND FORMS DIVISIONS:**

- All competitors must be at least 33 years of age during the 2008 calendar year.
- The ULTRA divisions are open divisions. All athletes are eligible.
- All competitors will be required to provide a photo ID at the time of registration before receiving their credential. Driver's License, passport, school ID are acceptable forms of ID. If photo ID is not available please provide a copy of your birth certificate.
- Pre-registration is mandatory. NO REGISTRATION WILL BE ACCEPTED AT THE DOOR.
- Competitors must be a white, yellow, green, blue, red, or black belt.
- Competitors will be required to declare their weight division on the entry form. However, competitors will be allowed to change weight categories at weigh-ins.
- Athlete registration can be switched from athlete to athlete due to injury occurring prior to competition dates. There is a \$25 fee involved.
- Competitors will be required to provide the following:
  - Competitor Entry Form (if registering by paper only)
  - Proof of current USAT athlete membership
  - Proof of black belt certification or card if you are black belt.
  - Signed Athlete Code of Conduct Form (if not completed online)
  - Signed Consent for Medical Treatment (if not completed online)
  - Completed USAT Hotel Form (if not completed online)
  - Completed OTC Forms
  - Registration fee

**AGE ELIGIBILITY:**

The Ultra Division will consist of the following age groups:

**AGE GROUPS**

33 – 40 years old	41 – 50 years old	Over 50 years old
-------------------	-------------------	-------------------

**ULTRA DIVISION TIME LIMITS FOR SPARRING DIVISIONS**

COMPETITION CATEGORY	NUMBER OF ROUNDS	TIME LIMIT	REST PERIOD
Ultra Male and Female	3	1 Minute	30 Seconds

\*\*\* The referee interval will be 1.5 second for all divisions

## ULTRA DIVISION SPARRING WEIGHT DIVISIONS

\*\*USAT RESERVES THE RIGHT TO COMBINE WEIGHT CATEGORIES AT ANYTIME\*\*

DIVISION (ALL BELTS & AGES)	FEMALE WEIGHT KG (LBS)	MALE WEIGHT KG (LBS)
<b>FLY</b>	49 KG & Under (107.8 LBS & Under)	58 KG & Under (127.6 lbs & Under)
<b>FEATHER</b>	Over 49 - 57 KG (Over 107.8 – 125.4 LBS)	Over 58 - 68 KG (Over 127.6 – 149.6 LBS)
<b>WELTER</b>	Over 57 - 67 KG (Over 125.4 – 147.4 LBS)	Over 68 - 80 KG (Over 149.6 – 176 LBS)
<b>HEAVY</b>	Over 67 KG (Over 147.4 LBS & Over)	Over 80 KG (Over 176 LBS)

## ULTRA DIVISION FORMS WEIGHT DIVISIONS

\*\*USAT RESERVES THE RIGHT TO COMBINE WEIGHT CATEGORIES AT ANYTIME\*\*

RANK/BELT	POOMSAE	DIVISIONS	FEMALE WEIGHT KG (LBS)	MALE WEIGHT KG (LBS)
1 <sup>st</sup> Dan	Koryo			
2 <sup>nd</sup> Dan	Keumgang			
3 <sup>rd</sup> Dan	Taebaek	Light	Under 66 kg (145.2 lbs.)	Under 73 kg (160.6 lbs.)
4 <sup>th</sup> Dan	Pyung Won	Heavy	Over 66 kg (Over 145.2 lbs.)	Over 73 kg (Over 160.6 lbs.)
5 <sup>th</sup> Dan	Sipjin			
6 <sup>th</sup> Dan & Up	Jitae			

## BOARD BREAKING

### GENERAL INFORMATION

- You must perform at least 2 stations
- Time of Contest: Within 1 minute
- Set-up of breaking stations must be done in maximum of 2 minutes
- Extra Details: No gunpowder, firecrackers, knife, fruit and forehead breaking.
- Squirts will break 1/2x6x12, Kids will break 1/2x8x12, Juniors will break 1/2x10x12 pine boards, Adults and Ultras will break 1x10x12 pine boards
- The performer will provide the holder(s) for their breaking routine.
- Performers are allowed to break as many boards as they wish per station.
- Participants may not cover the part of the body used for breaking with any bandages, tape or any other material.
- Distance between breaking targets must be more than 12 inches (30cm)
- Any injuries that need to be covered must be approved by the referee
- You may only use hands or feet for Breaking
- All competitors will purchase competition boards at the Rocky Mountain Open from USA Taekwondo

### BOARD BREAKING DIVISIONS

AGE	DIVISION	BELT COLOR
9 & Under(Squirts) 10-13(Kids) 14-17(Juniors)	Beginner	White/Yellow/Green
18 & Up(Adults) 33 & Up(Ultras)	Intermediate	Blue/Red
	Advance	Black

### BREAKING SCORING

- Accuracy: Breaking on the first attempt is superior to breaking on the second attempt, and breaking the board in the center is superior to breaking the board near the ends.
- Speed: Suspended holding is superior to fixed holding, and a competitor who executes more techniques in less time is superior to a competitor who executes fewer techniques in a longer time.
- Power: A higher number of boards broken is superior to the lower number of boards broken.
- Presentation: this is based on Balance, Rhythm and Manner. A competitor with balance, rhythm and a good manner from the entrance to the completion of the performance is superior to the competitor without these qualities.
  - You may only land within one step
  - In case of falling down on landing, touching the ground with a hand, or attempting break falls, landing score will be penalized
- Hand technique
- Standing kick technique
- Jump kick technique
- Kicking technique with a spinning motion
- Jumping kick with a spinning motion
- Multiple breaking jump kick (breaking boards more than 12 inches apart on the same jump)
- Multiple spinning jump kick.

## WARNINGS (-1 POINT AFTER 2 WARNINGS)

- Disobeying Referee's instructions

## DEDUCTIONS (-1 POINT)

- Using the head to break target -1
- Distance between targets is closer than allowed -1
- Over Time Limit (- 1 Point per 10 seconds)
- Intentionally changing a height or width of targets during breaking -1
- In case of falling down on landing, touching the ground with a hand, or attempting break falls, landing score will be penalized.
- You may only land within one step, meaning when landing from a jump you are only allowed one step after the landing.

## EQUIPMENT STANDARDS

Dobok – All contestants must wear a white Taekwondo V-neck uniform or dobok. Black belts must wear black collared uniforms. Color belts must wear white collared uniform (color belts cannot wear black collared uniforms). Patches, embroidery, logos, Team Names, Country Names, Athlete names, and stripes are permitted on uniform; they can be up to 12" x 4" on each extremity (leg or arm) for a total of four. Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed.

### **NO TAPE WILL BE ALLOWED ON ANY PART OF THE UNIFORM.**

Belt Colors – Only WTF/USAT belt colors will be allowed (black, red, blue, green, and yellow). Belts with stripes will be allowed.

Gloves - 14-17 year old and Senior Black belts are required to wear taekwondo gloves. Gloves may be red, blue, or white. If the competitor chooses to wear red or blue gloves, they must correspond with the chest protector. For all other divisions, gloves are optional and must comply with the above rule.



Kneepads and Elbow pads -- The use of kneepads and/or elbow pads is OPTIONAL as long as they are the same material (foam, cloth, or vinyl) as the shin or instep protectors. Any color will be allowed.

Mouth Guard – All athletes are REQUIRED to use a mouth guard. A mouth cover may be used for those with braces if an orthodontist's note is provided prior to the beginning of competition. Mouth guards may be any color.

Properly fitting Headgear – All participants must provide their own red, blue or white headgear with no markings other than corporate logos. Cracks or defects in the headgear will not be allowed.

Properly fitting Chest Protector – All athletes must provide their own red and blue **full body WTF chest protector**. Trunk protector (hogu) must cover valid scoring area, armpit to hip bone. All chest protectors must wrap around and cover the back of the athlete in the valid scoring area. All chest covers must be the same style as in the picture to the right.



Protective Cup – All male athletes are REQUIRED to wear a protective cup inside the pants during competition. This is optional for female athletes.

Shin & Instep protection – Shin and instep protectors are REQUIRED and they must be made of foam, cloth or vinyl products. The shin and instep protector may be red, blue, or white, but must correspond with your chest protector.

If you choose to wear an instep pad, it must be taped on and it must cover the area from the base of the toes, over the top of the instep with no more than two layers of tape. Additional shin or instep protection must be stamped by the Sports Medicine Department for the purpose of protecting an injury.

***Important note: USA Taekwondo will no longer allow foot gloves to be used at any USAT Event. This is not WTF approved equipment, and therefore will no longer be allowed for use at USA Taekwondo events.***

Forearm guard – Forearm guards are REQUIRED and it is mandatory that athletes get foam, cloth, or vinyl products. Any color forearm guard will be allowed.

*Please Note: USA Taekwondo reserves the right to disallow any uniform or equipment if it is found to be offensive or degrading in any fashion.*



**ADVANCE TICKET APPLICATION  
2008 ROCKY MOUNTAIN OPEN  
OTC – COLORADO SPRINGS, CO  
DEC. 6-7, 2008**



**TICKET INFORMATION**

Admission to the Rocky Mountain Open is by credential or ticket only. Advance and on-site ticket pricing is listed below. If you would like to order advance tickets please complete this application and send to USA Taekwondo, 1 Olympic Plaza, Suite 104C, Colorado Springs, CO 80909. **\*\*TICKETS ARE NON-REFUNDABLE\*\***

**\*\* ALL ADVANCE TICKET ORDERS MUST BE FAXED OR RECEIVED BY FRIDAY, NOVEMBER 28, 2008 \*\***

	Advance (Single Day Passes)	On-Site (Single Day Passes)
All Tickets	\$5	\$5
8 & Under	FREE	FREE

**Advance Tickets:**

Advance tickets (Will Call) can be picked up at the OTC – Sports Center 1 ticket window on competition days (Dec. 6 & 7, 2008). **We will not mail advance tickets.**

\*Last Name: \_\_\_\_\_ \*First Name: \_\_\_\_\_

\*Address: \_\_\_\_\_

\*City: \_\_\_\_\_ \*State: \_\_\_\_\_ \*Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

	SATURDAY	SUNDAY
# of Single Day Tickets Requested	_____ x \$5	_____ x \$5

USAT is a non-profit organization. All revenue that is generated is put into our Athlete Development Program. Donations help USAT and its athletes achieve competitive excellence and meet the basic needs of our athlete development program. Your support will make many athletes' journey a reality.

I would like to donate **\$5** to USAT in support of its Athlete Program Development. YES / NO  
(please circle one)

**TOTAL COST =** \_\_\_\_\_

Please Check Payment Type:  Cashier's Check  Money Order  Visa  MasterCard  American Express  Discover

\*Credit Card #: \_\_\_\_\_ \*Expiration Date: \_\_\_\_\_ \*Security Code (Located on back of card) \_\_\_\_\_

\*Print Name of Cardholder: \_\_\_\_\_ \*Zip Code of Cardholder: \_\_\_\_\_

\*Signature: \_\_\_\_\_

*Completed Forms can be faxed (credit card only) or mailed to:*

USA Taekwondo  
1 Olympic Plaza, 104C  
Colorado Springs, CO 80909  
FAX: (719) 866-4642

**\*Required Items**

**TICKETS ARE NON-REFUNDABLE**



**2008 ROCKY MOUNTAIN OPEN  
COMPETITOR ENTRY FORM  
FOR ALL EVENTS**



Please note paper registrations will incur extra \$25 administration fee. 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 posted in the corresponding tournament packet in order to receive the discounted rate. Applications received after that date will be charged an additional fee. There will be no registrations accepted at the door.

**PLEASE PROVIDE THE FOLLOWING WITH YOUR APPLICATION:**

- Complete Competitor Entry Form (3 pages)
- Signed USAT Consent for Medical Treatment
- Signed USAT Code of Conduct
- Olympic Training Center Paper work
- Copy of current USAT Athlete Membership, Confirmation or Application
- Copy of Black Belt Certification (black belts only)
- Completed USAT Hotel Form
- Competition fee (Acceptable forms of payment include: Cashier's Check, Money Order, Visa, American Express, Discover or MasterCard. Please make Cashier's Checks and Money Orders payable to USA Taekwondo. Personal and Business checks will not be accepted).

**PRINT ALL INFORMATION:**

<b>Last Name:</b> _____	<b>First Name:</b> _____	<b>Gender:</b> <u>  M  </u> <u>  F  </u>
<b>Address:</b> _____		
<b>City:</b> _____	<b>State:</b> _____	<b>Zip:</b> _____
<b>Day Phone:</b> _____	<b>Cell Phone:</b> _____	<b>USAT ID #:</b> _____
<b>Email:</b> _____		
<b>School/Club Name:</b> _____	<b>Club #:</b> _____	
<b>School Address:</b> _____		
<b>City:</b> _____	<b>State:</b> _____	<b>Zip:</b> _____
<b>Day Phone:</b> _____	<b>Fax:</b> _____	<b>Email:</b> _____
<b>Coach #1:</b> _____		
<b>Coach #2:</b> _____		

**HOUSING FEES:**

- Please Check:**  I will need housing at the Olympic Training Center (\$50/Night)  
 I will NOT need housing at the Olympic Training Center (Please fill out hotel form)  
 I will NOT need housing at the OTC, but would like to purchase a meal card (\$25/Day)

**\*PLEASE CHECK THE DATES THAT YOU WILL NEED OTC HOUSING**

Dates	12/02	12/03	12/04	12/05	12/06	12/07
<b>OTC Housing \$50/Day (First Come, First Serve)</b>	_____ \$50	_____ \$50	_____ \$50	_____ \$50	_____ \$50	_____ \$50
<b>Meal Card Only \$25/Day (Athlete &amp; Coaches not staying at the OTC; First Come, First Serve)</b>	_____ \$25	_____ \$25	_____ \$25	_____ \$25	_____ \$25	_____ \$25

**Total OTC Housing and/or Meal Card Amount:** \_\_\_\_\_ (Line A)

Roommate preference: 1. \_\_\_\_\_ 2. \_\_\_\_\_

\*\*Note: Athletes & Coaches are not permitted to stay in the same room.

\*\*Note: We will do our best to accommodate roommate request, but your request is not guaranteed.

**Flight Information:**

Only those staying at the Olympic Training Center and flying into Colorado Springs will be provided transportation.

Arrival Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Airline: \_\_\_\_\_ Flight # \_\_\_\_\_ Airport: COS

Departure Date: \_\_\_\_\_ Departure Time: \_\_\_\_\_ Airline: \_\_\_\_\_ Flight # \_\_\_\_\_ Airport: COS

**PLEASE FILL OUT THE ATHLETE AND PAYMENT INFORMATION FOR THE EVENT YOU ARE APPLYING FOR.  
JUNIOR DIVISION INFORMATION (6 – 13 ALL BELTS & 14 – 17 COLOR BELTS)**

Please Check:  MALE  FEMALE Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age as of 12/31/2008 \_\_\_\_\_  
Belt Level:  Yellow  Green  Blue  Red  Black Black Belt Certification #: \_\_\_\_\_  
2008 USAT Athlete Membership #: \_\_\_\_\_ Competition Weight: \_\_\_\_\_  
Please check which event you are applying for: \_\_\_\_ Sparring \_\_\_\_ Forms \_\_\_\_ Board Breaking

**JUNIOR DIVISION INFORMATION (14 – 17 BLACK BELTS)**

Please Check:  MALE  FEMALE Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age as of 12/31/2008: \_\_\_\_\_  
Competition Weight: \_\_\_\_\_ Black Belt Certification #: \_\_\_\_\_  
USAT Athlete Membership #: \_\_\_\_\_  
Check the sparring division you are applying for:  Fin  Fly  Bantam  Feather  Light  
(see chart in registration packet)  Welter  Light Middle  Middle  Light Heavy  Heavy  
Check the Division you are applying for: \_\_\_\_ Forms Light \_\_\_\_ Forms Middle \_\_\_\_ Forms Heavy \_\_\_\_ Board Breaking

**SENIOR DIVISION INFORMATION (14 & UP BLACK BELTS ONLY)**

Please Check:  MALE  FEMALE Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age as of 12/31/2008: \_\_\_\_\_  
Competition Weight: \_\_\_\_\_ Black Belt Certification #: \_\_\_\_\_  
USAT Athlete Membership #: \_\_\_\_\_  
Check the weight division you are applying for:  Fin  Fly  Bantam  Feather  Light  
(see chart in registration packet)  Welter  Middle  Heavy  
Check the Division you are applying for: \_\_\_\_ Forms Light \_\_\_\_ Forms Heavy \_\_\_\_ Board Breaking

**SENIOR/ULTRA DIVISION INFORMATION (18+ COLOR BELTS ONLY)**

Please Check:  MALE  FEMALE Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age as of 12/31/2008: \_\_\_\_\_  
Belt Level:  Yellow  Green  Blue  Red  
USAT Athlete Membership #: \_\_\_\_\_ Competition Weight: \_\_\_\_\_  
Please check which event you are applying for: \_\_\_\_ Sparring \_\_\_\_ Forms \_\_\_\_ Board Breaking

**COMPETITOR ENTRY FORM: FOR ALL EVENTS (cont.)**

**PAYMENT INFORMATION:**

You will be charged an extra \$25 administration fee for registering with paper. You can avoid this charge by registering online.

Please check the number of event(s) you are applying for: \*\*Note: CO members must register online to receive the discount

EARLY FEE- \_\_\_\_\_ 1 Event= \$100 \_\_\_\_\_ 2 Events= \$125 \_\_\_\_\_ 3 Events= \$150 \_\_\_\_\_ 4 Events= \$175 \_\_\_\_\_ 5 Events= \$200 \_\_\_\_\_ 6 Events= \$200  
LATE FEE- \_\_\_\_\_ 1 Event= \$150 \_\_\_\_\_ 2 Events= \$175 \_\_\_\_\_ 3 Events= \$200 \_\_\_\_\_ 4 Events= \$225 \_\_\_\_\_ 5 Events= \$250 \_\_\_\_\_ 6 Events= \$250

**\*\*Please complete the Credit Card Application on the next page\*\***

**Total Amount Due:** \$ \_\_\_\_\_ (OTC HOUSING + EVENT REGISTRATION)

Please Check Payment Type:  Cashier's Check  Money Order  Visa  MasterCard  Discover  American Express

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

Print Name \_\_\_\_\_ Zip Code \_\_\_\_\_  
of Cardholder: \_\_\_\_\_ of Cardholder \_\_\_\_\_ Signature: \_\_\_\_\_

***For USA Taekwondo Office Use Only:***

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

**HOTEL FORM**

All participants and coaches must complete this hotel form in order for their registration form to be considered complete. This information will also be used in case of an emergency.

All hotel information must be completed because there is more than one hotel with the same name.

---

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Name of Hotel (WRITE LOCAL IF NOT STAYING IN A HOTEL):  
\_\_\_\_\_

Hotel Address: \_\_\_\_\_

Phone # (if Not in hotel put a local #): \_\_\_\_\_

# of Rooms: \_\_\_\_\_ Number of people in the room: \_\_\_\_\_ Hotel Rate: \_\_\_\_\_

---

Please fill in the dates you are staying:

DATE	# OF ROOMS

TOTAL NUMBER OF ROOM NIGHTS: \_\_\_\_\_

---

Please check how you made your Hotel Arrangements:

\_\_\_\_ Internet

\_\_\_\_ Other (please list): \_\_\_\_\_



CODE OF CONDUCT - ATHLETE

The following outline is the Code of Conduct for USA Taekwondo (USAT). This Code is for all athletes, coaches, event specialists, referees and staff members to fully abide by when participating in any and all USA Taekwondo sanctioned event(s). 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 USA Taekwondo appointed event staff and tournament staff if necessary.
3. One will fully comply with USA Taekwondo (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 World Taekwondo Federation.
8. One will respect others, including coaches, competitors, officials, and spectators.
9. One will not engage in, nor tolerate, any form of verbal, physical or sexual abuse.
10. One will respect the property of others.
11. One will refrain from illegal or inappropriate behavior that would deter from a positive image of oneself, event staff, the sport of Taekwondo, USA Taekwondo and the United States of America.
12. One will maintain a positive attitude and act in a way that will bring honor to oneself, event staff, the sport of Taekwondo, USA Taekwondo and the United States of America.
13. One will remember that I am an ambassador of USA Taekwondo, my country and the Olympic movement.
14. One will abide by the rules of this particular competition as stated in this packet.

USA Taekwondo recognizes that this Code does not establish a comprehensive set of rules that prescribes every aspect of appropriate behavior. The athlete also recognizes that the information on this application is correct.

Participant's Printed Name

Participant's Signature

Date

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date



**USA TAEKWONDO CONSENT FOR MEDICAL TREATMENT**

I, \_\_\_\_\_, consent to medical treatment for athletic related injuries/illnesses by USA TAEKWONDO Medical Personnel provided by Bare Essentials Sports Medicine Company LLC 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 provided by Bare Essentials Sports Medicine LLC 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 at the offices of Bare Essentials Sports Medicine Company LLC. 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 in the offices of Bare Essentials Sports Medicine Company LLC 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 and/or Bare Essentials Sports Medicine LLC 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 Bare Essentials Sports Medicine LLC Staff Photographer for purposes of documentation of the injury and/or publicity for USA Taekwondo, USA Taekwondo Sports Medicine, or Bare Essentials Sports Medicine LLC. 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 2008 USAT Rocky Mtn. Open, the World Taekwondo Federation, 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 I 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 agrees 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
--------------------------------	-----------------------------	------



# OLYMPIC TRAINING CENTER ATHLETE MEDICAL HISTORY QUESTIONNAIRE

NAME: _____	SPORT: TAEKWONDO
DATE OF BIRTH: _____	SEX: FEMALE _____ MALE _____
ADDRESS: _____ _____	
CITY: _____	STATE: _____ ZIP: _____
EMERGENCY CONTACT: _____	
PHONE: (_____) _____	

**Please circle "Yes" or "No" and provide additional details where requested on this form.  
All information will be confidential.**

1. Have you had a medical illness or injury since your last check up or sports physical? Yes    No
2. Do you have an ongoing or chronic illness? Yes    No
3. Are you allergic to any medication (aspirin, penicillin, sulfa, etc.)? Yes    No  
(List \_\_\_\_\_)
4. Do you have any food allergies? Yes    No  
(List \_\_\_\_\_)
5. Do you have any seasonal allergies that require medical treatment? Yes    No  
(List \_\_\_\_\_)
6. Are you allergic to insect bites or stings? Yes    No  
(List \_\_\_\_\_)
7. Do you take any over the counter medication(s)? Yes    No  
(List \_\_\_\_\_)
8. Do you take any prescribed medication on a permanent or semi-permanent basis (steroids, birth control pills, anti-inflammatories, antibiotics, etc.)? Yes    No  
(List \_\_\_\_\_)
9. Do you use an inhaler? Yes    No  
(List \_\_\_\_\_)
10. Do you take any over the counter dietary supplements (herbs, vitamins, minerals, protein)? Yes    No  
(List \_\_\_\_\_)
11. Have you ever taken any dietary supplements or vitamins to help you gain or lose Yes    No

weight or improve your performance?

(List \_\_\_\_\_)

- |     |   |     |    |
|-----|---|-----|----|
| 12. | Do you ever have chest tightness?   | Yes | No |
| 13. | Do you ever have wheezing?  | Yes | No |
| 14. | Do you ever have itchy eyes?  | Yes | No |
| 15. | Do you ever have itching of the nose or throat or sneezing spells?  | Yes | No |
| 16. | Does running ever cause chest tightness or cough or wheezing or prolonged shortness of breath?  | Yes | No |
| 17. | Have you ever had chest tightness, cough, wheezing, asthma or other chest (lung) problems which made it difficult for you to perform in sports? | Yes | No |
| 18. | Have you ever missed school, work or practice because of chest tightness or cough or wheezing or prolonged shortness of breath?                 | Yes | No |
| 19. | If you have been told you have asthma, what medication(s) have you taken to treat it?<br>(List _____)   |     |    |
| 20. | Have you ever had a rash or hives develop during or after exercise?   | Yes | No |
| 21. | Have you ever had a seizure?<br>(List medication(s) _____)  | Yes | No |
| 22. | Have you ever been told that you have epilepsy?<br>(List medication(s) _____)   | Yes | No |
| 23. | Do you have or have you ever been treated for diabetes?<br>(List medication(s) _____)   | Yes | No |
| 24. | Have you ever been told that you were anemic?<br>(When _____)   | Yes | No |
| 25. | Have you ever been told that you have sickle cell anemia?   | Yes | No |
| 26. | Have you ever been told by a physician you have the sickle cell trait?  | Yes | No |
| 27. | Have you ever become ill from exercising in the heat?   | Yes | No |
| 28. | Have you ever passed out in the heat?   | Yes | No |
| 29. | Have you ever had heat or muscle cramps?  | Yes | No |
| 30. | Have you ever been told to give up sports because of health problem?  | Yes | No |
| 31. | Has anyone in your family under age 50 died suddenly?   | Yes | No |

Explain \_\_\_\_\_

- |     |  |            |          |
|-----|--|------------|----------|
| 32. | Do you have or have you ever had high blood pressure?<br>(List medication(s)_____)                         | Yes        | No       |
| 33. | Do you have or have you ever had high cholesterol?   | Yes        | No       |
| 34. | Do you have trouble breathing or do you cough during or after activity?                                    | Yes        | No       |
| 35. | Have you ever been dizzy during or after exercise?   | Yes        | No       |
| 36. | Have you ever fainted or passed out when exercising?   | Yes        | No       |
| 37. | Have you ever had chest pain during or after exercise?   | Yes        | No       |
| 38. | Do you have or have you ever had racing of your heart or skipped heartbeats?                               | Yes        | No       |
| 39. | Do you get tired more quickly than your friends do during exercise?  | Yes        | No       |
| 40. | Do you have or have you ever been told you have a heart murmur?<br>(Give date(s)_____)                     | Yes        | No       |
| 41. | Do you have a heart arrhythmia?<br>(List medication and dosage _____)                                      | Yes        | No       |
| 42. | Do you have a family history of heart disease?<br>Describe _____   | Yes        | No       |
| 43. | Do you have any other history of heart disease? (angina, arrhythmia, valve disease)<br>Describe _____      | Yes        | No       |
| 44. | Have you had a severe viral infection (for example myocarditis or mononucleosis)<br>within the last month? | Yes        | No       |
| 45. | Do you have or have you ever had rheumatic fever?<br>(Give date(s)_____)                                   | Yes        | No       |
| 46. | Do you have or have you ever had lung disease (pneumonia)?<br>(Give date_____)                             | Yes        | No       |
| 47. | Do you have or have you ever had kidney disease (infections)?<br>(Give date(s)_____)                       | Yes        | No       |
| 48. | Do you have or have you ever had liver disease (mononucleosis, hepatitis)?<br>(Give date(s)_____)          | Yes        | No       |
| 49. | Do you or have you ever had a hernia or “rupture”?<br>Has it been repaired?                                | Yes<br>Yes | No<br>No |
| 50. | Do you have any current skin problems (for example, itching, rashes, acne, warts,<br>fungus, or blisters)? | Yes        | No       |

51. Have you been "knocked out," become unconscious, or lost your memory? Yes No  
(Give date(s)\_\_\_\_\_)
52. Have you had a concussion or other head injury? Yes No  
(Give date(s)\_\_\_\_\_)
53. Have you ever had your head or neck x-rayed? Yes No
54. Have you stayed overnight in a hospital due to head injury? Yes No  
(Give date(s)\_\_\_\_\_)
55. Do you have frequent or severe headaches? Yes No
56. Have you ever had a neck injury involving bones, nerves or discs that disabled  
you for a week or longer? Yes No  
(Type of injury\_\_\_\_\_ Dates\_\_\_\_\_)
57. Have you ever had numbness or tingling in your arms, hands, legs, or feet? Yes No
58. Have you ever had a stinger, burner, or pinched nerve? Yes No
59. Have you ever injured your back? Yes No  
(Type of injury\_\_\_\_\_ Dates\_\_\_\_\_)
60. Do you have back pain? Yes No  
(Circle those which apply: seldom / occasionally / frequently / with vigorous exercise /  
with heavy lifting )
61. Do you want to weigh more or less than you do now? Yes No
62. Do you lose weight regularly to meet weight requirements for your sport? Yes No
63. Do you feel stressed out? Yes No
64. Have you had any other problems with pain or swelling in muscles, tendons,  
bones, or joints? If yes, circle which apply and explain. Yes No  
( head / neck / back / chest / shoulder / upper arm / elbow / forearm /  
wrist / hand / finger / hip / thigh / knee / shin/calf / ankle / foot)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
65. Have you had a broken bone or fracture? R or L Yes No  
(What bone(s)\_\_\_\_\_ Dates\_\_\_\_\_)
66. Have you had a shoulder injury that disabled you for a week or longer  
(dislocation, separation, etc.)? Yes No  
(Type of injury\_\_\_\_\_ Dates\_\_\_\_\_)
67. Have you ever had a shoulder surgery? R or L Yes No  
(What was done & why\_\_\_\_\_ Dates\_\_\_\_\_)

68. Does your shoulder routinely/occasionally dislocate (come out of place)/sublux? Yes No
69. Have you injured your knee? R or L Yes No
70. Have you been told by a doctor or athletic trainer that you injured the cartilage in your knee? R or L Yes No  
(Give date(s) \_\_\_\_\_)
71. Have you been told by a doctor or athletic trainer that you injured the ligaments in your knee? R or L Yes No  
(Give date(s) \_\_\_\_\_)
72. Have you ever had knee surgery? R or L Yes No  
(What was done \_\_\_\_\_ Dates \_\_\_\_\_)
73. Have you had a severe ankle sprain? R or L Yes No
74. Do you have a pin, screw or plate in your body? Yes No  
(Where in your body \_\_\_\_\_ Dates \_\_\_\_\_)
75. Have you had any surgery? Yes No  
(Specify and give details: \_\_\_\_\_)
76. Do you use any special protective or corrective equipment or devices that are not usually used for your sport (for example, knee brace, special neck roll, foot orthotics, hearing aid)? Yes No
77. Have you had any problems with your eyes or vision? Yes No
78. Do you wear glasses, contacts or protective eyewear during competition? Yes No
79. Do you have a hearing loss? R= \_\_\_\_\_ L= \_\_\_\_\_ Yes No  
% of hearing loss? R= \_\_\_\_\_ L= \_\_\_\_\_  
\_\_\_\_\_ Do you use an appliance? \_\_\_\_\_ Type?  
\_\_\_\_\_
80. Do you wear any of the following dental appliances? Yes No  
(Circle those which apply: permanent bridge / removable retainer / removable partial plate permanent crown or jacket / braces / permanent retainer / full plate )
81. Are you missing one of a set of paired organs (kidney, eyes, etc.)? Yes No  
(List \_\_\_\_\_)
82. Do you now or have you ever had herpes? Yes No

**FEMALES ONLY**

83. When was your first menstrual period? \_\_\_\_\_

84. When was your most recent menstrual period? \_\_\_\_\_

85.	How much time do you usually have from the start of one period _____ to the start of another?		
86.	How many periods have you had in the last year? _____		
87.	What was the longest time between periods in the last year? _____		
88.	Are you pregnant, or do you suspect that you may be pregnant? _____	Yes	No
<i>(If the answer is "Yes," this does not necessarily preclude your participation from your sport, however you must present a clearance form you physician stating that your sport participation will not be detrimental to the pregnancy.)</i>			

89. Do you have any other conditions that we should be aware of (i.e. ulcers, tendonitis, etc.)? Yes    No  
 (Specify and give details: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_)

90. Please give the date of your last immunizations:  
 Tetanus \_\_\_\_\_ Polio \_\_\_\_\_ Hepatitis B \_\_\_\_\_

91. Please give the date of your last measles, mumps, rubella and chicken pox shots:  
 Measles \_\_\_\_\_ Mumps \_\_\_\_\_ Rubella \_\_\_\_\_ Chicken Pox \_\_\_\_\_

92. Which of the following dietary supplements have you taken **during the past year**?  

_____ Multi-vitamin/minerals	_____ Protein drinks or bars
_____ Individual vitamin (e.g. vitamin C, etc.)	_____ Energy drinks or bars
_____ Individual mineral (e.g. iron, calcium, etc.)	_____ Creatine
_____ Protein powders or pills	_____ Amino acid pills or powders
_____ Herbals (e.g. Ginseng, Echinacea, etc.)	_____ Others – please list
	_____
	_____
	_____

93. If you took any dietary supplements during the past year, how frequently did you take them?  

_____ Daily	_____ Occasionally
_____ Once a week	_____ Several times a week
_____ Only at specific times (travel, training, etc.)	

94. Check the reasons for using dietary supplements **during the past year**:  

_____ To make up for an inadequate diet	_____ To lose weight
_____ To treat a medical condition or injury	_____ To have more energy
_____ To increase muscle mass/gain weight	_____ To enhance my performance
_____ To prevent illness and disease	_____ No specific reason

**I hereby state that the questions on this form have been answered completely and truthfully to the best of my knowledge.**

\_\_\_\_\_  
**Signature of Participant**

\_\_\_\_\_  
**Date**

**Noteworthy medical conditions/issues as per USOC Medical Staff review:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
**Medical Staff signature**

\_\_\_\_\_  
**Date**



# UNITED STATES OLYMPIC TRAINING CENTER PARTICIPANT BIOGRAPHY

Date: \_\_\_\_\_ Program Name: USA TAEKWONDO, 2008 USAT ROCKY MOUNTAIN OPEN

## PARTICIPANT'S BIOGRAPHICAL INFORMATION

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Country: \_\_\_\_\_ Social Security Number, (last four digits only): XXX-XX-\_\_\_\_\_

Email Address: \_\_\_\_\_ (Four digit SSN and birth date Required. Used for OTC filing purposes only)

Gender: Male Female Birth Date: \_\_\_\_\_

US Citizen: Yes No If No, what nationality? \_\_\_\_\_

## PARTICIPANT'S EMERGENCY CONTACT INFORMATION

Name: \_\_\_\_\_ Relation: \_\_\_\_\_

Street Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

## PARTICIPANT'S GUEST TYPE AND SKILL LEVEL

Please check your guest type for this program.

Athlete       Coach       Official       NGB Administrator  
 Staff       Trainer       Intern       Other: \_\_\_\_\_

Athletes: Please check your skill level for this program

- Olympic Caliber:** Athletes who have competed or will compete in the upcoming Olympic or Pan Am Games, or NGB's World Championship
- National:** NGB National Senior Team member or competition in a major international event within the last 12 months.
- Junior National:** NGB National Junior Team member or competition in a major international event within the last 12 months.
- Development:** Highly skilled athletes showing strong potential for growth and improvement with the objective of obtaining a higher skill level.

## FOR OFFICE USE ONLY

Program # \_\_\_\_\_ Arrival date \_\_\_\_\_ Check in Initials \_\_\_\_\_

Complete Paperwork \_\_\_\_\_ Missing Information: Bio \_\_\_\_\_ Medical \_\_\_\_\_ Waiver \_\_\_\_\_ HIPPA \_\_\_\_\_



**UNITED STATES OLYMPIC TRAINING CENTER  
WAIVER AND RELEASE OF LIABILITY**

**NOTE: THIS FORM MUST BE READ AND SIGNED UNALTERED BEFORE THE PARTICIPANT IS PERMITTED TO TAKE PART IN ANY FUNCTION (I.E., TRAVEL, TRAINING, COMPETITION, PROCESSING, MEETING OR TESTING SESSIONS) AT OLYMPIC TRAINING CENTERS AND the United States Olympic Education Center (USOEC) at Northern Michigan University. BY SIGNING THIS AGREEMENT, THE PARTICIPANT AFFIRMS HAVING READ AND UNDERSTOOD IT AND IS IN AGREEMENT WITH ITS CONTENTS.**

IN CONSIDERATION of my involvement in the sport and activities under the auspices of the **USA Taekwondo, Inc.** this sponsoring organization at this United States Olympic Training Center and the USOEC at Northern Michigan University, I acknowledge, appreciate and agree that:

1. RISK IS INHERENT IN PARTICIPATION IN MY SPORT, and in related training and discipline, including risks from the use of equipment and facilities, the risk of injury does exist, as well as the risk of damage to or loss of property; THESE RISKS INCLUDE EXTENSIVE AND SEVERE BODILY INJURY, PARALYSIS, DISMEMBERMENT, DISABILITY, DEATH, HARASSMENT, AND EXPOSURE TO INAPPROPRIATE CONDUCT.

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS; both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERS;

I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual or unnecessary hazard during my presence or participation, I will bring such to the attention of the nearest official immediately.

I, FOR MYSELF, AND ON BEHALF OF MY HEIRS, ASSIGNS, PERSONAL REPRESENTATIVES, and NEXT OF KIN, HEREBY RELEASE, HOLD HARMLESS AND PROMISE NOT TO SUE THE INTERNATIONAL OLYMPIC COMMITTEE, THE UNITED STATES OLYMPIC COMMITTEE, AND/OR MY NATIONAL GOVERNING BODY, NORTHERN MICHIGAN UNIVERSITY, OR OTHER SPONSORING ORGANIZATION, THEIR OFFICERS, COACHES, VOLUNTEERS, STAFF, SPONSORS, AND/OR AGENTS, ("RELEASEES") WITH RESPECT TO ANY AND ALL INJURY AND/OR LOSS ARISING FROM MY PARTICIPATION, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, EXCEPT THAT WHICH IS THE RESULT OF GROSS NEGLIGENCE OR WANTON MISCONDUCT.

This Waiver and Release of Liability shall remain valid for the entire calendar year in which it is executed (expiring on December 31 of that year) or until it is expressly revoked by written notice from me to the USOC, whichever occurs first; provided however, that any such revocation shall not in any manner affect the waiver and release of liability given hereunder for any acts or occurrences prior to receipt of said written notice by the USOC or prior to termination of my participation.

I have read this Release of Liability and Waiver Agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

**Participant's Signature** \_\_\_\_\_

**Participant's Name (Printed)** \_\_\_\_\_ **Date** \_\_\_\_\_

**FOR PARTICIPANTS OF MINORITY AGE**

This is to certify that I/we as parent(s)/guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves, and my/our heirs, assigns and next of kin to release and indemnify the Release from any and all Liability incident to my/our minor child's involvement as stated above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

**Parent/Legal Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Guardian Name (Please print)** \_\_\_\_\_

**PARTICIPANT CONSENT**  
**TRANSPORTATION AND MEDICAL RELEASE**

I hereby give consent for the USOC and the USOEC at Northern Michigan University to provide me with medical, psychological or psychiatric care and treatment, emergency medical services, transportation, housing, and meals associated with participation in programs conducted at this United States Olympic Training Center (USOTC) and the USOEC at Northern Michigan University under the auspices of **USA Taekwondo, Inc.** I authorize the USOC medical staff, under the supervision and protocol of the USOC physicians, to act as my agent to receive, procure, store, and issue any medications, which are prescribed for me. I understand that the medicines will be provided in non-child-safety resistant blister packs and will keep them out of the reach of children. In the event that emergency medical services are required, I hereby authorize the USOC to act to resolve such emergency without first obtaining my prior consent or the consent of my next of kin, parent, guardian, or any other individual.

If the program in which I am participating includes psychiatric, psychological, physiological and/or biomechanical evaluations, I consent to those evaluations, which pose no unusual risks or hazards when customary safeguards are observed.

I further authorize the exchange of medical information, including information regarding physiological and/or biomechanical evaluations, and psychological or psychiatric records, between the USOC medical staff members for the management of my care and treatment and the release of any such medical information necessary to process a claim for accident/medical payment insurance for an injury or illness incurred while I am participating in the program conducted at this United States Olympic Training Center (USOTC) and the USOEC at Northern Michigan University under the auspices of **USA Taekwondo, Inc.**

I swear that I am in good physical condition and am able to fully participate in this program. I am not aware of any disease or injury that would result in my being injured during my participation in the sponsoring organization's programs at this USOTC and the USOEC at Northern Michigan University.

This Release shall remain valid for the entire calendar year in which it is executed (expiring on December 31 of that year) or until it is expressly revoked by written notice from me to the USOC, whichever occurs first; provided however, that any such revocation shall not in any manner affect the release given hereunder for any acts or occurrences prior to receipt of said written notice by the USOC or prior to the termination of my participation.

**DRUG USE AND BLOOD DOPING**

By registering at this USOTC and the USOEC at Northern Michigan University and in exchange for the privilege of participating in programs, I am consenting to be subject to drug testing (if selected) and the penalties applicable if found positive for a banned substance or employment of a banned method. I am aware that failure to comply with such testing will be cause for the same penalties as for those who test positive for a prohibited substance or method.

I know that if I have any questions about medications and banned substances or practices I may contact the U.S. Anti-doping Agency ("USADA") Drug Reference Line (1-800-233-0393) before, during or after my USOTC and the USOEC at Northern Michigan University stay. I understand, however, that the USADA Drug Reference Line is only advisory and that I have the absolute obligation and sole responsibility to avoid the use of any product which may contain a banned substance. The USADA Drug Reference Line cannot be reached from abroad.

X \_\_\_\_\_  
Participant Signature

Date Signed: 01/02/08

**FOR ATHLETES OF MINORITY AGE**  
**(UNDER THE AGE OF 18 AT THE TIME OF REGISTRATION)**

This is to certify that I, as the parent/guardian of this participant, have explained to my son/daughter the aforementioned stipulated conditions and their ramifications, and I consent to his/her participation in the programs conducted under the auspices of the **USA Taekwondo, Inc.** at this USOTC and the USOEC at Northern Michigan University, and consent to the provision of medical, psychological or psychiatric care and treatment, emergency medical services, transportation, housing and meals associated with participation in programs conducted at this United States Olympic Training Center and the USOEC at Northern Michigan University. In the event that emergency medical services are required, I hereby authorize the USOC and the USOEC at Northern Michigan University to act to resolve such emergency without first obtaining my prior consent or the consent of the participant's next of kin or any other individual. I have instructed my son/daughter to abide by the Participant Conduct.

X \_\_\_\_\_  
Parent/Guardian Signature

Date Signed:

\_\_\_\_\_  
Parent/Guardian Name (Please Print)

Relationship: \_\_\_\_\_

**PARTICIPANT CONDUCT**

I consent to abide by the below described rules of conduct for guests of this USOTC and the USOEC at Northern Michigan University and understand that violations may result in full or partial forfeitures of my guest privileges, or in other disciplinary proceedings:

1. The transportation, possession or unauthorized use of alcoholic beverages, illegal drugs, or IOC-banned substances on the premises is prohibited.
2. Use of an ID card by an unauthorized person(s) is prohibited.
3. Overnight visitors are prohibited in the dormitory. Please check with the appropriate OTC for visiting hours as hours vary among the sites.
4. Quiet hours commence at 10:00 pm daily.
5. Any physical damage to a facility or loss of items in a dormitory room (i.e. blankets, lamps, etc.) will be paid for by those individuals assigned to the room in which the damage or loss occurs.
6. Firearms, ammunition, and all other sports equipment are prohibited in all areas of the dormitories.
7. Unauthorized room changes are prohibited.
8. Pets are prohibited in the dormitories.
9. Unacceptable behavior will not be tolerated, including but not limited to, the following:
  - a. Any act considered to be offensive under federal, state, or local laws, or a violation of USOC and the USOEC at Northern Michigan University policies and procedures.
  - b. Gross misconduct (i.e. inappropriate horseplay, theft, fighting, etc.).
  - c. Willful destruction of property (i.e. including that caused by inappropriate horseplay, fighting, etc.).
10. The willful disabling of any smoke detector or tampering or interfering in any way with any fire alarm system to include causing a false fire alarm (by pulling the fire alarm handle) will result in disciplinary action against the perpetrator(s) which may include immediate dismissal from the Olympic Training Center and the USOEC at Northern Michigan.

X \_\_\_\_\_  
Participant Signature

Date Signed: 01/02/08

**FOR ATHLETES OF MINORITY AGE**  
**(UNDER THE AGE OF 18 AT THE TIME OF REGISTRATION)**

This is to certify that I, as the parent/guardian of this participant, have explained to my son/daughter the aforementioned stipulated conditions and their ramifications, and I consent to his/her participation in the programs conducted under the auspices of the USA Taekwondo, Inc. at this USOTC and USOEC at Northern Michigan University.

X \_\_\_\_\_  
Parent/Guardian Signature

Date Signed:

\_\_\_\_\_  
Parent/Guardian Name (Please Print)

Relationship: \_\_\_\_\_

# UNITED STATES OLYMPIC COMMITTEE

## Authorization For Release of Information

### Information About the Use or Disclosure

**I hereby authorize the use or disclosure of my individually identifiable health information as described below.**

*I understand that this authorization is voluntary and that I may revoke it at any time by submitting my revocation in writing to the entity providing the information.*

Participant's Name \_\_\_\_\_ Social Security/ID Number: XXX-XX-\_\_\_\_\_

Sport \_\_\_\_\_

*Persons/organizations authorized to provide the information include the United States Olympic Committee's Sports Medicine Division (staff and other agents), my coach, and my National Governing Body, unless specified otherwise below, and:*

Persons/organizations authorized to receive the information include the United States Olympic Committee's Sports Medicine Division (staff and other agents), my coach, and my National Governing Body, unless specified otherwise below, and: \_\_\_\_\_

Specific description of information to be used or disclosed (including date(s)): includes all medical information, including sport science testing and evaluations (physiological, biomechanical, and psychological) which may impact my ability and eligibility to participate in the activities of my National Governing Body and the United States Olympic Committee, unless specified to the contrary as follows: \_\_\_\_\_

Specific purpose of the disclosure (*note that "as requested by me" is an acceptable purpose if you do not wish to state a specific purpose*): To allow the evaluation of my ability and eligibility to participate in the activities of my National Governing Body and the United States Olympic Committee, unless otherwise specified as follows: \_\_\_\_\_

This authorization will remain valid for the entire calendar year in which it is executed (expiring on December 31 of that year) unless otherwise indicated as follows: (indicate date, or an event relating to you personally or to the purpose of the authorization). \_\_\_\_\_

### Important Information About Your Rights

I have read and understood the following statements about my rights:

- I may revoke this authorization at any time prior to its expiration date by notifying the providing organization in writing, but the revocation will not have any effect on any actions the entity took before it received the revocation.
- I may see and copy the information described on this form if I ask for it.
- I am not required to sign this form to receive my health care benefits (enrollment, treatment, or payment).
- The information that is used or disclosed pursuant to this authorization may be redisclosed by the receiving entity and may no longer be protected by federal or state law. I have the right to seek assurances from the above-named persons/organizations authorized to receive the information that they will not redisclose the information to any other party without my further authorization.

I have read this Authorization for Release of Information, fully understand its terms, and sign it freely and voluntarily without any inducement.

**Participant's Signature** \_\_\_\_\_

**Participant's Name (Printed)** \_\_\_\_\_ **Date** \_\_\_\_\_

**FOR ATHLETES OF MINORITY AGE**

This is to certify that I/we as parent(s)/guardian(s) with legal responsibility and authority for this Athlete, do consent and agree not only to his/her authorization, but also for myself/ourselves, and my/our heirs, assigns and next of kin to authorize such release of information

Parent/Legal Guardian Signature \_\_\_\_\_ Date

Parent/Guardian Name (Please print) \_\_\_\_\_

**YOU MAY REFUSE TO SIGN THIS AUTHORIZATION**



**2008 ROCKY MOUNTAIN OPEN  
OTC – COLORADO SPRINGS, CO  
DEC. 6-7, 2008**



We thank you for your continued support and wish each participant and coach a successful and enjoyable experience. We also thank our sponsors and vendors that have shown continued support of USAT and our events. Please feel free to share your thoughts with us on how we can continue to improve as an organization and provide additional benefits to our members.

**POINT OF CONTACT INFORMATION**

Mark. Kaufmann  
Director of Events

[Mark.Kaufmann@usa-taekwondo.us](mailto:Mark.Kaufmann@usa-taekwondo.us)

Travis Oosthoek  
Events Manager

[Travis.Oosthoek@usa-taekwondo.us](mailto:Travis.Oosthoek@usa-taekwondo.us)

Tournament	Date	Location
US OPEN	FEB. 12-15, 2009	LAS VEGAS, NV
NATIONAL QUALIFIER #1	APR. 4-5, 2009	KISSIMMEE, FL
NATIONAL QUALIFIER #2	APR. 18-19, 2009	BUFFALO, NY
NATIONAL QUALIFIER #3	APR. 25-26, 2009	AUSTIN, TX
NATIONAL QUALIFIER #4	MAY 9-10, 2009	SAN JOSE, CA
NATIONAL QUALIFIER #5	MAY 16-17, 2009	COLORADO SPRINGS, CO
JO/SR NATIONALS	JUNE 30 - JULY 5, 2009	AUSTIN, TX
ROCKY MOUNTAIN OPEN	NOV. 7-8, 2009	COLORADO SPRINGS, CO

USA Taekwondo  
1 Olympic Plaza, Suite 104C  
Colorado Springs, CO 80909  
(719) 866-4632 (phone)  
(719) 866-4642 (fax)  
[www.usa-taekwondo.us](http://www.usa-taekwondo.us)