



2020 Poomsae Grand Slam

January 17-20, 2020

USATKD National Center of Excellence

Colorado Springs, Colorado





PROMOTER - SANCTIONED

Promoter & Sanctioned By:

USATKD

1015 Garden of the Gods Road, Suite 110

Colorado Springs, CO 80907

USATKD POINTS OF CONTACT

Jeanna Salgado, Director of Events

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Located At:

USATKD

1015 Garden of the Gods Road

Colorado Springs, CO 80907



Schedule

Friday, January 17, 2020		
4:00pm – 6:00pm	Credential Pick Up	USATKD Headquarters
6:00pm – 6:30pm	Technical Meeting	USATKD Headquarters
TBD	Referee Meeting	USATKD Headquarters
All Saturday competitors MUST be checked in by 6:00pm		
Saturday, January 18, 2020		
Under 30 Male & Female Teams 31+ Male & Female Teams Junior (15-17) Male & Female Individual		12-17 Freestyle Mixed Pairs 18+ Freestyle Mixed Pairs Under 65 Male & Female Individual 66+ Male & Female Individual
TBD	Doors Open for Saturday Competitors	USATKD Headquarters
TBD	Doors Open for Spectators	USATKD Headquarters
TBD	Competitions Begins	USATKD Headquarters
TBD	Lunch Break	
4:00pm – 6:00pm	Credential Pick Up	USATKD Headquarters
All Sunday competitors MUST be checked in by 6:00pm		
Sunday, January 19, 2020		
Cadet (12-14) Male & Female Individual Junior (15-17) Male & Female Teams Junior (15-17) Mixed Pairs		Under 50 Male & Female Individual Under 60 Male & Female Individual 12-17 Freestyle Teams 18+ Freestyle Teams
TBD	Doors Open for Sunday Competitors	USATKD Headquarters
TBD	Doors Open for Spectators	USATKD Headquarters
TBD	Competitions Begins	USATKD Headquarters
TBD	Lunch Break	
4:00pm – 6:00pm	Credential Pick Up	USATKD Headquarters
All Sunday competitors MUST be checked in by 6:00pm		
Monday, January 20, 2020		
Under 30 Male & Female Individual Under 40 Male & Female Individual Cadet (12-14) Mixed Pairs & Teams		Under 30 Mixed Pairs 30+ Mixed Pairs 12-17 Freestyle Male & Female Individual 18+ Freestyle Male & Female Individual
TBD	Doors Open for Sunday Competitors	USATKD Headquarters
TBD	Doors Open for Spectators	USATKD Headquarters
TBD	Competitions Begins	USATKD Headquarters
TBD	Lunch Break	

Detailed schedule, report times and designated poomsae will be posted the week of the Poomsae Grand Slam Final



Where Olympic Journeys Begin



REGISTRATION INFO, DEADLINES & FEES

All registration must take place on the USATKD Hang-A-Star system. Please visit <https://www.usat.hangastar.com/Login.aspx> to register. Please have your USATKD membership number accessible to register. USATKD has a NO REFUND policy. **NO REFUNDS** will be given for any reason. Athletes must register and pay in full by the dates listed on your invitation notice to confirm your participation in this event. If you do not pay in full you will not be confirmed for this event. Coaches must register and pay in full by the early registration dates listed below to receive the early registration fee. If payment is not received by early registration deadline you will be required to pay the final registration fee. ****Registration Deadlines end at 11:59pm (MT)** If an athlete does not pay in full by the final registration date, then they will not be confirmed for this event and will not be eligible to compete. If a coach does not pay in full by the final registration date, then you will pay the On-site registration fee.**

ATHLETES		
	First Round of Invite Deadline December 23, 2019	Final Registration Deadline (for alternates) January 7, 2020
1 Event Fee	\$135.00	135.00
Each Additional Event	\$20.00	20.00

COACHES					
USATKD COACH LEVEL	Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline	Onsite Fee
Level 1 Coach or Higher	\$40.00	January 2, 2020	\$65.00	January 7, 2020	\$90.00

Coaches are required to complete a pass a background check, complete the U.S. Center for Safe Sport webinar courses. Coaches whose athletes receive an invite after the early deadline registration, are eligible to receive the early registration fee. Please register and click the pay later option. Once you have done this, email events@usa-taekwondo.us and request discount. You must contact USATKD events office within 2 business days of registering to receive the discount rate.

Athletes will be required to list who their coach will be for this event; this will be asked during the registration process online. An athlete may list up to 4 coaches, but please note the first two coaches listed on the athlete’s list will be considered the Athletes official coach(es) for this event and only these coaches will be given an event pass/wristband. USATKD will limit access and seating for this event and only those athletes and coaches participating during in session will be permitted in the competition and holding area.

Event Check-In - All participants will receive an event pass/wristband when they arrive to the event check-in. All participants must provide a valid ID to pick-up event pass/wristband and must be present. There will be no exception to this policy. Valid ID is the following: School ID, State Issued ID, GAL or Passport.

METHOD OF COMPETITION & COMPETITION RULES

The current USATKD poomsae rules for all divisions will be used. To view current version, go to: <https://www.teamusa.org/usa-taekwondo/v2-resources/referee-information>

Poomsae – To view the competition format see selection procedures: <https://www.teamusa.org/usa-taekwondo/v2-national-teams/team-selection-procedures>

FREESTYLE ATHLETES: Please note due to limited space the competition area will be 11m x 11m.

QUALIFICATION

Please refer to the 2020 World Poomsae Championships and the 2020 Senior Poomsae Pan Am Championships Team Selection procedures for qualification process for this event.: <https://www.teamusa.org/usa-taekwondo/v2-national-teams/team-selection-procedures>

DOBOK & EQUIPMENT STANDARDS

To view all Dobok and Equipment Standards click link below for most up to date rules:

<https://www.teamusa.org/usa-taekwondo/v2-resources/referee-information>



POOMSAE DIVISIONS – AGE CATEGORIES

INDIVIDUAL POOMSAE

AGE CLASSIFICATION	AGE DIVISIONS	RANK	COMPETITION TYPE
Cadet	12-14 Years Old	1 st – 9 th	See Selection Procedures
Junior	15-17 Years Old	1 st – 9 th	See Selection Procedures
1 st Senior	18-30 Years Old	1 st – 9 th	See Selection Procedures
2 nd Senior	31-40 Years Old	1 st – 9 th	See Selection Procedures
1 st Masters	1-50 Years Old	1 st – 9 th	See Selection Procedures
2 nd Masters	51-60 Years Old	1 st – 9 th	See Selection Procedures
3 rd Masters	61-65 Years Old	1 st – 9 th	See Selection Procedures
4 th Masters	66 & Older	1 st – 9 th	See Selection Procedures

PAIRS POOMSAE (Co-Ed)

AGE CLASSIFICATION	AGE DIVISIONS	RANK	COMPETITION TYPE
Cadet	12-14 Years Old	1 st – 9 th	See Selection Procedures
Junior	15-17 Years Old	1 st – 9 th	See Selection Procedures
1 st Pairs	18-30 Years Old	1 st – 9 th	See Selection Procedures
2 nd Pairs	31 & Older	1 st – 9 th	See Selection Procedures

TEAM POOMSAE

(3 Competitors of the Same Gender)

AGE CLASSIFICATION	AGE DIVISIONS	RANK	COMPETITION TYPE
Cadet	12-14 Years Old	1 st – 9 th	See Selection Procedures
Junior	15-17 Years Old	1 st – 9 th	See Selection Procedures
1 st Team	18-30 Years Old	1 st – 9 th	See Selection Procedures
2 nd Team	31 & Older	1 st – 9 th	See Selection Procedures

INDIVIDUAL FREESTYLE POOMSAE

Please note due to limited space the competition area will be 11m x 11m

AGE CLASSIFICATION	AGE DIVISION	RANK	COMPETITION TYPE
Cadet/Junior	12-17 Years Old	1 st – 9 th	See Selection Procedures
Cadet/Junior	12-17 Years Old	1 st – 9 th	See Selection Procedures
Senior	18 Years & Older	1 st – 9 th	See Selection Procedures
Senior	18 Years & Older	1 st – 9 th	See Selection Procedures

PAIRS FREESTYLE POOMSAE (Co-Ed)

Please note due to limited space the competition area will be 11m x 11m

AGE CLASSIFICATION	AGE DIVISION	RANK	COMPETITION TYPE
Cadet/Junior	12-17 Years Old	1 st – 9 th	See Selection Procedures
Senior	18 Years & Older	1 st – 9 th	See Selection Procedures

TEAM FREESTYLE POOMSAE (Co-Ed)

5 Members at least 2 Males & 2 Females

Please note due to limited space the competition area will be 11m x 11m

AGE CLASSIFICATION	AGE DIVISION	RANK	COMPETITION TYPE
Cadet/Junior	12-17 Years Old	1 st – 9 th	WT Format
Senior	18 Years 7 Older	1 st – 9 th	WT Format



2020 Poomsae Grand Slam • INFORMATION PACKET

IMPORTANT: Designated Poomsae will be selected from the Compulsory Poomsae listed below and be published to the USA Taekwondo website the week of the 2020 Poomsae Grand Slam.

DESIGNATED POOMSAE	
INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
Cadet (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, , Taebaek
1 st Senior (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 nd Senior (31-40)	
1 st Masters (41-50)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 nd Masters (51-60)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkown, Hansu
3 rd Masters (61-65)	
4 th Maters (66 & Older)	
PAIRS DIVISIONS (CO-ED)	COMPULSORY POOMSAE
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang , Koryo, Keumgang, Taebaek
1 st Pairs (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 nd Pairs (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
TEAMS DIVISIONS	COMPULSORY POOMSAE
Cadets (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
1 st Team (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 nd Team (31+)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

COACHING REQUIREMENT

All registration must take place on the USATKD Hang-A-Star system. Please visit

<https://www.usat.hangastar.com/Login.aspx> to register. Coaches must be USATKD Level 1 Coach or higher. Coaches must have cleared a background check and have taken either the Safe Sport Training Course in the past year or the Safe Sport Training Course in the past year. Please have your USATKD membership number accessible to register. USATKD has a NO REFUND policy. **NO REFUNDS** will be given for any reason. Coaches must register and pay in full by the early registration dates listed below to receive the early registration fee. If payment is not received by early registration deadline you will be required to pay the final registration fee. ****Registration Deadlines end at 11:59pm (MT)** If a coach does not pay in full by the final registration date, then you will pay the On-site registration fee.**

REFEREES

Registration must be completed through USATKD's online registration system

<https://www.usat.hangastar.com/Login.aspx>. Selection for the 2020 USATKD Poomsae Grand Slam will be done with consideration of the Referee Level and recent evaluation.

There will be three (3) days of competition at this event. Referees selected will receive an honorarium (3 days), hotel accommodations for four (4) nights (double occupancy only to be shared with an appointed referee), and breakfast, lunch, and dinner for competition days. Those referees who are selected to work will be expected to work both days through the end of competition and will not be able to depart until the day after the final competition day. You must have attended a referee seminar in 2019 to be qualified to work this event.

Referees who are selected will be responsible for their own round-trip airfare and hotel incidentals. Any referee that makes their own hotel accommodations will be responsible for the entire cost of the room. USATKD will provide transportation to and from the airport and the venue. Referee attire will be black suit, plain white shirt, and solid red tie. If you are selected, you will then need to provide airline arrival and departure information into the designated airport ONLY (COS) in order for USATKD to plan accordingly. Due to limited number of rooms, USATKD will not offer any single rooms. Any referee wanting to have a single room will be responsible for the full cost of their hotel stay.



ADMISSION TICKET INFORMATION

Event Spectator Tickets

Admission to the 2020 Poomsae Grand Slam is by event pass/wristband or ticket only. Tickets will be sold on first come first serve basis and there will be limit to the number of tickets sold per session (60 seats per session). The Center will be cleared after each session and only those with tickets for each session will be permitted in, along with the athletes and their coaches for each session. Each athlete’s registration will entitle them to admission for their session only.



Tickets will be available for purchase at <https://www.brownpapertickets.com/event/4470142>. You can print your ticket at home and bring them to the event. We will have scanners there to scan your ticket and get you to the action quicker.

***Deadline for ordering tickets online is January 13, 2020 at 11:59pm (MT) as long as there are seats available. Tickets will only be sold onsite if seating is available.** Wristbands will be given in exchange for your tickets at the USATKD National Center of Excellence. Wristbands must be worn at all times and are good for the time allotted on your ticket (Single Day = only for the appropriate day purchased). The final session details will not be available until after the final registration deadline of January 7, 2020. If you are purchasing a Single Session Pass, you will need to select the session that coincides with the athletes division they are competing in. Session details in Brown Paper Tickets will be labeled as followed:

DIVISION	TICKET SESSION NAME	DIVISION	TICKET SESSION NAME
Male Cadet (12-14)Individual	MCIND	Female Cadet (12-14)Individual	FCIND
Male Junior (15-17) Individual	MJIND	Female Junior (15-17) Individual	FJIND
Male Under 30 Individual	MU30IND	Female Under 30 Individual	FU30IND
Male Under 40 Individual	MU40IND	Female Under 40 Individual	FU40IND
Male Under 50 Individual	MU50IND	Female Under 50 Individual	FU50IND
Male Under 60 Individual	MU60IND	Female Under 60 Individual	FU60IND
Male Under 65 Individual	MU65IND	Female Under 65 Individual	FU65IND
Male 66+ Individual	MO66IND	Female 66+ Individual	FO66IND
Male Cadet (12-14) Team	MCTEAM	Female Cadet (12-14) Team	FCTEAM
Male Junior (15-17) Team	MJTEAM	Female Junior (15-17) Team	FJTEAM
Male Under 30 Team	MU30TEAM	Female Under 30 Team	FU30TEAM
Male 30+ Team	MO30TEAM	Female 30+ Team	FO30TEAM
Male 12-17 Freestyle Individual	MCFIND	Female 12-17 Freestyle Individual	FCJFIND
Male 18+ Freestyle Individual	MCSFIND	Female 18+ Freestyle Individual	FCSFIND
DIVISION	TICKE SESSION NAME		
Cadet (12-14) Pairs	CPAIR		
Junior (15-17) Pairs	JPAIR		
Under 30 Pairs	U30PAIR		
30+ Pairs	O30PAIR		
12-17 Freestyle Pairs	CJFPAIR		
18+ Free Style Pairs	SOFPAIR		
12-17 Freestyle Teams	CJFTEAM		
18+ Free Style Teams	SOTEAM		

Ticket Pricing		
Event Ticket Type	Advance (online)	At-Door (*if available)
All Session Pass	\$60.00	75.00
Single Session Adult Pass (18 & Older)	\$12.00	\$17.00
Single Session Child Pass (17 & younger)	\$7.00	\$12.00

****NO REFUNDS or exchanges. Lost, stolen or forgotten tickets will NOT be replaced or refunded.**