

# 2024 USA TAEKWONDO MARYLAND STATE CHAMPIONSHIPS



Official Qualifier Event for USA Taekwondo National Championships  
**OPEN TO ALL STATES**



**Saturday: March 23, 2024**

Competition Venue:  
APG Federal Credit Union Arena at Harford Community College  
401 Thomas Run Road Bel Air, MD 21015  
[www.harford.edu](http://www.harford.edu)

More Information at: [WWW.MARYLANDTAEKWONDO.ORG](http://WWW.MARYLANDTAEKWONDO.ORG)  
For Information Call: 443-413-9014  
E-Mail: [marylandtaekwondo@gmail.com](mailto:marylandtaekwondo@gmail.com)



*Breaking*  
**Sparring**  
*Poomsae*  
*Demo*  
**Pair Poomsae**  
**Team Poomsae**



**12.0 Event**  
Sanctioned by: USA Taekwondo



Organized by: Maryland State  
Taekwondo Association

**National Level Tournament Facility & International Referees**

# WELCOME MESSAGE

Greetings Grand Masters, Masters, Instructors, Athletes, & Parents

January 1, 2024



I am pleased to announce that the Maryland State Taekwondo Association (MSTA) will host the USAT Maryland State Championships on March 23, 2024 at the Harford Community College. Young athletes from across the state will have the opportunity to challenge themselves in this USA Taekwondo Sanctioned 12.0 Event. This Championship will serve as a qualifying event for the 2024 USAT National Championships in Fort Worth, Texas, July 4 - July 7. Athletes that win gold or silver will automatically qualify for the 2024 U.S. National Taekwondo Championships. Additionally, bronze medalists from any division within the State Championship event with eight or more competitors will also qualify. If an athlete does not qualify, the athlete can qualify for the U.S. National Taekwondo Championships through a Regional Qualifier tournament.

We are grateful to the Harford Community College for providing the facilities for the MSTA Qualifier and welcoming our athletes, coaches, schools and MSTA leaders onto their grounds.

For many of our athletes, this event will be their first competition of the 2024 season and the first step to reaching many of the goals they have set for themselves this year. I encourage instructors and parents to prepare your athletes not only for the physical test they will face against their competitors, but also to push themselves to reach their personal best.

This year also marks the *50th anniversary* of USA Taekwondo and what better way to celebrate than coming out to compete or support this remarkable event.

Respectfully,

Senior Master Joseph J. Pirczhalski III

*Joseph J. Pirczhalski III*

Maryland State Taekwondo Association President / Tournament Director



## EVENT POINT OF CONTACT

Maryland State Taekwondo Association

Master Joseph Pirczhalski III

443-413-9014

marylandtaekwondo@gmail.com

www.marylandtaekwondo.com

## SANCTIONED BY

USA Taekwondo

1 Olympic Plaza

Colorado Springs, CO 80909



## EVENT RANKING

Ranking: 12.0

## GOVERNANCE

All sanctioned State Championships must use and follow the USA Taekwondo Rules and Regulations.

For current Sparring, Poomsae, Breaking rules please refer to the following link:

[USA Taekwondo | USATKD Competition Rules](#)

## VENUE

APG Federal Credit Union Arena at Harford Community College

401 Thomas Run Road, Bel Air, MD 21015

You may NOT bring any outside food/Drinks into the facility. The Only exception is for athletes which may bring bottled water and power bars. A full concession stand will be open for breakfast, lunch, drinks, and snacks. Please have cash on hand to speed along transactions but credit cards will be accepted. We ask that you please clean up any trash or spills.

## LODGING

### Holiday Inn Express Aberdeen-Chesapeake House

1007 Beards Hill Road, Aberdeen, MD 21001

### Courtyard Aberdeen at Ripken Stadium

830 Long Drive, Aberdeen, MD 21001 USA

### Hilton Garden Inn Aberdeen

1050 Beards Hill Road, Aberdeen, Maryland, 21001, USA

### Residence Inn Aberdeen at Ripken Stadium

830 Long Drive, Aberdeen, MD 21001 USA

## EVENT SPECTATOR TICKETS

Ticket Pricing	
Event Ticket	At-Door - Cash only! May also be purchased at time of Credential Pickup
ALL Day Pass (Adult 18-64)	\$15.00
All Day Pass (Child 5-17)	\$15.00
Children 4 & Under Adults 65 & Older	\$ 0 - Free

# SCHEDULE

## Weigh-In and Registration:

March 22, 2024

7pm – 9pm

APG Federal Credit Union Arena

- All sparring competitors must weigh-in the day before the competition.
- Athletes only competing in Poomsae (Form), Demo. Or Breaking do not need to weigh-in and can pick up their credentials on the day of the event.

## Competition:

### March 23, 2024

Ages 12 & up		ALL DIVISIONS Cadet / Juniors / Seniors / Pairs / Team / Ultra
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
8:15am - 8:45am	Referee Meeting	APG Federal Credit Union Arena
8:30am - 8:45am	All 12 & up Poomsae divisions	Holding Area in the APG FCU Arena
8:50am - 9:00am	Opening Ceremonies for 12 and up	APG Federal Credit Union Arena
9:00am - 12:00pm	Competition Begins for 12 and up all divisions	APG Federal Credit Union Arena
9:00am - 12:00pm	All other divisions will be called to the holding area	Holding Area in the APG FCU Arena
12:00pm - 1:00pm	Lunch Break	APG Federal Credit Union Arena

**ALL SATURDAY SPARRING COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 9:00PM ON 3/22/24**

### March 23, 2024

Ages 11 and under		ALL DIVISIONS Dragons / Tigers / Youth
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
1:00pm - 1:15pm	Dragons/Tigers/Youth Poomsae Divisions	Holding Area in the APG FCU Arena
1:00pm - 1:20pm	Referee Meeting	APG Federal Credit Union Arena
1:20pm - 1:30pm	Opening Ceremonies for 11 and under	APG Federal Credit Union Arena
1:30pm - 5:00pm	Competition Begins for 11 and under all divisions	APG Federal Credit Union Arena
1:20pm - 1:30pm	All other divisions will be called to the holding area	Holding Area in the APG FCU Arena

**ALL SATURDAY SPARRING COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY 9:00PM ON 3/22/24**

**SPARRING: DAEDO electronic gear will be used for 12-14/15-17/17-32 Black Belt divisions only. Non-electronic gear will be used for all other DIVISIONS**

USAT uses the date December 31 of the given year (December 31, 2024) to determine the age of all competitors. For example: an athlete turns 12 on October 26, 2024, so they would compete as a 12 year old in the given event, even though they are 11 years old at the time of the event.

# ATHELETE REGISTRATION

Registration for all athletes will be done through [USATKD Sport80](#). All registrations must be completed by the registration deadline. There will not be any onsite registration for athletes.

**2024 USA Taekwondo Maryland State Championships Deadline:** Registration deadline: March 15, 2024, 11:59 PM, EST

**THERE WILL BE NO LATE REGISTRATION PERIOD. USATKD HAS A NO REFUND POLICY.**

All athletes must register and pay in full by the registration deadline. No exceptions will be made for not completing registration. If you are having trouble registering, please email [mnewman@usatkd.org](mailto:mnewman@usatkd.org) for assistance.

## [How-To-Register as an Athlete](#)

Once on the USATKD Sport80 page:

1. Click on “Events”, located on the left-hand side of the Home Page.
2. Search for **2024 USA Taekwondo Maryland State Championships**
3. Click on the “Enter Now” button for the **2024 USAT Maryland State Championships**.
4. Click the +Enter button next to the athlete’s name.
5. Follow the registration instructions within the site.

## **Tips For Successful Event Registration**

Athletes must have their belt information in the belt section for their Sport80 profile. Missing belt information will prevent you from being able to select a division and register for any events.

\*Black Belt Athletes: In addition to having a black belt listed in your profile, a photocopy of your black belt certificate must be uploaded into your Sport80 profile.

\*Athletes aged 18 and older: Must complete the U.S. Center for SafeSport course each year.

1. Log in to your USA Taekwondo Athlete profile on Sport80
2. Click “View Profile”
3. In the left navigation, click “Center for SafeSport Training”.
4. In the top right, select the +Access Training button and follow the prompts to select and complete the SafeSport – Core Training Course.
5. After completion, within 24 hours it will automatically validate that you completed the training on your Sport80 profile.

**World Class Black Belt Athletes:**

A copy of your U.S. Passport, U.S. Birth Certificate, or U.S. Naturalization must be uploaded into your Sport80 profile before being able to select/register for any events. These documents must be uploaded in the “Verification Document” section of your Sport80 profile.

**Athlete Event Credentials:**

Athletes will pick-up their credentials at the event prior to the start of the tournament at the front desk.

**Athlete Check-In:**

Poomsae/Breaking/Demo athletes are checked in for the competition when they pick-up their Credential.

Sparring athletes are checked in when they weigh in during their scheduled weigh-in period. Any athlete who does not weigh in will be marked as “Disqualified”.

Early Registration Entry Fee	Early Registration Deadline	Price Per Event	Final Registration Entry Fee	Final Registration Deadline
\$80	March 13, 2024	\$20	\$100	March 15, 2024

Payments must be made by registration due dates. If registration is not finalized by March 15th, 2024, your registration and information will not be sent to MSTA, and your registration will not be processed.

Therefore, no pending registration will be accepted after the close of registration date:  
March 15th, 2024.

**\*\*Early Registration Deadlines end at 11:59pm (EST)\*\***

**\*\*Final Registration Deadlines end at 11:59pm (EST)\*\***

**USATKD/MSTA HAS A NO REFUND POLICY**

# COACHING REQUIREMENTS AND REGISTRATION

Registration for all coaches will be done through USATKD Sport80. All registrations must be completed by the registration deadline. There will not be any onsite registration for coaches.

**2024 USA Taekwondo Maryland State Championships Registration Deadline: March 15th, 2024, 11:59 PM, EST**

## **Profile Requirements to Register as a Coach for an Event:**

- Upload a profile picture on your Sport80 profile.
- Have a current U.S.A. Taekwondo Membership on Sport80
- Have a current and valid Background Screen (valid through the final day of competition) (Ages 18+)
- Have a current and valid SafeSport Core Training (Valid through the final day of competition) (Ages 18+)
- Have either an Associate Coach or Level 1 Coach Course completion in the discipline you want to coach and have it uploaded and validated on your Sport80 profile
- Please follow all steps on the following website to make sure your profile is complete; you will not be able to register until your profile is completed: [How to Register as a Coach](#)

Coaches must be an Associate Coach or Level 1 or higher to coach in the World Class Sparring & World Class Poomsae divisions at the National Championships, Season Final, U.S. Regional TKD Qualifier, State Championships, and all USATKD Sanctioned Events. Your coaching certification must be in the discipline you are coaching, i.e. Kyorugi, Poomsae, or both.

## **SafeSport – Background Checks (Coaches 18 and over)**

Coaches (Ages 18+) are required to complete and pass and background check (every two years) and complete the U.S. Center for SafeSport Training (Every Year). The background check is conducted by a third-party system and can take anywhere from one week to one month to complete. Please initiate your background screening as soon as possible to ensure it is complete before the registration closes.

The SafeSport certification must be completed in your Sport80 Profile.

1. Log in to your USA Taekwondo Coaches profile via Sport80
2. Click “View Profile”
3. In the left navigation, click “Center for SafeSport Training”
4. In the top right, select the “+Access Training” button and follow the prompts to select and complete the SafeSport – Core Training Course

**Credential:** All coach credentials must have a photo. These photos are taken from your profile picture on Sport80. COACH CREDENTIALS ARE NON-TRANSFERABLE.

CIDP LEVEL	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
Associate Coach or Level 1	\$50.00	March 13, 2024	\$70.00	March 15, 2024

Payments must be made by registration due dates. If registration is not finalized by March 15th, 2024, your registration and information will not be sent to MSTA, and your registration will not be processed.

Therefore, no pending registration will be accepted after the close of registration date:  
March 15th, 2024.

***\*\*Early Registration Deadlines end at 11:59pm (EST)\*\****

***\*\*Final Registration Deadlines end at 11:59pm (EST)\*\****

**USATKD/MSTA HAS A NO REFUND POLICY**

**SPARRING: DAEDO electronic gear will be used for 12-14/15-17/17-32 Black Belt divisions only. Non-electronic gear will be used for all others.**

\*Some gear will be available for sale on site, but we strongly suggest you check your athlete's bag and gear the night before and do not rely solely on these sources. Gen2 socks will be available for purchase onsite by AAMA.\*

# WEIGH-INS & BRACKETING

## SPARRING

**Note:** (Explanation #1) Not exceeding: The weight limit is defined by the criterion of one decimal place away from the stated limit. For example, not exceeding 50kg is established as until 50.0kg with 50.1kg being over the limit and resulting in disqualification. (Explanation #2) Over: Over 50.00 kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

### Ultra Divisions (33+ year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black) (33-45, 46-99)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 58kg	Not exceeding 49kg
Light	Over 58kg & Not exceeding 68kg	Over 49kg & Not exceeding 57kg
Middle	Over 68kg & Not exceeding 80kg	Over 57kg & Not exceeding 67kg
Heavy	Over 80kg	Over 67kg

### Senior Divisions (17-32 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 54kg	Not exceeding 46kg
Fly	Over 54kg & Not exceeding 58kg	Over 46kg & Not exceeding 49kg
Bantam	Over 58kg & Not exceeding 63kg	Over 49kg & Not exceeding 53kg
Feather	Over 63kg & Not exceeding 68kg	Over 53kg & Not exceeding 57kg
Light	Over 68kg & Not exceeding 74kg	Over 57kg & Not exceeding 62kg
Welter	Over 74kg & Not exceeding 80kg	Over 62kg & Not exceeding 67kg
Middle	Over 80kg & Not exceeding 87kg	Over 67kg & Not exceeding 73kg
Heavy	Over 87kg	Over 73kg

**Junior Divisions (15-17 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)**

<b>Classification</b>	<b>Male Divisions Weight Category (KG)</b>	<b>Female Divisions Weight Category (KG)</b>
Fin	Not exceeding 45kg	Not exceeding 42kg
Fly	Over 45kg & Not exceeding 48kg	Over 42kg & Not exceeding 44kg
Bantam	Over 48kg & Not exceeding 51kg	Over 44kg & Not exceeding 46kg
Feather	Over 51kg & Not exceeding 55kg	Over 46kg & Not exceeding 49kg
Light	Over 55kg & Not exceeding 59kg	Over 49kg & Not exceeding 52kg
Welter	Over 59kg & Not exceeding 63kg	Over 52kg & Not exceeding 55kg
Light Middle	Over 63kg & Not exceeding 68kg	Over 55kg & Not exceeding 59kg
Middle	Over 68kg & Not exceeding 73kg	Over 59kg & Not exceeding 63kg
Light Heavy	Over 73kg & Not exceeding 78kg	Over 63kg & Not exceeding 68kg
Heavy	Over 78kg	Over 68kg

**Cadet Divisions (12-14 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)**

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 33kg	Not exceeding 29kg
Fly	Over 33kg & Not exceeding 37kg	Over 29kg & Not exceeding 33kg
Bantam	Over 37kg & Not exceeding 41kg	Over 33kg & Not exceeding 37kg
Feather	Over 41kg & Not exceeding 45kg	Over 37kg & Not exceeding 41kg
Light	Over 45kg & Not exceeding 49kg	Over 41kg & Not exceeding 44kg
Welter	Over 49kg & Not exceeding 53kg	Over 44kg & Not exceeding 47kg
Lt. Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Lt. Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg

**Youth Divisions (10-11 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)**

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 30kg	Not exceeding 30kg
Light	Over 30kg & Not exceeding 35kg	Over 30kg & Not exceeding 35kg
Middle	Over 35kg & Not exceeding 40kg	Over 35kg & Not exceeding 40kg
Heavy	Over 40kg	Over 40kg

**Tigers Divisions (8-9 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)**

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 21kg	Not exceeding 21kg
Light	Over 21kg & Not exceeding 25kg	Over 21kg & Not exceeding 25kg
Middle	Over 25kg & Not exceeding 30kg	Over 25kg & Not exceeding 30kg
Heavy	Over 30kg	Over 30kg

**Dragons Divisions (6-7 year olds) – All Belt Colors (Yellow, Green, Blue, Red & Black)**

<b>Classification</b>	<b>Male Divisions Weight Category (kg)</b>	<b>Female Divisions Weight Category (kg)</b>
Fin	Not exceeding 19kg	Not exceeding 19kg
Light	Over 19kg & Not exceeding 23kg	Over 19kg & Not exceeding 23kg
Middle	Over 23kg & Not exceeding 27kg	Over 23kg & Not exceeding 27kg
Heavy	Over 27kg	Over 27kg

**Junior Safety Rules:** When attacks to the head are prohibited. The Referee will penalize the athlete for this case. The referee can decide the winner of RSC (Referee Stop Contest) in case of significant difference of competing ability between two athletes

**SPARRING: DAEDO electronic gear will be used for 12-14/15-17/17-32 Black Belt divisions only. Non-electronic gear will be used for all others.**

\*Some gear will be available for sale on site, but we strongly suggest you check your athlete's bag and gear the night before and do not rely solely on these sources. Gen2 socks will be available for purchase onsite by AAMA.\*

# POOMSAE

## INDIVIDUAL POOMSAE

AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	SINGLE ELIMINATION
DRAGONS	6-7 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	SINGLE ELIMINATION
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
TIGERS	8-9 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
Under 30	18-30 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
Under 40	31-40 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
Under 50	41-50 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
Under 60	51-60 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
Under 65	61-65 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
Over 65	66 & OLDER	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
Under 30	18-30 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
Under 40	31-40 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
Under 50	41-50 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
Under 60	51-60 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
Under 65	61-65 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
Over 65	66 & OLDER	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT

For current Poomsae rules please refer to the following link:

[USA Taekwondo | USATKD Competition Rules](#)

Poomsae Draws can be found on page 18 for Black belts and page 19 for color belts.

**PAIRS POOMSAE (Mixed) – 1 MALE & 1 FEMALE**

**Youth (10-11), Cadet (12-14), Juniors (15-17), Under 30, & Over 30 Pairs Poomsae**

Division	Belt	Rank	Divisions	
Youth (10-11)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed	Modified WTF Format
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed	Modified WTF Format
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed	Modified WTF Format
Under 30	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed	WTF Format
Over 30	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Mixed	WTF Format

**TEAM POOMSAE – 3 COMPETITORS OF THE SAME GENDER**

**Youth (10-11), Cadet (12-14), Junior (15-17), Under 30, & Over 30 Team Poomsae**

Division	Belt	Rank	Divisions	
Youth (10-11)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male/Female	Modified WTF Format
Cadet (12-14)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male/Female	Modified WTF Format
Juniors (15-17)	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male/Female	Modified WTF Format
Under 30	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male/Female	WTF Format
Over 30	Black	1 <sup>st</sup> – 9 <sup>th</sup>	Male/Female	WTF Format

\*State Championships can choose to do Dragon, Tigers and Youth Pairs Poomsae, but those divisions will not be available at the USAT National Championships.\*

\*\*State Championships can choose to do color belt Co-Ed Pairs Poomsae, but those divisions will not be available at the USAT National Championships. \*\*

For current Poomsae rules please refer to the following link:

[USA Taekwondo | USATKD Competition Rules](#)

Poomsae Draws can be found on page 18 for Black belts and page 19 for color belts.

# Required Poomsae

## Color Belts

Division	Compulsory Poomsae
Yellow (7th & 8th Geup) All ages	Taegeuk 1, 2 Jang
Green (5th & 6th Geup) All ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3rd & 4th Geup) All ages	Taegeuk 3, 4, 5, 6 Jang
Red (1st & 2nd Geup) All ages	Taegeuk 4, 5, 6, 7, 8 Jang

## Black Belts

Division	Compulsory Poomsae	
6 – 7	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo	
8 – 9		
10 – 11		
Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang	
Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek	
Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	
Under 40		
Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon	
Under 60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	
Under 65		
Over 65		
Pair	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 – 11	
	Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Team	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 – 11	
	Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

## WEIGH-INS

1. A competitor's weight shall be measured the day prior to his or her competition day. All competitors must weigh-in during the designated times on the schedule.
2. A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the time limit. So as not to be disqualified during official weigh-in, a scale, the same as the official one, shall be provided at the convention center as a test scale.
3. During the weigh-in, the contestant is required to show an ID based on the following:
  - a. 12 years and older: Passport, Driver's License, Birth Certificate, Social Security Card, GAL, or School ID
  - b. 11 years and younger: Passport, Driver's License, Birth Certificate, Social Security Card, GAL, School ID, School Report Card, or School Portal
4. Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
5. Weigh in, for both males and females shall be taken in the official V-neck uniform, or, if a contestant wishes, weigh-in may be done in underpants for male and underpants and bra for female contestants.

***Under NO circumstances may an athlete weigh-in in the nude in the United States.***

## BREAKING

### Board Breaking:

- Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 15 boards.
- Competitors and helpers will have three minutes to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments.
- Athletes are responsible for providing their own board holders.
- Athletes 9 years old and younger will use ¼ inch boards, athletes ages 10-14 years old will use ½ inch boards, and athletes 15 years old and older will use 1-inch boards.
- Boards will be available for purchase at the Venue.
- Board Breaking competition will follow the current USATKD rules.
  - [Board Breaking Rules and Divisions](#)

# AWARDS

## SPARRING/POOMSAE/BREAKING/DEMO

2024 USA Taekwondo Maryland State Championships medals and certificates will be given out to the top 4 individuals, pairs (co-ed) and teams, in the respective divisions and/or weight categories.

Individual/Pairs/Team Awards	
1 <sup>st</sup> Place	medals and certificates
2 <sup>nd</sup> Place	medals and certificates
3 <sup>rd</sup> Place	medals and certificates
3 <sup>rd</sup> Place	medals and certificates

# ADDITIONAL INFORMATION

- **There is no on-site registration at any State Championship.**
- U.S. National Taekwondo Championships Qualification State Championships will qualify athletes for the U.S. National Taekwondo Championships.
  - Athletes that **win gold or silver** at a State Championship will **automatically qualify** for the 2024 U.S. National Taekwondo Championships. Additionally, **bronze medalists** from any division within the State Championship event with eight or more competitors will also qualify.
    - All eight (or more) competitors in a division must actively participate in the event, including the check-in process, weigh-in procedures (if applicable), and stepping onto the mat. Qualification based on medals earned (gold, silver, bronze) only applies to those competitors present on the day of the event, not the total number of registered athletes. This determination will be based on the results provided post-event, necessitating accuracy in result submissions. For Bronze medal qualification, eight or more athletes must compete in the division and be reflected in the results.
    - If an athlete qualifies in one event, they will be able to register for additional events at Nationals.
      - Example: If an athlete qualifies in Sparring but not Poomsae, they can register for Nationals in Sparring but also in Poomsae, Breaking, or any other National event.
  - If an athlete **does not qualify** at a state championship the athlete can qualify for the U.S. National Taekwondo Championships through the Regional Qualifier tournament.
  - Athletes must be a U.S. Citizen to participate in the world class divisions at the Regional Qualifier or U.S. National Taekwondo Championships.
- World Class and Grassroots divisions will only be offered for Cadet Sparring black belts. Cadet World Class divisions will use adult rules and Cadet Grassroots divisions will use Junior Safety Rules.
  - Winner of the Cadet Grassroots divisions will not qualify for the World Class division because the Grassroots division will use Junior Safety Rules and World Class divisions will use full head contact rules (see competition rules for full explanation of rules). Once qualified for World Class, an athlete is not eligible for Grassroots divisions.
- Cadet Poomsae; Junior Poomsae and Sparring; Senior Sparring and Poomsae black belts will have World Class Divisions ONLY (no Grassroots divisions).
- MSTA follows all rules endorsed by USA Taekwondo found on their website at:
  - [USA Taekwondo | USATKD Competition Rules](#)

## ATTACHMENT B

### 2024 Maryland State Championships - Poomsae Draw

#### Black Belts

Female	Dragon (6-7)	Tigers (8-9)	Youth (10-11)	Cadet (12-14)	Junior (15-17)	Under 30	Under 40
Preliminary				Taegeuk 7	Keumgang	Taegeuk 6	Taebaek
Semifinal	Taegeuk 7	Taegeuk 7	Taegeuk 7	Taegeuk 8	Taegeuk 5	Keumgang	Keumgang
Final 1	Koryo	Koryo	Koryo	Taegeuk 5	Taegeuk 6	Taebaek	Koryo
Final 2				Koryo	Taebaek	Koryo	Taegeuk 8

Male	Dragon (6-7)	Tigers (8-9)	Youth (10-11)	Cadet (12-14)	Junior (15-17)	Under 30	Under 40
Preliminary				Keumgang	Taegeuk 7	Taegeuk 6	Pyongwon
Semifinal	Taegeuk 7	Taegeuk 7	Taegeuk 7	Taegeuk 4	Keumgang	Sipjin	Taegeuk 8
Final 1	Koryo	Koryo	Koryo	Koryo	Taegeuk 5	Pyongwon	Shipjin
Final 2				Taegeuk 7	Koryo	Taebaek	Keumgang

Female Team	Youth (10-11)	Cadet (12-14)	Junior (15-17)	Under 30	Over 30
Preliminary	Taegeuk 6	Taegeuk 7	Taegeuk 8	Keumgang	Taegeuk 8
Semifinal	Taegeuk 8	Keumgang	Taegeuk 4	Taebaek	Taebaek
Final 1	Koryo	Taegeuk 4	Koryo	Koryo	Jitae
Final 2	Taegeuk 3	Taegeuk 8	Taegeuk 5	Sipjin	Pyongwon

Male Team	Youth (10-11)	Cadet (12-14)	Junior (15-17)	Under 30	Over 30
Preliminary	Taegeuk 4	Taegeuk 8	Taegeuk 6	Taegeuk 6	Taebaek
Semifinal	Taegeuk 7	Keumgang	Keumgang	Taegeuk 8	Jitae
Final 1	Koryo	Taegeuk 5	Taegeuk 7	Keumgang	Pyongwon
Final 2	Taegeuk 8	Taegeuk 7	Taebaek	Koryo	Taegeuk 8

Pairs	Youth (10-11)	Cadet (12-14)	Junior (15-17)	Under 30	Over 30
Preliminary	Taegeuk 4	Taegeuk 6	Taegeuk 7	Taegeuk 6	Koryo
Semifinal	Taegeuk 8	Koryo	Taegeuk 6	Koryo	Taegeuk 8
Final 1	Taegeuk 7	Taegeuk 5	Koryo	Taegeuk 7	Keumgang
Final 2	Koryo	Taegeuk 7	Taebaek	Shipjin	Pyongwon

Female	Under 50	Under 60	Under 65	Over 65
Preliminary	Shipjin	Keumgang	Keumgang	Koryo
Semifinal	Pyongwon	Jitae	Koryo	Taebaek
Final 1	Taebaek	Shipjin	Shipjin	Jitae
Final 2	Taegeuk 8	Hansu	Taebaek	Cheonkwon

Male	Under 50	Under 60	Under 65	Over 65
Preliminary	Taebaek	Koryo	Taebaek	Koryo
Semifinal	Shipjin	Cheonkwon	Koryo	Keumgang
Final 1	Koryo	Pyongwon	Pyongwon	Taebaek
Final 2	Cheonkwon	Keumgang	Hansu	Jitae

## ATTACHMENT C

### 2024 Maryland State Championships - Poomsae Draw

#### Color Belts

##### Yellow Belts

Male/Female	Dragon (6-7)	Tigers (8-9)	Youth (10-11)	Cadet (12-14)	Junior (15-17)	Under 30	Under 40
Semifinal	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2
Final	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1

Male/Female	Under 50	Under 60	Under 65	Over 65
Semifinal	Taegeuk 2	Taegeuk 2	Taegeuk 2	Taegeuk 2
Final	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1

##### Green Belts

Male/Female	Dragon (6-7)	Tigers (8-9)	Youth (10-11)	Cadet (12-14)	Junior (15-17)	Under 30	Under 40
Semifinal	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1
Final	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3

Male/Female	Under 50	Under 60	Under 65	Over 65
Semifinal	Taegeuk 1	Taegeuk 1	Taegeuk 1	Taegeuk 1
Final	Taegeuk 4	Taegeuk 4	Taegeuk 4	Taegeuk 4

##### Blue Belts

Male/Female	Dragon (6-7)	Tigers (8-9)	Youth (10-11)	Cadet (12-14)	Junior (15-17)	Under 30	Under 40
Semifinal	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3
Final	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6	Taegeuk 6

Male/Female	Under 50	Under 60	Under 65	Over 65
Semifinal	Taegeuk 3	Taegeuk 3	Taegeuk 3	Taegeuk 3
Final	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5

##### Red Belts

Male/Female	Dragon (6-7)	Tigers (8-9)	Youth (10-11)	Cadet (12-14)	Junior (15-17)	Under 30	Under 40
Semifinal	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5
Final	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8	Taegeuk 8

Male/Female	Under 50	Under 60	Under 65	Over 65
Semifinal	Taegeuk 5	Taegeuk 5	Taegeuk 5	Taegeuk 5
Final	Taegeuk 7	Taegeuk 7	Taegeuk 7	Taegeuk 7



# 2024 USAT Maryland State Championships



Official Qualifier Event for U.S. National Championships

Saturday March 23, 2024

Harford Community College - APG Federal Credit Union Arena

401 Thomas Run Road Bel Air, MD 21015

## TOURNAMENT SITE DIRECTIONS



### ***Directions***

From South Of Campus (Baltimore, Washington, D.C.)

1. Take Interstate 95 N. to exit 80 Churchville (Rte. 543).
2. Travel north toward Churchville for approximately 6 miles to the traffic light at the intersection of Rte. 543 and Rte. 22.
3. Turn right on Rte. 22 and continue to the light at Thomas Run Road.
4. Turn left on Thomas Run Road.
5. The College campus is on the right.
6. The Chesapeake Theater is located at Entrance #2 and is the first building on the left.
7. The Amoss Center is located at 200 Thomas Run Road which is on the left side of Thomas Run Road directly across from Entrance #2.
8. The Arena is located at Entrance #1 and is the large building on the right. Parking for the Arena is in the S lot with overflow into the T or C lots.

From North of Campus (Elkton, Wilmington, New York)

1. Take Interstate 95 S to Exit 85 Aberdeen (HWY 22 West).
2. Travel Rt. 22 West to the light at Thomas Run Rd.
3. Turn right onto Thomas Run Rd.
4. The College campus is on the right.
5. The Chesapeake Theater is located at Entrance #2 and is the first building on the left.
6. The Amoss Center is located at 200 Thomas Run Road which is on the left side of Thomas Run Road directly across from Entrance #2.
7. The Arena is located at Entrance #1 and is the large building on the right. Parking for the Arena is in the S lot with overflow into the T or C lots.

## MEDICAL STAFF



## ***Bare Essentials Sports Medicine Co LLC***

***Event Sports Medicine and One-on-One Rehab/Balance Training***

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Bare Essentials Sports Medicine

Is pleased to support the Maryland State Taekwondo Association and  
local tournament at Harford Community College

## VENDORS



**Web:** <http://aamausa.com/>

**ADDRESS:** 31399 Lorain Rd. North Olmsted, OH 44070

**TOLL FREE:** 1-888-668-6355

**PHONE:** 1-440-734-6990

**FAX:** 1-440-734-6980

**BUSINESS HOURS:** Mon~Fri 09:00 ~ 18:00



Company: i-Tiger TaeKwonDo

Contact: Mr. Bo Kwon

Phone: 703-674-8734

# Welcome to the APG Federal Credit Union ARENA



The following will provide you some helpful information as you prepare for the upcoming event at our venue.

- **Parking:** Parking is free! Simply park in a lined, non-permitted space, and if you park in a handicap space, you must have the appropriate hangtag displayed. Click here for a campus [parking map](#).
- **Staff entrance:** Staff and/ or vendors should park in the appropriate spaces and walk, following the sidewalk closest to the ballfields, to the rear entrance of the building for staff arrival times all days. The Arena front doors will not be open until the event is open to guests/ the public.
- **Patron /Competitor Entrance:** Signage will be posted at the front entrance of the venue noting where competitors should enter. All other patrons should use the main entrance. *Please see event schedule distributed by your event contact for specific schedule information.*
- **Prohibited Items:** Please take note of the following items which are NOT permitted in the Arena. A full list of prohibited items can be found [here](#).
  - Outside food and beverage is not permitted in our building. This will be strictly enforced. We encourage you to visit our concession stand for meal, snack, and drink opportunities. Everyone entering the front doors of the Arena will be required to discard their outside foods or beverages before entering the Arena.
  - Signage, upon approval, can be hung only to bleacher rails, concrete columns, glass, or block painted walls. Masking or painters' tapes are permitted on our concrete walls only, while duct, packing, or other tapes are prohibited.
  - Strollers are also not permitted in the venue. Please plan accordingly.
- **Tobacco & Smoke Free Campus:** Please remember that Harford Community College is a SMOKE-FREE/ TOBACCO-FREE campus. This includes the arena, around the arena, and our parking lots.
- **Accessibility:** The Arena provides a convenient drop off and pick up area at the main entrance of the Arena for guests. There is an elevator in the Arena if you wish to use it. Please contact the Arena ahead of time (443-412-2570 or 443-412-2577) with any accessibility requests, concerns, or questions.
- **Helpful Links:**
  - [Directions](#) to Harford Community College
  - APGFCU Arena [Facebook Page](#)
  - Extend your stay in Harford County – Visit Harford App [Here](#)

We look forward to having you at the APGFCU Arena. If you have any questions before your visit about the venue, please don't hesitate to contact us.

We invite you to visit our website for more detailed information and upcoming events, [www.apgfcuARENA.com](http://www.apgfcuARENA.com).

Thank you.