



2023 USATKD

Colorado State Taekwondo Championships

April 1, 2023



WELCOME!



Esteemed Grand Masters, Masters, Referees, Coaches, Athletes, Parents, and Supporters:

On behalf of the Colorado State Taekwondo Association board, it is my great honor and pleasure announce that the 2023 USATKD Colorado State Championship will be held April 1, 2023, in the gymnasium of Colorado Springs Christian School. Since 2020, taekwondo practitioners across the state, nation, and globe have had to overcome a variety of pandemic-related challenges. Now, it is time to bring together our Colorado taekwondo family to celebrate a shared passion for this sport and one of its most important tenants: indomitable spirit.

New for 2023, athletes who earn gold medals at the state championships will automatically qualify for the 2023 National Championships, which will be contested in Jacksonville, Florida from July 7 to July 10, 2023. USA Taekwondo will also continue the Grand Prix series, with the Central Grand Prix event to be held in Cedar Rapids, Iowa from June 9 to June 11, 2023.

Good luck to all athletes, coaches, and taekwondo schools participating in this year’s event. Thank you all for your dedication and support of Colorado taekwondo. We look forward to seeing you in Colorado Springs on April 1, 2023.

Respectfully,

A handwritten signature in black ink that reads "Ki Soo Jung".

Grand Master Ki Soo Jung – 2023 COSTA President



EVENT POINTS OF CONTACT

Vice President, Master Angela De Oliveira
Treasurer, Master Joseph Coughlin, treasurer@cotkd.org
Secretary, Dodie Thompson, secretary@cotkd.org
Coach Representative, Master Sean Jung
Referee Representative, Master Carolyn Nuñez
Athlete Representative, Master Rachel Bae

SANCTIONED BY

USATKD
1015 Garden of the Gods Road, Suite 110
Colorado Springs, CO 80907

GOVERNANCE

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

For current Sparring and Poomsae rules please refer to the following link: <https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

VENUE

Colorado Springs Christian School
4845 Mallow Road
Colorado Springs, CO 80907

**Please see final page with important instructions regarding parking at the venue*

LODGING

Hyatt Place
503 Garden of the Gods Road
Colorado Springs, CO

https://www.hyatt.com/en-US/group-booking/COSZC/G-COTK?src=envision_email_grpreserv_ENG_20230127_GroupBooking_TC000000170A000010937ENG_G-323928

(room block expires March 10, 2023)

EVENT SPECTATOR TICKETS

Ticket Pricing	
Children and Adults	\$7 Adults, \$5 children if pay in advance (Friday weigh in)
Children 5-12	\$5 if pay during Saturday check-in
Adults	\$10 at venue
Children 4 & Under	Free

COMPETITION EVENTS

Competition event times and poomsae draws will be announced on the COSTA website and Facebook page after final registration has closed. Events, including para, to be contested are:

EVENTS	AGES	BELTS
World Class Sparring (Daedo)	12+ (Cadets & older)	Black Belts
Grassroots Sparring (Daedo)	12-14 (Cadets only)	Black Belts
Color Belt Sparring (Daedo)	All Ages	Color Belts
Individual Sport Poomsae	12+ (Cadets & older)	Black Belts
Individual Traditional Poomsae	All Ages	All Belts
Pairs Sport Poomsae	Cadet, Junior, U30, O30, O50	Black Belts
Team Sport Poomsae	Cadet, Junior, U30, O30, O50	Black Belts
Board Breaking	All Ages	All Belts
Demonstration Team	All Ages	All Belts
Freestyle	17 & Under Individual; 18 & Over Individual; 17 & Under Pairs; 18 & Over Pairs; 17 & Under Team; 18 & Over Team	Black Belts

* Athletes who sign up for para events cannot also sign up for non-para events.

REGISTRATION DEADLINES & FEES

Registration for all athletes, coaches, and referees will be done through. All registrations must be completed by the registration deadline of March 23, 2023

If you need assistance registering for the event, please view a short [video](#) that has been provided.

Citizenship or residency documents are not required to participate in state championships or other state sanctioned tournaments. Athletes must be U.S. citizens to participate in the world class divisions at the Grand Prix Regional, U.S. Taekwondo National Championships, or Grand Prix Final.

Once on the [USATKD Sport80](#) page:

1. Click on "Preview Upcoming Events" located under the login tab.
2. Click on the "Enter" tab for the Grand Prix Series registration.
3. Answer the question at the bottom of the page and follow the registration instructions within the site.

All athletes and coaches must register and pay in full by the early registration dates 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 11:59 p.m. MT on March 23, 2023

Athletes aged 18 and older must complete the U.S. Center for SafeSport course each year.

The SafeSport and background check can be completed from your [Sport80](#) profile.

Athletes will need to check their belt information in the belt section. Athletes will want to make sure a belt color is added in your Sport80 profile. Not having belt information will prevent you from being able to select any events. Black belt athletes will need to upload a copy of their black belt certificate in [Sport80](#).

Athletes do not need to provide proof of residency or citizenship to participate in a state championship. World Class divisions will need to provide proof of U.S. citizenship to participate in a Grand Prix Regional, U.S. Taekwondo National Championships, and the Grand Prix Final.

Volunteers who sign up for specific roles (for example, event set up, holding, timekeeper, etc) before March 8, 2023 will receive a free admission ticket (\$10 value) and lunch. Volunteers who are 18 years and older must complete the U.S. Center for SafeSport training. See the Volunteers section below for more information. Volunteers must be at least 14 years old.

ATHLETES

Divisions (Sparring, Poomsae, Etc.)	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
1st Division	\$80	March 15, 2023	\$90	March 23, 2023
2nd Division	\$95	March 15, 2023	\$105	March 23, 2023
3rd Division	\$110	March 15, 2023	\$120	March 23, 2023
4th Division	\$125	March 15, 2023	\$135	March 23, 2023
5th Division	\$140	March 15, 2023	\$150	March 23, 2023
6th Division	\$155	March 15, 2023	\$165	March 23, 2023
7th Division	\$170	March 15, 2023	\$180	March 23, 2023
8th Division	\$185	March 15, 2023	\$195	March 23, 2023

*****Registration Deadlines end at 11:59pm (MT)*****

COACHES

CIDP LEVEL	Early Registration Fee	Early Registration Deadline	Final Registration Fee	Final Registration Deadline
Associate Coach or Level 1	\$15	March 15, 2023	\$25	March 22, 2023

Coaches must have at minimum an Associate Coach certification to coach at the National Championships.

Coaches must be at minimum an Associate Coach or higher to coach in the World Class Cadet Sparring, Junior Sparring, Senior Sparring, and 12 & older World Class black belt poomsae divisions at the National Championships, Grand Prix Final, and Grand Slams. Click [here](#) to access the Associate Coach test.

Coaches are required to complete and pass a background check (every two years), complete the U.S. Center for SafeSport training (every year).

The SafeSport and background check can be completed from your [Sport80](#) profile.

Coaches must abide by the USAT-standard attire and conduct requirements as well as the following requirements:

Coach courtesy hold and match management

- For the first-round, officials can make accommodations for coaches with multiple athletes in separate rings.
- Due to the scheduling of this event, referees will be instructed to hold matches for a maximum of one minute prior to starting the match in the semi-finals and finals only.
- Once the division brackets and match orders are set, no changes will be accepted on the floor.

Coach etiquette (sparring and poomsae)

- No recording video or pictures ringside or on the competition floor
- No phones, headsets, earbuds, etc. at ringside or on the competition floor
- No loitering behind the ring table
- No questions during the competition

Violations of etiquette may be penalized with a yellow card (sanction).

WEIGH-INS – CHECK-IN – BRACKETING

Weigh-In

Friday, March 31, 2023: Locations and times to be determined.

- All sparring competitors must weigh-in the day before the competition.

- Athletes only competing in poomsae (forms) do not need to weigh-in but must still check-in; digital credentials for athletes will be sent electronically based on Sport80 registration.
- There will be no on-site registrations; all registrations must be through Sport80.
- A competitor's weight shall be measured the day prior to their competition day. All competitors must weigh-in during the designated times on the schedule.
- 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.
- During the weigh-in, the contestant is required to show his/her current photo ID, USATKD identification card or birth certificate.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- 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 for athletes 18 and older only (0.1kg cushion). **Under NO circumstances may an athlete weigh-in in the nude in the United States.**
- Athletes 17 and younger must weigh-in wearing clothing or dobok ONLY. Athletes will be given 0.2kg cushion for clothing. One (1) Parent/Guardian of the same sex will be allowed in the weigh-in room with their child. Pictures are not allowed in the weigh-in rooms.

SPARRING

Not exceeding means 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. 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) (33-40, 41-50, 51-99)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fly	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)

Classification	Male Divisions Weight Category (KG)	Female Divisions Weight Category (KG)
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)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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
Light Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Light 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)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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

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

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
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: 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.

Olympic-Style Sparring Divisions: Daedo Gen2 will be used for all Olympic-style sparring divisions, including color belts. All athletes must provide their own Daedo Gen2 socks. Electronic-scoring trunk protectors and helmets will be provided. Contestants shall wear approved groin guard (mandatory for both male and female competitors), gloves, forearm protector, shin-instep protectors, and mouth guard before entering the contest area. Contestants with braces must utilize mouth guards specifically designed for braces. Mouth guards cannot be red. The head protector must be firmly tucked under the left arm when entering the contest area and shall be put on the head after bowing to the opponent before the start of the contest.

The groin, forearm, and shin-instep protectors must be worn inside the taekwondo uniform. Wearing of any other items on the head other than head protector shall not be permitted, except for religious reasons. A previously approved religious item shall be worn beneath the head protector and inside the dobok and shall not cause harm or obstruct the opposing contestant.

Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety or sport eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc.

Long hair must be braided and/or in a ponytail to be tucked into the head protector.

POOMSAE

INDIVIDUAL SPORT POOMSAE

AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
DRAGONS	6-7 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
TIGER	8-9 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
YOUTH	10-11 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
CADET	12-14 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
UNDER 30	18-30 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
UNDER 40	31-40 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
UNDER 50	41-50 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
UNDER 60	51-60 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
UNDER 65	61-65 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
OVER 65	66 & OLDER	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
OVER 70	71 & OLDER	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT

PAIRS SPORT POOMSAE (CO-ED) – 1 MALE & 1 FEMALE

Division	Belt	Rank	Gender	
Cadet (12-14)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Juniors (15-17)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Under 30 (18-30)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Over 30 (31+)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Over 50 (51+)	Black	1 st – 9 th	Co-Ed	Modified WTF Format

TEAM SPORT POOMSAE – 3 COMPETITORS OF THE SAME GENDER

Division	Belt	Rank	Gender
Cadet (12-14)	Black	1 st – 9 th	Female
Cadet (12-14)	Black	1 st – 9 th	Male
Juniors (15-17)	Black	1 st – 9 th	Female
Juniors (15-17)	Black	1 st – 9 th	Male
Under 30 (18-30)	Black	1 st – 9 th	Female
Under 30 (18-30)	Black	1 st – 9 th	Male
Over 30 (31+)	Black	1 st – 9 th	Female
Over 30 (31+)	Black	1 st – 9 th	Male
Over 50 (51+)	Black	1 st – 9 th	Female
Over 50 (51+)	Black	1 st – 9 th	Male

INDIVIDUAL TRADITIONAL POOMSAE

Contestants can perform any Kukkiwon/WT form appropriate to their belt level from the chart below. It is recommended that higher color belt levels (geup 1-4) perform a higher-level taeguk (5-8) as opposed to the lower-level taeguks (1-2).

Age	7 th /8 th Geup Taeguk 1 or 2	5 th /6 th Geup Taeguk 3 or 4	3 rd /4 th Geup Taeguk 5 or 6	1 st /2 nd Geup Taeguk 7 or 8	1 st Dan/Poom Koryo	2 nd Dan/Poom Keumgang	3 rd Dan/Poom Taebek	4 th Dan/Poom Pyongwon	5 th Dan+ Shipjin through Hansu
6-7 Years	✓	✓	✓	✓	✓				
8-9 Years	✓	✓	✓	✓	✓	✓	✓		
10-11 Years	✓	✓	✓	✓	✓	✓	✓		
12-14 Years	✓	✓	✓	✓	✓	✓	✓		
15-17 Years	✓	✓	✓	✓	✓	✓	✓	✓	
18-30 Years	✓	✓	✓	✓	✓	✓	✓	✓	✓
31+ Years	✓	✓	✓	✓	✓	✓	✓	✓	✓

DEMONSTRATION TEAM

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMIT	PERFORMANCE TIME LIMIT	CLEAN-UP TIME LIMIT
Demo Team	ALL AGES	ALL BELT COLORS	1 MINUTE	6 MINUTES	1 MINUTE
Recreational Demo Team	ALL AGES	ALL BELT COLORS	1 MINUTE	6 MINUTES	1 MINUTE

Demo Teams must bring their own demo boards. Some demo boards may be available for purchase. Power breaking boards must be purchased on site.

BOARD BREAKING

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
TIGER	8-9 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
SENIOR	18-32 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE
ULTRA	33+ YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	1 MINUTE	1 MINUTE

All boards MUST be purchased on site. The prices for boards: to be determined.

Standard board sizes:

- 6 - 9 years old: 1/4 x 10 x 12-inch Pine Board
- 10 - 14 years old: 1/2 x 10 x 12-inch Pine Board
- 15 - 17 years old: 1 x 10 x 12-inch Pine Board
- 18 + years old: 1 x 10 x 12-inch Pine Board

QUALIFYING FOR NATIONALS

Athletes who win a gold medal at a state championship will qualify directly to the U.S.A. Taekwondo National Championships.

Athletes who participate in a Grand Prix Regional tournament will qualify to the U.S.A. Taekwondo National Championships.

COLOR BELTS

- All color belt athletes will be able to compete in a state championship and national championships at the current belt in which they hold. For example, an athlete competed at a state championship as a green belt but has since tested and received their blue belt. This athlete may now compete at the USA Taekwondo National Championships as a blue belt.
- EXCEPTION: If an athlete competed at a state championship as a red belt and has since been promoted to black belt, the athlete MAY NOT compete in any black belt divisions.

METHOD OF COMPETITION

The current competition rules for all divisions will be used. To view current version, go to:

<http://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

Sparring - A single elimination format will be applied to all sparring divisions. All sparring divisions will use the [USATKD National Rankings sponsored by Tusah](#) to determine seeding and brackets.

Poomsae - All poomsae divisions will be seeded for the first round according to the [USATKD National Rankings sponsored by Tusah](#). Designated Poomsae will be selected from the Compulsory Poomsae.

Board Breaking and Demonstration Team - Judges scoring based on the rules set-forth [online](#).

BLACK BELT REQUIREMENTS

PROOF OF BLACK BELT REQUIREMENT

- If an athlete doesn't have a black belt certification uploaded to their profile or provide a copy of certification at the time of registration, the State Association will be able to utilize the black belt verification form. The form will include contact information so that USA Taekwondo can track that each person provides a copy of their black belt certification by the National Championships. If a copy is not provided at the National Championships, then the athlete's coach and/or instructor will

be required to apply for a USA Taekwondo Dan black belt certificate at the time of registration. For more information on the USA Taekwondo Dan certification program follow this link:

<https://www.teamusa.org/USA-Taekwondo/Resources/Dan-Certification-Program>

UNIFORMS

All contestants must wear a taekwondo V-neck or Y-neck USATKD/WT uniform (dobok) in good condition. Black belts must wear black-collared uniforms. Poom rank holders (15 years and under black belts) may wear poom uniforms with black and red collars. Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms. Sport poomsae uniforms are optional at the state tournament but are required for black belt contestants in all sport poomsae divisions at the National Championships.

AWARDS




SPARRING

Medals will be given out to the top 4 athletes, in the respective divisions and weight categories.

Individual Awards		
1 st Place		Gold Medal
2 nd Place		Silver Medal
3 rd Place		Bronze Medal
3 rd Place		Bronze Medal

POOMSAE

Medals will be given to the top 4 individuals, pairs, and teams in the respective divisions.

Individual/Pairs/Team Awards		
1 st Place		Gold Medal
2 nd Place		Silver Medal
3 rd Place		Bronze Medal
3 rd Place		Bronze Medal

SAFESPORT & MAAP

If you need crisis intervention, referrals, or emotional support at any time, contact the 24-hour SafeSport Helpline at 866-200-0796.

If you are facing a life-threatening emergency, contact 911. Please use this link to report a Safe Sport incident - <https://uscenterforsafesport.org/report-a-concern/>

How to report a Safe Sport concern -

Please call 833 5US Safe

<https://uscenterforsafesport.org/report-a-concern/>

USA Taekwondo, SafeSport and the MAAPP Policy

Safe Sport is an initiative that is mandatory for all USOPC National Governing Bodies to develop and to implement. USA Taekwondo has done so, and it is now a requirement that people in supervisory positions with our Taekwondo athletes must undergo and successfully complete a background check. Of course, the emphasis here is on the safety of our athletes and the strong motivation to keep them safe from all kinds of abuse, to include harassment, bullying and improper touching. We will also be providing training for our membership regarding Safe Sport and its implementation.

We are partnering with the USOPC to bring this training to our membership. Athlete safety concerns our entire membership and SafeSport is a great initiative that has been instituted by the U.S. Olympic & Paralympic Committee to help to protect all of our athletes.

The Minor Athlete Abuse Prevention Policies (MAAPP) limits one-on-one adult/minor interactions and sets standards for training and sport settings that prevent abuse and misconduct. Sport organizations invested in keeping young athletes free of abuse are strongly encouraged to adopt the MAAPP—now required throughout the U.S. Olympic and Paralympic Movement.

Click [here](#) to view USATKD's SafeSport Details including Reporting and MAAPP

Click [here](#) to view the US Center for SafeSport

VOLUNTEERS

Volunteers are an integral component to successful athletic events such as the Colorado State Taekwondo Championships. COSTA recognizes the important work of volunteers – often parents, athletes, siblings, and other taekwondo enthusiasts. Volunteers who sign up before March 8, 2023 will receive a free admission ticket (\$10 value) and lunch. Volunteers who are 18 years & older must complete the U.S. Center for SafeSport training (available at no cost via Sport80). Volunteers who do not already have a Sport80 account (for example, coaches or athletes) can sign up for a free Sport80 account.

Volunteer roles include volunteer coordinator, event check-in, holding, ring runners, concessions, time/score keeping, event set up, event clean up, and general event support. Volunteers must be at least 14 years old. To sign up for a volunteer role, please use the following link:

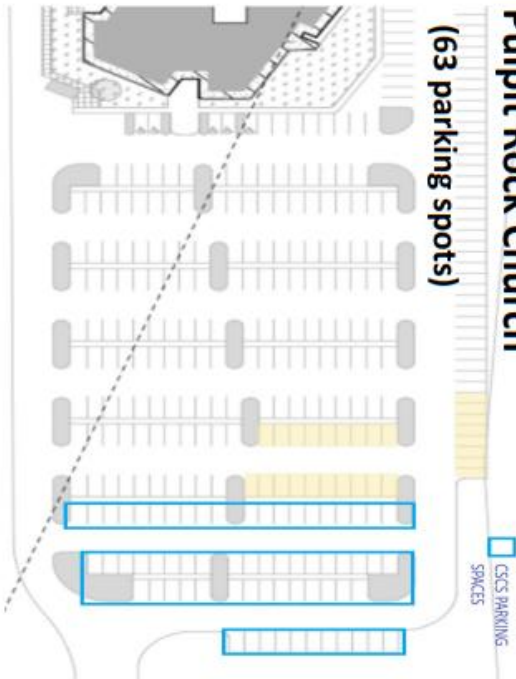
<https://www.signupgenius.com/go/10C094BADA629A1FDC61-2023>

VENUE PARKING



Pulpit Rock Church

(63 parking spots)



CSCS Parking Guidelines

CSCS has 153 parking spots in the lot with an additional 63 spots across the street at Pulpit Rock Church (see map.)

If both lots are full please park (in this order):

1. On the South side curb along the fence line (blue arrows)
 2. Down the center aisle on the North side of the lot (blue rectangles)
- Please leave adequate space between cars when parallel parking
- Do NOI park at PRC if the spaces in blue are full.