



2024 Texas State Taekwondo Championships  
USA Taekwondo Sanctioned 12.0

March 16-17, 2024

Cross Timbers Middle School  
2301 Pool Road  
Grapevine TX 76051

PRESENTED BY:  
Texas State Taekwondo Association

TOURNAMENT DIRECTOR:  
Master Jeff Pinaroc, Texas State President

INFORMATION:  
Facebook: <http://www.facebook.com/txtkd>

[www.usa-taekwondo.us](http://www.usa-taekwondo.us)    [www.txtkd.org](http://www.txtkd.org)  
Phone: (682)712-6822  
Email: [info@txtkd.org](mailto:info@txtkd.org)

ONLINE REGISTRATION ONLY:  
<http://usataekwondo.sport80.com>



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## IMPORTANT INFORMATION

**This will be a 2-day event.**

### **Day 1 (Saturday, March 16<sup>th</sup>)**

- All Poomsae competitions
- All Breaking competitions
- All Demonstration Team competitions
- Sparring competitor weigh-ins (2-6pm)

**Note:** For Poomsae, all color belt and 6-11 year old Black Belt divisions have only two rounds, prelim and final. For any division with more than 9 competitors, the top 8 competitors will advance to the final round. For any division with less than 9 competitors, all competitors will advance straight to the final round. Competitors will perform one Poomsae for prelim and one Poomsae for the final round. **Designated Poomsae will be released closer to the tournament date.**

All the other black belt divisions (individual age 12+, pairs and teams) will do WT cut off format performing one Poomsae for prelim, one Poomsae for semi-final round and two Poomsae for the final round. **Designated Poomsae will be released closer to the tournament date.**

**All Belt Belts aged 12 and over will compete in the Recognized Sports Poomsae format. No exceptions.**

All board breaking competitors must use boards provided by TXTKD and must be purchased at the time of Credential Pickup. Each board is \$3.00. Cash only please.

### **Day 2 (Sunday, March 17<sup>th</sup>)**

- All Sparring competitions

**Note:** Exhibition matches will be allowed as time permits AT THE END OF ALL REGULAR COMPETITION and with permission of both competitors coaches. A list of single competitors will be posted on the website after registration closes. Please see the schedule for exhibition timing.

Weigh-ins are required for all sparring competitors. **Weigh-ins will be held Saturday, March 16<sup>th</sup> from 2pm-6pm at the venue site.**

All registrations must have been completed online PRIOR to the event. There will be NO onsite registrations accepted.

Please check online at [www.txtkd.org](http://www.txtkd.org) for official updates and notifications about this competition.



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## GENERAL INFORMATION

### **Event Contact**

info@txtkd.org

### **Registration Help Contact**

mnewman@usatkd.org

### **Competition Venue**

Cross Timbers Middle School  
2301 Pool Road  
Grapevine, TX 76051

Check-in & Weigh-ins will occur at this location as well.

### **Event Spectator Tickets**

1 day pass - \$20.00

2 day pass \$30.00

Children under 4 years – FREE

Admission tickets may be purchased with cash or Venmo only and will be available at the time of weigh-in/credential pickup as well as at the door during the competition.



## COMPETITION REGISTRATION FEES & DEADLINES

### **Competitor Events**

ALL participants (coaches and athletes) must register at: <http://usataekwondo.sport80.com>. Final registration deadline is Wednesday, March 6<sup>th</sup>.

This competition is for ages 6 and over and Yellow belt and higher.

Events	Ages	Belts
Individual Recognized Poomsae	All Ages	All Belts (except Black over 12)
Individual Sports Poomsae	12+	Black Belt only
Recognized Pairs Poomsae (Mixed)	Youth, Cadet, Junior, U30, O30, O50	Black Belt only
Recognized Team Poomsae (M, F)	Youth, Cadet, Junior, U30, O30, O50	Black Belt only
Individual Freestyle Poomsae	8-11, 12-17, 18 & over	Black Belt only
Freestyle Pairs Poomsae (Mixed)	8-11, 12-17, 18 & over	Black Belt only
Freestyle Team Poomsae (Mixed)	8-11, 12-17, 18 & over	Black Belt only
Para Poomsae	12+	All Belts
Board Breaking	All Ages	All Belts
Demo	All Ages	All Belts
Sparring	All Ages	All Belts
Para Sparring	All Ages	All Belts

### **Athlete Fees**

Registration Type	Tournament Registration	Registration Deadline	Each Event
Athlete	\$100	March 6, 2024	\$50

In order to register on Sport80, make sure you choose the correct age (date of birth) and you must choose a rank (Color Belt) to let you choose a division and let you make a payment.



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Payments must be made by registration due dates. If registration is not finalized by March 6, 2024, your registration and information will not be sent to us, and your registration will not be processed. Therefore, no pending registration will be accepted after the close of registration date: March 6, 2024.

### **Check-in & Weigh in**

Cross Timbers Middle School  
2301 Pool Road  
Grapevine TX 76051

ALL COMPETITORS must check-in at registration for credential pick-up to be included in their division brackets. Saturday competitors must be checked in by 10:00am to be included in the brackets.

Sparring competitors MAY NOT weigh-in until 2:00pm on Saturday and due to the strict venue lock-out, we are unable to accommodate late weigh-ins (after 6pm). If you are competing in BOTH Day 1 and Day 2 events, you will pick up your credentials on Saturday morning and you MUST come back to weigh in on Saturday afternoon. Sparring competitors who do not weigh-in may be disqualified.

### **Registration Checklist**

Completing all items on this list will help ensure a speedy check-in and weigh-in process at the 2024 Texas State Taekwondo Championships.

- Ensure you registered online & input your correct weight. NO ONSITE registrations will be allowed.
- A valid form of ID: ID, U.S. Birth Certificate, Passport Book or Card, School ID or Report Card, Valid Driver's License or Government Issued ID, or Military ID.
- Sparring competitors: bring appropriate attire – refer to "Weigh-In Rules."
- Poomsae ONLY competitors must still check-in by 10:00am on Saturday in order to be on brackets, if not, they may be disqualified.
- Bring payment if required: cash only. No Checks or Credit Cards.
- Coaches must pick up during credential pick up times only.

### **Weigh-in Rules**

- ALL sparring competitors MUST weigh-in the **DAY BEFORE** the scheduled competition. A maximum of two (2) weigh-ins are allowed per athlete. The 2<sup>nd</sup> weigh-in must occur before registration is officially closed.
- Contestants are required to show a valid form of ID to weigh-in.
- Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
- Weigh-ins, for both males and females, shall be done in athletic clothing. A total of .5 kgs will be deducted from the weight on the scale. Under NO circumstance may an athlete weigh-in in the nude in the U.S. No sports bras or crop tops for females and males must wear a T-shirt.



**Coach Fees**

Registration Type	Tournament Registration	Registration Deadline
Coach	\$75	March 6, 2023

Coaches must have current and up-to-date Safe Sport training and background check in order to participate in this event. All coaches must follow rules and regulations, keep in Martial Arts conduct, and abide by USATKD/PATU/WT rules and regulations.

**No onsite registration for athletes or coaches. This includes adding events. Any changes on site will have a minimum charge of \$50 cash paid on site.**

**Coach Requirements**

In addition to the coach’s attire and conduct requirements as outlined in the rules, there will be the following requirements:

- Coach courtesy hold and match management:
  - First-round we will make accommodations for coaches with multiple athletes in separate rings.
  - Due to the scale and scheduling of this event, referees will be instructed to hold matches for a maximum of one minute prior to starting the match.
  - Once the division brackets and match orders are set by officials, no changes will be accepted on the floor.
  
- Coach etiquette:
  - 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).



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**SCHEDULE OF EVENTS**

**Saturday, March 16, 2024**

Cross Timbers Middle School  
2301 Pool Road  
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<b>REPORT TIME</b>	<b>EVENT</b>
8:30am	Credential Pick-up – Non-Sparring competitors only Coach Credential Pick-up
10:00am	Competition Begins for all Poomsae, Demonstrations & Breaking
2:00pm – 6:00pm	Credential Pick-up & Weigh-in – Sparring competitors Coach Credential Pick-up

**Sunday, March 17, 2024**

Cross Timbers Middle School  
2301 Pool Road  
Grapevine TX 76051

<b>REPORT TIME</b>	<b>EVENT</b>
9:00am	Competition Begins for all Sparring events

PLEASE NOTE: A more detailed schedule will be released after early registration closes on March 6<sup>th</sup>.





## COMPETITION FORMAT INFORMATION

### **Competitor Awards**

Medals will be awarded to one 1<sup>st</sup>, one 2<sup>nd</sup> and two 3<sup>rd</sup> place winners.

### **Competition Area & Rules**

Per USAT regulations, the competition area is open only to the following personnel. Everyone else must watch from the designated spectator areas.

- Registered & certified coaches
- Registered & certified referees
- Registered athletes
- Texas State Taekwondo Association staff & volunteers

Your cooperation helps us run a smooth & professional event. Thank you for your support.

Texas State Taekwondo follows all rules endorsed by USA Taekwondo found on their website at: <https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

### **Mandatory Competition Equipment**

#### OFFICIAL POOMSAE UNIFORM (DOBOK)

- All contestants must wear a white Taekwondo V-neck PATU/WT approved uniform or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants' division.
- Black Belts must wear black-collared white uniforms or WT approved Poomsae competition uniform.
- Only black belt athletes 14 and under may wear a poom belt. If an athlete wears a poom collar uniform they must wear a poom belt.
- Color belts may not wear black-collared uniforms.

#### OFFICIAL SPARRING UNIFORM (DOBOK)

- All contestants must wear a white Taekwondo V-neck PATU/WT uniform (dobok) in good condition.
- Black belts must wear black-collared uniforms.
- Poom rank (14 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.
- No tape will be allowed on any part of the uniform.

All sparring competitors must wear (WT approved):

- White or red or blue headgear (red & blue headgear must be matched with chest protector color); Ages 12-32 World Class Black Belt Sparring competitors must have a Red or Blue headgear.
- Red and blue reversible chest protector (hogu)



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- Forearm guards
- Shin and instep guards
- Groin cup (male AND females, 12-32 World Class Black Belts and 17-32 female color belts, worn inside)
- White or Transparent Mouthpiece. Competitors with braces need to cover both upper and lower teeth when braces are present on both.
- Ages 12-32 World Class and Grassroot Black Belt Sparring competitors must also wear WT approved TKD Gloves. NO iCross brand gloves permitted.

### **PSS Scoring requirements**

Daedo PSS hogus and electronic head gear will be used for 8-9 year old Black belts, 10-11 year old black belts, and 12 years and over all belts.

**We will use Daedo PSS.** Athletes will need their own Daedo electronic socks. Electronic hogus will be provided. These are sparring competitors in divisions using Junior Safety Rules or Senior Rules where head contact is allowed.

All Color belts 11 and under and Black belts under age 8 will need to bring their own hogu and head gear. Daedo Esocks are not required. These are sparring competitors in divisions with no head contact allowed.

### **Points Ranking System**

TXTKD will use the current Tusah U.S. National Rankings to seed each division at the event. Seeding for events will be based off the current posted rankings on the USATKD website as of 7pm CST the Thursday prior the tournament.



## SPARRING INFORMATION

We will use USATKD up-to-date rules and regulations, Best 2 of 3 rounds will be criteria used for sparring. We will not use the Cadet Weight/Height delineations for Cadet divisions (only weight).

### Female Sparring Age Divisions & Weight Categories

AGE CLASSES	AGE DIVISIONS	BELT COLOR	*WEIGHT CATEGORIES	WEIGHT CLASSES
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U19, U23, U27, O27	FIN, LIGHT, MIDDLE & HEAVY
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U21, U25, U30 & O30	FIN, LIGHT, MIDDLE & HEAVY
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & O40	FIN, LIGHT, MIDDLE & HEAVY
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U29, U33, U37, U41, U44, U47, U51, U55, U59, O59	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U42, U44, U46, U49, U52, U55, U59, U63, U68 & O68	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
SENIOR	17-32 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U46, U49, U53, U57, U62, U67, U73, O73	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE & HEAVY
ULTRA	33+ YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U49, U57, U67, O67	FIN, LIGHT, MIDDLE & HEAVY

\*U=Under, O=Over

### Male Sparring Age Divisions & Weight Categories

AGE CLASSES	AGE DIVISIONS	BELT COLOR	*WEIGHT CATEGORIES	WEIGHT CLASSES
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U19, U23, U27, O27	FIN, LIGHT, MIDDLE & HEAVY
TIGERS	8-9 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U21, U25, U30 & O30	FIN, LIGHT, MIDDLE & HEAVY
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U30, U35, U40 & O40	FIN, LIGHT, MIDDLE & HEAVY
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U33, U37, U41, U45, U49, U53, U57, U61, U65 & O65	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U45, U48, U51, U55, U59, U63, U68, U73, U78 & O78	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
SENIOR	17-32 YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U54, U58, U63, U68, U74, U80, U87 & O87	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE & HEAVY
ULTRA	33+ YEARS OLD	YELLOW, GREEN, BLUE, RED & BLACK	U58, U68, U80 & O80	FIN, LIGHT, MIDDLE & HEAVY

\*U=Under, O=Over



## Sparring Match Format

Best of 3 System (win by rounds) shall be followed for all matches

AGE	BELT COLOR	APPLICABLE RULES	DURATION OF ROUNDS ROUND-TIMES-REST (*TXXTKD reserves the right to modify the number of rounds at their discretion.)
Dragon 6-7 years	Yellow Green Blue Red Black	No Head Contact	All Divisions Best of 3 rounds – 60 seconds – 30 seconds rest
Tigers 8-9 years	Yellow Green Blue Red Black	No Head Contact  Light Head Contact	All Divisions Best of 3 rounds – 60 seconds – 30 seconds rest
Youth 10-11 years	Yellow Green Blue Red Black	No Head Contact  Light Head Contact	All Divisions Best of 3 rounds – 60 seconds – 30 seconds rest
Cadet 12-14 years	Yellow Green Blue Red Black (Grass Roots) Black (World Class) Black (Non World Class)	Light Head Contact  Full Head Contact	All Divisions Best of 3 rounds – 60 seconds – 30 seconds rest
Junior 15-17 years	Yellow Green Blue Red Black (World Class) Black (Non World Class)	Light Head Contact  Full Head Contact	All Color Belts Best of 3 rounds – 60 seconds – 30 seconds rest  All Black Belts Best of 3 rounds – 60 seconds – 30 seconds rest
Senior 17-32 years	Yellow Green Blue Red Black (World Class) Black (Non World Class)	Light Head Contact  Full Head Contact	All Color Belts Best of 3 rounds – 60 seconds – 30 seconds rest  All Black Belts Best of 3 rounds – 60 seconds – 30 seconds rest
Ultra 33+ years	Yellow Green Blue Red Black	Light Head Contact	All Color Belts Best of 3 rounds – 60 seconds – 30 seconds rest  All Black Belts Best of 3 rounds – 60 seconds – 30 seconds rest



## JUNIOR SAFETY RULES

Attacks to the head with light contact is allowed. The Referee will penalize the athlete for excessive contact. The referee can decide the winner of RSC (Referee Stop Contest) in case of a significant difference of competing ability between two athletes.

## POOMSAE INFORMATION

### Individual Color Belt Poomsae

Consists of 1 Male or 1 Female with belts from YELLOW to RED for the following age divisions: Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Juniors (15-17), Senior (-30,-40,-50,-65,+65)

### Individual Black Belt Poomsae

Consists of 1 Male or 1 Female with Black Belt for the following age divisions: Dragon (6-7), Dragon (6-7), Tiger (8-9), Youth (10-11). All competition will be in WTF modified cut-off format.

All Black Belts aged 12 and over will compete in the Recognized Sports Poomsae format. No exceptions.

DIVISION	COMPULSORY POOMSAE
Yellow (7 <sup>th</sup> & 8 <sup>th</sup> Geup) All ages	Taegeuk 1, 2 Jang
Green (5 <sup>th</sup> & 6 <sup>th</sup> Geup) All ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3 <sup>rd</sup> & 4 <sup>th</sup> Geup) All ages	Taegeuk 3, 4, 5, 6 Jang
Red (1 <sup>st</sup> & 2 <sup>nd</sup> Geup) All ages	Taegeuk 4, 5, 6, 7, 8 Jang
Black Belts 6 -7 ages*	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
Black Belts 8 -9 ages*	
Black Belts 10 – 11 ages*	

\*U11

### Recognized Sport Poomsae

#### INDIVIDUAL POOMSAE

Designated Poomsae for Recognized Sports Individual Poomsae will be posted on TXTKD Website by March 9, 2024.

Consists of 1 competitor for the following age divisions: Cadet (12-14), Juniors (15-17), U30 (18-30), U40 (31-40), U50 (41-50), U60 (51-60), U65 (61-65) O65 (66+)

All Black Belts aged 12 and over will compete in the Recognized Sports Poomsae format. No exceptions.



### PAIRS POOMSAE (CO-ED)

Consists of 1 Male & 1 Female Black Belt competitors for the following age divisions: Youth (10-11), Cadet (12-14), Juniors (15-17), U30 Pairs (18-30), O30 Pairs (31-50) & O50 (51+) Pairs Poomsae.

### TEAM POOMSAE

Consists of 3 competitors of the same gender for the following age divisions: Youth (10-11), Cadet (12-14), Junior (15-17), U30 Team (18-30), O30 Team (31-50) & O50 (51+) Team Poomsae.

Age	Individual Compulsory Poomsae
Cadet	Taegeuk 4, Taeguk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang
Junior	Taegeuk 4, Taeguk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taeback
U30	Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
U40	
U50	Taegeuk 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Chonkwon, Jitae
U60	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Chonkwon, Jitae, Hansu
U65	
O65	

Age	Pair and Team Compulsory Poomsae
Youth	Taegeuk 2, Taegeuk 3, Taegeuk 4, Taeguk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo
Cadet	Taegeuk 4, Taeguk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang
Junior	Taegeuk 4, Taeguk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taeback
U30	Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
O30	Taegeuk 8, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Chonkwon, Jitae

### REGISTRATION

Ensure competitors are registered for ALL events they plan on participating in by the time registration closes. NO ONSITE registrations will take place. Meaning, if you plan on competing in a Team or in Pairs, but one (1) member did not register, your team or pair will be disqualified.

**\*2024 Texas State Taekwondo Championships will not have Dragon or Tiger Pairs or Team Poomsae, or Color belt Co-Ed Pairs or Team Poomsae.\***

### POOMSAE PRE-COMPETITION REQUIREMENTS

Athletes competing in Recognized Poomsae Pairs, Recognized Poomsae Teams, Freestyle Pairs and Freestyle Teams have additional pre-competition requirements to ensure smooth competition.

Pairs and Teams are required to report their team membership [here](https://form.jotform.com/240185950994164) (<https://form.jotform.com/240185950994164>).



**DEMONSTRATION TEAM and BOARD BREAKING INFORMATION**

**DEMO TEAM COMPETITION GENERAL GUIDELINES**

- The performance must be confined to the 12m x 12m Contest Area. 0.1 points shall be deducted from the final score each time a contestant crosses the boundary line during performance. Any performance outside of the boundary will not be considered.
- All contestants must wear appropriate sport attire, such as V-neck Taekwondo uniform of any color, Y-neck Poomsae competition uniform, or team track suit.
- The maximum set-up time is 1 minute.
- The maximum time to complete the performance is 6 minutes.
- The maximum clean-up time is 1 minute.
- The machine to play music shall be provided by the Tournament Committee.
- There will be NO standing on chairs or tables, and no use of tumbling boards or any similar devices.
- Use of poles and similar devices to hold boards for high jumping breaks is permitted; these must be approved in advance.
- Due to safety and liability issues, absolutely NO weapons, pyrotechnics, fireworks or flame breaks. - Boards must be purchased from designated vendor at the competition venue. Under no circumstances should athletes bring their own boards.

**DEMO COMPETITION SCORING GUIDELINES**

Technical Skills (6 points)	<ul style="list-style-type: none"> <li>a) Team form</li> <li>b) Acrobatic breaking</li> <li>c) Single jump breaking</li> <li>d) Power breaking</li> <li>e) Self-defense</li> <li>f) Basic movements &amp; practicability of movements</li> </ul>
Presentation (4 points)	<ul style="list-style-type: none"> <li>a) Creativity and complexity</li> <li>b) Synchronization and harmony</li> <li>c) Taekwondo spirit</li> <li>d) Music and choreography</li> </ul>
Deduction of points	0.3 points shall be deducted from the final score for each 10 seconds, or fraction thereof, when the team has exceeded each of these time



	limits: (a) set-up time, (b) performance time, and (c) clean-up time
Score calculation	<p>a) The final score shall be the average of the judges' scores for technical skills (the highest and lowest judge scores dropped before calculating the average) and the average of the judges' scores for presentation (the highest and lowest judge scores dropped before calculating the average).</p> <p>b) All penalties accumulated during the competition shall be deducted from the final score.</p>

### DEMO TEAM PRE-COMPETITION REQUIREMENTS

Athletes competing in Demonstration Teams have additional pre-competition requirements to ensure smooth competition. All athletes registered for a demo team are required to report their team membership [here](https://form.jotform.com/240185950994164) (<https://form.jotform.com/240185950994164>).

### Board Breaking

AGE	BELT COLOR	SET-UP TME LIMIT	ROUTINE TIME LIMIT
Dragon 6-7 years	Yellow – Green	1 Minute	1 Minute
	Blue – Red		
	Black		
Tigers 8-9 years	Yellow – Green	1 Minute	1 Minute
	Blue – Red		
	Black		
Youth 10-11 years	Yellow – Green	1 Minute	1 Minute
	Blue – Red		
	Black		
Cadet 12-14 years	Yellow – Green	1 Minute	1 Minute
	Blue – Red		
	Black		
Junior 15-17 years	Yellow – Green	1 Minute	1 Minute
	Blue – Red		
	Black		
Under 30 18-30 years	Yellow – Green	1 Minute	1 Minute
	Blue – Red		
	Black		
Over 30 31+ years	Yellow – Green	1 Minute	1 Minute
	Blue – Red		
	Black		

The Texas State Taekwondo Championships will be using the following rule set for breaking. State Championship Breaking Rules are modified to make the tournament run in a professional & timely manner.





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- Time: Maximum 2 minutes to setup and perform the breaking routine. All boards, broken boards and wood fragments must be cleaned up following routine.
- Not Allowed: Chairs, Trampolines, Tables, Spacers, Pencils, Bricks, Cinder Blocks, Fingers as Spacers, 1 Inch Boards, Demo Boards, Bending Boards, Tampering with Boards
- Number of Boards: Number of Boards: 15 Boards Maximum. Difficulty level is factored by the formula # boards multiplied by 0.2, which contributes to the Technical part of the score.
- Board Size: 12 inches by 8 inches and 3/8 inches thick (1/2 inch nominal) for ALL competitors. All boards MUST be purchased on site. Any tampering with boards will lead to immediate disqualification. Referees will be check occasionally.
- Board Holder: Coaches will be allowed to be on stage to hold boards. However, if you do not have a board holder, every ring will provide a board holder.



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## HOTEL

We are pleased to have La Quinta Inn & Suites by Wyndham DFW host our staff, refs and incoming travelers this year.

The hotel is located at 2550 State Hwy 121 in Euless, TX. It is a short 4.4 miles from the venue. The hotel offers a free breakfast, free airport shuttle (9am-10pm), free wifi and free parking.



## VOLUNTEERS

An event like the Texas State Championships cannot happen without your help. Please consider signing up as a volunteer!



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**Get Involved!**  
Together we're strong!

2024 Texas State  
Taekwondo Championships

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A QR code located in the bottom right corner of the poster, which likely links to the event registration page.

Link to sign up is located at [txtkd.org](http://txtkd.org). Or scan QR code above or go to <http://bit.ly/2024TXTKD>.