



Sunday, March 29

Pepperell High School

Lindale, GA (south Rome)



WELCOME!

Weigh-ins and Check-ins will occur Saturday, the day before the event. An early WI/CI has been added Saturday morning 8AM-10AM as an award/incentive to COMPLETE the USAT registration process to a CONFIRMED status before the closing of registration. A second weigh-in for CONFIRMED and PENDING athletes will take place on Saturday evening 5PM-7PM.

This event will start promptly at 8:15AM. Please arrive early or risk disqualification. Be prepared to compete regardless of division listings during registration. Weigh-ins can change divisions. Be prepared to step onto the mat in uniform regardless of your intent to withdrawl.

Brackets and division lists will be posted very late Saturday night/Sunday morning due to seeding. They will be posted at www.Register4TKD.com and at the venue. If a bracket is found to have an error, notify the tournament staff ASAP.

Seeding for events will be based off the current posted rankings on the USATKD website. State Championships must use the national points rankings that are posted as of 5 p.m. MT the Thursday prior the tournament. Due to seedings being based off points rankings, athletes from the same state/school may fight against each other in the first round of an event. This seeding process will not take into account the club an athlete is from.

The event will finish by approximately 2PM, depending on the number of athletes in attendance.

Check-in and weigh-in will NOT be allowed Sunday morning prior to the event. There will NOT be any exhibition matches.

EVENT POINTS OF CONTACT

Georgia Taekwondo Foundation

Event Director – David Wilch

Phone – 770-856-2060

David.Wilch@gmail.com

Referee Chair – Mark Back

SANCTIONED BY

USA Taekwondo
1 Olympic Plaza
Colorado Springs, CO 80909



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.usatkd.org/usatkd-competition-rules>

VENUE

Pepperell High School

3 Dragon Drive

Lindale, GA 30252

LODGING

EVENT SPECTATOR TICKETS

Ticket Pricing	
Event Ticket \$0	At-Door
All-Event Pass	\$0
Single Day (Adult 18+)	\$0
Single Day (Child 6-17)	\$0
Children 5 & Under	\$0

SCHEDULE

Weigh-In and Registration:

Saturday March 28, 2026 @ Pepperell High School

“Confirmed” athletes will be allowed to weigh-in / check-in from 8AM- 10AM.

“Pending” or “Confirmed” athletes will be allowed to weigh-in / check-in from 5PM- 7PM.

- All sparring competitors MUST weigh-in the day before the competition; NO EXCEPTIONS!
- All “Pending” athletes MUST check-in and provide all missing documentation the day before the competition; NO EXCEPTIONS! Failure to do so, may result in disqualification.
- “Confirmed” athletes (by reg. deadline) that are ONLY competing in Poomsae may check-in via email. Please send email to GTF.Events@gmail.com and include name, USAT number, and division(s).

Saturday, March 28, 2026		
		ALL
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
8:00AM – 10:00AM	Confirmed Weigh-in / Check-in	Pepperell High School
5:00PM – 7:00PM*	Pending & Confirmed Weigh-in / Check-in	Pepperell High School
	*In the event that the athletes are still competing in the Winter Battle after 7:00PM, weigh-in / check-in will be extended until 15 minutes after the conclusion of the event.	* per USATKD, “Remote weigh ins and multi-site weigh ins will not be allowed”
ALL SUNDAY COMPETITORS MUST BE CHECKED IN AND WEIGHED IN BY SATURDAY 7:00PM		

Competition:

Sunday, March 28, 2026		
		LOCATION
8:00AM	Staging for ALL events	Pepperell High School
8:15AM	Competition begins for ALL events	Pepperell High School
LARGEST DIVISIONS OF POOMSAE ATHLETES AND SPARRING ATHLETES (NOT COMPETING IN POOMSAE) WILL START IMMEDIATELY. SINGLE ATHLETE DIVISIONS WILL ALSO START IMMEDIATELY. FAILURE TO REPORT TO STAGING MAY RESULT IN DISQUALIFICATION.		

REGISTRATION DEADLINES & FEES

All registration must take place on the USA Taekwondo Hang-A-Star system. Please visit www.usa-taekwondo.us to register. Please have your USA Taekwondo membership number accessible to register. USA Taekwondo has a NO REFUND policy. **NO REFUNDS** will be given for any reason.

ATHLETES

Registration Fee	Per Division Fee	Final Registration Deadline
\$130	\$25	3/18/2026

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

COACHES

CIDP LEVEL	Final Registration Fee	Final Registration Deadline
All Coach Levels	\$15	3/18/2026

Coaches are required to complete and pass a background check as well as the USOC Safe Sport Video before they can register and pay for any sanctioned USA Taekwondo event.



WEIGH-INS & BRACKETING

SPARRING – DAEDO E-HOGU in all divisions

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 weight: 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
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)

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

POOMSAE – POOMSAE PRO in all divisions

INDIVIDUAL POOMSAE

AGE CLASSES	AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	WT FORMAT
DRAGONS	6-7 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
TIGER	8-9 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	WT FORMAT
TIGER	8-9 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	WT FORMAT
YOUTH	10-11 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	WT FORMAT
CADET	12-14 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	WT FORMAT
JUNIOR	15-17 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
UNDER 30	18-30 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	WT FORMAT
UNDER 40	31-40 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	WT FORMAT
UNDER 50	41-50 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	WT FORMAT
UNDER 60	51-60 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	WT FORMAT
UNDER 65	61-65 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	WT FORMAT
OVER 65	66 & OLDER	YELLOW, GREEN, BLUE & RED	N/A	WT FORMAT
UNDER 30	18-30 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
UNDER 40	31-40 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
UNDER 50	41-50 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
UNDER 60	51-60 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
UNDER 65	61-65 YEARS OLD	BLACK	1 ST – 9 TH	WT FORMAT
OVER 65	66 & OLDER	BLACK	1 ST – 9 TH	WT FORMAT

PAIRS POOMSAE (CO-ED) – 1 MALE & 1 FEMALE
Dragon(6-7), Tiger (8-9), Youth(10-11), Cadet (12-14), Juniors (15-17), 1st Pairs (18-30) & 2nd Pairs (31+)
Pairs Poomsae

Division	Belt	Rank	Gender	
Dragon (6-7)	Black	1 st – 9 th	Co-Ed	WT FORMAT
Tiger (8-9)	Black	1 st – 9 th	Co-Ed	WT FORMAT
Youth (10-11)	Black	1 st – 9 th	Co-Ed	WT FORMAT
Cadet (12-14)	Black	1 st – 9 th	Co-Ed	WT FORMAT
Juniors (15-17)	Black	1 st – 9 th	Co-Ed	WT FORMAT
1 st Pairs (18-30)	Black	1 st – 9 th	Co-Ed	WT Format
2 nd Pairs (31+)	Black	1 st – 9 th	Co-Ed	WT Format

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

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

TEAM POOMSAE – 3 COMPETITORS OF THE SAME GENDER

Division	Belt	Rank	Gender
Dragon (6-7)*	Black	1 st – 9 th	Female
Dragon (6-7)*	Black	1 st – 9 th	Male
Tiger (8-9)*	Black	1 st – 9 th	Female
Tiger (8-9)*	Black	1 st – 9 th	Male
Youth (10-11)*	Black	1 st – 9 th	Female
Youth (10-11)*	Black	1 st – 9 th	Male
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
1 st Team (18-30)	Black	1 st – 9 th	Female
1 st Team (18-30)	Black	1 st – 9 th	Male
2 nd Team (31+)	Black	1 st – 9 th	Female
2 nd Team (31+)	Black	1 st – 9 th	Male

*Divisions will not be available at the USA Taekwondo National Championships.

MALE & FEMALE BOARD BREAKING AGE DIVISIONS (not avail. 2026 GA qual.)

AGE DIVISIONS	CLASSES	BELT COLOR	SET-UP, BREAKING, CLEAN-UP TIME LIMITS
6-7 YEARS OLD	DRAGON	YELLOW/GREEN, BLUE/RED & BLACK	3 MINUTES
8-9 YEARS OLD	TIGER	YELLOW/GREEN, BLUE/RED & BLACK	3 MINUTES
10-11 YEARS OLD	YOUTH	YELLOW/GREEN, BLUE/RED & BLACK	3 MINUTES
12-14 YEARS OLD	CADET	YELLOW/GREEN, BLUE/RED & BLACK	3 MINUTES
15-17 YEARS OLD	JUNIOR	YELLOW/GREEN, BLUE/RED & BLACK	3 MINUTES
18-32 YEARS OLD	SENIOR	YELLOW/GREEN, BLUE/RED & BLACK	3 MINUTES
33+ YEARS OLD	ULTRA	YELLOW/GREEN, BLUE/RED & BLACK	3 MINUTES

Boards must be purchased from DaedoSouth.com online or onsite. For security purposes, boards will be delivered to the athlete's ring prior to their division. Under no circumstance will competitors provide their own boards

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 gym as a test scale.
3. During the weigh-in, the contestant is required to show his/her current photo ID, USA Taekwondo identification card or birth certificate.
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.
6. Remote weigh ins and multi-site weigh ins will not be allowed.

REGISTRATION CHECKLIST

Completing all items on this list will help ensure a speedy check-in and weigh-in process at the GA Qual.

- Register for the GA State Championships through the USA Taekwondo online registration system.
- Complete registration payment online. In order to receive the early registration price you must pay by the early deadline. If payment is not received by this deadline the system will automatically update to the late fee.
- Send in or upload Proof of Residency, Citizenship and/or black belt certification if required according to the division you have registered for. Online registration will indicate which is required upon completion of registration.

Note: These are the only acceptable documents that may be submitted any other documents will not be approved.

AGE	Documentation Required	PROOF OF CITIZENSHIP	PROOF OF RESIDENCY
6-7, 8-9 & 10-11: Yellow, Green, Blue, Red & Black Belts	n/a		
12 & Older: Yellow, Green, Blue & Red Belts	n/a		
12- 32: World Class Sparring Black Belts 12 & Older: Poomsae Black Belts	Proof of Citizenship Required	U.S. Birth Certificate or Passport	
30 & Older: Poomsae Yellow, Green, Blue & Red Belts	n/a		
33 & Older: Sparring All Belts			

- Upload a picture (headshot only in BMP, GIF, JPEG, PNG, TIFF and file must be under 4MB) to your membership profile. Please do not mail or email a photo.
- Confirmation forms are no longer required for athletes and coaches of all ages. Participants will automatically be confirmed as long as all documentation is received.

REQUIREMENTS

All participants must be current USA Taekwondo members. All coaches, referees, club owner/instructors 18 and older are required to complete and pass a USA Taekwondo background check prior to being a member of USA Taekwondo and registered for USA Taekwondo state sanctioned event (background checks must be completed every two years). Please see the USA Taekwondo website for more details. Additionally, they will be required to view and complete the USOC Safe Sport video before renewing their membership.

- World Class athletes must hold valid U.S. citizenship. All others are NO longer required to hold citizenship/residency.
- All coaches must be, at minimum, AC certified within the USA Taekwondo CIDP program as well as view the USOC Safe Sport Video.
- An athlete **MAY** qualify in the same WORLD CLASS weight (sparring) and/or age category (poomsae) in **MULTIPLE STATE CHAMPIONSHIPS**.

AWARDS

SPARRING

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

Individual Awards		
1 st Place		Medal
2 nd Place		Medal
3 rd Place		Medal
3 rd Place		Medal

POOMSAE

GA Medals will be given to the top 4 individuals, pairs (co-ed) and teams in the respective divisions.

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

2026 MAJOR KEY POINTS

NO DAY-OF/ONSITE REGISTRATION WILL BE ALLOWED.

- If the State Association allows on-site registration, the sanctioned event, as well as, the individual's qualification may be voided.
- **Poomsae athletes that are "Pending" will be required to check-in and provide missing documents on Saturday March 28, 2026.**

WEIGH-IN AND CHECK-IN:

- Saturday March 28, 2026 @ Pepperell High School
- "Confirmed" athletes will be allowed to weigh-in / check-in from 8AM- 10AM.
- "Pending" or "Confirmed" athletes will be allowed to weigh-in / check-in from 5PM- 7PM.
- All sparring competitors MUST weigh-in the day before the competition; NO EXCEPTIONS!
- **All "Pending" athletes MUST check-in and provide all missing documentation the day before the competition; NO EXCEPTIONS!** Failure to do so, may result in disqualification.
- "Confirmed" athletes (by reg. deadline) that are ONLY competing in Poomsae may check-in via email. Please send email to GTF.Events@gmail.com and MUST include name, USAT number, and division(s).

COMPETING IN MULTIPLE STATE CHAMPIONSHIPS

- An athlete MAY compete in a different or the same WORLD CLASS sparring weight division and/or same age poomsae category in multiple state championships. Athletes can earn points at a maximum of two state championships.

BOARD BREAKING (not avail. 2026 GA qual.)

- For security purposes, must be purchased from DaedoSouth.com and will be delivered to ring.
- Nominal Board Sizes:

6-9 y/o	½(3) x 12 x 8	(≈¾" thick)
10-17 y/o	⅝ x 12 x 10	(≈½" thick)
18+ y/o	1(1) x 12 x 10	(≈¾" thick)
- No bricks, cinder blocks, or tiles may be brought into the Contest Area.
- Competitors and helpers will have **THREE** minutes to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments.
- Current rules can be found at <http://register4tkd.com/referees/>

SPARRING

- Daedo - Gen 2 will be used in all sparring divisions. Athletes are responsible for their own E-Foot Gear.
- Continuing from 2016, State Associations will have World Class and Grassroots divisions for CADET SPARRING black belts only.
- To qualify for a World Class at the National Championships, an athlete must participate at a State Championship in that World Class division they wish to compete in.
- Winner of the cadet Grassroots divisions will no longer qualify for the World Class division because Grassroots division will use Junior Safety Rules and World Class divisions will use Full Head Contact Rules (see competition rules for full explanation of these rules)
- Once qualified for a World Class division, an athlete is no longer eligible for Grassroots divisions.

Cadet Poomsae; Junior Sparring and Poomsae; Senior Sparring and Poomsae black belts will have World Class Divisions ONLY (no Grassroots divisions). Those athletes that participate at a USA Taekwondo State Championships in these black belt divisions will qualify for the World Class Divisions at Nationals.

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 his/her 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.

PROOF OF BLACK BELT REQUIREMENT

- Continuing from 2016, if an athlete doesn't have a black belt certification uploaded to his/her 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 (see attachment C) The form will include contact information so that USA Taekwondo can track that each person provides a copy of his/her 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: <http://www.teamusa.org/USA-Taekwondo/Resources/Dan-Certification-Program>

BACKGROUND CHECKS/SAFESPORT

- SafeSport Training will now be required to be completed every two years. The Center for SafeSport has revamped their website. They will be offering three thirty-minute videos instead of one ninety-minute video, so it should still take the same amount of time. Referees will now be required to watch the SafeSport training as well as Coaches and Club Owners/Instructors.
- All medical staff will now be required to watch the SafeSport training and complete a background check. The only exception to this is if the staff contracted to work your tournament are Paramedics, they are not required to complete a background check or watch the SafeSport videos.