

## 2014 – MALE SPARRING AGE DIVISIONS and WEIGHT CATEGORIES

AGE CLASSES	**AGE DIVISIONS	BELT COLOR	MATCH TIME LIMITS	*WEIGHT CATEGORIES (KG)	WEIGHT CLASSES
DRAGONS	6-7 YEARS OLD	<b>YELLOW, GREEN, BLUE, RED &amp; BLACK</b>	2 ONE-MINUTE ROUNDS 30 SECOND REST	U19, U23, U27 & O27	FIN, LIGHT, MIDDLE & HEAVY
NINJAS	8-9 YEARS OLD	<b>YELLOW, GREEN, BLUE, RED &amp; BLACK</b>	2 ONE-MINUTE ROUNDS 30 SECOND REST	U21, U25, U30 & O30	FIN, LIGHT, MIDDLE & HEAVY
YOUTH	10-11 YEARS OLD	<b>YELLOW, GREEN, BLUE, RED &amp; BLACK</b>	3 ONE-MINUTE ROUNDS 30 SECOND REST	U30, U35, U40 & O40	FIN, LIGHT, MIDDLE & HEAVY
CADET	12-14 YEARS OLD	<b>YELLOW, GREEN, BLUE, RED &amp; BLACK</b>	3 ONE-MINUTE ROUNDS 30 SECOND REST	U34, U40, U45, U50 & O50	FIN, BANTAM, LIGHT, MIDDLE & HEAVY
JUNIOR	15-17 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	3 ONE-MINUTE ROUNDS 30 SECOND REST	U45, U48, U51, U55, U59, U63, U68, U73, U78 & O78	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
JUNIOR	15-17 YEARS OLD	<b>BLACK</b>	3 ONE-MINUTE 30 SECOND ROUNDS 60 SECOND REST	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	<b>YELLOW, GREEN, BLUE &amp; RED</b>	3 ONE-MINUTE ROUNDS 30 SECOND REST	U58, U67, U78 & O78	FIN, LIGHT, MIDDLE & HEAVY
^SENIOR	17-32 YEARS OLD	<b>BLACK</b>	3 TWO-MINUTE ROUNDS 60 SECOND REST	U54, U58, U63, U68, U74, U80, U87 & O87	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, , MIDDLE, & HEAVY
ULTRA	33+ YEARS OLD	<b>YELLOW, GREEN, BLUE, RED &amp; BLACK</b>	3 ONE-MINUTE ROUNDS 30 SECOND REST	U58, U68, U80 & O80	FIN, LIGHT, MIDDLE & HEAVY

\*\*USAT USES DECEMBER 31, 2014 AS THE AGE DATE FOR ALL ATHLETES

^14 AND OLDER BLACK BELTS CAN COMPETE IN THIS CATEGORY

\*U = Under, O = Over

## 2014 – FEMALE SPARRING AGE DIVISIONS and WEIGHT CATEGORIES

AGE CLASSES	**AGE DIVISIONS	BELT COLOR	MATCH TIME LIMITS	*WEIGHT CATEGORIES (KG)	WEIGHT CLASSES
DRAGONS	6-7 YEARS OLD	<b>YELLOW, GREEN, BLUE, RED &amp; BLACK</b>	2 ONE-MINUTE ROUNDS 30 SECOND REST	U19, U23, U27 & O27	FIN, LIGHT, MIDDLE & HEAVY
NINJAS	8-9 YEARS OLD	<b>YELLOW, GREEN, BLUE, RED &amp; BLACK</b>	2 ONE-MINUTE ROUNDS 30 SECOND REST	U21, U25, U30 & O30	FIN, LIGHT, MIDDLE & HEAVY
YOUTH	10-11 YEARS OLD	<b>YELLOW, GREEN, BLUE, RED &amp; BLACK</b>	3 ONE-MINUTE ROUNDS 30 SECOND REST	U30, U35, U40 & O40	FIN, LIGHT, MIDDLE & HEAVY
CADET	12-14 YEARS OLD	<b>YELLOW, GREEN, BLUE, RED &amp; BLACK</b>	3 ONE-MINUTE ROUNDS 30 SECOND REST	U33, U37, U43, U48 & O48	FIN, BANTAM, LIGHT, MIDDLE & HEAVY
JUNIOR	15-17 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	3 ONE-MINUTE ROUNDS 30 SECOND REST	U42, U44, U46, U49, U52, U55, U59, U63, U68 & O68	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, LT. MIDDLE, MIDDLE, LT. HEAVY & HEAVY
JUNIOR	15-17 YEARS OLD	<b>BLACK</b>	3 ONE-MINUTE 30 SECOND ROUNDS 60 SECOND REST	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	<b>YELLOW, GREEN, BLUE &amp; RED</b>	3 ONE-MINUTE ROUNDS 30 SECOND REST	U51, U59, U67 & O67	FIN, LIGHT, MIDDLE & HEAVY
^SENIOR	17-32 YEARS OLD	<b>BLACK</b>	3 TWO-MINUTE ROUNDS 60 SECOND REST	U46, U49, U53, U57, U62, U67, U73 & O73	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, , MIDDLE, & HEAVY
ULTRA	33+ YEARS OLD	<b>YELLOW, GREEN, BLUE, RED &amp; BLACK</b>	3 ONE-MINUTE ROUNDS 30 SECOND REST	U49, U57, U67 & O67	FIN, LIGHT, MIDDLE & HEAVY

\*\*USAT USES DECEMBER 31, 2014 AS THE AGE DATE FOR ALL ATHLETES

^14 AND OLDER BLACK BELTS CAN COMPETE IN THIS CATEGORY

\*U = Under, O = Over

## 2014 – INDIVIDUAL POOMSAE AGE DIVISIONS

AGE CLASSES	**AGE DIVISIONS	BELT COLOR	RANK
DRAGONS	6-7 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A
DRAGONS	6-7 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
NINJAS	8-9 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A
NINJAS	8-9 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
YOUTH	10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A
YOUTH	10-11 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
CADET	12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A
CADET	12-14 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
JUNIOR	15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A
JUNIOR	15-17 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
1 <sup>ST</sup> SENIOR	18-29 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A
1 <sup>ST</sup> SENIOR	18-29 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
2 <sup>ND</sup> SENIOR	30-39 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A
2 <sup>ND</sup> SENIOR	30-39 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>
1 <sup>ST</sup> MASTERS	40-49 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A
1 <sup>ST</sup> MASTERS	40-49 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>

CHART IS EFFECTIVE FROM JANUARY 1, 2014-DECEMBER, 31, 2014

COPYRIGHT © USA TAEKWONDO-Attachment C

\*\*USAT USES DECEMBER 31, 2014 AS THE AGE DATE FOR ALL ATHLETES

## 2014 – INDIVIDUAL POOMSAE AGE DIVISIONS

2 <sup>ND</sup> MASTERS	50-59 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A
2 <sup>ND</sup> MASTERS	50-59 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>
3 <sup>RD</sup> MASTERS	60-69 YEARS OLD	<b>YELLOW, GREEN, BLUE &amp; RED</b>	N/A
3 <sup>RD</sup> MASTERS	60-69 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>

CHART IS EFFECTIVE FROM JANUARY 1, 2014-DECEMBER, 31, 2014

COPYRIGHT © USA TAEKWONDO-Attachment C

\*\*USAT USES DECEMBER 31, 2014 AS THE AGE DATE FOR ALL ATHLETES

## 2014 – TEAM (MALE/FEMALE) POOMSAE AGE DIVISIONS

AGE CLASSES	**AGE DIVISIONS	BELT COLOR	RANK
^#DRAGONS	6-7 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>
^#NINJAS	8-9 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>
^YOUTH	10-11 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>
^CADET	12-14 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>
^1 <sup>ST</sup> TEAM	15-29 YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>
^2 <sup>ND</sup> TEAM	30+ YEARS OLD	<b>BLACK</b>	1 <sup>ST</sup> – 9 <sup>TH</sup>

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

CHART IS EFFECTIVE FROM JANUARY 1, 2014-DECEMBER, 31, 2014

COPYRIGHT © USA TAEKWONDO-Attachment E

\*\*USAT USES DECEMBER 31, 2014 AS THE AGE DATE FOR ALL ATHLETES

^TEAM POOMSAE IS MADE UP OF 3 ATHLETE OF THE SAME GENDER

#Divisions will not be available at the USAT National Championships

## 2013 – CO-ED PAIRS POOMSAE AGE DIVISIONS

AGE CLASSES	**AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
#DRAGONS	6-7 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WTF FORMAT
#NINJAS	8-9 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	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	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	MODIFIED WTF FORMAT
1 <sup>ST</sup> PAIRS	15-29 YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT
2 <sup>ND</sup> PAIRS	30+ YEARS OLD	BLACK	1 <sup>ST</sup> – 9 <sup>TH</sup>	WTF FORMAT

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

\*\*

## 2014 – MALE & FEMALE INDIVIDUAL CREATIVE AGE DIVISIONS

### - BOARD BREAKING & WEAPONS -

AGE CLASSES	**AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	BOARD BREAKING - ROUTINE TIME LIMITS	WEAPONS - ROUTINE TIME LIMITS
DRAGONS	6-7 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE	2 MINUTE
NINJAS	8-9 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE	2 MINUTE
YOUTH	10-11 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE	2 MINUTE
CADET	12-14 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE	2 MINUTE
JUNIOR	15-17 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE	2 MINUTE
SENIOR	18-32 YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE	2 MINUTE
ULTRA	33+ YEARS OLD	YELLOW/GREEN, BLUE/RED & BLACK	1 MINUTE	1 MINUTE	2 MINUTE

## 2014 – DEMONSTRATION TEAM

AGE CLASSES	**AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS
DEMO TEAM	ALL AGES	ALL BELT COLORS	1 MINUTE	10 MINUTES

\*\*State Championships can choose to do Weapons competitions, but this division will not be available at the USAT National Championships. \*\*



Appendix A

Date	Name	City, State	Age	Right, Left, Both	Body Part	Type of Injury (Circle all that apply)	Treatment (Circle all that apply)
				Right Left Both		Sprain/Strain Bruise Wound Nosebleed Concussion Dehydrate Sick Other_____	Ice Biofreeze Tape Pad Clean Drugs Bandage Other_____
				Right Left Both		Sprain/Strain Bruise Wound Nosebleed Concussion Dehydrate Sick Other_____	Ice Biofreeze Tape Pad Clean Drugs Bandage Other_____
				Right Left Both		Sprain/Strain Bruise Wound Nosebleed Concussion Dehydrate Sick Other_____	Ice Biofreeze Tape Pad Clean Drugs Bandage Other_____
				Right Left Both		Sprain/Strain Bruise Wound Nosebleed Concussion Dehydrate Sick Other_____	Ice Biofreeze Tape Pad Clean Drugs Bandage Other_____
				Right Left Both		Sprain/Strain Bruise Wound Nosebleed Concussion Dehydrate Sick Other_____	Ice Biofreeze Tape Pad Clean Drugs Bandage Other_____
				Right Left Both		Sprain/Strain Bruise Wound Nosebleed Concussion Dehydrate Sick Other_____	Ice Biofreeze Tape Pad Clean Drugs Bandage Other_____

Appendix B

**CONFIDENTIAL**



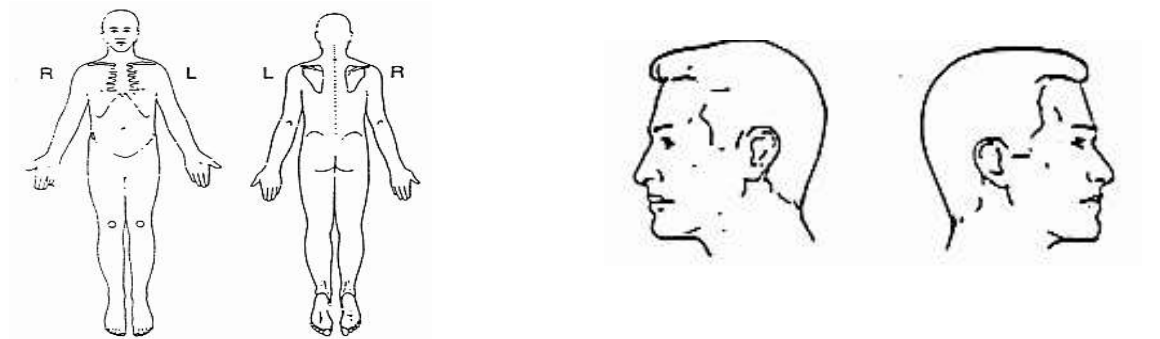
# USA TAEKWONDO SPORTS MEDICINE ATHLETIC INJURY/ILLNESS REPORT FORM

NAME \_\_\_\_\_ DOB \_\_\_\_\_ GENDER \_\_\_\_\_  
ATHLETE \_\_\_\_\_ COACH \_\_\_\_\_ OFFICIAL \_\_\_\_\_ PARENT \_\_\_\_\_ OTHER \_\_\_\_\_

DATE & TIME OF INJURY \_\_\_\_\_ STATE/COUNTRY OF RESIDENCE \_\_\_\_\_  
NAME & YEAR OF COMPETITION \_\_\_\_\_

INJURY NATURE: ACUTE \_\_\_\_\_ CHRONIC \_\_\_\_\_ RE-INJURY \_\_\_\_\_ -- DATE OF 1<sup>ST</sup> INJURY \_\_\_\_\_  
OCCASION: WARM-UP \_\_\_\_\_ COMPETITION \_\_\_\_\_ NON-SPORT \_\_\_\_\_  
WEIGHT CLASS \_\_\_\_\_ BELT COLOR/DAN \_\_\_\_\_

CLASSIFICATION: PRE-ADOL \_\_\_\_\_ JR \_\_\_\_\_ SR \_\_\_\_\_ EXEC SR \_\_\_\_\_ NON-ATHLETE \_\_\_\_\_



VITALS: TEMP \_\_\_\_\_ BP \_\_\_\_\_ PULSE \_\_\_\_\_ RESP \_\_\_\_\_ PUPILS \_\_\_\_\_ LOC \_\_\_\_\_

ALLERGIES \_\_\_\_\_

DIAGNOSIS/EVALUATION \_\_\_\_\_

HISTORY & EVALUATION \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SENT TO HOSPITAL \_\_\_\_\_ X-RAY \_\_\_\_\_ RECOMMEND FURTHER EVAL \_\_\_\_\_  
FOLLOW-UP \_\_\_\_\_ TREATMENT \_\_\_\_\_

CLEARED FOR PARTICIPATION \_\_\_\_\_ 30-DAY OUT HEAD INJURY \_\_\_\_\_ RETURN DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ ATC MD DO DC PA PT MEDIC RN EMT  
STUDENT \_\_\_\_\_

**CIRCLE ONE FOR EACH:**

**Was the injury sustained from:**

- blocking a kick
- blocking a punch
- attacking with a kick
- attacking with a punch
- charging opponent, no kick or punch
- unblocked kick or punch (being attacked, no defense)
- stepped into kick
- stepped into punch
- recovering from missed kick
- attacked with back turned
- kicked/punched while falling
- kicked after fall/on the ground
- hitting playing surface
- colliding/clashing with opponent
- warming up
- unknown origin
- non-sport related

**Was the injury sustained during:**

- previous injury prior to event
- 1<sup>st</sup> round
- 2<sup>nd</sup> round
- 3<sup>rd</sup> round
- warm up/between fights
- non-sport related

**Was the injury sustained during:**

- previous injury prior to event
- 1<sup>st</sup> fight
- 2<sup>nd</sup> fight
- 3<sup>rd</sup> fight
- 4<sup>th</sup> fight
- 5<sup>th</sup> fight
- 6<sup>th</sup> fight
- 7<sup>th</sup> fight
- warm up/between fights
- non-sport related

**Type of kick causing injury:**

- spinning/swing
- thrust
- axe
- punch/no kick
- non-sport related
- fell onto, no kick involved

**Has athlete ever sustained a head injury before?**

- Date(s) of head injury \_\_\_\_\_
- Type of head injury \_\_\_\_\_
- Evaluated at hospital    YES    NO
- Stayed overnight at hospital    YES    NO
- Complications \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

YES    NO

**Body Part:** \_\_\_\_\_

Right    Left    Both    Posterior    Anterior

**Specific structure:** \_\_\_\_\_

**Injury Nature:** \_\_\_\_\_

(refer to NAIRS Listing)

**If concussion, what grade:** \_\_\_\_\_

(Refer to reference card on grading)

**Wearing mouthpiece?**    YES    NO

Brand of headgear \_\_\_\_\_

Brand of chest protector \_\_\_\_\_

**Athlete, due to injury (circle one):**

- lost fight
- bowed out of fight due to injury
- won fight
- won fight but could not continue
- won due to illegal hit/move of opponent

**Did athlete receive any bye matches?**

yes    no

How many? \_\_\_\_\_

**Number of Times Competing at the**

**Local Level** \_\_\_\_\_

**State Level** \_\_\_\_\_

**Regional Level** \_\_\_\_\_

**National Level** \_\_\_\_\_

**International Level** \_\_\_\_\_

**Time Loss**

Could no longer compete  
Completed tournament fights  
Recommended time off following  
tournament -- how many days  
off? \_\_\_\_\_

To see doctor before return to  
athletic participation

**USA TAEKWONDO SPORTS MEDICINE**  
**HEAD INJURY GUIDELINES**

This is a follow-up sheet for your health and safety. Quite often, signs of a head injury do not appear immediately after trauma, but hours, even days, after injury. The purpose of this fact sheet is to alert you to the symptoms of significant head injuries, symptoms that may occur several hours after you leave the care of the athletic trainer.

It is common to have a headache following trauma to the head or face. If you feel the need to take a medication to relieve this discomfort, you may take **2 acetaminophen tablets (Tylenol®) every 4 hours for the pain and NOTHING ELSE!!!! DO NOT TAKE ASPIRIN OR IBUPROFEN (Advil®. Motrin®, Aleve®, Nuprin®, etc.** If under the age of 12, seek the children’s acetaminophen alternative. If in doubt, contact medical personnel before taking any medication.

If you experience one or more of the following symptoms following a head injury, contact medical personnel:

1. Difficulty remembering recent events or meaningful facts, or change in the ability to remember
2. Severe headache, particularly in a specific location
3. Stiffening of the neck, causing sharp pain
4. Bleeding or clear fluid dripping from the ears or nose
5. Mental confusion or strange, “foggy” feeling
6. Nausea or vomiting, especially projectile vomit
7. Dizziness, poor balance, or unsteadiness
8. Weakness in either arms and/or legs
9. Abnormal drowsiness or sleepiness & fatigue
10. Convulsions
11. Unequal pupil size, if abnormal for you
12. Loss of appetite
13. Persistent ringing of the ears
14. Slurring of speech
15. Unusual lethargy, or felling blah for no reason

The appearance of any of the above symptoms tells you that you have had a significant head injury that **requires medical attention**. If any of these symptoms appear, contact the medical personnel listed below, or report **IMMEDIATELY** to the hospital. **DO NOT EAT OR DRINK ANYTHING BEFORE SEEKING MEDICAL ATTENTION.**

\_\_\_\_\_  
Evaluator

\_\_\_\_\_  
Phone/Pager Number

\_\_\_\_\_  
Hotel/Room #

**REPORT TO YOUR INSTRUCTOR THE FOLLOWING DAY BEFORE BEGINNING PARTICIPATION IN ANY ACTIVITY**

**30-day-out rule applies to your head injury**    YES                      NO                      Return date \_\_\_\_\_