

**2025 USA Taekwondo Connecticut State Championships**  
April 12, 2025 — Newtown Youth Academy Sports & Fitness

**LETTER FROM THE CONNECTICUT TAEKWONDO ALLIANCE**

To All Coaches & Athletes:

It is with enthusiasm and joy that we bid and welcome you to participate in the **2025 USAT Connecticut State Taekwondo Championships** being held this year on **Saturday, April 12<sup>th</sup>** at the Youth Academy Sports & Fitness in Newtown, CT. We are hoping to bring a new and improved experience to our competitors, referees, and coaches with this year's event.

This year we continue our tradition in qualifying both new and old competitors to Nationals. As there may be changes in this tournament, please read over the material carefully or visit our website ([cttkd.org](http://cttkd.org)) for information.

This year's tournament will be the perfect chance to unite Taekwondo enthusiasts and their different schools in an exciting and motivating environment. In past years, this tournament has been a great example of sportsmanship, talent and dedication of the Taekwondo community and we welcome you to the excitement once again. Our Taekwondo community has experienced tremendous growth over the past years, and we hope to continue this trend throughout the future.

Please look over the enclosed material carefully, as this year's tournament is run as a USAT state qualifier. As the tournament is a USAT-sanctioned event, *all registration must be completed online through Sport80 ([usataekwondo.sport80.com](http://usataekwondo.sport80.com)) with no registration after the deadline per USAT rules.* If you have any questions with registering online, please do not hesitate to contact any of the Connecticut State Taekwondo Association staff members. In order to ensure a smoothly run and on-schedule tournament, we strongly encourage all participants to register early. It is also important to remember that tournament day registrations are not permitted.

As always, please feel free to contact us at [cttkdalliance@gmail.com](mailto:cttkdalliance@gmail.com) if you have any inquiries. For more information, please visit our federation's website at [www.cttkd.org](http://www.cttkd.org).

Sincerely,

Connecticut State Taekwondo Association



The graphic features a female Taekwondo athlete in a white uniform performing a high kick. To the right is the USATKD logo, which consists of a red and blue shield with white stars and stripes, and the text "USATKD" in red. Below the logo, it says "& CONNECTICUT TAEKWONDO ALLIANCE PRESENT". The main title "2025 USAT STATE CHAMPIONSHIP" is in large, bold, blue and white letters.

**2025 USAT  
STATE CHAMPIONSHIP**

**APRIL 12, 2025**

NEWTOWN YOUTH ACADEMY SPORTS & FITNESS  
4 PRIMROSE ST, NEWTOWN, CT 06470

**12.0  
EVENT**

**REGISTER NOW AT**  
[USATAEKWONDO.SPORT80.COM](http://USATAEKWONDO.SPORT80.COM)

DOWNLOAD THE FULL INFORMATION PACKET AT [WWW.CTTKD.ORG](http://WWW.CTTKD.ORG)

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CONTACT US: [CTTKDALLIANCE@GMAIL.COM](mailto:CTTKDALLIANCE@GMAIL.COM)



**2025 USA Taekwondo Connecticut State Championships**  
April 12, 2025 — Newtown Youth Academy Sports & Fitness

**GENERAL INFORMATION – PART I**

HOSTED & DIRECTED BY	Connecticut State Taekwondo Association of USA Taekwondo		
DATE & LOCATION	Saturday, April 12, 2025 @ Newtown Youth Academy Sports & Fitness <b>4 Primrose Street, Newtown, CT 06470</b>		
GENERAL ADMISSION	\$10.00 – Adults	\$5.00 – Children 11 & Under	2 & Under FREE
USAT MEMBERSHIP	All athletes, coaches, & referees <b>MUST</b> be current USA Taekwondo members. Register online at <a href="http://www.usataekwondo.sport80.com">www.usataekwondo.sport80.com</a>		
REGISTRATION	Deadline: April 09, 2025		

DIVISION CHANGE	<b>A \$50.00 division change fee</b> will be requested upon check-in for the following: <ol style="list-style-type: none"><li>1. Athlete not registered for proper belt, division, events, etc.</li><li>2. Athlete not registered for proper weight class.</li><li>3. Athlete does not make weight upon first attempt and wants to change division to avoid disqualification from tournament.</li></ol>
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We appreciate all our coaches for supporting your athletes in our event. **Please help make our event run smoothly** by confirming that your students are registered in their correct divisions, weight class, and events.

**COACH REGISTRATION**

**Steps for Being a USAT Coach for the 2025 USA Taekwondo Connecticut State Championships:**

1. Coaches are required to hold AC Certification to register as a COACH. Register for the associate coach quiz online and pass the online exam to register as a coach. Coaches can register online at [www.usataekwondo.sport80.com](http://www.usataekwondo.sport80.com)
2. Upon passing AC quiz, register as a coach for the 2025 USAT Connecticut State Championships.
3. All registration must be listed as CONFIRMED in order for you to coach. Please clear documents with **USAT office** by sending in all necessary documents seen in the check box for the 2025 USAT Connecticut State Championships.
4. **Coaches fees must be made online.** Payments will not be accepted at the door.
5. Coach pass can be picked up on Saturday, April 12 at Newtown Youth Academy. Only CONFIRMED coaches can pick up credentials. We will not clear any PENDING documents for coaches or athletes Saturday morning. Coaches listed as PENDING must clear all documents with USAT two (2) weeks prior to registration deadline. We do not print your ID card on the spot when you check-in so please make sure to notify us early.

*All officials and referees of the championship, upon their discretion, hold the right to take away your coach pass and expel you from the competition floor for general misconduct and poor sportsmanship. Additionally, any coach that does not adhere to the USAT Code of Conduct will be reported to USAT immediately. Please show good Taekwondo spirit, sportsmanship, and respect towards one another.*

**ALL PARTICIPANTS MUST BE REGISTERED ONLINE AT USATAEKWONDO.SPORT80.COM  
NO PAPER OR DOOR REGISTRATION. NO DEADLINE EXTENSIONS WILL BE MADE.**

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**GENERAL INFORMATION – PART II**

PENDING	Any pending athletes must clear their documents as <b>CONFIRMED</b> in order to receive their credentials. <b>No athletes or coaches will receive credentials if they are PENDING.</b> Please register and clear early. Poomsae and breaking divisions <b>DO NOT</b> weigh in and can just pick up credentials on April 12 <sup>th</sup> . (Check USAT SPORT80 site to see status)
POOMSAE	<u>Designated Poomsae</u> Color Belts: (athletes may choose which poomsae they wish to perform) <ul style="list-style-type: none"><li>- Yellow – Taeguk 1 or 2</li><li>- Green – Taeguk 1, 2, 3, or 4</li><li>- Blue – Taeguk 3, 4, 5, or 6</li><li>- Red – Taeguk 4, 5, 6, 7, or 8</li></ul> Black Belts: Designated poomsae will be announced two (2) weeks prior to the competition on the CSTA website. Electronic PoomsaePro scoring system will be in use.
BOARD BREAKING	All board breaking competitors <b>MUST</b> prepare their own boards. Boards may be purchased on site. Any tampering of the boards will result in immediate disqualification. Competitors must have their own board holders; no spacers. <b>Chairs Allowed.</b> Maximum boards: 15 (for <i>color belt</i> divisions); 20 (for <i>black belt</i> divisions). Board Size: 3/8-inch-thick; 10-inch-wide (one size for all ages). Time Limit: 2 Minutes. Two Attempts: (1) -0.1 pts; (2) -0.5 pts. Out of Bounds: -0.5 pts. <b>\$3 per board</b>
SPARRING	All Sparring Divisions will follow the Current USAT Rules. Electronic Daedo scoring system will be in use. Please note, all world class 12 years and older competitors have to bring Daedo Gen 2 socks. You must purchase socks <b>PRIOR</b> to the tournament, socks will <b>NOT</b> be available for sale at the tournament site. <b>*UPDATE AS OF 04/07: SOCKS WILL BE AVAILABLE FOR PURCHASE AT THE TOURNAMENT SITE.</b>
WEIGH-IN	April 11, 2025 @ 152 Amity Road, New Haven, CT 06515 in two waves: <ul style="list-style-type: none"><li>- Wave 1: 1PM - 4PM</li><li>- Wave 2: 6PM - 8PM</li></ul> All sparring athletes must attend weigh-in (mandatory). Any athlete that does not make weight after the 2 <sup>nd</sup> attempt will be disqualified. Any athlete who needs to change division after the 1 <sup>st</sup> attempt may change division with \$50 change division fee. All out of state athletes, along with athletes with nobody listed in their division must weigh in. Failure to report when athlete is called to the ring will result in <b>DISQUALIFICATION</b> .
AWARDS	Medals will be awards to the top four (4) athletes in each division. 1 <sup>st</sup> (Gold), 2 <sup>nd</sup> (Silver), 3 <sup>rd</sup> (Bronze), and 4 <sup>th</sup> (Bronze).
UNIFORM	Color Belts: White Uniform Only ( <i>All Color Belts and Demo Team</i> ) Black Belts: Black V-Neck White Uniform Only Poomsae Athletes: Y-Neck Poomsae Uniforms Allowed ( <i>Black Belts Only</i> ) <b>No Colored Uniforms</b> will be allowed with the exception of WTF Poomsae Uniforms.