

2025 National Capitol Open TaeKwonDo Championship

March 22, 2025 (9:00 AM – 7:00 PM)

South Lakes High School, 11400 South Lakes Drive, Reston, Virginia 20191

CHAMPIONSHIP ENTREE FEES: \$90.00 FOR ONE EVENT, \$20 EACH ADDITIONAL EVENT
\$20.00 LATE FEE FOR REGISTRATION AT THE DOOR.

Payment accepted in the form of cash, money order, or cashier's check. No personal checks. See the registration form for more details.

SPECTATOR ADMISSION: \$10.00 AT THE DOOR. ALL PROCEEDS WILL BENEFIT THE SOUTH LAKES HIGH SCHOOL BOOSTER CLUB.

Divisional Chart			
Male Divisions	Kyorugi	Poomsae	Female Divisions
18 -32 Years Old, 33 – 40 Years Old, & 41 Years Old & Older			
127.6 lbs. & Under	Fly	All Weight Divisions Combined	112.2 lbs. & Under
127.7 – 147.4 lbs.	Feather		112.3 – 129.8 lbs.
147.5 – 171.6 lbs.	Welter		129.9 – 147.4 lbs.
171.7 lbs. & Over	Heavy		147.5 lbs & Over
15 – 17 Years Old			
105.8 lbs. & Under	Fly	All Weight Divisions Combined	97 lbs. & Under
105.9 – 121.2 lbs.	Feather		97.1 – 108.0 lbs.
121.3 – 138.9 lbs.	Welter		108.1 – 121.2 lbs.
139.0 – 160.9 lbs	Middle		121.3 – 138.9 lbs.
161 lbs. & Over	Heavy		139.0 lbs & over
12 – 14 Years Old			
75 lbs. & Under	Fly	All Weight Divisions Combined	75 lbs. & Under
75.1 – 95.0 lbs.	Feather		75.1 – 95.0 lbs.
95.1 – 115.0 lbs.	Welter		95.1 – 115.0 lbs.
115.1 – 135.0 lbs.	Middle		115.1 – 135.0 lbs.
135.1 lbs & Over	Heavy		135.1 lbs & Over
10 – 11 Years Old			
77 lbs. & Under	Light	All Weight Divisions	77 lbs. & Under
77.1 – 101.2 lbs.	Middle		77.1 – 101.2 lbs.
102.3 lbs & Over	Heavy		102.3 lbs & Over
8 – 9 Years Old			
66.0 lbs & Under	Light	All Weight Divisions	66.0 lbs & Under
66.1 – 92.4 lbs.	Middle		66.1 – 92.4 lbs.
92.5 lbs. & Over	Heavy		92.5 lbs. & Over
6 – 7 Years Old			
52.8 lbs. & Under	Light	All Weight Divisions	52.8 lbs. & Under
52.9 – 77.0 lbs	Middle		52.9 – 77.0 lbs
77.1 lbs & Over	Heavy		77.1 lbs & Over
5 Years Old & Younger			
52.8 lbs. & Under	Light	All Weight Divisions	52.8 lbs. & Under
52.9 – 77.0 lbs	Middle		52.9 – 77.0 lbs
77.1 lbs & Over	Heavy		77.1 lbs & Over

Championship Schedule	
8:00 - 9:00am	Late Registration & Weigh-In
ALL ATHLETES MUST ATTEND OPENING CEREMONY	
8:45am	Badge Pick Up Ends
9:00am	Opening Ceremony
9:30am Standby	11 & Under Poomsae Elite Poomsae Elite Kyorugi
10:30am Standby	11 & Under Kyorugi
12:30pm Standby	12 & Older Poomsae
1:30pm Standby	12 & Older Kyorugi

Rules

- Modified WT/USAT Rules Apply
- White/Color Belts, All Ages -
Beginners (White Belts): No Contact
Open: No Head Contact
- Black Belts, 11 Years Old & Under
Open: No Head Contact
- Black Belts, 12 – 14 Year Old
Open: No Head Contact
Elite: Light Head Contact
- Black Belts, 15 & Up
Open: No Head Contact
Elite: WT Rules
- Head Kick (Elite) = 3pts
- Spinning Body Kick = 4pts
- Spinning Head Kick (Elite) =5pt
- Athletes must wear a clean, proper uniform
- Head, Chest, Forearm, Shin & Instep
Guards, Cup (males only), and Mouthpiece
are mandatory.
- No glasses permitted for Kyorugi
- Best of 3 Rule
- 12 Point Gap
- Color Belts: 60 Second Rounds

Additional Division Details: We may adjust the number of divisions depending on the number of competitors. If there are less than four athletes in a weight division and the athletes wish to gain competition experience, we may combine weight divisions. Athletes over 33 years of age have the option to compete in their own division, or the 18 – 32 year old division for their weight. Children's division athletes may compete in their own division or an older age division. Only Black Belt athletes 12 years old & older will be required to weigh-in. Color belts will be grouped by similar weight and height according to similar guidelines, not exact weight classes.

Exemplary Character Award Information: Dojang Owners may submit the name of a student that is competing in the NCO, to be among those eligible to be selected for the Exemplary Character Award. This award will take into consideration the recommendation by the dojang owner as well as the athletes character performance during competition. The Exemplary Character Award will be awarded to the student that most displays the Tenets of TaeKwonDo both during practice at their dojang (based on Dojang owner recommendation) and during competition (judge/referee selection). The final determination will be made by a committee of Masters & Grandmasters.