

2022 CUTA GAMES NORTHERN

SATURDAY, AUGUST 27



INDEPENDENCE HIGH SCHOOL | 617 N. JACKSON ST, SAN JOSE, CA 95133

USATKD 12.0 Ranking • Check in & weigh in August 26

REGISTER AT [HTTPS://WWW.CATKD.ORG/EVENTS.HTML](https://www.catkd.org/events.html)



GENERAL INFORMATION

EVENT CONTACT

cutastates@gmail.com

COMPETITION VENUE

Independence High School
617 N. Jackson St.
San Jose CA. 95133

WEIGH-IN AND CHECK IN***

Holiday Inn San Jose
1350 N First St,
San Jose, CA 95112

LODGING

Holiday Inn San Jose
1350 N First St,
San Jose, CA 95112

EVENT SPECTATOR TICKETS

Event Tickets	Price
All Event Pass	\$20
Children (5 & younger)	Free

COMPETITOR REGISTRATION

ALL participants must register at <https://catkd.org/events/>.

NO REFUNDS will be given for any reason.

- To obtain the early registration price, you must pay online by the August 12, 2022 deadline. If the registration fee is not paid by the early registration deadline, the entry fee will automatically be changed to the final registration fee.
- **Registration will be capped at 600 participants please make sure you are not left out.**

COACH REGISTRATION

All coach registrations must take place on the <https://catkd.org/events/>.

- All coaches must follow rules and regulations and keep in Martial Arts conducts and abide by USATKD/PATU/WT rules and regulations. **Must comply with all USATKD Coach Rules.**

OUR PRIORITY IS THE SAFETY OF ALL OUR ATHLETES.

COMPETITION REGISTRATION FEES & DEADLINES

Events	Ages	Belts
Board Breaking	All Ages	Yellow and higher
Poomsae	All Ages	Yellow and higher
Grassroots Poomsae	12+	Black Belts Only
Sports Poomsae	12+	Black Belts Only
Pair Sports Poomsae	Cadet, Junior, U30, O30	Black Belts
Team Sports Poomsae	Cadet, Junior, U30, O30	Black Belts
Sparring	All Ages	Yellow and higher
Grassroots Sparring	12-32	Black Belts
World Class Sparring	12-32	Black Belts

ATHLETES

Early Registration 1st Event	Early Registration EACH Additional Event	Early Registration Last Day	Final Registration 1st Event	EACH Additional Event	Final Registration Deadline
\$120	\$30	August 12, 2022	\$150	\$40	August 19, 2022

COACHES

Early Registration	Early Registration Deadline	Final Registration	Final Registration Date
\$50	August 12 , 2022	\$ 75	August 19 2022

NO ONSITE REGISTRATION FOR ATHLETES OR COACHES, THIS INCLUDES ADDING EVENTS.

**** Registration Deadline is at 11:59 pm (Pacific)****

EVENT SCHEDULE

Friday August 19, 2022

11:59 pm	Designated Poomsae Published	CUTA Website (https://catkd.org)
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Sunday August 21, 2022

5:00 pm	Coach Meeting	Via Zoom & will be posted on CUTA's YouTube
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Friday, August 26, 2022

TIME	DESCRIPTION OF EVENT	LOCATION
12:00pm - 4:00pm	All Participant check-in & Weigh-in for all Sparring Competitors Coaches Check-in	Holiday Inn San Jose
6:00pm - 7:00pm	All Participant check-in & Weigh-in for all Sparring Competitors Coaches Check-in	Holiday Inn San Jose
6:30 pm	Volunteer Meeting	Independence High School
5:30pm	Volunteer who want to help set up	Independence High School
Holiday Inn San Jose All Poomsae Competitors must check-in Friday by 7:00 pm. <u>Everyone must check themselves in.</u> All Sparring participants must be Weigh-in Friday by 7:00 pm. You must estimate traffic to arrive on time.		
Schedule subject to change without notice.		

Saturday August 27, 2022

TIME	DESCRIPTION OF EVENT	LOCATION
8:30 am	Arena Doors Open	Independence High School
9:00 am	Referee Meeting ----- Volunteer Meeting	Referee area ----- Ring 2
9:00 am	Poomsae Black Belt: Cadet Female ----- All Board Breaking Participants	Ring 7 ----- Staging Area
9:30 am	Competition Starts	Independence High School
To Be Posted	Poomsae & Sparring Schedule will be posted night before event <u>by bracket numbers</u>	CUTA Website & Facebook
Schedule subject to change without notice.		

EVENT REGISTRATION

CHECK-IN & WEIGH-IN

Holiday Inn San Jose
1350 N First St,
San Jose, CA 95112

ALL COMPETITORS must check-in on **FRIDAY AUGUST 26**, in order for their competition to be included in their division brackets. **You must check yourself in event for poomsae competitors, No one else can check you in.**

CHECKLIST

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

- ☐ Ensure you registered online. **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. USATKD ID
- ☐ Sparring competitors: bring appropriate attire - refer to "Weigh-In Rules."
- ☐ Poomsae ONLY competitors must still check-in on Friday August 26 in order to be on brackets, if not, they will be disqualified. **You must check yourself in**
- ☐ Bring payment if required: cash or credit/debit only. No Checks.
- ☐ Coaches must pick up credentials, during credential pick up times only.

WEIGH-IN RULES

Weigh-In is MANDATORY for ALL SPARRING COMPETITORS. DAY BEFORE YOUR EVENT.

- ALL sparring competitors MUST weigh-in the **DAY BEFORE (August 26)** the scheduled competition. A maximum of two (2) weigh-ins are allowed per athlete. The 2nd 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.
- There is a \$40 division change fee **cash only**. day of event
- *****NOTE:** 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 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 (sparring and poomsae)
 - 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)

- Coaches complete all USATKD requirements (have these done before August 1 so you have time to register with out these you will not be able to register)
 - Have a USATKD Membership (sport80)
 - **Coaches Edge Program Before**
 - **Background Check Before**
 - **SafeSport Before**
 - **Register & Pay before** (August 19)

AWARDS

SPARRING

California Medals will be given out to the top 4 athletes, in the respective divisions and weight categories: 1st Place, 2nd Place, 3rd Place, 3rd Place.

POOMSAE

California Medals will be given to the top 3 individuals, pairs (co-ed) and teams and individual Black Belts Divisions in the respective divisions: 1st Place, 2nd Place, 3rd Place.

All color belts will be awarded 1st Place, 2nd Place, 3rd Place, 3rd Place.

SPARRING

Rules

The latest 2022 USAT Sparring rules shall be used, as implemented at the 2022 USATKD Grand Prix series. This includes the new *Best of 3* sparring system. In the Best of 3 system, the contestant that wins 2 out of 3 rounds shall win the match. A contestant can win a round in several ways, including: (1) scoring more points at the end of the round; (3) scoring 12 points more than the other contestant; and (3) the other contestant commits 5 *Gam-jeom* penalties.

BRACKETING

FEMALE SPARRING AGE DIVISIONS & WEIGHT CATEGORIES

AGE CLASSES	**AGE DIVISIONS	BELT COLOR	*WEIGHT CATEGORIES (KG)	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	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	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	U46, U49, U53, U57, U62, U67, U73, O73	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE, & HEAVY
^SENIOR	17-32 YEARS OLD	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 (KG)	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	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	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	U54, U58, U63, U68, U74, U80, U87, O87	FIN, FLY, BANTAM, FEATHER, LIGHT, WELTER, MIDDLE, & HEAVY
^SENIOR	17-32 YEARS OLD	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

APPLICATION OF JUNIOR SAFETY RULES FOR CUTA GAMES			Duration of Rounds
Age	Belt Color	Applicable Rules	Round-Times-Rest
Dragon 6 -7 years	Yellow	No Head Contact	All Division 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Tigers 8-9 years	Yellow	No Head Contact Junior Safety Rules	All Division 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Youth 10 - 11 years	Yellow	No Head Contact Junior Safety Rules	All Color Belts & Grassroots 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Black		
Cadet 12 - 14 years	Yellow	Junior Safety Rules	All Color Belts 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Grassroots Black		
Junior 15 - 17	Yellow	Junior Safety Rules	All Color Belts 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Grassroots Black		
Senior 18+	Yellow	Junior Safety Rules	All Color Belts 60 seconds - 30 seconds rest
	Green		
	Blue		
	Red		
	Grassroots Black 18-32		

WORLD CLASS BLACK BELTS		
CADET 12-14 Years	Senior Rules	60 seconds 30 seconds rest
JR 15-17 & SR. 18-32 Years	Senior Rules	90 seconds 30 seconds rest

* CUTA reserves the right to modify the number of rounds at their discretion. *

BOARD BREAKING

Board breaking shall follow USA Taekwondo rules

(https://www.teamusa.org/-/media/USA_Taekwondo/Documents/2020/03-March/Referee-Rules-Update-ALT/2020_Breaking_Rules.pdf). Coaches and athletes are responsible for reading and understanding the competition rules. A few highlights of those rules include:

- 3 minutes for setup, performance, and clean-up, with 0.3 penalty every 10 seconds over time.
- 15 boards maximum, no limit on number of attempts.
- 0.3 penalty for each failed attempt, attempt with “help” from the holders, or board brought into the competition area that remains unbroken at the end of the performance.
- No altering the boards and no spacers allowed. Mechanical holders are allowed and must be inspected prior to competition.
- 60% score shall be technical (3.0 points for number of boards broken, 3.0 points for difficulty) and 40% presentation (4.0 points for Technique, Rhythm, Style, and Creativity).
- The board size shall be an exception to the USA Taekwondo rules.
 - ALL AGES: Standard board size shall be 12 inches by 8 inches and 3/8 inches thick (1/2 inch nominal).
 - Boards must be purchased from the event vendor at the competition venue, They will be given to you at the competition floor when your turn comes up.
 - Event ages 6-7, 8-9, 10-11, 12-14, 15-17, 18-29, 30-39, 40-49, 50-59, 60+ All ranks

POOMSAE

(Designated Poomsae will be posted on CUTA Website August 19 2022)***

Belt	Compulsory Poomsae	Compulsory Poomsae
White		Taegeuk 1
Yellow	Taegeuk 1	Taegeuk 2
Green	Taegeuk 3	Taegeuk 4
Blue	Taegeuk 5	Taegeuk 6
Red	Taegeuk 7	Taegeuk 8
Black Belts 1st Dan	Taegeuk 8	Koryo
Black Belts 2nd Dan	Koryo	Keumgang
Black Belts 3rd Dan	Keumgang	Taeback
Black Belts 4th Dan	Taeback	Pyongwon
Black Belts 5th Dan	Pyongwon	Chonkwon

RECOGNIZED SPORT POOMSAE

INDIVIDUAL POOMSAE

Consists of 1 Male or 1 Female competitors for the following age divisions: Cadet (12-14), Juniors (15-17), 1st Pairs (18-30) & 2nd Pairs (31+) Pairs Poomsae.

PAIRS POOMSAE (CO-ED)

Consists of 1 Male & 1 Female competitors for the following age divisions: Cadet (12-14), Juniors (15-17), 1st Pairs (18-30) & 2nd Pairs (31+) Pairs Poomsae.

TEAM POOMSAE

Consists of 3 competitors of the same gender for the following age divisions: Cadet (12-14), Junior (15-17) 1st Team (18-30) & 2nd Team (31+) Team Poomsae.

AGE	Individual Compulsory Poomsae
CADET	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang
JUNIOR	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebak
-30	Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
-40	
-50	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Chonkwon, Jitae
-60	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Chonkwon, Jitae, Hansu
-65	
+65	

AGE	Pair and Team Compulsory Poomsae
CADET	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang
JR.	Taegeuk 4, Taegeuk 5, Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebak
-30	Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
+30	Taegeuk 8, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Chonkwon, Jitae

MAJOR CHANGES

Grassroots participation for black belts

1. *Cadet, Junior, Sr & Ultra Poomsae*
2. *Cadet, Junior & Sr. Sparring black belts*

COMPETITION EQUIPMENT

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.



White V-Neck
Color Belts



Poom V-Neck
Black Belts U14



Black V-Neck
Black Belts

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.

DAEDO PSS & PROTECTIVE EQUIPMENT



GEN 2

DAEDO SOCKS - REQUIRED FOR ALL (you may use Gen 1 or Gen 2 Electronic socks)



GEN 1



GEN 2



CUTA Sponsor Truescore/Daedo will be at event selling socks. To purchase socks before event, visit <http://bit.ly/3aTqDQl>.

Call us at 510-556-5516 (1) or email us at karina@truescore.com

FOREARM GUARDS - REQUIRED



SHIN GUARDS - REQUIRED



HAND GLOVES - REQUIRED FOR ALL BLACK BELTS Worldclass and Grassroots COMPETITORS



HEADGEARS - REQUIRED FOR ALL COMPETITORS

You must bring your own helmet. White, Red or Blue helmet. If blue or red must match your hogu color. We will be using Truescore Overlays.



MOUTHGUARD - REQUIRED (White or Clear Only) (If you have braces you must cover completely top and bottom)



FEMALE & MALE PROTECTORS - REQUIRED



#CUTA and #2022CUTAGames as you prepare for the CUTA. We'll see you in San Jose!
Thank you!