



2024 ROCKY MOUNTAIN STATE GAMES

SATURDAY JULY 20th

U.S. Taekwondo Center students will have the opportunity to challenge themselves in a safe and controlled environment. Students can participate in a variety of Taekwondo events. All students will be divided into categories based on age, weight, and ability at the USTC's discretion.

1st, 2nd, and 3rd place participants will be awarded medals!

USTC Student Participant Events:

BASIC COURSE (BC)

1. Individual Creative Breaking
Using Board Breaking techniques learned in class

BLACK BELT CLUB (BBC)

1. Individual Traditional Forms
2. Team Traditional Forms
3. Individual Creative Forms
Without Weapons
4. Team Creative Forms
Without Weapons
5. Individual Creative Breaking
6. Individual Jumping High Kick
7. Individual Power Breaking
(Back Kick, Side Kick, Knife Hand)
8. Individual Spinning Hook Kick
9. Demo Team Competition
10. Daedo Sparring (Electronic Hogu)
11. Traditional Sparring

Leadership & Above

1. Individual Traditional Forms
2. Individual Sport Poomsae
3. Team Traditional Forms
4. Individual Creative Forms
With or Without Weapons
5. Team Creative Forms
With or Without Weapons
6. Individual Creative Breaking
7. Individual Jumping High Kick
8. Individual Power Breaking
(Back Kick, Side Kick, Knife Hand)
9. Individual Spinning Hook Kick
10. Demo Team Competition
11. Daedo Sparring (Electronic Hogu)
12. Traditional Sparring

COST:

EARLY BIRD REGISTRATION: ENDS WEDNESDAY, JUNE 19, 2024 @ 11:59 PM
\$80 Registration Fee for the 1st event & \$15 for each additional event.

REGULAR REGISTRATION: ENDS WEDNESDAY, JULY 17, 2024 @ 12:00 PM
\$90 Registration Fee for the 1st Event & \$20 for each additional event.

***ONLINE REGISTRATION ONLY:** No cash payments or Dojang Dollars are accepted. Payment by credit/debit card and checking/savings account can be made online.

***All Board Breaking events will incur an additional flat fee of \$10 per board breaking event.**

***If you register for more than 5 events the 6th event and beyond will be at the 1st event rate.**

***There will be a processing fee of \$7.00 applied to each registration**

SPECTATORS

| | <u>Advance</u> | <u>At the Door</u> |
|--------------------|----------------|--------------------|
| Children 3 & Under | FREE | FREE |
| Children 4-12 | \$5 | \$7 |
| Adults 13 & Up | \$7 | \$10 |

NO REFUNDS

Friday, July 19th & Saturday, July 20th ALL DOJANGS, CLOSED-NO CLASSES

ONLINE REGISTRATION WILL CLOSE ON
WEDNESDAY, JULY 17th @ 12:00 PM (NOON)

ABSOLUTELY NO REGISTRATIONS WILL BE ACCEPTED AFTER THIS DATE!

Register at www.familyblackbelt.com – You will need the following information:

*Student Name *Phone Number *Belt Rank (Geup) *Location *Program
*Birthdate *Gender *Height *Weight *Events *PICTURE

A weight scale and height chart are available at the front desk.

Rocky Mountain State Games Schedule of Events (as of 4/19/2024).
Schedule is subject to change after the close of registration

| | |
|--------------------|--|
| When: | Friday, July 19th, 2024 -- All Locations - No Regular Classes |
| Where: | SoccerHaus – 4845 List Dr., Colorado Springs, CO |
| 9:00 – 12:00 PM | Load trailer at Stetson Hills Dojang. Volunteers needed. Sign up at www.familyblackbelt.com |
| 1:00 --5:00 PM | Setup at Soccerhaus-- Volunteers Needed. Sign up at www.familyblackbelt.com |
| 5:15 – 7:45 PM | Referee and scorekeeper training. Attire: Dobok |
| 6:30 – 7:30 PM | Early Participant Badge pick up. All sparring athletes are highly encouraged to check-in Friday night. Weigh in for DAEDO Sparring only. Traditional sparring does not require weigh-in. |
| 7:30 – 8:30 PM | Dinner for referees, organizing committee, and volunteers. Final setup |
| When: | Saturday, July 20th, 2024 -- All Locations - No Regular Classes |
| Where: | SoccerHaus – 4845 List Dr., Colorado Springs, CO |
| 7:00 AM | All staff, committee chairs, and volunteers arrive |
| 7:10 – 7:20 AM | All Organizing Committee meeting |
| 7:15 AM | Referee photo -- meet at the head table |
| 7:30 AM | Demo Teams report to the holding area |
| 7:30 AM – 12:30 PM | Doors open & Participant badge pick up for all events |
| 7:30 AM | All Sparring participants report to the holding area |
| 8:00 – 9:00 AM | Demo Team competition |
| 8:00 – 10:00 AM | Individual Traditional Sparring and DAEDO Sparring |
| 10:00 – 12:00 PM | Individual Traditional Forms, Individual Sport Poomsae, Individual Power Breaking Skipping Side Kick, Individual Power Breaking Turning Back Kick, Individual Power Breaking Downward Knife-hand, Individual Spinning Hook Kick, Team Traditional Forms, Pairs Traditional Forms |
| 12:00 – 1:00 PM | Lunch Break. Food available for purchase at Soccerhaus |
| 1:00 – 1:45 PM | Opening Ceremonies, Parade of Athletes, Demonstration by USTC National Demonstration Team |
| 1:45 – 2:00 PM | Transition and mat setup |
| 2:00 – 4:30 PM | Individual Sport Poomsae (continued), Team Traditional Forms (continued), Pairs Traditional Forms (continued), Team Creative Forms with Weapons, Individual Creative Forms with Weapons, Team Creative Forms withOUT Weapons, Individual Creative Forms withOUT Weapons, Individual Creative Breaking, Individual Jumping High Kick, Individual Traditional forms (PARA), Individual Creative Breaking (PARA) |
| 6:30 – 7:30 PM | Breakdown, Cleanup, and Loading Trailer |
| 7:30 – 8:30 pm | Dinner for referees and organizing committee |
| When: | Sunday, July 21st, 2024 |
| Where: | Stetson Hills Dojang – 5799 Stetson Hills Blvd. |
| 9:00 – 11:00 AM | Unload trailer at Stetson Hills Dojang. Volunteers needed. Sign up at www.familyblackbelt.com |

All Times are tentative. A final schedule will be available on competition day pending the final number of participants. Students **DO NOT** have to stay all day. If you choose to leave after checking in, you must be back 15 minutes before your event begins. A no-show is an **AUTOMATIC DISQUALIFICATION**. Please, **DO NOT** drop out of any event as it alters numerous divisions and participants. There are **NO REFUNDS**.

ADDITIONAL IMPORTANT DETAILS

Lunch: Competition will be paused from 12:00 PM – 1:00 PM on Saturday to allow students time for lunch. There will be lunch options available for purchase on the balcony at SoccerHaus. NO outside food or drink are allowed in the SoccerHaus. Refillable water bottles are allowed.

Check-In: All participant badge pickup will be located at SoccerHaus. Spectator tickets may be purchased at the door OR online during registration.

Volunteers: Volunteers are the FOUNDATION of a great event. Volunteers can choose to serve in a 3 hour or 4 hour shift. *Time may not be broken up throughout the day.*

3 Hour Shift: Volunteers will receive a free t-shirt and free admission

4 Hour Shift: Volunteers will receive a free t-shirt, free admission, 1 free additional spectator ticket, free lunch

Training will take place at the Practice Rocky Mountain State Games on Sat 6/8/24 in addition to “on the job” on the day of the event. Tournament ring volunteers must participate in training prior to Sat 7/20/24. No prior training dates will be required. **Volunteers MUST be age 13 or older.** Exceptions made on a case-by-case basis at the discretion of USTC. Please sign up online at **www.familyblackbelt.com**.

Participant Badge: Each participant will be issued an official name badge to wear around the neck. The Participant badge is required for competition. It should be worn at all times. **You will need a photo of yourself (5 megapixels or less head shot) for online registration.**

- a. Spectators may purchase wrist bands for admission into the venue. Fees are listed on page 1.

Holding Area: Participants should watch the TV monitors throughout the venue 30-45 minutes before their event begins. The TV monitors will display the division numbers that should report to the holding area. Once you check-in in the holding area, do NOT leave the holding area. If you are not present when called, it could lead to disqualification with no refund. When called please wait in your ring’s designated area.

Shoes: Shoes are **NOT** allowed for any events without a Doctor’s note stating shoes are required for participation. **Please bring this note with you and show it in the HOLDING AREA.**

T-Shirts: The official 2024 Rocky Mountain State Games t-shirt will be available for pre-order during the registration process. All participant names will be on the back of the shirt. Pre-order shirts are \$20. There will be a *limited supply* of t-shirts available for sale on a first-come, first-served basis the day of the event. The day of price is \$25.

Coaching pass: Only coaches will be allowed on the competition floor. There is a one-time coaching registration fee of \$25. All coaches must complete the code of conduct form online. Failure to comply with the code of conduct will result in immediate revocation of the coaching pass. Coaches may only be on the competition floor when his or her athlete is on the competition floor to perform. If you purchase a coaching pass you do NOT need to purchase a spectator ticket.

Please note: During the competition for Individual Creative Board Breaking (ICB) athletes are encouraged to provide their own holders. You do NOT need a coaching pass to be a holder. However, if you are only a holder – you CANNOT coach the student. If you intend to coach an athlete, you must register for a coach’s pass.

****PLEASE REVIEW ALL RULES CAREFULLY BEFORE PARTICIPATION****
Rules can be found on the USTC website at www.familyblackbelt.com

Traditional Poomsae Information

The GEUP chart is a way to classify each belt level.

The Rocky Mountain State Games rules for TRADITIONAL FORMS (BOTH INDIVIDUAL AND TEAM) are DIFFERENT than the U.S. Open Taekwondo Hanmadang. For the U.S. Open Taekwondo Hanmadang, each participant MUST perform a SPECIFIC form. For the Rocky Mountain State Games, each participant can perform any Kukkiwon poomsae that they **have formally learned in class**. Kyoorogi poomsaes and Palgwes are **not** allowed.

It is **RECOMMENDED**, that higher belt levels such as Bo Dan 2 perform a Higher level Taeguek (6-8) as opposed to Taeguek (1-2).

| U.S. Taekwondo Center BLACK BELT - Leadership and up - Conversion Chart | | |
|--|-------------|---|
| Belt Color | Geup | Eligible Form (poomsae) |
| 4 th Dan and above | N/A | Hansoo, Cheon Kwon, Ji tae, Sipjin, Pyung won, Taebaek, Keumgang, Koryo |
| 3rd Dan/Poom | N/A | Taebaek, Geumgang, Koryo |
| 2nd Dan/Poom | N/A | Geumgang, Koryo |
| 1st Dan/Poom | N/A | Koryo |
| U.S. Taekwondo Center COLOR BELT (GEUP) - Leadership and Black Belt Club - Conversion Chart | | |
| Belt Color | Geup | Eligible Form (poomsae) |
| Black Belt Eligible | 1st | Taeguek 1-8 |
| Bo Dan 2 | 1st | Taeguek 1-8 |
| Bo Dan 1 | 1st | Taeguek 1-8 |
| Red Senior 2 | 2nd | Taeguek 1-8 |
| Red Senior 1 | 2nd | Taeguek 1-7 |
| Red | 3rd | Taeguek 1-6 |
| Brown Senior | 3rd | Taeguek 1-6 |
| Brown | 4th | Taeguek 1-6 |
| Blue | 5th | Taeguek 1-6 |
| Purple | 6th | Taeguek 1-3 |
| Green | 7th | Taeguek 1-3 |
| Orange | 8th | Taeguek 1-3 |
| Yellow | 8th | Taeguek 1-3 |
| U.S. Taekwondo Center COLOR BELT (GEUP) - Basic Course (White uniform) - Conversion Chart | | |
| Belt Color | Geup | Eligible Form (poomsae) |
| Orange | 8th | No Individual Traditional forms option. Only Individual Creative Breaking |
| Yellow | 8th | No Individual Traditional forms option. Only Individual Creative Breaking |
| White | 9th | No Individual Traditional forms option. Only Individual Creative Breaking |