



2026 ROCKY MOUNTAIN STATE GAMES

SATURDAY JULY 25th



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 MONDAY, JUNE 22, 2026 @ 11:59 PM

\$85 Registration Fee for the 1st event & \$15 for each additional event.

REGULAR REGISTRATION: ENDS WEDNESDAY, JULY 22, 2026 @ 12:00 PM (NOON)

\$95 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

	Advance	At the Door
Children 3 & Under	FREE	FREE
Children 4-12	\$6	\$8
Adults 13 & Up	\$8	\$11

NO REFUNDS

Friday, July 24th & Saturday, July 25th ALL DOJANGS, CLOSED-NO CLASSES

ONLINE REGISTRATION WILL CLOSE ON
WEDNESDAY, JULY 22nd @ 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 4/24/2026).
Schedule is subject to change after the close of registration

When:	Friday, July 24th, 2026 -- All Locations - No Regular Classes
Where:	LOCATION – Sand Creek High School 7005 Carefree Circle N. COS, CO 80922
2:00 – 4:00 PM	Load trailer and truck at Stetson Hills Dojang. Volunteers needed. Sign up at www.familyblackbelt.com
4:30 --9:30 PM	Setup at Sand Creek High school-- Volunteers Needed. Sign up at www.familyblackbelt.com
5:30 – 7:45 PM	Referee training. Attire: Dobok
5:30 – 7:45 PM	Scorekeeper, board holder, ring runner training.
6:30 – 7:30 PM	Early Participant Badge pick up. All sparring athletes are highly encouraged to check-in Friday night. There are NO Weigh ins. Traditional sparring does not require weigh-in.
7:45 – 9:30 PM	Dinner for referees and organizing committee. Final setup
8:00 – 8:30 PM	Organizing Committee Meeting
When:	Saturday, July 25th, 2026 -- All Locations - No Regular Classes
Where:	LOCATION – Sand Creek High School 7005 Carefree Circle N. COS, CO 80922
7:00 AM	All staff, committee chairs, and volunteers arrive
7:10 – 7:20 AM	All Organizing Committee meeting
7:20 AM	Referee photo -- meet at the head table
7:30 AM	All Sparring participants and Championship Demo Teams report to the holding area
7:30 AM – 12:30 PM	Doors open & Participant badge pick up for all events
8:00 – 10:00 AM	Championship and Recreational Demo Team competition
8:00 – 10:00 AM	Individual Traditional Sparring
10:00 – 12:00 PM	Individual Traditional Forms, Individual <i>Sport</i> 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 Sand Creek High School
1:00 – 1:45 PM	Opening Ceremonies, Parade of Athletes, Demonstration by USTC Championship Demonstration Team
1:45 – 2:00 PM	Transition and mat setup
2:00 – 6:00 PM	Individual <i>Sport</i> 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)
6:00 – 7:30 PM	Breakdown, Cleanup, and Loading Trailer
7:30 – 8:30 pm	Dinner for referees and organizing committee
When:	Sunday, July 26th, 2026
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**.

DETAILS AND INFORMATION

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 at Sand Creek High School.

Participant badge pickup: All participant badge pickup will be located at Sand Creek High school on Friday 7/24 from 6:30 – 7:30 PM and all day Saturday 7/25. 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

Scorekeeper, Board holding, and ring runner training will take place Friday July 24th from 5:30 – 7:45 PM at Sand Creek High School. All other training will take place “on the job” on the day of the event. **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 2026 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 \$22. 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 \$30. Deadline to pre-order your event t-shirt is Sunday, July 12, 2026.

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