

Taekwondo - Sunshine State

Games

NEW Location and Schedule

**Polk State College Winter Haven Health
Ctr (gym)**

check map for location on website

**999 Avenue H NE, Winter Haven, FL
33881**



Friday, June 16, 2023 – Sunday, June 18, 2023

Friday, June 16, 2023

2:00-8:00 p.m. – On-site Registration, Athlete & Coach Credential Pick-up/Check-in/Weigh-in

Saturday, June 17, 2023

7:30 a.m.: Venue doors open.

7:45 a.m.- 9:30 a.m. Athlete & Coach Credential Pick-up/Check-in/Weigh-in for Saturday events

9:00 a.m. Referee Meeting

9:30 a.m. Coaches Meeting

10:00 a.m. Opening Ceremonies/National Anthem

10:10 a.m. First Divisions called. ALL ATHLETES must be in the venue at this time, as divisions will be called out of order with multiple events running at the same time. (breaking, weapons, poomsae, etc.) All traditional events, including the Family Poomsae Open, Family Poomsae Black Belt Divisions, and the Sunshine Warrior (Para) Divisions, are held on Saturday only.

2:00-6:00 p.m. – On-site Registration for Sunday events, Athlete & Coach Credential Pick-up/Check-in/Weigh-in.

Sunday, June 18, 2023

8:30 a.m. venue doors open

8:45-9:30 a.m. Coach Credential Pickup. NO SUNDAY ONSITE REGISTRATION

9:00 a.m.: Referee Meeting

9:30 a.m.: Coaches Meeting

10:00 a.m.: National Anthem

10:10 a.m.: First Divisions called. WT/USAT Sport Poomsae and World Class Black Belt Sparring ages 12 and up all begin at 10:00 a.m.

SATURDAY EVENTS

Traditional Scoring Competition

Gyoroogi (Sparring):

White Belt

Yellow / Orange Belt

Green Belt

Blue / Purple Belt

Red / Brown Belt

Black Belt – Grass Roots only – as defined herein – and all 11 and under

Black Belts

Goypka (Breaking):

White Belt

Yellow / Orange Belt

Green Belt

Blue / Purple Belt

Red / Brown Belt

Black Belt

Weapons:

White Belt

Yellow / Orange Belt

Green Belt

Blue / Purple Belt

Red / Brown Belt

Black Belt

Power Breaking:

18+ Black Belt Only

Poomsae (Forms) – Traditional (any recognized taekwondo forms):

White Belt

Yellow / Orange Belt

Green Belt

Blue / Purple Belt

Red / Brown Belt

Black Belt / 1st Dan

Black Belt / 2nd Dan

Black Belt / 3rd Dan

Black Belt / 4th Dan & above

Family Poomsae Open Division:

2 to 8 family members compete as a team. At least 1 member must be a color belt and the team may contain black belt family members. Participants will present 1 color belt form of their choice but should have 1 additional form as an option in case of a tie score.

Family Poomsae World Class Division:

2 to 8 family members compete as a team. All members must be a black belt. Participants will present 1 black belt form of their choice but should have 1 additional form as an option in case of a tie score.

Designated Poomsae – Color Belts – WT/USAT Scoring/ Pair & Team only.

14 and under (10-14)

Juniors (15-17)

1st Pair (18-30)

2nd Pair (31 +)

Sunshine Warrior (Para) Divisions **

Gyoroogi (Para Sparring):

White Belt
Yellow / Orange Belt
Green Belt
Blue / Purple Belt
Red / Brown Belt
Black Belt

Goypka (Para Breaking):

White Belt
Yellow / Orange Belt
Green Belt
Blue / Purple Belt
Red / Brown Belt
Black Belt

Para Weapons:

White Belt
Yellow / Orange Belt
Green Belt
Blue / Purple Belt
Red / Brown Belt
Black Belt

Poomsae (Para Forms) – Traditional (any recognized taekwondo forms):

White Belt
Yellow / Orange Belt
Green Belt
Blue / Purple Belt
Red / Brown Belt
Black Belt / 1st Dan & Above

**** The Sunshine Warrior (Para) Divisions** are specifically designed for those athletes who train with physical or mental limitations, such as an amputee or an athlete with MS, Down Syndrome, Asperger Syndrome, etc. The divisions allow them to compete on a more level playing field, which allows consideration for their limitations but encourages their warrior spirit as Tae Kwon Do athletes.

SUNDAY EVENTS

World Class Black Belt Sparring as defined herein.

Male & Female

Cadet (12-14)

Juniors (15-17)

Seniors (18-29) and (30-39)

Ultra (40 and up)

WT/USAT Scoring – Sport Poomsae Competition Black Belts Only
Poomsae (Forms) – All Black Belt 1st-9th Dan

Individual – Male & Female Divisions:

Youth (10-11)
Cadet (12-14)
Juniors (15-17)
1st Senior (18-30)
2nd Senior (31-40)
1st Master (41-50)
2nd Master (51-60)
3rd Master (61+)

Pairs – Co-Ed (should be 1 male & 1 female pair member):

14 and under (10-14)
Juniors (15-17)
1st Pair (18-30)
2nd Pair (31 +)

Team – Male & Female Divisions (should be all male or all female team members):

14 and under (10-14)
Juniors (15-17)
1st Team – Color (18-30)
2nd Team – Color (31 +)

Format

- All color belts with color tips will compete within the division of their belt color (i.e., blue belt with brown tip, entry division will be blue).
- Belt classes are defined as follows: white; yellow & orange; green; purple & blue; brown & red; and black.
- Event Director has the right to change the competitor's weight division and categories as deemed necessary.
- All applicants participating in the WT/USAT Sport Poomsae competition will be required to present the designated poomsae as indicated below for their division and belt.

- Electronic scoring will be used for all divisions.
- Sparring competition will be single elimination for all Color Belts and Black Belts.
- Black Belt sparring competitors 12+ must determine if you will compete in Grass Roots sparring competition (Saturday) or World Class sparring competition (Sunday). You cannot compete in both. Grass Roots will incorporate junior safety rules for all sparring divisions; World Class will be under full head contact adult rules. Grass Roots competitors cannot participate in the Grand Champion Sparring competition set forth below.
- Grand Champion Black Belt Sparring Competition: World Class Male Winners in the 18-29 and 30-39 divisions shall be combined in a single elimination sparring competition. World Class Female Winners in the 18-29 and 30-39 shall be combined in a single elimination sparring competition. All weight classes are combined with seeding being determined by random drawing.
- Grand Champion WT/USAT Sport Poomsae Competition Black Belt: Male and Female winners of the 10-17 age groups will be combined into 1 division and Male and Female winners of the 18 and up age groups will be combined into 1 division. Competitors shall compete presenting 1 form of their choice. Form must be chosen from the competitor's specific age group of allowable poomsae in accordance with USAT poomsae matrix. By example a 10-year-old athlete cannot present Hansu, and a 40-year-old athlete cannot present Taeguk 3.
- World Class 12 and up Black Belt Divisions will use Daedo Electronic chest guards. PARTICIPANTS ARE REQUIRED TO SUPPLY THEIR OWN DAEDO ELECTRONIC FOOT PADS. Either GEN 1- or 2-foot pads are allowed. NO FOOTPADS WILL BE AVAILABLE FOR PURCHASE AT THE EVENT.

Entry Requirements / Fees

- Registration entry fee for Family Poomsae Open Division or Family Poomsae World Class division is \$85.00 for the team (of up to 8 persons). Only 1 team member should register for this event but must include all team member names in the designated team information field. This is a separate registration fee from the other events and cannot be used as/or towards an additional event. (i.e., registration for the Family Poomsae open is \$85 for the group, then if an individual in the Family Poomsae Open division is also competing in individual forms and breaking, that individual will be responsible for those event registration fees as set out herein).

- Pre-registration entry fee is \$50 for the first event and \$10 for each additional event per participant and includes a State Games t-shirt. Pre-registration for Coaches Credential is \$20. Register online at www.sunshinestategames.com by Friday, May 5, 2023.
- Regular registration entry fee is \$60 for the first event and \$10 for each additional event per participant. Late registrants are not guaranteed a t-shirt, so register early! Regular registration for Coaches Credential is \$25. Register online at www.sunshinestategames.com by Friday, May 26, 2023.
- Late entries will be accepted online only at www.sunshinestategames.com by Monday, June 12, 2023. NO refunds. Late registration entry fee is \$70 for the first event and \$10 for each additional event per participant. Late registration for Coaches Credential is \$30. NO refunds.
- On-site late registration is available on Friday, June 16, 2023, from 2:00 pm to 8:00 pm and Saturday June 17, 2023, from 7:30 a.m. to 9:15 a.m. for Saturday events and from 2:00 pm to 6:00 pm for Sunday events. On-site late registration entry fee is \$80 for the first event and \$10 for each additional event per participant. Late registration for Coaches Credential is \$40. NO refunds. Only cash, checks and money orders are accepted at the door. Only special entry forms provided on-site will be accepted for late registration.
- No day of competition registration will be allowed for Sunday events.
- No coaches will be allowed in the competition area without coaching credentials. No parents or spectators will be allowed in the competition area.
- Each applicant must complete an Individual Entry Form and Waiver of Liability and submit them by the entry deadline or register online at www.sunshinestategames.com .
- Applicants should enter their weight, in pounds, in the field labeled "Body Weight".
- Applicants should enter their Taekwondo school name in the field labeled "Club Name".
- Applicants must enter their date of birth and belt ranking.
- Applicants entering the Family Poomsae Open or World Class divisions should designate only 1 team member to complete this registration but must include the names of all team members as indicated in the registration. These events have a separate registration fee.

- Color belt Applicants may enter the following events (sparring, breaking, weapons, standard/traditional forms, family poomsae open division).
- Black Belts may enter the following events (sparring – grass roots or world class (but not both), breaking, power breaking (*), weapons, standard/traditional forms, Family Poomsae Open (with a color belt team member or Family Poomsae World Class division (all black belt members), WT/USAT Sport Poomsae individual, pair, and or team forms). (*) ONLY 18 and above BLACK BELTS may enter the power breaking division.
- The Sunshine Warrior (Para) Divisions are specifically designed for those athletes who train with physical or mental limitations, such as an amputee or an athlete with MS, Down Syndrome, Asperger Syndrome, etc. The divisions allow them to compete on a playing field that allows consideration for their limitations but encourages their warrior spirit as Tae Kwon Do athletes. Please note your specific limitation in the field labeled “Partner Name”.
- Team Poomsae events may consist of 3 male or 3 female athletes competing as a “team”. Pair Poomsae events may consist of 1 male and 1 female athlete competing as a “pair”.
- Family Poomsae Open and World Class Divisions Participants will present 1 form, either a color belt form in the Open Division or a black belt form in the World Class Division. Standard scoring will be applied, (not sport poomsae rules). However, synchronization is one of the criteria that will be considered as part of each team’s score.
- It is the responsibility of the applicant to confirm their registration by visiting www.sunshinestategames.com or calling toll-free 1-866-FL-GAMES (354-2637).
- **Breaking boards must be purchased at the competition venue upon check-in.** The Tournament Director must approve all breaking boards. All breaking competitors must supply their own holders.
- Power Breaking will consist of ONLY 1 station and the participant may utilize any of the following materials: wood, cement, brick, tile, granite. The center referee will make ringside inspection of the breaking materials. The participants will be REQUIRED to provide all cement, brick, tile, and granite.

- ** Tournament Director may grant a waiver to the weigh-in day requirement on a case-by-case basis and at his sole discretion.

REFUND POLICY

- **Refunds will be available 14 days prior to the start of 2023 Sunshine State Games event. Athletes have a 30-day window from the completion of the event to submit requests in writing for review. An administrative fee of \$15 may apply to each refund request.**

Sport Rules

- This tournament will be conducted in accordance to modified World Taekwondo Federation and USA Taekwondo rules for competition.
- All USA Taekwondo Junior Safety Rules apply. 11 and under color belt divisions and 7 and under black belt divisions may not kick the head. 8-9 and 10-11 black belts are allowed head contact under Junior Safety Rules (light head contact). 12 and up color belts will be allowed head contact under Junior Safety rules.
- 12 -14 Black Belt Cadet – must identify at the time of registration if they are sparring under Grassroots (Junior Safety rules) held on Saturday, or under World Class (adult rules), held on Sunday. Only 12-14 World Class competitors are eligible for entry into the Scholarship lottery.
- No headshots will be allowed for any Sunshine Warrior (Para) Sparring Divisions.
- For divisions allowing full head contact, the WT/USAT scoring criteria will be used: 3 points for head contact; additional 2 points for spinning technique to the head; 4 points for turning/spinning kick to the body; 2 points for kick to the body and 1 point for all other legal scoring actions.
- For sparring competition, World Taekwondo / Olympic style only.
- For Standard/Traditional Forms competition, any recognized Korean form is acceptable. For WT/USAT Sport Poomsae forms, please see designated poomsae listed below and it will follow a modified cut-off method for competition 12 or less final round; 13 + preliminary and final rounds.
- Competitors must provide headgear (White or Blue & Red), chest protectors (Blue or Red), forearm protectors, shin and instep protectors, mouth guards and protective cups (for both male and female competitors), WT approved hand protectors are optional. Uniforms should be white V-neck style for color belts and V-neck black collar for all Black Belts. All 12 and older Black Belt Divisions will use the Daedo

Electronic chest protectors. These items will be provided at tournament. You must supply you own Daedo electronic footpads (Either Gen 1 or 2 footpads are allowed). If you do not have the scoring footpads, you may purchase them at <http://daedotruescore.corecommerce.com/Electronic-Sparring-Gear/E-Foot-Gear-p21.html>

Designated Poomsae (Forms) – Black Belt Divisions 1st – 9th Dan – WT/USAT Scoring

Divisions	Preliminary	Final
<i>Individual – Male & Female Divisions:</i>		
Youth (10 – 11 years)	Taegeuk 6	Taegeuk 4, Taegeuk 7
Cadet (12 – 14 years)	Taegeuk 5	Taegeuk 7, Taegeuk 8
Junior (15 – 17 years)	Taegeuk 6	Taegeuk 8, Koryo
1st Senior (18 – 30 years)	Keumgang	Taegeuk 7, Pyongwon
2nd Senior (31 – 40 years)	Taegeuk 8	Koryo, Taebaek
1st Master (41 – 50 years)	Taebaek	Keumgang, Shipjin
2nd Master (51 – 60 years)	Koryo	Pyongwon, Shipjin
3rd Master (61+ years)	Hansu	Keumgang, Jitae

Pairs – Co-Ed:

14 and under (10 – 14 years)	Taegeuk 8	Taegeuk 4, Koryo
Juniors (15-17)	Taegeuk 6	Taegeuk 8, Keumgang
1st Pair (18 – 30 years)	Taegeuk 7	Koryo, Keumgang
2nd Pair (31 + years)	Keumgang	Taebaek, Shipjin

Team – Male & Female Divisions:

14 and under (10 – 14 years)	Taegeuk 8	Taegeuk 4, Koryo
Juniors (15-17)	Taegeuk 6	Taegeuk 8, Keumgang
1st Pair (18 – 30 years)	Taegeuk 7	Koryo, Keumgang
2nd Pair (31 + years)	Keumgang	Taebaek, Shipjin

Designated Poomsae – Color Belts – WT/USAT Scoring

Divisions	Preliminary	Final
<i>Pair & Team Only – All Divisions:</i>		
Yellow	Taegeuk 2	Taegeuk 1
Green	Taegeuk 2	Taegeuk 3 & 4
Blue	Taegeuk 6	Taegeuk 4 & 5
Red	Taegeuk 8	Taegeuk 6 & 7

**Color belts competing as pairs or teams may combine belt colors within their team, however, the pair or team will be required to perform based upon the highest belt rank within their pair or team according to this chart.

Awards

- Gold, Silver, and Bronze medals will be awarded to the top three finishers in each event. Two Bronze medals will be awarded in sparring and WT/USAT Poomsae divisions.
- 1st, 2nd, and two 3rd place trophies will be awarded to the Family Poomsae Open Division and the Family Poomsae World Class Division.
- A team trophy will be awarded to the top Taekwondo School, with the largest number of participants. In case of a tie, the tie-break will be based upon the number of 1st place finishes by each school. Please be sure to indicate your TKD school name when completing your registration form.
- Scholarship awards for black belt sparring and sport poomsae ONLY. Minimum 3 competitors per group as outlined. Listed amounts are minimums award amounts:
 - Cadet (12-14) and Juniors (15-17) – male and female winners of each weight class will receive a scholarship lottery ticket. At conclusion of all matches, 1 winning ticket for a male competitor and 1 winning ticket for a female competitor from the Cadet division, 1 winning ticket for a male competitor and 1 winning ticket for a female competitor from the Juniors division will be drawn to receive a \$200 training scholarship to be used towards 2023 National competitions or the 2024 State Championships.
 - Adult Males (18-39) – winners from each weight class combine to compete for the \$500 Grand Champion scholarship.
 - Adult Women (18-39) – winners from each weight class combine to compete for \$200 Grand Champion scholarship.
 - Senior (40+) – male and female winners of each weight class will receive a tournament lottery ticket. At conclusion of all matches, the winner will be drawn to receive the \$200 scholarship.
 - Male and Female winners from the WT/USAT Sport Poomsae Junior (10-17) Divisions and Senior (18 and up) Divisions shall compete in the Grand Champion Black Belt Poomsae Challenge – athletes will present 1 form (as set forth above), highest overall score in these two divisions receives the \$200 training scholarship to be used towards 2023 National competitions or the 2024 State Championship.

Age & Weight Classes

Note: We are utilizing the date of December 31 of the given year (December 31, 2023) to determine the age of all competitors. Example: If an athlete turns 14 on October 26, 2023, they will compete as a 14-year-old in the 2023 Sunshine State Games Taekwondo Championship, even though they are 13 years old at the time of this event.

Poomsae (Forms – Standard/Traditional) / Goypka (Breaking – Standard)

- Junior Age Divisions: 5 & Under, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17
- Men/Women Age Divisions: 18-29, 30-39, 40-49, and 50+.

Family Poomsae Open and Black Belt Divisions. No age criteria, minimum of 2 team members with a maximum of 8 team members competing as a team. Open division must contain at least 1 color belt member; however, black belts can be part of this team. Black Belt division must consist of all black belt members.

Goypka – Power Breaking – Black Belt only

- Men/Women Age Divisions: 18-29, 30-39, 40-49, and 50+

Gyoroogi (Sparring)

- Color belt Junior Age Divisions: 5 & Under, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17
- Black belt Junior Age Divisions (Grass Roots): 5 & Under, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17
- Black belt Junior Age Divisions (World Class): 5 & Under, 6-7, 8-9, 10-11, 12-14, 15-17
- Men/Women Age Divisions (Grass Roots and World Class): 18-29, 30-39, 40-49, and 50+

** Except for 15-17, 18-29 and 30-39 years old Black Belt sparring divisions, all weight divisions (Standard Forms, Standard Breaking & Sparring) will be classified as Light, Middle, or Heavy. Additional sparring weight divisions may be added at the time of competition based upon number and weight of the competitors in a specific sparring division. However, this modification is at the sole discretion of the Event Director. There are no weight divisions for WT/USAT Poomsae and no weight divisions for Power Breaking or Weapons.

15-17 years old Black Belts – Sparring (Grass Root & World Class)

<u>Classification</u>	<u>Male</u>	<u>Female</u>
Fly	Under 105.8 lbs.	Under 97.0 lbs.
Feather	105.9-121.2 lbs.	97.1 – 108.0 lbs.
Welter	121.3-138.9 lbs.	108.1 – 121.2 lbs.
Middle	139.0 – 160.9 lbs.	121.3 – 138.9 lbs.
Heavy	Over 170.0 lbs.	Over 139.0 lbs.

18-29 & 30-39 years old Black Belts – Sparring (Grass Root & World Class)

<u>Classification</u>	<u>Male</u>	<u>Female</u>
Fly	Under 127.9 lbs.	Under 108.0 lbs.
Feather	128.0 – 149.9 lbs.	108.1 – 125.7 lbs.
Welter	150.0 – 176.4 lbs.	125.8 – 147.7 lbs.
Heavy	Over 176.5 lbs.	Over 147.8 lbs.

Hotel Information:

[Click here](#) for hotel information for the Taekwondo event.

Registration

[Click here](#) to register for the 2023 SSG Taekwondo Championships.

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