

Competitor Checklist

Paperwork (primarily for State, National and International events):



Copies of ALL Registration paperwork:

- Competitor Entry Form and Waiver
- Eligibility Certificate
- Cashier's Check or Money Order Receipt
- USTU or AAU Membership Card
- WTF Black Belt Card (if applicable)
- Proof of Citizenship
- Proof of Age (if applicable)
- Proof of Delivery (see below).

[Registration paperwork should be sent to any Tournament Organizer by way of "secure" mail (U.S. Postal Service, Federal Express, United Parcel Service, etc.). Federal Express and United Parcel Service provide web based printing of the "proof of delivery".]

For those under eighteen traveling without Parents or Guardians – Signed Waiver for Medical Treatment and / or Insurance Card (to be used by Coach or Team Manager).

Hotel Reservation and / or Confirmation Number (Hotel Phone Number)

Equipment:

- Two V-Neck White Collar (Black if applicable) Doboks (Uniform) with appropriate markings (Country if International competition, State if National competition, School if Local competition)
- Belt
- Warm-Up Suit or other "Team" Jacket (if applicable)
- Two Mouthpieces
- Hogu (Chest Protector) – two if applicable)
- Headgear
- Shin Pads, Instep Pads, or Shin / Instep Combination
- Forearm Guards
- Groin Cup (primarily for Males) – must be worn inside Dobok
- Kicking Target (Focus Paddle)

Additional Equipment:

- Extra Contact Lenses (if applicable)
- Pre-Wrap and Athletic Tape
- Spray Ice and / or Breakable Ice Packs
- Band Aids
- Antiseptic Cream (Neosporin, etc.)
- Ibuprofen or Motrin
- Finger / Toenail Clippers (make sure your nails are clipped prior to competition)
- Towel
- Prescription Medicine (if required)
- Cash (for water, snacks, and food – see below)

Notes:

Most of the above should fit in a standard Taekwondo "equipment bag". Medical or other non-essential items can be packed separately in a suitcase. If you are traveling by air, TAKE YOUR BAG ON THE PLANE.

(While you may be able to purchase new and / or replacement equipment at the Tournament, the cost will be outrageous, and there is no certainty that they will have your size in stock.)

Once at the Tournament, purchase plastic bottles of Water and / or Gatorade to have during and after your fight(s). Also, you may want to purchase fruit and / or snacks (that provide quick energy and are nutritious – Power Bar, etc.).

At the Tournament:

Allow sufficient time for Competitor "check-in" (pick up paperwork, Badge, etc. and weigh-in), and arrive (at the Competition Venue) early the day of competition.

Make sure you have your BADGE the day of competition.



Coach Checklist

Paperwork (primarily for State, National and International events):

Copies of ALL [Competitor] Registration paperwork

- Competitor Entry Form
- Waiver
- Eligibility Certificate
- Cashier's Check or Money Order Receipt, USTU or AAU Membership Card
- WTF Black Belt Card
- Proof of Citizenship
- Proof of Age
- Proof of Delivery

Copies of ALL [Coach] Registration paperwork

- Coach Entry Form
- Waiver
- Cashier's Check or Money Order Receipt
- USTU or AAU Membership Card
- WTF Black Belt Card (if applicable)
- Credentials (Certification of Seminar Completion, etc.)
- Proof of Citizenship
- Proof of Delivery

(Registration paperwork should be sent to any Tournament Organizer by way of "secure" mail (U.S. Postal Service, Federal Express, United Parcel Service, etc.). Federal Express and United Parcel Service provide web based printing.)

- "Proof of delivery".

For Competitors under eighteen traveling without Parents or Guardians

- Signed Waiver for Medical Treatment and / or Insurance Card.
- Hotel Reservation and / or Confirmation Number (and phone number)

Equipment and Supplies:

- | | |
|---|---|
| <input type="checkbox"/> Warm-Up Suit or other "Team" Jacket | <input type="checkbox"/> Spare Mouthpieces (in various sizes) |
| <input type="checkbox"/> Kicking Target (Focus Paddle) | <input type="checkbox"/> Pre-Wrap and Athletic Tape |
| <input type="checkbox"/> Spray Ice and / or Breakable Ice Packs | <input type="checkbox"/> Band Aids |
| <input type="checkbox"/> Antiseptic Cream (Neosporin, etc.) | <input type="checkbox"/> Ibuprofen or Motrin |
| <input type="checkbox"/> Finger / Toenail Clippers | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Stopwatch | <input type="checkbox"/> Paper and Pencil |
| <input type="checkbox"/> USTU or AAU Rule Book | <input type="checkbox"/> Required Credentials |
| <input type="checkbox"/> Water | <input type="checkbox"/> Cash (for water, snacks, and food) |
| <input type="checkbox"/> Cash (for Protest Fees) | |

Notes:

Once at the Tournament, purchase

- Plastic bottles of Water and / or Gatorade for Competitors to have during and after their fight(s). Also, you may want to
- Purchase fruit and / or snacks (that provide quick energy and are nutritious – Power Bar, etc.).

At the Tournament:

Allow sufficient time for Coach "check-in"

- Pick up paperwork, Badge, etc. and weigh-in) and required Seminars. Arrive (at the Competition Venue) early during the competition. Make sure you have your
- BADGE the day of competition.

Parent Checklist

Paperwork (primarily for National and International events):



[Applicable only if not in Competitor's possession]
Copies of ALL Registration paperwork – including:

- Competitor Entry Form,
- Waiver,
- Eligibility Certificate,
- Cashier's Check or Money Order Receipt,
- USTU or AAU Membership Card,
- WTF Black Belt Card (if applicable),
- Proof of Citizenship,
- Proof of Age, and Proof of Delivery

[Registration paperwork should be sent to any Tournament Organizer by way of "secure" mail (U.S. Postal Service, Federal Express, United Parcel Service, etc.). Federal Express and United Parcel Service provide web based printing of the "proof of delivery".]

- Hotel Reservation and / or Confirmation Number, phone number Insurance Card

Equipment and Supplies: [Applicable only if not in Competitor's possession]

- Kicking Target (Focus Paddle)
- Pre-Wrap and Athletic Tape
- Spray Ice and / or Breakable Ice Packs
- Band Aids
- Antiseptic Cream (Neosporin, etc.)
- Ibuprofen or Motrin
- Finger / Toenail Clippers
- Towel
- Cash (for water, snacks, and food – see below)
- Cash (for Entrance Fees – YES Tournaments charge Entrance Fees from \$5 to \$15)
- Ice Chest (if bringing water, snacks, and food)

Notes:

Once at the Tournament, purchase plastic bottles of Water and / or Gatorade for Competitors to have during and after their fight(s). Also, you may want to purchase Fruit and / or snacks (that provide quick energy and are nutritious – Power Bar, etc.).

At the Tournament:

Allow sufficient time for Late Registration and / or Competitor "check-in" (pick up Paperwork, Badge, etc. and weigh-in), and arrive (at the Competition Venue) early during the competition.

Make sure you have your

- SPECTATORS PASS the day of competition.