

National Collegiate Taekwondo Association



**2026 NCTA Sparring and Poomsae Team Trials
April 3rd, 2026**

Fresno Convention Center
700 M Street
Fresno, CA 93721

Information Packet

**PLEASE READ THIS DOCUMENT CAREFULLY. REGISTRATION
PROCESSES AND COMPETITION PROCEDURES HAVE CHANGED.**

INTRODUCTION

NCTA is pleased to announce that the team trials to represent USA at the 2026 FISU America Games (collegiate Pan American multi-sport Games) will be held on Friday, April 3 in Fresno, CA at the Fresno Convention Center. The 2026 FISU America Games will be held July 20 to August 1, 2026, in Lima, Peru, with taekwondo events taking place July 23-26 (the taekwondo team for USA would likely arrive one to two days earlier and depart on July 27).

The cost for the FISU America Games trip for each athlete is approximately \$2,000 plus airfare (exact amount may vary slightly). This fee includes housing into the Games athlete village, 3 meals per day, credentialling, local transportation, USA Delegation Team apparel and USA competition uniform. The NCTA will provide a minimum of \$500 per athlete of support for first place finishers only; however no funding beyond that should be assumed and athletes should be prepared to pay for the remaining cost of the event.

The event will be held in conjunction with the California Unified Taekwondo Association (CUTA) state championships, but will have its own separate registration. Daedo Gen 3 PSS and Helmet will be used. Competitors will be expected to have Daedo Gen 3 socks and gloves similar to the 2026 US Open and the 2026 CUTA California State Championships. For more information about purchasing gloves and socks, please consult the [Truescore](#) and [TKDScore](#) websites.

For general questions and concerns, please email: ncta.contact@gmail.com. For questions or concerns regarding eligibility, please email: NCTAeligibility@gmail.com.

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National Collegiate Taekwondo Association
(<http://ncta-usa.com/>)



Dan Chuang, *NCTA President*
Tara Sarathi, *Tournament Committee Chair*
Jaime Schulte, *Referee Chair*
Heidi Hatfield, *Eligibility Chair*

VENUE

Fresno Convention Center

CALIFORNIA UNIFIED TAEKWONDO ASSOCIATION



700 M Street
Fresno, CA 93721

SANCTIONED BY



USA Taekwondo (<https://www.teamusa.org/USA-Taekwondo>)
No USATKD Ranking Points

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SCHEDULE OF EVENTS

Below is a schedule of events for the weekend.

Times of day and locations for each event can be viewed at the championships page:

<https://ncta-usa.com/wordpress/2026-ncta-team-trials/>

Thursday, April 2, 2026

4-8 pm

Registration (Coaches and Pending Athletes)

Weigh-ins for Sparring Team Trials

Friday, April 3rd , 2026

9am

Sparring and Poomsae Team Trials Competition Begins

COMPETITOR ELIGIBILITY

- Competitors in the Collegiate Team Trials Divisions must be born in the years 2001 through 2008.
- Athletes (undergraduate or graduate) who graduated from college in either 2025, or 2026, or who are half-time status or more between Jan. 13 and April 2nd, 2026, will be eligible.
- Athletes **must be US citizens**.
- All black belt competitors in the Collegiate Team Trials Divisions must show proof of United States citizenship. **Color scans or clear photos** of one of the following acceptable forms should be uploaded to your Sport80 profile:
 - an unexpired U.S. passport;
 - a birth certificate; or
 - U.S. naturalization papers.

All collegiate athletes MUST do one of the following to verify collegiate eligibility of half-time status or greater by March 20, 2026:

- Use parchment.com to send an official transcript and use the address nctaeligibility@gmail.com at the bottom of the form on that page, OR
- Check your school website for the option to have them send a transcript or proof of graduation directly to nctaeligibility@gmail.com, OR
- Email a clear photo or scan of the 2026 NCTA Collegiate [Team Trials Eligibility Form](#), signed by your college registrar, to nctaeligibility@gmail.com by March 20, 2026.

Failure to complete this step will result in an athlete not being allowed to compete. Please email nctaeligibility@gmail.com with any problems or concerns.

REGISTRATION AND FEES

The Collegiate Team Trials are sanctioned by USA Taekwondo. All athletes and coaches must be USATKD Members.

All athletes must BOTH register for the event through the [USATKD Sport 80 website](#) by Thursday, March 26th at 23:59 MT

All competitors and coaches must pay for their registration fees before registration closes at the end of the day on Thursday, March 26th, 2026 at 23:59 MT through both the NCTA Registration Form and Sport80.

There will be no at-the-door registration for either athletes or coaches.

Athlete Registration Fees

- Registration fee for 1 event: \$129

Weight changes

- On-site weight class changes will be allowed but a fee of \$50 will be assessed. The athlete must declare the weight change before any official weigh-in attempt.

Coaches Registration Fees

- \$80

Note: Each coach is required to be a member of USATKD, to take and clear the USATKD background check every two years, to view the USOC Safe Sport video, and to have an Associate Coach (AC) certification, at a minimum. Coaches may obtain the AC certification by passing the Associate Coach Quiz within the Sport80 system at least 3 business days prior to the registration deadline. For further information, please visit <https://www.usatkd.org/v2-coaching/coach-education-program>

Note: Coaches must complete the SafeSport Course and a background check through your Sport80 membership before registering to coach at any USATKD sanctioned event. **Please note that the background check can take up to 2 weeks to process, so please start this process early!**

Note: Adult athletes must complete the SafeSport Course as well.

ATHLETE REGISTRATION CHECKLIST

Your registration will not be considered complete until you have done the following:

- **Register and pay for the event on the [USATKD Sport 80 website](#) by Thursday, March 26th at 23:59 MT.**
 - [A video guide to registering for an event on Sport80 can be found here.](#)
 - **Please be sure to add your color of belt in your profile** or you will not be able to register for events.
 - Upload proof of black belt certification to USATKD Sport 80 (if not already done). **Color copies** of the below are acceptable:
 - an unexpired U.S. passport;
 - a birth certificate; or
 - U.S. naturalization papers.
- **Complete the SafeSport Course** (directions can be found on the Sport80 website).
- Verify half-time student status or your graduation year by doing **one of the following by March 20th:**
 - Use [parchment.com](#) to send an official transcript and use the address nctaeligibility@gmail.com at the bottom of the form on that page, **OR**
 - Check your school website for the option to have them send a transcript or proof of graduation directly to nctaeligibility@gmail.com, **OR**
 - Send the completed [2026 NCTA Team Trials Eligibility Form](#), signed by your college registrar, and email a clear photo or scan by **March 20, 2026** to nctaeligibility@gmail.com

COACH REGISTRATION CHECKLIST

- Register and pay for the event on the [USATKD Sport 80 website](#) by **Thursday, March 26th** at 23:59 MT
- All Coaches are required to
 - Be a member of USATKD
 - Take and clear the USATKD background check every two years
 - Complete the SafeSport video training every year
 - Have, at minimum, an AC certification

All coaches ARE REQUIRED to hold at minimum an Associate Coach (AC) Certification within the USA Taekwondo CIDP program, be a current member, complete the Center for SafeSport training (every year), and taken and cleared the USATKD background check (every 2 years). **Please note that the background check can take up to 2 weeks to process, so please start this process early!**

Coaches may obtain the AC certification by passing the Associate Coach Quiz. The AC Coach Quiz should be completed at least 5 business days prior to the registration deadline to allow for grading. Coaches will also be required to view the Center for SafeSport Training Video. The SafeSport video, background check and Associate Coach Certification must be completed before a coach can register for an event.

More information can be found at: <https://www.usatkd.org/usatkd-university-coach-courses>

SPARRING COMPETITION RULES

The 2026 NCTA Sparring Team Trials will follow the current USATKD rules. All uniforms and gear must follow standard USATKD rules.

All rules, divisions, and requirements are subject to change at the discretion of the supervisory committee.

COMPETITION FORMAT

- Best of three (3) rounds of 2 minutes, 1 minute rest between rounds
- Full Contact Rules

The format will be single-elimination for divisions of five (5) or more entrants and double elimination for divisions of four (4) or fewer entrants. The finalists (top two) be considered the 2026 winners and will serve as the 2026 FISU America Games Taekwondo team nominees. The entrant in third place will be considered the alternate should one of the winners not be able to serve as a 2026 FISU America Games team member.

There will have to be a fight off for third place in the single elimination divisions to determine the full rankings for the top four in those divisions.

If neither of the top two finishers from the sparring fight off is able to serve on the 2026 FISU America team, then it will be at the discretion of a selection committee whether or not an entrant for said division will be included on the US team competing at the 2026 FISU America Games. The committee will consist of: the NCTA President, a sparring athlete representative, and a sparring coaching representative.

More information on the selection procedures [can be found on the NCTA website](#). The information found in the selection procedure supersedes any information found in this packet.

COMPETITOR REQUIREMENTS

Uniform Requirements.:

- Sparring competitors are required to have a standard white, V-neck taekwondo uniform in good condition
 - Black belt uniforms must have a black collar

Equipment Requirements. Competitors are required to have:

- USATKD-approved open-finger gloves are mandatory.
- USATKD-approved shin protectors and forearm guards. Forearm guards with hand protectors attached are not allowed.
- Groin protection (required for both male and female sparring competitors) worn under uniform
- A mouth guard. Mouth guards may be any color but red, although exceptions are allowed if the competitor has a doctor's note, which must be presented during inspection.

2026 NCTA Sparring and Poomsae Team Trials

- Daedo PSS will be used. Athletes will need to provide their own Gen 3 Daedo electronic socks and gloves.
- Taping. All taping must be signed off on the taping itself by medical staff.

COACH REQUIREMENTS

A dress code for coaches will be in effect. A list of prohibited articles includes, but is not limited to, hats/visors, slippers/flip flops, jeans, shorts, leggings, and sweatpants. Cell phones and communication devices are also prohibited while in the coach's chair.

SPARRING DIVISIONS

The weight divisions are as follows. Divisions may be combined at the tournament supervisory committee's discretion.

COLLEGIATE BLACK BELTS

	Male	Female
Fin	Below 54 kg	Below 46 kg
Fly	54.1-58 kg	46.1-49 kg
Bantam	58.1-63 kg	49.1-53 kg
Feather	63.1-68 kg	53.1-57 kg
Light	68.1-74 kg	57.1-62 kg
Welter	74.1-80 kg	62.1-67 kg
Middle	80.1-87 kg	67.1-73 kg
Heavy	Over 87 kg	Over 73 kg

POOMSAE COMPETITION RULES

The following nominees will be selected at team trials, by division:

- Individual Male Recognized Poomsae (2 males)
- Individual Female Recognized Poomsae (2 females)
- Individual Male Freestyle Poomsae (2 males)
- Individual Female Freestyle Poomsae (2 females)
- Freestyle Mixed Pair (1 male, 1 female)
- Five-person Mixed Freestyle Team (male and female)

The freestyle team must include at least 2 male and 2 female competitors and may include one alternate.

The recognized poomsae divisions will progress via a cut-off system through a preliminary elimination round, semifinal elimination round, and final round. Two recognized poomsae will be performed in the preliminary, semifinal, and final rounds. Poomsae will be determined by a random draw and announced two days before the competition date. Recognized poomsae divisions with twenty (20) or more entrants will start in the preliminary round; divisions with between nine (9) and nineteen (19) entrants will start in the semifinal round; and divisions with eight (8) or fewer entrants will begin in the final round. The top 50% of entrants, rounded up, will advance from the preliminary to the semifinal elimination round. The top 8 entrants for the semifinal round will compete in the final round. Seeding for recognized poomsae divisions will be random in the initial round. Subsequent rounds will be contested in reverse rank order, i.e. the first place finisher from the previous round will go last.

The freestyle poomsae divisions will compete in a single cut-off round regardless of the number of entrants.

The top two places for individual divisions and the top mixed pair and freestyle team (the “winners”) will serve as the 2026 FISU America Games Taekwondo team nominees. The entrants in third place in the individual divisions will be considered alternates for their respective divisions should one of the winners not be able to serve as the 2026 FISU America Games team member. For the freestyle mixed pair and freestyle team divisions, the entrants in second place will be considered the alternate pair/team should the winning pair/team not be able to serve as the 2026 FISU America Games team member.

Freestyle mixed team competition will follow [current USATKD rules](#), which includes board breaking.

Please note that athletes will only be allowed to compete in two poomsae divisions at the 2026 FISU America Games, as per the Games technical guidelines. Athletes who compete and win more than two poomsae divisions at the 2026 U.S. Collegiate Team Trials for poomsae will be required to drop additional divisions won, opening those spots to the alternate(s). After any divisions are dropped by nominees who won more than two divisions and the roster is finalized, nominees will become team members.

Any change in the composition of a pair or team (including freestyle team alternates) will result in that pair or team being considered a new pair or team for the purposes of replacement of athletes. For example, the removal or replacement of an athlete from a pair or team for voluntary reasons or medical reasons or withdrawal reasons will result in that pair or team being considered a new pair or team that would no longer have the rights of the previous pair or team with regard to national team status.

More information on the selection procedures [can be found on the NCTA website](#). The information found in the selection procedure supersedes any information found in this packet.

HOTEL INFORMATION

Please check the [NCTA Sparring Team Trials Website](#) for hotel recommendations and reservation links.