



2019 GARDEN STATE CUP XXIII

Taekwondo Championships

Sunday, November 10, 2019
Ridge High School, Basking Ridge, New Jersey

OFFICIAL DIVISIONS

OFFICIAL RANK EQUIVALENCE

Competition Rank	Belt Color Equivalence
White	White, White with stripes of any color
Yellow	Yellow, Orange
Green	Green
Blue	Blue, Purple*
Red	Red, Red/Black, Brown,
Black	Solid Black

**Purple Belt: Purple belt has varied rank levels for many different schools. To minimize confusion on competition day, instructors must have students register for their equivalent rank and wear an appropriately corresponding competition recognized belt color.*

WT & OPEN Forms Division

AGE	Male Weight	Female Weight	BELT COLOR
5 years & Under	ONE Groups exceeding 8 competitors will be divided into two groups	ONE Groups exceeding 8 competitors will be divided into two groups.	White/Yellow/Orange/Gold Green Blue/Purple Red/Brown Black (White/Yellow for OPEN Forms) (Green/Blue for OPEN Forms) (Red/Black for OPEN Forms)
6 & 7 years			
8 & 9 years			
10 & 11 years			
12 & 13 years			
14 & 15 years			
16 & 17 years			
18 & 34 years			
35 & up			

WT Poomse: Team Pairs Division

AGE	Male Weight	Female Weight	BELT COLOR
11 years & Under	ONE	ONE	Green/Blue Red Black
12 ~14 years (Cadet)			
15 ~ 17 years (Jr.)			
18 & Up (Sr.)			

WT Poomse: Team* Division

AGE	Male Weight	Female Weight	BELT COLOR
11 years & Under	ONE	ONE	Green/Blue Red Black
12 ~14 years (Cadet)			
15 ~ 17 years (Jr.)			
18 & Up (Sr.)			

**Three Members of the Same Gender.*

****All divisions are subject to change.**

Based on registration, divisions may be subdivided.

OFFICIAL DIVISIONS

Gyoroogi: Individual Sparring Division

<i>AGE</i>	<i>Male Weight</i>	<i>Female Weight</i>	<i>BELT COLOR</i>
5 years & Under	LT / HVY	LT / HVY Weight specifications will be determined on the day of the competition.	White/Yellow/Orange/Gold Green Blue/Purple Red/Brown Black
6 & 7 years	LT / MDL / HVY		
8 & 9 years	LT / MDL / HVY		
10 & 11 years	LT / MDL / HVY		
12 & 13 years	LT / MDL / HVY		
14 & 15 years	LT / MDL / HVY		
16 & 17 years	LT / MDL / HVY		
18 & 34 years	LT / MDL / HVY		
35 & up	LT / HVY		

Gyoroogi: Tag Team* Sparring Division

<i>AGE</i>	<i>Gender</i>	<i>Weight</i>	<i>BELT COLOR</i>
8-9	Mixed	Mixed	Mixed
10-11			
Cadet (12-14)			

**Each Team Must Be Registered Members of the Tag Team League.*

Free Style Breaking Division

<i>AGE</i>	<i>Male Weight</i>	<i>Female Weight</i>	<i>BELT COLOR</i>
5 years & Under	ONE Groups exceeding 8 competitors will be divided into two groups.	ONE Groups exceeding 8 competitors will be divided into two groups.	White/Yellow/Orange/Gold Green Blue/Purple Red/Brown Black
6 & 7 years			
8 & 9 years			
10 & 11 years			
12 & 13 years			
14 & 15 years			
16 & 17 years			
18 & 34 years			
35 & up			

Team Relay Breaking Division

<i>AGE</i>	<i>Gender</i>	<i>Weight</i>	<i>BELT COLOR</i>	<i>Technique</i>
10 years & Under	Mixed	Mixed	Mixed	Flying Side Kick
11 ~16 years				
17 & Up				

****All divisions are subject to change.
Based on registration, divisions may be subdivided.***