

# 2024 AAU KARATE NATIONAL CHAMPIONSHIPS



National Karate Committee  
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## 2024 AAU NATIONAL KARATE CHAMPIONSHIPS

### INDIVIDUAL COMPETITOR EXPERIENCE LEVELS / DIVISIONS

- |                  |                          |  |
|------------------|--------------------------|--|
| 1. Beginner:     | No more than 1 year      | (must wear WHITE belt in competition/white division) |
| 2. Novice:       | 1 yr., less than 2 yrs.  | (must wear GREEN belt in competition/green division) |
| 3. Intermediate: | 2 yrs., less than 4 yrs. | (must wear BROWN belt in competition/brown division) |
| 4. Advanced:     | 4 yrs. +                 | (must wear BLACK belt in competition/black division) |

Athletes will not be allowed to compete without appropriate belt color & official AAU karate patch sewn on Gi.

### AGE GROUPS & EVENTS (Competition age is age as of JULY 1, 2024)

#### **YOUTH (Age 5 – Beginner only) (Age 6 – Beginner/Novice only) (Age 7 – Beginner/Novice/Intermediate only)**

#### **YOUTH (Ages 8 - 17 years) - Beginner/Novice/Intermediate/Advanced**

**Divisions:** Kobudo (long & short divisions for advanced), Kata, Kumite (light & heavy)

13-14 & 15-17 Advanced may also compete in Ippon Kumite (Both will have light & heavy divisions)

Mandatory Kata (advanced athletes, 16 + yrs., may also compete in this additional event with the adult advanced (18-34 age group) in mandatory style Kata & Flag Kata

**Ages:** 5-6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17 (Competition age is age as of July 1, 2024)

#### **ADULT (Ages 18 - 34 years) Beginner/Novice/Intermediate**

**Divisions:** Kobudo, Kata, & Kumite (light & heavy) Ages: 18 - 34 years (Competition age is age as of July 1, 2024)

Kumite Male: <154 lbs. or 154 lbs. or more

Kumite Female: <132 lbs. or 132 lbs. or more

#### **ADULT ADVANCED ONLY (Ages 18 - 34 years)**

#### **Kata & Kobudo Divisions**

Kobudo long/Kobudo short

**Mandatory Kubudo:** There will be three rounds. (round 1 – short weapons/ round 2 – long weapons/ round three – open selection of weapons (must do a different form than ones performed in round 1 and 2)). The top sixteen competitors from Round 1 advance to Round 2. The top eight competitors from Round 2, advance to Round 3 (final round). In the event there are less than 17 competitors in the event, there will only be two rounds of competitions, one long weapon, one short weapon. May also compete in individual kobudo long and kobudo short. *There will be one male & one female division for Mandatory Kobudo. The winner of this division will be the 2024 Kobudo Champion. Open to advanced competitors, ages 16 and up.*

**Mandatory Kata:** All Style / Goju / Wado /Shito /Shorin /Isshin / Shotokan Athlete may participate in one discipline only. There will be three rounds. The category will be contested only if there are at least 16 athletes in that category. If not, those athletes will be placed in All Style category. May also compete in a separate flag kata division open to all adult advanced. *There will be one male & one female division for each category of Mandatory Kata.*

#### **ADULT ADVANCED ONLY (Ages 18 - 34 years)**

#### **Kumite Divisions**

Sanbon	Sanbon	Ippon	Ippon		
Male:	Female:	Male:	Female:	Male:	Female:
<150 lbs.	<121 lbs.	Open Shobu Ippon	Open Shobu Ippon	<143 lbs.	<132 lbs.
<172 lbs.	<132 lbs.	(light & heavy)	(light & heavy)	<165 lbs.	<154 lbs.
>172 lbs.	>132 lbs.			>165 lbs.	>154 lbs.

Open Shobu Sanbon    Open Shobu Sanbon

Adult Advanced Athletes **MAY** participate in all Divisions: Kilo Sanbon, Open Sanbon, Ippon, and Olympic Style

*Adult Advanced (18-34 yrs.) Kilo, Ippon & WUKF/USA Kumite divisions must weigh-in. Weigh-In Dates & Times TBD*

#### **COLLEGIATE DIVISIONS**

Open to competitors currently enrolled in post-secondary education (college, university, trade school, vocational school). Competitor must be maintaining a minimum of six (6) credit hours a semester.

#### **SENIOR/MASTER (Ages 35 + years) - Beginner/Novice/Intermediate/Advanced**

**Divisions:** Kobudo (long & short divisions for advanced) Kata, Kumite (light & heavy), Mandatory Kata (advanced senior athletes may also compete in this additional event)

**Ages:** 35-44, 45-54, 55+ (Competition age is age as of JULY 1, 2024, age groups may be combined) Senior/Master Competitors have the option to compete in the Adult Group (ages 18-34 yrs.) but must remain in that group for ALL events. If Senior/Master chooses to compete in the Adult Group (ages 18-34 yrs.), please check box on application.

# 2024 AAU NATIONAL KARATE CHAMPIONSHIPS

## INDIVIDUAL COMPETITOR EXPERIENCE LEVELS / DIVISIONS

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### Adapted Karate (Ages 5-17 years, 18+ years)

3<sup>rd</sup> Kyu and Above

4<sup>th</sup> Kyu and Below

**Divisions:** Kobudo, Kata & Kihon

**Ages:** 5-15 years, 16+ years (Competition age is age as of July 1, 2024)

**Heroes & Veterans Division:** open to disabled veterans and first responders

### Introducing Ultimate Rotational Team Kumite:

Will follow the rules of rotational team kumite. Open to all experience levels, ages 8 and up. Age groups will be: 8-10, 11-12, 13-14, 15-17, and 18 & up. If significant non-advanced competitors sign up, we will consider splitting this division by experience level.

**What is Ultimate Rotational Kumite?** Participants who sign up for this event will be randomly assigned to a team and a coach. It will be up to you and your fellow teammates to come together and achieve victory over the other teams.

This is a separate event from rotational team kumite, so karateka can compete in both events.

### Finals (July 6<sup>th</sup> – Time TBD):

Winner of Light Weight Division vs. Winner of Heavy Weight Division

- 13-year-old Kumite Champion
- 14-year-old Kumite Champion
- 15-year-old Kumite Champion
- 16-year-old Kumite Champion
- 17-year-old Kumite Champion
- Kata Championship – Winners of Mandatory Kata Divisions and 16+ Flag Kata Division will compete for the Kata Championship
- Finals for (18-34) Kilo Division
- Rotational Team Kumite Finals (11-12, 13-14, 15-17, 18-34)
- Demo by winner of Mandatory Kobudo Winner

## COACHES, OFFICIALS & VOLUNTEER INFORMATION

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### COACHES REQUIREMENTS

- 2024 AAU Non-Athlete Member
- Current PCA (Positive Coaching Alliance) Certification
- Passed the AAU Karate Coaches Certification
  - o Administrative - 75.0% to 84.9%
  - o Technical - 85% or better (must also have a Dan rank)
- Purchase Coaches Pass in Online Registration System
- Wear Official Polo shirt (Red for Technical & Blue for Administrative) with Gi Pants.

### OFFICIALS REQUIREMENTS

- 2024 AAU Non-Athlete Member
- Must complete the AAU Referee Form

### VOLUNTEER REQUIREMENTS

- 2024 AAU Non-Athlete Member
- Must complete the AAU Volunteer Form

**2024 AAU NATIONAL KARATE CHAMPIONSHIPS  
GRAND CHAMPION**

**GRAND CHAMPION:** Each age group will also have a grand champion. The Grand champion will receive a specially designed grand champion item.

Grand Champion Age Groups	
5 – 7 Female & Male	15 – 17 Female & Male
8 – 10 Female & Male	18 – 34 Female & Male
11 – 12 Female & Male	35+ Female & Male
13 – 14 Female & Male	

**POINT SYSTEM:**

Gold (with competitors)	7 Points
Uncontested Gold	5 Points
Silver	3 Points
Bronze	1 Point
Tie Breaker: Who faced more competitors in total.	
If still tied: Who registered for more events.	

**RULES INFORMATION**

**OVERALL AAU KARATE RULES - [www.aaukarate.org](http://www.aaukarate.org)**

**COMPETITOR'S AGE:** The event is open to competitors ages 5 and above. Must be minimum 5 years old as of July 1, 2024

KUMITE MANDATORY EQUIPMENT	OPTIONAL KUMITE EQUIPMENT	DRESS CODE
White (shiro) Naugahyde Fist Guards, Red (aka) fist guards may be used while designated red (aka) during kumite match. Mouth Guard Approved AAU White Foam Headgear with face shield (5-17 years) Groin Cup Protector (males)	White Shin/Instep Pads (youth) White Foam Headgear with face shield (adults) Chest protector (white) only worn under Gi Shin protectors are optional	Official AAU Karate patch is mandatory (must be sewn on gi) Traditional Solid White Gi / No Rolled Sleeves or Cuffs Pants Must be 3/4 Length (Between ankle & knee) / Sleeves Must Be 3/4 Length (Between Wrist & Elbow)
BELT COLORS	COACHES	Females Must Wear Plain White T-shirt or White Sport Bra under Top / No Headbands or Jewelry
Appropriate belt color must be worn to compete: Beginner=White; Novice=Green Intermediate=Brown; Advanced=Black	Official polo shirt with white Gi pants.	

**2024 AAU NATIONAL KARATE CHAMPIONSHIPS  
REGISTRATION INFO**

**Entry Via – Online Registration Only for Athletes & Coaches - Link – *Coming Soon***

<b>INDIVIDUAL ENTRY FEES</b>				
	<b>Early</b>	<b>Regular</b>	<b>Late</b>	<b>On Site</b>
	<b><i>April 30 – May 14</i></b>	<b><i>May 15 – June 20</i></b>	<b><i>June 21-27</i></b>	<b><i>June 28-July 3</i></b>
1 Event	\$85.00	\$100.00	\$150.00	\$200.00
2 Events	\$120.00	\$135.00	\$185.00	\$235.00
3 Events	\$155.00	\$170.00	\$220.00	\$270.00
4 Events	\$190.00	\$205.00	\$255.00	\$305.00
5 Events	\$225.00	\$240.00	\$290.00	\$340.00
6 Events	\$260.00	\$275.00	\$325.00	\$375.00
Additional Events	\$35 Each	\$35 Each	\$35 Each	\$35 Each

<b>TEAM ENTRY FEES</b>				
	<b>Early</b>	<b>Regular</b>	<b>Late</b>	<b>On Site</b>
	<b><i>April 30 – May 14</i></b>	<b><i>May 15 – June 20</i></b>	<b><i>June 21-27</i></b>	<b><i>June 28-July 3</i></b>
1 Event	\$150.00	\$165.00	\$215.00	\$265.00
2 Events	\$225.00	\$240.00	\$280.00	\$340.00
3 Events	\$300.00	\$315.00	\$365.00	\$415.00

<b>SPECTATOR TICKETS – PURCHASE IN ADVANCE ONLINE</b>			
<b>AGES 10+ DAILY PASS</b>	\$20	<b>ALL EVENTS PASS - LENGTH OF EVENT PASS (includes finals)</b>	\$60
<b>SENIORS 60 &amp; OVER KIDS AGES 4-9 DAILY PASS</b>	\$15		
<b>AGES 10+ FINALS PASS</b>	\$10		
<b>SENIORS 60 &amp; OVER KIDS AGES 4-9 FINALS PASS</b>	\$10		

<b>SPECTATOR TICKETS – PURCHASE AT THE DOOR</b>	
<b>AGES 10+ DAILY PASS</b>	\$25
<b>SENIORS 60 &amp; OVER KIDS AGES 4-9 DAILY PASS</b>	\$20
<b>AGES 10+ FINALS PASS</b>	\$15
<b>SENIORS 60 &amp; OVER KIDS AGES 4-9 FINALS PASS</b>	\$15

**Questions**

Please email any questions you have to [aukaratenationalprogram@gmail.com](mailto:aukaratenationalprogram@gmail.com), [Jennifer@ausports.org](mailto:Jennifer@ausports.org) or to [jlalrue@ausports.org](mailto:jlalrue@ausports.org).