

# A.A.U. Southern District Taekwondo Championship

**March 15, 2014**

Atonement Lutheran Church & School Gym  
6500 Riverside Drive, Metairie, La 70003

## INFORMATION SHEET

Competition Date: **SATURDAY, MARCH 15, 2014**  
**10:30 am – 3:00 pm**

Ages:: **5 and up (age as of 12/31/14)**

Entry Fees: **1 or 2 Individual Events \$75.00**  
**Each additional Event \$10.00**

**Coaching Floor Fee: \$15.00**

***All athletes competing MUST have current 2014 AAU athletes' membership.***

***Go to <http://www.aautaekwondo.org> to register with the AAU.***

***All officials and coaches who wish to work this event MUST hold current 2014 Coach's/Officials credentials. Those officials who already hold current credentials must still show proof on day of tournament.***

Payment Info: All applications must be submitted on-line at  
[www.LouisianaSportTaekwondo.com](http://www.LouisianaSportTaekwondo.com)

Entry Deadline: All applications must be submitted on-line no later than  
**March 14, 2014**

**ABSOLUTELY NO APPLICATIONS WILL BE ACCEPTED AT THE DOOR.**  
***There will be no refunds issued for any reason whatsoever!***

HOST: Master Greg Livaudais  
Louisiana Sport Taekwondo, ph.504 232-0131  
email: [greg@louisianasporttaekwondo.com](mailto:greg@louisianasporttaekwondo.com)  
website: [www.LouisianaSportTaekwondo.com](http://www.LouisianaSportTaekwondo.com)

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.

**All participants and coach's must show current copy of their 2014 AAU card at the registration desk on the day of tournament. Registration must be for the 2014 tournament year.**

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## ATHLETE WAIVER/RELEASE FORM ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in any Amateur Athlete Union of the U.S. Inc. activity ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

**ACKNOWLEDGE**, agree, and represent that I understand the nature of the Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

**FULLY UNDERSTAND that:** (a) **ATHLETIC ACTIVITIES INVOLVE RISK AND DANGER OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS")**; (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COST, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

**HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Amateur Athletic Union of the U.S. Inc. (AAU), Louisiana Sport Taekwondo, LLC, Atonement Lutheran Church and School, including it's representatives, the related affiliated and subsidiary companies, as well as officers, directors, agents, employees, and assigns of each, and the AAU's Associations, clubs, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of the premises on which the activity takes place, and any other indemnified and held harmless by the AAU, each considered one of the "RELEASES" herein FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OR RISK, AND HARMLESS EACH OF THE RELEASES from any litigation expenses, attorney fees, loss, liability, damager, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OR ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PRINT NAME OF PARTICIPANT: \_\_\_\_\_

PARTICIPANT'S

SIGNATURE (only if age 18 or over): \_\_\_\_\_ Date: \_\_\_\_\_

## MINOR RELEASE

AND I, THE MINOR'S PARENTS AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ALTHETIC ACTIVIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACITIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEE'S" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATION AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ City, State, Zip \_\_\_\_\_

PHONE: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): \_\_\_\_\_

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## AAU Rules Will Apply

### **Traditional Forms Rules**

1. Students must perform traditional form at or below their level.
2. Uniforms must be neat with sleeves below the elbows.
3. Uniforms must be white.

### **AAU International Sparring Rules**

#### **1. Equipment**

- |                           |   |
|---------------------------|---|
| a) AAU approved Chest pad | d) Forearm pads (cloth & pad only, no plastic)  |
| b) AAU approved Head Gear | e) Shin & Instep (cloth & pad only, no plastic) |
| c) Groin Protector        | f) Mouth guard                                  |

#### **2. Optional Equipment**

- |                       |                  |
|-----------------------|------------------|
| a) Protective eyewear | b) Athletic tape |
|-----------------------|------------------|

**NOTE:** White cloth athletic tape may be worn to support previously injured appendages as well as to help protect any uninjured areas from becoming injured. Areas allowed to be taped include: fingers, thumb, wrist and toes. This tape may be wrapped no more than two times around the appendage, and cannot be used in such way as to prevent or severely restrict the movement thereof.

**Location:** Atonement Lutheran Church & School  
6500 Riverside Drive  
Metairie, LA 70003

**Date:** Saturday, March 15, 2014

**Admission Fee:** \$7 Adults (18 and over)  
\$5 Children, Kids 3 yrs and under = Free

**Entry Fee:** Any 2 events = \$7  
Each additional = \$10

## **NO Registration at the Door!**

**STAGING TIMES:** (approximate times - MUST be in venue 30 min prior to staging time.)

9:00 am	Doors Open
10:00	Officials Meeting
10:20	Opening Announcements
10:30	Team Forms Competition
10:45	Forms (Children 5-11 yrs.)
11:00	Forms (Teens 12-17 yrs.)
11:15	Forms (Adults 18-34 yrs. & up)
11:45	Olympic Sparring (5-11 yrs.)
12:45	Olympic Sparring (12-17 yrs.)
1:45 pm	Olympic Sparring (Adults 18-34 yrs. & up)
2:30	Point Sparring – all

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