



AMATEUR ATHLETIC UNION OF UNITED STATES

Dear Instructors, Coaches, and Athletes,

Greetings! This year promises to be a very exciting year for Georgia AAU. I would like to invite you and your school to participate in the AAU Georgia Qualifier! Here are few reasons to participate:

- ✓ This is a National and Junior Olympic Qualifying Event! Athletes from any part of the U.S may qualify for AAU National Taekwondo Championships and the Junior Olympics at this event. The quality of competition and officiating will be high!
- ✓ **Last year saw over 300 Olympic players from Georgia, South Carolina, North Carolina, Tennessee, Florida, and West Virginia**
- ✓ **Point Fighters (NEW TEAM SPARRING)**
- ✓ **BOARD BREAKING COMPITION**
- ✓ **PADDED WEAPONS SPARRING**
- ✓ **SPECIAL NEEDS DIVISION**
- ✓ **CUSTOM MEDALS!** The top four in each division will receive a large custom medal designed specifically for this event. Medals will be of the highest quality with sewn thru ribbons like in the Olympics.
- ✓ Trophy will be give to the team that has the most participants

The Tae Kwon do competition venue is Dacula High School, less than 10 miles from I-85 and 25 minutes from downtown Atlanta, GA. The Taekwondo Headquarters hotel is the Hampton Inn in Lawrenceville, GA just 5 miles from the venue. The Hampton Inn property located within walking distance of 5 area restaurants. All rooms include **complimentary breakfast** is served daily until 9:30 AM. Weekends, Sat. & Sun. breakfast is extended until 10AM. Conveniently located near interstate 85 and Hwy 316, 24 hour On-site guest service agent, complimentary High-speed Internet and business center. For reservations on group rate of \$84.00/night, please call 770-338-9600 and mention the group name "AAU QUALIFIER."

You must pre-register for this event! There will be no registration at the door. Registration forms must be received by March 1, 2015. You must also be a registered AAU member to compete, coach, or officiate. Coaches and officials must also have attended a coaches/referee seminar. Participants who place first through eighth in this event will qualify to participate at the ***AAU National Championships and the prestigious AAU Junior Olympic Games***. The only true multi-sport weeklong event featuring the nation's most talented athletes vying for medals in twenty sports, including Taekwondo.

For more information please call (770) 237-2121 or e-mail me at bobby@daculafamilysports.com. I look forward to seeing you at the tournament. If you have any questions about the Amateur Athletic Union or this tournament, please don't hesitate to call or email. I look forward to seeing you soon!

Respectfully,

Bobby Stone
Georgia AAU District Director & Clinic Administrator
6th Dan Kukkiwon & 6th Dan AAU



Georgia AAU 2015

Tae Kwon Do

National Qualifier

Saturday, March 7, 2015

A.A.U. Licensed Event

Entry Deadline: Sunday, March 1, 2015

Place: Dacula High School

123 Broad Street

Dacula, GA 30019

Spectator Fee:

\$10.00 3 and under free

Entry Fees:

\$75.00: 1 or 2 events \$10 addt. events

\$30.00: Per team

\$50.00 Per team (Sparring)

\$20.00: Coaches Pass

There will be a \$30.00 late fee for online registrations entered after
Deadline: March 2nd – March 6th. Absolutely no registrations will be accepted after March 6th.



Competition Info:

Olympic Sparring (Matted rings and electronic scoring)

Board Breaking****

Point Sparring

Team Sparring ****

Special Needs****

Padded Weapons Sparring ****

Forms/Team Forms (Bracketed)

THIS EVENT IS ONLINE REGISTRATION ONLY

For more information: www.aautaekwondo.org or call 770-237-2121

GENERAL INFORMATION

Presented by	AAU Taekwondo & Bobby Stone
Sanctioned by	The Amateur Athletic Union
Schedule	Saturday (Dacula High School Main Gymnasium) Officials meeting 8:30 to 9:00am TBA
Entry fee	\$75 for one or two events, \$10 for additional events Athletes may only choose one type of sparring \$30 Per Team (Team Forms) \$50 per team fighting Pre-registration mandatory Registrations must be received by March 1, 2014 There will be a \$30 late fee for online registrations entered Deadline: March 2nd – March 6th. Absolutely no registrations will be accepted after March 1st.
Awards	LARGE Custom Medals with sewn thru ribbons 1 st thru 4 th place
Admission fee	\$10 adults Free 3 & under
Eligibility	AAU membership is mandatory, if you are not on the AAU membership roster or if you do not have your membership card, you will be required to join AAU again. This requires a fee of \$12 for youth and \$20 for adults. You can register online at www.aausports.org or www.aautaekwondo.org .
Coach's/Instructors Information	In order to coach at the AAU State Taekwondo Championships, you must take the online Coach's course. Coach's attire will be enforced at this tournament. NO EXCEPTIONS. Warm-up pants and official blue AAU shirt. Coach's shirt can be purchased from Moto

Guidelines for NEW competitions

Board Breaking Guidelines

- Each competitor will be allowed only **TWO** stations per round
- A maximum of 3 attempts per station is allowed
- No forehead breaking, open flames, or bladed props may be used
- No jumping/flying over people will be allowed
- No spacers will be allowed
- No elbow strikes will be allowed
- Competitors use the following board sizes
 - 5-9yo – 12 x 4 x ¾ inch pine
 - 10-14yo – 12 x 7 x ¾ inch pine
 - 15 and up – 12 x 9 x ¾ inch pine
 - No thinner/shaved boards may be used for breaking competition (¾" pine is the standard thickness you will find in the hardware store for shelving)
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- Athlete technique will be judged based on the following criteria
 - Technique focus, balance, power, and creativity
 - A break performed on the 1st try is superior to a break completed on the 2nd try
 - A 2 board break is superior to a 1 board break, a 3 board break is superior to a 2 board break and so on
 - A break supported on 1 end (speed break) is superior to a break supported on both ends

****Athletes may bring their own wood or purchase boards at the tournament. ** 5-13yo athlete boards are \$2/each
** 15+ are \$3/each****

Team Sparring

- Point Sparring Only
- Teams will be all adult (18-32) or youth (14-17)
- All team members must be advance or black belts
- Teams can be all male, all female, or coed
- Teams consist of 5 members Light, Middle, Heavy, and two of your choice
- Each match will consist of TWO 5 min rounds
 - Round one each team member will fight one minute round vs. the opposing teams same weight class(one min. rounds)
 - Round two will be tag team format. Each team coach can sub any team member in at any point by standing
- Winner will be determined at the end of round two on total point accumulation
- All other rules will remain the same

Padded Weapons Sparring

Padded Weapons Sparring

Required protective equipment

- Mouth guard
- Full headgear (red for red competitor and blue for blue competitor)
- Male competitors must wear a groin cup and supporter inside the dobok

Optional Equipment

- Face shields
 - Shin/instep pads
 - Forearm pads
 - Rib protector
 - Optional equipment other than face shield should be worn under dobok
- Weapons that are approved for use

- Padded Sword (long/short)

All color belt matches will consist of two 90-second rounds, with a 30 second break between rounds or the first to score 10 points

•Black Belt matches will consist of two 2-minute rounds with a 30 second break between round or the first to score 15 points

•In both cases, if the 10 or 15 points is not reached by the end of the match time, the winner will be the contestant scoring the most points during the match.

•In the event of a tie, a round of sudden death will occur; the first contestant scoring a point will win the match. Point Scoring

•Three points will be awarded for a head strike (not to include the neck),

•Two points for a strike to the body between the collar bone and hip

•One point for a strike the limbs (limbs are defined as to include the arms below the shoulder to the wrist and the legs below the hip to the ankle)

•Points will be called and awarded in the same manner as point sparring. Please refer to the Point Sparring section of the AAU Taekwondo Hand Book. Warnings/Penalties/Disqualification

•Penalties will be worth one point to be awarded to the competitor against whom the violation was committed.

•An accumulation of four penalties that caused a deduction of points will result in an automatic disqualification.

•Penalty violations include:

- Attacking an unarmed opponent
- Attacking after Kalyeo (break) has been called
- Causing an injury serious enough that opposing competitor cannot continue the match. (may be DQ as well)
- Illegal techniques: striking the groin, striking the neck, sweeping, striking with the butt of the weapon, punching, kicking to head, legs, torso or spine.
- Unsportsmanlike conduct: profanity, disobeying a referee, disrupting the competition either by coaches or support groups.
- Running away to intentionally avoid the fight.
- Penalties points will be called and awarded in the same manner as point sparring.

ALL OTHER MATCH PROCEDURES METHODS WILL FOLLOW POINT SPARRING RULES

Special Needs

Please email me directly!

HOTEL INFORMATION- ACCOMMODATIONS:



**AAU Rate of:
\$84.00**

Features

The Hampton Inn Lawrenceville, GA hotel provides great amenities for vacation and business travelers. Stay connected with free WiFi and take advantage of their fitness center and outdoor pool. Rest on our clean and fresh Hampton bed®. Start each day off right at our Lawrenceville hotel with our free hot breakfast served daily and friendly, helpful service

Driving Directions

I85-N to exit 106(GA Hwy.316). Exit Riverside Pkwy. and turn left. Turn right onto Lakes Pkwy. I85-S to exit 107 (Duluth Hwy/Hwy 120) turn left. Go approx. 4 miles to Riverside Parkway, turn right. Turn left onto Lakes Parkway.

1135 Lakes Parkway, Lawrenceville, Georgia, 30043, USA

770-338-9600

Use Code "AAU Qualifier"

CHECK LIST

COMPETITORS

- Registration form and fee turned in by deadline. **March 1, 2015**. There will be a \$30.00 late fee for online registrations entered after Deadline: March 2nd – March 6th.
- 2015 AAU membership card.

COACHS AND INSTRUCTORS

- 2015 AAU membership card
- Official/Coach's application and fee. Turned in by **March 1, 2015** there will be a \$30.00 late fee for online registrations entered after Deadline: March 2nd – March 6th.
- Mandatory coach uniform (white dobok pants and official AAU blue shirt. Coach's shirt can be purchased at www.mooto.us/).
- Mandatory Online Coach's Course

OFFICIALS

- 2015 AAU Membership card
- Mandatory 2015 Officials Clinic
- Official AAU attire at tournament
- Officials will be provided lunch, refreshments, and stipend