

General Rules and Regulations for Forms/Patterns Competition

Article I. Competition Shall Be Divided By Age, Belt and Gender In General.

I.A. Competition shall also be divided by categories.

I.A.1. Level 1: Competitors perform basic skills such as blocking, striking and kicking techniques with direction from an instructor)

I.A.2. Level 2: Competitors perform patterns with assistance from instructor.

I.A.3. Level 3: Competitors perform patterns on their own.

Article II. Merits

II.A. Merit will be awarded on the basis of **SPIRIT**, focus, technique, power, rhythm, grace and beauty; listed in order of importance.

Article III. Judging Procedure

III.A. The scoring method used for forms is Individual Scored Method **ONLY**.

Eligibility Requirements for AAU National Team

The AAU Taekwondo Program will conduct competition for the purpose of selecting National AAU Taekwondo Teams to represent it at non-AAU and International WTF/Olympic style competitions. The AAU Taekwondo program shall use December 31st as the age determining date for all competitions. Athletes shall compete all year as the age they are any time during that calendar year.

For the four team member age groups, 10–11, 12–14, 15–17, and 18–32 this means athletes shall compete in that age group throughout the year including qualifying events, National Championship and Team Trials. No athlete will be required to move up to the next age group at the National Championship competition or Team Trials.

Should a Cadet or Junior Team Member 'age' into the next age bracket prior to actual team travel for competition purposes, those athletes will simply move up the appropriate age bracket at that time. Second place finishers from Team Trials may be invited to travel with the team to fill the vacated spot at their own expense. Should this alternate athlete medal, a portion of their expenses will also be reimbursed by AAU Taekwondo.

Article I. Requirements

I.A. All participants must be currently registered AAU members.

I.B. All participants must qualify at the AAU Taekwondo National Championships or be a current team member in good standing from either age group offered at Team Trials.

Article II. Team Types, Selection, and Benefits

II.A. The 10–11 Year Old Cadet Team

II.A.1. Selection Process

II.A.1.a. The 10–11 year old Cadet Team will be comprised of those participants who place 1st at the current year's AAU Taekwondo National Championships in the 10–11 year old Black Belt Olympic style sparring divisions.

II.A.2. Benefits

II.A.2.a. All 10–11 year old Cadet Team members will receive an invitation to the AAU National Team Training Camp.

II.A.2.b. All 10–11 year old Cadet Team members will receive a warm-up suit.

II.A.3. Other Issues

II.A.3.a. All 10–11 year old Cadet Team members attending the training camp must be accompanied by an adult.

II.A.3.b. All expenses to the camp will be the responsibility of the team member.

II.A.3.c. All 10–11 year olds must compete in the 10–11 year old age group. They may not move up to the 12–14 age group.

II.B. The 12–14 Year Old Cadet Team

II.B.1. Selection Process

II.B.1.a. All 12–14 year old participants who place 1st through 4th at the current year's AAU Taekwondo National Championships in the 12–14 year old Black Belt Olympic style sparring divisions will receive an invitation to the AAU National Team Trials competition along with the current team member in good standing.

II.B.1.b. All 1st place competitors at Team Trials will be selected as 12–14 year old Cadet Team members.

II.B.2. Benefits

II.B.2.a. All 12–14 year old Cadet Team members will receive an invitation to the AAU National Team Training Camp **which they must attend.**

II.B.2.b. All 12–14 year old Cadet Team members traveling with the team will receive financial support including transportation, lodging, and entry fees.

II.B.2.c. All 12–14 year old Cadet Team members will receive a team warm-up suit, uniform and full sparring gear.

II.B.3. Other Issues

II.B.3.a. It is highly recommended that all 12–14 year old Cadet Team members traveling with the team be accompanied by an adult.

II.C. The 15–17 Year Old Junior Team

II.C.1. Selection Process

II.C.1.a. All 15–17 year old participants who place 1st through 4th at the current year's AAU Taekwondo National Championships in the 15–17 year old Black Belt Olympic style sparring divisions will receive an invitation to the AAU National Team Trials competition along with the current team member in good standing.

II.C.1.b. All 1st place competitors at Team Trials will be selected as 15–17 year old Junior Team members.

II.C.2. Benefits

II.C.2.a. All 15–17 year old Junior Team members will receive an invitation to the AAU National Team Training Camp which they must attend.

II.C.2.b. All 15–17 year old Junior Team members traveling with the team will receive financial support including transportation, lodging, and entry fees for international competition.

II.C.2.c. All 15–17 year old Junior Team members will receive a team warm-up suit, uniform and full sparring gear.

II.D. The Senior Team

II.D.1. Selection Process

II.D.1.a. The Senior Team will be comprised of those participants who place 1st at the current year's AAU Taekwondo National Championships in the Senior Black Belt Olympic style sparring divisions.

II.D.2. Benefits

II.D.2.a. All Senior Team members will receive an invitation to the AAU National Team Training Camp.

II.D.2.b. All Senior Team members will receive a warm-up suit.

II.D.3. Other Issues

II.D.3.a. All expenses to the camp will be the responsibility of the team member.

II.D.3.b. Senior Team members who attend Team Training at their own expense, and later decide to travel with the team to competition, will have their housing and registration fees for that competition paid by AAU. Should they medal at the competition, transportation costs shall also be reimbursed.

II.E. Current Cadet and Junior Team Members (In good standing)

II.E.1. Recognizing the natural growth of Cadet and Junior Team Members, current members will be allowed to compete at their then current weight at the next Team Trials. Current team members must make the new weight division known when making application to participate in team trials. **Failure to make the declared weight class on the application will result in disqualification.**

Article III. Other Matters

III.A. AAU Taekwondo Team Trials Competition shall be conducted using round robin format.

III.B. The AAU Taekwondo Program shall have the option of not accepting any Team Member whose position was garnered as a result of a lack of competition in their respective weight class. Such winner's may be required to audition their proficiency before a panel chosen by the National Head Coach.

Article IV. Responsibility of AAU Taekwondo Team Members

IV.A. Those chosen to represent the AAU Taekwondo Program as current Team Members shall bear additional responsibilities to the AAU Taekwondo Program and these responsibilities shall be outlined and agreed upon by perspective Team Members prior to participation in the Team Trial process.