

Guidelines for AAU Junior Olympic Games Competition

Eligibility/Requirements for Participation at the AAU Junior Olympic Games (J.O.s)

- All participants (competitors, coaches, and officials) must have current AAU membership
- All competitors must have participated at a local or regional AAU sanctioned Qualifier or have taken first place in any division in the previous year's AAU J.O. Games.
- All competitors must be 6 – 17 years of age

Belt Rank Categories

- Intermediate Belts (green, blue, purple)
- Advanced Belts (red, brown)
- Black/Poom Belts (all levels of Black)

Age Categories

- 6 – 7
- 8 – 9
- 10 – 11
- 12 – 13
- 14 – 15
- 16 – 17

Events Offered

- Individual Traditional Forms
- Creative Forms
- Creative Musical Forms
- Weapons Forms
- Self-Defense
- Creative Board Breaking
- Speed Board Breaking
- Flying/Jumping Board Breaking
- Power Hand Board Breaking
- Power Foot Board Breaking
- Repetitive Speed Foot Board Breaking
- Repetitive Speed Hand Board Breaking
- Padded Weapons Sparring
- Team Forms
- Demo Team Competition

AAU J.O. Games Competition Information

- Not all events will be offered at local sanctioned Qualifier tournaments, so qualifying for the AAU J.O. Games is not necessary. However, participation at the local sanctioned Qualifier is required and will be monitored
- Board sizes will be supplied in the information pamphlet for the AAU J.O. Games.
- All boards will be available for purchase at the venue
- All boards will be subject to inspection any time before or during the competition
- Competitors must have a coach to hold their boards
- Cinder blocks used as support materials will be supplied by the tournament director. Any other special breaking apparatus required must be supplied by the competitor

- If a competitor has set up a certain number of boards to break and fails to break the sum of all of the boards, he/she will be allowed to reset the break to its original number of boards. However, it will count as a missed attempt with regards to scoring
- All weapons are subject to inspection before or during the competition
- Spacers required for breaks will be supplied by the tournament director
- Any **Black Belt** under the age of 8 is welcome to compete, but must compete in the 8 – 9 year old division.

Permitted Modifications for Local and Regional Tournaments

- When local or regional sanctioned tournaments offer any of these events, the tournament director has the authority to modify the following rules:
 - Systems of charting divisions (i.e. single elimination, double elimination etc.)
 - Methods of scoring (see above for different methods of scoring)
 - Method athlete uses for music performance
 - Length of creative patterns
 - Type and sizes of boards athlete is required to break
 - Number of attempts (breaking only)
 - The use of spacers(breaking only)
 - If competitors will be allowed to bring their own boards

Competition Rules

Individual Traditional Forms

- Brazilian Repechage format
 - Potential to perform a pattern multiple times
 - Recognized and approved forms are specified in the AAU Taekwondo Handbook
 - Judging criteria includes Beauty, Grace, Rhythm, Focus, Power & Technique
- See AAU Taekwondo Handbook for a comprehensive detailing of this event.

Creative Forms

- Brazilian Repechage format
- Creative division shall allow forms to include contemporary martial arts techniques
- These may be added to a traditional form, or the form may be devised in its entirety by the competitor
- A form in the Creative Forms Event must include the majority of techniques which originate from martial arts (gymnastic type motions allowed, but form must remain primarily martial arts based)
- Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits are allowed
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

Creative Musical Forms

- Brazilian Repechage Format
- The Creative Musical Event utilizes the above criteria for Creative Forms and additionally will include music
- Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

Weapons Forms

- Brazilian Repechage Format
- Both Traditional and Creative weapons forms will be permitted
- No live blades will be allowed
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

Musical Weapons Forms

- Brazilian Repechage Format
- Both Traditional and Creative weapons forms will be permitted
- This Creative Musical Event utilizes the above criteria for Weapons Forms and additionally will include music
- Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance
- No live blades will be allowed
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

Self Defense

- Single Elimination Format
- One defender vs. one to four attackers will be permitted
- Defense must be based on empty hand techniques
 - Attackers may attack with safety weapons (subject to inspection by Chief Referee)
- Judging criteria includes Realism, Effectiveness, Difficulty & Variety of Techniques Used

Creative Board Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- Two stations per competitor
- Maximum three boards per station
- A maximum of three attempts per station is allowed
- No forehead breaking, CREATIVE flames, or bladed props may be used
- No jumping/flying over people will be allowed
- No spacers will be allowed
- No direct elbow strikes will be allowed
- 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 two board break is superior to a one board break; a three board break is superior to a two board break

- A break supported on one end (speed break) is superior to a break supported on both ends

Speed Board Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One Station per competitor
- Board(s) must be supported by a maximum of one side
- No spacers will be allowed
- A maximum of three attempts per station is allowed
- 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 two board break is superior to a one board break; a three board break is superior to a two board break...

Jumping & Flying Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One Station per competitor
- Technique must be executed with both feet in the air
- No spacers will be allowed
- A maximum of three attempts per station is allowed
- Board holders/volunteers must be current AAU members
- 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 two board break is superior to a one board break; a three board break is superior to a two board break....
 - Break supported on 1 end (speed break) is superior to a break supported on both ends

Power Hand Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One station per competitor
- Acceptable techniques include: Fist, hammer fist, palm heel, knife hand, ridge hand
- Spacers are REQUIRED
- One attempt is allowed
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
 - Tie Example "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.

Power Foot Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One Station per competitor
- Acceptable techniques include any kicking technique executed using a part of the foot below the ankle
- No spacers will be allowed
- One attempt allowed
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
 - Tie Example “A” broke at 100%; competitor “B” broke at 83%. Competitor “A” is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.

Repetitive Speed Foot Breaking

- Single break format
- Maximum number of boards broken within 20 seconds using spin hook kick technique
- One board per strike

Repetitive Speed Hand Breaking

- Single break format
- Maximum number of boards broke within 20 seconds using any downward hand technique
- One board per strike

Padded Weapons Sparring

Required protective equipment

- Mouthguard
- 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)
- Padded cane
- Padded Nun-chucks
- Padded staff
- Padded Kali Sticks

Competitors must provide their own equipment. Padded Weapons must pass a referee’s weapon inspection.

Matches

- 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 Kal-yeo (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

Team Forms

- Brazilian Repechage format
- Three member Black Belt teams
- Recognized and approved forms are specified in the current AAU Taekwondo Handbook
- Forms may not be modified
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique and how well the team performs as a unit

Demo Team

- Three to twenty member teams (any rank)
- All members & volunteers must be current AAU members
- Four minute demonstration time limit
- All technical Taekwondo skills are graded for execution, presentation and difficulty
- Teams are granted freedom to add creativity to their demonstration, however synchronization may or may not be part of the team demonstration
- All props are subject to inspection of Chief Referee, and may be prohibited if deemed unsafe

Submitting Rule/Policy/Procedure Changes to the AAU TKD Handbook

All rule change proposals must be submitted to the TRC Chair no later than June 15. An explanation of who is allowed to submit changes is listed in the front of the handbook under 'Sport Rules, Policies and Procedures.'

All proposed changes must be presented using the proper format or they will be rejected. The section of the handbook must be identified, (for example point sparring, forms, etc.). Following the section should be an explanation or justification for wanting the change. The Articles and sub-articles, as written in the handbook, which are being proposed for a change must first be copied to the submitted form twice. The first copy remains intact to show how the rule/policy/procedure currently reads. The second pasted copy will show the proposed change(s). These changes are shown by yellow highlighting proposed additions, while strikethroughs will show wording to be deleted.

Doing a copy/paste function, as opposed to re-typing the information, will keep the proposal in the proper formatting which will allow an easier transition back to the handbook.

(Example 1)

Section in Handbook: Olympic Style Sparring

Justification for change: The WTF has adopted this change

Article IV. Duties of Officials (Referees, Judges, Team Leaders and Computer Operators)

IV.D. The Computer Operator shall:

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IV.D.1.a. Upon the Referee's *kal-yeo* command, the computer operator will wait one second, then stop time. This allows time for possible points that occurred immediately prior to *kal-yeo* to be scored by the corner judges.

IV.D.1.b. Time is not stopped when the Referee begins an eight count. Following the eight-count, the Referee will indicate for the clock to be stopped by announcing *shi-gan* and using the proper hand signal.