

Eligibility Requirements for National AAU Taekwondo Championships and AAU Junior Olympic Games Competition

Article I. Requirements

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

Article II. Eligibility for the National Championships

II.A. Competition open to:

II.A.1. Male and Female

II.A.2. All Belts

II.A.3. All Ages

II.B. Athletes must have placed 1st through 8th in an individual sparring or forms division in an AAU licensed District or Regional Championship of the current year, or

II.C. Athletes must have placed 1st in an individual sparring or forms Division in the **prior year's** National AAU Taekwondo Championships.

Article III. Eligibility for the AAU Junior Olympic Games

III.A. Competition open to:

III.A.1. Male and Female

III.A.2. Intermediate through Black Belt Divisions only

III.A.3. Ages 5 to 17

III.B. Athletes must have participated in an AAU licensed District or Regional Championship of the current year, or

III.C. Athletes must have placed 1st in any division in the **prior year's** AAU Junior Olympic Games.

Special Needs Division Rule Modifications

Special Needs Competition follows the same rules and equipment requirements as specified in current AAU Taekwondo Handbook with the following modifications.

General Rules and Regulations for Point Style Sparring

Article I. Additional Mandatory Equipment and modifications

I.A. Foot protectors are not required for Category Level 3 (wheel chair)

I.A. Sport Wheel, basketball style with wheelie bar (Category Level 3)

Article II. Additional Categories of Competition

II.A. Besides age, belt and weight, competition shall also be divided by categories.

II.A.1. **Level 1:** Competitors have limited mobility of arms and/or legs (do not kick above the waist, do not extend arms fully for hand technique) or have a lower level of cognitive skills.

II.A.2. **Level 2:** Competitors have full mobility of arms and legs (competitor can kick above waist and extend arms fully for hand technique) or have a higher level of cognitive skills.

II.A.3. **Level 3:** Competitors compete from a wheelchair (Sport Wheel Chair required)

Article III. Points (Valid Scores)

III.A. Level 1: (No Head Contact Allowed) (limited mobility)

III.A.1. One point shall be awarded for any valid **hand** technique executed to the legal body area within 1 inch or light contact and good technique.

III.A.2. Two points shall be awarded for any valid **foot** technique executed to the legal body area within 1 inch or light contact and good technique. Points may be awarded for intent based on the physical limitations of the competitor to raise foot.

III.B. Level 2: (No Head Contact Allowed) (full mobility)

III.B.1. One point shall be awarded for any valid **hand** technique executed to the legal body area with light contact and good technique.

III.B.2. Two points shall be awarded for any valid **foot** technique executed to the legal body area with light contact and good technique.

III.C. Level 3: (Head Contact Allowed) (wheelchair)

III.C.1. One point shall be awarded for any valid **hand** technique executed to the legal head area with light contact and good technique.

III.C.2. Two points shall be awarded for any valid **hand** technique executed to the legal body area with light contact and good technique.

III.C.3. Sport Wheel Chairs are required for sparring.

III.D. For all techniques to be awarded a point or points, the contact must be light or within allowable limits as described above. A majority of the Judges and Referee must also concur that a valid point was indeed scored.

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