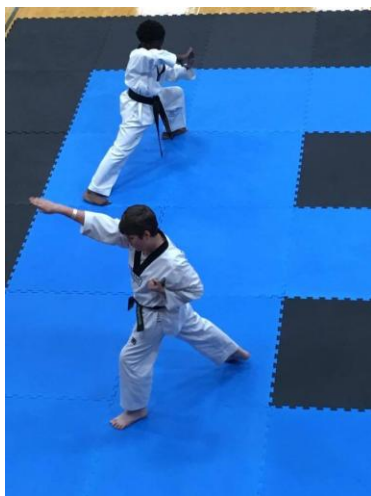




Southeastern AAU Taekwondo District Championship March 18, 2017 Lebanon, Tennessee

On-line Registration
www.seautkd.org

COMPETITION EVENTS



Qualifying Events

**Olympic Sparring
Point Sparring
Bracketed Forms**

Non-Qualifying Events

**Board Breaking
Padded Weapons Sparring**

Special Needs Competition



Registration deadline: Monday, March 13, 2017

Late Registration: Thursday, March 16, 2017

2 Events - \$75.00; Additional Events - \$10 each

Late Registration Fee - \$20

Coaches Pass - \$15

Special Non-Qualifying 5 and Under Division
2 Events - \$25; Additional \$10

Contact debramhooper@gmail.com to
register directly with tournament director

For more information contact Debra Hooper, Tournament Director
debramhooper@gmail.com or 615-310-0020

This event is licensed 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 memberships to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership



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Wilson Central High School
419 Wildcat Way
Lebanon, TN 37090

Ages 5 & Up Entry Fee:

\$75 for any 2 events
\$85 for any 3 events
\$95 for any 4 events
Team Forms - \$15/Team

Ages Under 5 Division Fee:

\$20 for sparring and forms

Registration Deadline:

March 13, 2017

Late Registration Closes:

March 16, 2017

Late Registration Fee \$20

Coaches Pass \$15

(Coaches who have not completed the AAU Coaches Certification by the day of competition will not receive a coaches pass)

Instructors who bring 20 or more athletes receive 2 coach's passes free and instructor will be provided a complimentary double occupancy hotel room for one night.

No Athletes, Coaches or Officials will be allowed to participate in this event without a current AAU Membership. AAU number is required before registration will be processed.

**This is a qualifying event for the
2017 AAU Nationals, Ft. Lauderdale, FL
July 3- 8 2017**

**2017 Junior Olympics, Detroit, MI
July 26-Aug 5, 2017
(actual competition dates will be announced
in early 2017)**

Athletes may compete in up to 4 events.

Olympic Sparring blackbelt competitors ages 10-32 will use KPnP electronic hogus. KPnP E-socks will be required for competition.

Color restrictions for Olympic Sparring equipment and uniforms for all competition will be waived for this tournament only. National competitions will require adherence to all equipment restrictions.

Competitors in Padded Weapons Sparring and Board Breaking must follow rules outlined in the following pages.



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Important Information For Coaches and Competitors

Both Athletes and Coaches MUST be current 2017 AAU members

AAU Membership:

Youth Membership: All competitors, coaches and officials under the age of 18 must have a current 2017 AAU Membership. Youth membership is \$14.00 and is available immediately.

Adult Membership: All competitors, coaches and official 18 years old and older must have a current 2017 AAU Membership. Adult membership is \$24.00. Additionally, as part of AAU's commitment to youth safety, all adults who request membership will have a background check. Please allow for at least 10 working days for the membership to be completed.

Go to www.aautaekwondo.org to join.

Coaches Certification:

The AAU Taekwondo Online Coaches Certification is required annually in order to coach at any sanctioned AAU Taekwondo event, including this District Tournament. This certification is for the current competition year only so the coach must have completed after September 1, 2016. The cost is \$50.

Certification/Recertification is required each year. No one will be allowed to coach without successfully completing this online course. Anyone who will be 14 any time during 2017 may take this course and upon passing will be allowed to coach at any AAU Taekwondo event.

Go to <http://www.aautaekwondo.org/RulesInfo/CoachesCertification.aspx> to complete course. The tournament director will only provide coaches passes to those who are reflected on the AAU website as having completed the coaches certification or that can provide their 2017 Certification card at check-in.

All athletes and coaches must register on line for the tournament prior to the LATE registration deadline of March 16, 2017. Anyone not registered by this deadline will be unable to compete or coach in the tournament.



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Board Breaking Guidelines Non-Qualifying Event

Breaking will be bracketed and single elimination. Competitor should have sufficient boards for advancing through as many rounds as necessary to reach finals. Each competitor will be allowed only **TWO** stations per round. A maximum of 3 attempts station is allowed. A Station includes combinations that are continuous motion.

A maximum of one minute to set up for the station and begin break.

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 (Forearm breaks are allowed)

Competitors must use the following minimum board sizes

Ages 5 and Under – 12 x 4 x 1 inch pine

6-9yo – 12 x 6 x 1 inch pine

10-14yo – 12 x 8 x 1 inch pine

15-and up – 12 x 10 x 1 inch pine

Special Needs – Coaches decision

No thinner/shaved boards or specialty boards (like firecracker) may be used for breaking competition (1" pine is the standard thickness you will find in the hardware store for shelving; you may order breaking boards on-line from www.breakingboards.com. Allow time for delivery.)

Athletes compete in bracketed competition (superior technique advances to the next round)

Athlete technique will be judged based on the following criteria: Technique, Focus, Balance, Power, 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, etc.

A break supported on 1 end (speed break) is superior to a break supported on both ends

Coaches may hold boards for their athletes. Coaches must have a coaches pass to be on the floor to hold boards.

****Athletes may bring their own wood, but may purchase boards at the tournament**

**** 4 & 6" boards - \$2/each**

**** 8" and 10" - \$3/each****



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**Sparring Weapons Sparring
Non-Qualifying Event**

Padded Weapons Sparring Required protective equipment:

Mouthguard

Full headgear (red for red competitor and blue for blue competitor requirement waived for this tournament but will be required at Junior Olympics)

Male competitors must wear a groin cup and supporter inside the dobok

Face Shield Optional

Shin/instep pads, Forearm pads and Rib protector are Optional

Optional equipment other than face shield should be worn under dobok.

Weapons that are approved for use:

Padded Sword (long/short)

Padded cane

Padded staff

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