



# **2018 AAU Maryland District Taekwondo Championship**

**Date: Saturday April 7, 2018**

**Location: 2500 Davis Rd, North Point High School, Waldorf, Maryland  
Partially funded by Charles County**

**Entry Fee: \$75 for One Event - \$10 additional for each event  
for registrations received by 04/01/2018**

**Coaches Pass = \$20.00 (1 Free pass for every 3 athletes registered)**

**Spectator Fee: \$10 per person - Ages 5 & Under are free**

**Late Fee: \$20 per Application received between 04/02/2018 - 04/05/2018**

**Online registration: [www.tourneyreg.net](http://www.tourneyreg.net)**

**NO DAY OF REGISTRATIONS WILL BE ACCEPTED!**

**Mail Registrations to: Glenn Ames - P.O. Box 361, Indian Head, MD 20640  
Phone: (301) 502-4181 | E-mail: [7Dragonstk@gmail.com](mailto:7Dragonstk@gmail.com)  
Make checks payable to: 7Dragons**

**Event Schedule – Athletes should arrive 30 minutes prior to the start of your competition**

**8:30am Officials Meeting**

**9:00am Olympic Sparring Competition**

**11:30pm Special Needs and Creative Forms Competition (Single Elimination Bracketed)**

**12:30pm Traditional Forms Competition**

**2:30pm Point Sparring Competition**

**All competitors must be an AAU member for 2017-2018. Register at: [www.aausports.org](http://www.aausports.org)  
Competitors may be required to present a valid AAU membership card at time of staging.**

**AAU Taekwondo rules apply to all competition. Rulebook available at: [www.aautaeqwondo.org](http://www.aautaeqwondo.org)**

**Coaches: All coaches must take the required AAU Taekwondo Online Coaches Certification Course. Coaches must complete the course and bring their certification card with them to all AAU Taekwondo events in order to coach. Coaches Attire is required. NO EXCEPTIONS. Information on this course is available at [www.aautaeqwondo.org](http://www.aautaeqwondo.org).**

**Awards: *Championship Medals* awarded to the top 4 places in each division.**

<b>Uniforms:</b>	<p>All competitors must wear a clean <u>WHITE</u> uniform only. Patches &amp; screens are permitted. No rolled sleeves or cuffed pants. Black belts are allowed to wear a black V-neck collar or have black trim on the lapels of their uniform.</p>
<b>Equipment:</b>	<p>Point Sparring safety gear is <u>MANDATORY</u>: Foam dipped or vinyl Headgear, Handgear, Footgear and Mouthpiece. A protective groin cup for males is also required. Forearm, shin guards and rib guards are optional. Optional equipment must be worn <u>UNDER</u> the uniform.</p>
<b>Olympic Sparring</b>	<p>All competitors must wear an Olympic style Chest Protector, Headgear, manufactured Shin &amp; Instep protectors, Forearm protectors and Mouthguard. Males are also required to wear groin protection inside of their dobok.</p> <p>Black Belt Cadets (12-14) and above will be using KP&amp;P electronic scoring. All competitors must use the appropriate KP&amp;P Footgear. The Chest Protectors will be provided for electronic scoring only. All remaining gear is the responsibility of the Athlete.</p> <p>Duration of rounds:</p> <p>1.a. Youth (5-9), Mini-Cadet (10-11), Cadet (12-14) and Executive (33 and up) shall compete using three one-minute rounds with a 30-second rest</p> <p>1.b. Junior (15-17) Shall compete using three 90-second rounds with a 30second rest</p> <p>1.c. Senior (18-32) Shall compete using three two-minute rounds with a 60second rest</p>
<b>Special Needs</b>	<p>For Special Needs Students, please register in TourneyReg as normal and contact Master Ames (7Dragonstkd@gmail.com) with the Students name and any special requirements.</p>

# Directions

## From Northern Virginia:

I-495 (Capital Beltway)/I-95 North to Baltimore across Woodrow Wilson Bridge to Exit 3A MD Route 210 Indian Head

Continue on MD 210 approximately 10 miles to left exit/turn onto MD 228 towards Waldorf

Proceed approximately 3 miles to right turn onto Bunker Hill Road

Proceed approximately 0.12 miles to turn right onto Davis Road

Proceed for 1 mile and location will be on the left

## From the North (Baltimore, Frederick, Laurel):

I-495 (Capital Beltway)/I-95 South to Richmond to Exit 3 for MD 210 towards Indian Head

Continue on MD 210 approximately 10 miles to MD 228 – Berry Road

Turn left on MD 228-Berry Road

Proceed approximately 3 miles to right turn onto Bunker Hill Road

Proceed approximately 0.12 miles to turn right onto Davis Road

Proceed for 1 mile and location will be on the left

## From the South (Fredericksburg, Richmond):

US 301 north through La Plata

Continue approximately 13 miles on US 301 to MD 228

Proceed approximately 3.6 miles to left turn onto Bunker Hill Road

Proceed approximately 0.12 miles to turn right onto Davis Road

Proceed for 1 mile and location will be on the left

## Host Hotel Information for Tournament



**Hampton Inn**  
3750 Crain Highway  
Waldorf, Maryland, USA, 20603  
301-632-9600

**Booking Link:** <http://group.hamptoninn.com/aaumttaekwondochampionship>

**Hotel:** Hampton Inn Waldorf

**Group Name:** AAU MD Taekwondo Championship

**Arrival Date:** 06 April 2018

**Departure Date:** 07 April 2018

Use the link above or contact the Hotel Directly and mention AAU MD Taekwondo Championship to get a group rate! All rooms must be booked by March 4, 2018 to get the group rate, so book early. The group rate includes a robust hot breakfast, fitness center, business center, free Wi-Fi and an in house laundry facility!

### Other Local Hotels:

**Courtyard by Marriott**  
3145 Crain Highway  
Waldorf, MD 20603  
301-885-3333

**Hilton Garden Inn**  
10385 O'Donnell Place  
Waldorf, MD 20603  
240-222-0000