

AAU Taekwondo will be introducing a new type of **Continuous Point Sparring** at the 2024 National Championships. This will replace the current AAU Continuous Point Sparring that was used at last year's Nationals and may have been used this year at Regional and District Championships.

ITF rules will be used with a few exceptions. An approved ITF uniform will not be required, but all competitors will be required to wear a white uniform or other types of currently accepted uniforms (ex. NASKA), but Sport Poomsae uniforms will not be allowed. For the Black Belt competitors, an ITF approved belt will not be required. Additionally, the following items should be noted.

- Items that are NOT allowed: Face shields, rib/breast protectors, forearm guards.
- Items that are allowed: Sport goggles, different color sparring gear, any color mouthguard (except red).

Each match will be two rounds of two minutes, running clock with a 60 second rest between rounds. A one minute third round and a Golden Point Round will be run if needed to break a tie. Current ITF rules will be used for this event with respect to penalties and procedures. All AAU current age and belt ranks will be used in creating divisions and height will be used to create matches.

It is highly recommended that all coaches with athletes competing in the ITF Continuous Point Sparring attend the coaches meeting on Sunday.

If you have any questions or concerns, you may reach out to the AAU Chief Referee Committee at aautkdcrc@gmail.com

T 33. TARGET AREA

- a. Head
 - i. At the front, sides, and top of the head, but not at the back.
 - ii. Excluding the neck.
- b. Trunk of the body
 - i. From shoulder to navel vertically
 - ii. From a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

T 34. POINT AWARDS

- a. One (1) point will be awarded for any legal Hand Attack directed to mid or high section.
- b. Two (2) points will be awarded for any legal Foot Attack directed to mid-section.
- c. Three (3) points will be awarded for any legal Foot Attack directed to high section.

T 35. LIGHT CONTACT SCORING PROCEDURE SYSTEM - In competition technique is valid according to a light contact system if:

- a. Correctly Executed.
- b. Dynamic (i.e., it is delivered with strength, purpose, speed and precision).
- c. Controlled on the target.

T 36. MINUS POINTS/FOULS - One point will be deducted for the following offences:

- a. Heavy contact.
- b. Attacking a fallen opponent.
- c. Leg sweeping.
- d. Holding/grabbing.
- e. Intentional attack to a target other than mentioned in art. T33.

f. Unsportsmanlike Conduct*

- i. To include any action taken by a competitor that shows disrespect, lack of following directions or other unacceptable behaviors towards umpires, officials, or other competitors, including though not limited to: Failure or refusal to follow referee's directions, intentionally leaving, ring/manipulation of time, inappropriate behavior/language....)

T 37. WARNINGS - Warnings will be assigned for the following offences:

- a. Pretending to have scored a point by raising one or both arms.
- b. Stepping completely out of the ring (both feet).
 - i. If a competitor is pushed out of the ring with intent (without undergoing a technique) then he will not receive a warning. The competitor who pushed shall receive a warning.
- c. Falling down, whether intentional or not (it means any part of the body, other than the feet, touching the ground).
- d. Faking a blow, pretending to be injured to gain an advantage.
- e. Intentionally avoiding sparring.
- f. Adjusting equipment during the bout without the consent of the Centre Referee.
- g. Unintentional attack to a target other than mentioned in art. T33.
- h. Pushing with the hands, shoulders, or body.

The sum of three (3) warnings automatically results in the deduction of one (1) point.

T 38. DISQUALIFICATION

- a. Misconduct against officials or ignoring instructions.
- b. Uncontrolled or excessive contact.
- c. Receiving three (3) minus points/fouls directly given by the Centre Referee.
- d. Being under influence of alcoholic beverages or drugs.
- e. Loss of temper.
- f. Insulting an opponent, coach and or official.
- g. Biting, scratching.
- h. Attacking with the knee, elbow, or forehead.
- i. Being determined culpable for causing a loss of consciousness.