

2024 AAU TKD Nationals – Schedule of Events

Monday, July 1st

Point Sparring and/or Continuous Point Sparring competitors ONLY, athletes may wear a standard taekwondo uniform or a NASKA style "Sport Point Fighting" uniform. Rank belts must be worn with these uniforms. (Examples Available: [Click Here](#))

Point Sparring

- Single Elimination Format
- All age & belt divisions will compete in point sparring.
- National Team (black belt mini-cadet, cadet, junior, senior, executive, ultra and diamond) selection shall be decided by gold medal winners.
- Rules outlined in the AAU Taekwondo Handbook

Continuous Point Sparring (*Not* Eligible for Black Belt Team Selection)

- Rules established in conjunction with ITF America with modifications.
- Single Elimination Format
- Same divisions as Point Sparring both age, rank and using height instead of weight (See Handbook)
- An approved ITF uniform will not be required, but all competitors may wear a white uniform that complies with the current AAU rules or any currently accepted uniforms for Point Sparring (see above or AAU Handbook for details).
- No WT Sport Poomsae uniforms will be allowed.
- For the Black Belt competitors, an ITF approved belt will not be required.
- Equipment that is allowed: Sport goggles, different color sparring gear, any color mouthguard, except red.
- Equipment not allowed: Face shields, rib/breast protectors, forearm guards.
- Two (2) minute rounds for each match with a 60 second rest between rounds. A one (1) minute round and a Golden Point round may be run, if necessary to determine the winner.
- Penalties will be governed by the ITF America rules.
- Match procedures will be governed by the ITF America rules. For clarification on this competition, email aautkdrc@gmail.com.

Para Taekwondo Point Sparring Divisions

- All Para Taekwondo point sparring divisions
- Rules and Divisions are outlined in the AAU Taekwondo Handbook
- Additional information will be requested after registration to ensure proper bracketing. Please provide an email during registration that is checked frequently so we can gather this information timely.

Demo Team Competition

- Three (3) to twenty (20) member teams (any rank); more than 75% of team must compete in individual event(s)
- All members & volunteers must be current AAU members and registered as a Demo Team Member.
- Maximum two (2) minute set up time, maximum six (6) minute performance and maximum two (2) minutes for cleanup.
- 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. Demo Team performance criteria must include elements from forms/poomsae/patterns, board breaking, and self-defense.
- Scoring will be a maximum of ten (10) points for originality; a maximum of ten (10) points for technique and a maximum of ten (10) points for difficulty.
- Penalties are assessed for exceeding the time limit. Refer to the AAU Taekwondo Handbook for details.
- All props are subject to inspection by the Chief Referee and may be prohibited if deemed unsafe.
- No jumping over humans will be allowed.

WT Sport Poomsae Competition

- Recognized Individual (Intermediate (Green, Purple, Blue), Advanced (Brown, Red) and Black Belts)
- Sport Poomsae Pairs (Black Belts Only)
- Sport Poomsae 3 Person Team (Black Belts Only)

WT Freestyle Poomsae Competition

- Recognized Individual (Intermediate (Green, Purple, Blue), Advanced (Brown, Red) and Black Belts)
- Sport Poomsae Pairs (Black Belts Only)
- Sport Poomsae 3 Person Team (Black Belts Only)

ITF Sport Patterns – New Competition

- Different performance and judging criteria from Traditional ITF Forms
- ITF America rules will be used with two exceptions.
- An approved ITF uniform will not be required, but all competitors will be required to wear a white uniform that complies with the current AAU rules.
- For the Black Belt competitors, an ITF approved belt will not be required.

Para Sport Poomsae

All Para Sports Poomsae competitors using AAU Taekwondo Sport Poomsae format.

Board Breaking – Board Holders

All board holders must be either a coach or athlete that is registered for Nationals and has appropriate credentials. Attire for board holders is coach's attire or athlete's uniform/dobok. No shorts, T-shirts or other attire will be allowed on the floor. For any timed break that requires board holders, the number of board holders/feeders will be limited to two (2) feeders and two (2) holders. Specifics for power breaking is outlined below.

Board Breaking Rules:

Repetitive Timed Breaking:

- A 0.5 second penalty will be assessed, for each board, in the repetitive timed breaking (human hold) events where a coach breaks the board before the athlete strikes it.
- In the repetitive timed hand breaking (feeder system), if any boards are not broken by an athlete, that athlete will be placed below the athlete who broke all boards, even if that athlete had a slower time. If multiple athletes fail to break boards, their ranking will first be ranked according to the number of boards actually broken and if still tied the fastest time will be used.

Board Breaking Sizing & Purchase Overview:

Boards must be purchased at the host site. Each event will utilize ten (10) boards or less. The only exception to this would be power breaking athletes who decide to attempt more than ten (10) boards. These athletes must have sufficient boards to ensure if they tie, they will be able to break again.

- Demo Small Boards = All athletes 5 to 13 years old
- Demo Medium Boards = All athletes 14 years and older

Repetitive Timed Spin Hook Breaking

- Single break format; One (1) board per strike; ten (10) board competition
- Allowed technique is SPINNING HOOK KICK
- Timed competition, fastest competitor to break 10 boards.
 - Fastest competitor to break 10 wins gold.
 - 2nd fastest competitor to break 10 wins silver.
 - 3rd fastest competitor to break 10 wins bronze.
 - 4th fastest competitor to break 10 wins bronze.

Tuesday, July 2nd (Events Continued)

Repetitive Timed Side Kick Breaking

- Single break format; One (1) board per strike; ten (10) board competition
- Allowed technique is SIDE KICK
- Timed competition, fastest competitor to break 10 boards.
 - Fastest competitor to break 10 wins gold.
 - 2nd fastest competitor to break 10 wins silver.
 - 3rd fastest competitor to break 10 wins bronze.
 - 4th fastest competitor to break 10 wins bronze.

Repetitive Timed Hand Breaking (*human hold*)

- Single break format; One (1) board per strike; ten (10) board competition
- Allowed technique includes HAMMER, KNIFE, RIDGE, PALM or FIST/PUNCH
- Boards held by person or Boards repeatedly placed on bricks by person (see board holder instructions above)
- Timed competition, fastest competitor to break 10 boards.
 - Fastest competitor to break 10 wins gold.
 - 2nd fastest competitor to break 10 wins silver.
 - 3rd fastest competitor to break 10 wins bronze.
 - 4th fastest competitor to break 10 wins bronze.

Repetitive Timed Hand Breaking (*feeder system*)

- Single break format; One (1) board per strike; ten (10) board competition
- Allowed technique includes HAMMER, KNIFE, RIDGE, PALM or FIST/PUNCH
- Boards will be fed through feeder system provided by tournament organizing committee.
- Board holders must comply with board holder instructions above.
- Timed competition, fastest competitor to break 10 boards.
 - Fastest competitor to break 10 wins gold.
 - 2nd fastest competitor to break 10 wins silver.
 - 3rd fastest competitor to break 10 wins bronze.
 - 4th fastest competitor to break 10 wins bronze.

Power Hand Breaking

- Single Break Format: One (1) attempt allowed; Athletes compete in an individual manner.
- Ninety (90) second time limit on set up for break.
- One (1) Station per competitor; Spacers REQUIRED – will be provided by tournament.
- Acceptable techniques include Fist, hammer fist, palm heel, knife hand, and ridge hand.
- Board holders must comply with board holder instructions above.
- 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.*

Power Axe Kick Breaking

- Single Break Format
- One (1) Station per competitor; Spacers REQUIRED – will be provided by tournament.
- Maximum of two board holders or use of four cinder blocks and must comply with board holder instructions above.
- Acceptable techniques include axe kick (No stomp)
- Spacers are REQUIRED (spacers will be provided by the organizing committee)
- Ninety (90) second time limit on set up for break.
- One (1) 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.*

Power Stomp Kick Breaking

- Single Break Format
- One (1) Station per competitor; Spacers REQUIRED – will be provided by tournament.
- Maximum of two board holders or use of four cinder blocks and must comply with board holder instructions above.
- Acceptable techniques include downward stomp kick.
- Spacers are required (spacers will be provided by the organizing committee)
- Ninety (90) second time limit on set up for break. 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.*

Power Side/Back Kick

- Single Break Format
- One (1) Station per competitor; Spacers REQUIRED – will be provided by tournament.
- Maximum of two board holders or use of four cinder blocks and must comply with board holder instructions above.
- Board Holders – Must be AAU Member and registered as Coach or Athlete
- Acceptable techniques include side or back kick.
- Spacers are required (spacers will be provided by the organizing committee)
- Ninety (90) second time limit on set up for break.
- 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.*

Weapons Forms: Traditional

- Single Elimination Format: No live blades will be allowed
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe.
- Weapon must stay in contact with the body at all times.
- Inverted aerial maneuvers are not allowed; rolls on the ground are allowed; cartwheels are not allowed.
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace & Beauty
- 90 second time limit
- Competitor may not switch weapons during the weapon form.
- Approved weapons for this event are Kamas, Sword, Sai, Tonfa, Staff, Nunchaku, Knife, Polearm, Eku, Cane, Fan, Escrima – Refer to the AAU Taekwondo Handbook for examples of these allowed weapons.

Weapons Forms: Creative

- Single Elimination Format: No live blades will be allowed.
- Weapons are subject to inspection by the Chief Referee and may be prohibited if deemed unsafe.
- Weapon releases are allowed in the creative division.
- Inverted aerial maneuvers are allowed in the creative division.
- Judging criteria includes Creativity, Technique, Power, Focus, Rhythm, Grace & Beauty
- 90 second time limit
- Competitor may not switch weapons during the weapon form.
- Approved weapons for this event are Kamas, Sword, Sai, Tonfa, Staff, Nunchaku, Knife, Polearm, Eku, Cane, Fan, Escrima – Refer to the AAU Taekwondo Handbook for examples of these allowed weapons.

Para Taekwondo Board Breaking Divisions

- All Para Taekwondo board breaking divisions
- No modifications will be made to board breaking rules.

Black Belt Traditional Forms team selection detailed in the National Team Section ([Click Here](#))

Traditional Forms: ITF

- All white uniform required (WT Sport Poomsae or WT Freestyle Poomsae are not allowed.)
- Brazilian Repechage Format
- Allowed patterns are defined within pg. 34 of the AAU Taekwondo Handbook under ITF forms.
- This event will be offered for all ages.
- This event will be offered for all belt levels.
- Judging criteria: Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Traditional Forms: WT **SPORT POOMSAE STANDARDS DO NOT APPLY**

- All white uniform required (WT Sport Poomsae or WT Freestyle Poomsae are not allowed.)
- Brazilian Repechage Format
- Allowed patterns are defined within pg. 34 of the AAU Taekwondo Handbook under WT forms.
- This event will be offered for all ages.
- This event will be offered for all belt levels.
- Judging criteria: Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Traditional Forms: MDK/TSD

- All white uniform required (WT Sport Poomsae or WT Freestyle Poomsae uniforms are not allowed.)
- Brazilian Repechage Format
- Allowed patterns are defined within pg. 34 of the AAU Taekwondo Handbook under MDK/TSD forms
- This event will be offered for all ages.
- This event will be offered for all belt levels.
- Judging criteria: Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Traditional Forms: Open Traditional

- All white uniform required (WT Sport Poomsae or WT Freestyle Poomsae uniforms are not allowed.)
- Brazilian Repechage Format
- ITF, WT & MDK/TSD patterns will compete together.
- Allowed patterns are defined within pg. 34 of the AAU Taekwondo Handbook
- This event will be offered for all ages.
- This event will be offered for all belt levels.
- Judging criteria: Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Para Traditional Forms

- Numeric scoring method used.
- Refer to AAU Taekwondo Handbook for additional information.
- Additional information will be requested after registration to ensure proper bracketing. Please provide an email during registration that is checked frequently so we can gather this information timely.

Black Belt Team Traditional Forms

- Brazilian Repechage Format
- Junior (5-17) and Adult (18+) Divisions
- All traditional forms accepted (ITF, WT, TSD/MDK)

Mixed Belt & Age Team Traditional Forms

- Brazilian Repechage Format
- Team **MUST** be comprised of both Junior and Adult members **and/or** include under black belt members.
 - *(i.e. Team membership would NOT meet the requirements to compete in the existing Junior Team Forms nor Adult Team Forms divisions.)*
- All traditional forms accepted (ITF, WT, TSD/MDK)

Thursday, July 4th

***All Olympic sparring rounds will consist of **the best of three rounds** which will be 60 seconds for colored belts and 90 seconds for Black Belts.

Olympic Sparring Competition

KPNP Not Used: Novice & Intermediate Ages: 5, 6-7 And 8-9

KPNP Being Used: Novice & Intermediate Ages: 10-11, 18-32, 33-42, 43-52, 53 & Up

KPNP Being Used: Black Belt Ages: 18-32

Friday, July 5th

Olympic Sparring Competition

KPNP Not Used: Advanced Ages: 5, 6-7 AND 8-9

KPNP Being Used: Novice & Intermediate Ages: 12-14, 15-17

KPNP Being Used: Advanced Ages: 10-11, 12-14, 15-17, 18-32, 33-42, 43-52 And 53 & Up

KPNP Being Used: Black Belts Ages 12-14

Saturday, July 6th

Olympic Sparring Para Divisions

- Additional information will be required. Please provide an email during registration that is checked frequently so we can gather this information timely.

Olympic Sparring Competition

KPNP Being Used: Black Belt Ages: 5, 6-7, 8-9 10-11, 15-17, 33-42, 43-52 And 53 & Up