

2024 AAU TKD NATIONALS - AAU NATIONAL TEAMS

OLYMPIC SPARRING

The **Mini-Cadet (10-11)** Teams shall be established at the National Championship by virtue of capturing the 1st Place Gold Medal in single elimination competition. **Mini-Cadet Team Members** will be invited to train and travel with the National Teams at their own expense.

The top four finishers in the **Cadet (12-14), Junior (15-17) and Senior (18-32) Black Belt** divisions will be invited to Team Trials at the **2024 AAU Junior Olympic Games** along with the current member of that team to compete under international rules (regarding a kick to the head) for the Team Member slot.

Please Note: *All current team members will be required to compete at Nationals in order to be eligible for a Team Trials invitation. However, their placement at Nationals will not interfere with their ability to be invited.*

For those Black Belts competing in the Olympic Sparring Divisions, everyone must compete in the age category befitting their age according to our Age Determining Date. Fourteen-year-olds must compete as 12-14-year-olds at the National Championship AND if you place in the top four spots you will be invited to the 12-14-year-old Cadet Team Trials. Should you turn 15 in 2023 you will be invited to travel with the Junior Team at that time.

Executive/Ultra (33+) Black Belt Olympic Sparring Team shall be determined at the National Championship by virtue of capturing the 1st Place Gold Medal in single elimination competition.

TRADITIONAL POINT SPARRING

Traditional Point Sparring Team Members shall be determined at the National Championship by virtue of capturing the 1st Place Gold Medal in single elimination competition for 10-11, 12-13, 14-15, 16-17, 18-32 33-42, 43-52 and 52+Black Belts. (Continuous Point Sparring Not Eligible)

SPORT POOMSAE

All Sport Poomsae Team Members shall be determined at the National Championship by virtue of capturing the 1st Place Gold Medal in Individual, Pairs and Teams divisions.

TRADITIONAL FORMS

All Traditional Forms National Team Members will be determined at the National Championship. Eligible team spots will be 10-11, 12-13, 14-15, 16-17, 18- 32, 33-42, 43+ year old Black Belts.

To become the Team Member for your age and gender, you must compete in:

- Two of Three Styles (ITF, TSD, WT) AND
- Open Traditional

Points will be awarded for all medals as follows:

- 10 points for Gold
- 5 points for uncontested Gold
- 6 points for Silver
- 4 points for Bronze

Ties will be decided by the individual who faced the highest total number of competitors.