



# 2025 AAU NEW YORK METROPOLITAN STATE CHAMPIONSHIPS & NATIONAL QUALIFIER

Dear Masters & Instructors,

It is with great pride and happiness that I extend to you this formal invitation to participate in the 2025 AAU New York Metropolitan State Championship, being held on Saturday, March 29<sup>th</sup>, 2025, at Queens College in Flushing, New York. **The top 8 athletes in each division will be qualified for this year's AAU Taekwondo National Championships, held in Salt Lake City, Utah.**

Please refer to our website at [www.aautaekwondo.org](http://www.aautaekwondo.org) for all qualifying criteria and a complete listing of this year's competition rules, equipment requirements and regulations.

Our event was a huge success in 2024, and we thank the Taekwondo community last year for joining us. This year, we will be bringing the competitions back to the metropolitan area due to popular demand.

This year's tournament aims to create a competitive platform where we will continue to highlight the values of sportsmanship and camaraderie while competing under the safest and most secure conditions. The tournament promises not only experience to all those who participate, but also new friendships and bonds.

This year, we have added Traditional Point Sparring, Sport Poomsae (Black Belts Only), Sport Poomsae Pairs (Black Belts Only), Sport Poomsae Team (Black Belts Only), Para Division Forms & Open Board Breaking to our event. We will be using the full venue, 10 Olympic size rings. There will be special recognition awards for top clubs, athletes, coaches and referees.

Please review the enclosed material, complete all necessary paperwork online. There is no door or paper registration. The more participants who pre-register early, the smoother and more economical the process will be. Please keep in mind that no tournament day registration will be permitted in order to ensure an orderly and timely progression of events on the tournament day. All registration should be completed online at [tourneyreg.net](http://tourneyreg.net). If anyone needs help, I or my staff will personally assist you in registering.

We will be using the DAEDO PSS system for Olympic Sparring divisions Red Belt and above. We will have socks available at the venue to purchase.

Medals are awarded for the top four finishers in each division and all participants will receive a certificate for participation. Enclosed you will find a tournament poster to display in your school.

Registration is open at [www.aautkdny.com](http://www.aautkdny.com). Please feel free to contact us at [aautkdny@gmail.com](mailto:aautkdny@gmail.com) for any questions or concerns. For more up to date details, please visit our Facebook page at [www.facebook.com/aautkdny](http://www.facebook.com/aautkdny) for the latest news.

Thank you and we look forward to seeing all coaches and athletes at our national qualifier.

Sincerely,

# 2025 AAU NEW YORK METROPOLITAN STATE CHAMPIONSHIPS & NATIONAL QUALIFIER

## Saturday, March 29<sup>th</sup>, 2025

Held at Queens College Fitzgerald Gymnasium  
65-30 Kissena Blvd. Flushing, NY

### REGISTRATION

**AAU Membership (MANDATORY) - [www.aausports.org](http://www.aausports.org)**

**Tournament Registration (ONLINE) - [www.Aautkdny.com](http://www.Aautkdny.com)**

**TOURNAMENT INFO:** Tournament will follow current AAU Taekwondo rules.

*Tournament Director, Andrew Oh | Hosted by Team Champions USA | Sanctioned by Amateur Athletic Union.*

**COMPETITION AGE:** All athletes shall compete at their age as of **12/31/2024**

**AAU MEMBERSHIP:** All athletes, coaches, officials, & volunteers must be current individual members of the AAU and able to present their current AAU membership card upon request. Please allow 10 days for processing.

**EQUIPMENT:** Please refer to the AAU Taekwondo Handbook for the mandatory equipment requirements as well as the respective rules for competition. The handbook is available free online at [www.aautaeqwondo.org](http://www.aautaeqwondo.org).

**DIVISIONS:** Olympic Sparring – Traditional Point Sparring, WT Forms, Open Forms (ITF, TSD,MDK ONLY), Para Form, Sport Poomsae Individuals (BLACK BELTS ONLY), Sport Poomsae Pairs (BLACK BELTS ONLY), Sport Poomsae Team (BLACK BELTS ONLY), Traditional Weapons Forms. *See more on next page.*

### REGISTRATION & ENTRY FEES:

Must be completed by **ONLINE REGISTRATION ONLY** at [www.aautkdny.com](http://www.aautkdny.com) | **No Refunds**

Early Registration Deadline (Monday, March 17<sup>th</sup> 11:59 PM) One Event - \$109    Additional Event - \$20

Late Registration Deadline (Monday, March 24<sup>th</sup> 11:59 PM) One Event - \$139    Additional Event - \$20

**ALL REGISTRATION IS CLOSED MARCH 24<sup>TH</sup>**

**COACH PASS:** \$50 (Club awards will be given out to the top supporting schools)

(All coaches must register online, have aau coach certification & wear blue aau coach polo)

Spectator Admission Fee (PAID AT DOOR):    \$15.00 (Ages 6 & Up)

Children (5 & Under) - FREE

**REFEREES & OFFICIALS:** If you are interested, please contact us at [aautkdny@gmail.com](mailto:aautkdny@gmail.com)

(All referees must register online, have aau coach certification & wear grey aau referee polo)

**FOR MORE INFORMATION AND THE LATEST UPDATES:**

[www.facebook.com/aautkdny](http://www.facebook.com/aautkdny)

[aautkdny@gmail.com](mailto:aautkdny@gmail.com)

**DIVISIONS**

Here are a list of all the divisions that will be available at this year’s NY national qualifier.

**OLYMPIC SPARRING:**

**Novice (White, Yellow, Orange) & Intermediate (Green, Purple, Blue)**

Non-PSS Electronic Scoring  
Best of 3 Format: Three 60 Seconds Rounds, First to 2 Wins  
12 Point Gap ALL Rounds  
JSR Junior Safety Rules (Light Head Contact)

**Advanced (Red, Brown): All Ages**

Daedo PSS Electronic Scoring  
Best of 3 Format: Three 60 Seconds Rounds, First to 2 Wins  
12 Point Gap ALL Rounds  
JSR Junior Safety Rules (Light Head Contact)

**Black Belts: Ages 11 & Under**

Daedo PSS – Must have own Daedo electronic socks  
Best of 3 Format: Three 60 Seconds Rounds, First to 2 Wins  
12 Point Gap ALL Rounds  
JSR Junior Safety Rules (Light Head Contact)

**Black Belts: Cadet 12-14**

Daedo PSS - Must have own Daedo electronic socks  
12 Point Gap ALL Rounds  
JSR Junior Safety Rules (Light Head Contact)

**Black Belts: Junior 15-17 & Senior 17-32**

Daedo PSS - Must have own Daedo electronic socks  
Best of 3 Format: Three 90 Seconds Rounds, First to 2 Wins  
12 Point Gap ALL Rounds

**Black Belts: 33 & Up**

Daedo PSS - Must have own Daedo electronic socks  
Best of 3 Format: Three 60 Seconds Rounds, First to 2 Wins  
12 Point Gap ALL Rounds  
**Junior Safety Rules (Light Head Contact)**

**COACH APPEAL:** limited to 1 action which occurred within 5 seconds of the appeal

**Non IVR – 2 Cards | Coach may appeal for the following:**

Technical points for turning kicks  
Head or face kicks unscored  
Wrong identification of punch point by judges  
Invalidation of point(s) after gam-jeom was given for prohibited act.  
Error in Time Management  
Mechanical Malfunction (Hogu/Gear Test) - Coach may use challenge card to request testing of the PSS system any time during the 2<sup>nd</sup> and/or 3<sup>rd</sup> round. If PSS works properly, the coach shall lose the challenge card and the player will receive a gam-jeom. Referee shall use his challenge card to test PSS equipment during 1<sup>st</sup> RD.

## TRADITIONAL POINT SPARRING:

One 2 Minute Round, 7 Point Gap, Golden Round for Tie (Must win by a 2-point net change in the score)  
Each coach allowed one 10 second time out for each match that can be used only during a break in the action to call points for either player. Coaches cannot call time during active match play.  
Penalties – a total of four (4) total point in penalties will disqualify that competitor

## WT FORMS: BRACKETED

Novice, Intermediate, Advanced: May do any form listed for any of their previous ranks as well as current rank.  
1<sup>st</sup> Dan competitors may do any form/pattern listed for Advanced or 1<sup>st</sup> Dan Ranks  
2<sup>nd</sup> Dan+ competitors may do any for/pattern listed for any dan rank up to and including their current rank.  
**WT Sport Poomsae Standards are NOT utilized for scoring for these events.**

Rank	ITF	WT	TSD/MDK
<b>Novice</b> White, Yellow Orange	Chon-Ji Dan-Gun Do-San	Pal Gwe 1–2 Taegeuk 1–2	Ki-Cho (KiBon) 1–5 Pyung-An/Pinan 1
<b>Intermediate</b> Green, Purple Blue	Won-Hyo Yul Gok Joong-Gun Toi-Gye	Pal Gwe 2–6 Taegeuk 2–6	Ki-Cho (Ki Bon) 3 Pyung-An/Pinan 1–4
<b>Advanced</b> Red, Brown	Hwa-Rang Choong-Moo	Pal Gwe 6–8 Taegeuk 6–8	Pyung-An/Pinan 4–5 Passaai (Bassai)
<b>1<sup>st</sup> Dan</b>	Kwang-Gae Po-Eun Ge-Baek	Koryo	Jin Do Passaai (Bassai)
<b>2<sup>nd</sup> Dan</b>	Eui-Am Choon-Jang Ko-Dang Juche	Keumgang	Ro-Hai
<b>3<sup>rd</sup> Dan</b>	Sam-Il Yoo-Sin Choi-Yong	Taebaek	Kong San Kun
<b>4<sup>th</sup> Dan</b>	Yon-Gae Ui-Ji Moon-Moo	Pyongwon	Wan Shu
<b>5<sup>th</sup> Dan</b>	So-San Se-Jong	Sip Jin	Ji-On
<b>6<sup>th</sup> Dan</b>	Tong-Il	Jitae	O Sip Sa Bo
<b>7<sup>th</sup> Dan</b>		Chonkwon	Sei-Shan
<b>8<sup>th</sup> Dan</b>		Hansu	Sip Soo (Jit Te)
<b>9<sup>th</sup> Dan</b>		Ilyeo	

## OPEN FORMS: BRACKETED

May do any form listed in their rank level for ITF, TSD/MDK form/pattern. Check above diagram.  
**WT Forms will not be allowed in this event.**

## SPORT POOMSAE: POOMSAE PRO ELECTRONIC

Sport poomsae will be for BLACK BELTS only. Color belts may enroll in WT FORMS.  
Designated poomsae will be posted 3 weeks prior to the competition date.

**RULES:** <https://image.aausports.org/dnn/tw/2025/2025AAUTKDHHandbook-9.1.24.pdf>

AGE	GENDER	DIVISIONS	EVENTS
8-11	MALE & FEMALE	BLACK BELTS	Individuals
12-14	MALE & FEMALE	BLACK BELTS	
15-17	MALE & FEMALE	BLACK BELTS	
18-30	MALE & FEMALE	BLACK BELTS	

31-40	MALE & FEMALE	BLACK BELTS	Pair (1 Male, 1 Female)
41-50	MALE & FEMALE	BLACK BELTS	
51 & Up	MALE & FEMALE	BLACK BELTS	Team (3 Male OR 3 Female)

## **PARA DIVISION FORMS: NUMBER SCORING**

## **CREATIVE WEAPONS FORMS: BRACKETED**

Single elimination, 90 Second Time Limit, No Music

**No live blades allowed.** Weapons are subject to inspection by Chief Referee.

Approved Weapons: Kamas, Sword, Tonfa, Staff, Nunchaku, Knife, Polearm, Eku, Cane, Fan, Escrima

Judging Criteria: Creativity, Technique, Power Focus, Rhythm, Grace, Beauty

Allow contemporary martial arts technique either added to a traditional form or a form devised by the competitor. Form must include the majority of techniques which originate from martial arts (Gymnastics motions allowed but form must remain primarily martial arts based)

Form must include spinning kicks, jump spinning kicks, multiple kicks and splits. No obstacles or props.

Competitors may not switch weapons during weapons forms.

## **OPEN BOARD BREAKING: NUMBER SCORING**

Boards MUST be purchased onsite and sold in stacks of 10. Any form of board tampering will lead to disqualification.

Number scoring format

90 seconds maximum setup/break time allowed per competitor

Maximum of 10 boards per competitor

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 direct elbow strikes will be allowed.

Athlete technique will be judged based on the following criteria: Technique, focus, balance, power and creativity

## **SCHEDULE OF EVENTS**

### **\*TENTATIVE TO CHANGE\***

- 7:30am – Volunteer Meeting
- 8:00am – Doors Open
- 8:00am – Referee & Officials Meetings
- 8:45am - General Announcements, National Anthem, Coaches Meeting
- 9:00am – Tournament Begins (All Forms, Breaking, Weapons, Para, Point Sparring)
- 12:00pm – Award Ceremony
- 12:30pm – Sparring Begins (Please check competition schedule at [www.facebook.com/aaatkny](http://www.facebook.com/aaatkny))

**COMPETITION SCHEDULE AND REPORT TIMES POSTED WHEN REGISTRATION ENDS.**

