



# 2014 AAU JUNIOR OLYMPIC GAMES TAEKWONDO



**LOCATION:** Iowa Events Center, 730 3<sup>rd</sup> Street, Des Moines, IA 50309

**DATES:**

Thursday, July 24, 2014	Athlete Check-In	Iowa Events Center
Thursday, July 24, 2014	Coaches'/Officials' Meetings	Iowa Events Center
Friday, July 25, 2014	Competition	Iowa Events Center
Saturday, July 26, 2014	Competition	Iowa Events Center

**AGE DETERMINING DATE:** Athletes shall compete at their age as of **December 31, 2014.**

**AGE DIVISIONS:** The following divisions listed below will be offered for the 2014 event:

**ENTRY FEE:**

One (1) Individual Event	\$110.00
Each Additional Event	\$25.00
Team Forms	\$150.00 per three (3) member black belt team
Demo Team	\$150.00 per team – minimum of (3) and a maximum of (20)

Visa, MasterCard, Discover and American Express are accepted. Entry fees are non-refundable. To register, visit [www.aaujrogames.org](http://www.aaujrogames.org).

## Individual Traditional Forms

AGE	GENDER	BELT DIVISIONS
6-7	MALE & FEMALE	INT & ADV
8-9	MALE & FEMALE	INT, ADV, BLACK 1, BLACK 2 & UP
10-11	MALE & FEMALE	INT, ADV, BLACK 1, BLACK 2 & UP
12-13	MALE & FEMALE	INT, ADV, BLACK 1, BLACK 2 & UP
14-15	MALE & FEMALE	INT, ADV, BLACK 1, BLACK 2 & UP
16-17	MALE & FEMALE	INT, ADV, BLACK 1, BLACK 2 & UP

## Team Events

AGE	GENDER	BELT DIVISIONS	TEAM EVENTS
6-17	MALE, FEMALE OR COMBINED	BLACK	TEAM FORMS
6-17	MALE, FEMALE OR COMBINED	COMBINED INT, ADV & BLACK	DEMO TEAM

## Individual Non- Traditional Forms & Self Defense

AGE	GENDER	BELT DIVISIONS	EVENTS
6-7	MALE	INT & ADV	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE
6-7	FEMALE	INT & ADV	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE
8-9	MALE	INT, ADV & BLACK	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE
8-9	FEMALE	INT, ADV & BLACK	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE
10-11	MALE	INT, ADV & BLACK	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE
10-11	FEMALE	INT, ADV & BLACK	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE
12-13	MALE	INT, ADV & BLACK	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE
12-13	FEMALE	INT, ADV & BLACK	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE
14-15	MALE	INT, ADV & BLACK	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE
14-15	FEMALE	INT, ADV & BLACK	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE
16-17	MALE	INT, ADV & BLACK	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE
16-17	FEMALE	INT, ADV & BLACK	CREATIVE FORMS , CREATIVE MUSICAL FORMS, WEAPONS FORMS, SELF DEFENSE

## Individual Breaking

AGE	GENDER	BELT DIVISIONS	BREAKING EVENTS
6-7	MALE	INT & ADV	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT
6-7	FEMALE	INT & ADV	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT
8-9	MALE	INT, ADV & BLACK	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT
8-9	FEMALE	INT, ADV & BLACK	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT
10-11	MALE	INT, ADV & BLACK	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT
10-11	FEMALE	INT, ADV & BLACK	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT
12-13	MALE	INT, ADV & BLACK	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT
12-13	FEMALE	INT, ADV & BLACK	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT
14-15	MALE	INT, ADV & BLACK	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT
14-15	FEMALE	INT, ADV & BLACK	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT
16-17	MALE	INT, ADV & BLACK	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT
16-17	FEMALE	INT, ADV & BLACK	OPEN, SPEED, JUMPING/FLYING, POWER HAND, POWER FOOT

**The tournament committee reserves the right to further divide or combine divisions depending on the number of competitors registered to compete in each.**

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## **EVENT DESCRIPTIONS:**

### **Individual Traditional Forms**

- Brazilian Repechage Format
- Potential to perform a pattern multiple times
- Recognized and approved forms are specified in the 2014 AAU Taekwondo Handbook
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power & Technique

### **Creative Forms**

- Brazilian Repechage Format
- Creative division shall allow forms to include contemporary martial arts techniques
- These may be added to a traditional form, or the form may be devised in its entirety by the competitor
- A form in the Creative Forms Event must include the majority of techniques which originate from martial arts (gymnastic type motions allowed, but form must remain primarily martial arts based)
- Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits are allowed
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

### **Creative Musical Forms**

- Brazilian Repechage Format
- The Creative Musical Event utilizes the above criteria for Creative Forms and additionally will include music
- Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

### **Weapons Forms**

- Brazilian Repechage Format
- Both Traditional and Creative weapons forms will be permitted
- No live blades will be allowed
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

### **Self Defense**

- Single Elimination Format
- One defender vs. 1-4 attackers will be permitted
- Defense must be based on empty hand techniques
  - Attackers may attack with safety weapons (subject to inspection by Chief Referee)
- Judging criteria includes Realism, Effectiveness, Difficulty & Variety of Techniques Used

### **Open Board Breaking**

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- 2 Stations per competitor
- A maximum of 3 attempts per station is allowed
- 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
- Competitors use the following board sizes (**Please Note: This will be updated based on sizes the vendors make available.**)
  - 5-9yo – 12 x 7 x ½ inch pine
  - 10-13yo – 12 x 7 x ¾ inch pine
  - 14 and up – 12 x 9 x ¾ inch pine
  - No thinner/shaved boards may be used for breaking competition
- Athlete technique will be judged based on the following criteria
  - Technique, focus, balance, power, and creativity
  - A break performed on the 1<sup>st</sup> try is superior to a break completed on the 2<sup>nd</sup> try
  - A 2 board break is superior to a 1 board break; a 3 board break is superior to a 2 board break
  - A break supported on 1 end (speed break) is superior to a break supported on both ends

### **Speed Board Breaking**

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- 1 Station per competitor
- Board(s) must be supported by a maximum of 1 side
- No spacers will be allowed
- A maximum of 3 attempts per station is allowed
- Athlete technique will be judged based on the following criteria
  - Technique, focus, balance, power, and creativity
  - A break performed on the 1<sup>st</sup> try is superior to a break completed on the 2<sup>nd</sup> try
  - A 2 board break is superior to a 1 board break; a 3 board break is superior to a 2 board break...

### Jumping & Flying Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- 1 Station per competitor
- Technique must be executed with both feet in the air
- No spacers will be allowed
- A maximum of 3 attempts per station is allowed
- Board holders/volunteers must be current AAU members
- Athlete technique will be judged based on the following criteria
  - Technique, focus, balance, power, and creativity
  - A break performed on the 1<sup>st</sup> try is superior to a break completed on the 2<sup>nd</sup> try
  - A 2 board break is superior to a 1 board break; a 3 board break is superior to a 2 board break....
  - Break supported on 1 end (speed break) is superior to a break supported on both ends

### Power Hand Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- 1 Station per competitor
- Acceptable techniques include: Fist, hammer fist, palm heel, knife hand, ridge hand
- Spacers allowed
- 1 attempt allowed
- Board holders/volunteers must be current AAU members
- 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 Foot Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- 1 Station per competitor
- Acceptable techniques include any kicking technique executed using a part of the foot below the ankle
- No spacers will be allowed
- 1 attempt allowed
- Board holders/volunteers must be current AAU members
- 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.

### Team Forms

- Brazilian Repechage Format
- 3 Member Black Belt Teams
- Recognized and approved forms are specified in the 2014 AAU Taekwondo Handbook
- Forms may not be modified
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & how well team performs as a unit
- All team members are required to be registered individual athletes in the AAU Junior Olympic Games to be eligible to participate in the Team Competition.

### Demo Team

- 3 – 20 Member Teams (any rank)
- All members & volunteers must be current AAU members
- 4 Minute demonstration time limit
- 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
- All props are subject to inspection of Chief Referee, and may be prohibited if deemed unsafe
- All team members are required to be registered individual athletes in the AAU Junior Olympic Games to be eligible to participate in the Team Competition.

### **SPECIAL NOTES:**

For AAU Taekwondo Competitions: Intermediate Divisions consist of Green, Purple and Blue. Advanced Divisions consist of both Red and Brown Belts. Black Belt Divisions are meant to include Junior Black as well. If your school or club uses any other belt ranking order or system, your athlete should conform to the above-mentioned criteria. ***Also Poom Belts (half red and half black) should be worn by JUNIOR Black Belts age 15 and younger ONLY!***

***Any Junior Black Belt under the age of 8 who wishes to compete is more than welcome to do so, but he/she must compete in the 8–9 Age Division.***

## ONLINE REGISTRATION

**& ENTRY DEADLINE:** ALL ENTRIES MUST BE COMPLETED ONLINE at [www.aaujrogames.org](http://www.aaujrogames.org).

Entries must be completed online by **Wednesday, July 16, 2014**. **ALL ENTRIES MUST BE RECEIVED BY THE DEADLINE DATE OR YOU WILL NOT BE ALLOWED TO COMPETE.**

For Demo Teams, please print the Demo Team Roster form from the online system once the demo team is registered. This form must be completed and submitted at the Taekwondo Check-In.

The Local Organizing Committee and the AAU have spent many hours planning and preparing for this AAU Event. In order to make it a great success, we are asking for your cooperation. It is the responsibility of the parent, coach, instructor, and athlete to ensure that the application is in on time and **complete in every detail**.

## AAU MEMBERSHIP:

All athletes, coaches, and officials must be members of AAU and be able to present their AAU membership card on demand. AAU membership numbers will be needed in order to register online for the competition. Coaches and officials must have the non-athlete membership card.

**BE PREPARED and register your coaches early! You can no longer register for non-athlete (coach) membership onsite at the event.** For more information, visit [www.aautaekwondo.org](http://www.aautaekwondo.org)

## COACHES/OFFICIALS:

**All coaches must register for the event online at [www.aaujrogames.org](http://www.aaujrogames.org) by July 16, 2014.** The coaches' entry fee is \$40. An additional \$10 will be charged for coaches entry forms submitted after the entry deadline or for onsite registration, if allowed by the National Chair. **Please note, non-athlete (coach) membership is no longer instant. BE PREPARED and register for membership early!**

**IN ADDITION to the AAU Coaches entry fee of \$40, there is a \$35 AAU Taekwondo floor pass fee.** Coaches' credentials and wristbands **must first** be picked up at the Iowa Events Center. These credentials should then be taken **to Taekwondo Check-In** in the Iowa Events Center and be presented at the AAU Taekwondo coaches' check-in table to receive the photo ID floor pass which will be affixed to the back of the credentials. The \$35 TKD Floor Pass fee is payable at this time with cash or money order. **This floor pass fee is separate from any and all other fees charged by the Local Organizing Committee in order to obtain coaches credentials.**

**Coaches must wear the Coaches Wristband in order to gain admittance to the competition facility. The credential with the photo ID floor pass must be worn to have access to the competition floor.**

There will be a **MANDATORY** information meeting for coaches Thursday, July 24 from 3:00 p.m. to 4:00 p.m. at the Iowa Events Center.

**Note: All coaches must have been previously certified through the online coaches' certification program in order to coach at this event. Please be prepared to show your clinic certification card if requested. If your name is not in the database as having taken the 2014 online coaches clinic and you cannot present a 2014 clinic card, you will not be allowed on the competition floor.**

**Late Fee & Photo Fee:** Coaches badges purchased onsite will be charged a \$20.00 late/processing fee by the Taekwondo Committee and will require additional time at check-in to process the badge. **PLEASE REGISTER EARLY AND ONLINE!** Coaches who do not upload a photo ID when taking the online clinic will also be required to pay this additional processing fee to have a photo taken and a badge processed onsite.

To obtain a copy of the AAU Taekwondo Rulebook, visit our website at [www.aautaekwondo.org](http://www.aautaekwondo.org).

**All Officials should register online.** There will be a mandatory official's clinic for all officials. The Officials Clinic will be Thursday, July 24 from 4:00 p.m. to 7:00 p.m. at the Iowa Events Center.

## COACHES' EDUCATION:

The AAU is happy to make available **FREE Coaches' Education** for all AAU non-athlete members. This excellent program is **MANDATORY** for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit [www.aausports.org](http://www.aausports.org) and click on PCA COACHES EDUCATION order to enter and take the MANDATORY AAU/PCA coaches educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

## QUALIFICATION:

Qualification is simply based on **participation** in a District or Regional qualifying event. i.e. You need only participate in your AAU District Championship event in order to qualify.

## AWARDS:

AAU Junior Olympic Games medals will be awarded to the top four (4) competitors in each division competed.

## UNIFORMS:

All contestants must wear a clean, **white** dobok only. See AAU Taekwondo Rulebook for further description.

## MANDATORY EQUIPMENT:

Please visit [www.aautaekwondo.org](http://www.aautaekwondo.org) and download the competition handbook for a complete description of all mandatory gear requirements.

**CHECK-IN:** Athletes and coaches must check-in at the Iowa Events Center located at 730 3<sup>rd</sup> Street Des Moines, IA 50309. Parking fees do apply for the lots around the Events Center. For check-in hours, maps and additional directions please visit [www.aaujrogames.org](http://www.aaujrogames.org) (click on Event Info, then Registration). Participants should check in at least the day prior to competing.

**Athletes should first check-in with AAU Junior Olympic Games personnel at the Iowa Events Center and pick up their credentials, t-shirt, certificate, and goody bag prior to check-in with the AAU Taekwondo Committee.**

**All AAU Taekwondo athletes must also check-in with the AAU Taekwondo Committee on Thursday, July 24 between the hours of 11:00 a.m. and 3:00 p.m. at the Iowa Events Center. NO EXCEPTIONS!**

At that time the events you have entered will be verified by the Committee.

**BIRTH CERTIFICATE:** All athletes must be prepared to produce a copy of their birth certificate or passport at Taekwondo Committee check-in or at the competition site if asked to do so.

**TENTATIVE SCHEDULE:**

**Thursday, July 24, 2014**

8:00 a.m. – 4:00 p.m. Athlete and Coach Check-In (Pick up credentials from JO Committee) Iowa Events Center

11:00 a.m. – 3:00 p.m. Athlete Check-In & Coach Floor Pass (Pick-Up from TKD Committee) Iowa Events Center

3:00 p.m. – 4:00 p.m. Coaches' Meeting (MANDATORY) Iowa Events Center

4:00 p.m. – 7:00 p.m. Officials' Clinic (MANDATORY) Iowa Events Center

**Friday, July 25, 2014**

9:00 a.m. Taekwondo Opening Ceremony Iowa Events Center

9:30 a.m. Individual Traditional Forms, Team Forms, Creative Forms, Creative Musical Forms, Weapons Forms & Self Defense Competition Iowa Events Center

**Saturday, July 26, 2014**

9:00 a.m. Demo Team Open Board Breaking, Jump/Flying Board Breaking, Speed Board Breaking Power Hand Breaking & Power Foot Breaking Iowa Events Center

**HOUSING:** The AAU makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events. Athletes, coaches and families can choose from a wide variety of accommodations in various price points and with several levels of amenities. The Greater Des Moines Convention and Visitors Bureau has carefully selected host hotels for participants with the lowest rates available. The hotels selected for the program not only provide great rates, but also the greatest convenience in regards to location and other amenities.

**In order to complete your registration to participate in the 2014 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at [www.aaujrogames.org](http://www.aaujrogames.org). All reservations are handled through the Convention and Visitors Bureau. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED AAU RATE. Go to [www.aaujrogames.org](http://www.aaujrogames.org) and click on Hotels to make your reservations, or call 800-451-2625 for assistance.** If your team or athlete is local or not planning to stay at one of the recommended properties, you can request a Housing Form from [aaujrogames@aasports.org](mailto:aaujrogames@aasports.org).

Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.

**PARKING:** Some locations will have parking fees such as the Events Center. Please visit [www.aaujrogames.org](http://www.aaujrogames.org) (click on Event Info, Maps & Parking) for more information. Also, most downtown hotels will charge for parking. Please check with your hotel for specific information as prices vary.

**FOOD:** All AAU Junior Olympic Games facilities maintain the exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games. No coolers at any venue.

**CELEBRATION OF ATHLETES:**

The Celebration of Athletes will be held July 28, 2014 at Drake Stadium. You won't want to miss this year's Celebration! More information will be posted at [www.aaujrogames.org](http://www.aaujrogames.org) when available.

**ADMISSION FEE:** Athletes and coaches with a credential will receive admission to all competition venues and the Celebration of Athletes as part of your entry fee. Please note that you must check-in and pick up your credential prior to receiving admittance into any venue, including the Celebration of Athletes. You must have the appropriate wristband or credential.

Spectators can purchase tickets onsite at the venues. Daily passes are \$12.00 (6 & under free) and includes admission to all competition venues on the designated day only. This does not include the Celebration of Athletes. Event passports are \$40.00 (6 & under free) and includes the Celebration of Athletes. For more information on ticket options, please visit [www.aaujrogames.org](http://www.aaujrogames.org).

**SECURITY:** All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.

**TRANSPORTATION:** All athletes, coaches, and fans are responsible for their own transportation to and from all activities, events, and hotels.

**PARTICIPATION:** The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

**INFORMATION: AAU NATIONAL TAEKWONDO CHAIRMAN:**

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