



2019 AAU JUNIOR OLYMPIC GAMES TAEKWONDO Hamndang



LOCATION: Greensboro Coliseum Complex, 1921 W. Gate City Blvd., Greensboro, NC 27403

DATES:

Monday, July 29, 2019	Athlete Check-In	Greensboro Coliseum Complex
Monday, July 29, 2019	Coaches'/Officials' Meetings	Greensboro Coliseum Complex
Tuesday, July 30, 2019	Competition	Greensboro Coliseum Complex
Wednesday, July 31, 2019	Competition	Greensboro Coliseum Complex

AGE DETERMINING DATE: Athletes shall compete at their age as of **December 31, 2019**.

AGE DIVISIONS: The following divisions listed below will be offered for the 2019 event:

ENTRY FEE: Visa, MasterCard, Discover and American Express are accepted. Entry fees are non-refundable. **To register, visit www.aaujrogames.org.**

	Early Registration Until July 12	General Registration July 13-19
One (1) Individual Event	\$115	\$140
Each Additional Event	\$30	\$30
Team Forms - per three (3) member black belt team	\$155 per team	\$180 per team
Demo Team – minimum of (3) and a maximum of (20)	\$155 per team	\$180 per team

**Individual Traditional Forms:
(ITF, WTF, TSD & open will all be separate divisions)**

AGE	GENDER	BELT DIVISIONS
6-7	MALE & FEMALE	NOV, INT & ADV
8-9	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
10-11	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
12-13	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
14-15	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
16-17	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
18-24	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
N/A	MALE & FEMALE	SPECIAL NEEDS

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
18-24	MALE, FEMALE OR COMBINED	BLACK	TEAM FORMS
18-24	MALE, FEMALE OR COMBINED	COMBINED INT, ADV & BLACK	DEMO TEAM

Individual Non-Traditional Forms & Self Defense & Weapons

AGE	GENDER	BELT DIVISIONS	EVENTS
6-7	MALE	NOV, INT & ADV	CREATIVE FORMS CREATIVE MUSICAL FORMS WEAPONS FORMS MUSICAL WEAPONS FORMS SELF DEFENSE PADDED WEAPONS
6-7	FEMALE	NOV, INT & ADV	
8-9	MALE	NOV, INT, ADV & BLACK	
8-9	FEMALE	NOV, INT, ADV & BLACK	
10-11	MALE	NOV, INT, ADV & BLACK	
10-11	FEMALE	NOV, INT, ADV & BLACK	
12-13	MALE	NOV, INT, ADV & BLACK	
12-13	FEMALE	NOV, INT, ADV & BLACK	
14-15	MALE	NOV, INT, ADV & BLACK	
14-15	FEMALE	NOV, INT, ADV & BLACK	
16-17	MALE	NOV, INT, ADV & BLACK	
16-17	FEMALE	NOV, INT, ADV & BLACK	
18-24	MALE	NOV, INT, ADV & BLACK	
18-24	FEMALE	NOV, INT, ADV & BLACK	
N/A	MALE	SPECIAL NEEDS	
N/A	FEMALE	SPECIAL NEEDS	

Individual Breaking

AGE	GENDER	BELT DIVISIONS	BREAKING EVENTS
6-7	MALE	NOV, INT & ADV	OPEN SPEED JUMPING/FLYING POWER HAND POWER FOOT REPETITIVE SPEED SPIN HOOK REPETITIVE SPEED SIDE KICK REPETITIVE SPEED HAND
6-7	FEMALE	NOV, INT & ADV	
8-9	MALE	NOV, INT, ADV & BLACK	
8-9	FEMALE	NOV, INT, ADV & BLACK	
10-11	MALE	NOV, INT, ADV & BLACK	
10-11	FEMALE	NOV, INT, ADV & BLACK	
12-13	MALE	NOV, INT, ADV & BLACK	
12-13	FEMALE	NOV, INT, ADV & BLACK	
14-15	MALE	NOV, INT, ADV & BLACK	
14-15	FEMALE	NOV, INT, ADV & BLACK	
16-17	MALE	NOV, INT, ADV & BLACK	
16-17	FEMALE	NOV, INT, ADV & BLACK	
18-24	MALE	NOV, INT, ADV & BLACK	
18-24	FEMALE	NOV, INT, ADV & BLACK	
N/A	MALE	SPECIAL NEEDS	
N/A	FEMALE	SPECIAL NEEDS	

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

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
- 90 second time limit

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
- 90 second time limit

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

Musical Weapons Forms

- Brazilian Repechage Format
- Both Traditional and Creative weapons forms will be permitted
- No live blades will be allowed
- 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
- 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
- 90 second time limit

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)
- 90 seconds maximum setup/break time allowed per competitor
- A maximum of 10 boards utilized is allowed (per competitor, per round of competition)
- No forehead breaking, open flames, or bladed props may be used
- No jumping/flying over people will be allowed
- No direct elbow strikes will be allowed
 - Competitors use official AAU Taekwondo boards supplied at the event
 - No wood outside of the official AAU Taekwondo boards may be used for competition
- Athlete technique will be judged based on the following criteria
 - Technique, focus, balance, power, and creativity
 - For 2 competitors executing the same technique as part of competition
 - A break performed on the 1st try is superior to a break completed on the 2nd 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
 - For 2 competitors executing the same technique as part of competition
 - A break performed on the 1st try is superior to a break completed on the 2nd 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

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
 - For 2 competitors executing the same technique as part of competition
 - A break performed on the 1st try is superior to a break completed on the 2nd 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

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.

Repetitive Speed Spin Hook Breaking

- Single break format
- Maximum number of boards broken within 20 seconds using spin hook kick technique
- 1 board per strike

Repetitive Speed Side Kick Breaking

- Single break format
- Maximum number of boards broken within 20 seconds using spin hook kick technique
- 1 board per strike

Repetitive Speed Hand Breaking

- Single break format
- Maximum number of boards broke within 20 seconds using any downward hand technique
- 1 board per strike

Padded Weapons Sparring

- Protective equipment will be the same as point sparring rules with the elimination of articles I.A.2. & A.3 please refer to page 13 of the rule book. Face shields will be required.
- Weapons that are approved for use:
 - Padded Sword (long/short)
 - Padded cane
 - Padded staff

Competitors must provide their own equipment. Padded Weapons must pass a referee's weapon inspection.

Team Forms

- Brazilian Repechage Format
- 3 Member Black Belt Teams
- Recognized and approved forms are specified in the 2019 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

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.

Matches:

1. All color belt matches will consist of 2 -90 sec rounds, with a 30 second break between rounds or the first to score 10 points
2. Black Belt matches will consist of 2 –2 minute rounds with a 30 second break between round or the first to score 15 points
3. In both cases the winner will be the contestant scoring the most points during the match.
4. In the event of a tie, a round of sudden death will occur; the first contestant scoring a point will win the match.

Point Scoring:

3 points will be awarded for a head strike (not to include the neck),

2 points for a strike to the body between the collar bone and hip

1 point for a strike the limbs (limbs are defined as to include the arms below the shoulder to the wrist and the legs below the hip to the ankle)

Points will be call and awarded in the same manner as point sparring. Please refer to Article VI. Awarding Points page 18 in the rule book.

Warnings/Penalties/Disqualification:

1. Penalties will be worth 1 point to be awarded to the competitor against whom the violation was committed.
2. An accumulation of 4 penalties that caused a deduction of points will result in an automatic disqualification.
3. Penalty violations include:
 - a) Attacking an unarmed opponent
 - b) Attacking after Kal-yeo (break) has been called
 - c) Causing an injury serious enough that opposing competitor cannot continue the match. (may be DQ as well)
 - d) Illegal techniques: striking the groin, striking the neck, sweeping, striking with the butt of the weapon, punching, kicking to head, legs, torso or spine.
 - e) Unsportsmanlike conduct: profanity, disobeying a referee, disrupting the competition either by coaches or support groups.
 - f) Running away to intentionally avoid the fight.

Penalties points will be called and awarded in the same manner as point sparring.

ALL OTHER MATCH PROCEDURES MEATHODS WILL FOLLOW POINT SPARRING RULES

**ONLINE
REGISTRATION
& ENTRY DEADLINE:**

ALL ENTRIES MUST BE COMPLETED ONLINE at www.aaujrogames.org.

Entries must be completed online by **Friday, July 19, 2019**. **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

COACHES/OFFICIALS:

All coaches must register for the event online at www.aaujrogames.org by July 19, 2019. The coaches' entry fee is \$45. 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 \$45, there is a \$35 AAU Taekwondo floor pass fee. Coaches' credentials and wristbands **must first** be picked up at the Greensboro Coliseum Complex. These credentials should then be taken **to Taekwondo Check-In** in the Greensboro Coliseum Complex 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 Monday, July 29, 2019 from 3:00 p.m. to 4:00 p.m. at the Greensboro Coliseum Complex.

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 2019 online coaches clinic and you cannot present a 2019 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.

All Officials should register online. There will be a mandatory official's clinic for all officials. The Officials Clinic will be Monday, July 29, 2019 from 4:00 p.m. to 7:00 p.m. at the Greensboro Coliseum Complex.

**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 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. Special Needs athletes are not required to participate in a previous AAU event, but it is encouraged.

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 and download the competition handbook for a complete description of all mandatory gear requirements.

CHECK-IN:

Taekwondo participants must check-in at the Greensboro Coliseum Complex located at 1921 W. Gate City Blvd., Greensboro, NC 27403 to receive their athlete credential or coach wristband. The appropriate credential or wristband will be needed prior to gaining admittance into the competition venues. Participants should check-in at least the day prior to competing. *If that credential or wristband is lost or stolen there will be a replacement fee.* For check-in hours, maps and additional directions please visit www.aaujrogames.org (click on Event Info, then Registration).

Athletes should first check-in with AAU Junior Olympic Games personnel at the Greensboro Coliseum Complex 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 Tuesday, August 1 between the hours of 11:00 a.m. and 3:00 p.m. at the Greensboro Coliseum Complex. 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:**Monday, July 29, 2019**

8:00 a.m. – 3:00 p.m.	Athlete and Coach Check-In (Pick up credentials from JO Committee)	Greensboro Coliseum Complex
11:00 a.m. – 3:00 p.m.	Athlete Check-In & Coach Floor Pass (Pick-Up from TKD Committee)	Greensboro Coliseum Complex
3:00 p.m. – 4:00 p.m.	Coaches' Meeting (MANDATORY)	Greensboro Coliseum Complex
4:00 p.m. – 7:00 p.m.	Officials' Clinic (MANDATORY)	Greensboro Coliseum Complex

Tuesday, July 30, 2019

9:00 a.m.	Taekwondo Opening Ceremony	Greensboro Coliseum Complex
9:30 a.m.	Individual Traditional Forms, Team Forms, Creative Forms, Creative Musical Forms, Padded Weapons Sparring, Weapons Forms & Self Defense Competition	Greensboro Coliseum Complex

Wednesday, July 31, 2019

9:00 a.m.	Demo Team Open Board Breaking, Jump/Flying Board Breaking, Speed Board Breaking/Power Hand Breaking & Power Foot Breaking	Greensboro Coliseum Complex
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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 Local Organizing Committee and PSE Housing Services have 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.

All reservations are handled through PSE Housing Services. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED RATE. Please visit the website at www.aaujrogames.org and click on Hotels to make your reservations, or call 888-417-6446 for assistance. Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.

In order to complete your registration to participate in the 2019 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at www.aaujrogames.org. If your team or athlete is local or not planning to stay at one of the recommended properties, you can submit a Housing Form available online at www.aaujrogames.org.

PARKING:

Some locations may have parking fees. Please visit www.aaujrogames.org and click on Maps & Directions for more information. Also, some hotels may 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 on **Monday, July 29, 2019 – TIME TBD at North Carolina A&T Aggie Stadium, 1601 E. Market St., Greensboro, NC 27401**. You won't want to miss this year's Celebration! More information will be posted at www.aaujrogames.org as it becomes 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 \$15.00 (6 & under free) and includes admission to all competition venues on the designated day only. Event passports are \$45.00 (6 & under free). For more information on ticket options, please visit 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 TAEKWONDO NATIONAL CHAIRMAN

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