

**General Competition Guidelines
Of The United States
AAU Taekwondo Program**

Article I. The Types of Competition Shall Be:

- I.A. Qualifying Events**
Individual Forms/Patterns
Point Style Sparring
Olympic Style Sparring
- I.B. Non – Qualifying, Optional Events**
Team Forms
Board Breaking
Creative Forms
(When offered, Rules will be supplied with event information)

Article II. General Guidelines for Divisions & Age Categories

DIVISION	AGES
II.A. Junior	5 to 17
Senior	18 to 34
Executive	35 to 44
Ultra	45 and up

II.B. Senior Division: This division is for ages 18-34, but is also open to athletes ages 35 & up for all types of competition. 14-17 year old Black Belts competing in Olympic Sparring Competition may choose to compete in the Senior Division instead of their own junior division.

II.C. Executive and Ultra Athletes. Athletes age 35 and older may compete in the Executive Division or the Senior Division. Athletes 45 years of age and older may compete in the Senior, Executive or Ultra Division. Athletes may not compete in more than one age category for any one event.

II.D. Divisions, Age Determination, Current Rank.

II.D.1. Competition shall be divided by Age, Belt, Weight, and Gender.

II.D.2. The age of the competitor as of **August 31** shall determine the age of that competitor as regards to competition. The competitor must compete for the entire competition year at the age they will be on August 31 of that competition year. (Competition year runs from September 1 through August 31st.)

II.D.3. In addition, competitors must always compete at their current rank on the day of the event. (For example, if an athlete qualifies as a red/brown belt, and is promoted to black belt prior to a national event, then that athlete must compete at the national event as a black belt.)

II.D.4 Belt Color Divisions. All age divisions shall consist of the following belt divisions:

Division	Belts Included in that Division
Novice:	White, Yellow and Orange Belts
Intermediate:	Green, Blue and Purple Belts
Advanced:	Red and Brown Belts only
Black Belt:	Poom Belts & 1 st Dan and up

II.E. Dividing Divisions: The sponsoring organization has the option of dividing each belt division into further weight classes (i.e. light, middle, welter, etc.) depending on the number of competitors in each division or age groups. The maximum number of weight classes will be at the discretion of the tournament director. The sponsoring organization may also further divide belt classes (i.e. separate white and yellow belt competitors into separate divisions).

II.F. Combining Divisions: If the number of competitors for any one division is less than eight, the sponsoring organization has the option of combining age, belt and weight groups into a single group and assigning the divisions of novice, intermediate, advanced and Black.

Article III. Competition Area

III.A. Ring Dimensions: In principle, the competition area at AAU competitions shall be a **MINIMUM** as follows:

III.A.1. Regional & District Events: 7 meters X 7 meters.

III.A.2. National Championships, AAU Junior Olympics and AAU Team Trials: 8 meters X 8 meters

III.B. Competitor Positioning. The referee, standing in the center of the ring, will call the competitors to take their place for competition. The athlete should quickly report to the spot pointed at by the Referee for each competitor. The Blue competitor shall always line up on the right side of the Referee as he faces the head table.

Article IV. Uniform Requirements for National Events

IV.A. All contestants must wear a clean white dobok. (Note: In the event the athlete's uniform becomes bloody, he/she may be required to change it).

IV.B. Patches will be limited to the AAU Taekwondo patch worn on the upper left breast of the uniform.

IV.C. Black trim on the collar/lapel of the dobok is allowed for black belts only. Other than this, the uniform must be totally free of any other embellishment with the exception of corporate branding.

IV.D. Team name and school logo (non-offensive) are allowed on the back of the dobok top. The AAU National Team Member Uniform and the AAU National Championships' Uniforms are acceptable.

IV.E. Athletes may wear a t-shirt underneath the dobok. It must be free of all lettering or logos.

IV.F. For district and regional qualifiers, athletes are allowed to wear their school uniforms, but must be white (stripes OK). Uniforms may have school patches at local, district, and regional qualifiers **ONLY**.

IV.G. No Jewelry. Inappropriate or unsafe uniforms will not be allowed. No rolled sleeves will be allowed and the cuff of the sleeve must be no higher than one-half the distance between wrist and elbow. The cuff of the pant may

not be rolled and must be no higher than one-half the distance between the ankle and knee. Uniforms must be neatly hemmed at the cuff of the sleeve and the pant leg. Uniform jacket may not be tucked into the pants.

IV.H. All competitors must wear a belt appropriate to their rank with the knot of the belt in the front.

IV.I. Junior black belts (15 years of age and younger) are permitted to wear “Poom belts” (half-red, half-black) as well as “Poom collars”. All others must wear a solid Black Belt. Embroidery on belts is acceptable.

Article V. Officials’ and Coaches’ Attire

V.A. All officials shall wear:

- V.A.1.** Black slacks
White, collared shirt
An official AAU tie
Black blazer
White sneakers
Black socks
Black belt

V.B. All coaches shall wear:

- V.B.1.** White dobok (uniform) pants or warm-up suit pants
Official Blue AAU Coach’s shirt
Sneakers

Article VI. Qualifications

In general, the contest shall be conducted by one Referee, two (point sparring) three or four Judges and a Technical Advisor, along with the assistance of a timekeeper and a recorder. All sanctioned tournaments shall be officiated by AAU certified Officials. District and Regional tournament directors **may** allow any non-certified Black Belt they deem qualified to officiate **at one tournament only**. Thereafter that individual Official **must** obtain AAU Official certification. No more than one non-certified official may be present in the ring. Coaches shall not enjoy this same privilege. All coaches at any AAU sanctioned event must be currently certified to work that event.

Internationally certified officials, with current certification, are approved for Olympic Sparring only without being AAU certified Officials. These non-AAU certified Officials **MUST** hold individual membership in the AAU. **Whether AAU certified or not, all officials must be AAU members for the current year.**

Article VII. Failure to Report

Athletes may be disqualified if they fail to report to staging and have not responded to “final call.” Once an athlete has been disqualified they will not be allowed to compete. This **INCLUDES** reporting to the appropriate ring prior to the start of the division and having missed “final call.” This covers ALL methods of competition.

Article VIII. Weigh-In

VIII.A. District and Regional Championship. Competitors will be expected to register in the most proper weight class division listed for that tournament.

Any official or coach may question the weight of a prospective opponent prior to the beginning of the division. If a competitor’s weight is questioned (protested) and his/her weight is found to be either over or under that weight class in which they have been assigned to compete, he/she will be disqualified from further competition that day. Competitors unable to make their weight prior to the beginning of competition may, with the permission of the tournament director, move into another weight division other than that for which they had registered.

VIII.B. National Competition. All competitors’ weights must be verified within 48 hours of the start of the individual competitor’s sparring event day.

VIII.B.1. A weight may be measured twice if necessary to make weight. The second reading of a competitor’s weight may take place any time during the posted weigh-in times.

VIII.B.2. During the weigh-in, the contestant may be required to verify his/her membership in the United States AAU and provide proof of age.

VIII.B.3. During the weigh-in, Black Belt Competitors, 14–17 and 18–34, competing in Olympic Sparring Adult Rules, will be required to show a photo ID.

VIII.B.4. Weigh-ins may be allowed in dobok, street clothes, or athletic shorts and t-shirt.

VIII.B.5. Competitors unable to make the weight for which they registered, **MAY BE DISQUALIFIED** or be allowed to change their registration and pay the required **CHANGE ORDER FEE** at check-in. Additionally any corrections made during the check-in process due to errors made on the competition application may result in an additional **CHANGE ORDER FEE** at check-in.

Notes: