

Changes to the 2010 AAU Taekwondo Rules of Competition

1) **Old Adult Division Names and Ages**

Open - Ages 18 – 34
Senior – Ages 35 – 44
Executive – Ages 45 – 55
Ultra – Ages 55 and up

New Adult Division Names and Ages

Senior – Ages 18 – 34
Executive – Ages 35 – 44
Ultra – Ages 45 and up

- 2) The minimum size for the competition area at District and Regional events is 7 Meters X 7 Meters. Competition area at National Events (AAU Taekwondo Nationals and AAU Junior Olympic Games) and Team Trials is 8 Meters X 8 Meters.
- 3) Weight divisions for Senior Competitors in Olympic Style Sparring will be changed to reflect the changes made by the WTF. See the Olympic Style Sparring section of the 2010 AAU Taekwondo Rules of Competition.
- 4) Officials ‘Class C’ and above are required to be a minimum rank of 1st Dan Black Belt. Higher certification is not dependant on higher Black Belt rank but rather it is dependent on performance and evaluation at the AAU Nationals. To be evaluated for upgrade at the AAU Nationals, those seeking upgrade to ‘Class B’ must officiate three full days, ‘Class A’ must officiate four full days and ‘Class AA’ must officiate five full days. All other requirements for upgrade in Official classification can be found on the AAU Taekwondo website by clicking the “Officials & Coaches” tab.
- 5) **Invalidation of points.** When a contestant scores a point or points through the use of an infraction, the point(s) shall be annulled. To remove point(s) that were scored due to the use of an infraction the Referee should face the perpetrator and issue the appropriate penalty, then turn to face the Technical Advisors table, wave the right palm face high from left to right and then back to center.
- 6) Team names and school logos are allowed on the back of the dobok top. AAU reserves the right to disallow uniforms with team names or logos deemed to be inappropriate.
- 7) Board breaking and Creative Forms competition may now be offered at district and regional AAU Sanctioned events. These new events are optional at the local level and may or may not be offered. However placing 1st – 8th in Breaking and/or Creative Forms will not qualify the competitor to AAU National events. Qualifying to National events can only take place through actual competition where the competitor places 1st – 8th in one of the following categories of competition: Olympic Style Sparring, Point Style Sparring, and Individual Traditional Forms competition.
- 8) In the case of a knock out by head attack, the competitor may not enter another Sparring competition until after 30 days and after receiving a physical examination and clearance from a physician. However, A Competitor May compete in Forms Competition only, within the 30 days after a knock out.
- 9) 14 – 17 year old Black Belts competing in Olympic Style Sparring will no longer be offered the option of competing using Junior Rules. 14 – 17 year old Black Belts Divisions in Olympic Style Sparring will be governed by ‘Adult Rules’ at all AAU sanctioned events.

- 10) In Olympic Style Sparring the target area that was formally known as the 'Facial Area' is now know as the 'Head Area'. This 'Head Area' is all areas of the head above the collarbone, including neck, face, ears, top and back of head. The back of the head is no longer a penalty.
- 11) In sparring competitions, both feet must cross the 'boundary line' for a competitor to be considered out of bounds.