

Recap of TRC Rule Changes for 2022 Competition Year

Rule changes are reviewed and voted on by the TRC (Technical Rules Committee) every year. The TRC is made up of the TRC Chair, all Regional Directors, the CRC (Chief Referee Committee), and the top 10 district directors based on AAU membership numbers for the district. The rules are ratified at convention during convention years. During non-convention years the Executive Committee ratifies the rules changes until the next convention year.

Point Sparring

1. The restriction of nothing being worn under the headgear for point sparrers was removed allowing competitors to wear sweat band type material under the headgear.

Olympic Sparring

1. The word "Holding" has been removed from penalties. The penalty now reads 'grabbing or pushing the opponent'.

Forms/Patterns/Poomsae

1. Novice, Intermediate and Advanced Rank competitors may do ANY Form/Pattern listed for any of their previous Ranks as well as their current Rank.
2. 1st Dan competitors may do ANY Form/Pattern listed for Advanced or 1st Dan Ranks
3. 2nd Dan through 9th Dan competitors may do ANY Black Belt Form/Pattern listed for ANY Dan competitor up to and including their current Rank. (Ex. A 3rd Dan competitor could legally do ANY of the 1st Dan 2nd Dan, or 3rd Dan Forms/Patterns listed for those Ranks.)
4. The allowance for filing a protest for forms competition (except sport poomsae) has been added to the forms section of the handbook.
5. The Forms/Patterns Chart has been updated. Most changes are in the TSD/MDK list.
6. A new 'mixed team forms' category has been added allowing team make-up of ranks and/or age.
7. All team members in the Demo Team and Team Forms competitions are required to be registered in an individual category to be eligible for the Team competition categories.

Weapons and Breaking Competition

1. Weapons cannot be switched during a weapons form.
2. Repetitive Spin Hook and Repetitive Side Kick breaking has been changed to a 10-board fastest time break.
3. Repetitive Hand Breaking has been changed a 10-board fastest time break. There are two categories for this break – boards held by human and boards in a feeder system.
4. Spacers are allowed for Power Foot Breaking and will be supplied by organizing committee.
5. Numerous changes were made to the description, criteria and restrictions for the Junior Olympic competition to better align the handbook with the information packet for the J.O. Games competition.

Recap of TRC Policy Changes for 2022 Competition Year

The Executive Committee is responsible for maintaining and updating the policy section of the AAU Taekwondo Handbook. Most of the policy changes below were made to reflect the current interpretation of the rules and have been in use for the past year.

Policy Change #1

The official's clinic is now an online clinic that must be taken every to (re)certify **all** officials. This will be the first half of certification. The second half required to complete the certification is a hands-on practical clinic given by a CA. This clinic can be done the night prior to an event.

Policy Change #2

The black slacks, white shirt and tie attire for officials can be replaced with the official's polo shirts at the tournament director's discretion.

Policy Change #3

Indication that a form has been modified has been changed from 'prior to awarding the match' to 'after awarding the match'.