



Saturday, May 21st, 2022

**Held at Rider University Student Recreation Center
2083 Lawrenceville Rd., Lawrenceville, NJ 08648**

TOURNAMENT INFO: Kevin Balon, Tournament Director- (732) 254-1214/info@fastkix.com
Tournament is hosted by Fastkix Taekwondo & Sanctioned by Amateur Athletic Union.

COMPETITION AGE: All athletes shall compete at their age as of **December 31, 2022.**

AAU MEMBERSHIP: All athletes, coaches, officials, & volunteers must be current individual members of the AAU and should be able to present their current AAU membership card on request.

EQUIPMENT: Please refer to the AAU Taekwondo Handbook for the mandatory equipment requirements as well as the respective rules for competition. The handbook is available online at www.aautaekwondo.org.

REGISTRATION & ENTRY FEES: Register online at
www.TOURNEYREG.net

Athletes: One event - \$85.00, \$20 each additional event

Coach's Pass: \$30.00

Spectator Admission: \$10 (PAID AT DOOR) Children ages 4 & under are free

Registration & Payments must be received before May 15th

Any registrations or payments received after May 15st *a \$15 late fee must be included in payment.

**Late Athlete Registration please note: Athlete name may not be available to print on souvenir tee shirts.*

There will be no refunds issued for any reason

****No smoking, food or drinks are permitted inside the facility****



DIRECTIONS to EVENT

Held at: Rider University Recreation Center 2083 Lawrenceville Rd., Lawrenceville, NJ 08648

From the NJ Turnpike: Take the New Jersey Turnpike South to exit 7A (I-195 West). Follow I-195 West to Exit 60-B for I-295 North toward Princeton. Take Exit 69-B off I-295 (formerly exit 7A) to US Route 206 South (Trenton). Rider is a quarter mile on the right.

From Route 1 South: Take the exit for Interstate 295/Interstate 95 South (sign says "To Pennsylvania"). Bear right at the junction, following signs for I-295 South (Pennsylvania). Take Exit 69-B off I-295 (formerly exit 7A) to US Route 206 South (Trenton). Rider is a quarter mile on the right.

From South Jersey: From the Garden State Parkway: take Exit 98 (I-195 West). Follow I-195 West to Exit 1B for I-295 North toward Princeton. Take Exit 69-B off I-295 (formerly exit 7A) to US Route 206 South (Trenton). Rider is a quarter mile on the right.

From I-95 North: Take I-95 north from Philadelphia to I-295 North and continue over the Delaware River into New Jersey. Take Exit 69-B off I-295 (formerly exit 7A) to US Route 206 South (Trenton). Rider is a quarter mile on the right.

From the Pennsylvania Turnpike: Take the Pennsylvania Turnpike East to the main Philadelphia Exit 351 and follow the signs to I-95 North. Continue I-95 North to I-295 North, straight over the Delaware River into New Jersey. Take Exit 69-B off I-295 (formerly exit 7A) to US Route 206 South (Trenton). Rider is a quarter mile on the right.

TOURNAMENT HOTEL

Spring Hill Suites

200 North Buckstown Drive

Langhorne, PA 19047

(215) 891-5501

<https://www.marriott.com/en-us/hotels/phlsp-springhill-suites-philadelphia-langhorne>



TOURNAMENT SCHEDULE

Saturday, May 21st

Please note staging times are approximate.

Plan to arrive at least 15 minutes prior to your event. All events will be staged in age order.

- 7:30 am – OFFICIALS MEETING [AAU Official Polo shirts permitted for this event]
- 8:00 am – BOARD BREAKING All ages/all ranks
***Note: boards must be purchased at the event
- 8:30 am – POINT SPARRING - all ages/all ranks
- 9:30 am – FORMS [WT, ITF TSK/MDK, Special Needs & OPEN] all ages/all ranks
- 10:00 am – WEAPONS FORMS & PADDED SWORD FIGHTING All ages/ranks
- 11:00 am –OLYMPIC SPARRING FOR
Ages 9 & Under ALL ranks (non e-hogu) AND
Ages 10-14 Black belts (Daedo Gen 2 socks)
- 1:00 pm – OLYMPIC SPARRING FOR
Ages 10-17 Novice (non e-hogu)
Ages 10-14 Advanced (Daedo Gen 2 socks)
- 2:00 pm –OLYMPIC SPARRING FOR
Ages 15-17 Advanced & Black Belts ages (Daedo Gen 2 socks)
Ages 10-17 Intermediate (non e-hogu)
Ages 18-32 Novice (non e-hogu)
Ages 33+ Novice, Intermediate & Advanced (non e-hogu)
- 4:00 pm – OLYMPIC SPARRING
Ages 18-32 Intermediate (non e-hogu)
Ages 18-32 Advanced and Black Belts (Daedo Gen 2 socks)
Ages 33+ Black Belts (non e-hogu)

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

PLEASE NOTE: There are no weigh-ins for Olympic Sparring competitors. Coaches may question weights in staging prior to the division being sent to a ring to allow the tournament staff time to make any needed adjustments to divisions. Once the division is at the ring there will be no re-bracketing.

DAEDO GEN 2 SOCKS REQUIRED FOR ALL 10-32 ADVANCED AND BLACK BELTS!



OLYMPIC SPARRING

REPORT TIMES

AGE	RANK	REPORT TIME	HOGU
9 & UNDER	ALL RANKS	11:00 AM	Non E-Hogu
10-14	Novice	1:00 pm	Non E-Hogu
10-14	Intermediate	2:00 pm	Non E-Hogu
10-14	Advanced	1:00 pm	Daedo
10-14	Black	11:00 am	Daedo
15-17	Novice	1:00 pm	Non E-Hogu
15-17	Intermediate	2:00 pm	Non E-Hogu
15-17	Advanced	2:00 pm	Daedo
15-17	Black	2:00 pm	Daedo
18-32	Novice	2:00 pm	Non E-Hogu
18-32	Intermediate	4:00 pm	Non E-Hogu
18-32	Advanced	4:00 pm	Daedo
18-32	Black	4:00 pm	Daedo
33+	Novice	2:00 pm	Non E-Hogu
33+	Intermediate	2:00 pm	Non E-Hogu
33+	Advanced	2:00 pm	Non E-Hogu
33+	Black	4:00 pm	Non E-Hogu

PLEASE NOTE: There are no weigh-ins for Olympic Sparring competitors. Coaches may question weights in staging prior to the division being sent to a ring to allow the tournament staff time to make any needed adjustments to divisions. Once the division is at the ring there will be no re-bracketing.

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BOARD BREAKING COMPETITION RULES

- Boards must be purchased at event. To ensure fair competition, competitors may not bring own boards. All boards are subject to inspection.
- Maximum 10 boards total allowed per competitor per round.
- 90 second maximum setup/break time allowed per competitor
- Competitors must have their own holder(s) to hold their boards. Competitors may have multiple breaking station. Any special breaking apparatus must be supplied by each competitor. **(ALL HOLDERS on the competition floor must be registered AAU members. No exceptions)**
- No forehead breaking, open flames, blades or human obstacles may be used
- For multiple board techniques, if competitor fails to break all boards, they may reset to the original number of boards, but that attempt will count as a failed attempt for scoring
- Athletes will be judges on technique, focus, balance, power and creativity. For two competitors executing the same technique, a break performed on the 1st try is superior to a break completed on the 2nd or subsequent try. A two board break is superior to a one board break; a 3 board break is superior to a two board break, etc. A speed break supported on one end is superior to a break supported on both ends (for the same # of boards)
- Single elimination



2022 NEW JERSEY DISTRICT CHAMPIONSHIP



Saturday, May 21st, 2022

Held at Rider University, Student Recreation Center, Lawrenceville, NJ

Dear Masters, Instructors and School Owners,

I am pleased to invite you and your students to the 2022 New Jersey District Championship. After two years without competition, we're back BIGGER AND BETTER THAN EVER! We're excited to announce the following changes to our events: in addition to open forms, we've added WT, ITF, TSD/MDK and special needs forms divisions as well as traditional weapons forms and padded sword fighting!. Board breaking competition was also added for all ages and ranks! Daedo Gen 2 will be used for all advanced and black belts ages 10-32. Enclosed is our information packet, including our updated schedule of events. You may also visit www.aautaekwondo.org for a complete listing of our current competition rules and regulations.

The New Jersey District Championship serves as a qualifier for this year's AAU Taekwondo National Championship held in Las Vegas. The top 8 athletes in each division will qualify for Nationals. We'll be running ten competition rings and offering beautiful custom medals for the top 4 athletes in each division. Our event offers your students a chance to test their skills while gaining valuable experience.

We pride ourselves on having great competition with over 500 athletes attending in the past and we have an excellent history of a smooth-running event! Please make sure you provide adequate certified coaches for your athletes since there will be no coach's holds for any matches except for finals. Athletes are required to register and compete at their highest rank achieved. Also, if an athlete is caught wearing (and registering) for a division lower than their current rank, it will be dealt with immediately and severely, so please review our rules of competition prior to the event.

Registration is open at www.tourneyreg.net. Please feel free to contact us directly if you have any questions at (732) 254-1214 or info@fastkix.com.

Thank you, and I look forward to seeing you and your students at our event.

Sincerely,

Grandmaster Kevin Balon

New Jersey District Director