



2023 AAU Maryland District **Taekwondo Qualifier**

Date: Saturday March 25, 2023

Location: Charles County Fairgrounds, 8440 Fairground Rd, La Plata, MD 20646
Partially funded by Charles County

Entry Fee: \$85 for One Event –
\$15 additional for each event for registrations received by 03/20/2023
\$30 Team Forms
\$45 for each Board Breaking Event (boards are included)

Coaches Pass = \$25.00 (1 Free pass for every 3 athletes registered)

***Coaches must bring proof of taking the on-line coaches clinic**

Spectator Fee: \$10 per person - Ages 5 & under are free
Fees can be purchased in Tourneyreg or cash at the door

Online registration: www.tourneyreg.net

Detailed Tournament Information: https://aautaeqwondo.org/page.php?page_id=123096

AAU Taekwondo rules apply to all events at this competition.

AAU Rulebook 2022-2023: <https://image.aausports.org/dnn/tw/2023/2023AAUTKD-Handbook.pdf>

Determining Competition Age: December 31, 2023

Late Fee: \$25 per Application received between 03/21-23/2023

NO DAY OF REGISTRATIONS WILL BE ACCEPTED!

Mail Registrations Glenn Ames - P.O. Box 1003, La Plata, MD 20646
Phone: (301) 502-4181 | E-mail: info@2PerseverMA.org
Make checks payable to: 2Persevere Martial Arts, Inc.

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership is not included as part of the entry fee to the event.
- AAU **Youth** Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.
Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event.
Due to background screenings, please allow up to 10 days for adult memberships to be processed.
- Participants are strongly encouraged to visit the AAU website www.aausports.org to obtain their membership.

Event Schedule – Athletes should arrive 30 minutes prior to the start of your competition

March 25 - Note that these are staging times not competition times.

We will begin staging with Adult Blackbelts to allow for supporting officials.

8:30 AM	Officials Meeting
9:00 AM	Olympic Sparring Staging
11:30 AM	Para Taekwondo and Team Forms Staging (Single Elimination Bracketed)
	Board Breaking
12:30 PM	Traditional Forms Staging
	Open Forms
	TSD/MDK
	ITF Forms
	WT Forms
1:00 PM	Weapons Open Forms Staging
3:00 PM	Point Sparring Staging

All competitors and Coaches must have a valid 2022-2023 AAU membership. Register for AAU membership at: www.aausports.org. Due to background screenings, please allow up to 10 days for adult memberships to be processed.

Competitors and Coaches may be required to present a valid AAU membership card at time of staging.

Coaches: All coaches must take the required AAU Taekwondo Online Coaches Certification Course. Certification/Recertification is required each year. To complete the online course go to https://aautaekwondo.org/page.php?page_id=100103.

Coaches must complete the course and **bring proof of certification** with them to all AAU Taekwondo events to coach. Information on this course is available at www.aautaekwondo.org.

Proper Coaches Attire is required. NO EXCEPTIONS.

Awards: *Championship Medals* awarded to the top 4 places in each division.

Uniforms:

All competitors must wear a clean white dobok at National competitions. At local events only, colored uniforms may be allowed with approval from the tournament director. (Note: In the event the athlete's uniform becomes bloody, he/she may be required to change it). 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 of 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. Patches & screens are permitted. No rolled sleeves or cuffed pants.

Black trim on the collar/lapel of the dobok is allowed for black belts only. Athletes may wear a t-shirt underneath the dobok.

No Jewelry can be worn. Other than the headgear for sparring, no other item shall be worn on the head with the exception of religious headwear which shall be worn under the headgear and inside the uniform and shall not cause harm or obstruct the opposing competitor.

Charles County Concussion Awareness:

Please take the time to review the concussion awareness fact sheet:

<https://www.ccboe.com/community/use-of-facilities/athlete-fact-sheet-for-concussions>

Para Taekwondo:

Please contact Master Ames for a discount coupon code to be used in TourneyReg.

Para Taekwondo Competition (formerly known as Special Needs Competition) has three types of competition, Forms/Patterns, Point Sparring and Olympic Sparring (new). Each competition follows the rules for Forms/Patterns, Point Sparring and Olympic Sparring, respectively, with the specific modifications. Please refer to the 2023 AAU Taekwondo Handbook for these rules.

For this competition, if there is no one in an athlete's division, the tournament director may combine divisions, where modifications are the same. Also, in sparring competition, if there is no one in their division, the tournament director may allow for a coach to provide competition for the athlete in the sparring division.

Board Breaking and Weapons Forms will have no modifications to existing rules. Para Taekwondo Competitors will compete in divisions determined by age and belt rank.

Olympic Sparring:

All competitors must wear an Olympic style Chest Protector, Headgear, manufactured Shin & Instep protectors, Forearm protectors and Mouthguard. Males are also required to wear groin protection **inside** of their dobok.

Black Belt Mini-Cadets (10-11) and above will be using Daedo electronic scoring. All competitors must use the appropriate Daedo Footgear. The Chest Protectors will be provided for electronic scoring only. All remaining gear is the responsibility of the Athlete. There will be no E-socks for purchase at this event. WT approved white gloves are required for Athletes using electronic scoring.

Duration of rounds:

Youth (5-9), Mini-Cadet (10-11), Cadet (12-14) and Executive (33 and up) shall compete using three one-minute rounds with a 30-second rest.

Junior (15-17) and Senior (18-32) shall compete using three 90-second rounds with a 30 second rest.

Forms:

Form Competition will be held in five divisions with single elimination

Athletes may compete in all divisions using the proper discipline

- Traditional Open Forms (ITF, MDK/MSD, WT)
- Traditional ITF
- Traditional MDK/MDS
- Traditional WT
- Traditional Team Forms (ITF, MDK/MSD, WT)
- Weapons Forms (Open, No Music)

NEW Point Sparring: Point Sparring will be using **Double Elimination bracketing**

Please read the **NEW RULES** and policies as outlined in the AAU Taekwondo Handbook.

Divisions:

Competition shall be divided by Height (in) and Gender. Depending upon the number of athletes, the tournament director may combine divisions by age and belt, where appropriate. When height is used to divide competitors within a division, a divisional grand champion round will be run between the shorter and taller division winners in each division. Nationals qualification will be determined based on the finishes in the initial tall and short divisions.

Match Times:

There will be one round per preliminary match. All preliminary matches will be two minutes running time or ten (10) point gap, whichever occurs first. If the match runs the full two minutes, the competitor ahead on the score will be declared the winner. If a match is tied at the end of two minutes, a Golden Round will determine the match. A competitor must win the Golden Round by a two (2) point net change in the score.

All Divisional Grand Championship matches will be one (1) two minute round but a competitor must win by two (2) points.

Points:

One point will be awarded for any valid hand technique executed to the legal body or head area.

One point will be awarded for any valid foot technique executed to the legal body area.

Two points will be awarded for any valid foot technique executed to the legal head area.

Three points will be awarded for any valid spinning foot technique executed to the legal head area.

All contact must be made with light contact.

Equipment:

Point Sparring safety gear is **MANDATORY**: Head Gear, Hand Gear, Foot Gear and Mouthpiece as specified page 5 of the 2022-2023 AAU Handbook. A protective groin cup for males under the Dobok pants is also required. Forearm, shin guards and rib guards are optional. Forearm and shin guards must be worn **UNDER** the uniform.

Board Breaking:

Breaking will be bracketed and timed.

Ten (10) Boards are included in the \$45 per event fee. Each breaking technique (hand, side kick or spin hook) is a separate event. If an athlete competes in each breaking event price will be 3 events x \$45 = \$135.

All boards will be supplied by the event coordinators.

Repetitive Spin Hook - Allowed technique is spinning hook kick

- Single Break format: One Board per strike/motion – See board sizes below
- Allowed technique is spinning hook
- 10 Board competition
- Winner is based on the best time required to break 10 boards

Repetitive Side Kicks - Allowed technique is side kick

- Single Break format: One Board per strike/motion – See board sizes below
- Allowed technique is spinning hook
- 10 Board competition
- Winner is based on the best time required to break 10 boards

Repetitive Hand Technique

- Single Break format: One Board per strike/motion – See board sizes below
- Allowed technique is spinning hook
- 10 Board competition
- Winner is based on the best time required to break 10 boards

Board Sizes:

5 – 13-year-old athletes => AAMA Demo Small Boards

14 and older athletes => AAMA Demo Medium Boards

Competitors are required to bring their own board holders

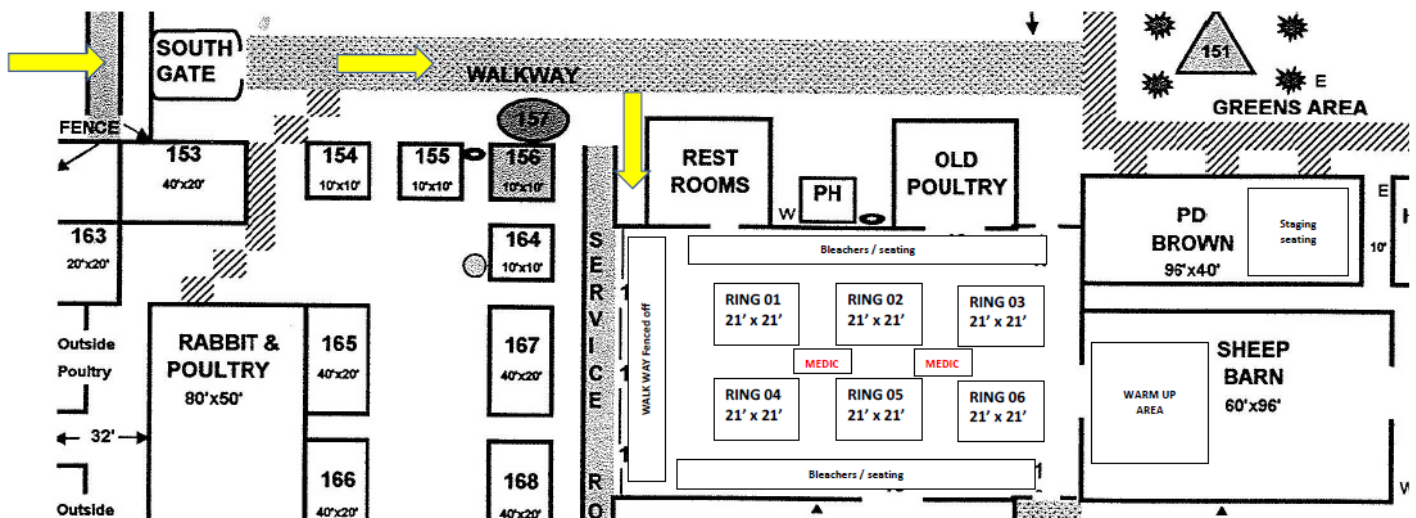
- All board holders must bring proof of AAU membership
- All Board Holders must be an AAU member AND be either an registered athlete or coach for this event in order to hold boards for this event.
- A maximum of two (2) board holders and two (2) board feeders will be allowed. If cinder blocks are used, a maximum of two (2) feeders will be allowed.

Directions

Please enter through the Livestock entrance to the right of the main entrance.

GPS:

Charles County Fairgrounds, 8440 Fairground Rd, La Plata, MD 20646



From Northern Virginia:

Woodrow Wilson Memorial Bridge

Take I-495 N/I-95 N to MD-5 S/Branch Ave in Camp Springs. Take exit 7A from I-495 N/I-95 N
13 min (10.3 mi)

Slight right onto MD-5 S/Branch Ave

Continue to follow MD-5 S 14 min (11.7 mi)

Continue onto US-301 (Rt 5 turns into US-301)

Pass by Popeyes Louisiana Kitchen in La Plata (on the right in 11.2 mi) 21 min (14.7 mi)

Turn left onto Fairground Rd 0.1 mi

Continue straight 476 ft

Destination will be on the right 141 ft

From the North (Baltimore, Frederick, Laurel):

I-95

Hyattsville, MD 20785

Head south on I-495 S/I-95 S

10.6 mi

Take exit 7A-7B for MD-5 S toward Waldorf

1.2 mi

Slight right onto MD-5 S/Branch Ave

Continue to follow MD-5 S 11.7 mi

Continue onto US-301 S

Pass by Popeyes Louisiana Kitchen (on the right in 11.2 mi) 14.7 mi

Turn left onto Fairground Rd 0.1 mi

Continue straight 476 ft

Turn right

Destination will be on the right 141 ft

From the South (Fredericksburg, Richmond):

Harry w Nice Memorial Bridge (Rt 301)

US-301, Newburg, MD 20664

Head east on US-301 N

10.9 mi

Turn right onto Fairground Rd

0.1 mi

Continue straight 476 ft

Turn right

Destination will be on the right 141 ft

Hotel Information

Holiday Inn Express La Plata

6860 Crain Hwy, La Plata, MD 20646

(301) 392-0065

4.2 Mile to Venue

Best Western La Plata Inn

6900 Crain Hwy, La Plata, MD 20646

(301) 934-4900

4.2 Mile to Venue

Hampton Inn Waldorf

3750 Crain Hwy, Waldorf, MD 20603

(301) 632-9600

11.3 Miles to Venue

2023 Maryland AAU District Taekwondo Championship **March 25, 2023– Charles County Fairgrounds – La Plata, MD**

Entry Fee: \$85 for event, \$15 additional for each event

Standard Entry Deadline- 3/20/2023– (Add \$25 late fee between 3/21-23)

No Day of Registration at the Door

Mail entry form and fee to: Glenn Ames, P.O. Box 1003, La Plata, MD 20646

Make check or money order payable to: "2Perevere Martial Arts, Inc."

Online Registration available at: www.tourneyreg.net

Athlete Name: _____ AAU membership no. _____

* All athletes MUST be a current AAU member - register online at: www.aausports.org *

Home Phone () _____ - _____ Email Address: _____

Instructors Name: _____ Martial Arts School: _____

ATHLETES RANK: (Check the appropriate category)

NOVICE: _____ White _____ Orange _____ Yellow

INTERMEDIATE: _____ Green _____ Blue _____ Purple

ADVANCED: _____ Brown _____ Red

BLACK BELT: _____ 1st Degree _____ 2nd Degree _____ 3rd Degree & Up

EVENT INFORMATION:

Competition Age (as of Dec 31, 2023) _____ Date of Birth: _____ SEX: M F
MM/DD/YYYY

EXACT WEIGHT: _____ LBS.

Check events you're competing in: _____ Traditional Forms _____ Point Sparring
_____ Olympic Sparring _____ Creative Forms
_____ Team Forms

I hereby certify that I know and understand the rules, policies, and code of conduct for AAU Taekwondo. I certify that I have entered myself/child in the correct age (as of December 31, 2023) and belt grouping and that I/he/she is qualified to compete according to the specifications outlined in the AAU Taekwondo Handbook. I fully understand that any medical treatment given to me will be of a first aid treatment only. I agree to waive any claims against any persons, schools, associations connected with this Championship from any injuries I/my child may sustain and likewise assume full responsibility for all my/my child's actions in connection with the Championship. Facts on Concussions are available on the Charles County Government website

<https://www.ccboe.com/community/use-of-facilities/athlete-fact-sheet-for-concussions>

If under 18 - must be signed by a parent/guardian.

Competitor/Parent Signature: _____ Date: _____