

Recap of Rule Changes for 2024-2025 Competition Year

General Competition Guidelines

- 1) Added the ability to divide divisions by ages (example – separate 8 year olds from 9 year olds) in addition to weight and belt color.
- 2) Removed requirement of finishing in the top eight at a qualifying tournament in order to qualify for Nationals. Must compete at a local qualifying tournament to go to national competitions.
- 3) Limits Coach's holds at all district, regional and national championships to finals (Gold Medal) matches only.

Point Sparring

- 4) Added highly recommend athletes have both red and blue headgear, even though it is not required.
- 5) IVR appeals include Head Kick that is not scored for their contestant, Misidentified Kick (score for the body that should have been head) and Head Kick score given to the wrong contestant. Added: Non - IRV matches allows one challenge card and only challenge for Head Kick that is not scored for their contestant.

Olympic Style Sparring

- 6) In the last five (5) seconds of any Round, the Center Referee may request IVR review to check possible Gam-jeom penalties for the following actions:
 - Falling Down
 - Crossing the Boundary Line
 - Attack after Kal-yeo
 - Attack the fallen Opponent

Any points scored after Prohibited Act shall be invalidated.

At any time during the match the referee may request IVR for clarification before declaration of "Gam-jeom" for pretending injury.

- 7) Procedures to be Followed After Referee Stops Contest due to head injury. Language changed from serious head injury to significant head trauma or concussion. If a competitor who could not continue the match due to a diagnosis of significant head trauma or concussion may not enter another sparring competition within thirty (30) days (18 years of age and older), forty (40) days (15 to 17 years of age) or fifty (50) days (14 years of age and younger) and must also receive a physical examination and clearance from a physician.

Any contestant who had a second concussion in the last 90 days may not enter another sparring competition for 90 days and who had a third concussion in last 180 days may not enter another sparring competition for 180 days.

- 8) Change in process if the referee determines a competitor has received an injury such as broken bone(s), dislocation, sprain ankle(s), and/or bleeding, after consultation with medical personnel. If the outcome was not related to any prohibited act to be penalized by Gam-jeom, the result shall be determined as follows:

Best of 3 System: If both contestants are knocked down and are unable to continue the contest after one minute during anytime of Round 1 or Round 3, the winner shall be determined by the points scored before the injuries occurred in the pertinent Round. If points are tied, the winner shall be decided according to criteria of superiority for the pertinent round. If this occurs during the Round 2, the winner shall be determined by the decision of Round 1.

When uncontrollable circumstances require suspension of the match, the Referee shall suspend the match and follow the directives of the Head Referee.

Best of 3 System If the match is suspended anytime during Round 1, a rematch shall in principle be conducted. If the match is suspended anytime during Round 2, the winner shall be determined by the decision of Round 1. If the match is suspended anytime during Round 3, the winner shall be determined by the points scored in that round. If the points are tied, the winner shall be decided according to criteria of superiority for that round.

Traditional Forms

- 9) Addition of Soo Bak Do as additional description of the Moo Duk Kwan/Tang Soo Do forms heritage. Adjusted overlap of colored belt forms since a color belt can do any form up to and including their current rank. Added new forms to the MDK/TSD/SBD style for competition and aligned black belt forms to be more consistent with best practices of at each level.

Additional Events Offered by AAU

- 10) All board holders must be either a coach or athlete that is registered for the tournament and is a current AAU member. Attire for board holders is coach's attire or athlete's uniform/dobok.

For any timed break that requires board holders, the number of board holders/feeders will be limited to two (2) feeders and two (2) holders.

Added penalties may be assessed in the following situations:

Repetitive Timed Breaking

- A 0.5 second penalty will be assessed, for each board, in the repetitive timed breaking (human hold) events where a coach breaks the board before the athlete strikes it.
- In the repetitive timed hand breaking (feeder system), if any boards are not broken by an athlete, that athlete will be placed below the athlete who broke all boards, even if that athlete had a slower time. If multiple athletes

fail to break boards, their ranking will first be ranked according to the number of boards actually broken and if still tied the fastest time will be used.

- 11) Changed Padded Weapons Sparring to a 12 point gap from a 12 point ceiling.
- 12) Demo Team: added clarification that no jumping, flying or going over individuals, in any way, will be allowed

Para Taekwondo

- 13) Removed Point Sparring from Para Taekwondo due to lack of competition at the local and national level.
- 14) Removed Olympic Style Sparring from Para Taekwondo due to lack of competition at the local and national level.

Other

- 15) Removed AAU Junior Olympic Games Competition Section from Rule portion of the handbook due to repetition in the Policy Section.