



2025 AAU Maryland District Taekwondo Qualifier

Date: Saturday 5 April 2025

Location: North Point High School, 2500 Davis Rd, Waldorf, MD 20603
➤ Partially funded by Charles County

This is a qualifying event for:
2025 AAU Nationals held in Salt Lake City, UT on June 29 – July 5
& 2025 Junior Olympics held in Houston, TX on July 23 – Aug 02

Entry Fee: \$99 for One Event – for registrations received before 03/26/2025
\$20 per additional event
\$45 Team Forms

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

***Coaches must: 1) REGISTER in TourneyReg**
2) 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.net or
CASH at the door NO ATM on site

Online registration: www.tourneyreg.net

Detailed Tournament Information: <https://aausports.org/taekwondo/2024-25-season-licensed-events/>

AAU Taekwondo rules apply to all events at this competition.

AAU Rulebook 2024-2025: <https://image.aausports.org/dnn/tw/2025/2025AAUTKDHHandbook-9.1.24.pdf>

Determining Competition Age: December 31, 2025

Late Fee: \$45 per Application received between 03/27 – 4/2

NO DAY OF REGISTRATIONS WILL BE ACCEPTED!

Mail Registrations Master Glenn Ames - P.O. Box 1003, La Plata, MD 20646
Phone: (301) 643-8849 | E-mail: info@2PersevereMA.org
Make checks payable to: 2Persevere Martial Arts, Inc.

Charles County Concussion Awareness: Please take the time to review the concussion awareness fact sheet:
https://www.cdc.gov/heads-up/media/pdfs/schools/tbi_factsheets_parents-508-a.pdf?CDC_AAref_Val=https://www.cdc.gov/headsup/pdfs/schools/tbi_factsheets_parents-508-a.pdf

- 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. 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 event

5 April - Note that these are staging times not competition times.

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

8:15 AM	Officials Meeting
9:00 AM	Olympic Sparring Staging
11:30 AM	Para Taekwondo and Team Forms Staging (Single Elimination Bracketed)
12:00 PM	Traditional Forms Staging Open Forms TSD/MDK ITF Forms WT Forms
2:00 PM	Point Sparring Staging

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

Competitors and Coaches may be required to present a valid AAU membership card at time of staging. No Athletes, Coaches or Officials will be allowed to participate in this event without a current 2025 AAU Membership.

AAU Membership (go to www.aautaekwondo.org to join):

- **Youth & Adult Athlete Membership:** All competitors, youth and adult, must have a current 2025 AAU Membership. Youth membership is \$20.00 and Adult membership is \$30. Both Athlete memberships are available immediately.
- **Youth & Adult Non-Athlete Membership:** All coaches and officials must have a current 2025 AAU Membership. Adult membership is \$55 for one year and \$75 for a two-year membership, which is more cost effective. AAU's commitment to youth safety is second to none and all adults who request membership will have a background check. Please allow for at least 10 working days for the membership to be completed. Coaches and Officials under the age of 18 will not be required to have a Non-Athlete Membership. They will use their athlete membership to register as either. Their age is determined as of 12/31/2025.

Coaches Certification:

The AAU Taekwondo Online Coaches Certification is required annually to coach at any licensed AAU Taekwondo event, including this District Championship. This certification is for the current competition year only, so the coach must have completed after September 1, 2024.

Certification/Recertification **is required each year**. There are different courses you may select to be certified as a coach. **You must have a certification for of the events you plan to coach.** Make sure you take the appropriate course. Anyone who will be 14 any time during 2024 may take this course and upon passing will be allowed to coach at any AAU Taekwondo event.

Go to https://aautaekwondo.org/page.php?page_id=100103 for Coaches Certification to complete the appropriate course. The tournament director will only provide a coach pass to those who are reflected on the AAU website as having completed the coach's certification or that can provide their 2025 Certification Certificate at check-in.

Proper Coach Attire is required. NO EXCEPTIONS.

Coach's protest fee is \$100 cash

Olympic Style Sparring Competition Rules

Please read the full rules and policies as outlined in the AAU Taekwondo Handbook.

Divisions: The Divisions and Weight Charts are found in the AAU Handbook in the General Policy and Regulations for Olympic-Style Sparring Section beginning on page 75. The tournament director will reserve the right to combine divisions by age, weight or belt in order to provide competition.

Uniform & Equipment Requirements: The AAU rules requiring a clean white uniform and red and blue headgear for Olympic Style Sparring is highly encouraged since these requirements will be in force at AAU Nationals. All athletes will be required to wear a mouthpiece. If an athlete has braces on top and bottom, the mouthpiece must cover both the top and bottom teeth. Also, arm guards, shin and instep guards and groin protection for males will be required and worn under the dobok. There will not be an equipment vendor at the event so come prepared. 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.

Black Belt Mini-Cadets (10-11) and above will be using [Daedo](#) electronic scoring. All competitors must use the appropriate [Daedo Gen2](#) e-footgear. Chest protectors will be provided for electronic scoring only. All remaining gear is the responsibility of the Athlete. No E-socks for purchase at this event. WT approved white gloves are required for Athletes using electronic scoring.

Match Times: Best of Three Rounds

All color belt matches will be three sixty (60) second rounds with a 30 second rest period between rounds. Black belt matches will be three ninety (90) second rounds with a 30 second rest period between rounds.

Rest Time Between Semi-Final and Final Matches. Competitors shall be allowed at least a two-minute rest between semi-final and final matches.

Penalties:

Refer to the AAU Handbook for the penalties and for those that can be challenged by a coach.

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 that has had modifications to the rules. These events are: Forms, Point Sparring and Olympic Sparring. Each competition follows the rules for Forms, Point Sparring and Olympic Sparring, respectively, with the specific modifications outlined in the 2025 AAU Taekwondo Handbook.

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.

Modifications for Para Traditional Forms Competition: Merit will be awarded on the basis of SPIRIT, focus, technique, power, rhythm, grace and beauty in that order of importance. Judging will be a Scored method, with the lowest score 7.0 and the highest 10.0.

Point Style Sparring Competition Rules

Point Sparring will be using **double** elimination bracketing. Please read the rule and policies as outlined in the AAU Taekwondo Handbook beginning page 5.

Divisions:

Competition at this event shall be divided by Height and Gender. Depending upon the number of athletes, the tournament director may combine divisions by age and belt, where appropriate. National's qualification will be determined based on the finishes in the tall and short divisions.

Match Times:

All matches will be one round with two minutes running time or a 10-point gap, whichever occurs first. If the match runs the full two minutes, the competitor ahead on score will be declared the winner. If a match is tied at the end of the 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. Coaches may request one 10 second timeout when action is paused.

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/turning foot technique executed to the legal head area.

All contact must be made with light contact (page 7).

Coaches may only challenge the following:

- Head kick that is not scored for their contestant
- Misidentified kick (score for the body that should have been head (IVR only)
- Head kick score given to the wrong contestant (IVR only)
- An incorrect recording of points or penalty.

Equipment:

Point Sparring safety gear is **MANDATORY**: Head Gear, Hand Gear, Foot Gear and Mouthpiece as specified page 5 of the 2024-2025 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.

Kyonggo-go Penalties (Half Point)	Gam-jeom Penalties (Full Point)
Evading by turning the back to the opponent	Attacking the opponent after kal-yeo
Falling down (if a 3-point head kick is scored, the Referee will not give a penalty for falling down)	Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand
Avoiding the match	Making non-incident contact to an illegal target area
Making contact with an unauthorized implement	Excessive contact (may also result in disqualification)
Grabbing, holding or pushing the opponent	Interrupting the progress of the match on the part of the competitor or coach
Pretending injury	Attacking the fallen opponent
Crossing the boundary line with one foot touching the mat	Uncontrolled attack
Uttering undesirable remarks or misconduct	Violent or extreme remarks or behavior on the part of the competitor or coach

Directions

GPS: North Point High School, 2500 Davis Road, Waldorf, MD 20603

From Northern Virginia:

Woodrow Wilson Memorial Bridge

Take I-495 N/I-95 N to Exit 3A MD-210 South
20 min (14.2 mi)

Left turn on Berry Road (Route 228)
8 min (4.6 mi)

Right turn on Mill Hill Road
2 min (1.5 mi)

Right turn on Davis Road
2 min (0.5 mi)

From the North (Baltimore, Frederick, Laurel):

I-495 / I-95 South to Forest Heights

Exit 3A MD-210 South
20 min (14.2 mi)

Left turn on Berry Road (Route 228)
8 min (4.6 mi)

Right turn on Mill Hill Road
2 min (1.5 mi)

Right turn on Davis Road
2 min (0.5 mi)

From the South (Fredericksburg, Richmond):

Harry Nice Memorial Bridge (US 301) to MD
Follow US-301 to La Plata, MD 20664
24 min (17.9 mil)

Left turn on Turkey Hill Road
8 min (2.1 mi)

Continue onto Middletown Road
5 min (3.1 mi)

Left turn on Lexington Drive
5 min (2.4 mi)

Left turn on Davis Drive
0.2 mi

Hotel Information

Holiday Inn Express La Plata

6860 Crain Hwy, La Plata, MD 20646
(301) 392-0065
10.0 miles to venue

Best Western La Plata Inn

6900 Crain Hwy, La Plata, MD 20646
(301) 934-4900
10.4 miles to venue

Hampton Inn Waldorf

3750 Crain Hwy, Waldorf, MD 20603
(301) 632-9600
6.7 miles to venue

2025 Maryland AAU District Taekwondo Championship 5 April 2025

North Point High School, 2500 Davis Rd Waldorf, MD

Standard Entry Deadline- 3/26/2024– (Add \$45 late fee between 3/27 – 4/2)

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, 2024) _____ Date of Birth (MM/DD/YYYY): _____

SEX: _____ M _____ F EXACT WEIGHT: _____ LBS. HEIGHT: _____ feet / inches

Check all events you're competing in:

- | | |
|---|--|
| <input type="checkbox"/> Open Forms | <input type="checkbox"/> Olympic Sparring |
| <input type="checkbox"/> ITF Forms | <input type="checkbox"/> Para Taekwondo Olympic Sparring |
| <input type="checkbox"/> TSD/MDK | <input type="checkbox"/> Point Sparring |
| <input type="checkbox"/> WT Forms | <input type="checkbox"/> Para Taekwondo Point Sparring |
| <input type="checkbox"/> \$45 Traditional Team Forms (ITF, MDK/MSD, WT) | |
| <input type="checkbox"/> Para Taekwondo, Forms/Patterns | |

One Event \$99 any additional event is \$20 except Team Forms \$45 per team

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, 2025) 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.cchoe.com/departments/student-services/staff/school-health/concussions-in-youth>

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

Competitor/Parent Signature: _____ Date: _____

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