

# 2025 AAU TKD NATIONALS - AAU NATIONAL TEAMS

## OLYMPIC SPARRING

The **Mini-Cadet (10-11)** Teams shall be established at the National Championship by virtue of capturing the 1<sup>st</sup> Place Gold Medal in single elimination competition. **Mini-Cadet Team Members** will be invited to train and travel with the National Teams at their own expense.

The top four finishers in the **Cadet (12-14), Junior (15-17) and Senior (18-32) Black Belt** divisions will be invited to Team Trials at the **2024 AAU Junior Olympic Games** along with the current member of that team to compete under international rules (regarding a kick to the head) for the Team Member slot.

**Please Note:** *All current team members will be required to compete at Nationals to be eligible for a Team Trials invitation. However, their placement at Nationals will not interfere with their ability to be invited.*

For those Black Belts competing in the Olympic Sparring Divisions, everyone must compete in the age category befitting their age according to our Age Determining Date. Fourteen-year-olds must compete as 12-14-year-olds at the National Championship AND if you place in the top four spots you will be invited to the 12-14-year-old Cadet Team Trials. Should you turn 15 in 2023 you will be invited to travel with the Junior Team at that time.

**Executive/Ultra (33+) Black Belt Olympic Sparring Team** shall be determined at the National Championship by virtue of capturing the 1<sup>st</sup> Place Gold Medal in single elimination competition.

## TRADITIONAL POINT SPARRING

Traditional Point Sparring Team Members shall be determined at the National Championship by virtue of capturing the 1<sup>st</sup> Place Gold Medal in single elimination competition for 10-11, 12-13, 14-15, 16-17, 18-32 33-42, 43-52 and 52+Black Belts. (Continuous Point Sparring Not Eligible)

## SPORT POOMSAE

All Sport Poomsae Team Members shall be determined at the National Championship by virtue of capturing the 1<sup>st</sup> Place Gold Medal in Individual, Pairs and Teams divisions.

## TRADITIONAL FORMS

All Traditional Forms National Team Members will be determined at the National Championship. Eligible team spots will be 10-11, 12-13, 14-15, 16-17, 18- 32, 33-42, 43+ year old Black Belts.

To become the Team Member for your age and gender, you must compete in:

- Two of Three Styles (ITF, TSD, WT) AND
- Open Traditional

Points will be awarded for all medals as follows:

- 10 points for Gold
- 5 points for uncontested Gold
- 6 points for Silver
- 4 points for Bronze

Ties will be decided by the individual who faced the highest total number of competitors.