

General Competition Guidelines

AAU Taekwondo Program

Article I. The Types of Competition Shall Be:

I.A. Qualifying Events

Forms/Patterns
Point-Sparring
Olympic-style Sparring
Team Forms

I.B. Non-Qualifying, Optional Events

Board Breaking
Creative Forms
(When offered, Rules will be supplied with event information)

Article II. General Guidelines for Divisions and Age Categories

II.A. DIVISION AGES

Junior	5 to 17
Senior	18 to 32
Executive	33 to 42
Ultra	43 and up

II.B. Senior Division: This division is for ages 18–32, but is also open to athletes ages 33 & up for all types of competition. 14–17 year old Black Belts competing in Olympic Sparring Competition may choose to compete in the Senior Division instead of their own junior division.

II.C. Executive and Ultra Athletes. Athletes age 33 and older may compete in the Executive Division or the Senior Division. Athletes 43 years of age and older may compete in the Senior, Executive or Ultra Division. Athletes may not compete in more than one age category for any one event.

II.D. Divisions, Age Determination, Current Rank.

II.D.1. Competition shall be divided by Age, Belt, Weight, and Gender.

II.D.2. The age of the competitor as of **August 31** shall determine the age of that competitor as regards to competition. The competitor must compete for the entire competition year at the age they will be on August 31 of that competition year. (Competition year runs from September 1 through August 31st.)

II.D.3. In addition, competitors must always compete at their current rank on the day of the event. (For example, if an athlete qualifies as a red/brown belt, and is promoted to black belt prior to a national event, then that athlete must compete at the national event as a black belt.)

II.D.4 Belt Color Divisions. All age divisions shall consist of the following belt divisions:

Division	Belts Included in that Division
Novice:	White, Yellow and Orange Belts

Intermediate: Green, Blue and Purple Belts

Advanced: Red and Brown Belts only

Black Belt: Poom Belts & 1st Dan and up

II.E. Dividing Divisions: The sponsoring organization has the option of dividing each belt division into further weight classes (i.e. light, middle, welter, etc.) depending on the number of competitors in each division or age groups. The maximum number of weight classes will be at the discretion of the tournament director. The sponsoring organization may also further divide belt classes (i.e. separate white and yellow belt competitors into separate divisions).

II.F. Combining Divisions: If the number of competitors for any one division is less than eight, the sponsoring organization has the option of combining age, belt and weight groups into a single group and assigning the divisions of novice, intermediate, advanced and Black.

Article III. Competition Area

III.A. Ring Dimensions: In principle, the competition area at AAU competitions shall be a **MINIMUM** as follows:

III.A.1. Regional & District Events: 7 meters X 7 meters

III.A.2. National Championships, AAU Junior Olympics and AAU Team Trials: 8 meters X 8 meters

III.B. Competitor Positioning. The referee, standing in the center of the ring, will call the competitors to take their place for competition. The athlete should quickly report to the spot pointed at by the Referee for each competitor. The Blue competitor shall always line up on the right side of the Referee as he faces the head table.

Article IV. Uniform Requirements

IV.A. All contestants must wear a clean white dobok. (Note: In the event the athlete's uniform becomes bloody, he/she may be required to change it).

IV.B. Black trim on the collar/lapel of the dobok is allowed for black belts only.

IV.C. Athletes may wear a t-shirt underneath the dobok.

IV.D. No Jewelry can be worn. 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 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. Uniform jacket may not be tucked into the pants.

IV.E. All competitors must wear a belt appropriate to their rank with the knot of the belt in the front.

IV.F. Junior black belts (15 years of age and younger) are permitted to wear "Poom belts" (half-red, half-black) as well as "Poom collars". All others must wear a solid Black Belt. Embroidery on belts is acceptable.

Article V. Officials' and Coaches' Attire**V.A. All officials shall wear:**

- V.A.1.** Black slacks
- White, collared shirt
- An official AAU tie
- Black blazer
- White sneakers
- Black socks
- Black belt

V.B. All coaches shall wear:

- V.B.1.** White dobok (uniform) pants or warm-up suit pants
- Official Blue AAU Coach's shirt
- Sneakers

Article VI. Qualifications for Officials and Coaches

In general, the contest shall be conducted by one Referee, two (point sparring) three or four Judges and a Technical Advisor, along with the assistance of a timekeeper and a recorder. All sanctioned tournaments shall be officiated by AAU certified Officials. District and Regional tournament directors **may** allow any non-certified Black Belt they deem qualified to officiate **at one tournament only**. Thereafter that individual Official **must** obtain AAU Official certification. No more than one non-certified official may be present in the ring. Coaches shall not enjoy this same privilege. All coaches at any AAU sanctioned event must be currently certified to work that event.

Internationally certified officials, with current certification, are approved for Olympic Sparring only without being AAU certified Officials. These non-AAU certified Officials **MUST** hold individual membership in the AAU. **Whether AAU certified or not, all officials must be AAU members for the current year.**

Article VII. Failure to Report

Athletes may be disqualified if they fail to report to staging and have not responded to "final call." Once an athlete has been disqualified they will not be allowed to compete. This **INCLUDES** reporting to the appropriate ring prior to the start of the division and having missed "final call." This covers ALL methods of competition.

Article VIII. Weigh-In

VIII.A. District and Regional Championship. Competitors will be expected to register in the most proper weight class division listed for that tournament. Any official or coach may question the weight of a prospective opponent prior to the beginning of the division. If a competitor's weight is questioned (protested) and his/her weight is found to be either over or under that weight class in which they have been assigned to compete, he/she will be disqualified from further competition that day. Competitors unable to make their weight prior to the beginning of competition may, with the permission of the tournament director, move into another weight division other than that for which they had registered.

VIII.B. National Competition. All competitors' weights must be verified within 48 hours of the start of the individual competitor's sparring event day.

VIII.B.1. A weight may be measured twice if necessary to make weight.

The second reading of a competitor's weight may take place any time during the posted weigh-in times.

VIII.B.2. During the weigh-in, the contestant may be required to verify his/her membership in the United States AAU and provide proof of age.

VIII.B.3. During the weigh-in, Black Belt Competitors, 14–17 and 18–34, competing in Olympic Sparring Adult Rules, will be required to show a photo ID.

VIII.B.4. Weigh-ins may be allowed in dobok, street clothes, or athletic shorts and t-shirt.

VIII.B.5. Competitors unable to make the weight for which they registered, **MAY BE DISQUALIFIED** or be allowed to change their registration and pay the required **CHANGE ORDER FEE** at check-in. Additionally any corrections made during the check-in process due to errors made on the competition application may result in an additional **CHANGE ORDER FEE** at check-in.

Article IX. Methods Of Competition

IX.A. Methods of scoring/bracketing for all types of competition for all events at the local, regional, and national levels can be scored, single elimination brackets, double elimination brackets, repechage brackets or round robin.

IX.B. All **qualifying events** must use a bracketing method that will allow identification of the top 8 competitors in a division for purposes of qualifying athletes for national competitions.

IX.C. A "bye" system shall be used at all championships, which guarantees four semi-finalists. All byes shall be awarded during the first round of competition.