



AAU JUNIOR OLYMPIC GAMES TAEKWONDO



LOCATION: The MidAmerican Energy Company RecPlex – 6500 Grand Ave., West Des Moines, IA 50266

DATES:

Friday, July 28, 2023	Athlete Check-In	RecPlex
Friday, July 28, 2023	Coaches'/Officials' Meetings	RecPlex
Saturday, July 29, 2023	Competition	RecPlex
Sunday, July 30, 2023	Competition/Athlete Check-In	RecPlex
Monday, July 31, 2023	Competition (Team Trials)	RecPlex
Tuesday, August 1, 2023	Competition (Team Trials)	RecPlex
Wednesday, August 2, 2023	Competition (Team Trials)	RecPlex

AGE DETERMINING DATE: Athletes shall compete at their age as of **December 31, 2023**.

AGE DIVISIONS: The following divisions listed below will be offered for the 2023 event:

ENTRY FEE: Visa, MasterCard, Discover and American Express are accepted. Entry fees are non-refundable. To register, visit www.auirogames.org.

	Early Registration Until July 11	General Registration July 12-18
One (1) Individual Event	\$125	\$150
Each Additional Event	\$30	\$30
Team Forms - per three (3) member black belt team	\$165 per team	\$190 per team
Demo Team – minimum of (3) and a maximum of (20)	\$165 per team	\$190 per team

Individual Traditional Forms: (ITF, WTF, TSD & Open will all be separate divisions)

WT Sport Poomsae Standards are NOT utilized for scoring

AGE	GENDER	BELT DIVISIONS
6-7	MALE & FEMALE	NOV, INT & ADV
8-9	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
10-11	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
12-13	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
14-15	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
16-17	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
18-24	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
N/A	MALE & FEMALE	SPECIAL NEEDS

Individual Non-Traditional Forms & Self Defense & Weapons

AGE	GENDER	BELT DIVISIONS	EVENTS
6-7	MALE	NOV, INT & ADV	CREATIVE FORMS CREATIVE MUSICAL FORMS WEAPONS FORMS MUSICAL WEAPONS FORMS SELF DEFENSE PADDED WEAPONS
6-7	FEMALE	NOV, INT & ADV	
8-9	MALE	NOV, INT, ADV & BLACK	
8-9	FEMALE	NOV, INT, ADV & BLACK	
10-11	MALE	NOV, INT, ADV & BLACK	
10-11	FEMALE	NOV, INT, ADV & BLACK	
12-13	MALE	NOV, INT, ADV & BLACK	
12-13	FEMALE	NOV, INT, ADV & BLACK	
14-15	MALE	NOV, INT, ADV & BLACK	
14-15	FEMALE	NOV, INT, ADV & BLACK	
16-17	MALE	NOV, INT, ADV & BLACK	
16-17	FEMALE	NOV, INT, ADV & BLACK	
18-24	MALE	NOV, INT, ADV & BLACK	
18-24	FEMALE	NOV, INT, ADV & BLACK	
N/A	MALE	SPECIAL NEEDS	

N/A	FEMALE	SPECIAL NEEDS
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Individual Breaking

AGE	GENDER	BELT DIVISIONS	BREAKING EVENTS
6-7	MALE	NOV, INT & ADV	<p style="text-align: center;">SPEED JUMPING/FLYING POWER HAND POWER FOOT REPETITIVE SPIN HOOK (10 Board) REPETITIVE SIDE KICK (10 Board) REPETITIVE HAND (10 Board) REPETITIVE HAND with FEEDER (10 Board)</p>
6-7	FEMALE	NOV, INT & ADV	
8-9	MALE	NOV, INT, ADV & BLACK	
8-9	FEMALE	NOV, INT, ADV & BLACK	
10-11	MALE	NOV, INT, ADV & BLACK	
10-11	FEMALE	NOV, INT, ADV & BLACK	
12-13	MALE	NOV, INT, ADV & BLACK	
12-13	FEMALE	NOV, INT, ADV & BLACK	
14-15	MALE	NOV, INT, ADV & BLACK	
14-15	FEMALE	NOV, INT, ADV & BLACK	
16-17	MALE	NOV, INT, ADV & BLACK	
16-17	FEMALE	NOV, INT, ADV & BLACK	
18-24	MALE	NOV, INT, ADV & BLACK	
18-24	FEMALE	NOV, INT, ADV & BLACK	
N/A	MALE	SPECIAL NEEDS	
N/A	FEMALE	SPECIAL NEEDS	

Team Events

AGE	GENDER	BELT DIVISIONS	TEAM EVENTS
6-17	MALE, FEMALE OR COMBINED	BLACK	TEAM FORMS
6-17	MALE, FEMALE OR COMBINED	COMBINED INT, ADV & BLACK	DEMO TEAM
18-24	MALE, FEMALE OR COMBINED	BLACK	TEAM FORMS
18-24	MALE, FEMALE OR COMBINED	COMBINED INT, ADV & BLACK	DEMO TEAM

**The tournament committee reserves the right to further divide or combine divisions depending on the number of competitors registered to compete in each.*

EVENT DESCRIPTIONS: FORMS & SELF DEFENSE

Individual Traditional Forms: ITF

- All white uniform required (Sport Poomsae uniforms are not allowed)
- Brazilian Repechage Format
- Allowed patterns are defined within pg. 30 of the AAU Taekwondo Handbook under ITF forms
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Individual Traditional Forms: WT **SPORT POOMSAE STANDARDS DO NOT APPLY**

- All white uniform required (Sport Poomsae uniforms are not allowed)
- Brazilian Repechage Format
- Allowed patterns are defined within pg. 30 of the AAU Taekwondo Handbook under WT forms
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Individual Traditional Forms: MDK/TSD

- All white uniform required (Sport Poomsae uniforms are not allowed)
- Brazilian Repechage Format
- Allowed patterns are defined within pg. 30 of the AAU Taekwondo Handbook under MDK/TSD forms
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Individual Traditional Forms: OPEN TRADITIONAL

- All white uniform required (Sport Poomsae uniforms are not allowed)
- Brazilian Repechage Format
- ITF, WT, MDK/TSD patterns will be allowed to compete together
- Allowed patterns are defined within pg. 30 of the AAU Taekwondo Handbook under Recognized Forms/Patterns
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Para (Formerly Special Needs) Traditional Forms

- All white uniform required (Sport Poomsae uniforms are not allowed)
- Numeric Scoring method used
- Allowed patterns are defined within pg. 30 of the AAU Taekwondo Handbook under Recognized Forms/Patterns
- Merit will be awarded on the basis of SPIRIT, Focus, Technique, Power, Rhythm, Grace and Beauty, in this order of importance.

EVENT DESCRIPTIONS: FORMS & SELF DEFENSE – CONTINUED

Creative Forms

- Brazilian Repechage Format
- Creative division shall allow forms to include contemporary martial arts techniques
- These may be added to a traditional form, or the form may be devised in its entirety by the competitor
- A form in the Creative Forms Event must include the majority of techniques which originate from martial arts (gymnastic type motions allowed, but form must remain primarily martial arts based)
- Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits are allowed
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity
- 90 second time limit

Creative Musical Forms

- Brazilian Repechage Format
- The Creative Musical Event utilizes the above criteria for Creative Forms and additionally will include music
- Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity
- 90 second time limit

Weapons Forms - Traditional

- Brazilian Repechage Format
- No live blades will be allowed
- Ninety (90) second time limit
- Minimum one hand must be in contact with the weapon at all times – no releases
- Inverted aerial maneuvers are not allowed; rolls on the ground are allowed; cartwheels are not allowed
- Competitor may not switch weapons during traditional weapons form
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

Weapons Forms - Creative

- Brazilian Repechage Format
- No live blades will be allowed
- Ninety (90) second time limit
- Weapon releases are allowed
- Inverted aerial maneuvers are allowed
- Competitor may not switch weapons during traditional weapons form
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique & Creativity

Musical Weapons Forms

- Brazilian Repechage Format
- No live blades will be allowed
- Ninety (90) second time limit
- Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

Self Defense

- Single Elimination Format
 - One defender vs. one to 4 attackers will be permitted
 - Defense must be based on empty hand techniques
 - Attackers may attack with safety weapons (subject to inspection by Chief Referee)
 - Judging criteria includes Realism, Effectiveness, Difficulty & Variety of Techniques Used
 - Ninety (90) second time limit
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EVENT DESCRIPTIONS: BOARD BREAKING

Board Breaking – Board Holders: All board holders must be either a coach or athlete that is registered for the AU Junior Olympic Games and has appropriate credentials. Attire for board holders is coach's attire or athlete's uniform/dobok. No shorts, t-shirts or other attire will be allowed on the floor. For any break that requires board holders, the number of board holders/feeders will be limited to four (4).

Board Breaking Rules

Boards must be purchased at the host site. Each event will utilize ten boards or less. The only exception to this would be power breaking athletes who decide to attempt more than 10 boards.

- **AAU Small Boards = All athletes 5 to 13 years old & AAU Medium Boards = All athletes 14 years and older**

Repetitive Timed Spin Hook Breaking

- Single break format
- One (1) board per strike
- Allowed technique is SPINNING HOOK KICK
- 10 board competition
- Timed competition, fastest competitor to break 10
 1. Fastest competitor to break 10 wins gold
 2. 2nd fastest competitor to break 10 wins silver
 3. 3rd fastest competitor to break 10 wins bronze
 4. 4th fastest competitor to break 10 wins bronze

Repetitive Timed Side Kick Breaking

- Single break format
- One (1) board per strike
- Allowed technique is SIDE KICK
- 10 board competition
- Timed competition, fastest competitor to break 10
 1. Fastest competitor to break 10 wins gold
 2. 2nd fastest competitor to break 10 wins silver
 3. 3rd fastest competitor to break 10 wins bronze
 4. 4th fastest competitor to break 10 wins bronze

Repetitive Timed Hand Breaking (human hold)

- Single break format
- One (1) board per strike
- Allowed technique includes HAMMER, KNIFE, RIDGE, PALM or FIST/PUNCH
- 10 board competition
- Boards held by person or boards repeatedly placed on blocks by person (see board holder instructions above)
- Timed competition, fastest competitor to break 10
 1. Fastest competitor to break 10 wins gold
 2. 2nd fastest competitor to break 10 wins silver
 3. 3rd fastest competitor to break 10 wins bronze
 4. 4th fastest competitor to break 10 wins bronze

Repetitive Timed Hand Breaking (Feeder system)

- Single break format
- One (1) board per strike
- Allowed technique includes HAMMER, KNIFE, RIDGE, PALM or FIST/PUNCH
- 10 board competition
- Boards will be fed through feeder system provided by tournament organizing committee.
- Board holders must comply with board holder instructions above
- Timed competition, fastest competitor to break 10
 1. Fastest competitor to break 10 wins gold
 2. 2nd fastest competitor to break 10 wins silver
 3. 3rd fastest competitor to break 10 wins bronze
 4. 4th fastest competitor to break 10 wins bronze

Speed Board Breaking

- Single Elimination Bracketed Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Board(s) must be supported by a maximum of 1 side
- No spacers will be allowed
- A maximum of 3 attempts per station is allowed
- Athlete technique will be judged based on Technique, Focus, Balance, Power, and Creativity
- For 2 competitors executing the same technique as part of competition
 - A break performed on the 1st try is superior to a break completed on the 2nd try
 - A 2-board break is superior to a 1 board break; a 3-board break is superior to a 2-board break
 - A break supported on 1 end (speed break) is superior to a break supported on both ends

EVENT DESCRIPTIONS: BOARD BREAKING - CONTINUED

Jumping & Flying Breaking

- Single Elimination Bracketed Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Technique must be executed with both feet in the air
- No spacers will be allowed
- A maximum of 3 attempts per station is allowed
- Board holders must meet board holder requirements listed above
- Athlete technique will be judged based on Technique, Focus, Balance, Power, and Creativity
- For 2 competitors executing the same technique as part of competition
 - A break performed on the 1st try is superior to a break completed on the 2nd try
 - A 2-board break is superior to a 1 board break; a 3-board break is superior to a 2-board break
 - A break supported on 1 end (speed break) is superior to a break supported on both ends

Power Hand Breaking

- Single Break Format
- Ninety (90) second time limit for break set up
- One (1) Station per competitor; one attempt allowed
- Spacers REQUIRED – will be provided by tournament
- Up to four cinder blocks may be used.
- Acceptable techniques include: Fist, hammer fist, palm heel, knife hand, ridge hand
- Board holders must comply with board holder instructions above.
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
 - Tie Example "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner

Power Foot Breaking

- Single Break Format
- Ninety (90) second time limit for break set up
- One (1) Station per competitor; one attempt allowed
- Spacers REQUIRED – will be provided by tournament
- Acceptable techniques include any kicking technique executed using a part of the foot below the ankle
- Board holders must comply with board holder instructions above.
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
 - Tie Example "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner

EVENT DESCRIPTIONS: TEAM EVENTS

Black Belt Team Traditional Forms

- All white uniform required (Sport Poomsae uniforms are not allowed)
- Brazilian Repechage Format
- Junior (5-17) and Adult (18+) Divisions
- ITF, WT, MDK/TSD patterns will be allowed to compete together
- Allowed patterns are defined within pg. 30 of the AAU Taekwondo Handbook
- Black Belt Teams may complete any black belt pattern
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance.

Mixed Belt Rank Team Traditional Forms

- All white uniform required (Sport Poomsae uniforms are not allowed)
- Brazilian Repechage Format
- Can be a combination of Youth and Seniors, all Colored Belts, a combination of Colored Belts and Black Belts, all Black Belts consisting of both Youth and Seniors.
- ITF, WT, MDK/TSD patterns will be allowed to compete together
- Allowed patterns are defined within pg. 30 of the AAU Taekwondo Handbook
- Mixed Belt Rank Teams make perform any form up to an including the rank of the most senior member of the team.
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace and Beauty, in this order of importance

EVENT DESCRIPTIONS: TEAM EVENTS

Demo Team: 3 – 20 Member Teams (any rank)

- All Demo team members, including volunteers, are required to be registered individual athletes in the AAU Junior Olympic Games to be eligible to participate in the Team Competition.
- Team may have three (3) to twenty (20) members (any rank); more than 75% of team must compete in individual events.
- Six (6) Minute demonstration time limit; Maximum two (2) minute set up time and maximum of two (2) minutes for cleanup.
- All technical Taekwondo skills are graded for execution, presentation and difficulty.
- Scoring will be a maximum of ten (10) points for originality; a maximum of ten (10) points for technique and a maximum of ten (10) points for difficulty.
- Teams are granted freedom to add creativity to their demonstration, however synchronization may or may not be part of the team demonstration.
- No jumping over humans will be allowed.
- All props are subject to inspection of Chief Referee and may be prohibited if deemed unsafe.

EVENT DESCRIPTIONS: PADDED WEAPONS SPARRING

Padded Weapons Sparring

- Competitors must provide their own equipment. Padded Weapons must pass a referee's weapon inspection. Any weapon with hard surfaces may be disqualified by the Chief Referee.
- Weapons that are approved for use:
 - Padded Sword (long/short)
 - Padded cane
 - Padded staff
- Required protective equipment includes Mouthguard, Full Headgear (red for red competitor and blue for blue competitor); Face Shield; and for male competitors, a groin cup and supporter inside the dobok.

Matches:

1. All color belt matches will consist of two (2) ninety (90) second rounds, with a thirty (30) second break between rounds. The winner will be determined by the highest score or the first competitor to score 12 points
2. Black Belt matches will consist of two (2) two (2) minute rounds with a thirty (30) second break between rounds. The winner will be determined by the highest score or the first competitor to score 15 points.
3. In the event of a tie, an untimed Golden Round will occur; the first contestant scoring a point will win the match.

Point Scoring:

- Competitors have the option to compete with one or two hands on the weapon at any time
- Three (3) points will be awarded for a head strike (not to include the neck),
- Two (2) points for a strike to the trunk between the collar bone and hip
- One (1) point for a strike the limbs (limbs are defined as to include the arms below the shoulder to the wrist and the legs below the hip to the ankle)
- Referee will call Kal-yeo and both competitors will return to their starting position while Referee calls for "Judges Call"
- The clock will continue to run unless stopped to issue penalties.

Warnings/Penalties/Disqualification:

- Penalties will be worth one (1) point to be awarded to the competitor against whom the violation was committed.
- An accumulation of four (4) penalties that caused a deduction of points will result in an automatic disqualification.
- Penalty points will be called and awarded in the same manner as point sparring.
- Penalty violations include:
 - Attacking an unarmed opponent
 - Dropping a weapon during the match
 - Attacking after Kal-yeo (break) has been called
 - Causing an injury serious enough that opposing competitor cannot continue the match. (may be DQ as well)
 - Illegal techniques: striking the groin, striking the neck, sweeping, striking with the butt of the weapon, punching, kicking to head, legs, torso or spine.
 - Unsportsmanlike conduct: profanity, disobeying a referee, disrupting the competition either by coaches or support groups.
 - Running away to intentionally avoid the fight.

SPECIAL NOTES:

For AAU Taekwondo Competitions: Intermediate Divisions consist of Green, Purple and Blue. Advanced Divisions consist of both Red and Brown Belts. Black Belt Divisions are meant to include Junior Black as well. If your school or club uses any other belt ranking order or system, your athlete should conform to the above-mentioned criteria. **Also, Poom Belts (half red and half black) should be worn by JUNIOR Black Belts age 15 and younger ONLY!**

Any Junior Black Belt under the age of 8 who wishes to compete is more than welcome to do so, but he/she must compete in the 8–9 Age Division.

**ONLINE
REGISTRATION
& ENTRY DEADLINE:**

ALL ENTRIES MUST BE COMPLETED ONLINE at www.aaujrogames.org.

Early Entries must be completed online by **Monday, July 10, 2023**. Late Entry must be completed online by **Monday, July 17, 2023**. **ALL ENTRIES MUST BE RECEIVED BY THE DEADLINE DATE OR YOU WILL NOT BE ALLOWED TO COMPETE.**

For Demo Teams, please print the Demo Team Roster form from the online system once the demo team is registered. This form must be completed and submitted at the Taekwondo Check-In.

The Local Organizing Committee and the AAU have spent many hours planning and preparing for this AAU Event. In order to make it a great success, we are asking for your cooperation. It is the responsibility of the parent, coach, instructor, and athlete to ensure that the application is in on time and **complete in every detail**.

AAU MEMBERSHIP:

All athletes, coaches, and officials must be members of AAU and be able to present their AAU membership card on demand. AAU membership numbers will be needed in order to register online for the competition. Coaches and officials must have the non-athlete membership card.

BE PREPARED and register your coaches early! You can no longer register for non-athlete (coach) membership onsite at the event. For more information, visit www.aautaekwondo.org

COACHES/OFFICIALS:

All coaches must register for the event online at www.aaujrogames.org by July 17, 2023. The coaches' entry fee is \$45. An additional \$10 will be charged for coaches' entry forms submitted after the entry deadline or for onsite registration, if allowed by the National Chair. **Please note, non-athlete (coach) membership is no longer instant. BE PREPARED and register for membership early!**

IN ADDITION to the AAU Coaches entry fee of \$45, there is a \$35 AAU Taekwondo floor pass fee. Coaches' credentials and wristbands **must first** be picked up at the RecPlex – 6500 Grand Ave., West Des Moines, IA 50266. These credentials should then be taken to **Taekwondo Check-In** in the RecPlex and be presented at the AAU Taekwondo coaches' check-in table to receive the photo ID floor pass which will be affixed to the back of the credentials. The \$35 TKD Floor Pass fee is payable at this time with cash or money order. **This floor pass fee is separate from any and all other fees charged by the Local Organizing Committee in order to obtain coaches credentials.**

Coaches must wear the Coaches Wristband in order to gain admittance to the competition facility. The credential with the photo ID floor pass must be worn to have access to the competition floor.

There will be a **MANDATORY** information meeting for coaches Friday, July 29, 2023, from 3:00 p.m. to 4:00 p.m. at the RecPlex.

Note: All coaches must have been previously certified through the AAU TKD Online Coaches Certification Course in order to coach at this event. Please be prepared to show your clinic certification certificate if requested. If your name is not in the database as having taken the 2023 online coaches' clinic and you cannot present a 2023 clinic certificate, you will not be allowed on the competition floor.

Late Fee & Photo Fee: Coaches badges purchased onsite will be charged a \$20.00 late/processing fee by the Taekwondo Committee and will require additional time at check-in to process the badge. **PLEASE REGISTER EARLY AND ONLINE!** Coaches who do not upload a photo ID when taking the online clinic will also be required to pay this additional processing fee to have a photo taken and a badge processed onsite.

To obtain a copy of the AAU Taekwondo Handbook, visit our website at www.aautaekwondo.org.

All Officials should register online. There will be a mandatory official's clinic for all officials. The Officials Clinic will be Friday, July 29, 2023 from 4:00 p.m. to 7:00 p.m. at the RecPlex.

**COACHES'
EDUCATION:**

The AAU is happy to make available **FREE Coaches' Education** for all AAU non-athlete members. This excellent program is **MANDATORY** for all AAU non-athletes and will be administered by Positive Coaching Alliance (PCA). Please visit <https://aausports.org/Positive-Coaching-Alliance> and click on PCA COACHES EDUCATION order to enter and take the MANDATORY AAU/PCA coaches' educational course. Membership may be revoked from non-athletes who do not complete course prior to competition.

QUALIFICATION:

Qualification is simply based on a **valid AAU Membership for this year only**. Para Taekwondo (formerly Special Needs) athletes are not required to participate in a previous AAU event, but it is encouraged.

AWARDS:

AAU Junior Olympic Games medals will be awarded to the top four (4) competitors in each division competed.

UNIFORMS:

All contestants must wear a clean, **white** dobok only. See AAU Taekwondo Rulebook for further description.

**MANDATORY
EQUIPMENT:**

Please visit www.aautaekwondo.org and download the competition handbook for a complete description of all mandatory gear requirements.

CHECK-IN: Taekwondo participants must check-in at the The MidAmerican Energy Company RecPlex – 6500 Grand Ave., West Des Moines, IA 50266 to receive their athlete credential or coach wristband. The appropriate credential or wristband will be needed prior to gaining admittance into the competition venues. Participants should check-in at least the day prior to competing. *If that credential or wristband is lost or stolen there will be a replacement fee.* For check-in hours, maps and additional directions please visit www.aaujrogames.org (click on Event Info, then Registration).

Athletes should first check-in with AAU Junior Olympic Games personnel at the RecPlex and pick up their credentials, t-shirt, certificate, and goody bag prior to check-in with the AAU Taekwondo Committee.

At that time the events you have entered will be verified by the Committee.

BIRTH CERTIFICATE: All athletes must be prepared to produce a copy of their birth certificate or passport at Taekwondo Committee check-in or at the competition site if asked to do so.

TENTATIVE SCHEDULE:

Friday, July 28, 2023

3:00 PM – 6:00 PM Athlete and Coach Check-In RecPlex
(Pick up credentials from Sport Committee)

Time TBD Coaches' Meeting (MANDATORY) RecPlex

Time TBD Officials' Clinic (MANDATORY) RecPlex

Saturday, July 29, 2023

9:00 AM Taekwondo Opening Ceremony RecPlex

9:30 AM Individual Traditional Forms, Team Forms, RecPlex
Creative Forms, Creative Musical Forms,
Padded Weapons Sparring, Weapons Forms
& Self Defense Competition

Sunday, July 30, 2023

9:00 AM Demo Team Open Board Breaking, RecPlex
Jump/Flying Board Breaking,
Speed Board Breaking/Power Hand Breaking
& Power Foot Breaking

HOUSING: The AAU makes every effort to provide the best quality experience for athletes, coaches and families that participate in AAU events. Athletes, coaches and families can choose from a wide variety of accommodations in various price points and with several levels of amenities. The Local Organizing Committee has carefully selected host hotels for participants with the lowest rates available. The hotels selected for the program not only provide great rates, but also the greatest convenience in regards to location and other amenities.

All reservations are handled through the Local Organizing Committee. DO NOT CONTACT THE HOTELS DIRECTLY AS YOU WILL NOT RECEIVE THE DISCOUNTED RATE. Please visit the website at www.aaujrogames.org and click on Hotels to make your reservations. Please check online regarding deposit requirements and cancellation policies which may vary depending on hotel. AAU is not responsible for any refunds from cancellation.

In order to complete your registration to participate in the 2023 AAU Junior Olympic Games, you are required to use hotel accommodations as advertised at <http://www.aaujrogames.org/Hotels>. If your team or athlete is local or not planning to stay at one of the recommended properties, you can submit a Housing Exemption Form available online at www.aaujrogames.org/Hotels.

PARKING: Some locations may have parking fees. Please visit www.aaujrogames.org and click on Maps & Directions for more information. Also, some hotels may charge for parking. Please check with your hotel for specific information as prices vary.

FOOD: All AAU Junior Olympic Games facilities maintain the exclusive rights to concessions. Outside food and beverage are not permitted throughout the duration of the AAU Junior Olympic Games. No coolers at any venue.

CELEBRATION OF ATHLETES: The Celebration of Athletes will be held on Monday, July 31, 2023. More information will be posted at <http://www.aaujrogames.org/CelebrationofAthletes> as it becomes available.

ADMISSION FEE: Athletes and coaches with a credential will receive admission to all competition venues and the Celebration of Athletes as part of your entry fee. Please note that you must check-in and pick up your credential prior to receiving admittance into any venue, including the Celebration of Athletes. You must have the appropriate wristband or credential. Spectators can purchase tickets onsite at the venues. Daily passes are \$15.00 (3 & under free) and includes admission to all competition venues on the designated day only. Event passports are \$45.00 (3 & under free). For more information on ticket options, please visit www.aaujrogames.org.

SECURITY: All AAU Junior Olympic Games facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the AAU Junior Olympic Games.

TRANSPORTATION: All athletes, coaches, and fans are responsible for their own transportation to and from all activities, events, and hotels.

PARTICIPATION: The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

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