



KARATE

LOCATION: Greensboro Coliseum Complex – 1921 W Gate City Blvd, Greensboro, NC 27403

SCHEDULE OF EVENTS:

Friday, July 26, 2024

8 AM – 4 PM Check-In

5 PM – 7 PM Officials & Coaches Meeting

Saturday, July 27, 2024

9 AM – 6 PM Flag Kata, Open Kata & Mandatory Kata
Kobudo (Beg/Nov), Kobudo (Long & Short – Inter/Adv)
Team Kata

Sunday, July 28, 2024

9 AM – 6 PM Sanbon Kumite & Ultimate Rotational
Board Breaking Hand & Foot

AGE DIVISIONS: There will be breakdown by karate experience as follows:

- **Novice (Beginner/Novice)** – Athletes with 2 years and less experience
- **Advanced/International (Intermediate/Advanced)** – Athletes with over 2 years' experience

Two divisions per age group (male and female) and category will be featured. Divisions may be combined when minimum numbers are not achieved. However, each division may be further sub-divided as well according to weight as deemed necessary by the National AAU Karate Committee.

Beginner/Novice	Intermediate/Advanced
6 years male/female	8-10 years male/female
7-8 years male/female	11-12 years male/female
9-10 years male/female	13-14 years male/female
11-12 years male/female	15-17 years male/female
13-14 years male/female	18-22 years male/female
15-17 years male/female	

AGE DETERMINING DATE: The athlete's age on July 28, 2024, shall determine the proper age division.

ENTRY FEE(S):

One (1) event - \$104.00. Two (2) events - \$134.00. Three (3) events - \$164.00. Four (4) Events - \$194.00

All fees are non-refundable.

ONLINE REGISTRATION & ENTRY DEADLINE:

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

Entries must be completed online by **Monday, July 22, 2024**. Visa, MasterCard, American Express or Discover is accepted. You will need to have your AAU membership at the time of registering. After registering online, you will receive an email confirming your entry and acceptance of payment.

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.

EVENTS DEFINED:

Kata

Flag Kata, Open Kata & Mandatory Kata

Kobudo

Kobudo (Beg/Nov), Kobudo (Long & Short – Inter/Adv)

Team Events

Team Kata & Ultimate Rotational

Open (Creative) Kata Rules

- Creative division shall allow forms that 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 Open Divisions must include techniques which originate from martial arts (gymnastic type moves and/or motions are not allowed and will result in disqualification).
- Jumps, jumping kicks, flying kicks, multiple kicks are allowed (no more than three repetitive kicks in a sequence) and a maximum of five (5) kiai(s) are permitted.
- Length of time will be limited to three (3) minutes, if a competitor goes over, they will be stopped and flagged/scored based on the portion performed.
- Judging criteria includes AAU Karate Rules Article 3.9 CRITERIA FOR DECISION FOR KATA COMPETITION, and Creativity.

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 breakers 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**

Board Breaking – Board Holders

All board holders must be either a coach or athlete that is registered for the AAU Junior Olympic Games and has appropriate credentials. Attire for board holders is coach's attire or athlete's uniform. No shorts, T-shirts or other attire will be allowed on the floor.

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 a feeder system provided by the tournament organizing committee.
- Board holders must comply with board holder instructions above.
- If any boards are not broken by an athlete, that athlete will be placed below the athlete who broke all boards and had the slowest time. If multiple athletes fail to break boards, their ranking at the below the athlete who broke all boards with the slowest time will first be ranked according to the number of boards actually broken and if still tied, ranked by the fastest time.
- 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 Kick Breaking

- Single break format; One (1) board per strike
- 10 board competition
- Board holders must comply with the requirements outlined 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.

AAU MEMBERSHIP:

All athletes and coaches must be members of their AAU District. To become an AAU member, join online at www.aausports.org. **BE PREPARED and register your coaches early! You can no longer register for non athlete (coach) membership onsite at the event. Membership is no longer instant.**

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.

RULES:

AAU/USA Karate rules. Officials wishing to judge, referee or arbitrate at the AAU Junior Olympic Games must have completed the Officials' Certification Course at the AAU National Karate Championship and be a current AAU license holder. **This applies to all Officials.**

AWARDS:

AAU Junior Olympic Games medals will be awarded to the top three (3) places in each division and discipline for the competition.

UNIFORMS:

Solid white GI only with official patch (must be sewn on) is mandatory. NO school or club design on back of the uniform. No lettering or striping may appear on the uniform.

CAUTIONS:

The following items may not be worn during competition: headbands, jewelry, colored t-shirts, and metal hair clips. Sleeves may not be rolled up. Fingernails should be cut short. Bandages and/or any wraps must be approved by the sports medicine staff on site prior to competition. Regular plastic eyeglasses may not be worn during fighting competition. Lettering on GI is not permitted.

MANDATORY EQUIPMENT:

Approved equipment only. No competitor will be allowed to compete without proper uniform and mandatory equipment. Mandatory for Kumite competitors: Solid white headgear, mouth guards, cups for all males, white or red naugahyde/leather fist guards (no foam plastic type).

OPTIONAL EQUIPMENT:

Shin and instep guard (white naugahyde or cotton type), chest protectors (must be worn under Gi), certified prescription safety glasses with strap.

QUALIFICATION:

Qualification to the AAU Junior Olympic Games is OPEN to all AAU athletes between the ages of 6 years old and 22 years old.

COACHES:

Coaches must register online at www.aaujrogames.org and pay the \$50 coaches' entry fee. Coaches must have a non-athlete AAU membership and will need their number to register online for the event. **BE PREPARED and register your coaches early! Background screens are conducted for all non-athletes and adult athletes. Membership is no longer instant.**

No on-site coaches' registrations will be accepted.

ONLY AAU CERTIFIED COACHES ARE ALLOWED ON COMPETITION FLOOR. ALL COACHES MUST HAVE COMPLETED THE AAU KARATE COACHES COURSE ([CLICK HERE](#)) & THE PCA COURSE (MOST CURRENT LEVEL) IN ORDER TO ATTEND THE COACHES CLINIC. SEE BELOW FOR MORE INFORMATION.

Coaches Meeting: Coaches must be registered members. Coaches must attend the meeting in order to be allowed on the competition floor. The Coaches Clinic will be held on Wednesday, July 27 from 5:00 p.m. to 6:00 p.m. at the Greensboro Coliseum Complex.

ALL COACHES MUST WEAR WHITE GI PANTS AND DARK BLUE (Administrative Coach) OR RED (Technical Coach) AAU COACHES SHIRTS TO BE ALLOWED ON THE COMPETITION FLOOR. (A limited number of shirts will be on sale at the coaches' clinics.)

Coaches must be properly attired according to Rules. Only proper attire as deemed by the National Committee will be acceptable.

COACHES' EDUCATION:

AAU Karate Coached Education - Part of the process to become an AAU Coach is to pass an online exam. To help you prepare for the exam, we have set up these knowledge review sections for you. All the questions in the practice questions below you may see on your Coaches exam. More info, can be found at [Click Here](#).

PCA (Positive Coaching Alliance) - 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 www.aausports.org 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.

ATHLETE CHECK-IN:

Karate participants must check-in at the Greensboro Coliseum Complex 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).

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.

TRANSPORTATION:

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

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.

FOOD:

All AAU Junior Olympic Games facilities maintain 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 29, 2024. More information will be posted at www.aaujrogames.org 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.

NO GUARANTEE:

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 licensed (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.

QUESTIONS OR FOR MORE INFORMATION:**AAU NATIONAL STAFF**

Jennifer Miles

AAU National Headquarters

PO Box 22409

Lake Buena Vista, FL 32830

407-934-7200 (O), 407-934-7242 (Fax)

jennifer@ausports.org

Jamie Larue

AAU National Headquarters

PO Box 22409

Lake Buena Vista, FL 32830

407-242-6271 (O)

jarue@ausports.org