



# **Southeastern AAU Taekwondo District Championship March 19, 2016 Lebanon, Tennessee**

**This is a qualifying event for the 2016 AAU Nationals and 2016 AAU Junior Olympics.**

**Black Belts ages 12-14 and 15-17 competing at AAU Nationals and finishing in 1st-4th place in Olympic Sparring are offered an opportunity to attend the AAU Team Trials to earn a position on the AAU Team which competes internationally.**

**Go to [www.aautaekwondo.org](http://www.aautaekwondo.org) for more information about the success of the 2014 and 2015 AAU Teams.**



This event is licensed by the Amateur Athletic Union of the U. S., Inc.  
All participants must have a current AAU membership. AAU membership may not be 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 event. Please allow 10 days for membership to be processed. Participants are encouraged to visit the AAU web site [www.aausports.org](http://www.aausports.org) to obtain their membership.

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All coaches must have 2016 AAU coaches certification.

# COMPETITION EVENTS

Olympic Sparring

Bracketed Forms, Individual & Team

Point Sparring

Board Breaking (non-qualifying)

Creative Forms Competition (non-qualifying)

Under 5 Year Old Division (non-qualifying)

Special Needs Competition

**Olympic Sparring** competition requires competitor wear headgear, Olympic style chest protector (hogu), forearm protectors, shin and instep protectors, mouth guard and groin protection for male competitors. Any color head gear will be allowed at this tournament, but red and blue headgear is encouraged. For Black Belts ages 10 to 32, KP&P electronic sensor socks must be worn.

**Point Sparring** competition requires competitor to wear headgear, foam dipped hand and footgear, mouth guard and groin protection for male competitors. Optional equipment includes plastic face shield . Also, competitors may wear forearm, shin and foam dipped chest protector UNDER their uniform. Any color hands, feet and headgear will be accepted.

Color restrictions for sparring will be waived for this tournament, but will be required for National Competition at AAU Nationals in Ft Lauderdale.

All competitors will be required to wear a white dobok/uniform, both top and bottom. There are no restrictions on patches or writing on the uniform as long as it is not offensive.

Bracketed forms for individual and team competition will be Brazilian Repechage. To compete on a forms team, the athlete must compete as an individual.

Under 5 year old division is a non-qualifying division. Registration for these athletes will be directly with the tournament director. Contact Debra Hooper at [debramhooper@me.com](mailto:debramhooper@me.com) or 615-310-0020 to register athletes for this division.

Please see addendum for information on Board Breaking, Creative Forms and Special Needs Competition.

## Registration Information

All athletes and coaches must register on-line. No registration will be accepted the day of the event. Before beginning the registration process, all athletes and coaches must have a current AAU Registration. Go to [www.aautaekwondo.org](http://www.aautaekwondo.org) to join for the 2016 Competition Year. Additionally all coaches must have completed the 2016 Coaches Certification before registration for the event. . Go to <http://www.aautaekwondo.org/RulesInfo/CoachesCertification.aspx> to complete course. Print off certification card and bring to check in to receive coaches pass.)

**Register for the Event as an AAU member Athlete and/or AAU Certified Coach at:**

<https://application.aausports.org/stwdistrict/defaultse.asp>

**Registration Deadline:** Monday, March 14, 2015 at 12:00 pm ET  
Any registrations made after this date will incur a late registration fee.

**Late Registration Closes:** March 17, 2015 at 12:00 pm ET  
A Late Registration Fee \$20 will be added to athlete registrations made on March 15-17.

**Ages 5 & Up Entry Fee:**

- \$70 for any 2 events
- \$80 for any 3 events
- \$90 for any 4 events
- \$100 for all 5 events
- Team Forms - \$15/Team
- Coaches Pass - \$15

**Ages Under 5 Division Fee:**(contact tournament director directly for registration for Under 5 division)

- \$20 for sparring and forms
- \$10 additional for board breaking
- \$10 additional for creative forms

Instructors who bring 20 or more athletes receive 2 coach's passes free and instructor will be provided a complimentary double occupancy hotel room for one night. Please contact Debra Hooper to arrange for room and free coaches passes prior to on-line registration.

# Board Breeding Guidelines

## Divisions:

Color belts – 5 to 9 years old

Color belts – 10-12 years old

Color belts – 13-17 years old

Color belts – 18 years old and up

Black belts – 5 to 9 years old

Black belts – 10-14 years old

Black belts – 13-17 years old

Black belts – 18 years old and up

## Rules and Guidelines:

Competitors use the following board sizes:

5-9 years old - 12 x 4 x 1 inch pine

10-12 years old – 12 x 6 x 1 inch pine

13-17 years old – 12 x 8 x 1 inch pine

18 and up – 12 x 10 x 1 inch pine

- Each competitor will be allowed only TWO stations( i.e. Palm Heel Strike and Turning Side Kick)
- A maximum of 3 attempts per station is allowed
- No spacers will be allowed
- No artificial board holding devices will be allowed
- No direct elbow strikes will be allowed (forearm breaks will be allowed)
- No forehead breaking, open flames, or bladed props may be used
- No jumping/flying over people will be allowed
- If a competitor has set up a certain number of boards to break and fails to break the sum of all of the boards, he/she will be allowed to reset the break to its original number of boards. However, it will count as a missed attempt with regards to scoring
- Boards will be held by appointed officials selected by tournament director – no exceptions.

A coach may assist in positioning where a board or boards are held for the athlete.

- Time limit for board set up for both stations and competitor testing is 1 min.

Athletes compete in a bracketed, single elimination format (superior technique advances to the next round) . Athlete technique will be judged based on the following criteria:

Technique focus, balance, power, and creativity

A break performed on the first try is superior to a break completed on the second try

A two board break is superior to a one board break; a three board break is superior to a two board break and so on...

A break supported on 1 end (speed break) is superior to a break supported on both ends.

\*\*Athletes may bring their own wood, purchase wood online with registration or purchase boards at the tournament (only cash will be accepted at tournament for purchase).

\*\* 5-12 year old athlete boards are \$2/each

\*\* 13 year old and up are \$3/each

# Special Needs Competition

**Special Needs Competition follows the rules for Forms/Patterns and Point Sparring with the following modifications. Please refer to the 2016 AAU Taekwondo Handbook for these rules.**

## **Divisions:**

**Besides age, belt and weight, competition shall also be divided by categories.**

**Level 1: Competitors have limited mobility of arms and/or legs** (do not kick above the waist, do not extend arms fully for hand technique) or have a lower level of cognitive skills.

**Level 2: Competitors have full mobility of arms and legs** (competitor can kick above waist and extend arms fully for hand technique) or have a higher level of cognitive skills.

**Level 3: Competitors compete from a wheelchair** (Sport Wheel Chair required – No other mobility aid will be allowed, such as crutches or cane)

## **Point Sparring Scoring Criteria:**

### **Level 1: (No Head Contact Allowed) (limited mobility)**

One point shall be awarded for any valid hand technique executed to the legal body area within 1 inch or light contact and good technique.

Two points shall be awarded for any valid foot technique executed to the legal body area within 1 inch or light contact and good technique. Points may be awarded for

intent based on the physical limitations of the competitor to raise foot.

### **Level 2: (No Head Contact Allowed) (full mobility)**

One point shall be awarded for any valid hand technique executed to the legal body area with light contact and good technique.

Two points shall be awarded for any valid foot technique executed to the legal body area with light contact and good technique.

### **III.C. Level 3: (Head Contact Allowed) (wheelchair)**

#### **Additional Mandatory Equipment and modifications**

Foot protectors are not required for Category Level 3 (wheel chair)

Sport Wheel, basketball style with wheelie bar (Category Level 3)

One point shall be awarded for any valid hand technique executed to the legal head area with light contact and good technique.

Two points shall be awarded for any valid hand technique executed to the legal body area with light contact and good technique.

**For all techniques to be awarded a point or points, the contact must be light or within allowable limits as described above. A majority of the Judges and Referee must also concur that a valid point was indeed scored.**

## **Creative Forms Competition**

Individual creative forms will be bracketed with the 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 in increasing importance.

Creative forms must be 1 minute or less in duration.



# Southeastern AAU District Championship

Wilson Central High School  
419 Wildcat Way  
Lebanon, TN 37090

## Directions to Venue



Wilson Central High School is located just east of Nashville, TN. Located off Interstate 840, it is easily accessible from any direction. There will be plenty of visitor parking and seating available all day.

### Directions:

From Atlanta/Chattanooga/Southeast: Take I24W to I840E towards Knoxville. Take Exit 72B—Central Pike. At the first red-light, turn right onto Wildcat Way.

From Knoxville/Lebanon/East: Take I40W to I840W towards Chattanooga. Take Exit 72—Central Pike. At the first red-light, turn right onto Wildcat Way.

From Nashville/Mt Juliet/West: Take I40E to Exit 232A—Highway 109S. Go to the first red-light (approximately 3 miles and turn left onto Wildcat Way.





# Southeastern AAU District Championship

## Hotel Information

The hotel is within 25 miles of Downtown Nashville, one of the hottest places in the country to visit.

To maintain your physical fitness while traveling, head on over to the hotel's 24-hour exercise room. It includes a stretching and yoga area, free weights, and state-of-the-art cardio equipment like a treadmill, stationary bike, and elliptical machine. Additional services provided by the hotel include on-site laundry services and valet service.

There is also an indoor swimming pool available, regardless of the weather outside.



### **Sleep Inn & Suites**

Lebanon, TN 37090

150 S. Eastgate Court

(615) 449-5242

[GM.TN341@choicehotels.com](mailto:GM.TN341@choicehotels.com)

The Sleep Inn and Suites is the official hotel for the SEAAU District Championship. The negotiated room rate of . There are a limited number of rooms available at the rate of \$99/night. Contact the hotel directly and ask for Athlete Room under Contract Number 2348385. This rate will expire on March 4, 2016. Hotel room rates in the Nashville area are very expensive. Please reserve your room early.

The hotel is within 5 miles of Wilson Central High School, the tournament venue. As a guest of the hotel, you have access to high-speed wireless Internet throughout the hotel, including in the public areas and in your guest room. All rooms are spacious and include excellent amenities like a work desk and refrigerator.

There is free coffee in your room and the lobby, plus a hot breakfast served every morning in the dining room. On-site outdoor parking is offered, with large truck spaces and accessible-only spots available.





# Southeastern AAU District Championship

## Staging Times

**Arrive and Check in 1 hour before Staging Time**

	8:00 am	Doors Open for Athlete Check – In
	9:00 am	5 & Under Non-Qualifying Division Staging – Forms and Sparring Olympic Sparring –All Black Belts Special Needs Staging
8:15 am Officials Meeting	9:45 am	Opening Ceremonies
8:30 am Special Needs Coaches Meeting	10:30 am	Olympic Sparring – Novice Ages 5-17
	11:00 am	Olympic Sparring – Intermediate Ages 5-17
8:45 am Olympic Coaches Meeting	11:15 am	Board Breaking Staging - All Black Belts
2:30 pm Point Sparring Coaches Meeting	11:30 am	Olympic Sparring – Advanced Belts Ages 5-17
	11:45 am	Olympic Sparring – All Color Adult Belts
	12:45 am	Forms Staging – Black Belts Board Breaking Staging – Novice & Intermediate Belts
	1:15 pm	Forms Staging – Advanced Belts
	2:00 pm	Forms Staging – Novice & Intermediate Belts Board Breaking Staging – Advanced Belts
	3:00 pm	Point Sparring Staging – All Black Belts Creative Forms Staging – All Novice & Intermediate
	3:45 pm	Point Sparring Staging – All Advanced Belts Creative Forms – All Black Belts
	4:30 pm	Point Sparring Staging – All Novice & Intermediate Belts Creative Forms – All Advanced Belts

Actual staging times may vary slightly.