



Southeastern AAU Taekwondo District Championship March 19, 2022

Point Sparring Competition New Rules

In 2020, new rules were implemented for Point Sparring. Please read the full rules outlined in the 2022 AAU Taekwondo Handbook.

Divisions:

Competition shall be divided by Age, Belt, Weight (lbs) or Height (in), and Gender. Depending upon the number of athletes, the tournament director may combine divisions by age and belt, where appropriate. If height is used to divide competitors within a division, a divisional grand champion round will be run between the shorter and taller division winners in each division. If divisional grand champion rounds are held, an overall grand champion round may be run. If weight is used to divide competitors, a divisional grand champion round may be run between the light and welter weight divisions and the middle and heavy weight divisions. If divisional grand champion rounds are held, an overall grand champion round will be run. If an athlete does not wish to participate in the divisional or overall grand champion round, they are not required to compete. Nationals qualification will be determined based on the finishes in the initial divisions.

Match Times:

All preliminary matches will be one two minute round or a 7-point gap, whichever occurs first. If the match runs the full two minutes, the competitor ahead on score will be declared the winner. If a match is tied at the end of the two minutes, a Golden Round will determine the match. A competitor must win the Golden Round by a two (2) point net change in the score.

All Divisional Grand Championship matches will be one (1) two-minute round but a competitor must win by two points. The Overall Grand Championship matches will be two (2) two-minute rounds but a competitor must win by two points.

Points:

One point will be awarded for any valid hand technique executed to the legal body or head area.

One point will be awarded for any valid foot technique executed to the legal body area.

Two points will be awarded for any valid foot technique executed to the legal head area.

Three points will be awarded for any valid spinning foot technique executed to the legal head area.

All contact must be made with light contact.