



Southeastern AAU Taekwondo District Championship March 19, 2022

Special Needs Competition

Special Needs Competition follows the rules for Forms/Patterns and Point Sparring with the following modifications. Please refer to the 2022 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.

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.

Board Breaking and Weapons Forms will have no modifications to existing rules. Special Needs Competitors will compete in Special Needs divisions determined by age and belt rank.



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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.



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Board Breaking Guidelines Non-Qualifying Event

Breaking will be bracketed and single elimination. Competitor should have sufficient boards for advancing through as many matches as necessary to reach finals. Depending upon division size, there may be multiple matches.

Board Breaking Rules- Boards must be purchased at registration, the event site or from our National Sponsor AAMA by visiting website www.aamasupply.com. See Board Sizes Below.

Board Breaking: Repetitive Spin Hook - Allowed technique is spinning hook kick

- Single break format; One board per strike – See Board Sizes Below
- 10 board competition
- Winner based on time required to break 10 boards

Board Breaking: Repetitive Side Kick - Allowed technique is side kick

- Single break format; One board per strike – See Board Sizes Below
- 10 board competition
- Winner based on time required to break 10 board

Board Breaking: Repetitive Hand Technique (human hold)

- Single break format; One board per strike – See Board Sizes Below
- Allowed technique is hammer fist, palm, knife or fist (punch)
- 10 board competition
- Winner based on time required to break 10 boards

Board Breaking: Power Technique - may be hand or foot technique

- Single break format; (one station)
- Allowed technique is hammer fist, palm, knife or fist (punch) or any part of the foot below the ankle
- Athlete may choose any number of boards for breaking attempt
- Spacers allowed – 1 min set up limit
- One (1) attempt allowed
- Winner based on competitor who breaks the most boards or highest percentage of boards attempted

BOARD SIZES: 5 to 13-year-old athletes = AAMA Demo Small 14 and older athletes = AAMA Demo Medium

Coaches must be prepared to hold boards for their athletes. Blocks will be available for power technique breaks. Coaches must have a coaches pass to be on the floor to hold boards



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Weapons Forms Non-Qualifying Event

Weapons Forms Competition:

Weapons Forms: Traditional

- Brazilian Repechage Format
- No live blades will be allowed
- Minimum one hand must remain in contact with the weapon at all times
- Inverted aerial maneuvers are not allowed
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

Weapons Forms: Creative

- Brazilian Repechage Format
- No live blades will be allowed
- Weapon releases are allowed in creative division
- Inverted aerial maneuvers are allowed in creative division
- 90 second time limit
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity