



# 2022 Adirondack AAU Taekwondo Championship (Qualifier)

**\*\*\*\*NEW DATE\*\*\*\* MAY 21<sup>st</sup> 2022\*\*\*\***

**McDonough Sports Complex**

**Hudson Valley Community College, Troy NY**

## INFORMATION SHEET

### ENTRY FEES:

# of Events	Early Registration Dec 1 <sup>st</sup> – Mar 31 <sup>st</sup>	Regular Registration April 1 <sup>st</sup> – April 30 <sup>th</sup>	Late Registration May 1 <sup>st</sup> – May 10 <sup>th</sup>
1 Individual Event	\$85	\$95	\$115
Each Additional Event	\$19	\$19	\$19
TEAM Forms	\$85	\$95	\$115
COACH PASS	\$25	\$25	\$25

All officials (currently certified) who wish to work the National Championship MUST be individual members of AAU and have completed AAU Officials Certification Course.

All applications must be processed through our ONLINE REGISTRATION SYSTEM located at <https://pensportseventreg.zdevski.com/> AND completed no **later than May 10<sup>th</sup> at 11:59 PM Eastern Standard Time (EST)**.

### PAYMENT/ REGISTRATION INFO:

Until your registration fee is actually paid; the individual athlete IS NOT REGISTERED to participate. Regardless of when you actually begin the registration process, you must complete the transaction by the aforementioned deadline date(s) or late fees/disqualification will apply.

<https://pensportseventreg.zdevski.com/>

When completing your application, be sure to give the correct rank as of the date(s) of competition.

### AGE DETERMINING DATE:

Athletes shall be placed in the appropriate AGE category based on their age as of **December 31, 2022** (AAU Taekwondo's Age Determining Date).

### AAU MEMBERSHIP:

All athletes, coaches, and officials MUST be individual members of the AAU and be prepared to present their membership card at the time of their check-in.

### AWARDS:

Custom AAU Championship medals will be awarded to the top four (4) places in each division.

**GRAND CHAMPION TROPHIES** will be based on gender & age (5 to 12, 13 to 19, 20yrs & up), and awarded end of day based on total points accumulated by individual athlete competition

Gold – 7pts

Silver – 3pts

Bronze – 1pt

**VENUE:** McDonough Sports Complex  
Hudson Valley Community College  
80 Vandenburg Ave  
Troy, NY 12180

**HOTELS:** **Fairfield Inn & Suites by Marriott Albany East Greenbush**  
124 Troy Rd, East Greenbush, NY 12061  
518-477-7984  
5.2 Miles to venue

**Hampton Inn & Suites Albany-East Greenbush**  
25 Hampton Inn Dr, East Greenbush, NY 12061  
518-477-9700  
5.3 Miles to venue

**Holiday Inn Express & Suites East Greenbush(Albany-Skyline)**  
8 Empire Dr, Rensselaer, NY 12144  
518-286-1011  
4.4 Miles to venue

\$

**BOARD SIZES:** Boards must be purchased on site to ensure fair competition. Each competitor will require ten boards for each event. The competition is determined by who can break all their boards in the least amount of time.

**5 to 13-year-old athletes = AAMA Demo Small (\$30 per 10-pack)**  
**14 and older athletes = AAMA Demo Medium (\$30 per 10-pack)**

**PSS:**

- KPnP will be the official PSS system for Olympic style sparring.
- 10+ yr old red, brown & black belts must provide their own KPnP socks
- Order ahead of time if you need new socks
  - Vision USA [www.mykick.com](http://www.mykick.com)
  - Dynamics <http://dynamicsworld.com/>

**RULES:** The AAU Taekwondo Rules, as posted on the AAU Taekwondo Web Site, shall govern this event. All officials and coaches participating in the National Championship must have completed the 2022 AAU Online Certification process and be duly certified to perform same by the AAU Taekwondo Committee. All officials must also have in their possession the current rulebook. You may download these rules FREE at [www.aautaekwondo.org](http://www.aautaekwondo.org).

**ELIGIBILITY:** This event serves as a qualifying event for the AAU National Championships to be held at the MGM Grand in Las Vegas NV July 3-9, 2022.

This event serves as a qualifying event for the AAU Junior Olympic Games to be held in Greensboro, NC July 28 through August 6, 2022

# 2022 Adirondack AAU Taekwondo Event Overview

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## **Traditional Forms: ITF**

- Brazilian Repechage Format
- Allowed patterns are defined within AAU Taekwondo Handbook under ITF forms
- This event will be offered for all ages
- This event will be offered for all belt levels
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

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

- Brazilian Repechage Format
- Allowed patterns are defined within AAU Taekwondo Handbook under WT forms
- This event will be offered for all ages
- This event will be offered for all belt levels
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

## **Traditional Forms: OPEN**

- Brazilian Repechage Format
- Allowed patterns are defined within AAU Taekwondo Handbook under ITF, WT or TSD
- This event will be offered for all ages
- This event will be offered for all belt levels
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, & Technique

## **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

## **Black Belt Team Forms**

- Brazilian Repechage Format
- All traditional forms accepted (ITF, WT, TSD)
- All Black Belt team forms divisions shall consist of 3-person teams
- Teams may be all male, all female or mixed
- Age groups include - Under 18yo and 18 & over

## **Mixed Belt & Age Team Forms**

- Brazilian Repechage Format
- Team MUST be comprised of both Junior and Adult members and/or include under black belt members. o (i.e. Team membership would NOT meet the requirements to compete in the existing Junior Team Forms nor Adult Team Forms divisions.)
- All traditional forms accepted (ITF, WT, TSD)

## **BLACK BELT SPORT POOMSAE**

- AAU Sport Poomsae competition format will be utilized
- AAU Sport Poomsae info - [https://aautaekwondo.org/page.php?page\\_id=124042](https://aautaekwondo.org/page.php?page_id=124042)
- RULES & FORMAT <https://image.aausports.org/dnn/tw/2021/SportPoomsae/21AAUTKDRulesRegulations.pdf>

### **Board Breaking: Repetitive Spin Hook**

- Single break format; One board per strike – See Board Sizes Below
- Allowed technique is spinning hook kick
- 10 board competition
- Winner based on time required to break 10 boards

### **Board Breaking: Repetitive Side Kick**

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

### **Board Breaking: Repetitive Hand Technique (Feeder System)**

- 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

### **ALL Special Needs Divisions:**

- All special needs forms & board breaking divisions

**Board Breaking Information** - Boards must be purchased on site to ensure fair competition. Each competitor will require ten boards for each event. The competition is determined by who can break all their boards in the least amount of time.

**5 to 13-year-old athletes = AAMA Demo Small (\$30 per 10-pack)**

**14 and older athletes = AAMA Demo Medium (\$30 per 10-pack)**

### **POINT SPARRING:**

- Repechage Format
- Divisions based on age, gender, rank & tall/small
- For more information reference:
  - <https://image.aausports.org/dnn/tw/2022/2022AAUTKDHandbook.pdf>

### **OLYMPIC STYLE SPARRING:**

- Single Elimination Format
- Color belts = Two 1:30min rounds
- Black belts = Three 1:00min rounds
- KPnP electronic scoring for 10yrs and older Black Belts
- 10+ yr old black belts must provide their own KPnP socks
- Order ahead of time if you need new socks
  - Vision USA [www.mykick.com](http://www.mykick.com)
  - Dynamics <http://dynamicsworld.com/>
- For more information regarding rules and divisions reference
  - <https://image.aausports.org/dnn/tw/2022/2022AAUTKDHandbook.pdf>