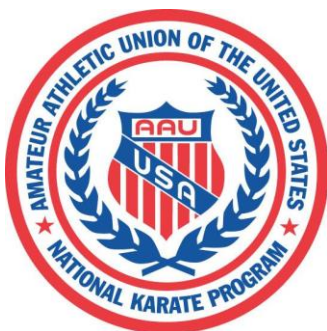


2024 AAU Super Regionals
Sunday 26 May 2024
 University of California, San Diego



TOURNAMENT: Sunday 26 May 2024 **TIME:** 9:00 AM

COACH/REFEREE SEMINAR: Saturday 25 May 2024 **TIME:** 4:00 PM – 6:00 PM

LOCATION: UCSD RIMAC Arena
 9730 Hopkins Dr.
 La Jolla, CA 92093

Events: Kata, Kobudo, Sanbon Kumite, Ippon Kumite, Team Kata, Ultimate Team Rotational Kumite, Inclusive karate

HOST: UCSD Okinawa Karate

Pre-Registration DEADLINE: 17 May 2024 11:59PM
 (MUST pre-register for Kobudo)

Rules: Modified AAU Rules

ENTRY FEE:			PRE-REG	AT-DOOR
	INDIVIDUAL	All Events	\$80	\$100
	TEAM EVENTS		\$60/Team	\$80/Team
	COACH'S PASS		\$50	**must pre-register and join Saturday seminar (4-6pm)
	SPECTATOR ADMISSION		\$5	**Kids 5&under free

AGE: All Ages

Mandatory Equipment

Adults: Mouth and fist guard.
 (Males, groin protectors)
Youth: Mouth and fist guard.
 Full faced headgear
 (Males, groin protectors)

Optional Equipment

* shin/foot pads

Schedule of Events

All Kobudo events begin at 9am
Adult Black Belt compete at 9am
All Kata events begin at 9:30am
All Kumite events will follow at the appropriate time.

- This event is licensed by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership is not included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins.
- **Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event. Due to background screenings, please allow up to 10 days for adult memberships to be processed.**
- Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

Ophira Bergman
 (619) 846-9108

UCSDKarate@gmail.com

Online registration → <https://karate.ucsd.edu/amateur-athletic-union/>

Dress Code

Beginners wear a white belt, Novice a green belt, intermediate a brown belt, Advanced a black belt



Beginners
White Belts



Novice
Green Belts



Intermediate
Brown Belts



Advanced
Black Belts

– All ages and levels MUST Wear AAU Patch –

Safety Equipment



Please make sure that you have the proper equipment prepared if you intend on doing kumite.

Kumite contestants **ages 5-17** must have AAU approved white head gear with plastic face shield (such as Mizuno or Macho Warrior).



Approved fist guards are mandatory for **ALL** kumite divisions. White Naugahyde fist guards (pictured on left) are approved.

Mouth guards are mandatory for **ALL** kumite divisions.

Groin cups are mandatory for all **MALE** kumite competitors. The cup is to be worn underneath the Gi trousers.

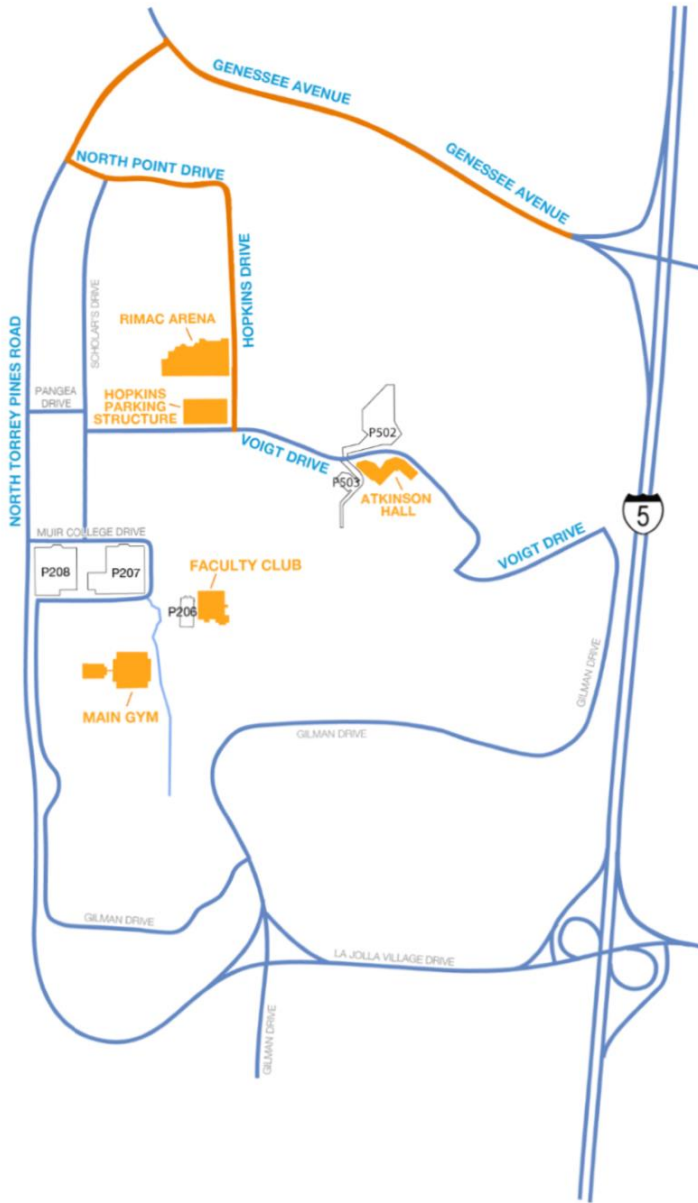


Chest protectors are **OPTIONAL** for all kumite divisions. Chest guard should be the authorized white or clear plastic. Must be worn underneath the Gi top.

For more information: HYPERLINK
"<http://aaukarate.org/Rules/KarateCompleteRules.aspx>"
<http://aaukarate.org/Rules/KarateCompleteRules.aspx>



DIRECTIONS TO UCSD RIMAC AND ADDITIONAL PARKING



DIRECTIONS TO

RIMAC & HOPKINS PARKING STRUCTURE

- 01** Take 1-5
- 02** EXIT at Genessee Avenue
- 03** Head WEST
- 04** Turn LEFT @ North Torrey Pines Road
- 05** Turn LEFT @ North Point Drive
+ Continue past STOP sign – road then becomes Hopkins Drive
- 05** Turn RIGHT into Hopkins Parking Structure
+ Entrance will be after second STOP sign

PLEASE NOTE: THERE IS A PARKING FEE

[Parking Link](#)

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