

2023 AAU Super Regionals

Sunday 28 May 2023

University of California, San Diego



TOURNAMENT:	Sunday 28 May 2023	TIME:	9:00 AM
COACH/REFEREE SEMINAR:	Saturday 27 May 2023	TIME:	4:00 PM – 6:00 PM
LOCATION:	UCSD RIMAC Arena 9730 Hopkins Dr. La Jolla, CA 92093		
HOST:	UCSD Karate		
ENTRY DEADLINE:	20 May 2023 (MUST pre-register for Kobudo)		
ENTRY FEE:	INDIVIDUAL	All Events	PRE-REG \$80
	TEAM EVENTS		\$60/Team
	COACH'S PASS		\$50
			AT-DOOR \$100
			\$80/Team
			**must pre-register and join Saturday seminar (4-6pm)
AGE:	All Ages		

- 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 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 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.aausports.org to obtain their membership.

FOR MORE INFORMATION CONTACT

UCSDKarate@gmail.com

Ophira Bergman

(619) 846-9108

www.karate.ucsd.edu

AAU Super Regionals
Sunday 28 May 2023

Tournament Coordinator

Ophira Bergman
7429 Volclay Drive
San Diego ca. 92119

Tournament Location

UC San Diego RIMAC Arena
9730 Hopkins Dr.
La Jolla Ca. 92093

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

Rules: Modified AAU Rules

Pre-registration ends: 20 May 2023

MUST PRE-REGISTER FOR KOBUDO

Fees: Make all payments to: UCSD Okinawa Karate

Pre-registered:	INDIVIDUAL	All Events	\$80
	TEAM		\$60 Per Team
	COACH'S PASS		\$50 (Includes Free T-Shirt)
At Door:	INDIVIDUAL	All Events	\$100
	TEAM		\$80 Per Team
	COACH'S PASS	**must pre-register and join Saturday seminar (4-6pm)	

Dress Code

- Traditional white gi. Traditional karate attire.
- All kumite safety equipment mandatory.
- May wear solid white T-shirt under gi.
- **Beginners should wear a white belt, Novice a green belt, Intermediate a brown belt, and Advanced a black belt.**
- **Coaching Attire:** Coach's pass & lanyard. Gi pants. AAU Shirt. Tennis Shoes.

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All participants must have a current AAU membership. Register at www.aausports.org

AAU membership is not included as part of the entry fee to the event.

AAU membership must be obtained before the competition begins.

Admission is \$5 per person (kids ages 5 & under FREE).

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.

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AAU Super Regionals
Sunday 28 May 2023
INDIVIDUAL REGISTRATION FORM

Male or Female (Circle)

CHECK THE AGE YOU WILL BE AS OF: **1 JULY 2022**

___ 5-6 ___ 7-8 ___ 9-10 ___ 11-12 ___ 13-14 ___ 15-17 ___ 18-34 ___ 35+

LEVEL OF TRAINING

___ BEGINNER
(up to 1 year)

___ NOVICE
(1-2 years)

___ INTERMEDIATE
(2-4 years)

___ ADVANCE
(more than 4 years)

EVENTS

___ KATA ___ KOBUDO ___ SANBON ___ IPPON* ___ ULTIMATE TEAM ROTATIONAL* ___ INCLUSIVE
(*Advanced ages 13+ only)

(Please Print)

Name: _____

Date of Birth: _____ AAU #: _____

Dojo/Club Name: _____

Email: _____ Phone: _____

Return forms to: Ophira Bergman 7429 Volclay Dr. San Diego Ca. 92119

Email: UCSDKarate@gmail.com Phone: (619)846-9108

Make checks payable to: UCSD Okinawa Karate

Adult & Minor Amateur Athletic Union Waiver and Release of Liability

In consideration of being allowed to participate in any way in the AAU Super Regional Championships, and related events and activities, the undersigned:

1. Agrees that prior to participating, they know and understand the Rules of Competition, and that they (if under 18 years of age a Parent or Guardian) will inspect the facilities and equipment to be used, and if the participant and/or Parent or Guardian, believes anything is, or may be, unsafe, they will immediately advise their coach or supervisor and the AAU Super Regional Championship personnel of such condition(s) and refuse to participate unless and until such condition is remedied.

2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inaction's or negligence but the actions, inaction's or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. The undersigned assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.

3. Release, waive, discharge and covenant not to sue AAU, Okinawan Karate-Do at UCSD, University of California San Diego, the Regents of the University of California, Recreation Athletics, its officers, its affiliated clubs, regional sports organizations, their respective administrators, directors, agents, coaches and other employees, staff, official and volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasees" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise. The undersigned shall indemnify the releasees and hold them harmless for any losses, liability or damages, which may result from any failure or defect of such release.

4. **All entries are final, no refunds will be given.** I fully understand that any medical treatment given will be of a first aid treatment type only. I consent that any pictures furnished by me or any and all photographs or video images taken of me in connection with the Tournament can be reproduced and used for publicity, promotion or other purpose by the AAU Super Regional Championship and Okinawan Karate-Do at UCSD, its licensees or assigns now or in the future, and published or broadcast by any media whatsoever, and I hereby waive any and all claim for any compensation of any kind in regard thereto. All participation in any event or class in this Tournament is by permission only. The Tournament Director or her/his authorized agent(s) reserve the right to refuse entry to any person, school, team or club.

5. **PLEASE NOTE: All athletes must be covered by their own health or medical insurance in order to compete.**

6. **Statement of Health.** By my signature below, I certify and declare that I am in sound health, with valid medical or health insurance coverage in effect at this time, and there is no reason why I cannot participate in this competition.

The undersigned has read the above waiver and release, understand that they have given up substantial rights by signing it and sign it voluntarily.

Date

Signature of Contestant (If 18 or older)

Signature of Parent/Guardian

Please read entire form before signing. All Information is required

AAU Super Regionals
Sunday 29 May 2022
COACH'S PASS REGISTRATION FORM

Coach's Name:

AAU #:

T-SHIRT SIZE (circle): S M L XL

DOJO/CLUB NAME:

E-MAIL:

PHONE:

Return forms to: Ophira Bergman 7429 Volclay Dr. San Diego Ca. 92119

Email: UCSDKarate@gmail.com **Phone:** (619)846-9108

Make checks payable to: UCSD Okinawa Karate

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1. Agrees that prior to participating, they know and understand the Rules of Competition, and that they (if under 18 years of age a Parent or Guardian) will inspect the facilities and equipment to be used, and if the participant and/or Parent or Guardian, believes anything is, or may be, unsafe, they will immediately advise their coach or supervisor and the AAU Super Regional Championship personnel of such condition(s) and refuse to participate unless and until such condition is remedied.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inaction's or negligence but the actions, inaction's or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. The undersigned assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
3. Release, waive, discharge and covenant not to sue AAU, Okinawan Karate-Do at UCSD, University of California San Diego, the Regents of the University of California, Recreation Athletics, its officers, its affiliated clubs, regional sports organizations, their respective administrators, directors, agents, coaches and other employees, staff, official and volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessees of premises used to conduct the event, all of which are hereinafter referred to as "releasees" from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise. The undersigned shall indemnify the releasees and hold them harmless for any losses, liability or damages, which may result from any failure or defect of such release.
4. **All entries are final, no refunds will be given.** I fully understand that any medical treatment given will be of a first aid treatment type only. I consent that any pictures furnished by me or any and all photographs or video images taken of me in connection with the Tournament can be reproduced and used for publicity, promotion or other purpose by the AAU Super Regional Championship and Okinawan Karate-Do at UCSD, it's licensees or assigns now or in the future, and published or broadcast by any media whatsoever, and I hereby waive any and all claim for any compensation of any kind in regard thereto. All participation in any event or class in this Tournament is by permission only. The Tournament Director or her/his authorized agent(s) reserve the right to refuse entry to any person, school, team or club.
5. **PLEASE NOTE: All athletes must be covered by their own health or medical insurance in order to compete.**
6. **Statement of Health.** By my signature below, I certify and declare that I am in sound health, with valid medical or health insurance coverage in effect at this time, and there is no reason why I cannot participate in this competition. The undersigned has read the above waiver and release, understand that they have given up substantial rights by signing it and sign it voluntarily.

Date

Signature of Coach

COACH'S PASS

\$50

****must pre-register and join Saturday seminar (4-6pm)**

Please read entire form before signing. All Information is required

AAU Super Regionals
Sunday 29 May 2022
TEAM REGISTRATION FORM

EVENTS

___ TEAM KATA (MIXED)

IF YOU ARE COMPETING IN TEAM KATA

LEVEL OF TRAINING

___ BEGINNER / NOVICE
(0-2 years)

___ INTERMEDIATE / ADVANCE
(2+ years)

(Please Print)

Team Name:

Dojo/Club Name:

Email/Phone:

Competitor 1 Name: _____

Date of Birth: _____ AAU # _____

Competitor 2 Name: _____

Date of Birth: _____ AAU # _____

Competitor 3 Name: _____

Date of Birth: _____ AAU # _____

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Email: UCSDKarate@gmail.com **Phone:** (619)846-9108

Make checks payable to: UCSD Okinawa Karate

Dress Code



Beginners must wear White Belts



Novice must wear Green Belts



Intermediate must wear Brown Belts



Advanced must wear Black Belts

E



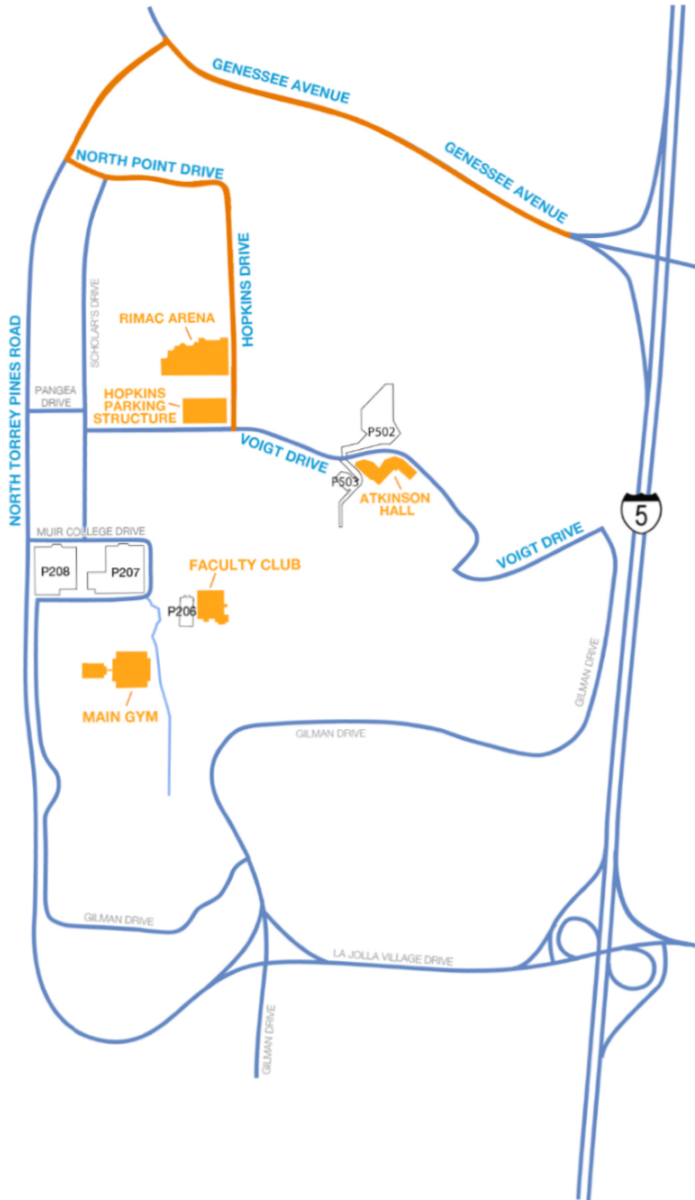
like it prepared if you intend on doing kumite.

- 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)
<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](#)