



# AAU Taekwondo New Jersey Sport Poomsae Qualifier & Hanmadang

**Saturday, November 11<sup>th</sup>, 2023**

Held at Saddle Brook High School  
355 Mayhill St., Saddle Brook, NJ 07663

**TOURNAMENT INFO:** Andrew Trento, Tournament Director-  
(201)-203-0773 / [tmafcinfo@gmail.com](mailto:tmafcinfo@gmail.com)

*Tournament is hosted by Trento's Martial Arts and Fitness Center & Licensed by Amateur Athletic Union.*

**COMPETITION AGE:** All athletes will compete at their age as of **December 31, 2023.**

**AAU MEMBERSHIP:** This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. AAU membership will not be included as part of the entry fee to the event. AAU membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection. For more membership info visit [www.aautaekwondo.org](http://www.aautaekwondo.org).

**BE PREPARED:** Non-Athlete memberships for Coaches are not instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.

**REGISTRATION & ENTRY FEES:** Register online at  
[www.TOURNEYREG.net](http://www.TOURNEYREG.net)

**Athletes: (Before Oct 15<sup>th</sup>) One event - \$100.00, \$20 each additional event.**

**(Oct 16<sup>th</sup> to Nov 5<sup>th</sup>) One event- \$125, \$25 each additional event**

**\*\*Participants are either signing up for Sport Poomsae OR Hanmadang competition ONLY. Athletes will NOT be able to compete in both.\*\***

**All Coach's Pass: \$40.00**

**Spectator Admission: \$10 (PAID AT DOOR) Children ages 4 & under are free**

**\*\*There will be no refunds issued for any reason\*\***

**\*\*\*No smoking, food or drinks are permitted inside the facility\*\*\***



## **AAU Taekwondo New Jersey Sport Poomsae Qualifier & Hanmadang**

# **DIRECTIONS to EVENT**

**Held at: Saddle Brook High School, 355 Mayhill St., Saddle Brook, NJ 07663**

**Route 17 North** to Essex Street, Lodi, exit. Make a left onto Essex Street. Go through 2 traffic lights. At Saddle Brook Diner make a right onto Saddle River Road. Follow Saddle River Road until you come to Mayhill Street (round island with a VFW monument). Turn left. There will be 3 houses, then Middle/High School on right.

**Route 17 South** to Essex Street, Lodi, exit. Turn right onto Essex Street. Go through 2 traffic lights. At Saddle Brook Diner make a right onto Saddle River Road. Follow Saddle River Road until you come to Mayhill Street (round island with a VFW monument). Turn left. There will be 3 houses, then Middle/High School on right.

**Route 80 East** to Exit 62B – Saddle River Road. Follow Saddle River Road until you come to Mayhill Street (round island with a VFW monument). Turn left. There will be 3 houses, then Middle/High School on right.

**Route 80 West** to Exit 62. Make first right (Saddle Brook). At stop sign turn right onto Pehle Avenue heading east. Go 4 blocks to Saddle River Road. Turn right. Go 1 block to Mayhill Street. Turn right. There will be 3 houses, then Middle/High School on right.

**GSP North** to Exit 159. After toll bear right. At light make a right onto Pehle Avenue. Follow Pehle Avenue until you come to a traffic light. Turn right onto Saddle River Road. Go 1 block and turn right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

**GSP South** to Exit 159. Bear right to Saddle Brook (Midland Avenue). Follow jug handle to make a turn onto New Pehle Avenue. Turn left at Marriot and follow Pehle Avenue to Saddle River Road. Turn right. Go 1 block and turn right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

**Route 46 East** – Turn left onto Fifth Street. At first traffic light turn onto Market Street. Go to first traffic light and turn left onto Mayhill Street. Follow Mayhill until you come to Middle/High School on left.

**Route 46 West** – Turn right onto Fifth Street. At first traffic light turn onto Market Street. Go to first traffic light and left onto Mayhill Street. Follow Mayhill until you come to Middle/High School on left.

**Route 208 South** – at end of 208 take exit for Saddle River Road/Saddle Brook. Go through 2 traffic lights. One block after second light make a right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

**Route 4 East** – Turn right onto Saddle River Road. Go through 2 traffic lights. One block after second light make a right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

**Route 4 West** – Take Paramus Road exit (Saddle Brook/Rochelle Park). Go over Route 4 and make first right. Go to traffic light and make a left turn onto Saddle River Road. Continue past one traffic light and make the first right onto Mayhill Street. There will be 3 houses, then Middle/High School on right.

### **TOURNAMENT HOTELS:**

**Crowne Plaza Hotel  
50 Kenny Pl  
Saddle Brook, NJ 07663  
(201)-880-8250**

**Marriott Saddle Brook  
138 New Pehle Ave  
Saddle Brook, NJ 07663  
(201)-843-9500**



# 2023 NEW JERSEY

## Sport Poomsae Qualifier & Hanmadang

Saturday, November 11<sup>th</sup>, 2023

Held at Saddle Brook High School, Mario J Alia Gymnasium, Saddle Brook, NJ

Dear Masters, Instructors and School Owners,

I am pleased to invite you and your students to the 2<sup>nd</sup> Annual New Jersey Sport Poomsae Qualifier and Hanmadang Championship! With Sport Poomsae now as a qualifying event for this year's nationals, New Jersey will be offering this separate event to qualify any athletes in our district and neighboring districts within our region to qualify for the 2024 Nationals being held this year in Fort Lauderdale, Florida! The Sport Poomsae Divisions will run according to the Sport Poomsae rules and regulations as listed in our current handbook. The top 8 athletes in each division will qualify for Nationals. Our event offers your students a chance to test their skills while gaining valuable experience.

We're also excited to be adding more events to our Hanmadang event totaling **ten forms events**: Traditional Forms (WT, ITF, TSD/MDK, and Open), Creative Forms, Musical Forms, Traditional Weapons Forms, Musical Weapons Forms, Creative Weapon Forms, and Team Forms! We will also have para divisions (formerly special needs) for all forms divisions! There will also be **eight board breaking events**! Competition details can be found in the following pages of this packet. You may also visit [www.aautaekwondo.org](http://www.aautaekwondo.org) for a complete listing of our current competition rules and regulations. We will also be offering **Demo Team** for the first time at this year's events!

We are excited to host this special event so our athletes have the opportunity to qualify for sport poomsae for nationals and showcase the Hanmadang experience! Athletes are required to register and compete at their highest rank achieved. **Remember, due to time and space constraints, participants are either signing up for Sports Poomsae OR Hanmadang competition ONLY. Athletes will NOT be able to compete in both**

Registration is open at [www.tourneyreg.net](http://www.tourneyreg.net). Please feel free to contact us directly if you have any questions at either (201)-203-0773, or email us at [tmafcinfo@gmail.com](mailto:tmafcinfo@gmail.com).

Thank you, and I look forward to seeing you and your students at our event.

Sincerely,

Master Andrew Trento



# NEW JERSEY AAU TAEKWONDO

## Sport Poomsae Qualifier & Hamndadang Championship



**LOCATION:** Saddle Brook High School – 355 Mayhill St., Saddle Brook, NJ 07663

**DATES:** Saturday, November 11, 2023                      Competition                      Saddle Brook High School

**AGE DETERMINING DATE:** Athletes will compete at their age as of **December 31, 2023.**

**AGE DIVISIONS:** The following divisions listed below will be offered for the 2023 event:

**ENTRY FEE:** Visa, MasterCard, Discover and American Express are accepted. Entry fees are non-refundable. To register, visit [www.tourneyreq.net](http://www.tourneyreq.net).

	Early Registration Until Feb 25	General Registration Until March 1
One (1) Individual Event	\$100	\$125
Each Additional Event	\$20	\$25
Team Forms - per three (3) member black belt team	\$165 per team	\$190 per team
Demo Team –minimum of (3) and a maximum of (20)	\$165 per team	\$190 per team

**Participants are either signing up for Sports Poomsae OR Hamndadang competition ONLY. Athletes will NOT be able to compete in both!**

### **SPORT POOMSAE DIVISIONS:**

#### Sport Poomsae **Color Belt** Individual Recognized:

AGE	GENDER	BELT DIVISIONS
7 and Below	MALE & FEMALE	INTERMEDIATE & ADVANCE
8-9	MALE & FEMALE	INTERMEDIATE & ADVANCE
10-11	MALE & FEMALE	INTERMEDIATE & ADVANCE
12-14	MALE & FEMALE	INTERMEDIATE & ADVANCE
15-17	MALE & FEMALE	INTERMEDIATE & ADVANCE
18-30	MALE & FEMALE	INTERMEDIATE & ADVANCE
31-40	MALE & FEMALE	INTERMEDIATE & ADVANCE
41-50	MALE & FEMALE	INTERMEDIATE & ADVANCE
51 & Up	MALE & FEMALE	INTERMEDIATE & ADVANCE

#### Sport Poomsae **Black Belt** Individual Recognized

AGE	GENDER	BELT DIVISIONS
9 and Below	MALE & FEMALE	BLACK BELTS
10-11	MALE & FEMALE	BLACK BELTS
12-14	MALE & FEMALE	BLACK BELTS
15-17	MALE & FEMALE	BLACK BELTS
18-30	MALE & FEMALE	BLACK BELTS
31-40	MALE & FEMALE	BLACK BELTS
41-50	MALE & FEMALE	BLACK BELTS
61-65	MALE & FEMALE	BLACK BELTS
66 yrs & Up	MALE & FEMALE	BLACK BELTS

AGE	GENDER	BELT DIVISIONS	EVENTS
8-11	MALE & FEMALE	BLACK BELTS	PAIRED (1 Male, 1 Female) TEAM (3 Male OR 3 Female)
12-14	MALE & FEMALE	BLACK BELTS	
15-17	MALE & FEMALE	BLACK BELTS	
18-30	MALE & FEMALE	BLACK BELTS	
31-Up	MALE & FEMALE	BLACK BELTS	

Rules and Regulations for Sports Poomsae can be found at [www.aautaekwondo.org](http://www.aautaekwondo.org) at:

<https://image.aausports.org/dnn/tw/2023/SportPoomsae/22AAUTKDRulesRegulations.pdf>

# HANMADANG EVENTS AND DIVISIONS:

**Individual Traditional Forms: (ITF, WTF, TSD & Open will all be separate divisions)**

**WT Sport Poomsae Standards are NOT utilized for scoring for these events.**

AGE	GENDER	BELT DIVISIONS
6-7	MALE & FEMALE	NOV, INT & ADV
8-9	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
10-11	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
12-13	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
14-15	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
16-17	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
18-32	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
32-45	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
45-Up	MALE & FEMALE	NOV, INT, ADV, BLACK 1, BLACK 2 & UP
N/A	MALE & FEMALE	PARA DIVISION

## **Individual Non-Traditional Forms & Self Defense & Weapons**

AGE	GENDER	BELT DIVISIONS	EVENTS
6-7	MALE & FEMALE	NOV, INT & ADV	CREATIVE FORMS CREATIVE MUSICAL FORMS TRADITIONAL WEAPONS FORMS CREATIVE WEAPONS FORMS MUSICAL WEAPONS FORMS SELF DEFENSE PADDED WEAPONS
8-9	MALE & FEMALE	NOV, INT & ADV	
10-11	MALE & FEMALE	NOV, INT, ADV & BLACK	
12-13	MALE & FEMALE	NOV, INT, ADV & BLACK	
14-15	MALE & FEMALE	NOV, INT, ADV & BLACK	
16-17	MALE & FEMALE	NOV, INT, ADV & BLACK	
18-32	MALE & FEMALE	NOV, INT, ADV & BLACK	
32-45	MALE & FEMALE	NOV, INT, ADV & BLACK	
45-Up	MALE & FEMALE	SPECIAL NEEDS	
N/A	MALE & FEMALE	SPECIAL NEEDS	

## **Individual Breaking**

AGE	GENDER	BELT DIVISIONS	BREAKING EVENTS
6-7	MALE & FEMALE	NOV, INT & ADV	OPEN BREAKING POWER FOOT POWER HAND REPETITIVE SPIN HOOK (10 Board) REPETITIVE SIDE KICK (10 Board) REPETITIVE HAND (10 Board) REPETITIVE HAND with FEEDER (10 Boards) JUMPING/FLYING
8-9	MALE & FEMALE	NOV, INT & ADV	
10-11	MALE & FEMALE	NOV, INT, ADV & BLACK	
12-13	MALE & FEMALE	NOV, INT, ADV & BLACK	
14-15	MALE & FEMALE	NOV, INT, ADV & BLACK	
16-17	MALE & FEMALE	NOV, INT, ADV & BLACK	
18-32	MALE & FEMALE	NOV, INT, ADV & BLACK	
32-45	MALE & FEMALE	NOV, INT, ADV & BLACK	
45-Up	MALE & FEMALE	NOV, INT, ADV & BLACK	
N/A	MALE & FEMALE	SPECIAL NEEDS	

## **Traditional Team Forms**

AGE	GENDER	BELT DIVISIONS	TEAM EVENTS
6-17	MALE, FEMALE OR COMBINED	BLACK OR COMBINED	TEAM FORMS
18-24	MALE, FEMALE OR COMBINED	BLACK OR COMBINED	TEAM FORMS



*\*The tournament committee reserves the right to further divide or combine divisions depending on the number of competitors registered to compete in each.*

## **EVENT DESCRIPTIONS: FORMS & SELF DEFENSE**

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### **Individual Traditional Forms (WT, ITF, TSD/MDK, Open)**

- Brazilian Repechage Format
- Potential to perform a pattern multiple times
- Recognized and approved forms are specified in the 2023-2024 AAU Taekwondo Handbook
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace & Beauty

### **Creative Forms**

- Brazilian Repechage Format
- Creative division shall allow forms to include contemporary martial arts techniques
- These may be added to a traditional form, or the form may be devised in its entirety by the competitor
- A form in the Creative Forms Event must include the majority of techniques which originate from martial arts (gymnastic type motions allowed, but form must remain primarily martial arts based)
- Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits are allowed
- Judging criteria includes Creativity, Technique, Power, Focus, Rhythm, Grace & Beauty
- 90 second time limit

### **Creative Musical Forms**

- Brazilian Repechage Format
- The Creative Musical Event utilizes the above criteria for Creative Forms and additionally will include music
- Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance
- Judging criteria includes Creativity, Technique, Power, Focus, Rhythm, Grace & Beauty
- 90 second time limit

### **Traditional Weapons Forms**

- Brazilian Repechage Format
- No live blades will be allowed
- 90 seconds time limit
- Minimum one hand must be in contact with the weapon at all times –no releases
- Inverted aerial maneuvers are not allowed; rolls on the ground are allowed; cartwheels are not allowed
- Competitor may not switch weapons during traditional weapons form
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace & Beauty

### **Creative Weapons Forms**

- Brazilian Repechage Format
- No live blades will be allowed
- 90 seconds time limit
- Weapon releases are allowed
- Inverted aerial maneuvers are allowed
- Competitor may switch weapons during creative weapons form
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace & Beauty

### **Musical Weapons Forms**

- Brazilian Repechage Format
- No live blades will be allowed
- Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Creativity, Technique, Power, Focus, Rhythm, Grace & Beauty
- 90 second time limit

### **Self Defense**

- Single Elimination Format
- One defender vs. 1-4 attackers will be permitted
- Defense must be based on empty hand techniques
- Attackers may attack with safety weapons (subject to inspection by Chief Referee)
- Judging criteria includes Realism, Effectiveness, Difficulty & Variety of Techniques Used
- 90 seconds time limit

## **EVENT DESCRIPTIONS: BOARD BREAKING**

### **Board Breaking Rules**

**Boards must be purchased at the host site. Each event will utilize ten boards or less. The only exception to this would be power breakers who decide to attempt more than 10 boards.**

**Boards MUST be purchased from the Tournament Director beforehand ONLY for this event on tourneyreg! Boards are sold in stacks of 10. Please choose the proper boards based on the ages below:**

- AAU Small Boards = All athletes 5 to 13 years old
- AAU Medium Boards = All athletes 14 years and older

### **Repetitive Timed Spin Hook Breaking**

- Single break format
- One (1) board per strike
- Allowed technique is SPINNING HOOK KICK
- 10 board competition
- Timed competition, fastest competitor to break 10
  1. Fastest competitor to break 10 wins gold
  2. 2<sup>nd</sup> fastest competitor to break 10 wins silver
  3. 3<sup>rd</sup> fastest competitor to break 10 wins bronze
  4. 4<sup>th</sup> fastest competitor to break 10 wins bronze

### **Repetitive Timed Side Kick Breaking**

- Single break format
- One (1) board per strike
- Allowed technique is SIDE KICK
- 10 board competition
- Timed competition, fastest competitor to break 10
  1. Fastest competitor to break 10 wins gold
  2. 2<sup>nd</sup> fastest competitor to break 10 wins silver
  3. 3<sup>rd</sup> fastest competitor to break 10 wins bronze
  4. 4<sup>th</sup> fastest competitor to break 10 wins bronze

### **Repetitive Timed Hand Breaking (human hold)**

- Single break format
- One (1) board per strike
- Allowed technique includes HAMMER, KNIFE, RIDGE, PALM or FIST/PUNCH
- 10 board competition
- Boards held by person
- Timed competition, fastest competitor to break 10
  1. Fastest competitor to break 10 wins gold
  2. 2<sup>nd</sup> fastest competitor to break 10 wins silver
  3. 3<sup>rd</sup> fastest competitor to break 10 wins bronze
  4. 4<sup>th</sup> fastest competitor to break 10 wins bronze

### **Repetitive Timed Hand Breaking (feeder system)**

- Single break format
- One (1) board per strike
- Allowed technique includes HAMMER, KNIFE, RIDGE, PALM or FIST/PUNCH
- 10 board competition
- Boards will be fed through feeder system provided by tournament organizing committee
- Board holders must comply with board holders instructions above
- Timed competition, fastest competitor to break 10
  1. Fastest competitor to break 10 wins gold
  2. 2<sup>nd</sup> fastest competitor to break 10 wins silver
  3. 3<sup>rd</sup> fastest competitor to break 10 wins bronze
  4. 4<sup>th</sup> fastest competitor to break 10 wins bronze

### **Power Hand Breaking**

- Single break format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Acceptable techniques include: Fist, hammer fist, palm heel, knife hand, ridge hand
- Spacers MUST be used
- One (1) attempt allowed
- Board holders/volunteers must be current AAU members
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
  - Tie Example "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.

### **Power Foot Breaking**

- Single break format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Acceptable techniques include any kicking technique executed using a part of the foot below the ankle
- Spacers MUST be used
- One (1) attempt allowed
- Board holders/volunteers must be current AAU members
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
  - Tie Example "A" broke at 100%; competitor "B" broke at 83%. Competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.

### **Speed Board Breaking**

- Single Elimination Bracketed Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Boards must be supported by a maximum of 1 side
- Acceptable techniques include: Fist, hammer fist, palm heel, knife hand, ridge hand
- No spacers will be allowed
- A maximum of (3) attempts per station will be allowed
- Athletes technique will be judged on Technique, Focus, Balance, Power, Creativity
- Board holders/volunteers must be current AAU members
- For 2 competitors executing the same technique as part of competition:
  - A break performed on the 1<sup>st</sup> try is superior to a break completed on the 2<sup>nd</sup> try
  - A 2-board break is superior to a break completed to a 1 board break; a 3-board break is superior to a 2-board break.
  - A break supported on 1 end (speed break) is superior to a break supported on both ends.

### **Jumping & Flying Breaking**

- Single Elimination Bracketed Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One (1) Station per competitor
- Techniques must be executed with both feet in the air
- No spacers will be allowed
- A maximum of (3) attempts per station will be allowed
- Athletes technique will be judged on Technique, Focus, Balance, Power, Creativity
- Board holders/volunteers must be current AAU members
- For 2 competitors executing the same technique as part of competition:
  - A break performed on the 1<sup>st</sup> try is superior to a break completed on the 2<sup>nd</sup> try
  - A 2-board break is superior to a break completed to a 1 board break; a 3-board break is superior to a 2-board break.
  - A break supported on 1 end (speed break) is superior to a break supported on both ends.

## **EVENT DESCRIPTIONS: TEAM EVENTS**

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### **Team Forms: 3 Member Black Belt Traditional Forms Teams**

- Brazilian Repechage Format
- Junior (5-17) and Adult (18+) Divisions
- ITF, WT, MDK/TSD patterns will be allowed to compete together
- Recognized and approved forms are specified in the 2023-2024 AAU Taekwondo Handbook
- Forms may not be enhanced
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace, Beauty & how well team performs as a unit
- Black Belt teams may complete any black belt pattern.
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### **Team Forms: 3 Member Mixed Belt Traditional Forms Teams**

- Brazilian Repechage Format
- Can be a combination of Youth and Seniors, all Colored Belts, a combination of Color Belts and Black Belts, all Black Belts, consisting of both Youth and Seniors
- ITF, WT, MDK/TSD patterns will be allowed to compete together
- Recognized and approved forms are specified in the 2023-2024 AAU Taekwondo Handbook
- Forms may not be enhanced
- Judging criteria includes Technique, Power, Focus, Rhythm, Grace, Beauty & how well team performs as a unit
- Mixed Belt Rank teams may complete any form up to and including the rank of the most senior member of the team.



### **Demo Team: 3-20 Member Teams (any rank)**

- All Demo team members, including volunteers, are required to be registered individual athletes in the AAU Junior Olympic Games to be eligible to participate in the Team Competition
- Team may have three (3) to twenty (20) members (any rank); more than 75% of team must compete in individual events.
- Six (6) minute demonstration time limit; Maximum of two minutes set up time and maximum two (2) minutes for cleanup.
- All technical Taekwondo skills are graded for execution, presentation, and difficulty.
- Scoring will be a maximum of ten (10) points for originality; a maximum of ten (10) points for technique, and a maximum of ten (10) points for difficulty.
- Teams are granted freedom to add creativity to their demonstration, however synchronization may or may not be part of the team demonstration.
- No jumping over humans will be allowed.
- All props are subject to inspection of Head Referee and may be prohibited if deemed unsafe.

## **EVENT DESCRIPTIONS: PADDED WEAPONS SPARRING**

### **Padded Weapons Sparring**

- Protective equipment will be the same as point sparring rules with the elimination of articles I.A.2. & A.3 please refer to page 13 of the rule book. Face shields will be required.
- Weapons that are approved for use:
  - Padded Sword (long/short)
  - Padded cane
  - Padded staff

Competitors must provide their own equipment. Padded Weapons must pass a referee's weapon inspection.

### **Matches:**

1. All color belt matches will consist of 2 -90 sec rounds, with a 30 second break between rounds or the first to score 10 points
2. Black Belt matches will consist of 2 – two (2) minute rounds with a 30 second break between round or the first to score 15 points
3. In both cases the winner will be the contestant scoring the most points during the match.
4. In the event of a tie, a round of sudden death will occur; the first contestant scoring a point will win the match.

### **Point Scoring:**

- 3 points will be awarded for a head strike (not to include the neck),
- 2 points for a strike to the body between the collar bone and hip
- 1 point for a strike the limbs (limbs are defined as to include the arms below the shoulder to the wrist and the legs below the hip to the ankle)

Points will be call and awarded in the same manner as point sparring. Please refer to Article VI. Awarding Points page 18 in the rule book.

### **Warnings/Penalties/Disqualification:**

1. Penalties will be worth 1 point to be awarded to the competitor against whom the violation was committed.
2. An accumulation of 4 penalties that caused a deduction of points will result in an automatic disqualification.
3. Penalty violations include:
  - a) Attacking an unarmed opponent
  - b) Attacking after Kal-yeo (break) has been called
  - c) Causing an injury serious enough that opposing competitor cannot continue the match. (may be DQ as well)
  - d) Illegal techniques: striking the groin, striking the neck, sweeping, striking with the butt of the weapon, punching, kicking to head, legs, torso or spine.
  - e) Unsportsmanlike conduct: profanity, disobeying a referee, disrupting the competition either by coaches or support groups.
  - f) Running away to intentionally avoid the fight.

***Penalties points will be called and awarded in the same manner as point sparring. ALL OTHER MATCH PROCEDURES METHODS WILL FOLLOW POINT SPARRING RULES.***

### **SPECIAL NOTES:**

For AAU Taekwondo Competitions: Intermediate Divisions consist of Green, Purple and Blue. Advanced Divisions consist of both Red and Brown Belts. Black Belt Divisions are meant to include Junior Black as well. If your school or club uses any other belt ranking order or system, your athlete should conform to the above-mentioned criteria. ***Also, Poom Belts (half red and half black) should be worn by JUNIOR Black Belts age 15 and younger ONLY!***

***Any Junior Black Belt under the age of 8 who wishes to compete is more than welcome to do so, but he/she must compete in the 8–9 Age Division.***

***All athletes must provide their own holders for board breaking competition, no more than four holders for one competitor. Spacers MUST be used for all power breaking events.***