



2020 AAU Minnesota State Championships

Osseso Middle School

10223 93rd Ave N. Maple Grove, MN 55369



WELCOME!

The 2019 season was amazing for the Minnesota Taekwondo Association. Our athletes achieved many successes at National and International events where they represented our State and Country with honor and pride, securing spots on various USA Taekwondo National teams; including being ranked the top athletes in the country and the WORLD!

At MTA, we strive to improve the quality of our athletes and coaches who currently train and compete on our competition teams, through a better understanding of the many positive aspects of Taekwondo, including leadership, sportsmanship and athleticism. MTA is dedicated to supporting each athlete's National, and International successes. The 2020 Minnesota State Championship is another step toward each athlete's quest for gold.

EVENT POINTS OF CONTACT

Registration:

NO LATER THAN March 20, 2020 AT 11:59 PM CST

THERE WILL BE NO ON SITE REGISTRATION

Our Website

<http://www.mta4u.org>

Tournament Questions

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Mailing Address:

6463 Sycamore Court N

Maple Grove, MN 55369

LICENSED BY

AAU



This event is licensed by the Amateur Athletic Union of the U.S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU Youth Athlete 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 event. Please allow at least 10 days for membership to be processed. Participants are encouraged to visit the AAU website www.ausports.org to obtain their membership.

GOVERNANCE

All sanctioned State Championships must use and follow the AAU Taekwondo Rules and Regulations.

For current Sparring and Poomsae rules please refer to the following link:

<http://image.aausports.org/dnn/tw/2020/2019-2020AAUTKDHandbook.pdf>

<http://image.aausports.org/dnn/tw/2020/Handbook/AAUSportPoomsaeRules.pdf>

VENUE

Competition Venue
Osseo Middle School
10223 93rd Ave N
Maple Grove, MN 55303

LODGING (No block rates)

Hilton Garden Inn
6350 Vinewood Ln N
Maple Grove, MN 55311
(763) 509-9500

Hampton Inn @ Arbor Lakes
7745 Elm Creek Blvd N, Maple Grove, MN 55369
(763) 494-4498

Holiday Inn & Suites
11801 Fountains Way North
Maple Grove, MN 55369
(763)425-3800

EVENT SPECTATOR TICKETS

Ticket Pricing	
Event Ticket	At-Door
All-Event Pass	\$10.00
Children 10 & Under	\$0.00

SCHEDULE

Weigh-In and Registration:

Weigh-ins will be held on March 27, 2019 from 4 pm to 8 pm at:

World Taekwondo Academy- **Osseo**
10401 93rd Ave N
Maple Grove, MN 55369

- All sparring competitors must weigh-in the day before the competition. There will be no weigh in at the venue.
- Athletes only competing in Poomsae (Form) do not need to weigh-in but must still check-in and pick up their credentials on the day of competition

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Competition:

REGISTRATION DEADLINES & FEES

Please have your AAU Taekwondo membership number accessible to register.

ATHLETES

Schedule		
REPORT TIME	DESCRIPTION OF EVENT	LOCATION
8:00am to 9:30 am	Registration & Credential Pick up Registration closes at 9:30 am	Osseo Middle School
8:45 am 9:00 am	Referee Meeting Individual Poomsae Competition	Osseo Middle School
11:00 am	Team Poomsae Pairs Poomsae Demo & Weapons	Osseo Middle School
12:00pm	Sparring	Osseo Middle School
<i>Divisions (Sparring, Poomsae, Etc.)</i>	<i>Final Registration Fee</i>	<i>Final Registration Deadline</i>
<i>All Competition</i>	<i>\$69.00 for first event, \$20.00 for each additional event</i>	<i>March 20 at 11:59 pm cst</i>

****Early Registration Deadlines end March 14th**

COACHES

LEVEL	Final Registration Fee	Final Registration Deadline
Associate Coach & Above	\$30	March 20 at 11:59 pm cst

Coaches are required to complete & pass a background check before they can register and pay for any sanctioned Taekwondo event

AAU Taekwondo Referee Seminar

Referee Certification & Refresher Course

Date: March 27, 2019 (Friday)

Time: 3pm - 10:00pm

Location: World Taekwondo Academy- Osseo Location

10401 93rd Ave N.

Maple Grove, MN 55369

Registration: **Information to follow**

Minnesota would be honored to have you serve as an official Referee at the upcoming 2020 Minnesota State Taekwondo Championships. All Referees must be certified by AAU Taekwondo and have completed the 2020 Referee Seminar in order to officiate at the 2020 Minnesota State Taekwondo Championships. Please be sure your background check and all certifications are up to date.

WEIGH-INS & BRACKETING

SPARRING

Note: (Explanation #1) Not exceeding: The weight limit is defined by the criterion of one decimal place away from the stated limit. For example: not exceeding 50kg is established as until 50.0kg with 50.1kg being over the limit and resulting in disqualification. (Explanation #2) Overweight: Over 50.00 kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

Ultra (All Belts 43+), Executive All Belts (33-42) & Senior Color Belts (18-32) In Pounds

Classification	Male Divisions Weight Category (lbs.)	Female Divisions Weight Category (lbs.)
Fly	Not exceeding 127.9	108.0
Feather	128.0-149.9	108.0-125.7
Welter	150.0-176.4	125.8-147.7

Heavy	176.5 and up	147.8 and up
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Senior Divisions (18-32) – Black Belt

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 54kg	Not exceeding 46kg
Fly	Over 54kg & Not exceeding 58kg	Over 46kg & Not exceeding 49kg
Bantam	Over 58kg & Not exceeding 63kg	Over 49kg & Not exceeding 53kg
Feather	Over 63kg & Not exceeding 68kg	Over 53kg & Not exceeding 57kg
Light	Over 68kg & Not exceeding 74kg	Over 57kg & Not exceeding 62kg
Welter	Over 74kg & Not exceeding 80kg	Over 62kg & Not exceeding 67kg
Middle	Over 80kg & Not exceeding 87kg	Over 67kg & Not exceeding 73kg
Heavy	Over 87kg	Over 73kg

Junior Divisions (15-17) –Black Belts

Classification	Male Divisions Weight Category (KG)	Female Divisions Weight Category (KG)
Fin	Not exceeding 45kg	Not exceeding 42kg
Fly	Over 45kg & Not exceeding 48kg	Over 42kg & Not exceeding 44kg
Bantam	Over 48kg & Not exceeding 51kg	Over 44kg & Not exceeding 46kg
Feather	Over 51kg & Not exceeding 55kg	Over 46kg & Not exceeding 49kg
Light	Over 55kg & Not exceeding 59kg	Over 49kg & Not exceeding 52kg
Welter	Over 59kg & Not exceeding 63kg	Over 52kg & Not exceeding 55kg
Light Middle	Over 63kg & Not exceeding 68kg	Over 55kg & Not exceeding 59kg
Middle	Over 68kg & Not exceeding 73kg	Over 59kg & Not exceeding 63kg
Light Heavy	Over 73kg & Not exceeding 78kg	Over 63kg & Not exceeding 68kg
Heavy	Over 78kg	Over 68kg

Junior Divisions (15-17) –Color Belts – In Pounds

Classification	Male Divisions Weight Category (lbs.)	Female Divisions Weight Category (lbs.)
Fin	Not exceeding 105.8	Not exceeding 97.0
Feather	105.9-121.3	97.1-108.0
Welter	121.4-138.9	108.1-121.3
Middle	139.0-160.9	121.4-138.9
Heavy	161 and up	139.0 and up

Cadet Divisions (12-14) – Black Belts

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	Not exceeding 33kg	Not exceeding 29kg
Fly	Over 33kg & Not exceeding 37kg	Over 29kg & Not exceeding 33kg
Bantam	Over 37kg & Not exceeding 41kg	Over 33kg & Not exceeding 37kg
Feather	Over 41kg & Not exceeding 45kg	Over 37kg & Not exceeding 41kg
Light	Over 45kg & Not exceeding 49kg	Over 41kg & Not exceeding 44kg
Welter	Over 49kg & Not exceeding 53kg	Over 44kg & Not exceeding 47kg
Lt. Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Lt. Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg

Cadet Divisions (12-14 years) – Color Belts (Weight in Pounds)

(12-14 Years)

Classification	Male Divisions Weight Category (lbs.)	Female Divisions Weight Category (lbs.)
Fly	Not exceeding 81.6	Not exceeding 72.8
Feather	81.7-99.2	72.9-90.4
Welter	99.3-116.8	90.5-103.6
Middle	116.9-134.5	103.7-121.3
Heavy	134.6 and up	121.4 and up

Mini Cadet (10-11) – Black Belts

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fly	Not exceeding 29kg	Not exceeding 29kg
Feather	Over 29kg & not exceeding 35kg	Over 29kg & not exceeding 35kg
Light	Over 35kg & not exceeding 40kg	Over 35kg & not exceeding 40kg
Middle	Over 40kg & Not exceeding 46kg	Over 40kg & Not exceeding 46kg
Lt. Heavy	Over 46kg & Not exceeding 52kg	Over 46kg & Not exceeding 52kg
Heavy	Over 52kg	Over 52kg

Youth Divisions (5-11 years) – Color Belts (Weight in Pounds)**(10-11 Years)**

Classification	Male Divisions Weight Category (lbs.)	Female Divisions Weight Category (lbs.)
Fly	Under 64.0	Under 64.0
Feather	64.0-77.2	64.0-77.2
Light	77.3-90.0	77.3-90.0
Middle	90.1-102.0	90.1-102.0
Light Heavy	102.1-115.0	102.1-115.0
Heavy	Over 115.0	Over 115.0

(8-9 Years)

Classification	Male Divisions Weight Category (lbs.)	Female Divisions Weight Category (lbs.)
Fly	Under 55.1	Under 55.1
Feather	55.1-67.0	55.1-67.0
Light	67.1-80.0	67.1-80.0
Middle	80.1-92.0	80.1-92.0

Light Heavy	92.1-105.0	92.1-105.0
Heavy	Over 105.1	Over 105.1

(6-7 years)

Classification	Male Divisions Weight Category (lbs.)	Female Divisions Weight Category (lbs.)
Fly	Under 40.1	Under 40.1
Feather	40.1-52.0	40.1-52.0
Light	52.1-65.0	52.1-65.0
Middle	65.1-78.0	65.1-78.0
Light Heavy	78.1-90.0	78.1-90.0
Heavy	Over 90.0	Over 90.0

(5 years)

Classification	Male Divisions Weight Category (lbs.)	Female Divisions Weight Category (lbs.)
Light	Under 45.0	Under 45.0
Heavy	Over 45.0	Over 45.0

POOMSAE

INDIVIDUAL POOMSAE

AGE DIVISIONS	BELT COLOR	RANK	COMPETITION TYPE
6-7 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	SINGLE ELIMINATION
6-7 YEARS OLD	BLACK	1 ST – 9 TH	SINGLE ELIMINATION
8-9 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
8-9 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
10-11 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
10-11 YEARS OLD	BLACK	1 ST – 9 TH	MODIFIED WTF FORMAT
12-14 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
12-14 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
15-17 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
15-17 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
18-30 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
31-40 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
41-50 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
51-60 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
61-65 YEARS OLD	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
66 & OLDER	YELLOW, GREEN, BLUE & RED	N/A	MODIFIED WTF FORMAT
18-30 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
31-40 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT

41-50 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
51-60 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
61-65 YEARS OLD	BLACK	1 ST – 9 TH	WTF FORMAT
66 & OLDER	BLACK	1 ST – 9 TH	WTF FORMAT

PAIRS POOMSAE (CO-ED) – 1 MALE & 1 FEMALE

(6-7), (8-9), (10-11), Cadet (12-14), Juniors (15-17), 1st Pairs (18-30) & 2nd Pairs (31+) Pairs Poomsae

Division	Belt	Rank	Gender	
(6-7)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
(8-9)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Youth (10-11)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Cadet (12-14)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
Juniors (15-17)	Black	1 st – 9 th	Co-Ed	Modified WTF Format
1 st Pairs (18-30)	Black	1 st – 9 th	Co-Ed	WTF Format
2 nd Pairs (31+)	Black	1 st – 9 th	Co-Ed	WTF Format

TEAM POOMSAE – 3 COMPETITORS OF THE SAME GENDER

(6-7), (8-9), (10-11), Cadet (12-14), Junior (15-17) 1st Team (18-30) & 2nd Team (31+) Team Poomsae

Division	Belt	Rank	Gender
(6-7) *	Black	1 st – 9 th	Female
(6-7) *	Black	1 st – 9 th	Male
(8-9) *	Black	1 st – 9 th	Female
(8-9) *	Black	1 st – 9 th	Male
Youth (10-11) *	Black	1 st – 9 th	Female
Youth (10-11) *	Black	1 st – 9 th	Male
Cadet (12-14)	Black	1 st – 9 th	Female
Cadet (12-14)	Black	1 st – 9 th	Male
Juniors (15-17)	Black	1 st – 9 th	Female
Juniors (15-17)	Black	1 st – 9 th	Male
1 st Team (18-30)	Black	1 st – 9 th	Female
1 st Team (18-30)	Black	1 st – 9 th	Male
2 nd Team (31+)	Black	1 st – 9 th	Female
2 nd Team (31+)	Black	1 st – 9 th	Male

DEMONSTRATION TEAM

AGE CLASSES	AGE DIVISIONS	BELT COLOR	SET-UP TIME LIMITS	ROUTINE TIME LIMITS
DEMO TEAM	ALL AGES	ALL BELT COLORS	1 MINUTE	4 MINUTES

WEAPONS

AGE DIVISIONS	BELT COLOR	ROUTINE TIME LIMITS
ALL AGES	ALL BELT COLORS	1 MINUTE

WEIGH-INS

1. A competitor's weight shall be measured the day prior to his or her competition day. All competitors must weigh-in during the designated times on the schedule.
2. A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the time limit. Once an athlete steps on the official scale they cannot change their weight division. So as not to be disqualified during official weigh-in, a scale, the same as the official one, shall be provided at the convention center as a test scale.
3. During the weigh-in, the contestant is required to show his/her current photo ID, AAU Taekwondo identification card or birth certificate.
4. Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.
5. Weigh in, for both males and females shall be taken in the official V-neck uniform, or, if a contestant wishes, weigh-in may be done in underpants for male and underpants and bra for female contestants.
Under NO circumstances may an athlete weigh-in in the nude in the United States.

REGISTRATION CHECKLIST

Completing all items on this list will help ensure a speedy check-in and weigh-in process at the MN

- Register for the MN State Championships.
- In order to receive the early registration price, you must pay by the early deadline. If payment is not received by this deadline a late fee will apply.
- Send in Proof of Residency, Citizenship and/or black belt certification if required according to the division you have registered for. **Note:** These are the only acceptable documents that may be submitted any other documents will not be approved.

PROOF OF CITIZENSHIP	AGE	DOCUMENTATION REQUIRED
U.S. Passport	6-7, 8-9, & 10-11: Yellow, Green, Blue, Red, & Black Belts	n/a
U.S. Passport Card	12-14 & 15-17: Yellow, Green, Blue, & Red Belts	n/a
U.S. Birth Certificate or Passport	12-14, 15-17, and 18 & Older Black Belts	Proof of Citizenship
	18 & Older: Yellow, Green, Blue, & Red Belts	n/a
	33 & Older (Ultra): Black Belts	n/a

REQUIREMENTS

All participants must be current AAU Taekwondo members. All coaches, referees, club owner/instructors 18 and older are required to complete and pass background check prior to being a member of AAU Taekwondo and registered for an AAU Taekwondo state sanctioned event (background checks must be completed every two years). Please see the AAU Taekwondo website for more details. Additionally, they will be required to view and complete the appropriate required training before renewing their membership.

- Athletes must hold the appropriate U.S. citizenship depending on the division he/she participates in.
- All coaches must be certified, at minimum
- An athlete **MAY** qualify in the same CLASS weight (sparring) and/or age category (poomsae) in **MULTIPLE STATE CHAMPIONSHIPS.**

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AWARDS

SPARRING

MN Medals and certificates will be given out to the top 4 athletes, in the respective divisions and weight categories.

Individual Awards	
1 st Place	
2 nd Place	
3 rd Place	
3 rd Place	

POOMSAE

MN Medals and certificates will be given to the top 4 individuals, pairs (co-ed) and teams in the respective divisions.

Individual/Pairs/Team Awards	
1 st Place	
2 nd Place	
3 rd Place	
3 rd Place	