



## 2025 AAU TAEKWONDO ARIZONA STATE CHAMPIONSHIP

CRISMON HIGH SCHOOL  
21942 E RIGGS RD  
QUEEN CREEK AZ 85142

Dear Instructors, Coaches, and Athletes,

I would like to extend my warmest greetings to all of you who have supported and developed Taekwondo as a world sport. It is with honor and great pleasure that I extend to you my personal invitation to participate in the 2025 AAU Taekwondo Arizona State Championship – an AAU Taekwondo National Qualifier.

This event will be held on **Saturday, February 22, 2025, at Crismon High School, 21942 E Riggs Rd, Queen Creek AZ 85142.**

- This is a 2025 AAU Taekwondo National Qualifying Event – Salt Lake City, Utah! Athletes from any part of the U.S. or AAU International member may qualify for AAU National Taekwondo Championships at this event. The quality of competition and officiating will be high.
- We will host our event with World Taekwondo International Referees and AAU Certified Referees who will officiate this event!
- Winners in all World Class Divisions (Mini Cadet, Cadet, Jr. & Sr.) for the Olympic Sparring and Individual Sport Poomsae will receive a first early event registration fee reimbursement for the 2025 AAU National Championship **(must have at least 4 Competitors in each division to receive the reimbursement for the registration fee)**
- Winners of 1<sup>st</sup> & 2<sup>nd</sup> Place of an Arizona resident will receive an AAU TKD Arizona Team Uniform.
- Events:
  - ✓ OLYMPIC SPARRING
    - **World Class Divisions (mini-cadet, cadet, junior, and senior) in Olympic Sparring must weigh-in on Friday, February 21, 2025, from 5:30 PM to 8:30 PM**
  - ✓ BOARD BREAKING COMPETITION
  - ✓ WEAPON FORMS COMPETITION
  - ✓ TRADITIONAL FORMS COMPETITION (Individual and Mixed Team)
  - ✓ SPORT POOMSAE COMPETITION will be officiated by WT or AAU Sports Poomsae Certified
  - ✓ DEMONSTRATION TEAM COMPETITION
    - Grand Prize \$1000 – **to qualify for the grand prize, there must be at least five demo teams registered**

**Registration will end on February 16th, 2025.** Online registration is available at [www.aautkdaz.com](http://www.aautkdaz.com)

Everyone must be a 2024-2025 AAU member to compete, coach, or to officiate. Officials must attend complete online referee clinic and in-person referee seminar (hand signals) in order to officiate at this event.  
Coaches must take an 2024-2025 AAU Taekwondo online coach's course.

**All Black Belt ages (10 – 32) are required to have KPNP E-foot gear for this competition.**

On behalf of 2025 AAU Taekwondo Arizona State Championship – a National Qualifier, I would like to thank you for your continued support. We wish the best of luck to those with the courage to compete and the desire to excel.

For more information, please call or email me with the contact info below. I look forward to seeing you at the tournament.

Respectfully,

Master Hyun Christopher Kim  
Tournament Director  
Email: [amateuryouthsports@gmail.com](mailto:amateuryouthsports@gmail.com)  
(480) 241-6626

## GENERAL INFORMATION

Hosted by Directed by	AMATEUR YOUTH SPORTS FOUNDATION Grand Master Hyun Christopher Kim
Licensed by	The Amateur Athletic Union
Schedule	<p>Friday, February 21<sup>st</sup>, 2025  5:30 PM ~ 8:30 PM – WC Division Weigh-Ins / Credential Pick-up  In-Person Referee Training – 5:30 PM – 7:30 PM  (Location – Hampton Inn Queen Creek, 20768 E Maya Rd, Queen Creek AZ 85142)</p> <p>Saturday, February 22, 2025  (Crismon High School, Queen Creek, Arizona 85142)</p> <p>(Tentative Schedule)  8:00 AM to 8:30 AM - <b>Referees, Coaches &amp; Volunteers meeting</b>  8:30 AM - <b>Staging for all Forms / Weapon / WC Black Belts Division - Junior &amp; Senior</b>  9:00 AM -12:30 PM - <b>All Traditional Forms / Weapons Competitions / Board Breaking</b>  9:00 AM – <b>Sports Poomsae Report Directly to the competition ring</b>  11:00 AM- Noon – <b>Demonstration Team Competition</b>  12:30 PM – 1:00 PM - Opening Ceremony / Lunch Break  12:30 PM - <b>Staging for All WC Olympic Sparring/ All belt sparring</b>  1:00 PM- 6 PM - <b>Olympic Sparring</b></p> <p style="color: red;">Every attempt will be made to be ahead of schedule. Please be prepared to report for staging ON TIME!</p>
Competitor fee	<p>Early Registration: \$100 registration fee, \$25/event; ends on 1/19/2025  Regular Registration: \$125 registration fee, \$25/event; ends on 2/16/2025  <b>(registration fees are non-refundable)</b></p> <p>Additional event fees:  Traditional Team Form: \$50/person  Sports Poomsae Mixed Pair or Team: \$50/person  Demonstration Team - \$500/team</p> <p>Register online at <a href="http://www.aautkdaz.com">www.aautkdaz.com</a>  <span style="color: red;">*Absolutely No Registrations Will Be Accepted After February 16, 2025.</span></p>
Awards	Winners of 1 <sup>st</sup> , 2 <sup>nd</sup> , and Two 3 <sup>rd</sup> place
Admission fee	\$15 – 6 yrs old and older
Eligibility	2025 AAU membership is mandatory, if you are not on the 2025 AAU membership roster or if you do not have your 2025 membership card, you will be required to join AAU. You can register online at <a href="http://www.aausports.org">www.aausports.org</a> or <a href="http://www.aautaekwondo.org">www.aautaekwondo.org</a> .
Coach Pass	<p><b>\$65 Coaching Pass</b>  To coach at this event, you must take the 2024-2025 AAU Online Coach's course  Coach's attire will be enforced at this tournament. <b>NO EXCEPTIONS.</b> Warm-up pants and official blue AAU shirt. Coach's shirt can be purchased at the tournament venue or online at <a href="https://www.aamasupply.com">https://www.aamasupply.com</a></p>

For more information email us at [amateuryouthsports@gmail.com](mailto:amateuryouthsports@gmail.com)

# TOURNAMENT INFORMATION

## REGISTRATION INFO, DEADLINES & FEES

All registration must be at [www.autkdaz.com](http://www.autkdaz.com). 2025 AAU Taekwondo – Arizona State Championship - National Qualifier has a **NO REFUNDS** policy. All athletes and coaches must register and pay in full. If payment is not received by the deadline (February 16<sup>th</sup>, 2025), competitor(s) will be disqualified. All credentials must to pick-up on February 21<sup>st</sup>, 2025, from 5:30 PM to 8:30 PM at Hampton Inn Queen Creek. **Registered coaches may pick up the credentials for their school athletes.** WC competitors (min-cadet, cadet, junior, and senior) must present an ID to pick-up and weigh-in on February 21<sup>st</sup>, 2025.

## TOURNAMENT

**Referees:** All referees must meet at Crismon High School, 21942 S Riggs Rd, Queen Creek AZ 85142, no later than 8:00 am the day of the tournament. All referees must officiate the full event for the honorarium. Please contact Master Chris Kim at email: [hyunckim@gmail.com](mailto:hyunckim@gmail.com) for details or to express your interest.

**Event Credentials -** All participants will receive an event credential when they arrive at the event check-in and weigh-ins on 02/21/2025 from 5:30 PM to 8:30 PM. All participants must provide a valid ID to pick up credential and to weigh-in. There will be no exception to this policy. Valid ID are the following: School ID, State Issued ID, Passport, or birth certificate. If the athlete is a minor and does not have a valid ID, then the parent/legal guardian must provide a copy of their birth certificate. The participant's credentials are not valid for an adult, parent, or sibling of that participant. The event is a qualifier for the national championship – credential must be picked up with a valid ID for athletes or for the coaches.

**Coach:** To obtain a Coach Pass (\$65), **you must take the 2024-2025 AAU Coach online quiz.** then register online for the coaching credential at [www.aautkdaz.com](http://www.aautkdaz.com) by February 16<sup>th</sup>, 2025.

**Coach's Dress code:** Coach's attire will be enforced at this tournament -- NO EXCEPTIONS: Warm-up pants and official blue AAU shirt. Coach's shirt can be purchased at the online at <https://www.aamasupply.com>

**Spectators:** All spectators (unless a designated VIP, Referee, or a Volunteer) must purchase an admission ticket and may not enter the arena floor at any time. Tickets will be available during the check-in on 02/21/2025 or 02/22/2025 at the door the day of the tournament.

**IMPORTANT NOTE:** **The tournament director may modify some rules according to the local conditions. Director also reserves the right to combine or divide weight categories depending on the size of the group.**

**2025 AAU Taekwondo Arizona State Championship will apply the most current AAU Taekwondo Rule Handbook (updated 09/01/2024)**

**This event is Licensed by the Amateur Athletic Union of the US 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 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 events. Please allow 10 days for membership to be processed. Participants are encouraged to visit the AAU website [www.aausports.org](http://www.aausports.org) to obtain their membership.

### **Note:**

**Any contacts listed within this flyer MUST have a current valid AAU Membership.**

**For more details about the competition information, please visit [www.aautkdaz.com](http://www.aautkdaz.com)**

## Poomsae/Open Form/ Weapon:

A random draw will be completed prior to the start of competition to determine the order in which contestants will compete.

Competitors are required to perform only the Poomsae (forms) designated for their specific rank.

- Points shall be awarded on a scale of 7.0 to 10.0 in tenths of a point (0.1) increment, 7.0 being the lowest score awarded for a completed pattern. 8.0 shall be the score awarded by an Official for what that Official deems to be an average performance for that age and rank division in which the competitor competes.
- Forms/Patterns Can Not Be Altered or Modified. Do not add or leave out kicks or movements. Doing so can result in disqualification. No variation from the above list will be accepted.
- **Merit will be awarded on the basis of beauty, grace, rhythm, focus, power, and technique.**
- Traditional forms/patterns will be as bracketed competition – No Brazilian Repechage system

### The official Forms/Patterns accepted for competition shall be:

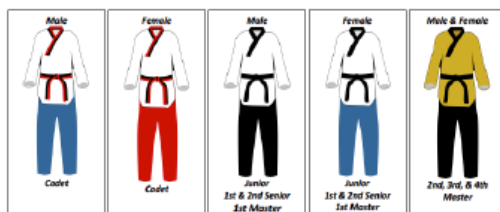
Rank	ITF	WT	TSD/MDK
Novice White, Yellow Orange (6 <sup>th</sup> Gup, 7 <sup>th</sup> Gup, 8 <sup>th</sup> Gup)	Chon-Ji Dan-Gun Do-San	Pal Gwe 1–2 Taegeuk 1–2	Ki-Cho (KiBon) 1–3 Pyung-An/Pinan 1
Intermediate Green, Purple Blue (3 <sup>rd</sup> Gup, 4 <sup>th</sup> Gup, 5 <sup>th</sup> Gup)	Won-Hyo Yul Gok Joong-Gun Toi-Gye	Pal Gwe 3–6 Taegeuk 3–6	Ki-Cho (Ki Bon) 4-5 Pyung-An/Pinan 2–4
Advanced Red Brown (1 <sup>st</sup> Gup, 2 <sup>nd</sup> Gup)	Hwa-Rang Choong-Moo	Pal Gwe 7–8 Taegeuk 7–8	Pyung-An/Pinan 5 Bassai (Dai & So)
1st Dan	Kwang-Gae Po-Eun Ge-Baek	Koryo	Bassai (Dai & So) Naihanchi Cho Dan Jin Do
2nd Dan	Eui-Am Choon-Jang Ko-Dang Juche	Keumgang	Naihanchi E Dan Naihanchi Sam Dan Lo-Hai/Ro-Hai
3rd Dan	Sam-Il Yoo-Sin Choi-Yong	Taebaek	Kong San Kun (Dai & So) Sip Soo
4th Dan	Yon-Gae Ul-Ji Moon-Moo	Pyongwon	Wang Shu
5th Dan	So-San Se-Jong	Sip Jin	Ji-On Sei Shan
6th Dan	Tong-Il	Jitae	O Sip Sa Bo
7th Dan		Chonkwon	Hwa Sun
8th Dan		Hansu	
9th Dan		Ilyeo	

In WTF or WT Traditional Forms, athletes perform WT forms (Taegeuk Forms for color belts and Koryo to Hansu for black belts) and are judged on aesthetic performance such as power, rhythm, speed, balance, and overall look of the form, not specifically on the specific technical skill. AAU officials are the judges for this event. They could be instructors from WT, ITF or TSD.

In Open Forms, WT, ITF & TSD forms competitors are allowed to perform in this event. Referees and judges judge based on the above criteria for the traditional (WT, ITF, TSD) forms.

## World Class Poomsae Division:

Poomsae contestants may wear either the standard V-neck USA/WT uniform (as specified above) or WT-designated Y-neck competition poomsae uniforms appropriate to the contestant's division.



Designated Poomsae will be selected from the Compulsory Poomsae listed below and will be published approximately 1 week from the start of the championship.

### **Black Belt Division Compulsory Poomsae**

Division	Compulsory Poomsae
<b>Individual</b>	
Minor (9 & below)	Taegeuk 3,4,5,6,7,8, Koryo
Youth (10-11)	Taegeuk 4,5,6,7,8, Koryo, Keumgang
Cadet (12-14)	Taegeuk 4,5,6,7,8 Koryo, Keumgang
Junior (15-17)	Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Under 40 (31-40)	
Under 50 (41-50)	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon
Under 60 (51-60)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon, Hansu
Under 65 (61-65)	
Over 65 (66 & up)	
<b>Pair</b>	
Youth (8-11)	Taegeuk 4,5,6,7,8 Koryo, Keumgang
Cadet (12-14)	Taegeuk 4,5,6,7,8 Koryo, Keumgang
Junior (15-17)	Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Over 30 (31 & up)	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon
<b>Team</b>	
Youth (8-11)	Taegeuk 4,5,6,7,8 Koryo, Keumgang
Cadet (12-14)	Taegeuk 4,5,6,7,8 Koryo, Keumgang
Junior (15-17)	Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6,7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Over 30 (31 & up)	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon

\*The Organizing Committee of the tournament may combined divisions above.



# Individual Recognized Poomsae Competition

## Color Belt Division

**Intermediate (Green, Purple & Blue)**  
**Advanced (Brown & Red)**

### Divisions & Classifications

Divisions	Tyke	Minor	Youth	Cadet	Junior	Under 30	Under 40	Under 50	Over 50
Age (Years)	7 & below	8-9	10-11	12-14	15-17	18-30	31-40	41-50	51 & up
Individual Male	1	1	1	1	1	1	1	1	1
Individual Female	1	1	1	1	1	1	1	1	1

Compulsory Poomsae		
Divisions	Intermediate (Green, Purple & Blue)	Advanced (Brown & Red)
Tyke (7 & below)	Taegeuk 2,3,4,5	Taegeuk 3, 4, 5, 6, 7
Minor (8-9)	Taegeuk 2,3,4,5	Taegeuk 3, 4, 5, 6, 7
Youth (10-11)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Cadet (12-14)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Junior (15-17)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Under 30 (18-30)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Under 40 (31-40)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Under 50 (41-50)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Over 50 (51 & up)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8

\* The divisions may be combined.

**Rules:** Scoring shall be made in accordance with the World Taekwondo Poomsae Competition Rules.

In Sports Poomsae, athletes are judged based on the rules and criteria set forth by World Taekwondo and have been adjusted by AAU Taekwondo. These criteria for judging include technical skills, such as using the correct execution, techniques, and movements. To keep it brief, forms are scored based on a specific criterion in two categories, Accuracy & Presentation. Poomsae referees and judges are trained and certified to judge the competition. This Sport Poomsae is an event by itself different from WT Traditional or Open forms event.

## General Rules and Regulations for Olympic-Style Sparring

### Protective Equipment

Mandatory Equipment for Non-PSS Matches. All competitors must wear:

- Olympic style chest protector.
- Headgear (the blue competitor must wear blue headgear and the red competitor must wear red headgear), exception, a white headgear will be allowed for the state/district qualifier; other than the headgear, no other item shall be worn on the head with the exception of religious headwear which shall be worn under the headgear and inside the uniform and shall not cause harm or obstruct the opposing competitor.
- Shin and instep protectors (white only and must be worn underneath the dobok).
- Forearm protectors (white only and must be worn underneath the dobok).
- Mouth-guard - May be any color except solid red. Athletes with dental braces must wear special mouth guards for braces that cover both upper and lower teeth.
- Males are required to wear groin protection (hard cup). Female groin protection is optional. All groin protection must be worn inside the Dobok.
- Foot Gloves (in lieu of manufactured insteps) and Hand Gloves are optional for colored belts and any divisions that are not using PSS, but if used must be white and WT approved.

Mandatory Equipment When Using Electronic Protector and Scoring System (PSS).

- Both competitors shall wear the same size chest protector with the following exception: When combining weight divisions resulting in extreme size differences in the competitors, **a competitor may be allowed to wear the PSS Electronic Protector appropriate for their weight class, at the discretion of the Head Referee for the event, however, they will be required to use the pressure settings of the division they are moved into.**
- Headgear - the blue competitor must wear blue headgear, and the red competitor must wear red headgear. Other than the headgear, no other item shall be worn on the head with the exception of religious headwear which shall be worn under the headgear.
- Shin protectors (**white only**, no instep, and must be worn underneath the dobok)
- Forearm protectors (**white only** and must be worn underneath the dobok)
- WT approved white gloves
- Mouth guard - May be any color **except solid red**. Athletes with dental braces must wear special mouth guards for braces that cover **both upper and lower teeth**.
- Males are required to wear groin protection (hard cup). Female groin protection is optional. All groin protection must be worn inside the dobok.

Equipment Color at Tournaments Other Than National Events

- At tournaments other than national events ONLY, **the tournament director has the option to waive the color requirement for the hand, foot, and headgear equipment.** 2023 AAU Arizona State Champion (District Qualifier) will allow white headgear for both red and blue competitors. However, this rule only applies to this event only and that the gear color requirements will be strictly enforced at all national events.

### Personal Requirements

Competitors shall keep their nails short and are forbidden to wear any metallic article that may injure or endanger an opponent. **Hair shall be tucked inside the head gear.**

- **Metallic Articles.** The phrase "metallic articles" includes all hard objects, which may cause injury. It is not sufficient to cover a hard or metallic article such as a ring with tape or other covering.

- **Personal Hygiene.** The personal hygiene of all competitors shall be of the highest standard. **Any competitor wearing an excessively unkempt or dirty uniform will be required to change it immediately. If the competitor cannot or will not comply, the Referee shall declare the opponent the winner.**
- **Medical Tape.** A maximum of three layers of tape are allowed except in the case of an injury. For an injury, the minimum amount of tape that will protect the area should be approved by the tournament medical team. Under no circumstances will a hard splint or cast be allowed, no matter how small.
  - **Drugs.** The administration or use of any drugs (except antibiotics or other medically prescribed therapeutics), alcohol, stimulants, or injections in any part of the body, either before or during a match, to or by any competitor is absolutely prohibited. Any competitor violating these rules will be disqualified.
  - **Eyeglasses.** For all belt ranks 5 to 11 years of age (excluding the mini-cadet black belt division age 10-11), "sport" eyeglasses will be allowed in Olympic Sparring competition. Soft contacts are highly recommended. Regular eyeglasses are not allowed.

#### Compliance

- If a competitor, upon being called to the center of the ring to compete, is found in violation of Protective Equipment and Personal Requirements, that competitor will receive one minute to come into compliance. If within that one minute the competitor returns to the center ready to compete, he/she will receive a gam-jeom and the match will begin. If he/she does not return to the center ready to compete at the end of one minute an additional one-minute count down will begin. If that competitor returns to the center within the second one-minute period, then the competitor will receive a second gam-jeom and the match will begin. If the competitor does not return within the total two-minute grace period, that competitor may be disqualified.

#### Duration of Competition

Age / Rank	Duration	Quantity	Rest
<b>All Color Belts</b>	1 minute	3 Rounds	30 sec
<b>Black Belts (5-9 &amp; 10-11)</b>	1 minute	3 Rounds	30 sec
<b>Black Belts (cadet / Executive 33+)</b>	90 seconds	3 Rounds	30 sec
<b>Black Belts (Junior/and Senior)</b>	90 seconds	3 Rounds	30 sec

**Rest Time between Semi-Final and Final Match - Competitors shall be allowed at least two-minutes rest between semi-final and final matches.**

#### **Best of three (3) system – No golden round**

##### Permitted techniques

- **Fist technique:** A straight punching technique using the knuckle part of a tightly clenched fist
- **Foot technique:** Delivering techniques using any part of the foot below the ankle.

##### Permitted areas

- **Head Area** (Foot techniques only permitted). The "head area" is all areas above the bottom of the headgear, including face, ears, top and back of head.
- **Trunk.** This area includes the entire trunk which is covered by the chest gear between the armpit and the pelvis. This includes the back, except for the spine. Attacks by fist and foot techniques are permitted.

If a legal implement hits a legal target area, but part of the striking implement also lands in an illegal area, it will be considered a legal strike.



### Points (Valid Scores)

Points shall be awarded when permitted techniques are delivered accurately and powerfully to legal scoring areas of the body (The blue or red colored area of the body protector). Points shall be awarded when permitted foot techniques are delivered accurately to the head.

- Scoring Areas
  - Body: The blue or red colored area of the trunk protector
  - Head: The entire head above the bottom line of the head protector

### Criteria for Valid Points

Points shall be awarded when permitted techniques are delivered accurately and powerfully to legal scoring areas of the body (The blue or red colored area of the body protector).

Points shall be awarded when permitted foot techniques are delivered accurately to the head.

- Points Awarded for Legal Attacks to Legal Scoring Areas:

• Contact Area	Point
•	
<b>a valid turning kick to the head (continuous)</b>	5 Points
<b>a valid turning kick to the trunk protector (continuous)</b>	4 Points
<b>a valid kick to the head</b>	3 Points
<b>a valid kick on the trunk protector</b>	2 Points
<b>a valid punch on the trunk protector</b>	1 Point
<b>Gam-jeom Penalty</b>	1 point

Point Gap (per round)	Gam-jeom (per round)
<b><u>12</u></b>	<b><u>5</u></b>

If using PSS, determination of the validity of the technique, level of impact, and/or valid contact to the scoring area shall be made by the electronic scoring system. These PSS determinations shall not be subject to challenge from a coach.

- Match score shall be the sum of points for all rounds.
- Invalidation of Points. If a competitor records the point (s) while performing a prohibited act, the following actions will be taken.
- If the prohibited act was instrumental to the scoring of the point(s), the Referee shall declare the penalty for the prohibited act and invalidate the point(s)
- If the prohibited act was not instrumental to earning the points, the Referee may penalize the prohibited act, but not invalidate the point(s).
- When Using Electronic Protector and Scoring System (PSS) points scored on the mid-section of the trunk shall be recorded automatically by the transmitter in the electronic trunk protector. If Electronic Headgear is utilized, only points scored by the headgear shall be recorded automatically by the transmitter in the headgear.



**KPNP PSS System: All Black Belts Sparring Division will use the KPNP PSS System. Please, bring your own KPNP E-foot gear.**

## Prohibited Acts

The following shall be classified as prohibited acts, and gamjeom shall be declared.

- Crossing the boundary line with one foot touching the mat
- Avoiding or delaying the match
- Falling down
- Grabbing, holding or pushing the opponent
- Kicking below the waist
- Lifting the leg to block, and/or kicking the opponent's leg to impede the opponent's kicking attack, or lifting a leg and/or kicking in the air for more than 3 seconds to impede the opponent's potential attacking movements, or a kick aimed below the waist
- Butting or attacking with the knee
- Hitting the opponent's head with the hand
- Attacking and making contact to the opponent after Kal-yeo
- Attacking and making contact to a fallen opponent
- \*Misconduct on the part of a competitor or a coach
- 

**\*When a competitor or coach commits a second (2nd) excessive misconduct infraction, they will receive a yellow card and immediately be disqualified from that and any remaining competitions for that tournament**

## IVR (Instant Video Replay) and Appeals

Each coach shall have the following quantity of Challenge Cards for Appeals per match:

- Non-IVR matches: 2 cards
- IVR matches: 1 card
- **Coach's appeal is limited to only (1) action which has occurred within (5) seconds of the appeal. Once the coach raises the Challenge Card to request an appeal, it will be considered that the coach has used their allocated appeal, unless the Judge's meeting satisfies the coach. If the coach's appeal is successful and the contested request is corrected, the coach shall retain the appeal right for the match.**

Coach may only appeal the following:

- Non-IVR matches
  - Non-Head PSS / PSS: Attack to the head area for only their own contestant.
  - Technical Point for either contestant.
  - Wrong identification of fist attacking contestant by judges.
  - Mechanical malfunction (1<sup>st</sup> round – center referee, 2<sup>nd</sup> & 3<sup>rd</sup> round – coach challenge card and gamjeom penalty will be given if no mechanical malfunction)
  - Penalties by either contestant as follows:
    - **falling down**
    - **crossing the boundary line**
    - **attacking the opponent after kal-yeo**
    - **attacking the fallen opponent.**
- If the referee perceives a contestant to be staggering, bleeding or knocked down by a kick to the head, and so begins counting, but the attack was not scored by the head PSS, the referee may request IVR or judges review to make the decision for awarding or not awarding points after the count.

## Protests

Filing a Protest. In case there is an objection to a decision; the appointed coach (and he/she alone) representing the athlete may file a written protest to the event head Referee or Tournament Director, along with a fee of \$75 (cash only). The protest

will be submitted on the official protest form. The appointed coach MUST inform the Referee or Team Leader of that match immediately that it is their intent to protest the match. The written protest itself must be filed within a reasonable period of time. However, if the protest involves an error in the management of that division, such as miscalculating the score or misidentifying an athlete, the correction must take place immediately.

### Deliberation Process

After reviewing the protest application, the content of the protest must be arranged according to the criterion of “acceptable” or “unacceptable.” If necessary, the arbiter can hear opinions from the Referee, Judges, or Team Leader.

- If necessary, the arbiter can review the material evidence of the decisions, such as the written data (score sheets). Video WILL NOT be admitted as evidence to confirm or disconfirm the protest.
- Errors in determining the match results: Mistakes in calculating the match score or misidentifying a competitor shall result in the decision being reversed.
- Error in application of rules: When it is determined by the arbiter that the Referee made a clear error in applying the competition rules, the outcome of the error shall be corrected, and the Referee shall be disciplined and/or sanctioned.
- Errors in factual judgment: When the arbiter decides that there was clearly an error in judging the facts such as impact of striking, severity of action or conduct, intentionally, timing of an act in relation to a declaration or area, the decision shall not be changed and the official(s) who have made the error shall be disciplined and or sanctioned.
- The decision of the arbiter will be final and there will be no means of further appeal.

### Safety Rules Governing Olympic-Style Sparring for Youth Competitors

The following special section of the Competition Rules shall apply to **all belt ranks 5 to 14** years of age **and colored belts 15 to 17 years of age** competing in the Olympic Style Division.

- General Rules. In the local/preliminary, District, Regional, and National level competition, the rules concerning a kick to the head area shall be as follows:
  - The competitor is encouraged to kick to the head area; however, the kick must be light contact with absolute control, or the appropriate penalty shall be invoked.
  - The competitor who executes a successful technique (light contact) will be awarded three or five points, whichever is applicable based on the type of kick.
  - The competitor who executes a kick to the head or neck, which does not cause injury, but, **in the judgment of the Referee, is deemed excessive, will receive a one-point penalty (gam-jeom).**
  - **The competitor who executes a kick to the head or neck, which results in a minor injury, shall receive a one-point penalty. A minor injury is defined as an abrasion or bleeding caused by excessive contact. The Referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury and if the attack is a non-excessive one.**
- **The competitor who executes a kick to the head or neck, which results in the inability of the opponent to continue, due to the injury, shall be disqualified. The Referee, with or without consultation with the tournament physician and or Team Leader, shall determine if the attack is excessive contact, and disqualification.**

NOTE: Inability to continue because of fright, crying, or loss of will following a legal kick to the head does not constitute grounds for disqualification of the attacker.

# COMPETITION GUIDELINE

## Traditional Forms Guidelines

- ✓ Please refer to the forms/patterns section of the AAU Taekwondo Handbook at <https://image.aausports.org/dnn/tw/2023/23AAUTKD-Handbook.pdf>
- ✓ The official Forms/Patterns accepted for competition shall be WT (Taegeuk & Pal Gwe), ITF, and TSD/MDK
- ✓ Forms/Patterns Cannot Be Altered or Modified. Do not add or leave out kicks or movements. Doing so can result in disqualification.

## Team Form Competition Guidelines

- ✓ There will be three (3) types of teams
  - Black Belt Youth (5-17 yrs old) Team
  - Black Belt Senior (18+ yrs old) Team
  - Mixed Belt Rank Team (can be a combination of Youth and Seniors, all colored belts, a combination of colored belts and black belts, all black belts consisting of both Youth and Senior black belts.
- ✓ Teams shall consist of three members.
- ✓ An individual may compete on **only** one team.
- ✓ Team may consist of all males, all females or a combination of males and females.

## Weapon Forms Guidelines

Weapon forms will be judged on the following criteria (in no particular order of importance):

- ✓ Overall control of the weapon (deductions for drops, mishandling, etc.)
- ✓ Difficulty (more difficult maneuvers deserve more recognition)
- ✓ Originality (is the competitor being creative)
- ✓ Presentation (was the display exciting and fun)
- ✓ Practical application of the weapon
- ✓ Stances, timing, and rhythm of the form

## Sport Poomsae

- ✓ Sport poomsae divisions will be officiated by AAU Poomsae and World Taekwondo International Referees with current AAU modified rules and guidelines.
- ✓ Designated Poomsae will be posted a week prior to the event.
- ✓ Winners of male and female (with at least 4 athletes in the division) in the mini cadet, cadet, junior, and senior divisions will receive a reimbursement for early entry fee to the 2024 AAU National Championship.

## Olympic Sparring

- ✓ Please refer to the Olympic Sparring section of the AAU Taekwondo Handbook at <https://image.aausports.org/dnn/tw/2023/23AAUTKD-Handbook.pdf>
- ✓ Winners, male and female (with at least 4 athletes) in the mini-cadet, cadet, junior, and senior divisions will receive a reimbursement for an early entry fee to the 2024 AAU National Championship.
- ✓ All World Class Olympic Sparring Division must weigh-in on Friday, February 9<sup>th</sup>, 2024, from 5:30 PM to 8:30 PM

## **General Weigh-In – Olympic Sparring (State Championship)**

Competitors will be expected to register in the most proper weight class division listed for that tournament. Any officials or coach may question the weight of a prospective opponent prior to the beginning of the division. If a competitor's weight is questioned and his/her weight is found to be either over or under that weight class in which they have been assigned to compete, he/she will be disqualified from further competition that day.

Competitors unable to make their weight prior to the beginning of competition may, with the permission of the tournament director, move into another weight division other than that for which they had registered.

Weight may be measured twice, if necessary, to make the weight. The second reading of a competitor's weight may take place any time during the posted weigh-in times.

During the weigh-in, the competitor may be required to verify his/her membership in the United States AAU and provide proof of age.

During the weigh-in, Black Belt competitors (World Class Division), 10-11, 12-14, 15-17, and 18-32, competing in Olympic Sparring will be required to show a valid photo ID documenting date of birth (such as driver's license, birth certificate, or passport).

Weigh-in may be allowed in dobok, street clothes, or athletic shorts and t-shirt. Absolutely no nude weigh-in is allowed.

Competitors unable to make the weight for which they register, **MAY BE DISQUALIFIED** or be allowed to change their registration and pay the required **CHANGE ORDER FEE (\$50)** at check-in.

## **Board Breaking Guidelines**

Board sizes will be supplied by the tournament director. All boards will be available for purchase at the venue. All boards used for competition must be purchased through tournament committee/director - No boards sourced from a 3rd party will be allowed for competition use. All boards will be subject to inspection any time before or during the competition.

Competitors must provide their own board holders.

Each competitor will be allowed only **TWO** stations per round, a maximum of 2 attempts per station is allowed

- 90 seconds maximum setup/break time allowed per competitor.
- Maximum of 10 boards utilized is allowed per competitor, per round of competition
- No forehead breaking, open flames, or bladed props may be used
- No jumping/flying over people will be allowed
- No spacers will be allowed
- No elbow strikes will be allowed
- Competitors may use demo boards or pine boards

Athlete technique will be judged based on the following criteria: Technique focus, balance, power, and creativity

- A break performed on the 1<sup>st</sup> try is superior to a break completed on the 2nd try
- A 2 boards break is superior to a 1 board break, a 3 boards break is superior to 2 boards break and so on
- A break supported on 1 end (speed break) is superior to a break supported on both ends

**\*\*Athletes must purchase boards at the tournament. \$3/each demo board\*\***

## **Demo Team**

Composition of Team

- Three (3) to twenty (20) member teams (any rank)
- **More than 75% of the Demo Team members must participate in individual event(s)**
- All demo members & volunteers must be current AAU members



### Demo Time

- Maximum two (2) minutes set up, maximum six (6) minutes performance, maximum two (2) minutes for cleanup

### Judging Criteria

- All technical Taekwondo skills are graded for execution, presentation, and difficulty. Teams are granted freedom to add creativity to their demonstration, however synchronization may or may not be part of the team demonstration. Demo Team performance criteria must include elements from forms/poomsae, board breaking, and self-defense.

### Scoring

- Each judge will provide three (3) sets of scores with a maximum of ten (10) points for originality, ten (10) points for technique and ten (10) points for difficulty.
- Five (5) judges will score each performance, with the highest and lowest scores being excluded. Final score is cumulative. In case of a tie, all lowest scores will be added back in, then all highest scores will be added back in to break the tie.
- Penalties: Exceeding time limit
  - (1). Over six (6) minutes will be a five (5) point penalty from the overall score.
  - (2). Over six (6) minutes 30 second will be a ten (10) point penalty from the overall score.
  - (3). Over seven (7) minutes will be disqualified.

### Additional Information

- 1. All props are subject to inspection from the Chief Referee and may be prohibited if deemed unsafe.
- 2. No jumping or flying over individuals will be allowed.
- 3. Normal uniform and equipment requirements are waived for the demo competition and may be selected by the team.
- 4. Music and sound effects can be used.
- 5. Boards are to be purchased at the competition venue unless authorized by the tournament director and are the only type of breaking material allowed in the demonstration.
- 6. Handheld board holding poles and devices will be allowed as props for breaking (nothing can make contact with the floor)
- 7. Any music containing vulgarity or profanity is an automatic disqualification.
- 8. Performance will be done in a matted ring on competition floor

### Para Taekwondo Division Rule Modifications (Forms / Breaking)

Para Taekwondo competition follows the same rules and equipment requirements as specified in current AAU Taekwondo Handbook with the following modifications.

Divisions are defined in the AAU Taekwondo Policy Handbook

### Merits

- Merit will be awarded on the basis of SPIRIT, focus, technique, power, rhythm, grace and beauty; listed in order of importance.

### Judging Procedure

- The scoring method used for forms is Individual Scored Method ONLY.

### Coaches' Attire:

Official Blue AAU Coach's shirt (coach's shirt may not be modified in any way)

- White Dobok (uniform) pants or ankle-length athletic pants
- Sneakers
- Coach credentials must be always worn and must be plainly visible.



**2025 AAU TAEKWONDO  
ARIZONA STATE CHAMPIONSHIP**

**CRISMON HIGH SCHOOL  
21942 E RIGGS RD  
QUEEN CREEK AZ 85142**

**LIABILITY WAIVER FORM, ASSUMPTION OF THE RISK DECLARATION AND  
RELEASE AND INDEMNIFICATION AGREEMENT**

**FOR THE AAU TAEKWONDO ARIZONA DISTRICT QUALIFIER - February 22, 2025**

In consideration for the privilege of participating in the 2025 AAU Taekwondo Arizona State Championship (National Qualifier). I hereby assume the risk during participation, and waive any and all rights to recovery from, (for personal injury sustained during the 2025 AAU Taekwondo Arizona State Championship (District Qualifier), and subsequently hold harmless and will indemnify, the Organizers, Crismon High School, Queen Creek Unified School District, Amateur Youth Sports Foundation, Inc, Arizona Taekwondo LLC, Master Hyun Christopher Kim, and any agents, representatives, referees, volunteers or spokespersons of such above mentioned entities.

The AGREEMENT shall apply to any form of participation related to the Tournament, and is not limited to general participation, traveling to and from the competition, competing during the competition, watching others compete, coaching, aiding, participate, as well as any and all activities related to the Tournament.

As a participant, I recognize and assume the risk that, as a participant in the Fighting Competitions, other participants and competitors will be using all techniques possible to win such competitions. As a result of such techniques, I assume the risk that I will be subject to KICKS TO VARIOUS PARTS OF THE BODY, PUNCHES TO VARIOUS PARTS OF THE BODY, AND GENERAL COMBATIVE TECHNIQUES, which may result in injury or death.

I certify that I am healthy, and have not been advised by any doctor, coach, or trainer not to compete for medical or other reason. In addition, I hereby grant permission for a trained medical technician to provide first aid to me in the event of an injury, and such will hold harmless such technician for all services performed in a reasonable manner. I hereby accept any and all financial obligations incurred as a result of such immediate medical treatment, and subsequent related costs. I agree to indemnify the Organizers, Williams Field High School; Amateur Youth Sports Foundation, Inc, Arizona Taekwondo LLC, Master Hyun Christopher Kim, and any agents, representatives, referees, volunteers, or spokespersons of such above mentioned entities, for all costs related to treatment administered during Tournament.

I certify that I am familiar with the Rules, Sports, and Nature of Tae Kwon Do and other Martial Arts. I realize as a participant, there is a high risk of injury due to the very nature of Tae Kwon Do and other Martial Arts. I assume all the risks related to this Tournament, and hold harmless and will indemnify, the Organizers, Crismon High School, Queen Creek Unified School District, Amateur Youth Sports Foundation, Inc, Arizona Taekwondo LLC, Master Hyun Christopher Kim, and any agents, representatives, referees, volunteers, or spokespersons of such above mentioned entities.

I grant permission to Amateur Youth Sports Foundation Inc, Arizona Taekwondo LLC, the 2025 AAU Taekwondo Arizona State Championship (District Qualifier) affiliates, its employees, and agents, to take and use visual/audio images of me. Visual/audio images are any type of recording, including but not limited to photographs, digital images, drawings, renderings, voices, sounds, video recordings, audio clips or accompanying written descriptions. I agree that Amateur Youth Sports Foundation Inc, Arizona Taekwondo LLC, the 2025 AAU Taekwondo Arizona State Championship (District Qualifier) affiliates own the images, and all rights related to them. The images may be used in any manner or media without notifying me, such as tournament-sponsored web sites, publications, promotions, broadcasts, advertisements, and posters, as well as for non-tournament uses. I waive any right to inspect or approve the finished images or any printed or electronic matter that may be used with them or to be compensated for them. I release Amateur Youth Sports Foundation Inc, Arizona Taekwondo LLC, the 2025 AAU Taekwondo Arizona State Championship (District Qualifier) affiliates and its employees and agents, including any firm authorized to publish and/or distribute a finished product containing the images, from any claims, damages, or liability which I may ever have in connection with the taking of use of the images or printed material used with the images. I acknowledge that there will be no refunds for any reason.

This Waiver and assumption of the risk shall apply to all participants, heirs, assigns, parents, guardians, executors, and as such I agree to hold harmless and will indemnify, the Organizers, Crismon High School, Queen Creek Unified School District, Amateur Youth Sports Foundation, Inc, Arizona Taekwondo LLC, Master Hyun Christopher Kim, and any agents, representatives, referees, volunteers, or spokespersons of such above mentioned entities.

SIGNED \_\_\_\_\_ PRINTED NAME \_\_\_\_\_  
Contestant or Parent/Guardian if under 18 years of age

DATE \_\_\_\_\_



**2025 AAU TAEKWONDO**  
**ARIZONA STATE CHAMPIONSHIP**  
CRISMON HIGH SCHOOL  
21942 E RIGGS RD  
QUEEN CREEK AZ 85142

## REFEREE APPLICATION

	Referee	Per Diem
	International Referee (World Taekwondo)	\$ 200 (\$175 + dinner \$25)
	Official Referee (AAU Certified, Level B to AA)	\$ 200 (\$175 + dinner \$25)
	Official Referee (AAU Certified, Level D to C) AAU Poomsae Referee Certified	\$ 150 (\$125 + dinner \$25)
	Corner Referee (AAU Certified, Level E or Computer Operator)	\$ 100 (\$75 + dinner \$25)

### Dress Code:

- Official Referee (must be at least 15 as of December 31, 2025 & advance belt or higher)
  - o Grey Referee Polo shirt, Black dress pant or slacks, socks and Taekwondo shoe or Tennis Shoe (black and/or white)

### Requirements:

- Must be an active AAU member (2024-2025)
- **Must officiate full day of the tournament to receive per diem**
- All referees must attend AAU Referee clinic prior to officiating.

### Applicant Information:

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ ☐ Male

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ ☐ Female

Age \_\_\_\_\_ as of December 31, 2025 D.O.B \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

AAU membership # \_\_\_\_\_ USAT# \_\_\_\_\_

Email \_\_\_\_\_ Phone number \_\_\_\_\_

School / Club: \_\_\_\_\_

# AAU Taekwondo Protest Form



**Athlete Name:** \_\_\_\_\_ **Division** \_\_\_\_\_  
**Coach Name:** \_\_\_\_\_ **Ring#** \_\_\_\_\_ **Date:** 02/22/2025

Describe what has happened to make you file this protest and what action(s) you think need to be taken to correct the situation:

Team Leader \_\_\_\_\_  
Referee \_\_\_\_\_  
Corner 1 \_\_\_\_\_  
Corner 3 \_\_\_\_\_  
Corner 3 \_\_\_\_\_  
Corner 4 \_\_\_\_\_

Reason for Arbitration Decision:

Was the protest upheld? ☐ Yes ☐ No

Arbitration Members

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_