



2019 Maryland AAU District Taekwondo Championship



Date: Saturday March 30, 2019
AAU Qualifying Event

Location: North Point High School, 2500 Davis Rd, Waldorf, Maryland
Partially funded by Charles County

Entry Fee: \$85 for One Event - \$10 additional for each event
for registrations received by 03/24/2019

Coaches Pass = \$20.00 (1 Free pass for every 3 athletes registered)
Spectator Fee: \$10 per person - Ages 5 & Under are free

Online registration: www.tourneyreg.net

Late Fee: \$20 per Application received between 03/25/2019 - 03/27/2019
NO DAY OF REGISTRATIONS WILL BE ACCEPTED!

Mail Registrations n Ames - P.O. Box 361, Indian Head, MD 20640

Phone: (301) 502-4181 | E-mail: 7Dragonstk@gmail.com

Make checks payable to: 7Dragons

- ? 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, 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.ausports.org to obtain their membership.

Event Schedule – Athletes should arrive 30 minutes prior to the start of your competition

March 29

6:30 PM – 8:00 PM Weigh in (Olympic 10 – 32 only)

March 30

8:30 AM Weigh in (Olympic 10 – 32 only)

8:30 AM Officials Meeting

9:00 AM Olympic Sparring Staging

11:30 AM Special Needs and Team Forms Staging (Single Elimination Bracketed)

12:30 PM Traditional Forms Staging

2:30 PM Point Sparring Staging

All competitors must be an AAU member for 2018-2019. Register for AAU membership at: www.aausports.org

Competitors may be required to present a valid AAU membership card at time of staging.

AAU Taekwondo rules apply to all competition. Rulebook available at: www.aautaekwondo.org

Coaches: All coaches must take the required AAU Taekwondo Online Coaches Certification Course. Coaches must complete the course and bring proof of certification with them to all AAU Taekwondo events in order to coach. Coaches Attire is required. **NO EXCEPTIONS**. Information on this course is available at www.aautaekwondo.org.

Awards: Championship Medals awarded to the top 4 places in each division.

Uniforms: All competitors must wear a clean **WHITE** uniform only. Patches & screens are permitted. No rolled sleeves or cuffed pants. Black belts are allowed to wear a black V-neck collar or have black trim on the lapels of their uniform.

Equipment: Point Sparring safety gear is **MANDATORY**: Foam dipped or vinyl Head Gear, Hand Gear, Foot Gear and Mouthpiece. A protective groin cup for males is also required. Forearm, shin guards and rib guards are optional. Forearm and shin guards must be worn **UNDER** the uniform.

Olympic Sparring All competitors must wear an Olympic style Chest Protector, Headgear, manufactured Shin & Instep protectors, Forearm protectors and Mouthguard. Males are also required to wear groin protection inside of their dobok.

Black Belt Cadets (12-14) and above will be using KP&P electronic scoring. All competitors must use the appropriate KP&P Footgear. The Chest Protectors will be provided for electronic scoring only. All remaining gear is the responsibility of the Athlete.

Duration of rounds :

1.a. Youth (5-9), Mini-Cadet (10-11), Cadet (12-14) and Executive (33 and up) shall compete using three one-minute rounds with a 30-second rest

1.b. Junior (15-17) Shall compete using three 90-second rounds with a 30 second rest

1.c. Senior (18-32) Shall compete using three two-minute rounds with a 60 second rest

Special Needs For Special Needs Students, please register in TourneyReg as normal and contact Master Ames (7Dragonstkd@gmail.com) with the Students name and any special requirements.

Charles County Concussion Awareness Please take the time to review the concussion awareness supplied by the Charles County Government. The information can be reviewed at <https://www.ccboe.com/images/community/UseOfFacilities/AthleteFactSheet.pdf>

Directions

From Northern Virginia:

I-495 (Capital Beltway)/I-95 North to Baltimore across Woodrow Wilson Bridge to Exit 3A MD Route 210 Indian Head
Continue on MD 210 approximately 10 miles to left exit/turn onto MD 228 towards Waldorf
Proceed approximately 3 miles to right turn onto Bunker Hill Road
Proceed approximately 0.12 miles to turn right onto Davis Road
Proceed for 1 mile and location will be on the left

From the North (Baltimore, Frederick, Laurel):

I-495 (Capital Beltway)/I-95 South to Richmond to Exit 3 for MD 210 towards Indian Head
Continue on MD 210 approximately 10 miles to MD 228 – Berry Road
Turn left on MD 228-Berry Road
Proceed approximately 3 miles to right turn onto Bunker Hill Road
Proceed approximately 0.12 miles to turn right onto Davis Road
Proceed for 1 mile and location will be on the left

From the South (Fredericksburg, Richmond) :

US 301 north through La Plata

Continue approximately 13 miles on US 301 to MD 228

Proceed approximately 3.6 miles to left turn onto Bunker Hill Road

Proceed approximately 0.12 miles to turn right onto Davis Road

Proceed for 1 mile and location will be on the left

Host Hotel Information for Tournament



Hampton Inn
3750 Crain Highway
Waldorf, Maryland, USA, 20603
301-632-9600

Other Local Hotels:

Courtyard by Marriott
3145 Crain Highway
Waldorf, MD 20603
301-885-3333

Hilton Garden Inn
10385 O'Donnell Place
Waldorf, MD 20603
240-222-0000

