



AAU GULF DISTRICT CHAMPIONSHIP

April 24, 2010

Competition Venue: Stafford High School: Competition Gym 1625 Staffordshire
Stafford, TX 77477

**NOTE: NEW
LOCATION!!!**

Hosted By: Young Brothers and American Kids Athletics

**NOTE: NEW
LOCATION!!!**

INFORMATION SHEET

Competition Date:	Saturday, April 24, 2010	
Entry Fees:	Forms and Sparring (Choose Point or Olympic)	\$75.00
	Forms and/or Sparring and Board Breaking	\$85.00
Admission Fees:	<u>CASH ONLY AT THE DOOR</u>	
	\$8 Adults	
	\$5 Children	
	3 Years and Under FREE	
Coaches:	Must show proof of certification form on line clinic www.aautaekwondo.org	
Referee Clinic:	Friday, April 23, 2010 * 6:00 PM	\$35.00
	American Kids Athletics	
	3211 Fry Road Katy, Texas 77449	
****Must register and pay online prior to attending clinic www.akasportscamp.com/forms ****		
Coaches Floor Fee:	****This is in addition to online coach's clinic fee****	\$15.00

All officials and coaches who wish to work this event must hold a current 2010 Coach's/Officials credentials. Those officials/coaches who already hold current credentials must still show proof on the day of the tournament. Coaches/Officials must be in proper attire to be allowed on the floor. See AAU handbook.

Entry Start Date:	March 1, 2010
Entry End Date:	Wednesday, April 21, 2010
Entry and Payment Info:	ALL REGISTRATION AND PAYMENTS ARE TO BE DONE ONLINE AT: www.akasportscamp.com/forms Payments made through PayPal Only <i>(This includes: Individual Events, Referee Clinic, and Coaches Floor Fee)</i>

****ADMISSION FEE TO THE EVENT IS CASH ONLY AT THE DOOR****

**ABSOLUTELY NO REGISTRATION OR ATHLETES'
FEES WILL BE TAKEN AT THE DOOR**

AAU GULF DISTRICT CHAMPIONSHIP

April 24, 2010

The Local Organizing Committee (LOC), along with the AAU has spent many hours planning and preparing for this AAU Event. In order to make it a great success, we are asking for your cooperation. It is the responsibility of the parents, coaches, instructor and athlete to insure that the application is in on time and complete. Incomplete applications (missing age, belt, weight, AAU #, etc) WILL BE REJECTED. When completing the online application, be sure to give the correct age, weight, and rank as of August 31, 2010. It is your responsibility to insure that our weight matches the weight class you listed on your application – Failure to make weight will result in you disqualification from sparring.

Age Determining: Athletes shall complete at their age as of August 31, 2010

AAU Membership: All Athletes, coaches, and officials MUST be individual members of the AAU and present their membership card at the time of their check-in. To become a member www.aautaekwondo.org

Awards: Medals will be awarded

Rules: AAU Tae Kwon Do Rules as documented in the 2010 AAU Taekwondo handbook shall apply. All officials must have in their possession the current handbook that may be obtained at www.aautaekwondo.org

AAU International Sparring Rules

Uniform Requirements: All contestants must wear a clean White dobok only.

Equipment Requirements: Please refer to the proper pages in the 2010 AAU Taekwondo handbook for mandatory and optional equipment requirements for Olympic and Point Style sparring respectively. No Exceptions!

Equipment: AAU approved Chest pad, Head Gear, Forearm Pads, Groin Protector, Mouth Guard, and Shin & Insteps.

Note: White cloth athletic tape may be worn to support previously injured appendages as well as to help protect uninjured areas from becoming injured. Areas allowed to be taped include: fingers, thumb, wrist, and toes. This tape may be wrapped no more than two times around the appendage, and be used in such a way as to prevent or severely restrict the movement thereof.

ABSOLUTELY NO REGISTRATION OR ATHLETES'
FEEES WILL BE TAKEN AT THE DOOR

AAU GULF DISTRICT CHAMPIONSHIP

April 24, 2010

THIS IS A MEDAL DIVISION NOT A QUALIFIER

BOARD BREAKING

- Board Breaking Rules: This competition will be graded and separated by age and belt rank. Minimum boards 1 and maximum 3. Participants will be allowed 3 attempts with only 2 minutes to set up and break. You may break all boards at once or in sequence. Participants must provide their own people to hold their boards either a coach or parents. Competitors are required to clean up and put wood pieces in the trash immediately after their break.
- Judging Criteria: Number of boards, Technique, Power, and Difficulty of the break. Maximum points is 10. Points will be immediately taken off for going over the 2 min set up time or board does not break.
- Types of Breaks: Participants may choose one or any combination of the following: Power, Speed, Aerial, or Stationary Breaks
- Boards: To insure that all participants have the correct boards all those who want to participate in this competition must purchase the boards through us along with payment for your other events online. Boards will be waiting for you at the event.
12 and under will be using ½ inch boards
13 and up will be using ¾ inch Boards
- Cost: 5 Boards for \$12.50
10 Boards for \$20.00
- Questions: Please contact American Kids Athletics via email
Katherine@akasportscamp.com

**ABSOLUTELY NO REGISTRATION OR ATHLETES'
FEES WILL BE TAKEN AT THE DOOR**

AAU GULF DISTRICT CHAMPIONSHIP
April 24, 2010

**THE STAGING TIMES ARE APPROXIMATE AND MAY
CHANGE AS EVENTS FINISH. YOU MUST BE
READY AT LEAST ONE HOUR PRIOR TO
YOUR EVENT AND BE LISTENING WHEN
YOUR EVENT IS CALLED!!!!**

8:00	Door Open
8:30	Officials Meeting
9:00	Olympic Sparring Children (5-11 yrs.)
10:30	Olympic Sparring Teens (12-13 yrs)
11:00	Olympic Sparring Juniors (14-17 yrs.)
11:30	Olympic Sparring Adults (18-34 yrs. & up)
12:00	Forms/ Board Breaking Children (5-11 yrs.)
1:00	Forms / Board Breaking Teens (12-17 yrs.)
1:30	Forms Adults (18-34 yrs. & up)
1:30	Point Sparring Children (5-11 yrs.)
2:00	Point Sparring Teens (12-17 yrs.)
2:30	Point Sparring Adults (18-34 yrs. & up)

Any questions please contact:

Young Brothers * 8475-C3 Hwy 6 North * Houston, Texas 77095 *
281-463-1090

OR

American Kids Athletics * 3211 N. Fry Rd * Katy, Texas 77449 *
281-492-2411 * Katherine@akasportscamp.com

**ABSOLUTELY NO REGISTRATION OR ATHLETES'
FEES WILL BE TAKEN AT THE DOOR**