

2008 AAU Maryland District **Point Sparring Challenge**

Date: Saturday August 23, 2008

Location: Capital Clubhouse, LLC
3033 Marketplace - Waldorf, MD 20603

Athlete Check-In: Competition begins at 10:00am

Entry Fee: Pre-Registration ONLY \$45.00

NO DAY OF REGISTRATIONS WILL BE ACCEPTED!

Send Registrations to: Southern Maryland Martial Arts
P.O. Box 959
Bryans Road, MD 20616 Phone - (301) 934-3699
E-mail: smtkd@yahoo.com
Make checks payable to: "SFMA"

Officials Meeting: 9:30am Sharp

AAU Membership: All competitors must be an AAU member for 2007-2008. Membership can be obtained at www.aausports.org. Competitors **MUST** have a valid AAU membership card and be able to present it at the time of staging.

Rules: AAU Taekwondo rules apply to all competition conducted at Tournament. AAU Taekwondo rules and regulations may be viewed or downloaded at: www.aautaekwondo.org

Officials Certification: Black Belts who are not certified AAU Referees/Judges that have never officiated at an AAU sanctioned tournament may officiate at this tournament pending the directors approval. At any future AAU event that individual must have obtained certification in order participate as a tournament official. All coaches and officials must be current AAU members. NO first time coaches are allowed, all coaches must be currently certified.

Awards: *Championship Trophies* will be 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 Headgear, Handgear, Footgear. A protective mouthpiece and a groin cup for males is also needed. Forearm, shin guards and rib guards are optional. Optional equipment must be worn **UNDER** the uniform.

Directions to Tournament: www.capitalclubhouse.com

From Virginia & Washington D.C.: Take Capitol Beltway to I-95 North over the Woodrow Wilson Bridge to Maryland exit 3 (Indian Head Highway Route 210) south. Follow Route 210 south approximately 12 miles until you reach the intersection of Rt 210 & Rt 228. Turn left on Rt 228 and Head towards Waldorf. The Capital Clubhouse is located in the Waldorf Marketplace behind the Safeway.

From Waldorf and points south (LaPlata, Richmond etc.)

At the intersection of Routes 5 and 301 in Waldorf, turn left on Route 228 west. Take left at light on Western Parkway. The Capital Clubhouse is located in the Waldorf Marketplace behind the Safeway.

From Baltimore:

Take I-95 south to Maryland exit 7A. Take Route 301 (Crain Hwy.) south. Follow Route 301 south into Waldorf. Take a right at the intersection of Rt 301 & Rt. 228. The Capital Clubhouse is located in the Waldorf Marketplace behind the Safeway.

Special Notes:

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