

The **A.I.M.A.A. National Championships 2011** will be held in the ALSAA Sports Complex (Dublin Airport) on Saturday 12th February, starting at 9.30am with adult black belt divisions. The event will be a competition judging the disciplines of Continuous Sparring, Points Sparring & Destruction.
All instructors, coached, referees and judges to be there for 9am sharp.

Entry fees

€20 covers one, or all events. **Late entries will be charged €30.**

Where there are three or more in any one family, only the first two pay €20 – all subsequent family members pay €10 (ie. 3rd, 4th, 5th etc. family members pay €10). Family entries to be submitted altogether.

To avail of the €20 entry fee, all instructors must fill out the supplied instructors spread sheet and return BY EMAIL by Monday 7th February. Any amendments these entries after this closing date shall be subject to the 'late entry' fee of €30.

For sparring, medals will be awarded for first, second and third place in each category.

For breaking, medals will be awarded for first place. Medals will be awarded for second and third places if places can be decided.

All 10 year olds & under will be awarded participation medals.

Competitors

Must be physically and mentally fit and an active member of a martial arts school/club/gym.

Must have a proper uniform appropriate to his or her school/club, no street clothes or jewellery.

Please note where there are three or less competitors in one division, that division may be merged with another division.

A.I.M.A.A. RESERVES THE RIGHT TO SPLIT, COMBINE OR ELIMINATE ANY DIVISION

A.I.M.A.A. reserves the right to refuse entry and/or remove anyone from the tournament for violating any rule or procedure.

Scoring

Destruction/Breaking

All boards will be wooden and 12 inches square.

$\frac{1}{2}$ inch thick for 10 years and under.

$\frac{1}{2}$ or 1 inch thick for 11 to 13 years.

1 inch thick for 14 years and older.

Judges will determine amount of boards to be attempted for the first round. Judges will decide a winner in each category based upon amount of boards broken. If competitors break the same amount of boards, judges may ask competitors to break with opposite leg or different technique.

One 'size up' and two attempts allowed.

Sparring.

1 point for punch to head or body

2 points for kick to the body

3 points for kick to the head

Clicker system will be used by judges to determine the winner in continuous divisions. All judges will determine a winner in each round.

Judges will call scores as they happen in points divisions. Points will be subsequently awarded by referee and recorded.

Hotels and B&B's near Dublin Airport;

Flyover B&B – Swords Road	00353 1 8372632
Kylemore House – Swords	00353 1 8401605
Glenshandan Lodge – Swords	00353 1 8408838
Clarion Hotel- Dublin Airport	00353 1 8080500
Carlton Hotel Group – Old Airport Road	00353 1 8667500
Crowne Plaza Hotel – Old Aripport Road	00353 1 8628888
Express By Holiday Inn – Old Airport Rd	00353 1 8628866
Hawthorn Hotel – Swords	00353 1 8401308
Premier Inn – Swords Road	00353 1 8957777
Travelodge – Swords Road	00353 1 8079400

See below for rules and categories...

Sparring rules

This is a light-contact competition.

Weights listed for adults divisions are in **Kg** (kilograms)

Excessive contact;

First call – verbal warning

Second call – verbal warning and points deducted

Third call – disqualification.

All competitors must have pads on and be ready to compete once their competition begins.

Padded equipment must include hands;

6 oz minimum for 7 years and under (not fingerless).

8 oz minimum for 8 to 10 years (not fingerless).

10 oz minimum for 11 years and older (not fingerless).

Fingerless gloves allowed for Points divisions.

Padded equipment must also include feet, shins (no hard plastic), gum, head & groin (groin is optional for females). Finger and toe nails must clipped and clean.

Legal target areas The trunk of the body from the collar bone to the lower abdomen (above the belt).
Light head contact allowed.

Legal techniques Hand - all punches, back-fist, ridge hand and knife-hand.
Foot - All foot techniques including front foot sweeps (***front foot only – boot to boot***)

Illegal target areas The back, neck, hip or anywhere below the belt (except front foot sweep)

Illegal techniques Elbow and knee attacks, heavy head contact, forearm or shin strikes, slapping, head butting, blind techniques and hitting the opponent when down.

Contests will consist of **one**, two minute, round.

Final will consist of **two**, one and a half-minute, rounds with a one-minute break between rounds.

Each arena will have three judges and one referee.

In all matters, referees decision is final.

Continuous Sparring

All competitors must have pads on and be ready to compete once their competition begins. Any fighters not ready to compete may be disqualified.

Weights listed for adults divisions are in **Kg** (kilograms)

Gender	Weight Kg	Age	Belt level	Category
Female / Male	All weights	7 & under	All Belts	JC1
Female	All weights	8 - 10 yrs	White to green	JC2
Female	All weights	8 - 10 yrs	Blue to High Red	JC3
Female	All weights	8 - 10 yrs	Black	JC4
Male	All weights	8 - 10 yrs	White to green	JC5
Male	All weights	8 - 10 yrs	Blue to High Red	JC6
Male	All weights	8 - 10 yrs	Black	JC7
Female	All weights	11 to 13 yrs	White to green	JC8
Female	All weights	11 to 13 yrs	Blue to High Red	JC9
Female	All weights	11 to 13 yrs	Black	JC10
Male	All weights	11 to 13 yrs	White to green	JC11
Male	All weights	11 to 13 yrs	Blue to High Red	JC12
Male	All weights	11 to 13 yrs	Black	JC13
Female	All weights	14 to 15 yrs	White to green	JC14
Female	All weights	14 to 15 yrs	Blue to High Red	JC15
Female	All weights	14 to 15 yrs	Black	JC16
Male	All weights	14 to 15 yrs	White to green	JC17
Male	All weights	14 to 15 yrs	Blue to High Red	JC18
Male	All weights	14 to 15 yrs	Black	JC19
Female	All weights	16 to 17 yrs	White to green	JC20
Female	All weights	16 to 17 yrs	Blue to High Red	JC21
Female	All weights	16 to 17 yrs	Black	JC22
Male	All weights	16 to 17 yrs	White to green	JC23
Male	All weights	16 to 17 yrs	Blue to High Red	JC24
Male	All weights	16 to 17 yrs	Black	JC25

Female	under 50kg	18 & over	White to green	AC1
Female	under 55kg	18 & over	White to green	AC2
Female	under 60kg	18 & over	White to green	AC3
Female	over 60kg	18 & over	White to green	AC4
Female	under 50kg	18 & over	Blue to High Red	AC5
Female	under 55kg	18 & over	Blue to High Red	AC6
Female	under 60kg	18 & over	Blue to High Red	AC7
Female	over 60kg	18 & over	Blue to High Red	AC8
Female	under 50kg	18 & over	Black	AC9
Female	under 55kg	18 & over	Black	AC10
Female	under 60kg	18 & over	Black	AC11
Female	over 60kg	18 & over	Black	AC12
Male	under 64kg	18 & over	White to green	AC13
Male	under 72kg	18 & over	White to green	AC14
Male	under 80kg	18 & over	White to green	AC15
Male	under 88kg	18 & over	White to green	AC16
Male	under 100kg	18 & over	White to green	AC17
Male	over 100kg	18 & over	White to green	AC18
Male	under 64kg	18 & over	Blue to High Red	AC19
Male	under 72kg	18 & over	Blue to High Red	AC20
Male	under 80kg	18 & over	Blue to High Red	AC21
Male	under 88kg	18 & over	Blue to High Red	AC22
Male	under 100kg	18 & over	Blue to High Red	AC23
Male	over 100kg	18 & over	Blue to High Red	AC24
Male	under 64kg	18 & over	Black	AC25
Male	under 72kg	18 & over	Black	AC26
Male	under 80kg	18 & over	Black	AC27
Male	under 88kg	18 & over	Black	AC28
Male	under 100kg	18 & over	Black	AC29
Male	over 100kg	18 & over	Black	AC30

Point Sparring

All competitors must have pads on and be ready to compete once their competition begins. Any fighters not ready to compete may be disqualified.

Weights listed for adults divisions are in **KG** (kilograms)

Gender	Weight KG	Age	Belt level	Category
Female / Male	All weights	7 & under	All Belts	JP1
Female	All weights	8 - 10 yrs	White to green	JP2
Female	All weights	8 - 10 yrs	Blue to High Red	JP3
Female	All weights	8 - 10 yrs	Black	JP4
Male	All weights	8 - 10 yrs	White to green	JP5
Male	All weights	8 - 10 yrs	Blue to High Red	JP6
Male	All weights	8 - 10 yrs	Black	JP7
Female	All weights	11 to 13 yrs	White to green	JP8
Female	All weights	11 to 13 yrs	Blue to High Red	JP9
Female	All weights	11 to 13 yrs	Black	JP10
Male	All weights	11 to 13 yrs	White to green	JP11
Male	All weights	11 to 13 yrs	Blue to High Red	JP12
Male	All weights	11 to 13 yrs	Black	JP13
Female	All weights	14 to 15 yrs	White to green	JP14
Female	All weights	14 to 15 yrs	Blue to High Red	JP15
Female	All weights	14 to 15 yrs	Black	JP16
Male	All weights	14 to 15 yrs	White to green	JP17
Male	All weights	14 to 15 yrs	Blue to High Red	JP18
Male	All weights	14 to 15 yrs	Black	JP19
Female	All weights	16 to 17 yrs	White to green	JP20
Female	All weights	16 to 17 yrs	Blue to High Red	JP21
Female	All weights	16 to 17 yrs	Black	JP22
Male	All weights	16 to 17 yrs	White to green	JP23
Male	All weights	16 to 17 yrs	Blue to High Red	JP24
Male	All weights	16 to 17 yrs	Black	JP25

Female	under 50kg	18 & over	White to green	AP1
Female	under 55kg	18 & over	White to green	AP2
Female	under 60kg	18 & over	White to green	AP3
Female	over 60kg	18 & over	White to green	AP4
Female	under 50kg	18 & over	Blue to High Red	AP5
Female	under 55kg	18 & over	Blue to High Red	AP6
Female	under 60kg	18 & over	Blue to High Red	AP7
Female	over 60kg	18 & over	Blue to High Red	AP8
Female	under 50kg	18 & over	Black	AP9
Female	under 55kg	18 & over	Black	AP10
Female	under 60kg	18 & over	Black	AP11
Female	over 60kg	18 & over	Black	AP12
Male	under 64kg	18 & over	White to green	AP13
Male	under 72kg	18 & over	White to green	AP14
Male	under 80kg	18 & over	White to green	AP15
Male	under 88kg	18 & over	White to green	AP16
Male	under 100kg	18 & over	White to green	AP17
Male	over 100kg	18 & over	White to green	AP18
Male	under 64kg	18 & over	Blue to High Red	AP19
Male	under 72kg	18 & over	Blue to High Red	AP20
Male	under 80kg	18 & over	Blue to High Red	AP21
Male	under 88kg	18 & over	Blue to High Red	AP22
Male	under 100kg	18 & over	Blue to High Red	AP23
Male	over 100kg	18 & over	Blue to High Red	AP24
Male	under 64kg	18 & over	Black	AP25
Male	under 72kg	18 & over	Black	AP26
Male	under 80kg	18 & over	Black	AP27
Male	under 88kg	18 & over	Black	AP28
Male	under 100kg	18 & over	Black	AP29
Male	over 100kg	18 & over	Black	AP30

Breaking/Destruction Divisions

Gender	Age	Belt level	Category
Female / Male	7 & under	All Belts	JB1
Female	8 - 10 yrs	White to green	JB2
Female	8 - 10 yrs	Blue to High Red	JB3
Female	8 - 10 yrs	Black	JB4
Male	8 - 10 yrs	White to green	JB5
Male	8 - 10 yrs	Blue to High Red	JB6
Male	8 - 10 yrs	Black	JB7
Female	11 to 13 yrs	White to green	JB8
Female	11 to 13 yrs	Blue to High Red	JB9
Female	11 to 13 yrs	Black	JB10
Male	11 to 13 yrs	White to green	JB11
Male	11 to 13 yrs	Blue to High Red	JB12
Male	11 to 13 yrs	Black	JB13
Female	14 to 15 yrs	White to green	JB14
Female	14 to 15 yrs	Blue to High Red	JB15
Female	14 to 15 yrs	Black	JB16
Male	14 to 15 yrs	White to green	JB17
Male	14 to 15 yrs	Blue to High Red	JB18
Male	14 to 15 yrs	Black	JB19
Female	16 to 17 yrs	White to green	JB20
Female	16 to 17 yrs	Blue to High Red	JB21
Female	16 to 17 yrs	Black	JB22
Male	16 to 17 yrs	White to green	JB23
Male	16 to 17 yrs	Blue to High Red	JB24
Male	16 to 17 yrs	Black	JB25
Female	18 & over	White to Green	AB1
Female	18 & over	Blue to High Red	AB2
Female	18 & over	Black	AB3
Male	18 & over	White to Green	AB4
Male	18 & over	Blue to High Red	AB5
Male	18 & over	Black	AB6

For all non-AIMAA members, the following is our belt breakdown;

Beginner belt categories – 1st Year

First belt	White Belt
Second belt	Yellow Belt
Third belt	Orange Belt
Fourth belt	Green Belt

Intermediate belt categories – 2nd to 4th Year

Fifth belt	Blue Belt
Sixth belt	Purple Belt
Seventh belt	Brown Belt
Eight belt	High Brown Belt
Ninth belt	Red Belt
Tenth belt	High Red Belt

Advanced belt categories – 4th Year and above

Eleventh belt	Black Belt & all higher degree
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