



2019 Princeton University Taekwondo Tournament Packet

Dear ECTC Members,

Princeton Taekwondo is thrilled to invite you to this season's fourth Eastern Collegiate Taekwondo Conference Tournament. Our tournament will be held on **Sunday, February 24th** at Dillon Gym on Princeton campus. Doors open at 8:00am, and the tournament will begin promptly at 9:00am. **Early weigh-ins –in Skype or in person – are required.**

Please find attached all relevant tournament information. To request a registration spreadsheet and Skype weigh-in time, please fill out this Google form by **Thursday, February 14, 2019**:
<https://goo.gl/forms/Pw4E9gYwAzGiv6Zl2>

Once your team has received a registration spreadsheet from the Tournament Committee, your team will have until **Thursday, February 21 at 10:00pm** to completely fill out the spreadsheet before you lose editing access. Late registration will incur a \$10 late fee per competitor.

Feel free to contact us either at tkd@princeton.edu or individually (see the Contact Information section on page 2) with any questions or concerns.

We hope to see you all at the first tournament of 2019!

Best wishes,

Tiffany Chen

President, Princeton TKD

TOURNAMENT SCHEDULE:

Sunday, February 24th, 2019

Doors open promptly at 8:00AM. Please arrive on time!

8:00-8:45am: Team Confirmations with Tournament Committee

8:30-8:45am: Black Belts' and Coaches' Meeting

8:45am: Team Confirmation closes. All Teams MUST be confirmed.

8:45-9:00am: Opening Ceremony

9:00am: Competition Begins

I. Black Belt and Color Belt Poomsae

II. Sparring

CONTACT INFORMATION:

- **Tiffany Chen**, President: tc12@princeton.edu (General Questions)
- **Felicia Zhu**, Vice President: flzhu@princeton.edu (General Questions, Registration Information, Weigh-Ins)
- **Pav Ravindran**, Captain: pr12@princeton.edu (General Questions)
- **Amanda Cheng**, Treasurer: amanda.cheng@princeton.edu (Payment Information)

PRINCETON TAEKWONDO TOURNAMENT:

Tournament Rules:

This tournament will follow the ECTC rules found at <https://www.ectc-online.org/rules>.

Rules posted there supersede all information found in this packet.

Tournament Fee:

For competitors from a registered school:

- \$30 per competitor, cash or checks made payable to “Princeton University Taekwondo”.

For competitors from a non-registered school, or for those competitors who register after the deadline:

- \$40 per competitor, cash or checks made payable to “Princeton University Taekwondo”.

For competitors from a non-registered school and who are registering after the deadline:

- \$50 per competitor, cash or checks made payable to “Princeton University Taekwondo”.

To register a school/club with the ECTC for the current year, you may follow one of the following options:

1. Register and pay online at <https://www.ectc-online.org/join-the-ectc>
2. Mail club dues (\$100) and the registration form found at the end of this packet to Master Dan Chuang, or
3. Bring the fee and registration form to the tournament (check only, no cash or money orders).

For questions regarding club registration, email Master Chuang at dbchuang@gmail.com. For any other questions regarding payment, email Princeton TKD Treasurer Amanda Cheng at amanda.cheng@princeton.edu.

COMPETITOR REGISTRATION AND RULES:

Registration for the Princeton ECTC tournament must be completed by **Thursday, February 21 at 10:00 PM**. To register, **please request a registration link online by filling out the Google Form by Thursday, February 14 which can be found at <https://www.ectc-online.org/registration->**. Your team will be **allowed to edit your registration spreadsheet until Thursday, February 21 at 10:00 PM**. Once that deadline has passed, your team's access to your registration spreadsheet will change from 'edit' to 'view only'. Any additional team changes should be requested either by making the request when your team weighs in or by notifying the TC during team confirmations the morning of the tournament. If you have any questions, please email tournaments@ectc-online.org.

***As a reminder, ALL TEAMS are required to weigh-in the day before the tournament (Remote or Night-Before Weigh-Ins), to improve tournament-day efficiency. It is still acceptable for a limited number of team members to weigh in at the tournament if they do not make weight at the scheduled weigh-in or are unable to attend it. This number is expected to be no more than 10% of the team or about one person on a team of less than 10 people.

To schedule onsite weigh-ins on the night before the tournament (Saturday, February 23th), please contact Princeton TKD Vice President Felicia Zhu at flzhu@princeton.edu.

Registration form: <https://www.ectc-online.org/registration->

Competitors must provide:

- ☐ Valid, current Student ID
- ☐ Registration Fee as described above
- ☐ Medical Insurance Information

Competitor Eligibility:

All competitors must be full time students at the time of the competition. While student IDs are used as proof of student enrollment, the ECTC reserves the right to request proof of full time status from the registrar of any school if there is a question about a student's full time status.

Poomsae (forms) Competitions:

Divisions: There are ten poomsae divisions, defined as follows:

Divisions	Poomsae (Forms)
White/Yellow (separate Men's and Women's)	Taeguk 1 or 2
Green (separate Men's and Women's)	Taeguk 3 or 4
Blue (separate Men's and Women's)	Taeguk 5 or 6
Brown/Red (separate Men's and Women's)	Taeguk 7 or 8
Black (separate Men's and Women's)	Preliminary Round: Taeback Final Round: Pyongwon

Black belts: All teams are allowed to have up to 4 black belt men poomsae competitors and 4 black belt women poomsae competitors. For the black belt division, all competitors will be judged under a modified version of the new WTF scoring methodology. More specifically, each competitor will be judged individually, and will receive separate scores for accuracy and performance.

Red Belts: All competitors will be judged under a modified version of the new WTF scoring methodology. More specifically, each competitor will be judged individually, and will receive separate scores for accuracy and performance.

Green and Blue Belts: If feasible, green and blue belt poomsae competitors will be judged individually using the same setup and procedure as used for red belts.

White and Yellow Belts: Competitors in this division will be judged two at a time. Color belt forms will not be judged with the new WTF scoring system, but will still be judged according to WTF standards.

Large divisions: If a color belt division has 30 or more competitors, the group may be split into two equally sized divisions. After one round, then the top 5 competitors will be chosen

from each group and compete in a final group of 10 to determine the overall medalists for the division.

Accepted Poomsae: Athletes must perform the forms appropriate for their belt level as described above. Failure to perform the correct form will result in disqualification.

Kyorugi (sparring) Competition:

Team composition: The main draws of ECTC tournaments consist of teams of 3 competitors plus up to 2 alternates. Each team will consist of one lightweight competitor, one middleweight competitor, and one heavyweight competitor. The alternates may be of any weight division.

The weight divisions are defined as follows:

Weight Class	Men	Women
Light	0-145.0 lbs	0-117.0 lbs.
Middle	145.1-172.0 lbs	117.1-137.0 lbs
Heavy	over 172.0 lbs	over 137.0 lbs

A competitor may spar "up" a maximum of **one** weight division, at his/her coach's discretion.

Sparring divisions: There are 3 skill levels at ECTC competitions: A-Team (Advanced), B-Team (Intermediate), and C-Team (Beginner) for both men and women:

Sparring Divisions

Division	Size of Team	Rank
Women's A-Team	3 Women, 2 Alternates	Blue Belts and up
Men's A-Team	3 Men, 2 Alternates	Blue Belts and up
Women's B-Team	3 Women, 2 Alternates	Red Belts and below
Men's B-Team	3 Men, 2 Alternates	Red Belts and below
Women's C-Team	3 Women, 2 Alternates	White to Green Belts
Men's C-Team	3 Men, 2 Alternates	White to Green Belts

Sparring equipment: All sparring competitors must wear the following equipment:

- ☐ WTF style trunk protector

- ☐ Helmet
- ☐ Mouth guard
- ☐ Forearm guard (worn inside uniform)
- ☐ Shin guards (worn inside uniform)
- ☐ Instep Guards
- ☐ Groin protector (for men, worn inside uniform)
- ☐ WTF style gloves

The color of these protectors must be white or match the color of the hogu being worn.

In addition, all A-team and B-team competitors must purchase their own Daedo E-foot gear socks or they will not be allowed to compete. There will be a limited amount of Efoot gear socks available at the tournament, but it is strongly recommended that you purchase your own. Socks can be purchased online at <http://www.tkdscore.com/m5/EFoot--e-foot-gear.html>.

~ Full sparring rules can be found at: <http://ectc-online.org/rules.html>.~

DRIVING DIRECTIONS:

The tournament will be hosted at ***Dillon Gymnasium*** at Princeton University, circled in **orange** on the map below. A nearby address (circled in **red** on the map below) is:

200 Elm Drive
Princeton, NJ 08540

(When finding directions, please note that this is *Elm Drive* and not *Elm Road*.)

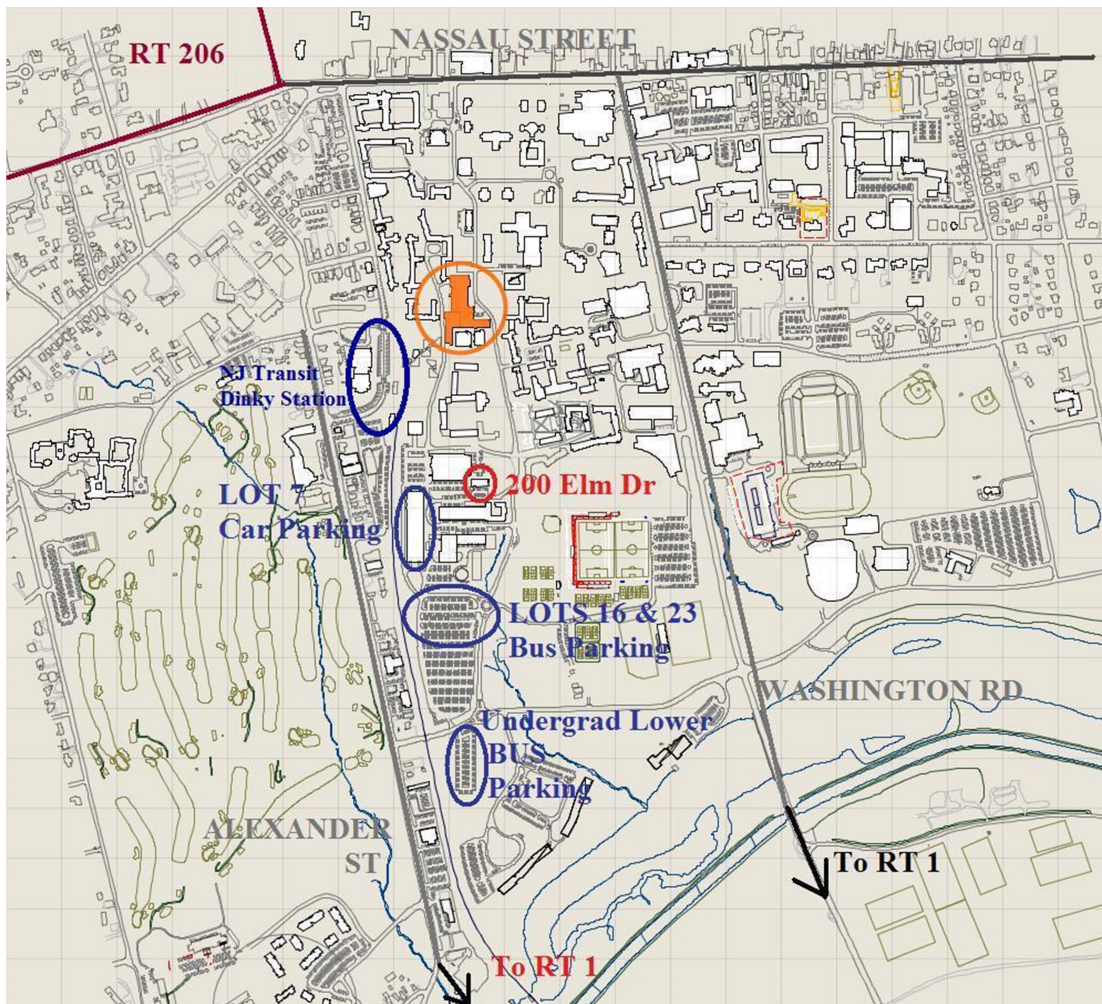
Public Transportation:

NYC and Philadelphia have trains to Princeton's Dinky Station, circled in blue on the map below (transfer at Princeton Junction). Timetables are available at:

http://www.njtransit.com/sf/sf_servlet.srv?hdnPageAction=TrainTo

Parking:

If you are not taking public transportation, parking is available in the Parking Garage (indicated by Lot 7 on the below map), Lot 16, Lot 23, and the Undergrad (UG) Lower lot. Cars and vans can park in Lot 7 in front of the parking garage. Buses can park in Lots 16, 23, and UG Lower as indicated on the map below. There will be road signs indicating each parking lot's location day of competition.



more detailed map available at: http://www.princeton.edu/main/visiting/files/princeton_map.pdf

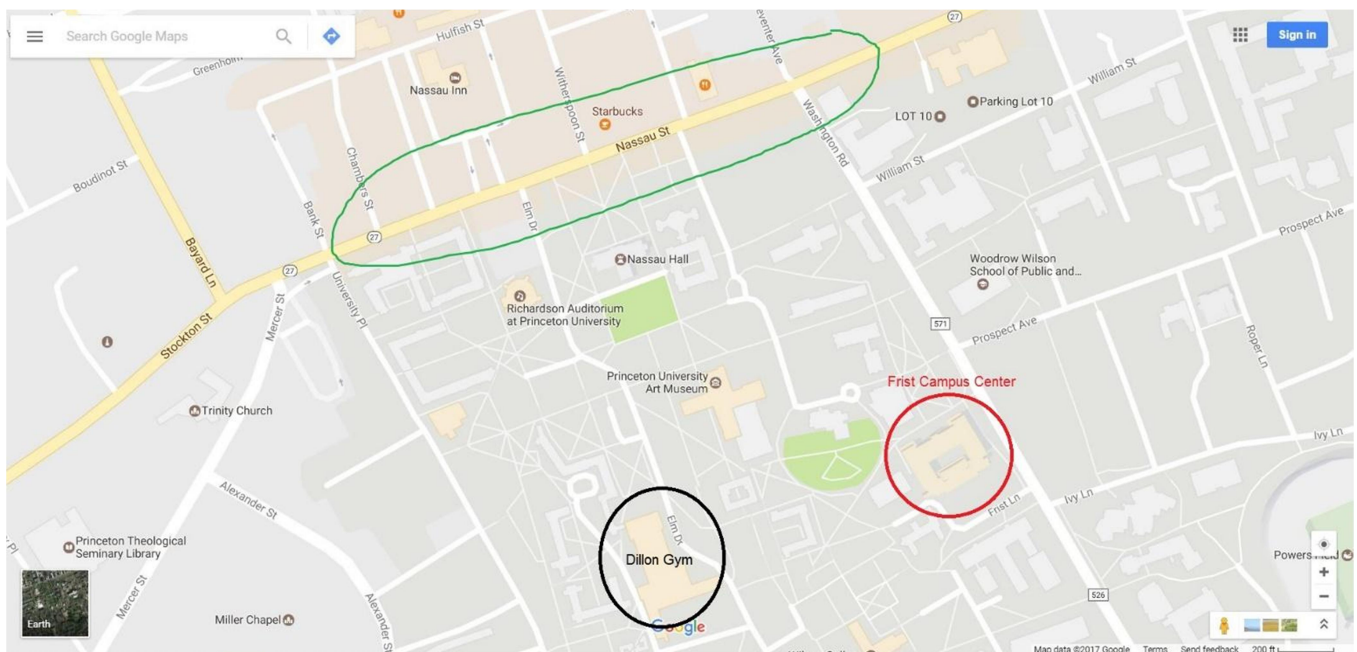
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Detailed driving directions available at: <http://www.princeton.edu/main/visiting/travel/driving/>

FOOD:

Due to Dillon Gymnasium policies, no food will be sold within the gym at the tournament. The nearest available food options are:

1. Frist Campus Center, circled in **red** on the map below (about a 5 minute walk from Dillon Gym). The Food Gallery (the cheapest option for a variety of lunch/dinner foods and snacks) is in the basement on A floor, while Café Viv (slightly more expensive sandwiches, salads, and pizza) and Witherspoon Café (coffee, pastries, and ice cream) are on the first floor. There is also a convenience store (the C-Store) located on the first floor that sells a variety of packaged food and toiletries.
2. Restaurants and stores along Nassau Street, circled in **green** below (about a 5-10 minute walk from Dillon Gym). To reach Nassau Street from Dillon Gym, follow Elm Drive directly north until it intersects with Nassau Street. Some relatively inexpensive options include Dunkin' Donuts, Panera Bread, Starbucks, and Qdoba Mexican Grill.



ACCOMMODATIONS:

All recommended accommodations are off Route 1, no more than 10-15 minutes away from Princeton campus.

Holiday Inn Princeton

100 Independence Way
Princeton, NJ 08540
(609) 520-1200

<https://www.ihg.com/holidayinn/hotels/us/en/princeton/prnnj/hoteldetail>

Red Roof Inn Princeton – Ewing

3203 Brunswick Pike
Lawrenceville, NJ
(609) 896-3388

<https://www.redroof.com/property/Lawrenceville/NJ/08648-2409/Hotels-close-to-Princeton-University-I-95/RRI111/>

Best Western Princeton Manor Inn & Suites

4191 1st Ave
Monmouth Junction, NJ
(732) 329-4555

<http://www.bestwesternprincetoninn.com/>

2018-2019 Club Registration Form

Ivy/Northeast Collegiate Taekwondo League also known as the Eastern Collegiate Taekwondo Conference

The Ivy Northeast Collegiate Taekwondo League club dues for the 2018-2019 season are \$100.

Please enclose a \$100 check made payable to **“Ivy Northeast Collegiate Taekwondo League”, or “INCTL”**. **No cash and no money orders**, only checks please.

If possible, please submit this form electronically to dbchuang@gmail.com and **also** submit a hard copy by mail as well with the payment.

Submit this form to the INCTL Treasurer at:

Daniel Chuang
611 Green Street
Cambridge, MA 02139

Club information:

College Name					
Club Contact Person					
Head Instructor					
City		State		Zip	
Club Phone No.		Contact email			
Club Web Site					
Club Address					

Please write below any additional information you would like to appear about your school on the ECTC website:

**2019 Princeton University Taekwondo Tournament
Liability Release and Waiver**

I, _____ (print name), hereby agree to the following:

1. I am voluntarily participating in the 2019 Princeton University Taekwondo Tournament. I recognize that this activity requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that my participation is subject to any and all rules and/or procedures outlined for me by persons conducting, leading, and/or directing the activity.
2. I acknowledge that participation presents risks both minor and serious, including but not limited to broken bones, brain damage, paralysis, and even death. Further, I acknowledge that I am aware of and voluntarily agree to assume all such risks for any and all bodily injury and/or loss to my personal property, resulting from my participation in the activity. I also acknowledge that I am physically capable of participating and have no known health restrictions that might jeopardized my safety and/or health and that I am responsible for monitoring my condition and will refrain from, and cease participation in the activity if I believe continued participation poses a risk to my health or to the health of a fellow participant.
3. I further authorize and empower any person acting in a supervisory capacity for the activity, in the event of an emergency; to provide medical aid to me if the need so arises. In consideration of being permitted to participate in the activity, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating.
4. Whether or not I see my physician, and in consideration of my utilization of Princeton University athletic facilities, I hereby release the Trustees of Princeton University, the Princeton University Taekwondo Club, its trustees, officers, agents, employees and students from any and all claims which I may have as a result of personal injury or property damage arising out of or connected in any way with any such activities, unless those claims arise as a direct result of the gross negligence or willful misconduct of Princeton University.
5. I, my heirs or legal representatives forever release waive, discharge and covenant not to sue the Princeton University Taekwondo Club, its organizers, directors, employees, agents, instructors, or Princeton University for any injury or death caused by their negligence or other acts. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Signature

Date

Witness Signature

Date

Printed Name

Printed Name

SIGNATURE OF PARENT(S) OR GUARDIAN(S) IS REQUIRED IF PARTICIPANT IS UNDER THE AGE OF 18

Guardian 1 Signature

Date

Guardian 2 Signature (optional)

Date

Printed Name

Printed Name
