

# CORNELL 태권도

<http://orgsync.rso.cornell.edu/org/taekwondo>

**September 19<sup>th</sup>, 2018**

Dear Tournament Participants:

On behalf of Grandmaster Han Cho and Sport Tae Kwon Do at Cornell, I am pleased to invite you to our 31<sup>st</sup> Annual Eastern Collegiate Taekwondo Invitational. It will be held on Sunday, November 4, 2018, in the Ramin Room of Bartels Hall at Cornell University in Ithaca, NY.

This packet contains the following:

- Tournament schedule
- Tournament information and guidelines
- ECTC competition rules
- Hotel information
- Food information
- Driving directions and campus map to Bartels Hall
- Cornell waiver forms
- ECTC registration form

The deadline to register is **Thursday, November 1st, at 10:00 pm**. Please follow the registration instructions at <https://www.ectc-online.org/registration->. For any questions, please contact the ECTC Tournament Committee Chairs Tara Sarathi and Carissa Fu at [ectc-tournaments@googlegroups.com](mailto:ectc-tournaments@googlegroups.com).

If you require accommodations to be able to participate in this event or if you have any other questions or concerns, please feel free to contact me. You can reach me by email at [mp689@cornell.edu](mailto:mp689@cornell.edu) or by cell phone at 516-282-5336.

We look forward to seeing you at Cornell in November.

Best,

Marissa Polack  
President  
Sport Tae Kwon Do at Cornell

## **Tournament Schedule**

**Date:** Sunday, November 4<sup>th</sup>, 2018

**Location:** Ramin Room, Bartels Hall, Cornell University

### **Schedule**

- 8:00 – 8:45 am** Registration and Weigh-in
- 8:45 am** Registration Closes: All competitors **MUST** be weighed in and all teams **MUST** be confirmed by this time.
- 8:30 – 8:45 am** Black Belts and Coaches' Meeting
- 8:45 – 9:00 am** Opening Ceremony
- 9:00 – 11:00 am** Poomsae Competition
- 11:00 – 7:00 pm** Sparring Competition in the following order:
- I. A-Team and C-Team
  - II. B-Team
- 7:30 pm** Awards Presentation and Closing Ceremony

## **Tournament Information and Guidelines**

### **Competitor Registration**

Registration for the Cornell ECTC Tournament must be completed by **Thursday, November 1<sup>st</sup>, 2018** at 10 PM. Competitors can register by requesting and filling out a registration spreadsheet at <https://www.ectc-online.org/registration-> and following the instructions laid out. **All teams must request a registration spreadsheet and weigh-in time by Thursday, October 25<sup>th</sup>, 2018.**

### **Tournament Fee**

Tournament fees will be as follows:

<b>Time of Registration</b>	<b>Registered Schools</b>	<b>Unregistered Schools</b>
Before deadline	\$30 per competitor	\$40 per competitor
After deadline	\$40 per competitor	\$50 per competitor

Please bring cash or a check made payable to "Sport Taekwondo at Cornell."

If you would like to register with the ECTC, please fill out the form attached to the end of the packet or at <https://www.ectc-online.org/join-the-ectc> and mail it to the address provided there. You also may bring the form and check made out to "Ivy Northeast Collegiate Taekwondo League" with you to the tournament. No money orders or cash please.

### **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.

**Each competitor should bring the following items on the day of the tournament:**

- Valid student ID
- Medical insurance coverage information
- Completed Cornell waiver form (enclosed)
- Tournament fee, as detailed below

## **Early Weigh-In Info**

All teams must weigh-in **the day before the tournament** either on-site or remotely. Early weigh-ins will be held Saturday, November 3<sup>rd</sup> from 8-10 pm at C.W. Taekwondo (2309 N. Triphammer Rd., Ithaca NY 14850). This is on North of Route 13, directly across the parking lot from Pizza Hut. Please email Samuel Cantillo at [sc2449@cornell.edu](mailto:sc2449@cornell.edu) if you are interested. Remote weigh-ins that follow ECTC guidelines via Skype can be requested by filling out the Google Form available at <http://www.ectc-online.org/registration->.

**Please note:** 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.

## **ECTC Competition Rules**

The Cornell Tournament will follow the ECTC rules. For a more comprehensive view of the rules, please visit the ECTC site at <https://www.ectc-online.org/rules> .

## **Poomsae (Forms) Competition**

There are ten poomsae divisions (including both Men and Women).

<b>Poomsae Divisions</b>	
<b>Division</b>	<b>Form</b>
White/Yellow	Taegeuk 1 or 2
Green	Taegeuk 3 or 4
Blue	Taegeuk 5 or 6
Red	Taegeuk 7 or 8
Black	Koryo / Top 8 perform Keumgang

Contestants must perform the forms appropriate for their rank as described above or they will be disqualified.

**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 WT scoring methodology. More specifically, each competitor will be judged

individually, and will receive separate scores for accuracy and performance. Divisions with 30 or more individuals may be split into two “flights” and the Top 5 from each flight will be advanced to the Final Round.

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

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

If a color belt division has 30 or more competitors, the group may be split into two equally sized divisions. After one round, the top five competitors will be chosen from each group and compete in a final group of 10, from which the overall medalists for the division will be determined.

The points will be allocated as follows:

<b>ECTC Poomsae Points</b>				
<b>Division</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>
<b>White/Yellow</b>	10	8	6	4
<b>Green</b>	12	10	8	5
<b>Blue</b>	15	12	9	6
<b>Red</b>	20	16	10	8
<b>Black</b>	35	28	21	14

### **Team Sparring Competition**

Sparring competition is divided into three skill levels; a total of six divisions (mens/womens):

- C -Team (Beginner)
- B - Team (Intermediate)
- A - Team (Advanced)

<b>Sparring Teams</b>			
<b>Division</b>	<b>Size of Team</b>	<b>Duration</b>	<b>Rank</b>

A - Team	3 Competitors, 2 Alternates	2 rounds of 90 sec. with 30 sec. rest through quarterfinals, then 2 rounds of 2 minutes during semis and finals	Blue Belts and up
B - Team	3 Competitors, 2 Alternates	2 rounds of 90 sec. with 30 sec. rest	Green to Red Belts
C - Team	3 Competitors, 2 Alternates	2 rounds of 60 sec. with 30 sec. rest	White to Green Belts

Competitor and alternates may only compete in one division. For example, a red belt must compete in either A or B team, but not both. The Tournament Committee may alter the length of rounds for a particular event.

Please note that alternates are NOT permitted on a one-person team.

Each team consists of 3 competitors, each in one of 3 separate weight divisions with up to 2 alternates of any weight division. The weight divisions are as follows:

Sparring Weight Divisions		
Weight Division	Men	Women
Light	Less than 145.0 lbs	Less than 117.0 lbs
Middle	145.1 – 172.0 lbs	117.0 – 137.0 lbs
Heavy	Greater than 172.0 lbs	Greater than 137.0 lbs

Competitors who weigh in full uniform are allowed an extra 2 lbs.

A contestant may spar "up" a maximum of **one** weight class, at his/her coach's discretion. For example, middleweight may spar in the heavyweight slot, but a lightweight may never spar in the heavyweight slot. Contestants may not spar in a lighter weight class than the one they weigh in as. The above also applies to alternates.

For each sparring division, all teams within that division will be entered into a single elimination bracket. Sparring competitors can earn points towards their teams overall score as follows:

ECTC Sparring Points								
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>	5 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>
<b>C – Team</b>	64	32	16	16	8	8	8	8
<b>B – Team</b>	96	48	24	24	12	12	12	12
<b>A – Team</b>	128	64	32	32	16	16	16	16

### **Required Sparring Equipment**

All competitors must wear the following:

- **Trunk (Chest) protector** (WT-style hogu with shoulder/back protection)
- **Helmet** (foam only – blue, red, white, or black)
- **Mouth Guard** (any color)
- **Forearm/Elbow pads** (foam only, any color – worn inside uniform)
- **Shin and instep pads** (foam only, any color – worn inside uniform)
- **Groin Protector** (required for men & worn inside uniform)
- **WT-Style Gloves** (open finger, white or matching hogu color)

In addition, all A-team competitors must purchase their own Daedo E-foot gear socks or they will not be allowed to compete. All A-Team and B-Team matches will be utilizing the Daedo electronic scoring system: B-team competitors can rent from a **limited** supply for single tournament use. C-team matches do not require e-socks. Socks can be purchased online at: <http://www.tkdscore.com/m5/E-Foot--e-foot-gear.html>

## Hotel Information

### **Local Hotels (Ithaca, NY 14850)**

All of the following hotels are located in Ithaca, NY, and lie between 0.5 and 4.5 miles from the tournament site. Unfortunately, availability can sometimes be very limited in Ithaca, so you may need to search online (such as hotels.com) in the nearby cities of Cortland (approximately 20 mi.) or Elmira (approximately 35 mi.). The Cornell Tournament this year unfortunately shares timings with Ithaca College's Parents Weekend, so please be sure to reserve.

#### **Best Western University Inn**

1020 Ellis Hollow Road  
607-272-6100

#### **Comfort Inn**

356 Elmira Road (Route 13)  
607-272-0100 or 800-228-5150

#### **Grayhaven Motel**

657 Elmira Road (Route 13)  
607-272-6434  
*(If you email them in advance of your stay letting them know you're here for the Cornell tournament, the proprietors are willing to offer a 15% discount)*

#### **Hampton Inn Ithaca**

337 Elmira Road (Route 13)  
607-277-5500 or 800-HAMPTON  
<http://www.HamptonInn.com>

#### **Hillside Inn**

518 Stewart Avenue  
607-272-9507

#### **Fairfield Inn & Suites Ithaca**

359 Elmira Road (Route 13)  
607-277-1000  
<http://www.marriott.com/hotels/travel/ithfi-fairfield-inn-and-suites-ithaca>

#### **Hilton Garden Inn**

130 East Seneca Street  
607-277-8900  
<http://www.Ithaca.GardenInn.com>

#### **Holiday Inn Express & Suites Ithaca**

371 Elmira Road (Route 13)  
607-277-1100  
<https://www.ihg.com/holidayinnexpress/hotels/us/en/ithaca/ithex/hotel/detail>

#### **Hotel Ithaca**

222 South Cayuga Street  
607-272-1000  
<http://www.thehotelithaca.com>



### **Meadow Court Inn**

529 South Meadow Street  
(Route 13)  
607-273-3885 or  
800-852-4014  
<http://www.meadowroyal.com>

### **Ramada Inn - Airport**

2310 North Triphammer Road  
607-257-3100 or 800-272-6232  
<https://www.wyndhamhotels.com/ramada/ithaca-new-york/ramada-ithaca-executive-conference-center/overview>

### **Super 8 Motel**

300 South Meadow Street (Route  
13)  
607-273-8088

## Driving Directions

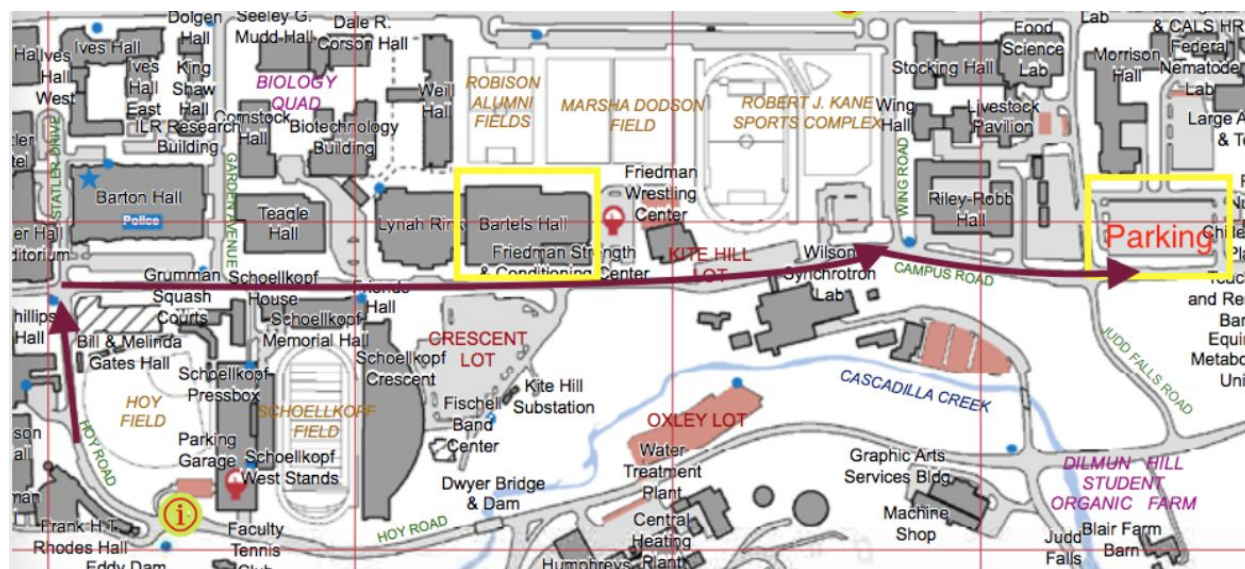
**Bartels Hall**  
**554 Campus Road**  
**Ithaca, NY 14853**

For detailed directions, please visit  
[http://www.cornell.edu/visiting/ithaca/directions\\_car.cfm](http://www.cornell.edu/visiting/ithaca/directions_car.cfm).

Enter campus via Hoy Road. Turn right onto Campus Road, and Bartels Hall will be on your left. Competitors may enter Bartels Hall using either the south entrance on Campus Road or the east entrance facing the parking lot. The tournament will be held in the Ramin Room. If entering from the south, turn right, then left before the doors. The Ramin Room will be on your right. If entering from the east, follow the hallway through the doors, and the Ramin Room will be on your right.

Parking will be available in the **South Morrison Lot** at the corner of Campus Road and Judd Falls Road, which is down Campus Road about a half a mile past Bartels Hall.

### *Cornell University Campus Map: Bartels Hall and South Morrison Parking Lot*



### **From the North (Syracuse and Watertown)**

1. South on 1-81
2. Exit 12 at Cortland/Homer
3. Rte. 281 South to State Rte. 13
4. South on State Rte. 13 to Ithaca, NY
5. State Rte. 13 South to State Rte. 366
6. After NYSEG complex, turn left onto State Rte. 366
7. State Rte. 366 to intersection of State Rte. 366 and Hoy Rd
8. Right onto Hoy Rd and follow to campus

### **From the East (Albany and Boston)**

1. West on I-90 (NY State Thruway) to I-88
2. West on I-88 for 76 miles to Exit 8 for State Rte. 206 at Bainbridge, NY
3. West on State Rte. 206 for 25 miles to State Rte. 79 at Whitney Point, NY
4. West on State Rte. 79 for 28 miles to Ithaca, NY
5. Turn right onto Pine Tree Road (1.6 miles)
6. Turn left at Dryden Rd/Rte. 366 (0.3 miles)
7. From Dryden Rd, go straight onto Hoy Rd and follow to campus

### **From the South (New York City)**

1. North on I-87 to State Rte. 17 at Harriman , NY
2. Exit 12 at Cortland/Homer
3. West on State Rte. 17 for 111 miles to I-81
4. North on I-81 to Exit 8 for Whitney Port, NY
5. West on Rte. 79 for 28 miles to Ithaca, NY
6. Turn right onto Pine Tree Road (1.6 miles)
7. Turn left at Dryden Rd/ Rte. 366 (0.3 miles)
8. From Dryden Rd, go straight onto Hoy Rd and follow to campus

### **From the South (New Jersey)**

1. West on I-80 to I-380
2. North I-380 to I-81
3. North on I-81 to Exit 8 for Whitney Port, NY
4. West on Rte. 79 for 28 miles to Ithaca, NY
5. Turn right onto Pine Tree Road (1.6 miles)
6. Turn left at Dryden Rd/ Rte. 366 (0.3 miles)
7. From Dryden Rd, go straight onto Hoy Rd and follow to campus

### **From the West (Buffalo and Rochester)**

1. East on I-90 (NY State Thruway) to Exit 42
2. South on Rte. 14 to Rte. 96
3. South on Rte. 96 for 45 miles to Ithaca, NY
4. South on State Rte. 13 to State Rte. 79 and Green St.
5. East on Rte. 79/Green St.
6. Green St. becomes East State St.
7. Continue east on Rte 79/ East State St.
8. Turn left onto Mitchell St./Rte 366
9. Follow Mitchell St. up the hill and bear left onto Ithaca Rd
10. Ithaca Rd becomes Dryden Rd
11. From Dryden turn left onto Hoy Rd and follow to campus

For detailed directions, please visit

[http://www.cornell.edu/visiting/ithaca/directions\\_car.cfm](http://www.cornell.edu/visiting/ithaca/directions_car.cfm).

## Food Information

There will be Gatorade, water, and snacks available at the tournament. Additional options are available in Collegetown (approximately a 10 min walk), **see map below**.

Food options in Collegetown include a variety of restaurants:

**Aladdin's Natural Eatery** – 100 Dryden Rd

**Apollo Chinese Restaurant** – 407 College Ave

**Asian Noodle House** – 204 Dryden Rd

**Collegetown Bagels** – 415 College Ave

**Dasan-J Korean BBQ** – 104 Dryden

**Jack's Collegetown Grill** – 120 Dryden Rd

**Little Thai House** – 202 Dryden Rd

**Mama Teresa's Pizzeria** – 139 Dryden Rd

**Mehak Indian Cuisine** – 410 Eddy St

**Miyake** – 416 Eddy St

**Pita Pit** – 143 Dryden Rd

**Plum Tree Japanese Restaurant** – 113 Dryden Rd

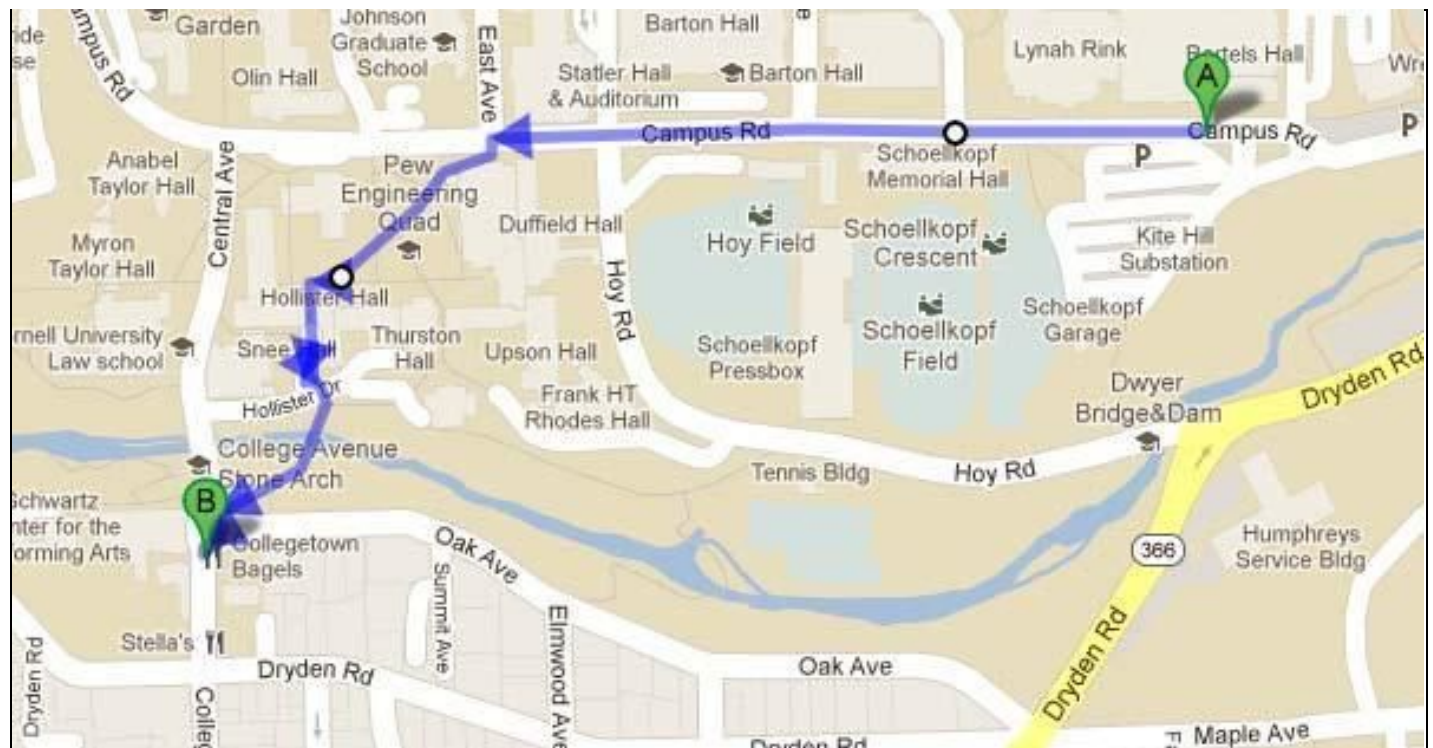
**Ruloff's** – 411 College Ave

**Stella's Restaurant** – 403 College Ave

**Subway** – 105 Dryden Rd

**That Burrito Place** – 319 College Ave

**Vietnam Restaurant** – 208 Dryden Rd



# SPORT TAEKWONDO AT CORNELL

## 31<sup>st</sup> Annual Northeast Collegiate Taekwondo Invitational

November 4, 2018

### RELEASE OF ALL CLAIMS AND COVENANT NOT TO SUE

**NOTICE: THIS IS A LEGALLY BINDING AGREEMENT.** By signing this agreement you give up your right to bring a court action to recover compensation or obtain any other remedy for any injury to yourself or your property or for your death however caused arising out of your participation in the event name.

**I HEREBY ACKNOWLEDGE AND AGREE** that the participation in Taekwondo has inherent risks. I have full knowledge of the nature and the extent of all the dangers and risks associated with **Taekwondo**, including but not limited to:

1. broken limbs;
2. death;
3. eye injuries;
4. facial injuries;
5. head injuries;
6. back injuries;

I further acknowledge that the above list is not inclusive of all possible risks associated with Taekwondo, and that the above list in no way limits the extent or reach of this release and covenant not to sue.

### **Release/indemnification and covenant Not to Sue**

In consideration of my participation in the event name, I, the undersigned, agree, to indemnify and hold harmless Sport Taekwondo at Cornell, their officers, agents, and employees from any and all causes of action, claims, demands, losses or costs of any nature whatsoever arising out of or in any way relating to my participation in this event. I hereby certify that I have full knowledge of the nature and the extent of the risks inherent in Taekwondo and that I am voluntarily assuming the risks. I understand that I will be solely responsible for any loss or damage, including death, I sustain while participating and that by this agreement I am relieving Sport Taekwondo at Cornell, of any and all liability for such loss damage, or death.

I further certify that I am in good health and that I have no physical limitations, which would preclude my safe participation.

I further certify that my date of birth is \_\_\_\_\_(month/day/year), that my present age is \_\_\_\_\_, and that I am therefore of lawful age (18 years or older) and otherwise legally competent to sign this agreement. I further understand that the terms of this agreement are legally binding and I certify that I am carefully signing this agreement, after carefully read the same, of my own free will.

IN WITNESS WHEREOF, this instrument is duly executed at Ithaca, New York, this \_\_\_\_ day of \_\_\_\_\_, 2018.

\_\_\_\_\_

Signature (Parent/Guardian if under 18)

\_\_\_\_\_

Witness Signature

\_\_\_\_\_

Name Printed Clearly

\_\_\_\_\_

Witness Name Printed Clearly

# 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 out 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](mailto:dbchuang@gmail.com) and **also** submit a hard copy by mail as well with the payment.

You may also register online by completing the web form and using credit card payment at:

**<https://www.ectc-online.org/join-the-ectc>**

Submit this form to the INCTL Treasurer at:

Daniel Chuang  
611 Green St.  
Cambridge, MA 02139

**Club information:**

<b>College name</b>					
<b>Club Contact Person</b>					
<b>Head Instructor</b>					
<b>Club Address</b>					
<b>City</b>		<b>State</b>		<b>Zip</b>	
<b>Club Phone No.</b>		<b>Contact email</b>			
<b>Club Web Site</b>					
<b>Please write any additional info you would like to appear about your school on the ECTC Website</b>					