



Dear ECTC Members,

The United States Military Academy Taekwondo Team is pleased to invite you to the first Eastern Collegiate Taekwondo Conference tournament of 2010. This tournament will be held on **Sunday, March 7th** at Gillis Field House at West Point.

Enclosed within this document you may find: schedule of events, eligibility requirements, directions and parking information, and lodging recommendations. Please note that registration will be conducted online, and the excel spreadsheet for registering your team may be found at <http://ectc-online.org/registration.html>.

Registration will be closed at 10pm, Thursday the 5th of March. To register, a team representative should email a copy to tournaments@ectc-online.org. Any registration submitted after this time will be assessed a \$10 late processing fee per competitor. Additionally all teams are encouraged to fill out the **two waivers** before the day of the tournament in order to speed up the registration process.

A quick note, the **weigh-ins will take place in Arvin gymnasium, not Gillis Field House, so please plan accordingly**. The signs will point only to Gillis.

If you have any questions or concerns, please feel free to contact me at marisa.yarmie@usma.edu or by phone: 845.515.4178.

We look forward to seeing you there. Best of luck!

Respectfully,
Misa Yarmie
USMA10, AV
West Point Taekwondo Team Captain

Tournament Rules:

This tournament will follow the ECTC rules found at **<http://ectc-online.org/rules.html>**. Rules posted there supersede all competitor information found within this packet.

Tournament Fee:

Competitors from a registered school:

\$30 per competitor cash or check made out to “Directorate of Cadet Activities”

Competitors from a non-registered school:

\$40 per competitor cash or check made out to “Directorate of Cadet Activities”

*Note that a \$10 fee per competitor will be given to any teams registering late.

To register a school/club with the ECTC for the current year, please mail club dues to the league treasurer, or bring the \$100 fee to the tournament, along with the registration form found at the end of this document. If you have already paid club dues for ECTC 2009-2010, you DO NOT need to pay again. For questions regarding club registration, email Master Dan Chuang at dbchuang@gmail.com.

Competitor Registration:

Registration for the West Point ECTC Tournament must be completed by Thursday, Mar. 5, 2010 at 10 pm. To register, obtain a tournament registration spreadsheet at <http://ectc-online.org/registration.html> and email to dbchuang@gmail.com by the deadline above.

Competitors must bring on the day of the tournament:

- Valid, current Student ID
- Registration Fee described above
- Medical insurance information

Competitor Eligibility:

All competitors **MUST** be a 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) Competition:

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

Poomsae (Forms) Divisions
Division
White/Yellow (separate Men's and Women's) - Taeguek 1 and 2
Green (separate Men's and Women's) - Taeguek 3 and 4
Blue (separate Men's and Women's) - Taeguek 5 and 6
Red/Brown (separate Men's and Women's) - Taeguek 7 and 8
Black (separate Men's and Women's) - Taebaek

For the black belt divisions, all competitors will be judged under the modified new WTF scoring methodology. That means that each competitor will be judged one at a time, and will receive separate scores for accuracy and performance.

Each school will be restricted to entering 2 male and 2 female competitors in the black belt forms divisions. There are no restrictions on the number of color belt competitors that schools may enter in each division.

Color belts will be judged two at a time. Forms should be performed according to WTF standard.

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.

Medals will be awarded to the top 3 competitors in each division.

Team Sparring Competition:

The sparring competition will follow ECTC sparring rules, and all schools will compete in a single-elimination bracket.

Division	Size of Team	Duration	Rank
A team	3 Competitors, 2 alternates	2 rounds of 2 minutes with 30 seconds rest	Black Belts and below
B team	3 Competitors, 2 Alternates	2 rounds of 90 seconds with 30 seconds rest	Red Belts and below
C team	3 Competitors, 2 Alternates	2 rounds of 60 seconds with 30 seconds rest	Green Belts and below
D team	3 Competitors, 2 Alternates	2 rounds of 60 seconds with 30 seconds rest	Yellow Belts and Below, 1 st martial arts tournament ever.

Medals will be awarded to members of the top 4 four teams in each division. Each team consists of 3 competitors, each in one of 3 separate weight divisions with 2 alternates of any weight division.

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

In team sparring competition, no competitor may compete on both C and A teams!

Equipment:

USA Taekwondo equipment regulations will be enforced for sparring competition. All competitors must wear:

Helmet

Mouthpiece

Chest Protector (for A-team sparring, must be WTF-style with shoulder pads and back protection)

Forearm Guards

Shin and instep guards

Groin protector (for men)

WTF-style gloves and socks are permitted but not required. Socks and gloves must either be white or match the color of the hogu.

Tournament Scoring:

Competitors earn points for towards their team's overall score according to the following guidelines

Poomsae (Forms)

	1st	2nd	3rd
White-Yellow	10	8	6
Green	12	10	8
Blue	15	12	9
Red-Brown	20	16	12
Black	35	28	21

Gyoroogi (Sparring)

	1st	2 nd	3 rd	3 rd
D-Team	0	0	0	0
C-Team	45	35	25	25
B-Team	75	55	40	40
A-Team	100	75	55	55

Lodging Recommendations

Distance / Travel Time	Location	Name	Address	Phone	2 People	4 People
Within 5 miles of USMA	West Point	Hotel Thayer	Thayer Rd., West Point, NY	845-446-4731	\$ 220.00	\$220.00
	Highland Falls	Econo Lodge	17 Main St.	866-573-4235	\$ 69.00	\$ 69.00
	Ft. Montgomery	Holiday Inn Express	Route 9W, Ft. Montgomery	845-446-4277	\$ 142.00	\$ 142.00
5-15 miles from USMA	New Windsor	Days Inn	915 Union Ave.	845-564-7550	\$ 98.00	\$ 98.00
	Harriman	American Budget Inn	Melody Lane/Rt. 32	845-564-3211	\$ 82.00	\$ 87.00
	Harriman	Harriman Motor Inn	132 Rt. 32	845-928-2266	\$ 92.00	\$ 95.00
	Newburgh	Comfort Inn	5 Lakeside Rd.	845-567-0567	\$ 100.00	\$ 100.00
	Newburgh	Clarion	90 State Rt. 17K	845-564-9020	\$ 66.00	\$ 70.00
	Newburgh	Hampton Inn	1292 Rt. 300	845-567-9100	\$ 150.00	\$ 150.00
	Newburgh	Howard Johnson Inn	95 State Rt. 17K	845-564-4000	\$ 50.00	\$ 55.00
	Newburgh	Marriot Courtyard	4 Governor Dr.	845-567-4800	\$ 159.00	\$ 155.00
	Newburgh	Super 8 Motel	2787 Rt. 300	845-564-5700	\$ 52.00	\$ 56.00
	22 miles/25 minutes	Fishkill	Marriot Courtyard	90 Westgate Business Ctr.	845-897-2400	\$ 169.00
Fishkill		Residence Inn	2481 Rt. 9	845-896-5210	\$ 179.00	\$ 179.00
Fishkill		Hampton Inn	2511 Rt. 9	845-896-4000	\$ 155.00	\$ 145.00
Fishkill		Holiday Inn	542 Rt. 9	845-896-6281	\$ 86.00	\$ 86.00
24 miles/35 minutes	Nyack	Best Western	26 Rt. 59 @ Exit 11 off I-8	845-358-8100	\$ 110.00	\$ 110.00
	Middletown	Holiday Inn	Crystal Run Rd.	845-343-1474	\$ 115.00	\$ 115.00
	Middletown	Howard Johnson Inn	551 Rt. 211	845-342-5822	\$ 75.00	\$ 75.00
	Nanuet	Comfort Inn	Rose Rd./ Rt. 59	845-623-6000	\$ 149.00	\$ 149.00
	Orangeburg	Holiday Inn	329 Rt. 303	845-359-7000	\$ 115.00	\$ 115.00
	Suffern	Holiday Inn	3 Executive Blvd.	845-357-4800	\$ 105.00	\$ 105.00
25 miles/40 minutes	Tarrytown	Westchester Marriott	670 White Plains Rd.	914-631-2200	\$ 269.00	\$ 269.00
	Tarrytown	Courtyard by Marriot	475 White Plains Rd.	914-631-1122	\$ 200.00	\$ 200.00
	Tarrytown	Tarrytown Hilton Inn	455 S. Broadway	914-631-5700	\$ 180.00	\$ 200.00
NOTE	Group rates apply for most hotels but will vary. Call ahead for best group rate and discount.					
	Prices for rooms may vary slightly.					

Important Post Regulations:

- Non-DOD decal vehicles must enter post from STONY or THAYER GATE. All vehicle occupants must show identification!
- Please take precautions to maintain the post speed limit: 25mph, as MPs are both vigilant and strict.

Parking

There will be parking immediately outside of Gillis Field House. The main entrance will be level with the playing fields and all spectators and competitors must enter from that entrance.

DIRECTIONS

Directions to **Arvin Gym**: Proceed NE on Thayer Road, go straight (left fork) immediately after the second security check, then take the right fork (approx. 500m later) down underneath the building, as Thayer Road turns into Cullum Road. Follow Cullum Road around the parade and soccer fields; turn left at the stop sign and into the parking lot. Arvin gym is located behind two distinct houses, which will be visible from the stop sign. If you experience any difficulty, anyone on post will gladly be of assistance.

Directions to **Gillis Field House**:

- You will see neon green signs pointing the way as well.
- **Follow WestPoint Hwy straight** which becomes Thayer Road.
- Follow Thayer Rd straight to Cullum Road. Cullum Rd. will bear slightly to left (you will also pass under a short tunnel).
- At monuments area, Cullum Rd. turns right. Follow Cullum Rd. past Clinton Point areas. Then, Cullum Rd. becomes Washington Road.
- Follow Washington Rd. to Ruger Rd.
- Turn right onto Ruger Rd. Go to Ruger Rd./Pitcher Rd./Tower Rd. Intersection.
- Take right, then Following Tower Rd. to left to **Gillis Field House Bldg #663**.

Below is a frontal view of the Field House:



By Railroad

Metro-North has rail service from Grand Central Station in mid-town Manhattan, up the east bank of the Hudson. Trains to Garrison, NY, directly across the river from West Point, take approx 1 hour and 10 minutes and cost a little under \$15. If you don't have a car, get off at Peekskill, one stop south of Garrison, where cabs are often waiting. You may want to call to reserve a Highland Falls or Peekskill cab. Driving time from Garrison or Peekskill to West Point is approximately 20 minutes.

By Bus

Short Line Bus offers daily bus service from the New York City Port Authority, near Times Square in midtown Manhattan, to the West Point Visitors Center; one-way trip takes 1 hour 40 minutes and costs approx \$15. Short Line also has day trip packages with sightseeing and local discounts.

FROM NEW YORK CITY:

Head north to the George Washington Bridge/I-95 South. Cross the bridge via the **upper** deck (no toll in this direction), and stay in the right lane as immediately at the end of the bridge you will exit right on to the Palisades Interstate Parkway.

Take the Palisades Interstate Parkway north approximately 37 miles until it ends at the Bear Mountain Bridge traffic circle—unless you want the more leisurely and scenic route, do not get on 9W until you get to the Bear Mountain Bridge traffic circle. Proceed 3/4 of the way around the circle, following signs for West Point and Route 9W North. Stay on Route 9W for approximately 3 miles, then right exit onto Route 218 North toward the Village of Highland Falls. Go straight for 2 miles, through Highland Falls, past the West Point Visitors' Center (on the right) to the Thayer Gate of West Point.

FROM SOUTH/NEW JERSEY:

Travel north on the NJ Turnpike/I-95, to exit 73 toward RT-67/Fort Lee--just before the George Washington Bridge. Stay left and take your first left at Lemoine Ave. Continue straight for ½ mile then bear right onto the Palisades Interstate Pkwy North. SEE DIRECTIONS FROM PALISADES INTERSTATE PARKWAY ABOVE.

FROM THE WEST:

Travel east on Interstate 80 through New Jersey and take exit 43 to merge onto Interstate 287 northbound toward Mahwah. After entering New York, take the exit onto the New York State Thruway South toward the Tappan Zee Bridge. Take exit 13N for the Palisades Parkway North toward Bear Mountain. SEE DIRECTIONS FROM PALISADES INTERSTATE PARKWAY ABOVE.

FROM EAST/NEW ENGLAND VIA I-95: *3 hours, 30 minutes from Providence*

Travel southwest on Interstate 95 into New York. Take exit 21 to merge onto Interstate 287 W toward White Plains and the Tappan Zee Bridge. Continue on I-287 W, then take exit 13N for Palisades Parkway North toward Bear Mountain. SEE DIRECTIONS FROM PALISADES INTERSTATE PARKWAY ABOVE.

FROM NORTH/NEW ENGLAND VIA I-84: *4 hours from Boston*

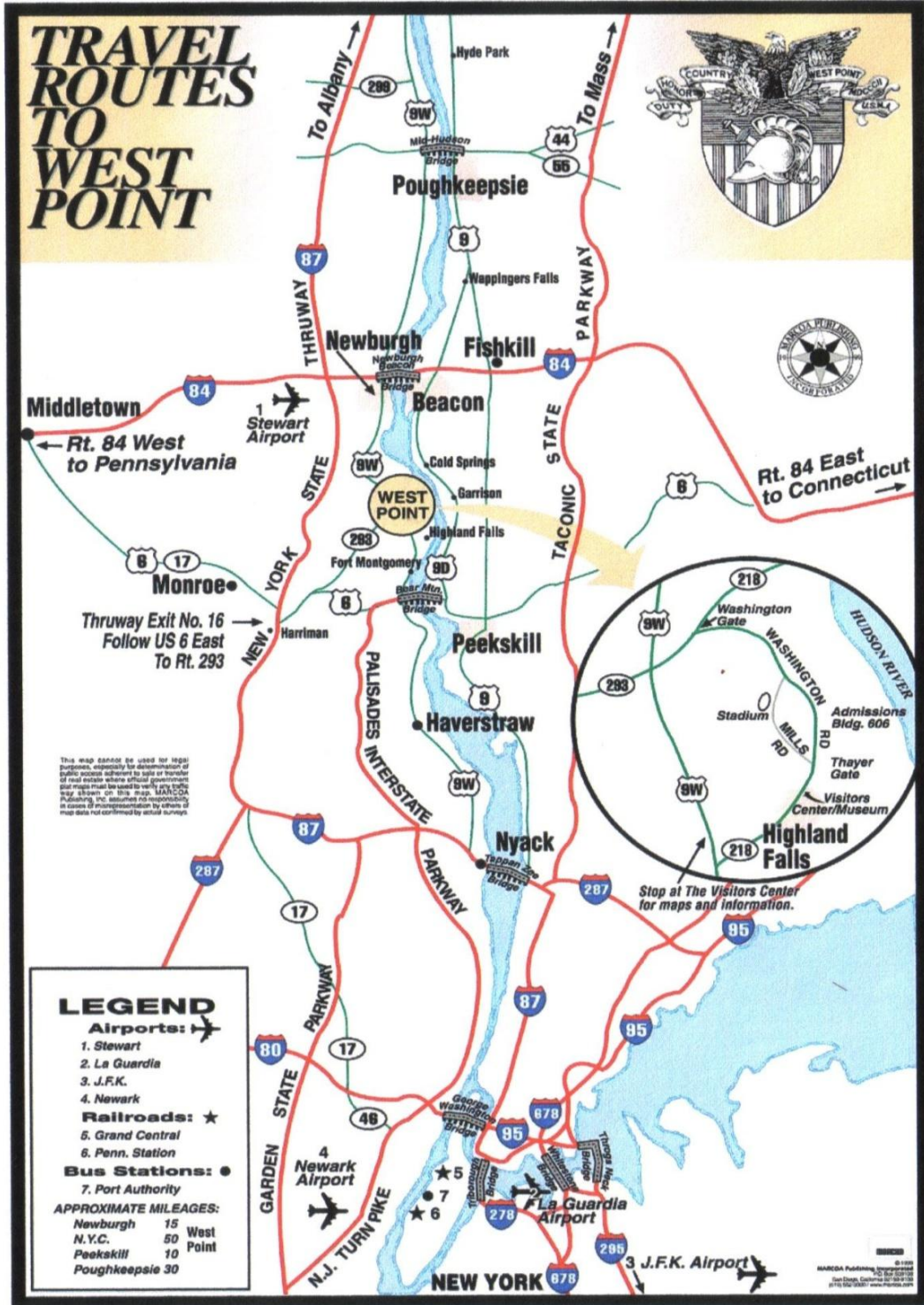
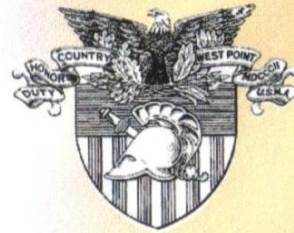
Travel west on Interstate 84 until you cross the Newburgh-Beacon Bridge. Follow signs for Route 9W South (exit 10S). Stay on Route 9W for approximately 12 miles until you cross over a large mountain. As you are in your final descent off the mountain, you will encounter **three exits** on your right for West Point.

The first exit (labeled "RT. 218/293," NOT West Point) loops back under Route 9W, past the West Point golf course, and onto Route 218 to the Washington Gate. This gate is **ONLY** for DoD ID card holders whose car has a current DoD decal and the gate has limited hours.

The second exit (labeled "West Point/Highland Falls/Rte. 218") loops over Route 9W directly to the Stony Lonesome Gate which is open 24 hours, and offers the most direct access to the commissary, post exchange, post gas station, shoppette and the Michie/Hollender athletic complex. The road to this gate also will take you to the visitors center and the business district of the Village of Highland Falls--turn right at the sign immediately after you cross over 9W, and at the bottom of the long hill you will take a hard left at the T intersection.

The third exit loops over 9W and leads through the business district of Highland Falls, past the Visitors Center and West Point Museum, to the Thayer Gate which is open 24 hours a day.

TRAVEL ROUTES TO WEST POINT



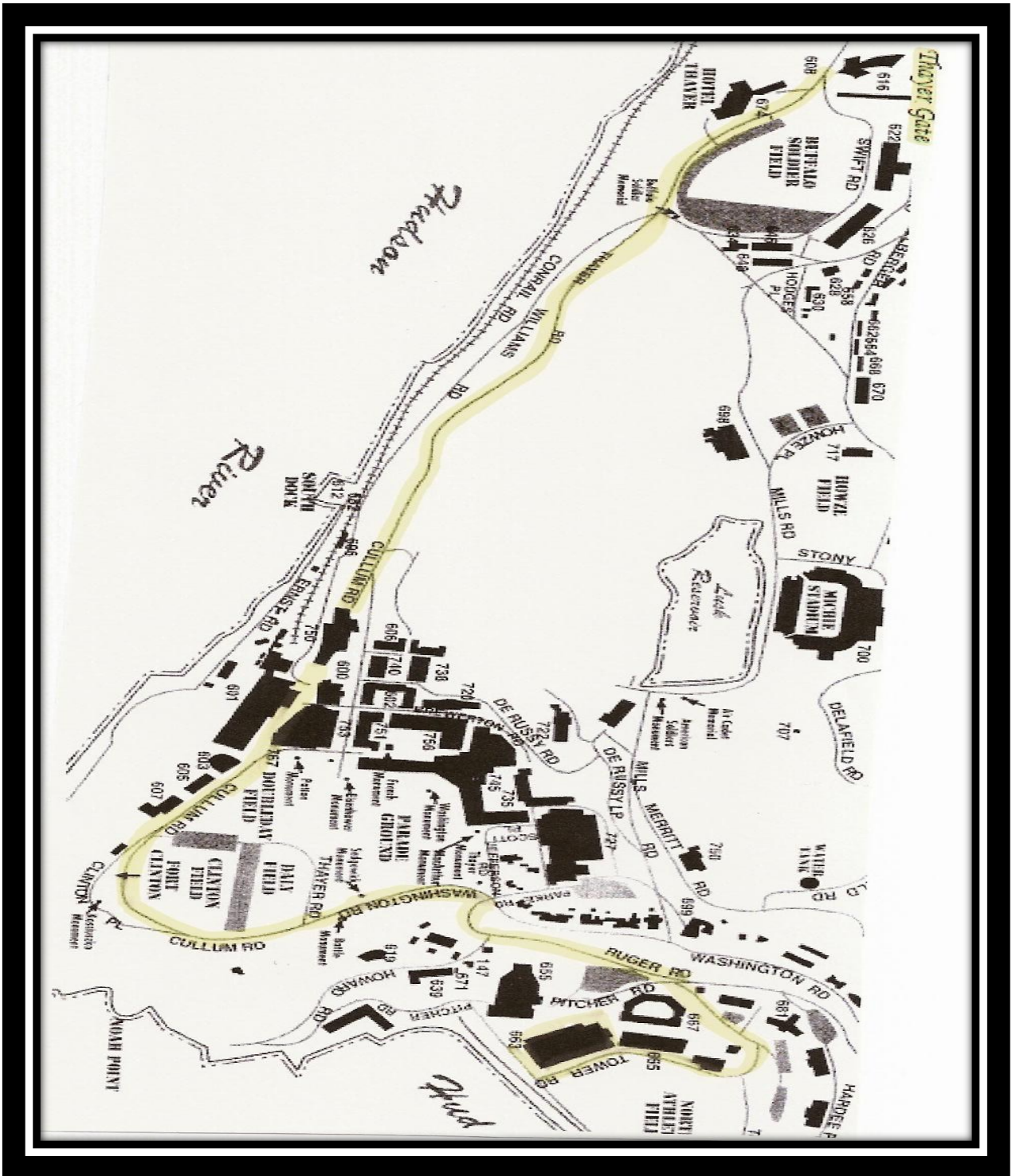
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LEGEND

- Airports:** ✈️
1. Stewart
 2. La Guardia
 3. J.F.K.
 4. Newark
- Railroads:** ★
5. Grand Central
 6. Penn. Station
- Bus Stations:** ●
7. Port Authority
- APPROXIMATE MILEAGES:**
- | | | |
|--------------|----|-------|
| Newburgh | 15 | West |
| N.Y.C. | 50 | Point |
| Peekskill | 10 | |
| Poughkeepsie | 30 | |

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For Sunday's Tournament:



2009-2010 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 2009-2010 season are \$100.

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

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

Submit this form to the INCTL Treasurer at:

Daniel Chuang
44 Concord Ave. Unit #404
Cambridge, MA 02138

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

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

Eastern Collegiate Taekwondo Conference Waiver

1. _____ hereby releases, waives, discharges and covenants not to sue The Eastern Collegiate Taekwondo Conference (ECTC), the promoters, other participants, operators, officials, sponsors, advertisers, owners and lessees of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releases," from all liability to the undersigned, his personal representatives, assigns, heirs and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned is in or upon the restricted area, competing, officiating in, observing, or working for, or for any purpose participating in the event.

2. Hereby agrees to indemnify and save and hold harmless the releases and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releases or otherwise.

3. Hereby assumes full responsibility for and risk of bodily injury, death or property damage due to the negligence of releases or observing, or working for or for any purpose participating in the event.

4. Each of the undersigned expressly acknowledges and agrees that the activities at the event involve the risk of serious injury and/or death and/or property damage. Each of the undersigned further expressly agrees that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

5. Each of the undersigned gives the ECTC its successors and assigns, unrestricted permission to use footage taken of the undersigned and grant all rights to use in perpetuity all still photographs, film, video, and sound recordings taken of me, including my image and voice, for distribution, film festivals, and broadcast in all media and promotions, hereafter, for the ECTC.

The undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

This waiver, release and indemnification agreement specially embraces each and every event authorized or promoted by said releases during the entire season to each and every event, or activity herein above mentioned, parties herein intended to be released and indemnified shall be fully effectively released and indemnified as to each and every event herein above described.

Signed: _____ Date: _____

Witnessed: _____ Date: _____

If the participant is under the age of 18, signature of parent or legal guardian:

Signed: _____ Date: _____

Witnessed: _____ Date: _____



RELEASE, WAIVER, INDEMNIFY, DISCHARGE AND COVENANT NOT TO SUE

This is a legally binding Release, Waiver, Agreement to Indemnify, Discharge and Covenant Not to Sue (collectively Release) made voluntarily by me, the undersigned Releasor, on my behalf, and on behalf of my heirs, executors, administrators legal representatives and assigns (hereinafter collectively, "Releasor," "I" or "me," to the United States Military Academy (USMA)). In consideration of being permitted to participate in any way in the Taekwondo Tournament (Tournament) held at USMA on March 7, 2010, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, and represent that I am 18 years of age or older at the time I sign this Release. If I am not 18 years of age, I agree that I will not participate in this Tournament without the consent and signature of a parent or guardian.
2. Acknowledge, agree, and represent that I understand the nature of the Tournament and that I am qualified, in good health, and in proper physical condition to participate in such Tournament. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue my further participation in this Tournament.
3. Fully understand that the Tournament involves risks and dangers of serious bodily injury, including permanent disability, paralysis, and death (risks); these risks and dangers may be caused by my own action or inactions, the action or inactions of others participating in the Tournament, the condition in which the Tournament takes place, or the Negligence of the Releasee(s); there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Tournament.
4. Release, Discharge, and Covenant Not to Sue the USMA, its administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owner and lessors of the premises on which the Tournament takes place (each considered one of the Releasees herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations and I further agree that if, despite this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim.

I have read this Agreement and fully understand its terms, acknowledge that I have had the opportunity to review this Release with an attorney of my choosing if I desire and I agree to be legally bound by this Release, and understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Name of Participant (Print): _____

Address: _____ Phone: _____

Participant's Signature (or Parent or legal Guardian's Signature): _____

Date: _____

Witness' Signature/Date: _____

