

CORNELL 태권도

March 14th, 2022

Dear Tournament Participants:

Thank you all for bearing with us this hectic week. We still very much want to give competitors an opportunity to compete this week. On behalf of Grandmaster Han Cho and Sport Tae Kwon Do at Cornell, I am pleased to once again invite you to our 33rd Annual Eastern Collegiate Taekwondo Invitational! It will be held on Saturday, March 19th in Barton Hall at Cornell University in Ithaca, NY.

This packet contains the following:

- Tournament schedule
- Tournament information and guidelines
- COVID-19 Accommodations and Rules
- ECTC competition rules
- Hotel information
- Food information
- Driving directions and campus map to Barton Hall
- Cornell University waiver forms (please have them ready beforehand)
- ECTC registration form

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.

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 cornelltkd.president@gmail.com or by cell at 607-262-4948.

We look forward to finally seeing you at Cornell!

Best,

Renqiu Chen
President
Sport Tae Kwon Do at Cornell

Tournament Schedule

Date: Saturday, March 19th, 2022

Location: Barton Hall, Cornell University

Schedule

1:00 pm	Registration
1:25 pm	Registration Closes: All competitors MUST be weighed in and all teams MUST be confirmed by this time.
1:30 pm	Sparring Competition Begins
7:30 pm	Tournament Ends

Tournament Information and Guidelines

Competitor Registration and Weigh-Ins:

With the [link](#), weigh-in and registration for the Cornell ECTC Tournament must be completed by **Wednesday, March 16th, 2022** at 10 PM Eastern. All sparring rosters must be completed on each of the team's registration spreadsheets before this Thursday at 10 pm.

Teams are required to weigh in remotely the day before the tournament (**Friday, March 18**) via video chat. There will be **NO in-person weigh-ins** at this tournament. Remote weigh-ins via Zoom can be requested by filling out the Google Form linked above.

Please make sure your club has 1-2 scales that pass the water test. Should your scale(s) fail the water test, your team **MUST** weigh in the **MORNING OF** the tournament.

Certain exceptions will be granted for a limited number of team members to weigh-in in person at the tournament if they do not make weight or are unable to attend your weigh-in session. This number should be no more than 10% of the team.

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

Tournament Fee

Tournament fees will be as follows:

Time of Registration	League Member Schools	Non-League Member Schools
Before deadline	\$35 per competitor	\$45 per competitor
After deadline	\$45 per competitor	\$55 per competitor

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

Note: The fee includes the 2022 Cornell Live Online Poomsae Tournament - if you have paid and participated in the virtual tournament on March 13, 2022, you **DO NOT** have to pay again.

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.

Health Requirement

All visitors will be required to wear masks while on campus premises, at all times. This applies to competitors, volunteers, refs, and spectators.

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

COVID-19 Accommodation and Rules

All competing schools must have a vaccination and booster requirement, or all competing athletes must have a completed vaccination card.

3-ply or better (N-95, KN-95, or surgical) must be worn at all times in Barton Hall. Extra masks will be provided as needed.

Spectators are allowed but must be pre-registered on the team registration sheet, and must provide proof of vaccination (photographic proof is acceptable). Note: this may be subject to change.

All competitors are also expected to follow Cornell University's COVID-19 Response policies, which may change without notice. Please visit <https://covid.cornell.edu/visitors/> and <https://covid.cornell.edu/events/> for more information.

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>.

Team Sparring Competition

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

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

Sparring Teams			
Division	Size of Team	Duration	Rank
A - Team	3 Competitors, 2 Alternates	2 rounds of 90 sec. with 30 sec. rest	Blue Belts and up
B - Team	3 Competitors, 2 Alternates	2 rounds of 60 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 teams, 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, a 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.

Required Sparring Equipment

All competitors must wear the following:

- **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 bring their own Daedo E-foot gear socks (Gen 1 or Gen 2) or they will not be allowed to compete. There will be a limited number of used socks available for competitors to purchase at the Head table for \$40, but it is highly encouraged that competitors bring their own. C-team matches do not require e-socks but DO require a **Trunk (Chest) Protector** (WT-style hogu with shoulder and back protection). Socks can also be purchased online at: <http://www.tkdscore.com/m5/E-Foot--e-foot-gear.html>

Ring crowding will be strictly enforced during sparring matches due to heightened COVID-19 safety concerns and to give EMTs better access.

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.).

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

Hampton Inn Ithaca

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

May be able to offer blocks of 10+ rooms at discounted rates, call well in advance if interested

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>

May be able to offer blocks of 10+ rooms at discounted rates, call well in advance if interested

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/hoteldetail>

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>

\$134.99 + tax with a 10 room minimum

Super 8 Motel

300 South Meadow Street (Route 13)

607-273-8088

Clarion Inn

2310 N Triphammer Rd

607-257-3100

https://www.choicehotels.com/new-york/ithaca/clarion-hotels/ny040?mc=smgogouscll&cid=Search%7CClarion%7CUS%7CNew_York%7CExact%7CCPC%7CDesktop%7CEN%7CB_G&ag=US%7CNY%7CIthaca&pmf=GOOGLE&kw=clarion%20inn%20ithaca&gclid=EAIaIQobChMI4aDyqOqM5QIVDIiGCh2h5A3wEAAYASAAEgKsVvD_BwE&gclsrc=aw.ds

Driving Directions

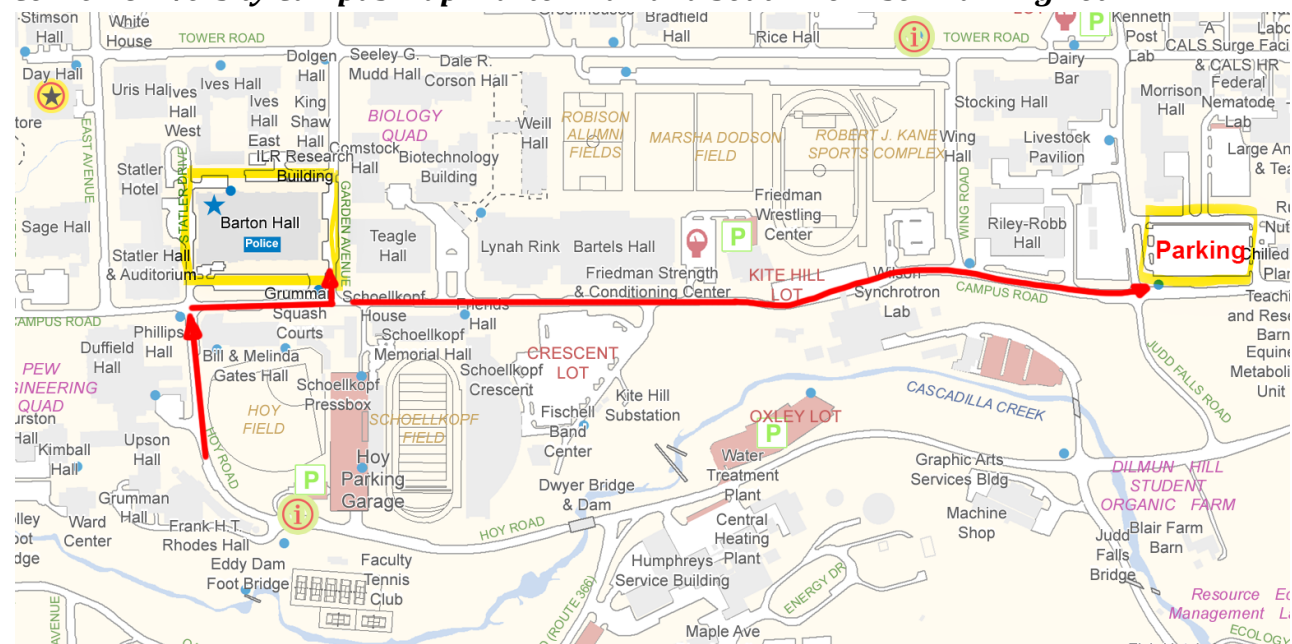
Barton Hall
117 Statler Drive,
Ithaca, NY 14853

For detailed directions, please visit
http://www.cornell.edu/visiting/ithaca/directions_car.cfm.

Enter campus via Hoy Road. Turn right onto Campus Road, and then make a left on Garden Avenue. Barton Hall will be on your left. Competitors may enter Barton Hall using either the east entrance on Garden Avenue or the west entrance on Statler Drive. The tournament will be held in the main area. If entering from the west, head up one of the four staircases near the entrance to enter the competition area.

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 mile past Barton Hall. Alternatively, for cars and personal vehicles, there is paid parking at the Hoy Parking Garage.

Cornell University Campus Map: Barton 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

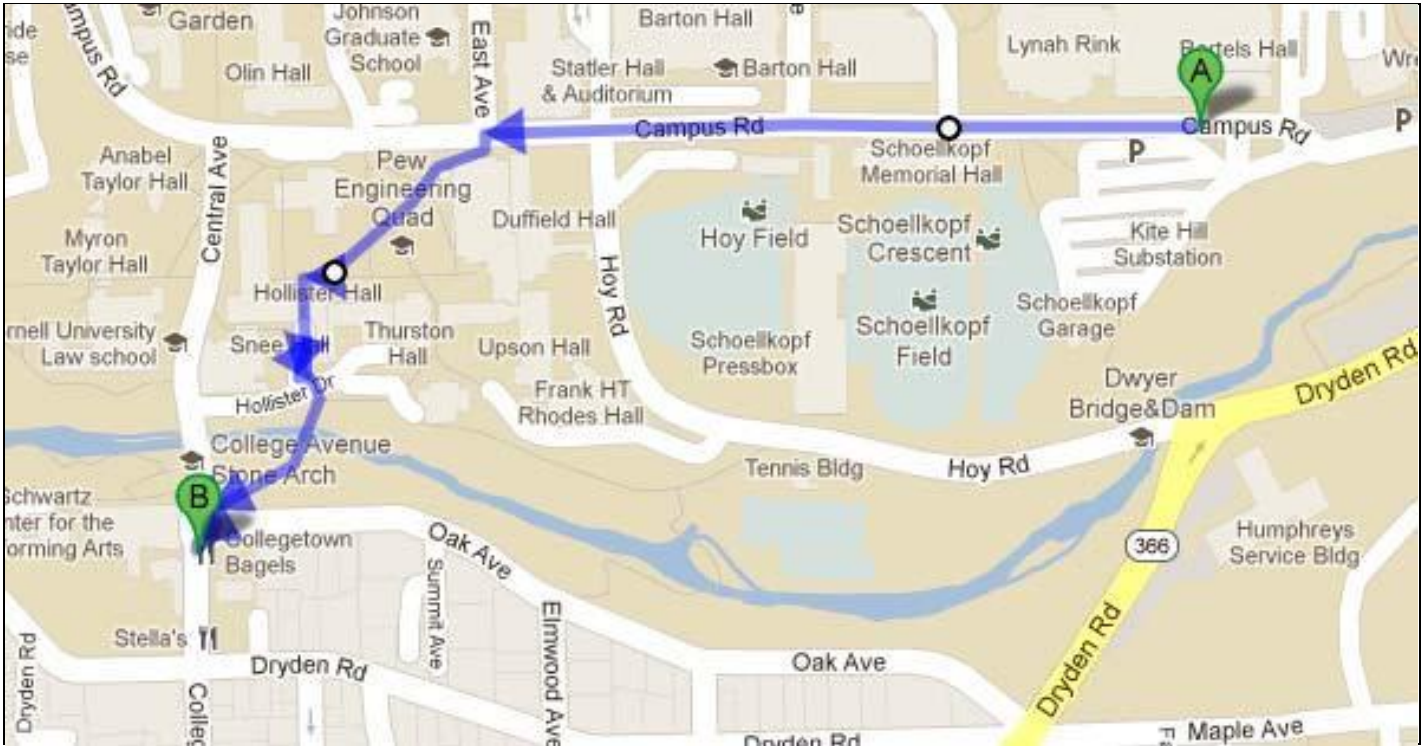
http://www.cornell.edu/visiting/ithaca/directions_car.cfm.

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:

- Fusia Bento Bar** – 405 College Ave
- Asian Noodle House** – 204 Dryden Rd
- Collegetown Bagels** – 415 College Ave
- 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
- Masita** – 416 Eddy St
- Plum Tree Japanese** – 113-117 Dryden Rd
- Rulloff’s** – 411 College Ave
- Stella’s Restaurant** – 403 College Ave
- Subway** – 105 Dryden Rd
- Wings Over Ithaca** – 121 Dryden Rd
- Vietnam Restaurant** – 208 Dryden Rd



SPORT TAEKWONDO AT CORNELL

33nd Annual Northeast Collegiate Taekwondo Invitational

March 19th, 2022

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 **Eastern Collegiate Taekwondo Invitational at Cornell**.

I HEREBY ACKNOWLEDGE AND AGREE that 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 **Eastern Collegiate Taekwondo Invitational at Cornell**, 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 _____, 2022.

Signature (Parent/Guardian if under 18)

Name Printed Clearly

Witness Signature

Witness Name Printed Clearly