

Eastern Collegiate Taekwondo Conference

Competition Rules

(last updated 23rd September 2019)

(Rule changes since the 2018-2019 season are highlighted in blue)

Contents

<ul style="list-style-type: none">• Contestant Qualifications<ul style="list-style-type: none">○ Full-time Student Status○ Medical Insurance○ Para-Taekwondo Contestants○ Transgender Contestants• Tournament Entry Fees and Conference Membership<ul style="list-style-type: none">○ Contestant Entry Fees○ College/Club Membership• Uniforms• Kyorugi (Sparring) Competition<ul style="list-style-type: none">○ Required Sparring Equipment○ Team Format○ Weight Classes○ Sparring Divisions○ Team Lineup & Alternates○ The Winning Team○ Order of Competition○ A-Team Safety Rule Forfeit○ Competing on Multiple Teams○ Competing in Multiple Divisions○ Lane Duck Rule○ Scoring Points○ Point Gap○ Golden Round○ Penalties○ Instant Video Replay (IVR)○ Coach Challenge○ Length of Matches○ Conference Points (Kyorugi)○ Seeding○ School Division○ 30-Day Rule	<ul style="list-style-type: none">• Poomsae (Forms) Competition: Colored Belts<ul style="list-style-type: none">○ Divisions and Designated Poomsae○ Conference Points (Poomsae)○ Poomsae Scoring and Tie-Break Procedures• Poomsae (Forms) Competition: Black Belts<ul style="list-style-type: none">○ Divisions and Designated Poomsae○ Team Format○ The Winning Team○ Lane Duck Rule (Poomsae)○ Conference Points & Medals○ Poomsae Scoring and Tie-Break Procedures – Black Belts• Weigh-In Procedures<ul style="list-style-type: none">○ General Weigh-In Procedures○ Night-Before Weigh-In Procedures○ Remote Weigh-In Procedures○ Host School Obligations• Referees and Judges• 7:30 Rule• Other Considerations
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Contestant Qualifications

Full-time Student Status:

Contestants must be full-time students of a participating school at the time of competition. If a student's full-time status is in doubt the student may be asked to produce documentation proving full-time status. Each contestant must bring a student university or college identification card to each ECTC competition and show it at the time of registration.

Medical insurance:

All contestants must be covered by a medical insurance policy and have their medical insurance coverage information present with them at the tournament.

Para-Taekwondo Contestants:

Para-Taekwondo athletes are welcome to compete in our regular poomsae divisions, with or without the use of prosthetics. There are no separate para divisions at this time. Competition in our main sparring (kyorugi) divisions is not permitted due to safety concerns. It may be possible to arrange an exhibition match under modified rules (such as no head contact), but the use of prosthetics would not be permitted in any type of sparring match.

Transgender Contestants:

The ECTC allows all contestants to register in the division (male or female) with which they most identify. Contestants can simply register and do not need to notify the ECTC of their personal status, division change, or provide any documentation. If a contestant wishes to change gender division during or between seasons they may do so, although it is expected this would happen only once during their time with the ECTC.

Tournament Entry Fees and Conference Membership

Contestant Entry Fees:

Tournament entry fees are **\$35** for contestants from member clubs and **\$45** for contestants of non-member clubs. An additional \$10 late fee will be assessed for every contestant who registers after the registration deadline of the tournament, typically on the Thursday before the tournament at 10 pm.

Club/College Membership:

Annual membership for a collegiate club is \$100. Membership gives the club the rate of **\$35** for its members at tournaments, allows it to be considered in the year-end rankings for trophy consideration, and gives it a profile and link on the ECTC website.

Uniforms

- All sparring contestants must wear white V-neck Taekwondo doboks (uniforms). Poomsae competitors may do the same or choose to wear the appropriate WT poomsae uniform instead. Only black belts should wear uniforms with black trim around the collar. Orange, Purple, and Brown belts are permitted, in addition to the standard belt colors (white/yellow/green/blue/red/black). Logos, patches, etc., are permitted on the uniform.
- Soft cloth head coverings (of a religious nature), soft flexible hair bands/ribbons, elastic bands, and similar items may be worn (under the helmet) for the purpose of managing/covering hair.
- Wearing additional items:
 - Sparring competition:
 - Permitted: a shirt may be worn under the uniform
 - **Not Permitted:** eyeglasses, goggles, necklaces, rings, bracelets, earrings, piercings, hairpins, hair beads, hard casts/braces/shin-guards, and similar items.
 - Poomsae competition:
 - Permitted: eyeglasses, goggles
 - Note: Other items such as bracelets, small earrings, piercings, necklaces, rings, casts/braces, etc., are permitted (within reason) but be advised that visibly wearing such items may result in a Presentation score deduction.
 - **Not Permitted:** long/hoop earrings

Kyorugi (Sparring) Competition

Current World Taekwondo (WT) rules (<http://www.worldtaekwondo.org/rules/>) and USA Taekwondo (USAT) rules (<http://www.teamusa.org/usa-taekwondo/v2-resources/referee-information>) are in effect, with the following modifications and clarifications for ECTC competition.

Required Sparring Equipment: (all sparring contestants **must** wear the following)

- **Trunk Protector** (WT-style hogu with shoulder/back protection)
- **Helmet** (foam only - preferably matches the blue/red hogu color, but can be white or black)
- **Mouth Guard** (can be any color)
- **Forearm/Elbow Pads** (foam only - worn inside the uniform and can be any color)
- **Shin Pads** (foam only - worn inside the uniform and can be any color)
- **Instep Pad**
 - For matches that do not use an electronic protector & scoring system (PSS) a **single** layer of foam pad (about ½ inch thick) must cover the instep from the base of the toes to the ankle. Athletic tape or straps are used to attach the pad to the foot. The pad/sock must be white, black, or match the blue/red hogu color.
 - For matches that use a Gen 1 or Gen 2 Daedo chest protector: the use of either Gen 1 or Gen 2 Daedo e-Socks will be allowed. Gen 1 socks may be used with Gen 2 hogus and Gen 2 socks may be used with Gen 1 hogus. An additional pad may **not** be worn with a Daedo sock. See the tournament packet for specifics on what will be used for each division.
- **Groin Protector** - required for men. Recommended, but not required, for women. Must be worn inside the uniform.

- **Gloves** - WT-style gloves are required (open finger style as shown). Cloth gloves and foam hand covers are not allowed. The color of the gloves must be white or match the red/blue of the hogu. Gloves with thicker padding (such as MMA gloves) are not accepted.



Modified WT Team Format:

The main draws of ECTC tournaments consist of teams of 3 contestants plus up to 2 alternates. Each team will consist of one lightweight contestant, one middleweight contestant, and one heavyweight contestant. The alternates may be of any weight class. The teams compete as a series of individual matches (like the first part of a WT team pairing), but do not compete in a tag-team format.

Weight Classes:

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 contestant may spar "up" a maximum of **one** weight class, at their 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.

Sparring Divisions:

- There are three skill levels at ECTC competitions and six divisions (male/female):
 - C-Team (Beginner)
 - B-Team (Intermediate)
 - A-Team (Advanced)

Sparring Divisions		
Division	Size of Team	Belt Ranks Allowed
C-Team	3 Contestants, 2 Alternates	White/Yellow/Orange/Green
B-Team	3 Contestants, 2 Alternates	Green/Blue/Purple/Brown/Red
A-Team	3 Contestants, 2 Alternates	Blue/Purple/Brown/Red/Black

- Each school may enter as many teams as desired per sparring division.

Team Lineup & Alternates:

- For a team vs. team match, contestant match-ups will be decided on the initial team lineup of two teams before any sparring begins.
- No contestant may spar two positions within the same team.

- Because a contestant may qualify for more than one weight class it is possible for there to be more than one legal lineup for a given team. Thus, a contestant cannot change their placement after the initial lineups have been decided.
 - Example: The team has a light and a heavyweight. The light can fight as light or middle
 - Example: The team has two competitors who both weighed-in as lightweight and a heavyweight. Either lightweight can fill the middleweight spot.
- In the event that both teams have flexibility in their lineup and cannot agree, then they shall each write their chosen team down on a piece of paper to be submitted to the referee, who will then reveal both teams simultaneously.
- After a team has advanced to the next round, they are not required to keep the same lineup used in the last match.
- Alternates:
 - Alternates are not permitted on a 1-person team.
 - Teams of 2 or 3 members can have up to 2 alternates who must line up in an empty spot on the team or behind the primary team member for whom they may be substituted. The weight class rules apply to alternates as well, so a lightweight alternate may only line up behind a light or middle team member or take an empty light or middle spot in the lineup. Middleweight alternates may line up behind a middle or heavy team member. Heavyweight alternates may only line up behind a heavyweight team member.
 - Substitutions cannot occur once the primary team member's match is in progress, but the alternate and primary members can be swapped out before the start of that match.
 - If a primary contestant retires from the tournament due to injury an eligible alternate can replace them on the team in the **next** round of the bracket if the team advances (also see the Lame Duck Rule).

The Winning Team:

Several lineups are possible, depending on what type of team each school is able to field. The winner between two teams will be decided as follows:

- **3-person vs. 3-person team:** The winner is the team that wins two or more matches
- **3-person vs. 2-person team:** The 2-person team must win both matches to advance
- **2-person vs. 2-person team:**
 - **The two weight classes represented are the same on both teams**
 - The winner is determined by the team that wins two matches.
 - If, after two matches, each team has won one match, then the winner is determined by the team that scored the most number of points across both matches.
 - Example: if match 1 was won by Red, 7:3, and match 2 was won by Blue, 3:5, then the total score across both matches is 10:8 in favor of Red and Red advances)
 - If after both matches each team has won one match, and the cumulative score is also tied, then the winner is decided by the referee on the basis of cumulative Superiority across both matches. Thus, the center referee must be aware of this possibility and track the Superiority of the players across both matches (the criteria for Superiority are defined below).
 - **The teams share only one weight class in common**
 - The winner is determined by a single match in the common weight class.
 - Example: Red has a middleweight and a heavyweight on its team and Blue has only a light weight and a middleweight on their team. The heavy

and light weights score automatic wins and the winning team is determined by the single middleweight vs. middleweight match

- **3 or 2-person vs. 1-person team:**
 - A 3 or 2-person team always advances over a 1-person team. If there is a common weight class between the teams, or the 1-person team chooses to fight up one weight class in order to create a common weight class, the appropriate member of the 3 or 2-person team must spar out the single match in good faith or else be disqualified from competition for the remainder of the day. The Lamé Duck Rule applies (injury). Taking the example of a 2-person team, the team of two advances regardless but has become a team of one unless the member of the 2-person team completes the match (or accepts the DQ and is replaced by an alternate in the next round of the bracket). The bracketing process will match the 1-person team with the lowest random-seeded team having the appropriate weight, whenever possible.
- **1-person vs. 1-person team:**
 - The 1-person team winning the single match advances in the bracket.

Order of Competition

All matches must proceed by the ECTC designated order for the weight classes, unless both coaches agree to change the order:

The ECTC designated order is Light-Middle-Heavy, EXCEPT for women's divisions contested with e-hogu in which case the order is Light-Heavy-Middle. The e-hogu ordering for women is different to promote tournament efficiency (due to availability of size 2 hogus which are worn by both light and middle contestants).

A-Team Safety Rule Forfeit:

At any time during an A-team match a coach may raise their hand and forfeit the match. Rather than it being a withdrawal the players will then finish the match as an **exhibition** under **B-team rules** (see B-team rules below). Full withdrawal from the match remains an option as well, of course. The Safety Rule Forfeit can happen before the match begins or at any time during the match. This option addresses the frequent mis-matches found in A-team, while giving less experienced competitors some ring-time under safer conditions. The opponent, who has now won by forfeit, is expected to complete the match with appropriate sportsmanship for the benefit of their opponent and the ECTC community. The Lamé Duck rule applies (injury). If they do not continue the match appropriately the competitor is disqualified from competition for the remainder of the day, although the win by forfeit stands. Additional sanctions for a lack of sportsmanship may apply.

Competing in Multiple Divisions:

- Contestants may participate in only **one** sparring division at a tournament
 - White and Yellow belts may **only** compete on C-teams
 - Green belts may compete on either a C-team or a B-team, **but not both**
 - Blue and Red belts may compete on either a B-team or an A-team, **but not both**
 - Black belts may **only** compete on an A-team

Competing on Multiple Teams:

- An individual contestant cannot compete on more than one team within their sparring division (i.e. men's A-team).
- The same applies to alternates, although initially they may be on the team list for any number of teams within a division. An alternate cannot actually compete for (i.e. spar or force a forfeit for) more than one team within the sparring division. Once an alternate has competed for one team, he/she may not compete for any another team.
 - **Example 1:** John is an alternate for both MIT Men's A1 and MIT Men's A2. He is substituted in on MIT Men's A2 to spar one match. He may not compete for MIT Men's A1 for the rest of the tournament, although he may continue to spar with MIT Men's A2.
 - **Example 2:** Betty, a middleweight at 130 lbs, is an alternate for both Cornell Women's B2 and Cornell Women's B3. Cornell Women's B3 has only two players in addition to Betty - a light and a middle weight. They are matched up against NYU B1, which has only 2 contestants - a light and a middle weight, with no alternates. Betty is asked to line up with Cornell B3 as their heavyweight to force a forfeit of the heavyweight match by NYU. Betty may not then later spar for or force a forfeit for Cornell Women's B2.
- An alternate cannot be registered as a primary member of any team and may only be an alternate in a single division (i.e. men's B-team).

Lame Duck Rule:

- All contestants must compete even if their team has already qualified to advance to the next round (for example the 3rd match after 2 wins or a 2-person team facing a 1-person team or after a forfeit win under A-Team Safety Rules), unless the contestant is severely injured and cannot compete. There will be no voluntary withdrawals/forfeits. If the contestant withdraws either before or during a match due to injury he/she may not compete in any later matches.
 - The only exception to this rule is when an alternate is substituted for the injured player **before** the match begins. In that case the injured player has not withdrawn due to injury and remains eligible to compete in the next round of the bracket.
- This rule is designed to enrich the experience of all contestants whether they win or lose and to make sure that everyone has an opportunity to compete.
- Example 1: In the semifinals, both the Red and Blue team have 3 contestants. Neither team has any alternates. Red wins the light and middleweight matches. Red's heavyweight may not withdraw (to save himself for the finals), but must spar the 3rd match to completion. If he decides to withdraw due to injury before the match, or if he does not complete the match, then he may not compete in the finals.
- Example 2: Same scenario, but the Blue heavyweight is inexperienced and in danger of head injury. Part-way through the first round the Blue coach declares an A-Team Safety Rules Forfeit. Red cannot withdraw, despite having the individual and team wins confirmed, and must complete the match in good faith under B-team rules.

Scoring Points:

- Kicking to the head is **not** permitted in C-team. Kicks to the head will be penalized in the same manner as punches to the head.
- Criteria for a valid technique are identical to the WT & USAT rules (please see those rules for additional criteria of a point, such as striking implement, power, etc). Electronic chest protector thresholds for scoring will vary by division & system used:

- **Gen 1** Daedo hogu settings:

Weight Class	Men	Women
Light	36	26
Middle	40	30
Heavy	44	34

- **Gen 2** Daedo hogu settings:

Weight Class	Men	Women
Light	22	17
Middle	24	19
Heavy	26	21

- Points that may be scored:
 - One (1) point for a valid punch to the truck protector
 - Two (2) points for a valid kick to the truck protector
 - Three (3) points for a valid head kick (A and B team only)
 - See B-Team Safety Rules below
 - “Scorpion” kicks to the head and similar are 3 points, not 4.
 - Four (4) points for a valid turning kick to the trunk protector
 - Definition: a continuous 360-degree kick in the air or a back kick
 - Valid turning kicks to the head (A and B team only):
 - Definition a continuous 360-degree kick in the air or a back kick or a spinning hook kick:
 - Three (3) points in B-teams (consistent with USAT Junior Safety Rules)
 - Five (5) points in A-teams
- **B-Team Safety Rules:**
 - B-teams use "Safety Rules" (USA Taekwondo Junior Safety Rules) for head contact, to provide a step between no head contact in C-team and the full WT rules in A-team.
 - Head contact will score 3 points for any type of scoring kick **unless** the kick was hard enough that the competitor needs a few moments to recover (like an 8-count in A-team). There is no 5-point head kick in B-team.
 - These harder kicks that cause the competitor to need recovery time will be handled much like a punch to the face:
 - The competitor who was kicked gets an injury time (1 minute) to recover.
 - The kicker receives a gamjeom 1 point penalty.
 - If points were initially scored for the head kick they will be removed.
 - If the kicked competitor indicates being ready/able to continue within one minute (usually the case) the match may resume, unless medical or the referee believe the competitor is not fit to continue.
 - If the competitor indicates they cannot continue (or will not) the match will not resume, but the opinion of medical is key to determining the winner. If medical indicates the competitor is OK to continue but the competitor says they

can't/won't...then the kicked competitor loses. If medical or the referee decides that the competitor should not continue then the kicker loses the match.

- **Notes:**

- There are a few special situations in which the person who was kicked may not be able to continue after a minute, even when the contact was light. Those are generally kicks that involve the nose, eyes, and throat. If the contact level was appropriate, in the referee's judgment, the kicker will not be penalized and wins if the opponent cannot continue after 1 minute (there is no 8-count for the head in B-team). The purpose of Safety Rules is to prevent hard impacts to the head, not to penalize the kicker for trying light head contact. The referee must distinguish between hard contact injuries and light contact injuries, either of which can leave the competitor unable to continue.
- If the medical staff needs more than one minute to evaluate or treat an injury that is OK, if the competitor has already indicated their intention to proceed. Unless the injury was the result of unsportsmanlike conduct the disqualified kicker remains eligible to compete with their team in later rounds of the bracket. The loss was the equivalent of losing a match by accumulating 10 gamjeoms. If the kicked competitor won, by being unable (or not allowed) to continue then they must be cleared by medical to continue in the bracket. The 30-Day Rule applies.

Point Gap:

The match will be ended if a 20-point gap exists at the end of the first round or at any time during the second round.

Golden Round:

Same as the WT/USAT process:

If a match ends with a tie score at the end of the second round, then the match proceeds to a one-minute overtime "Golden Round", decided by the first competitor to get 2 points on the board. Related note: the first gamjeom for each competitor will be recorded but does not change the score unless a second gamjeom is also recorded.

Tiebreak, if neither competitor gets at least two points in the Golden Round:

- Contestant who scored a punch in the Golden Round wins. Score of 1-0. If tied at 1-1:
- Greater number of missed hits in the Golden Round wins (hits registered on PSS, but not enough power to score). If tied or not using PSS:
- Number of rounds won from the first two rounds (based on the score for that round). Will always be tied for the ECTC with our two-round system!
- Lesser number of penalties across all three rounds wins. If tied:
- WT Superiority card process is used by the judges and referee:
 - Aggressive Match Management (who is controlling the match, initiating action, etc.)
 - Number of Techniques (who made the most credible attempts to score)
 - Difficult/Advanced Technique (the person trying more complex or difficult technique, such as jumping, spinning, turning kicks, etc.)
 - Better Competition Manner (good attitude, clean uniform, etc.)

The officials will consider ONLY the Golden Point round for the above Superiority criteria. They will look first at Aggressive Match Management. If they can pick the winner based on that criteria alone they stop and record their individual decision. If both competitors were the same, they look next at Number of Techniques. If those are the same too then they move on to Difficulty, etc. Most matches can be decided on the first criteria and nearly all can be decided by the Number of Techniques.

Voting Procedure: ideally the judges and referee will record their decision on paper Superiority cards, which are then presented to the referee. If cards are not available the judges and referee will meet in the ring and do a simultaneous show of hands (left = red, right = blue). The referee will tally the votes for blue or red in either case and then declare the winner. If there is a 2-2 tie among the judges and referee then the referee's vote breaks the tie (the competitor whom the referee voted for wins).

Penalties:

The WT/USAT gamjeom penalties apply, with the following additions/modifications/explanations:

- For C-team only: kicks to the head will be penalized in the same manner as punches to the head.

Notes: Please refer to the WT rules or the USAT rules for information on the penalties. The use of gamjeom is well described in Article 14 of the current USAT rules (<http://www.teamusa.org/usa-taekwondo/v2-resources/referee-information>).

Significant recent changes to penalties (**not** a full list of the penalties):

- Crossing the Boundary Line
 - Out of bounds is now defined as ONE foot entirely outside the Boundary Line and on the floor.
 - A competitor who is out of bounds CAN be scored on if the match has not been stopped and time has not expired.
- Avoiding the Match
 - Gamjeom for avoiding the match will be given 5 seconds after a Fight command, not 10. If there are fewer than 5 seconds remaining in a round the gamjeom may be given immediately.
- Lifting the Leg:
 - Gamjeom if the kicking leg remains in the air for more than 3 seconds. Kicking does not reset the 3-second clock.
 - Gamjeom if the competitor hops forward twice (without a kick extending on the second hop).
 - Note: the competitor is allowed to switch to defense without kicking IF attacked while the leg is lifted, while hopping, etc.
- Points cannot score after an illegal act, even if the act was not instrumental to the points.

Length of Matches:

Duration of Rounds for Sparring (Kyorugi)			
Division	Rounds	Round Length	Rest Period
C	2	60 seconds	30 seconds
B	2	90 seconds	30 seconds
A	2	90 seconds through quarterfinals, then 2 minutes for semifinals and final	30 seconds

Note: the ECTC Tournament Committee may alter the length of rounds for a particular event.

Instant Video Replay (IVR)

The ECTC Tournament Committee reserves the right to apply IVR to any division or part of a division (such as semi & final matches), as available equipment and time permit, but IVR is not required or guaranteed for any division.

Article 21 of the USA Taekwondo Kyorugi Competition Rules describes the IVR procedure and is very clear about **what a coach may ask**. The latest rules can be found at this page:

<http://www.teamusa.org/usa-taekwondo/v2-resources/referee-information>

Coach Challenge Card

When not using IVR, the ECTC will use a Coach Challenge system:

- **This follows the same rules as IVR for what the coach may request.**
- The coach will have one card per round (which can be altered by the Tournament Committee to one card per match).
- The challenge to an action or decision must be presented within (approximately) 5 seconds.
- The observations of all the officials in the ring will substitute for video.
- Those observations will be requested in a brief meeting and then the decision is (ideally) made by a Review Jury official, if available, or else by majority vote of the referee and judges.
 - The availability of a Review Jury depends on how many qualified individuals are on hand and appointed to that role by the Referee Chair. The Review Jury must have an adequate understanding of the IVR process, principles, and practices, to facilitate and make the decision correctly.
 - It is not necessary for the Review Jury to have witnessed the issue in question. If they did witness it, however, their own viewpoint can be considered along with the input from the referee and judges.
 - If a Review Jury official is not readily available at the time of the coach's request the decision will be made by the referee and judges.
 - If the referee/judges have a question on IVR procedure the help of a Review Jury or the Referee Chair may be requested, but the referee and judges will still make the decision (having already begun the process).

Notes:

- Judges must stand to correct a mistake immediately, if they are aware of it, which could result in a resolution satisfactory to the coach before the challenge is made. If so the coach may withdraw the challenge.
- The referee can reject an invalid or late request immediately (and keep the card).
- The referee may consider a technical request without taking the card, for instance a system test, clock not stopped, etc.

Conference Points (Kyorugi):

For each sparring division, all teams within that division will be entered into a single elimination bracket. One 1st place, one 2nd place, and two 3rd places will be given.

Sparring Point Awards								
	1st	2 nd	3rd	3rd	5th	5th	5th	5th
C-Team	64	32	16	16	8	8	8	8
B-Team	96	48	24	24	12	12	12	12
A-Team	128	64	32	32	16	16	16	16

Seeding:

Seeds will be awarded based on the total number of team points scored by each team (i.e. MIT A1, Cornell A2, NYU C2) at the last 3 tournaments. i.e. if Tufts Men's C2 earned a bronze medal at the previous tournament, a silver medal at the tournament before, and no medal at the one before that, they would have 48 points toward their seed in the current tournament). The top four teams registered for a tournament will receive a seeded position in the bracket.

School Division:

Schools joining the conference are initially in Division 3. If a school reaches 200 points in a season they move up to Division 2 for the following season. If a school reaches 800 points in a season they move up to Division 1 for the following season. It takes two consecutive seasons below a school's division threshold before they are moved down to the appropriate division based on the previous year's conference points.

The 800/200 point totals are for a 5-tournament season. In a 4-tournament season these thresholds are adjusted to 80% of normal (160 and 640).

30-Day Rule:

Contestants who are unable to continue a match as the result of a head impact cannot participate in ECTC sparring competition for a minimum of 30 days.

- The intent of this rule is to prevent sparring competition for a minimum of 30 days when Traumatic Brain Injury "TBI" (commonly referred to as a "concussion") is a possibility.

- The condition of the contestant must be evaluated by the tournament medical staff immediately following the match.
- The referee makes the determination of whether the contestant is fit to continue the match within either 8 or 60 seconds (depending on the legal vs. prohibited/accidental nature of the impact). The 30-Day Rule applies to all legal, prohibited, and accidental head impacts.
 - Some examples where the rule would be initially applied (pending evaluation by medical):
 - The referee counts an A-Team contestant out after receiving a head kick (this is considered a "knockout" even if the contestant remains conscious and standing). The 8-count is for safety reasons only and may be applied whether the kick was scored or not.
 - The contestant receives a punch to the face and is not capable of continuing within the 1 minute injury time.
 - The contestant slips, falls, and hits their head on the floor and is not capable of continuing within the 1 minute injury time.
 - In all cases of injury (regardless of the cause) the referee may decide (with or without the advice of the medical staff) not to continue the match for reason of safety...even if the injured contestant wishes to proceed.
- Deciding when to resume sparring competition
 - Although the ECTC has the 30-Day Rule in place to protect the health of our athletes, the primary responsibility for making a good decision regarding a "return to play" rests with the athlete, their coach, and their physician. The ECTC has obtained the advice of respected medical professionals who clearly state that an athlete should be **symptom-free for at least 30 days** before returning to sparring competition after a head injury. Although the 30-Day Rule enforces this guideline in a minimal way (from the time of injury), coaches and athletes are strongly encouraged to voluntarily extend this timeout period to be 30 days from the end of all symptoms. Symptoms such as headaches, difficulty concentrating, mental "fogginess", and others can persist for days or weeks after an injury. Even after all symptoms have ended it can take at least 30 days for brain swelling to subside. If a second head injury occurs before the swelling is gone there is a much higher potential for damage, even from a mild impact.
- Waiver of the 30-Day Rule
 - This rule may be waived if the medical staff at the tournament decides that TBI is not a concern and they do not recommend an immediate ER visit or follow-up exam with a physician for the purpose of evaluating TBI. An example of such a waiver might occur after a kick/punch to the throat or a kick that only grazes the nose. Another example might be a misjudgment on the part of a referee regarding the contestant's condition (the contestant appeared unable to continue by the count of 8 or after 60 seconds, but did not actually have a TBI). Although the result of the match stands, the contestant may be subsequently cleared by medical with regard to a TBI).
 - The assessment of the medical staff must be communicated by the medical staff directly (in-person) to the Referee Chair (or an ECTC Board member uninvolved in the match if

the Referee Chair is unavailable) if a waiver of the 30-Day Rule is sought by the contestant's coach. In no case will the 30 days be waived unless the contestant is cleared by medical at (and during) the tournament.

- If a contestant is not cleared by medical some coaches/contestants may wish to voluntarily provide a doctor's note to the ECTC during the 30 day period that confirms the health of the contestant. Such a note is appreciated and carries some weight, but it will not waive the 30-Day Rule. This sets up a situation in which there are differing medical opinions and the ECTC is not in a position to decide which opinion is the correct one. In light of that the ECTC will not accept a doctor's note **within** 30 days if a contestant was not cleared by medical at the tournament.
- The ECTC reserves the right to require a contestant to obtain a medical evaluation and doctor's note in order to return to sparring competition, regardless of whether a contestant was cleared by medical at the tournament or not.
 - This might be applied in one of two ways:
 - 1) In the case of a serious injury that (in the opinion of the Referee Chair or ECTC Board member) calls into question the advisability of returning to Taekwondo sparring competition after **any** specific length of time, the ECTC may opt to extend the 30-Day Rule indefinitely. The indefinite timeout **may** be lifted if the ECTC chooses to accept a doctor's note **after** the initial 30-day period has expired.
 - 2) If the tournament medical staff does clear a contestant but it is apparent even to the medical layperson (specifically the Referee Chair or an ECTC Board member) that some impairment consistent with TBI may still exist, the ECTC can choose to impose the 30-Day Rule over the advice of the tournament medical staff pending a second medical opinion (such as an ER visit or visit to the contestant's physician). If there is a second concurring medical opinion (doctor's note), and no dissenting opinions, then the ECTC **may** opt to waive the 30-Day Rule. This is the **only** circumstance in which a doctor's note may be accepted within 30 days.
- Athletes who have a 30-day timeout from sparring competition are still eligible to support their school and the ECTC by competing in forms, by coaching, by corner judging, and as a computer operator or tournament staff volunteer. They may not serve as a center referee, due to the possibility of accidental head injury during a match.

Poomsae (Forms) Competition: Colored Belts

Divisions and Designated Poomsae:

- There are eight colored belt poomsae divisions (four each for male and female):

Division	Designated Poomsae	Notes
White/Yellow/Orange	Taegeuk 1 or 2	Single-elim; contestant's choice of form
Green	Taegeuk 3 or 4	Single-elim; contestant's choice of form
Blue/Purple	Taegeuk 5 or 6	Single-elim; contestant's choice of form
Red/Brown	Taegeuk 7 or 8	Single-elim; contestant's choice of form

- Contestants must perform one of the two poomsae designated for their rank or they will be disqualified.
- Large divisions:
 - If any division has 30 or more contestants, the group may be split into two "flights" of approximately equal size.
 - After one Semi-Final round the top 5 contestants will be taken from each flight and run off in a Final Round of 10 competitors, to determine the overall medalists for the division. If there is a tie in a Semi-Final flight that would determine who advances to the Final: all competitors in the tie will advance to the Final Round (resulting in 11 or more total competitors in the Final).
 - The 4 top-scoring contestants in the Final Round receive medals. Ties for these positions must be broken (see below).
 - If there is a Semi and a Final Round the contestant may perform the same poomsae in both rounds.

Conference Points and Medals:

- Medals will be given for 1st through 4th place in each division. Conference Points are also awarded:

Poomsae Conference Point Awards				
Division	1st	2nd	3rd	4 th
White/Yellow/Orange	10	8	6	4
Green	12	10	8	5
Blue/Purple	15	12	9	6
Red/Brown	20	16	12	8

Poomsae Scoring and Tie-Break Procedures – (White/Yellow/Orange Belts):

- For white/yellow/orange belt poomsae the ECTC uses a 3 or 5-judge system.
- One poomsae is performed with contestants performing two at a time.
- Contestants receive a single score that represents all aspects of their performance, such as "6.5". Although the full WT scoring system is not being used the judges evaluate the poomsae against the current WT standard.
- **Scoring Procedure:**
 - If there are 3 judges: take the sum of the three judge scores as the contestant's overall score.

- If there are 5 judges: first drop the high and low scores and then take the sum of the remaining three judge scores as the contestant's overall score.
- When all contestants have been scored:
 - If this is a Semi-Final flight, advance the top 5 to the Final. If there is a tie for top 5 positions advance all competitors in the tie.
 - If this is a single Final round then review the top four positions. **If there are no ties the division is complete.** If there is a tie for any of the top four positions, continue with the Tie-break procedure below.
- **Tie-break procedure:**
 - Each contestant in the tie will individually perform the same or another rank-appropriate poomsae as a tie-break and that poomsae will be scored normally. If there is still a tie repeat until resolved.
 - With an even number of competitors in a tie (usually two) judges may choose to run the competitors two at a time and use a show of hands to indicate the winner of the tie rather than scoring. If there is an odd number in the tie (usually three competitors), they must be scored normally and should compete individually.

Poomsae Scoring and Tie-Break Procedures – Green/Purple/Blue/Brown/Red Belts:

- For these divisions a 3 or 5-judge system is used.
- Contestants perform one at a time.
- One poomsae is performed, which is scored using the WT criteria for Accuracy & Presentation.
- Electronic scoring will be used if available, otherwise scoring may occur using a single score (white/yellow/orange system).
- Contestants may perform either of the two Designated Poomsae for their belt rank.
- **Tie-break procedure:**
 - The electronic scoring system will break the tie according to WT rules (primarily uses the higher Presentation score). If the tie cannot be broken or an electronic system is not available: the contestants will each individually perform one of the Designated Poomsae as a tie-break and will be scored normally. If there is still a tie repeat until resolved.

Poomsae (Forms) Competition: Black Belts

Please note that for the 2019 MIT tournament on 10/19/19 last season's rules will be used for the black belt competition: individual poomsae using the cutoff system (TG8/Koryo). The rules below take effect at 2019 Cornell (11/3/19).

Divisions and Designated Poomsae:

- There is only one black belt poomsae division (team format inclusive of all genders):

Division	1 st Designated Poomsae	2 nd Designated Poomsae
Black (1 st tournament)	Taegeuk 8	Koryo
Black (2 nd tournament)	Koryo	Keumgang
Black (3 rd tournament)	Keumgang	Taebaek
Black (4 th tournament)	Taebaek	Pyongwon
Black (5 th tournament)	Pyongwon	Shipjin

Team Format:

- Teams of 1, 2, or 3 black belts may be entered and the division will be structured as a bracket.
- Teams of 3 must be mixed-gender. Teams of 2 can be same-gender, but mixed is preferred.
- There is no limit on the number of teams per school.
- An individual contestant cannot compete on more than one team.
- The first Designated Poomsae will be performed until the Semifinal Round of the bracket.
- The second Designated Poomsae will be performed in the Semifinal and Final Rounds.
- In similar fashion to sparring, the team format will be conducted as three separate contests that decide the overall result for those two teams:
 - **Match 1:**
 - One randomly chosen **individual** from each team performs (one at a time). Winner takes that match for their team.
 - In the case of a 1-person vs. 1-person team this win determines the outcome.
 - **Match 2:**
 - A different randomly chosen **individual** from each team performs (one at a time). Winner takes that match for their team.
 - In the case of a 3 vs 1-person team or a 2 vs 1-person team Match 2 is not contested and is an automatic win for the larger team.
 - **Match 3:**
 - Each **team** performs (one at a time).
 - In the case of a 3 vs 2-person or 3 vs 1-person team Match 3 is not contested and is an automatic win for the 3-person team.
 - In the case of a 2 vs 2-person team Match 3 is not contested, unless it is necessary as a tie-break. See "The Winning Team" below.

The Winning Team:

- **3-person vs. 3-person team:** The winner is the team that wins two or more matches. The Lame Duck rule applies.
- **3-person vs. 2-person team:** The 2-person team must win both matches to advance.
- **2-person vs. 2-person team:**
 - The winner is determined by the team that wins two matches.
 - If, after two matches, each team has one win:
 - The team with the higher Total Score across both matches wins.
 - If still tied, the team with the higher Presentation Score across both matches wins.
 - If still tied, the teams will perform Match 3 as a pairs competition to break the tie.
- **3 or 2-person vs. 1-person team:**
 - A 3 or 2-person team always advances in the bracket over a 1-person team. The Lame Duck Rule applies.
- **1-person vs. 1-person team:**
 - The 1-person team winning the single match advances in the bracket.

Lame Duck Rule (Poomsae):

- Match 3 (team poomsae matchup) must be contested in a 3 vs. 3 team arrangement, even if one team has already qualified to advance by winning the first two individual head-to-head pairings.
- Match 1 must be contested in a 3 vs 1 or 2 vs. 1 team arrangement.
- This rule is designed to enrich the experience of all contestants whether they win or lose and to make sure that everyone has an opportunity to compete.

Conference Points and Medals:

- Medals will be given for 1st through 3rd place teams in each division. Conference Points are awarded to 1st through 5th place teams, as follows:

Poomsae Conference Point Awards								
	1st	2 nd	3rd	3rd	5th	5th	5th	5th
Black Belts	128	64	32	32	16	16	16	16

Poomsae Scoring and Tie-Break Procedures – Black Belts:

- For black belt poomsae the ECTC uses a 5-judge system. If necessary, a 3-judge system may be used.
- Each contestant (individual or team) will perform one at a time and will receive separate scores for Accuracy and Presentation, according to the WT criteria.
- **Tie-break procedure:**
 - The electronic scoring system will break the tie score according to WT rules (primarily uses the higher Presentation score). If the tie cannot be broken, or an electronic system is not available, the contestants will repeat the poomsae until the tie is broken.
- Aspects of Poomsae competition not specified here should be handled as described in the Poomsae rulebook on the WT website (<http://www.worldtaekwondo.org/rules/>)

Weigh-In Procedures

- 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.
- The ECTC Tournament Committee will indicate the deadline to request an early weigh-in before each tournament. Please email ectc-tournaments@googlegroups.com to request a weigh-in time.

General Weigh-In Procedures (applies to all types of weigh-in):

- Athletes must make the exact weight specified on the ECTC website for their weight class, unless they are wearing a complete uniform (top, bottom, and belt). If they are wearing a complete uniform two (2.0) pounds leeway may be given to the athlete. Only two weigh-in attempts are allowed. Weight classes are enforced for all sparring divisions.
- No weigh-in may occur with representatives of only one school present. Preferably an ECTC Tournament Committee member (who is not affiliated with the school weighing in) would be present. At a minimum an officer or coach from at least 2 ECTC-registered schools must be present to jointly supervise every weigh-in. One can be from the school weighing in. The 2nd party supervising the weigh-in must be approved by the Tournament Committee (TC) if not a member of the TC.
- The scale used must display weights in 0.2 pound increments or better resolution.
- The scale will be placed on a hard level surface (no carpet).
- The scale must pass the “Water Test” (see the ECTC website instructional video) before each remote weigh-in or once at the beginning of in-person weigh-ins at an event. The scale should be tested well in advance of the scheduled weigh-in time, to make sure it will pass the “Water Test”. Both individuals supervising the weigh-ins will observe the scale testing.
- As individuals step on the scale they will show their face and school ID. The weight will be recorded and the time and initials of the two supervising parties recorded.

Night-Before Weigh-In Procedures:

- The Night-Before weigh-ins must follow the above General Weigh-In Procedures above. They also must take place after 6 pm and last for at least 2 hours. Within reason, the school should make an effort to accommodate the travel schedules of participating schools.

Remote Weigh-In Requirements:

- Remote weigh-ins must follow the General Weigh-In Procedures above. They also must occur within 24 hours of the tournament start time.
- There are two options for how the 2nd party can be present at the weigh-in:
 - They can be physically present at the remote weigh-in.
 - Skype, or similar video-conference call, can be used to give the remote 2nd party a direct view of the weigh-in process and the scale’s readout.

Host School Obligations:

- Weigh-ins **MUST** be conducted on the morning of the tournament.
- Weigh-ins should be offered the night before the tournament. The time, duration, and location of Night-Before weigh-ins must be made known at least 2 weeks in advance of the tournament date via the ECTC mailing list and in the tournament packet.
- The host school should act as an extension of the Tournament Committee by offering to assist in conducting remote weigh-ins.

Referees and Judges

Red belts may serve as referees and judges for C-team sparring and white/yellow belt forms. Otherwise referees and judges should always be black belts.

7:30 Rule

To ensure a predictable finishing time for our tournaments the last on-deck sparring matches will be sent out of the holding area to rings no later than 7:30pm. Those matches will be contested and could be expected to wrap up by shortly after 8:00pm. At that point any matches remaining in the bracket would be cancelled and the Conference Points associated with the sparring bracket divided evenly among all the teams remaining in the bracket. This gives clubs certainty that they will be done competing by shortly after 8:00pm and, particularly with Closing Ceremonies being optional, able to be on the road well before 9:00pm. The ECTC strongly encourages responsible travel planning and believes this rule creates a safer tournament trip experience for everyone. With known start and finish times for ECTC competitions clubs now have all the information they need to make good choices.

Other Considerations

- The rules of World Taekwondo and USA Taekwondo apply to any circumstances not described in the ECTC rules. Example: the criteria for a valid point. The ECTC Board and Referee Chair may, however, choose to interpret the relevant rule(s) as appropriate for the ECTC and will address anything not described in the ECTC rules as they see fit.
- The ECTC reserves the right to refuse any individual access to our events for any reason. This would be applied primarily for reasons of safety or poor sportsmanship.
- The ECTC encourages and supports the growth of all its members. Although vigorous competition is expected, the ECTC leadership expects all competitors and coaches to respect each other as opponents and fellow martial artists. Competitors and coaches are therefore asked to mindfully avoid causing injury in the pursuit of success, particularly when opposite a less capable opponent. Because the ECTC leadership regards good sportsmanship as a core cultural value, it reserves the right to exclude all individuals who do not uphold this standard.