

CORNELL 태권도

February 3rd, 2026

Dear Tournament Participants:

On behalf of Grandmaster Han Cho and Sport Taekwondo at Cornell, I am pleased to once again invite you to our 37th Annual Eastern Collegiate Taekwondo Invitational! It will be held on **Sunday, March 1st** in Barton Hall at Cornell University in Ithaca, NY.

This packet contains the following:

- Tournament schedule
- Tournament information and guidelines
- Tournament fee information
- ECTC competition rules
- Hotel information
- Food information
- Driving directions and campus map to Barton Hall
- Cornell University waiver forms and ECTC Waiver forms (see p.14 for instructions)
- ECTC registration form

Registration instructions are at <https://www.ectc-online.org/registration->. For any questions, please contact the ECTC Tournament Committee Chairs Rae Drach, and William Estey at ectctournaments@googlegroups.com

The Cornell Waiver can be filled out here <https://cglink.me/2ee/s94905>. Each competitor must fill out this waiver. No physical waiver is necessary.

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 607-262-9741.

We look forward to seeing you at Cornell!

Best,

Lily Rose Mager
President
Sport Taekwondo at Cornell

Tournament Schedule

Date: Sunday, March 1st, 2026

Location: Barton Hall, Cornell University

Schedule

7:00 am	Registration and weigh-ins.
7:30 am	Black Belt and Coach's Meeting
7:45 am	Registration Closes: All competitors MUST be weighed in and all teams MUST be confirmed by this time. TC Info Session
8:00 am	Opening Ceremony
8:15 am	Poomsae Competition Begins. Sparring will begin after Poomsae.
7:30 pm	Competition Ends Closing Ceremonies

Tournament Information and Guidelines

Competitor Registration and Weigh-Ins:

To register, request a tournament registration spreadsheet by:

Friday, February 13th by 10 pm at <http://www.ectc-online.org/registration->.

Once you receive a registration link, your team's **registration spreadsheet must be COMPLETELY FILLED OUT by Friday, February 20th by 10pm**. An additional \$10 fee will be applied to any competitors who register after this deadline, and these requests must be communicated to Tournament Committee by emailing ectctournaments@googlegroups.com

Competitors may be moved around or deleted from spreadsheets until Friday, February 27 at 10pm.

School registrations are considered final for payment purposes as of Friday, February 27th at 10pm. Schools are responsible for paying the registration fee for any athletes dropped after this deadline.

Teams are required to weigh in remotely the day before the tournament (**Saturday, February 28th, 2026**) via video chat. Remote weigh-ins via Discord 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 (including belt) 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	\$50 per competitor	\$60 per competitor
After deadline	\$60 per competitor	\$70 per competitor

Schools can pay the tournament fee with cash or a check paid in person, a mailed check, or Venmo. In-person payment is preferred. If paying with a check, please make it payable to "Sport Taekwondo at Cornell." If paying in person, place your payment in an envelope labeled with your school's name, the number of participants, and the amount enclosed.

Regardless of your payment type, **all schools must fill out the following Google form:**
https://docs.google.com/forms/d/1lfh8LBzP8s60MuGUh6Sm6j_lxpRs_cZVD7pqp1dSzNk/viewform?edit_requested=true

This form also includes more extensive instructions for alternative payment methods.

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.

Moreover, each competitor must have completed both the Cornell and ECTC waiver (**linked on page 14**)

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

- Valid student ID
- Medical insurance coverage information
- Tournament fee, as detailed above

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 Poomsae Competition

There are three poomsae divisions (all coed), and all schools will compete in a single-elimination bracket. Each team consists of up to 3 competitors, and medals will be awarded to members of the top 4 teams in each division. A-Team Division will consist of three rounds of individual vs individual poomsae. Starting in the quarterfinal matches, after the first two individual vs individual rounds, a third round of team vs team poomsae will occur if necessary. B- and C-Team Divisions will consist of three matches of individual vs individual poomsae competition.

Division	Team Composition	Rank
A team	Up to 3 competitors of any gender	Blue belts through Black belts
B team	Up to 3 competitors of any gender	Green belts through red belts
C team	Up to 3 competitors of any gender	Green belts and below

Competitors may only compete in one division. Furthermore, each competitor must perform a form appropriate to their rank as described below, or they will be disqualified:

Rank	Poomsae
White/Yellow	Taegeuk 1 or 2
Green	Taegeuk 3 or 4
Blue	Taegeuk 5 or 6
Red	Taegeuk 7 or 8
Black	Keumgang (through quarterfinals) / Taebaek (semifinals and finals)

In the case of an athlete moving up a division, they are expected to perform poomsae appropriate to the division they are competing in. If green belts compete in B-team poomsae, they must perform either Taegeuk 5 or Taegeuk 6. If blue or red belts compete in A-team, they must perform the designated A-team poomsae.

All competitors will be judged whenever possible by USA Taekwondo rules. That means that each competitor will be judged one at a time, and will receive separate scores for accuracy and performance. In addition, the Tournament Committee may also end a division before it is finished due to time constraints.

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	Max Team Size	Duration	Rank
A - Team	3 Competitors, 2 Alternates	3 rounds of 60 seconds with 30 seconds rest	Blue Belts and up
B - Team	3 Competitors, 2 Alternates	3 rounds of 60 seconds with 30 seconds rest	Green to Red Belts
C - Team	3 Competitors, 2 Alternates	3 rounds of 60 seconds with 30 seconds rest	White to Green Belts

Competitors 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 or equal to 145.0 lbs	Less than or equal to 117.0 lbs
Middle	145.1 – 172.0 lbs	117.1 – 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 – white, black, or matches hogu color)
- **Mouth Guard** (clear, or non-red)
- **Forearm guards** (worn inside uniform, foam only)
- **Shin guards** (worn inside uniform, foam only)
- **Instep guards** (or Daedo e-socks for A- and B-team divisions)
- **Groin Protector** (required for men & worn inside uniform)
- **WT-Style Gloves** (open finger, white or matching hogu color)

C-team competitors must also have a **Trunk (Chest) protector** (WT-style hogu with shoulder/back protection).

Electronic hokus will be provided by the league, but all A-team and B-team competitors must purchase their own **Daedo E-foot gear socks** (Gen 1 or Gen 2) or they will not be allowed to compete. Socks can be purchased online at:

<http://www.tkdscor.com/m5/E-Foot--e-footgear.html>

Electronic headgear will be available for select matches at ECTC discretion.

All competitors must remove jewelry (including taped over piercings) for sparring.

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=smgogouscl&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

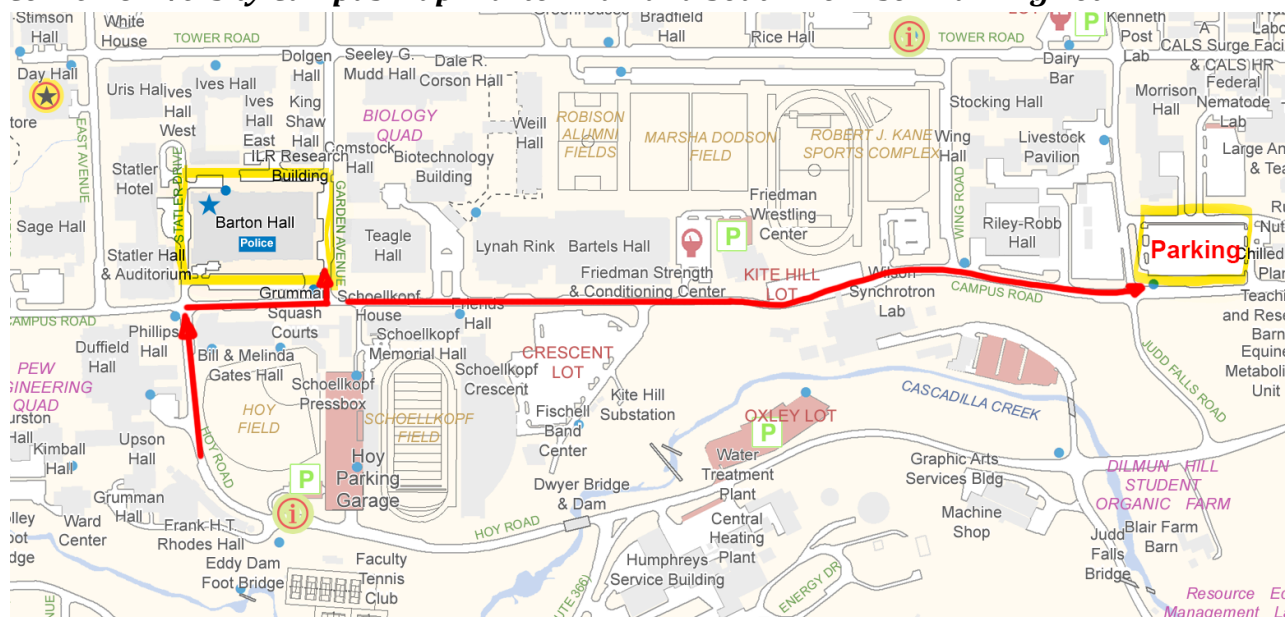
Barton Hall
117 Statler Drive,
Ithaca, NY 14853

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 I-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

Poke Lava - 206B Dryden Rd

Wings Over Ithaca – 121 Dryden Rd

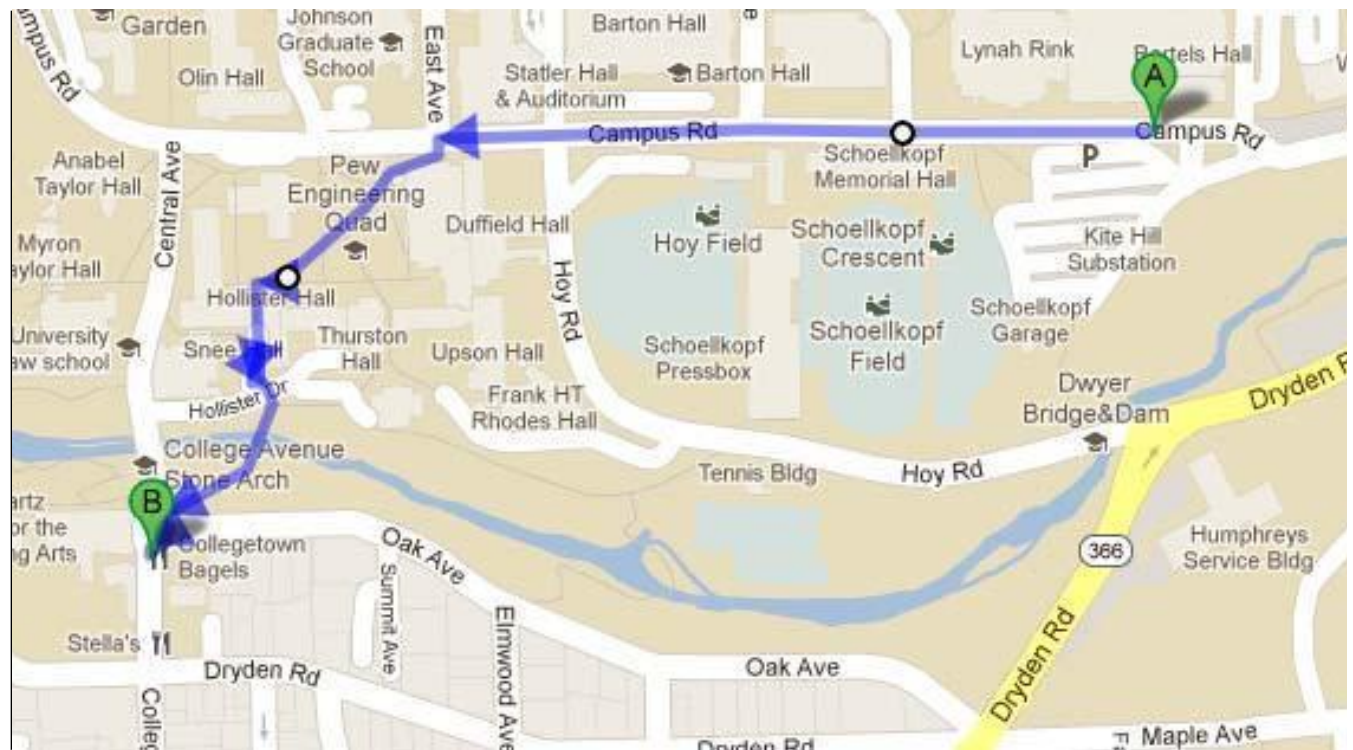
Collegetown Bagels – 415 College Ave

Bibi Bowl - 202 Dryden Rd

Plum Tree Japanese – 113-117 Dryden Rd

Dos Amigos - 403 College Ave

Xi'an Street Food - 120 Dryden Rd



Waivers

Attached here are links containing the [ECTC Online Waiver](#) and the [Cornell Online Waiver](#). Every student must fill out these forms before competition day. Please note that the ECTC Online Waiver must be completed once per competition season.

When filling out the Cornell waiver write “Cornell Taekwondo Tournament” as the name of the event. The name of the entity hosting the event is “Sport Taekwondo at Cornell.”

2025-2026 Club Registration Form

Ivy/Northeast Collegiate Taekwondo League

also known as the

Eastern Collegiate Taekwondo Conference

The Ivy Northeast Collegiate Taekwondo League (also known as the ECTC) club dues for the 2025-2026 season are \$150.

Please enclose a \$150 check made out to **“Ivy Northeast Collegiate Taekwondo League”, or “INCTL”**. **No cash and no money orders**, only checks please. You can also submit payment electronically via PayPal on the ECTC website.

If submitting via mail, please include this completed form with the payment AND email a copy of the form to dbchuang@gmail.com.

Submit this form to the INCTL Treasurer at:

Daniel Chuang
611 Green St.
Cambridge, MA 02139

Club information:

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

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