

# University of Vermont Taekwondo



**2025 Tournament Packet**

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**Welcome!**

On behalf of the University of Vermont, I want to welcome you to Burlington! We are pleased to have you visit and compete with us. This guide contains some helpful information as you prepare for your trip to Vermont. Please do not hesitate to reach out to myself or the Taekwondo officers with any questions.

Best,

Grace Peterson

**Grace Peterson, M.Ed. (she/her)**

**Assistant Director for Club Sports and Student Organizations**

The University of Vermont | 590 Main Street | Davis Center Rm. 311L | Burlington, VT 05405 (P)  
802.656.3554 | (E) [grace.peterson@uvm.edu](mailto:grace.peterson@uvm.edu)

Dear ECTC Members,

The University of Vermont's Taekwondo Club is excited to extend an invitation to this season's fourth Eastern Collegiate Taekwondo Conference tournament. The tournament will be held **Sunday, March 30th, 2025**, off campus **at the DoubleTree Hotel in South Burlington**. Please note the change in location from previous years. Doors open at 7:00 AM and the tournament will begin promptly at 8:00 AM.

**Early weigh-ins on Discord or in-person are required.** These will take place on Saturday, March 29th. To request a registration spreadsheet and Discord weigh-in time, please follow the instructions at <https://www.ectc-online.org/registration-> by **10pm on Thursday, March 13, 2025**. Please complete the spreadsheet by **Thursday, March 20th, 2025 at 10 PM Eastern** as late registration will result in an additional (\$10) late fee per competitor.

A UVM **safety waiver** is also attached at the end of the packet. Please have every competitor fill out a form to be handed in when you arrive. This waiver is in addition to the ECTC season waiver, which can be completed [at this link](#).

We hope to see you soon! If you have any questions, please feel free to contact club leadership.

**Logan Mohn**

(He/Him)

*Club President*

(802)-922-3260

[lmohn@uvm.edu](mailto:lmohn@uvm.edu)

**Max Terraciano**

(he/him)

*Club Treasurer*

(973)-349-7124

[max.terracciano@uvm.edu](mailto:max.terracciano@uvm.edu)

**Lily Farnell**

(she/her)

*Club Secretary*

(415)-302-4495

[lily.farnell@uvm.edu](mailto:lily.farnell@uvm.edu)

# **Tournament Schedule**

Date: Sunday, March 30, 2025

## **Schedule of Events**

7:00 AM: Doors Open. Registration and Weigh-in Begins

7:30 AM: Black Belt and Coaches' Meeting (if necessary)

7:45 AM: Registration Closes. ALL Competitors must be weighed in and Teams MUST confirm their Team Rosters at Registration BEFORE this time

8:00 AM: National Anthem & Opening Ceremony

8:15 AM: Black Belt and Color Belt Poomsae Competition Starts (Sparring to Follow)

7:30 PM: Closing Ceremony, Tournament Ends

# Registration Information

## Registration Fees

Please note we **CANNOT accept cash** for registration fees. **Checks** need to be made out to the University of Vermont with the memo line saying *UVM Taekwondo Club*. Registration fees are as follows:

*For competitors from a registered school:*

\$45 per competitor

*For competitors from a non-registered school OR for those competitors who register after the deadline:*

\$55 per competitor

*For competitors from a non-registered school AND for those competitors who register after the deadline:*

\$65 per competitor

To register a school/club with the ECTC for the current year, please complete the registration form found at the end of this packet or at <https://www.ectc-online.org/join-the-ectc> and mail it along with club dues (\$150) to Master Dan Chuang at the address provided. . For questions regarding club registration, email Master Chuang at [dbchuang@gmail.com](mailto:dbchuang@gmail.com).

## Competitor Registration

To request a registration spreadsheet and Discord weigh-in time, please follow the instructions at <https://www.ectc-online.org/registration-> by **Thursday, March 13th, 2025** at **10 PM Eastern**. Team applications received after the deadline will incur a \$50 fine, per ECTC regulations.

Teams must COMPLETELY FILL OUT their registration spreadsheet by **Thursday, March 20th, 2025** but can continue to edit team formats and remove competitors until **Thursday, March 27th, 2025**. No new competitors may be added after

Thursday, March 20th, 2025.

*Competitors must provide:*

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

*Competitor Eligibility:*

All competitors must be full-time students at the time of the competition. While student ID's 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.

# Tournament Information

***Tournament Rules:***

This tournament will follow the ECTC rules found at <https://www.ectc-online.org/rules>. Rules posted there supersede all information found in this packet.

***Poomsae (Forms) Competition:***

Poomsae Divisions:

- There are three poomsae divisions (all co-ed), defined as follows:

<b>Division</b>	<b>Team Composition</b>	<b>Rank</b>
C Team	Up to 3 competitors of any gender	White belts through Green belts
B Team	Up to 3 competitors of any gender	Green belts through Red belts
A Team	Up to 3 competitors of any gender	Blue belts through Black belts

- Each competitor may only compete in a single division, and thus perform a form appropriate to their rank, listed below:

<b>Belt Level</b>	<b>Designated Poomsae</b>
White/Yellow	Taegeuk 1 or 2
Green	Taegeuk 3 or 4
Blue	Taegeuk 5 or 6
Red	Taegeuk 7 or 8
Black	Through Quarters - Taebaek Semifinals & Finals - Pyongwon

*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 form.*



### ***Kyorugi (Sparring) Competition:***

#### Sparring Divisions:

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

<b>Division</b>	<b>Team Size</b>	<b>Duration</b>	<b>Rank</b>
C Team	Up to 3 Contestants, 2 Alternates	3 rounds of 60 seconds with 30 seconds rest	White through Green belts
B Team	Up to 3 Contestants, 2 Alternates	3 rounds of 60 seconds with 30 seconds rest	Green through Red belts
A Team	Up to 3 Contestants, 2 Alternates	3 rounds of 60 seconds with 30 seconds rest	Blue through Black belts

- The Tournament Committee reserves the right to adjust round lengths as necessary to provide the best competition experience for all athletes.
- Please note alternates are NOT permitted on a one-person team.

#### Weight Classes:

<b>Weight Class</b>	<b>Male-Identifying</b>	<b>Female-Identifying</b>
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 competitor may spar "up" a maximum of **one** weight class, at their 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.

Required Materials to Spar:

- All sparring competitors must wear the following items:
  - **Helmet** (foam only; white, black, or matches hogu color)
  - **Mouthguard** (non-red; clear preferred)
  - **Forearm guards** (foam only and worn inside uniform)
  - **Shin pads** (foam only and worn inside uniform)
  - **Instep pads** (C team)
    - 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.
  - **Gen 1 or Gen 2 Daedo socks** (A and B team)
    - 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.
  - **WT-style trunk/chest protector** (C Team)
  - **Groin protector** (for men, worn inside uniform)
  - **WT-style gloves** (open-finger; white or matching hogu color)

Full sparring rules can be found at: <https://www.ectc-online.org/rules>.

## Driving Directions

The tournament will be hosted at the *DoubleTree by Hilton* in South Burlington Vermont. It will be held at Lake Champlain Exhibition Hall. The Exhibition Hall is also the team warm up area where teams may also store bags and equipment. Please DO NOT eat food in the Exhibition Hall.

### Address:

DoubleTree by Hilton  
870 Williston Road  
South Burlington, VT 05403

### Directions:

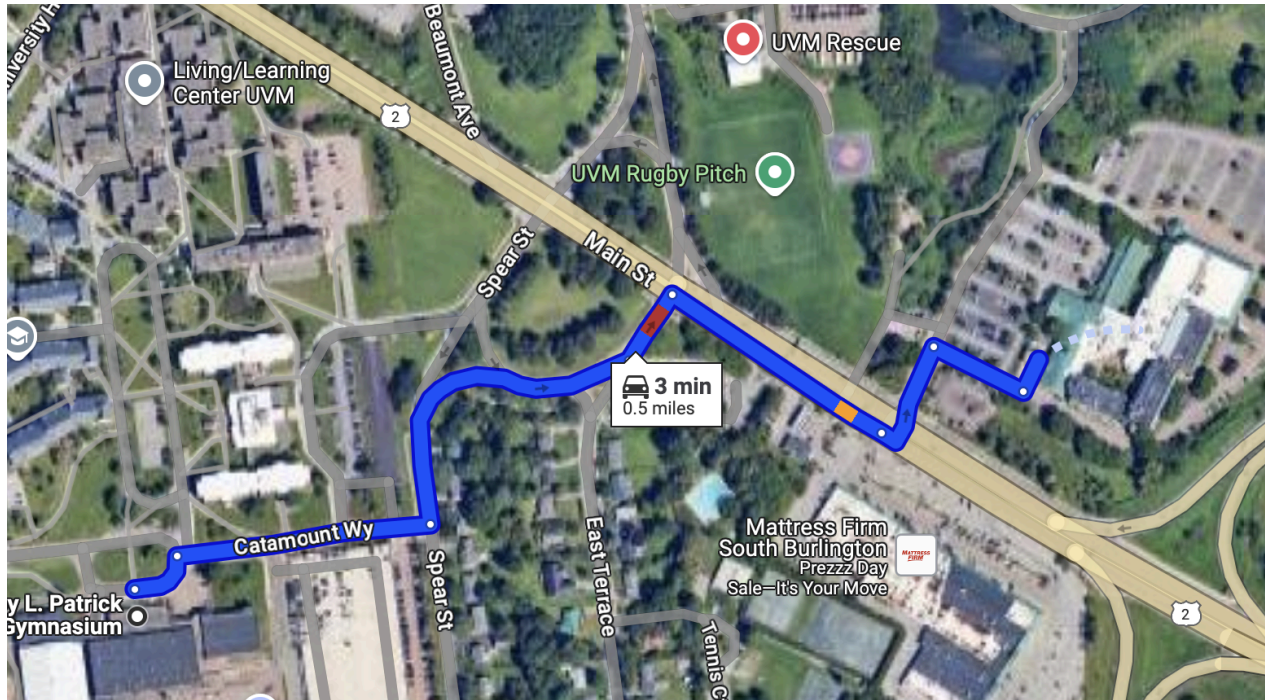
**From I-89:** Take Exit 14W into Burlington. Stay in the far-right lane. The hotel will be directly on your right across from the Maplefields gas station and the Staples Plaza (Verizon Store, Michaels, etc.).

**From Route 7 North:** Follow Route 7 North from Shelburne. Just past the Denny's Restaurant and just before reaching Burlington, take I-89 East. Travel approximately one mile to I-89 North. Continue using directions as above, from I-89 (Exit 14W is the second exit upon entering I-89 North).

**From Spear Street:** After turning right off of Spear Street, drive straight and take the second left. Park on the top floor of the Gutterson Parking Garage.

## Parking:

Parking at The DoubleTree is complimentary in all areas. Please see the attached map. Teams may park in all spots in the DoubleTree parking lot.



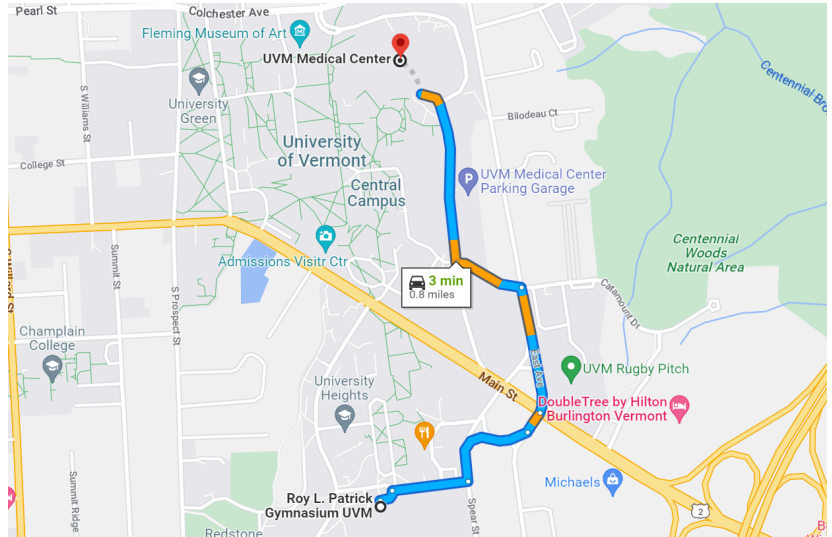
The blue route above depicts the drive from Patrick Gymnasium (where the event has been held in previous years) to the DoubleTree

## Lodging Recommendations

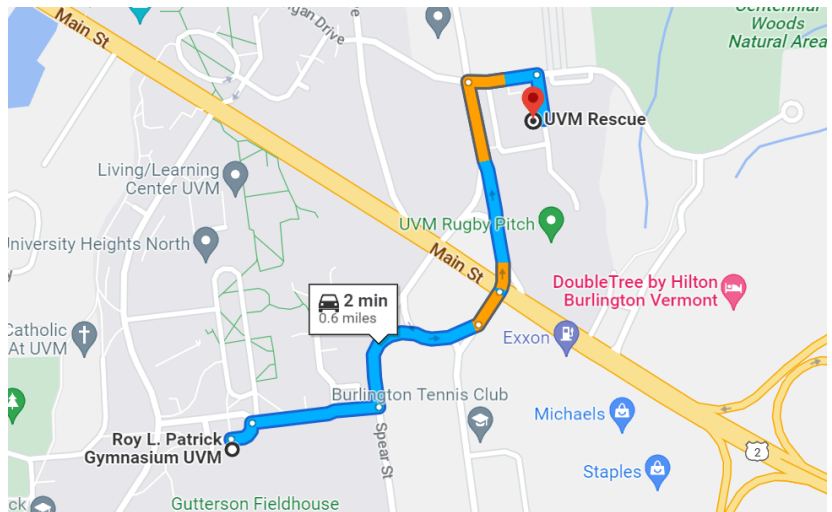
- Hilton Burlington  
60 Battery Street  
Burlington, VT 05401  
(802) 658-6500  
hilton.com
- DoubleTree by Hilton Burlington  
870 Williston Road  
South Burlington, VT 05403  
(802) 865-6600  
hilton.com
- Courtyard by Marriott Burlington Harbor  
25 Cherry Street  
Burlington, VT 05401  
(802) 864-4700  
marriott.com
- Comfort Inn & Suites South Burlington  
3 Dorset Street  
South Burlington, VT 05403  
(802) 735-1808  
comfortinn.choicehotels.com
- Best Western Plus Windjammer Inn & Conference Center  
1076 Williston Road  
South Burlington, VT 05403  
(802) 863-1125  
bestwestern.com
- Homewood Suites by Hilton Burlington  
5 Dorset Street  
South Burlington, VT 05403  
(802) 652-4400  
homewoodsuites3.hilton.com

# Hospital/Medical Centers

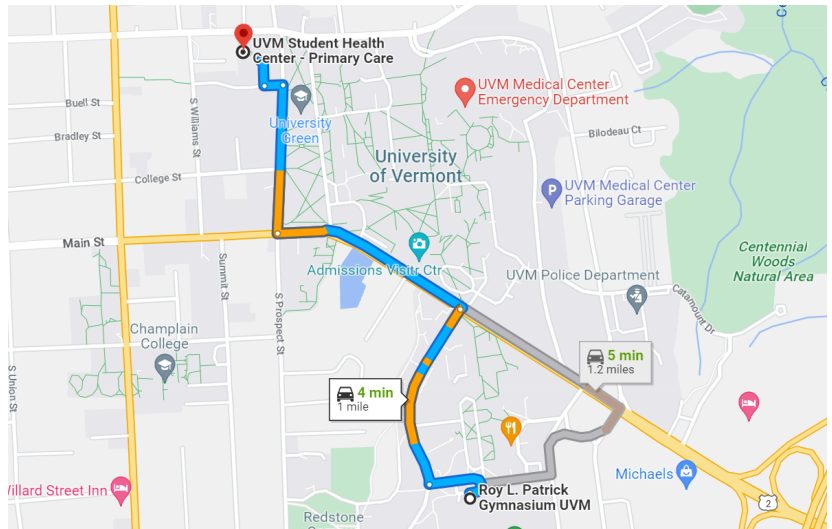
- UVM Medical Center  
111 Colchester Avenue  
Burlington, VT 05401  
(802) 847-0000



- UVM Rescue  
284 East Avenue, Unit 1  
Burlington, VT 05405  
(802) 656-4287



- UVM Student Health Center  
425 Pearl Street  
Burlington, VT 05401  
(802) 656-3350



# Food Options

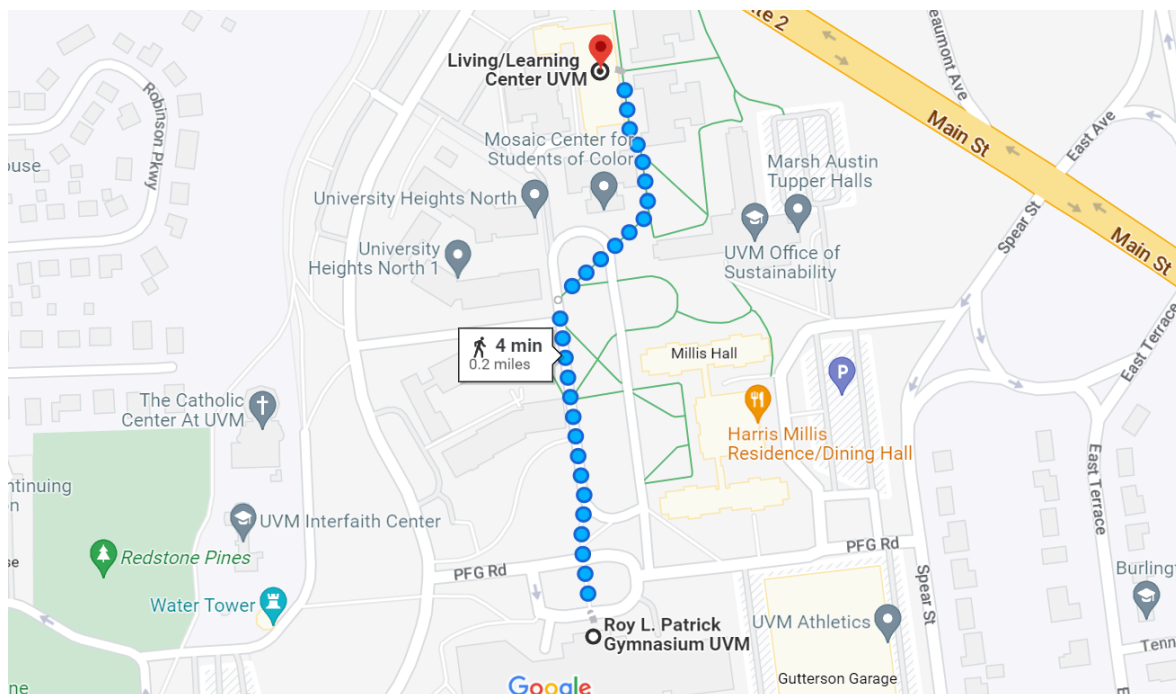
Downtown Burlington has several food options. Additionally, for vegan, vegetarian, and gluten-free options—and location convenience—there are on-campus dining locations.

- **The Skinny Pancake (V, VG, GF options available)**

- The Skinny Pancake serves both sweet and savory crepes, as well as a variety of other items. The full menu can be found here: <https://skinnypancake.com/locations/university-of-vermont/>
- It is located in the Living/Learning building (also referred to as L/L). It is approximately a 2-5 minute walk from the Patrick Gym.

- **The Marche (V, VG, GF options available)**

- The University Marché contains a self-service salad bar, bagel/deli station, comfort classics, homestyle pizzas, and grab-and-go meals. Additionally, there is Sprout, a vegan station, and Wow Bao, offering Asian cuisine.
- It is also located in the Living/Learning building and is beside The Skinny Pancake (2-5 minute walk from the gym).



Map of Patrick Gym to L/L

2025 UVM Taekwondo Tournament Liability and Release Waiver

**2024-2025 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 2024-2025 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.

If possible, please submit this form electronically to [dbchuang@gmail.com](mailto:dbchuang@gmail.com) and **also** submit a hard copy by mail as well with the payment.

Submit this form to the INCTL Treasurer at:

Daniel Chuang  
611 Green St.  
Cambridge, MA 02139

Club information:

<b>College name</b>					
<b>Club Contact Person</b>					
<b>Head Instructor</b>					
<b>Club Address</b>					
<b>City</b>		<b>State</b>		<b>Zip</b>	
<b>Club Phone No.</b>		<b>Contact email</b>			



**2025 UVM Taekwondo Tournament Liability and Release Waiver**

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

## 2025 UVM Taekwondo Tournament Liability and Release Waiver

I, \_\_\_\_\_ the below signed, am aware that playing or practicing any athletic activity can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing or practicing in the above sport include -- but are not limited to – death, serious neck and spinal injuries (which may result in complete or partial paralysis or brain damage), serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular-skeletal system, and serious injury or impairment to other organs or aspects of my body and my general health and well-being.

To the best of my knowledge, I am in good health and suffer no disability or condition which renders my participation in the sport or other athletic activity medically inadvisable, or otherwise limits my ability to participate in such sport or athletic activity without restriction.

I hereby authorize the coach (or other appropriate UVM personnel) to obtain on my behalf first aid, emergency medical care, or, if necessary, admission to an accredited hospital, when such care is necessary for the treatment of any injuries that I may sustain while participating in any activity associated with UVM club sports, including practices, games, and travel. I also hereby consent to the administration of emergency medical treatment in the event that I am unable subsequent to such injury to give such consent as otherwise necessary. **I agree to be responsible for all medical charges incurred by any hospitalization or treatment rendered pursuant to this authorization.**

In consideration for my participation in the sport and all activities related to the sport, including – but not limited to – practicing, competing, and traveling. I hereby voluntarily assume all risks associated with participation and agree to hold harmless UVM, its agents, officers, and employees, including – but not limited to – the athletics and club sports staff of UVM from any liability, claims, causes of action or demands of any kind and nature whatsoever which may arise by or in connection with my participation and any activities related to UVM club sports, except in the event of gross negligence.

The terms of this Agreement shall serve as a release and assumption of risk for my heirs, estate, executor, administrators, assignees, and all members of my family.

School: \_\_\_\_\_

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**(If under 18)** Parent Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_