

# University of Vermont Taekwondo



**2026 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 fifth Eastern Collegiate Taekwondo Conference tournament. The tournament will be held **Saturday, March 28th, 2026** in Patrick Gymnasium on UVM's campus. 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 **Friday, March 27th**. 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 12, 2026**. Any registration sheets requested after this time will incur a \$50 late fee. Please complete the spreadsheet by **Thursday, March 19, 2026 at 10 PM Eastern**. Adding competitors after this deadline will result in an additional \$10 late fee per competitor, and these requests must be communicated to Tournament Committee by emailing [ectctournaments@googlegroups.com](mailto:ectctournaments@googlegroups.com). Competitors may be moved or deleted from spreadsheets until **Thursday, March 26th at 10 pm**.

**School Registrations are considered final for payment purposes as of Thursday, March 26th at 10 pm. Schools are responsible for paying the registration fee for any athletes dropped after this deadline.**

A **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. Also please have every competitor fill out the ECTC waiver [https://docs.google.com/forms/d/e/1FAIpQLSey7RAn6Xn1FjVwf5kALcEc\\_Lc11hdfyLtWkD1jPl97Sr1pQg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSey7RAn6Xn1FjVwf5kALcEc_Lc11hdfyLtWkD1jPl97Sr1pQg/viewform). This form is only due once per season per athlete.

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

**UVM Taekwondo Club Leadership Contact Info:**

**Max Terraciano**

(he/him)

*Club President*

(973)-349-7124

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

**KimLinh Debona**

(she/her)

*Club Treasurer*

(802)-917-8146

[kimlinh.debona@uvm.edu](mailto:kimlinh.debona@uvm.edu)

**Lily Farnell**

(she/her)

*Club Secretary*

(415)-302-4495

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

# Tournament Schedule

Date: Saturday, March 28, 2026

## Schedule of Events

7:00 AM: Doors Open

7:15 AM: Registration and Weigh-in Begins

7:45 AM: ALL 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

Registration Fees can be either Cash or Checks. **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:*

\$50 per competitor

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

\$60 per competitor

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

\$70 per competitor

To register a school/club with the ECTC for the current year, please mail club dues (\$150) and the registration form found at the end of this packet to Master Dan Chuang or bring the fee and registration form to the tournament (**check only, no cash or money orders**). 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 12th, 2026 at 10 PM Eastern**. Team applications received after the deadline will incur a \$50 fine, per ECTC regulations.

You must completely fill out the registration spreadsheet by **Thursday, March 19th, 2026** but can continue to edit team formats and remove competitors until **Thursday, March 26th, 2026**. Adding competitors after this March 19th deadline will result in an additional \$10 late fee per competitor.

*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 - Pyongwan

*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 that **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 need the following items:
  - **Helmet** (foam only; white, black, or matching hogu color)
  - **Mouthguard** (clear preferred, red not allowed)
  - **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** (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 *Roy L. Patrick Gymnasium* at the University of Vermont. It will be held at Indoor Track Courts A & B (Location (S) in the attached map). **The Indoor Track (S) is the team warmup area where teams may also store bags and equipment.** Please store gear on the outer lanes of the track to keep the competition area clear.

## Address:

Roy L. Patrick Gymnasium  
97 Spear St.  
Burlington, VT 05405

## Directions:

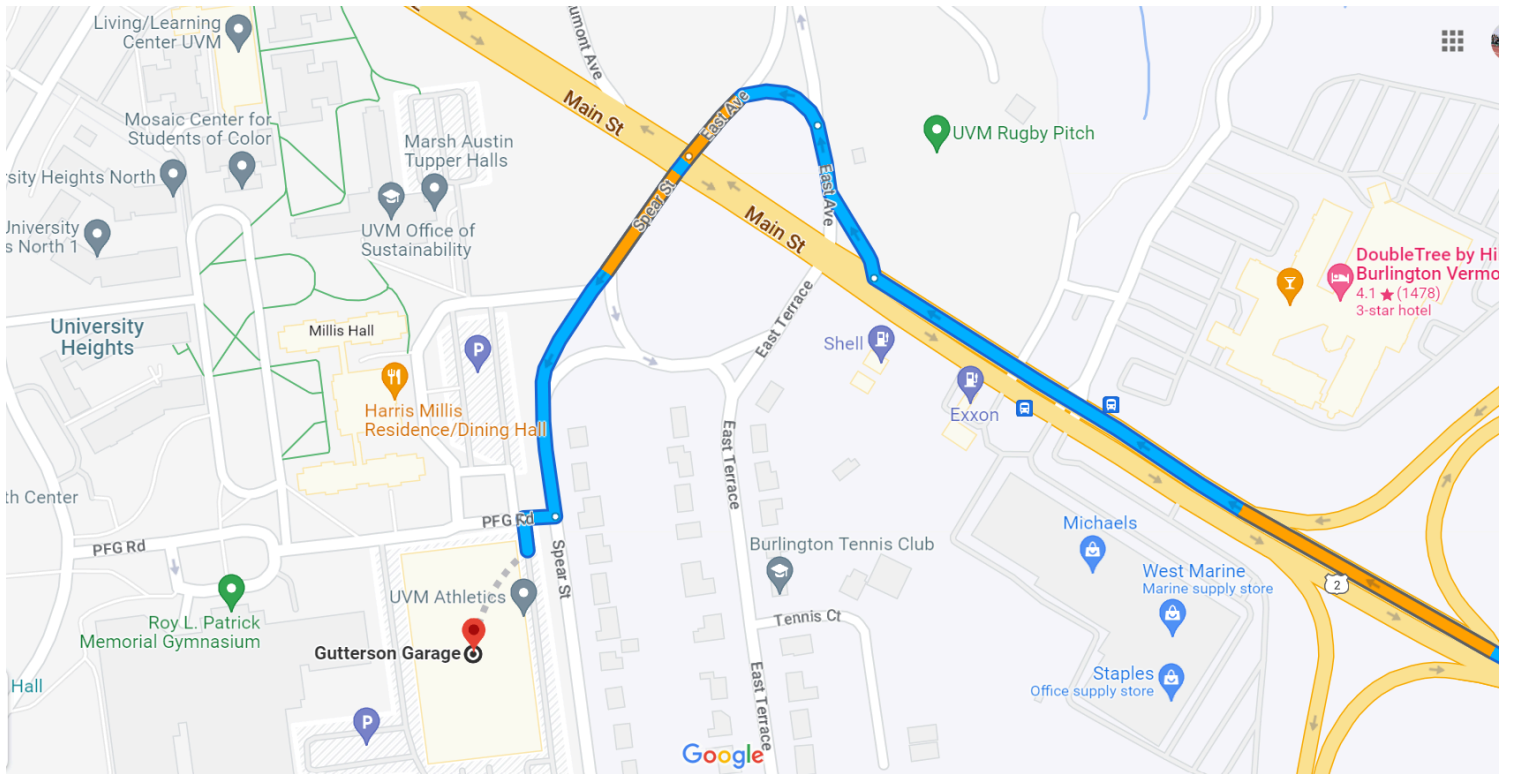
**From I-89:** Take Exit 14W into Burlington. Stay in the far-right lane. Just past the Double Tree and stop light, bear right at the East Avenue/Spear Street exit, in the lane for Spear Street. Take the immediate left around the jug handle, go straight through the traffic light, and this will take you onto Spear Street. Drive approximately 1/2 mile to the second Patrick Gym entrance on the right.

**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 UVM is free on weekends in designated areas. Please see the attached map. Teams may park on all levels of the Gutterson Garage beside Patrick Gym.



Route to Gutterson Garage, parking allowed on all levels

# BUILDING MAP

You are in lobby of Patrick Gym, the main level of this complex.

## MAIN LEVEL

- A** Patrick Gym Lobby
- B** Patrick Gym
- C** Campus Rec Studio
- D** Indoor Turf & Tennis Courts
- E** Athletic Medicine
- F** Patrick Classrooms (117 & 118)
- G** Athletic Administration
- H** Bostwick Room
- I** Athletic Performance

## UPPER LEVEL

- J** Patrick Multipurpose (217)
- K** Ticket Office, Victory Club, CatamountTV

## LOWER LEVEL

- L** Gutterson Multipurpose (217)
- M** Hall of Fame Room
- N** Squash Courts
- O** Equipment Room
- P** Racquetball Courts (two locations)
- Q** Forbush Multipurpose Room
- R** FitZone
- S** Track & Basketball Courts
- T** Personal Training Office
- U** Fitness Center Front Desk
- V** Fitness Center
- W** Climbing Wall
- X** Pool
- Y** Gutterson Ice Rink
- Z** Bouldering Wall

- STAIRS
- ELEVATOR
- ENTRANCE
- RESTROOM
- LOCKER ROOM
- SINGLE OCCUPANCY LOCKER ROOM



[www.uvmathletics.com](http://www.uvmathletics.com) | [www.uvmcampusrec.com](http://www.uvmcampusrec.com)

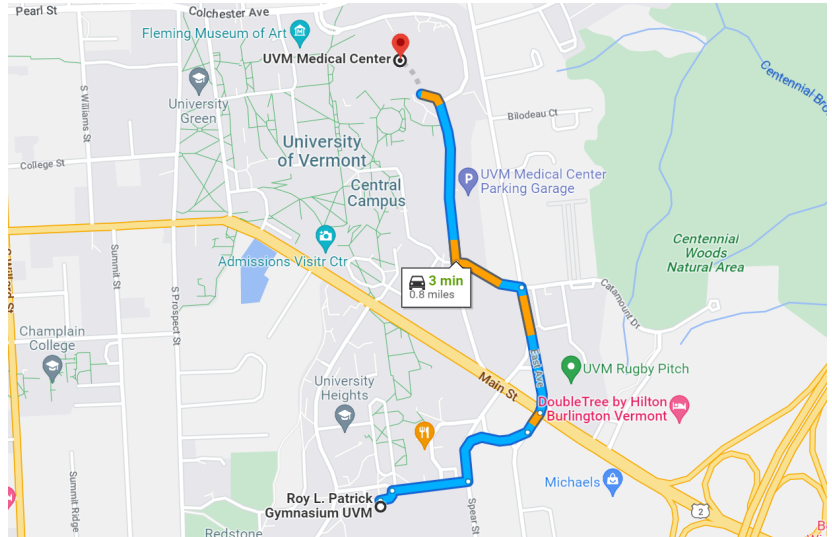
Map of the Roy L. Patrick Gymnasium: Warmup/bag storage area at Patrick Gym (B) and competition area at Indoor Track Courts (S)

## Lodging Recommendations

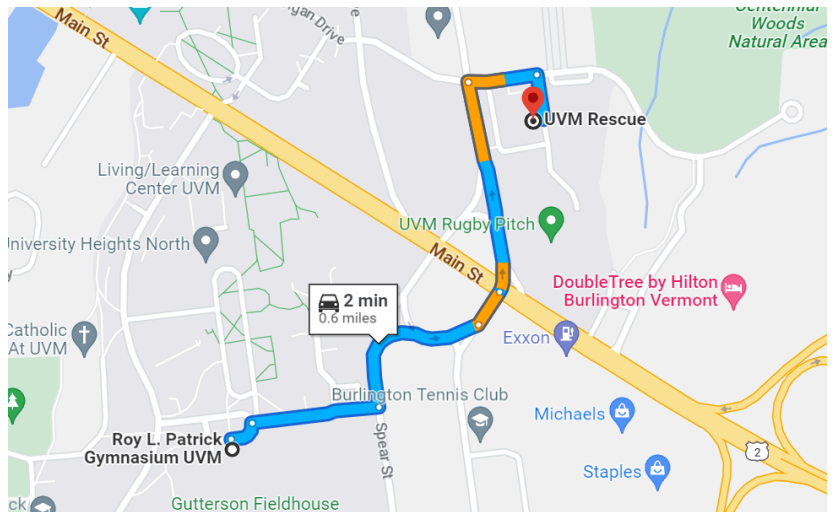
- Hilton Burlington  
60 Battery Street  
Burlington, VT 05401  
(802) 658-6500  
hilton.com
- DoubleTree by Hilton Burlington  
870 Williston Road  
South Burlington, VT 05403  
(802) 865-6600  
hilton.com
- Courtyard by Marriott Burlington Harbor  
25 Cherry Street  
Burlington, VT 05401  
(802) 864-4700  
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

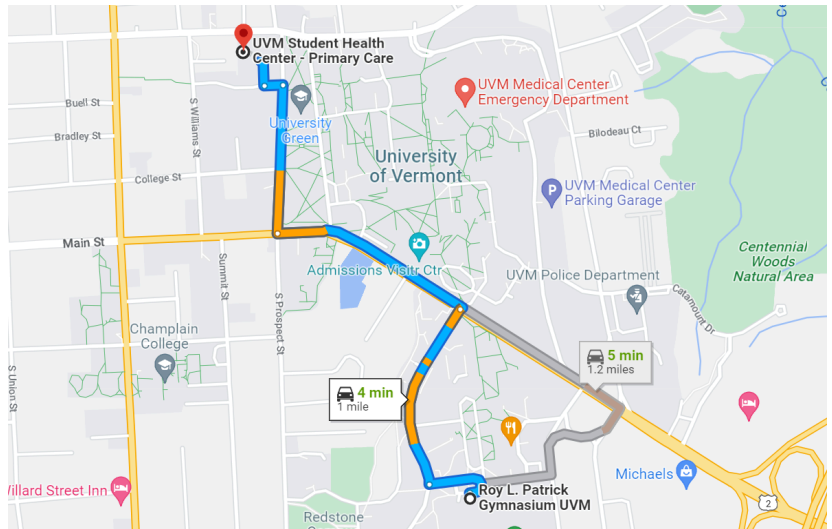
- UVM Medical Center  
111 Colchester Avenue  
Burlington, VT 05401  
(802) 847-0000



- 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

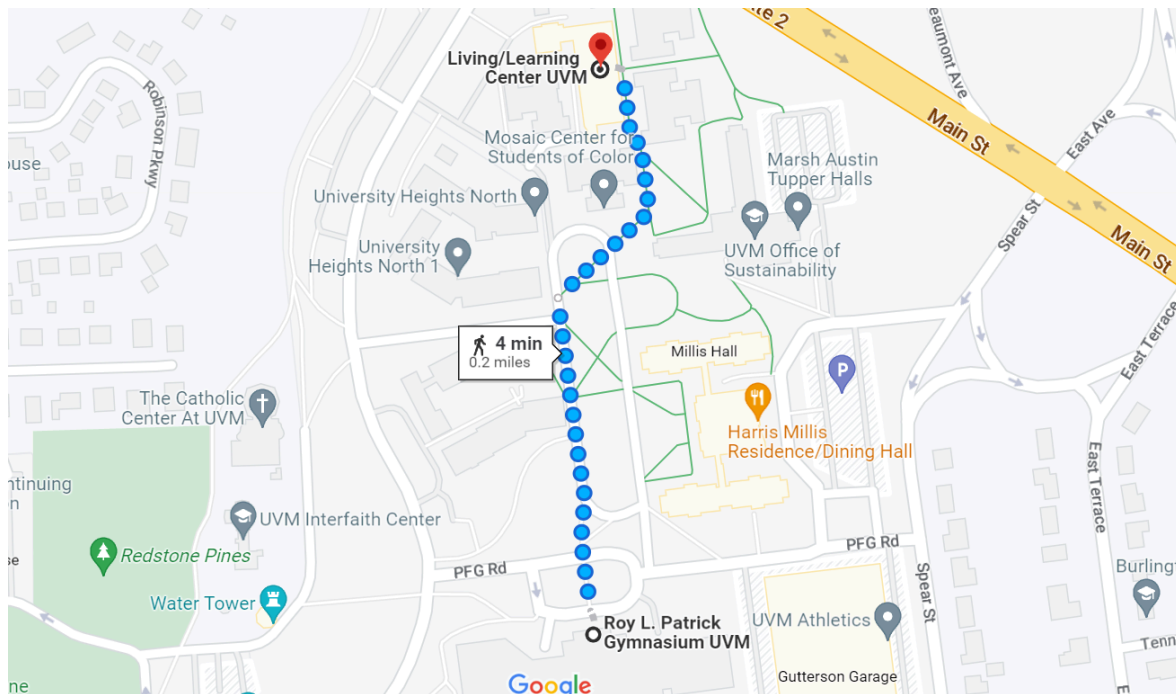
Downtown Burlington has several food options. Additionally, for vegan, vegetarian, and gluten-free options—and location convenience—there are on-campus dining locations.

- **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

**2025-2026 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 2023-2024 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>				
<b>Club Website:</b>							

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

**2026 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: \_\_\_\_\_