

University of Vermont Taekwondo



2024 Tournament Packet

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Welcome,

On behalf of UVM Club Sports, I want to welcome you to Burlington, VT! We are pleased to have you visit and compete with us. This guide contains some helpful information as you venture up to Vermont. If you have any questions, please do not hesitate to get in touch with UVM Club Sports or Taekwondo's officers.

Sincerely,

Ana Sola

Ana Sola, M.S.E. [She/Her](#)

Assistant Director for Club Sports

The University of Vermont | 590 Main Street | Davis Center Rm. 311N | Burlington, VT 05405

(P) 802.656.8723 | (E) ana.sola@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 30th, 2024** 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 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 14, 2024**. Please complete the spreadsheet by **Thursday, March 21st, 2024 at 10 PM Eastern** as late registration will result in an additional (\$10) late fee per competitor.

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.

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

Olivia Peterson

(they/she)

Club President

(603) 290-2028

opeters1@uvm.edu

Logan Mohn

(he/him)

Club Treasurer

(802) 922-3260

lmohn@uvm.edu

Deanna Barankewicz

(she/her)

Club Secretary

(914) 673-4073

dbaranke@uvm.edu

Tournament Schedule

Date: Saturday, March 30, 2024

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

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 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.

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 14th, 2024 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 21st, 2024 but can continue to edit team formats and remove competitors until Thursday, March 28th, 2024. No new competitors may be added after Thursday, March 21st, 2024.

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:

Division	Team Composition	Rank
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:

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

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)

Division	Team Size	Duration	Rank
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.

Weight Classes:

Weight Class	Male-Identifying	Female-Identifying
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**
 - **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 Turf Courts A & B (Location (D) in the attached map). The Patrick Gym (B) is the team warmup area where teams may also store bags and equipment. Please DO NOT store team gear on the Turf Courts.

Address:

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

Directions:

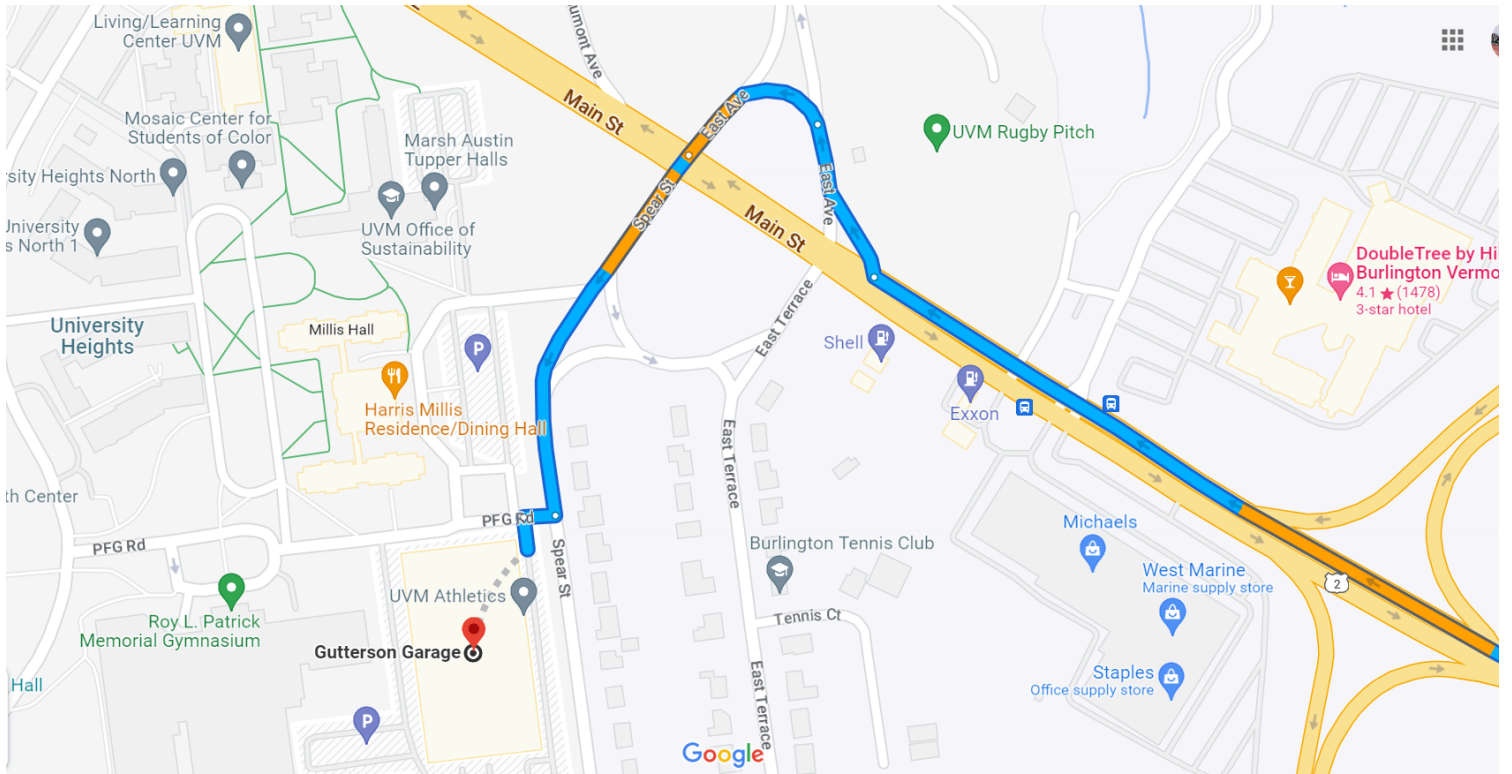
From I-89: Take Exit 14W into Burlington. Stay in the far-right lane. Just past the Double Tree and stop light, bear right at the East Avenue/Spear Street exit, in the lane for Spear Street. Take the immediate left around the jug handle, go straight through the traffic light, and this will take you onto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



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

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**

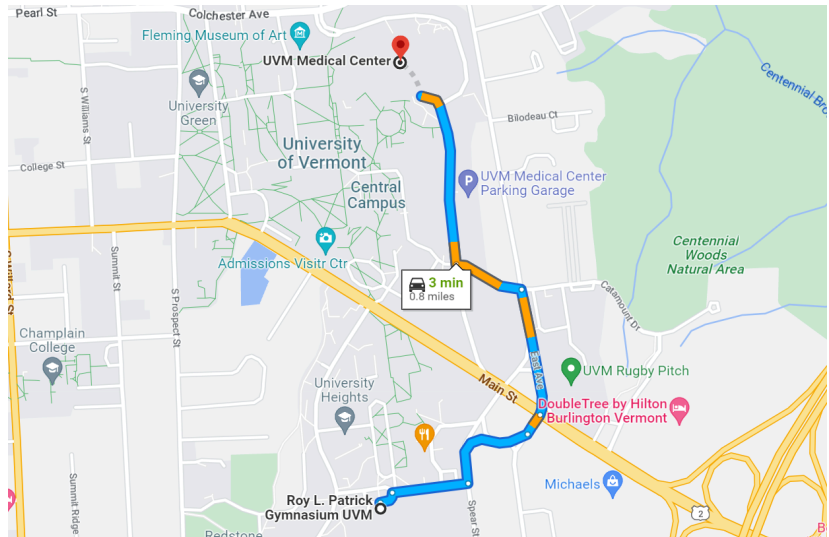
1076 Williston Road
South Burlington, VT 05403
(802) 863-1125
bestwestern.com

- **Homewood Suites by Hilton Burlington**

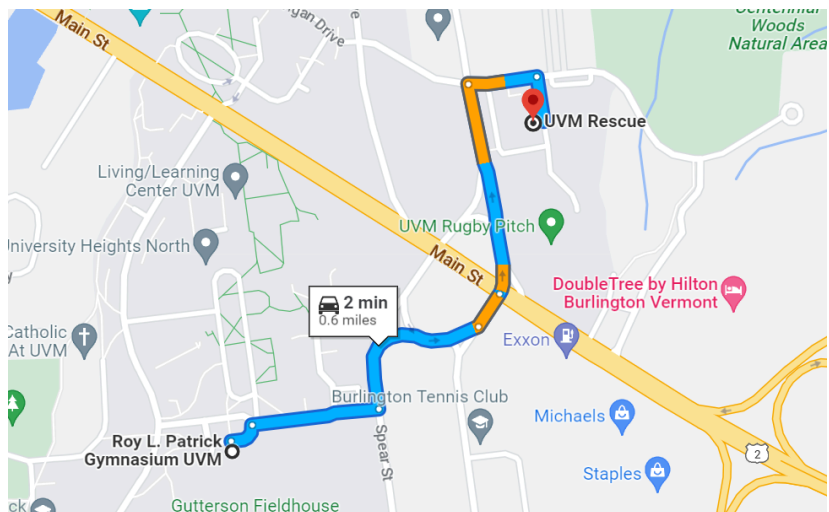
5 Dorset Street
South Burlington, VT 05403
(802) 652-4400
homewoodsuites3.hilton.com

Hospital/Medical Centers

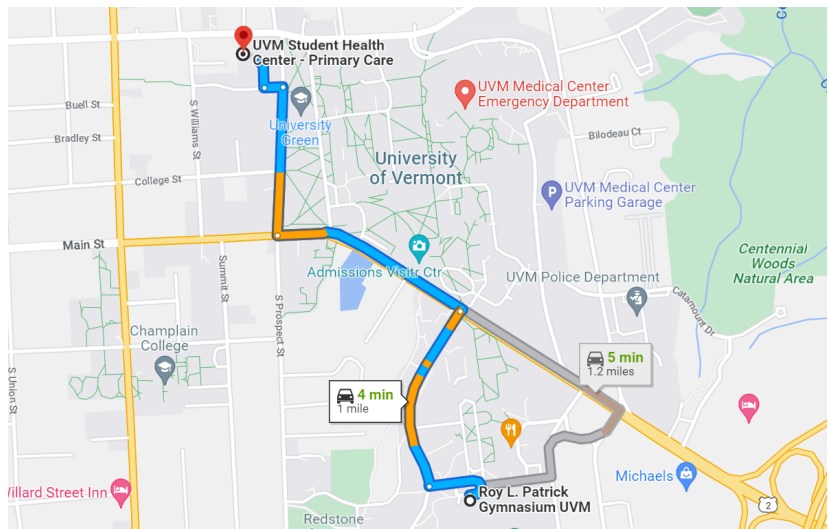
- UVM Medical Center
111 Colchester Avenue
Burlington, VT 05401
(802) 847-0000



- 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

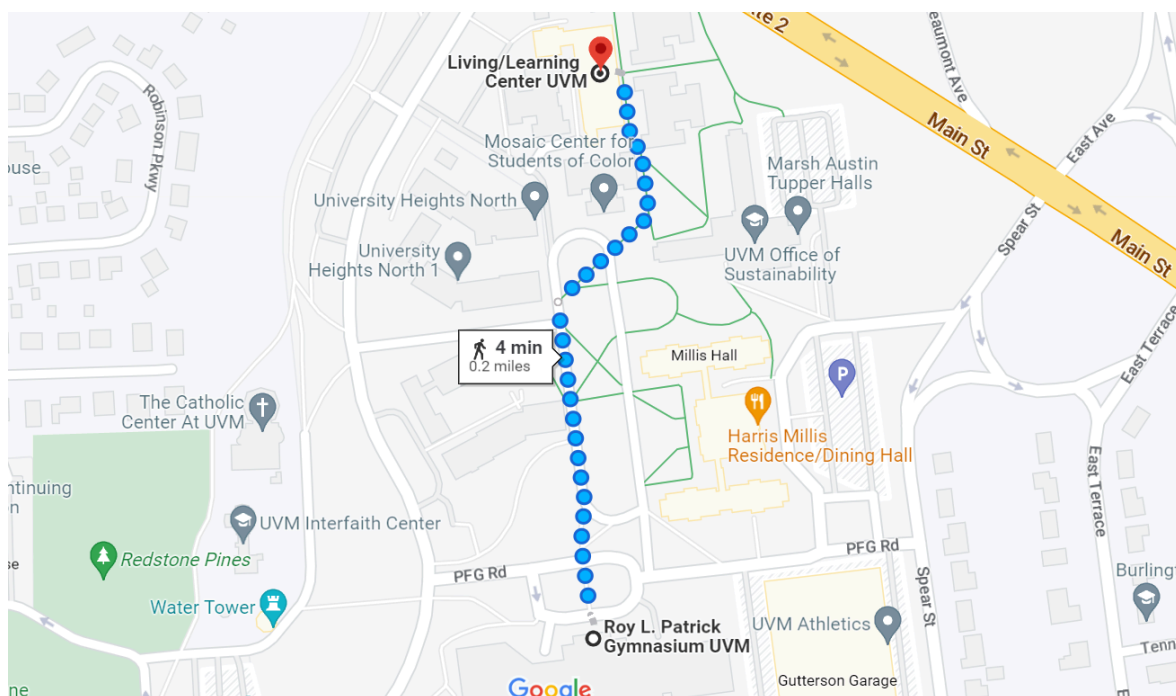
Downtown Burlington has several food options. Additionally, for vegan, vegetarian, and gluten-free options—and location convenience—there are on-campus dining locations.

- **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

2023-2024 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 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:

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

2024 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:

2024 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: _____