

Eastern Collegiate Taekwondo Conference

Competition Rules

(in effect as of 3rd November 2022)

(Rule changes/updates since the 2021-2022 season are highlighted in blue. Changes since the 1st October 2022 edition are in purple.)

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1. Contestants

1.1 - 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.

1.2 - 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.

1.3 - Para-Taekwondo:

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.

1.4 - Gender Identity:

The ECTC offers competition in the form of male and female sparring divisions or poomsae team positions, but understands that this does not fully reflect the diverse identities of our athletes (who may be non-binary, transgender, et cetera). The ECTC therefore allows all contestants to register in the gender division/position with which they most identify (or which is perhaps least personally objectionable). Contestants can simply register and do not need to notify the ECTC of their personal identity/status or if they change division. No documentation or explanation is needed. If a contestant wishes to change gender division/position during or between seasons they may do so. The intent of this approach is to offer a more inclusive competition environment. The ECTC expects all teams to abide by the intent and spirit of this flexibility so it can benefit individuals for genuine personal reasons, refraining from mis-using it for any strategic or tactical advantage or the like.

2. Tournament Entry Fees and Conference Membership

2.1 - 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.

2.2 - 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.

3. Uniforms

- All sparring contestants must wear V-neck Taekwondo doboks (uniforms). White v-neck for color belts and black v-neck for black belts. 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, buckles, and similar items.
 - Poomsae competition:
 - Permitted: eyeglasses, goggles
 - Note: Other items such as small earrings, piercings, 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, long necklaces, and other items that could cause injury.

4. Kyorugi (Sparring) Competition

Current World Taekwondo (WT) rules (<http://www.worldtaekwondo.org/rules-wt/rules.html>) 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.

4.1 - 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.



4.2 - 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 and do **not** compete in a tag-team format.

4.3 - 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.

4.4 - Sparring Divisions:

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

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.

4.5 - 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 before the start of their 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 Lamé Duck Rule).

4.6 - 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 won the most rounds across both matches.**
 - Example, if match 1 was won by Red, 2:0 and match 2 was won by Blue 1:2, then Red wins: 3 rounds to 2.
 - If the number of rounds is tied consider total points scored **in all rounds** across both matches (if totals are available):
 - Example: if match 1 was won by Red in two rounds, 7:3 and 4:3, and match 2 was won by Blue in two rounds, 3:6 and 3:7, then the total score across both matches is 17:19 in favor of Blue.
 - **If the total points are also tied (or are unavailable) then the winner is decided by the referee and corner judges on the basis of cumulative Superiority across both matches.** The officials must be aware of this possibility and track the Superiority of the players across both matches, considering these four criteria in order and stopping if one decides the winner.
 - Aggressive Match Management (team controlling the matches, initiating, etc.)
 - Greater number of techniques (team that made the most credible attempts to score)
 - More advanced techniques (difficulty and complexity such as jumping or spinning)
 - Better Competition manner (good attitude, clean uniform, etc.)

Procedure: Judges and referee all face the table from their bow in/out marks. Referee calls for the score and all officials turn their heads toward their choice for winner and extend their arm to that side of the ring (same signal as the round winner). The referee

may call a conference to explain the process and ensure the judges are prepared to choose a winning team.

- **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 lightweight 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:**

- The 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.

4.7 - 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).

4.8 - 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 (**only two rounds**) 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.

A-Team Safety Rule matches will only consist of two rounds, due to the overall match outcome already being determined by forfeit, regardless of who won the first two rounds. If the request to pause a regular match and continue under Safety Rules does not come until the third round then the match will immediately end in favor of the opponent, as the deciding third-round winner has now been determined by forfeit (similar to withdrawing from a match, although the losing competitor can continue in the bracket if their team advances because the withdrawal is not due to injury).

4.9 - 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

4.10 - 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).

4.11 - Lane Duck Rule (Kyorugi):

- 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.
- The Lane Duck Rule may be suspended by the tournament committee after a certain round of the bracket, or entirely, to manage tournament capacity.

4.12 - 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 reflect 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.
 - Head scoring area: the entire head above the bottom line of the head protector/chin strap (including face). Foot below the ankle bone making contact in this area scores.
 - 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
 - Head & shoulders must rotate to be a valid turning technique in 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.

4.13 - Point Gap:

The **round** will end if there is a 12-point gap in the score.

4.14 - Round Tie-break:

Same as the WT/USAT process (with an exception for C-team below):

- Best of Three rounds; every round must have a winner; No "golden round".
- Tiebreak if a round is tied (stop if a step decides the round winner - criteria 1-3 should be automated by the Daedo software):
 - 1) Total points gained by turning or spinning kicks.
 - 2) Highest Value Techniques (does not include points from spinning/turning as these were already considered in the first criteria).
 - a) Example 1: Hong has 1 point from opponent's GJ. This counts as "less" than an earned point. Chung has 1 point from scoring a punch. Chung's earned point is more valuable than Hong's unearned point. Chung winner.
 - b) Example 2: Hong has two regular PSS body hits. Highest value technique: 2 points. Chung has a punch and a head kick. Highest value technique: 3 points. Chung winner.
 - c) Example 3: Hong has five regular PSS body hits. Chung has four regular PSS body hits and a punch. First four pairs of 2-pointers cancel. Last is 2-points Hong to 1-point punch for Chung. Hong winner.
 - d) Example 4: Hong and Chung each have a head kick (cancels). Both have a body kick (cancels). Hong wins with a second body kick vs. Chung's punch.
 - 3) Number of Registered Hits (that registered contact but did not score). This is NOT a criteria for C-team tie-breaks, unless they are using electronic PSS/hogu.
 - 4) The winner is decided by the referee and corner judges considering the following Superiority criteria and stopping if a criteria decides the winner. They consider only the round just completed. If there are 3 corner judges the referee does not vote.
 - a) Aggressive Match Management (who is controlling the match, initiating, etc.)

- b) Greater number of techniques (who made the most credible attempts to score)
- c) More advanced techniques (difficulty and complexity such as jumping or spinning)
- d) Better Competition manner (good attitude, clean uniform, etc.)

Procedure: Judges and referee all face the table from their bow in/out marks. Referee calls for the score and all officials turn their heads toward their choice for winner and extend their arm to that side of the ring (same signal as the round winner). The referee may call a conference to explain the process and ensure the judges are prepared to choose a round winner.

4.15 - 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.
- Please refer to the current WT rules or the USAT rules for information on the penalties. Ensure the rules you are reviewing have been updated as of September 2022 or later.

Significant recent changes to penalties (subject to change and *not* a comprehensive list of penalties):

- The 5th gamjeom for a contestant ends the round in favor of the opponent.
- Avoiding the Match
 - 3/3 rule - after 3 seconds of inactivity in a match the referee calls “fight” and counts down another 3 seconds (like a shot clock). If there is no activity the more passive contestant or both will receive gamjeom. Following the 3/3 rule a couple of seconds are allowed to reset/reengage, so it may be applied more like 5/3 in some contexts.
 - Clinching - referee will immediately call “fight” and then count aloud 3, 2, 1 and call kalyeo. If the contestants were equally passive or engaging in similar avoidance the referee will just restart the match. If only one contestant was continuing to avoid/clinch they will receive a gamjeom. Can be given immediately if there is grabbing, etc. The goal is a very active match.
- Lifting the Leg (“X” hand signal):
 - Lifting the leg above the waist and kicking/sliding-with-extension more than three (3) times is a gamjeom. Fourth kick receives gamjeom and points are removed (if the kick scored).
 - 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).
- Grabbing
 - Attacking trunk protector or back of the head with the side or bottom of the foot in clinch position.
 - Squeezing/pinching motion with the arms (usually in clinch) is also grabbing.
- Falling
 - If a contestant scores with a turning technique and falls there is no penalty. If both fall and one scored, gamjeom to the one who did not score.
- Pushing

- New pushing penalty added for a prolonged/continuous push. Quick push allowed. Referee will distinguish a long push with body or hands from a defense/creating distance.
- Misconduct
 - Between rounds - within 5 seconds of round conclusion applies to the round, which could change the winner (and potentially force a third round). After 5 seconds the penalty applies to the next round (or does not change the outcome of the match if it is already decided).
 - Testing for system/hogu issues can be requested in the 2nd or 3rd round, but the card will be taken if the system is working properly. Gamjeom will also be given for misconduct.

4.16 - Length of Matches:

Duration of Rounds for Sparring (Kyorugi)			
Division	Rounds	Round Length	Rest Period
C	Best of Three	60 seconds	30 seconds
B	Best of Three	60 seconds	30 seconds
A	Best of Three	60 seconds	30 seconds

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

4.17 - 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.

The ECTC follows current WT and USA Taekwondo competition rules on IVR procedure and what a coach may ask for, which may be more recent than what follows.

4.18 - 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.**
- Notes:
 - Coach may request for head kick if there was contact, even with an electronic helmet.
 - Coach can just say “no gamjeom” or “head kick” (for my player). Doesn’t need detail or number of points requested, but the referee may ask for clarification.
 - Coach may say “gamjeom given to the wrong contestant” for crossing boundary or falling down.
- 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 referee who is not in the ring (Review Jury), if readily available, or else by majority vote of the referee and judges.
- The Review Juror 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 Juror 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 the referee/judges have a question on procedure the help of a Review Juror or the Referee Chair may be requested.
- 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 a clearly 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.

4.19 - 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

4.20 - 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.

4.21 - 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).

4.22 - 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.

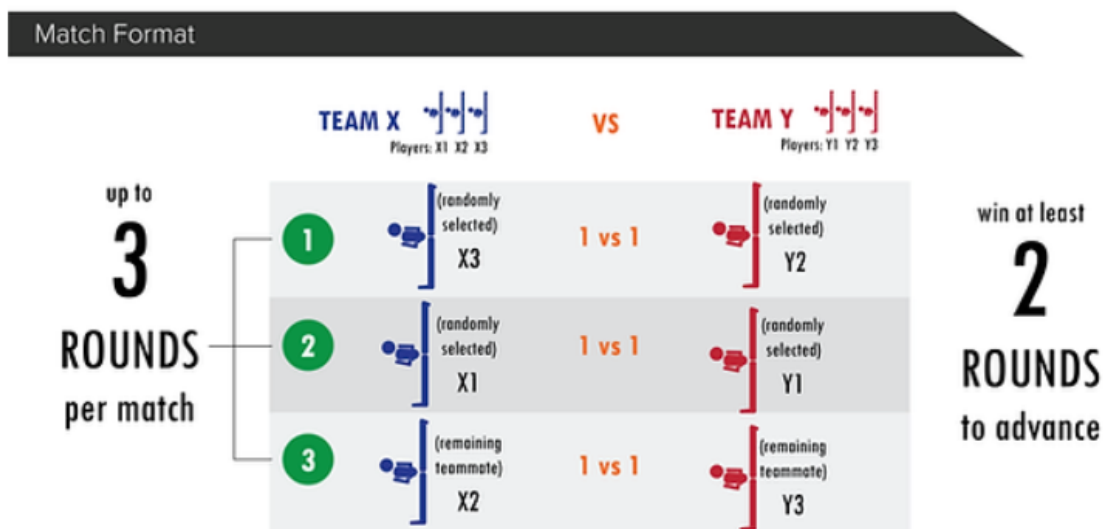
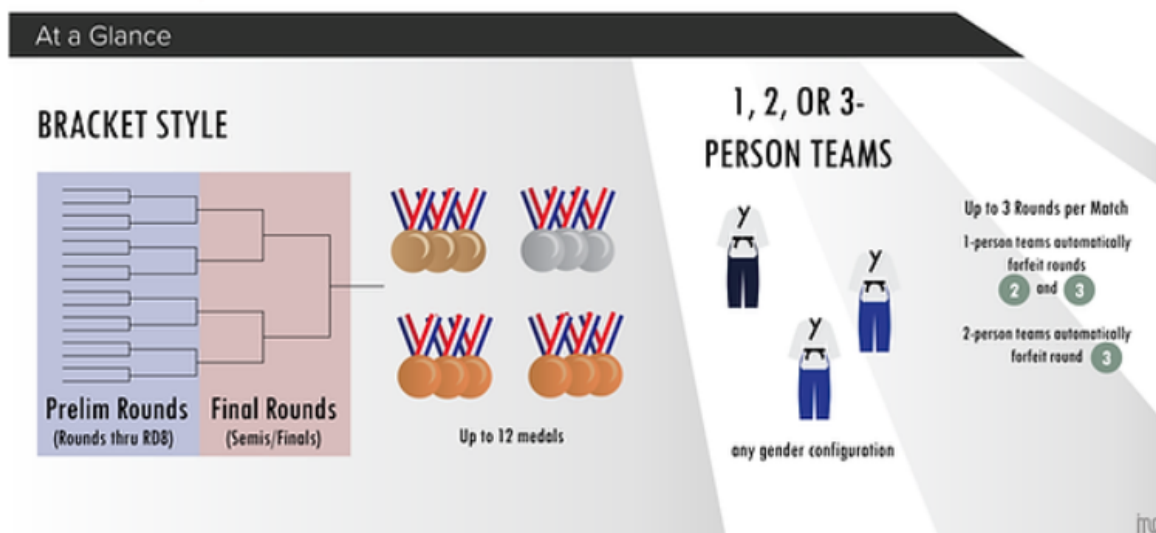
- Athletes who have a 30-day timeout from sparring competition are still eligible to support their school and the ECTC by competing in forms, by coaching, by corner judging, and as a computer operator or tournament staff volunteer. They may not serve as a center referee, due to the possibility of accidental head injury during a match.

5. Poomsae (Forms) Competition: C and B-Teams (Color Belts)

5.1 - Overview:

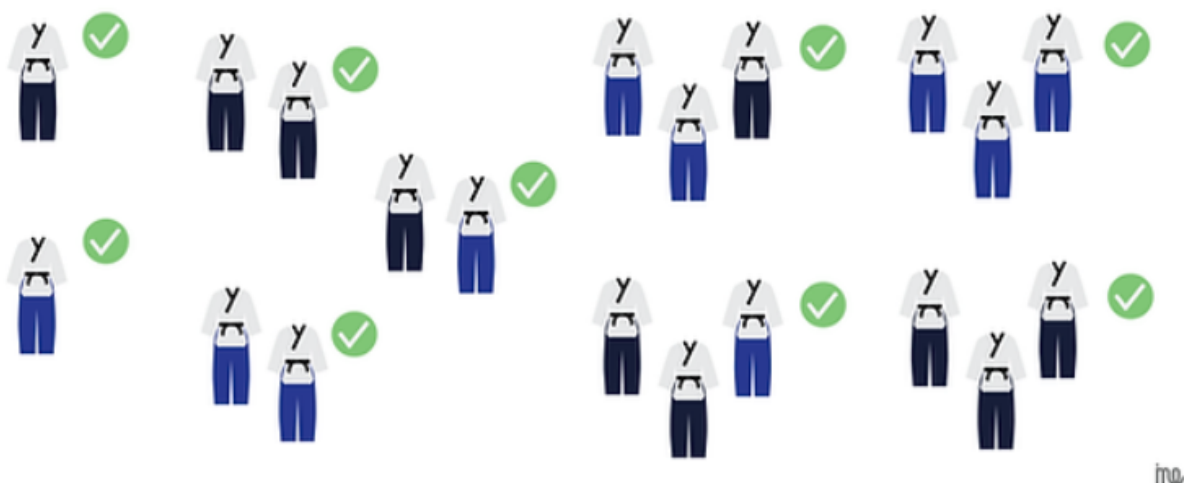
B-Team & C-Team

EEFC TEAM POOMSAE



ACCEPTABLE TEAM CONFIGURATIONS

*lighter blue pants = FEMALE players; darker blue pants = MALE players



TEAM OF 1



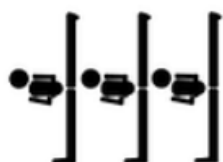
- automatically forfeits rounds 2 and 3
- can advance if up against another team of 1
- cannot advance against a team of 2 or 3

TEAM OF 2



- automatically forfeits round 3
- if up against a team of 3, must win rounds 1 and 2 to advance
- both individuals will compete (in random order) in each individual round unless up against a team of 1 (in which case, 1 randomly selected person will compete, but the team will always advance)
- if up against another team of 2, must win both rounds or have the higher total score

TEAM OF 3



- if up against a team of 3, each player will compete individually in a random order and the team must win two out of three rounds to advance.
- if up against a team of 2, two teammates will compete in a random order in rounds 1 and 2 and must win at least one round to advance
- if up against a team of 1, one player will be randomly selected in round 1, but the team will always advance.

Infographics created by Memie Osuga

5.2 - Divisions and Designated Poomsae:

- There are two color belt poomsae brackets, C and B, inclusive of all genders:

Division	Designated Poomsae	Notes
C-Team (white/yellow/orange)	Taegeuk 1 or 2	Single-elim; contestant's choice of form
C-Team (green)	Taegeuk 3 or 4	Single-elim; contestant's choice of form
B-Team (blue/purple)	Taegeuk 5 or 6	Single-elim; contestant's choice of form
B-Team (red/brown)	Taegeuk 7 or 8	Single-elim; contestant's choice of form

5.3 - Team Format:

- Teams of 1, 2, or 3 color belts may be entered and the division will be structured as a bracket.
 - C-teams consist of white, yellow, orange, and green belts.
 - B-teams consist of blue, purple, red, and brown belts.
- C and B-Teams may consist of any gender.
- There is no limit on the number of teams per school.
- An individual contestant cannot compete on more than one team.
- Contestants must perform one of the two poomsae designated for their rank or they will be disqualified.
- 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. There is no requirement to compete against the same gender.
 - 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. There is no requirement to compete against the same gender.
 - 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:**
 - The remaining **individual** from each team performs (one at a time). Winner takes that match for their team. There is no requirement to compete against the same gender.
 - 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.

5.4 - The Winning Team:

- **3-person vs. 3-person team:** The winner is the team that wins two or more matches. The Lane 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 Lane Duck Rule applies.
- **1-person vs. 1-person team:**
 - The 1-person team winning the single match advances in the bracket.

5.5 - Lane Duck Rule (Poomsae):

- Match 3 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.
- This rule may be suspended by the tournament committee after a certain round of the bracket, or entirely, to manage tournament capacity.

5.6 - Conference Points and Medals:

- Medals will be given for 1st through 3rd 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

5.7 - Scoring and Tie-Break Procedures:

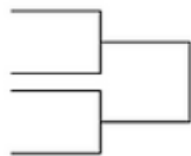
- For C and B-Team poomsae the ECTC prefers to use a 5-judge system. If necessary, a 3-judge system may be used.
- Each contestant (individual or team) will perform one at a time and will receive separate scores for Accuracy and Presentation, according to the WT criteria.
- **Tie-break procedure:**
 - 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/>)

6. Poomsae (Forms) Competition: A-Teams (Black Belts)

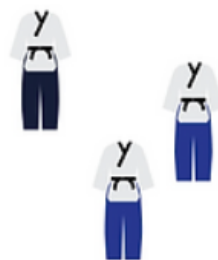
6.1 - Overview:

A-Team

EEYC TEAM POOMSAE

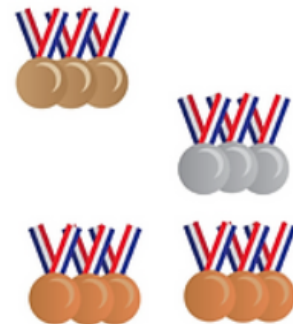


BRACKET STYLE



1, 2, OR 3-PERSON
MIXED GENDER TEAMS

*lighter blue pants = FEMALE players;
darker blue pants = MALE players

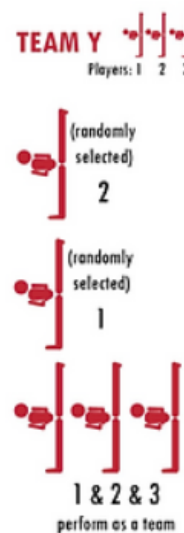


UP TO 12 MEDALS

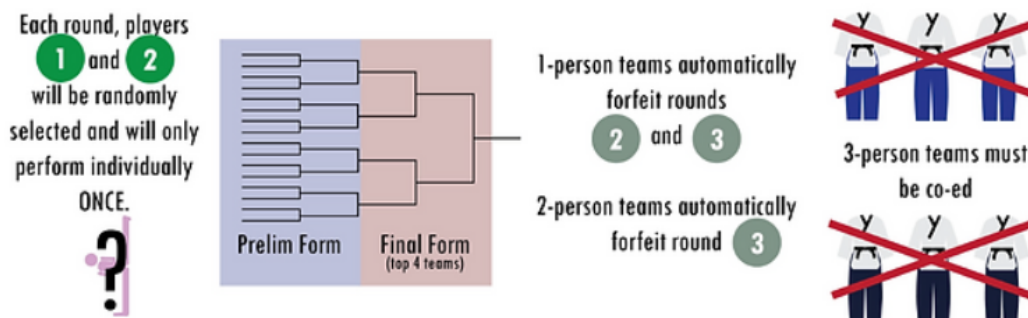
up to
3
ROUNDS
per match



VS



win at least
2
ROUNDS
to advance



Infographics created by Memie Osuga

6.2 - Divisions and Designated Poomsae:

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

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

6.3 - 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: one male, one female, and one of any 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 through the Quarterfinal 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. There is no requirement to compete against the same gender.
 - 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. There is no requirement to compete against the same gender.
 - 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:**
 - In a 3-vs-3 match-up, each **team** of 3 performs together (one team 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.

6.4 - The Winning Team:

- **3-person vs. 3-person team:** The winner is the team that wins two or more matches. The Lane 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 Lane Duck Rule applies.
- **1-person vs. 1-person team:**
 - The 1-person team winning the single match advances in the bracket.

6.5 - Lane 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.
- This rule may be suspended by the tournament committee after a certain round of the bracket, or entirely, to manage tournament capacity.

6.6 - 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								
	1 st	2 nd	3 rd	3 rd	5 th	5 th	5 th	5 th
Black Belts	128	64	32	32	16	16	16	16

6.7 - Scoring and Tie-Break Procedures:

- For A-Team poomsae the ECTC prefers to use 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/>)

7. 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.

7.1 - 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.

7.2 - 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.

7.3 - 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.
 - Zoom, Teams, 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.

7.4 - 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.

8. Referees and Judges

Red belts may serve as referees and judges for C-team sparring and poomsae. Otherwise referees and judges should always be black belts.

9. 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 canceled 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.

10. 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 think best.
- 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.