



2024 Princeton University Taekwondo Tournament Packet

Dear ECTC Members,

Princeton Taekwondo is thrilled to invite you to this season's fourth Eastern Collegiate Taekwondo Conference Tournament. Our tournament will be held on Sunday, February 25th, 2024 at Dillon Gym on Princeton 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.** In-person weigh-ins will be held on February 24th, 7-9 PM and February 25th 7:00 - 7:45 AM in Dillon Gym.

Please find attached all relevant tournament information. To request a registration spreadsheet and Discord weigh-in time, please follow the instructions at <https://www.ectc-online.org/registration-> by **Thursday, Feb. 8 at 10 pm EST**. Your team will have until **Thursday, Feb. 22 at 10 pm EST** to completely fill out the spreadsheet before you lose editing access. Late registrations will not be accepted.

Once you have received your registration spreadsheet, please COMPLETELY fill out your registration form by **Thursday, Feb. 15 at 10 pm EST**. You will be allowed to edit your team line-ups and remove members from your roster (but not to add new members) up until Thursday, Feb. 22 at 10 pm EST.

For those posting to social media accounts, be sure to tag @pton.tkd on Instagram!

Feel free to contact us either at tkd@princeton.edu or individually (see the [Contact Information](#) section on page 3) with any questions or concerns.

We hope to see you all at the first tournament of 2024!

Best wishes,

Amanda Branom

President, Princeton TKD

TOURNAMENT SCHEDULE

Sunday, February 25th, 2024

Doors open promptly at 7:00 AM. Please arrive on time!

Time	
7:00 – 7:45 AM	Team Registration with Tournament Committee
7:30 – 7:45 AM:	Black Belts’ and Coaches’ Meeting
7:45 AM:	Team registration closes. All Teams MUST be registered.
7:45 – 8:00 AM:	Opening Ceremony
8:00 AM:	Competition Begins 1. Poomsae 2. Sparring

CONTACT INFORMATION

Amanda Branom	President	ab7561@princeton.edu	General Questions
Lauren Owens	Secretary	lo2076@princeton.edu	General Questions, Registration Information, Weigh-Ins
Elise Kim	Captain	eakim@princeton.edu	General Questions
Mikail Stewart	Treasurer	ms3554@princeton.edu	Payment Information

Also feel free to contact us at tkd-officers@princeton.edu

REGISTRATION INFORMATION

To register, request a registration spreadsheet and weigh-in time by **Thursday, February 8 at 10:00 pm EST** at <https://www.ectc-online.org/registration->.

Once you have received your spreadsheet, it must be completely filled out by **Thursday, February 15 at 10:00 pm EST**. Your team will be allowed to edit your registration spreadsheet until **Thursday, February 22 at 10:00 PM**, at which point your registration spreadsheet access will change from “edit” to “view only.” For any questions, please contact ECTC Tournament Committee Chairs Tara Sarathi, Rae Drach, and William Estey at ectc-tournaments@googlegroups.com.

*** As a reminder, ALL TEAMS are required to weigh-in the day before the tournament to improve tournament-day efficiency, either remotely or in Dillon Gym 7-9 PM if under extenuating travel-related circumstances. 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.

Tournament Fees

Fees may be paid day-of with cash or checks made payable to “Princeton University Taekwondo”.

Time of Registration	Registered Schools	Unregistered Schools
Before the deadline	\$45 per competitor	\$55 per competitor

Please note that we will not be accepting any late tournament registrations this year.

To register a school/club with the ECTC for the current year, you may follow one of the following options:

1. Register and pay online at <https://www.ectc-online.org/join-the-ectc>;
2. Mail club dues (\$150) and the registration form found at the end of this packet to Master Dan Chuang as specified on the form; or
3. Bring the fee and registration form to the tournament (check only, no cash or money orders).

For questions regarding club registration, email info@ectc-online.org. For any other questions regarding payment, email Princeton TKD Treasurer Mikail Stewart at ms3554@princeton.edu.

Competitor Eligibility

All competitors must be full-time students at the time of the competition. While student IDs are used as proof of student enrollment, the ECTC reserves the right to request proof of full-time status from the registrar of any school if there is a question about a student's full-time status.

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

- Valid, current student ID
- Tournament registration fee, as described
- Medical insurance coverage information
- Completed Princeton waiver form (enclosed)

TOURNAMENT INFORMATION

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

Poomsae (forms) Competition

There are three poomsae divisions (all-gender), each competing in a single-elimination bracket. Each team consists of up to 3 competitors, and medals will be awarded to members of the top 4 teams in each division. A-Team Division will consist of two matches of individual v individual poomsae and a third match of team v team poomsae competition. B- and C-Team Divisions will consist of three matches of individual v individual poomsae competition.

Division	Rank	Team Size
A-Team	Blue belts through Black belts	Up to 3 competitors
B-Team	Green belts through Red belts	Up to 3 competitors
C-Team	Green belts and below	Up to 3 competitors

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

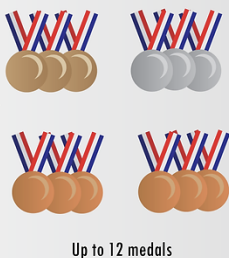
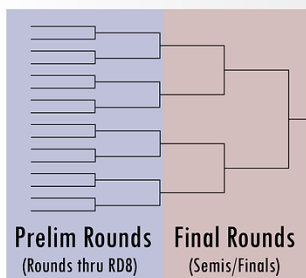
Rank	Poomsae (Form)
White / Yellow	Taegeuk 1 or 2
Green	Taegeuk 3 or 4
Blue	Taegeuk 5 or 6
Red	Taegeuk 7 or 8
Black	Through Quarters: Taebaek Semis and Finals: Pyongwon

All competitors will be judged whenever possible by USA Taekwondo rules. That means that each competitor will be judged one at a time and will receive separate scores for accuracy and performance.

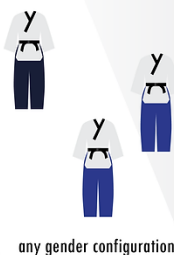
In the case of an athlete moving up a division, they are expected to perform poomsae appropriate to the division they are competing in. If green belts compete in B-team poomsae, they must perform either Taegeuk 5 or Taegeuk 6. If blue or red belts compete in A-team, they must perform the designated A-team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

ETC TEAM POOMSAE

BRACKET STYLE



1, 2, OR 3- PERSON TEAMS

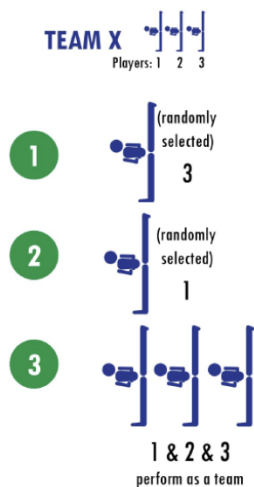


Up to 3 Rounds per Match

1-person teams automatically
forfeit rounds
2 and 3

2-person teams automatically
forfeit round 3

up to
3
ROUNDS
per match



VS

1 vs 1

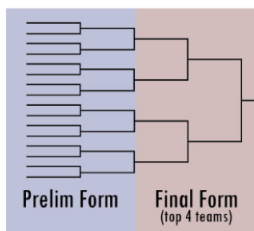
1 vs 1

3 vs 3



win at least
2
ROUNDS
to advance

Each round, players
1 and 2
will be randomly
selected and will only
perform individually
ONCE.



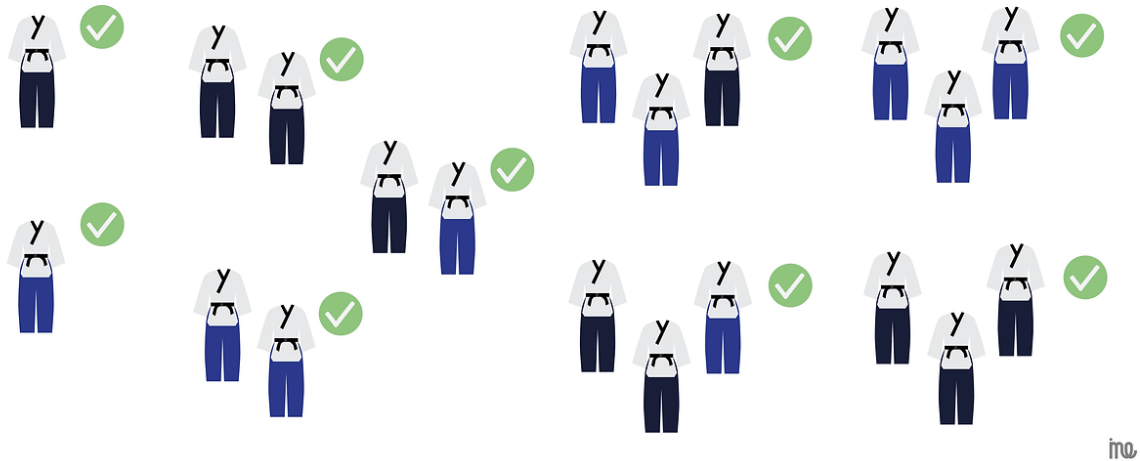
1-person teams automatically
forfeit rounds
2 and 3

2-person teams automatically
forfeit round 3

*Only applicable to A-team poomsae

ACCEPTABLE TEAM CONFIGURATIONS

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

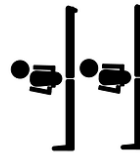


TEAM OF 1



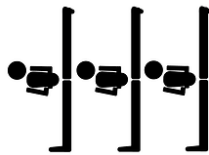
- automatically forfeits rounds 2 and 3
- can advance if up against another team of 1
- cannot advance against a team of 2 or 3

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.

me

me

Kyorugi (sparring) Competition

Sparring competition is divided into three skill levels, each divided by gender for a total of six divisions:

Division	Rank	Rounds
A-Team (Advanced)	Blue / Purple / Brown / Red / Black	3 rounds of 60 sec with 30 sec rest
B-Team (Intermediate)	Green / Blue / Purple / Brown / Red	3 rounds of 60 sec with 30 sec rest
C-Team (Beginner)	White / Yellow / Orange / Green	3 rounds of 60 sec with 30 sec rest

Note: The Tournament Committee may make a decision on the day of the tournament to shorten sparring rounds.

Each team consists of up to 3 competitors, each in one of 3 separate weight divisions, with up to 2 alternates of any weight division. The weight divisions are as follows:

Weight Division	Men	Women
Light	under 145.0 lbs	under 117.0 lbs
Middle	145.0 – 172.0 lbs	117.0 – 137.0 lbs
Heavy	over 172.0 lbs	over 137.0 lbs

Note: Competitors who weigh-in in full uniform are allowed an extra 2 lbs.

Competitors and alternates may only compete in one division. Alternates are not permitted on a one-person team. A competitor may spar “up” a maximum of **one** weight division, at their coach’s discretion.

All competitors must wear the following sparring equipment:

- **Helmet** (foam only; white, black, or matching hogu color)
- **Mouth guard**
- **Forearm / Elbow guards** (foam only; worn inside uniform)
- **Shin guards** (foam only; worn inside uniform)
- **Instep guards** (for C-Team division)
- **Daedo e-Socks** (for A- and B-Team divisions; Gen 1 or Gen 2)
- **Groin protector** (required for men; worn inside uniform)
- **WT-style gloves** (open finger; white or matching hogu color)

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

Electronic hogus for A- and B-Team competitors will be provided by the league, but all A- and B-Team competitors must **bring their own Daedo e-Socks** (Gen 1 or Gen 2), or they will not be allowed to compete. There will be a limited number of e-Socks available at the tournament, but it is strongly recommended that you purchase your own beforehand. Socks can be purchased online at <http://www.tkdscore.com/m5/EFoot--e-foot-gear.html>.

Note: All competitors must remove jewelry prior to competition. This includes taped over piercings.

Tournament Scoring

For poomsae and sparring divisions, all teams within that division will be entered into a single elimination bracket. Competitors can earn points toward their team's overall score as follows:

	1st	2nd	3rd (2 Teams)	5th (4 Teams)
C-Team	64	32	16	8
B-Team	96	48	24	12
A-Team	128	64	32	16

DRIVING DIRECTIONS

The tournament will be hosted at ***Dillon Gymnasium*** at Princeton University, circled in **orange** on the map below. A nearby address (circled in **red** on the map below) is:

200 Elm Drive

Princeton, NJ 08540

Note: This is Elm *Drive* and not Elm *Road*.

Public Transportation

NYC and Philadelphia have trains to Princeton's Dinky Station, circled in **blue** on the map below. Timetables are available at: <https://www.njtransit.com/schedules/printable>. When looking at train schedules and/or buying train tickets, set your final destination to be “Princeton Station”, not “Princeton Junction Station”. There will be a transfer at Princeton Junction onto the Dinky Train, which goes to Princeton Station on Princeton campus.

Parking

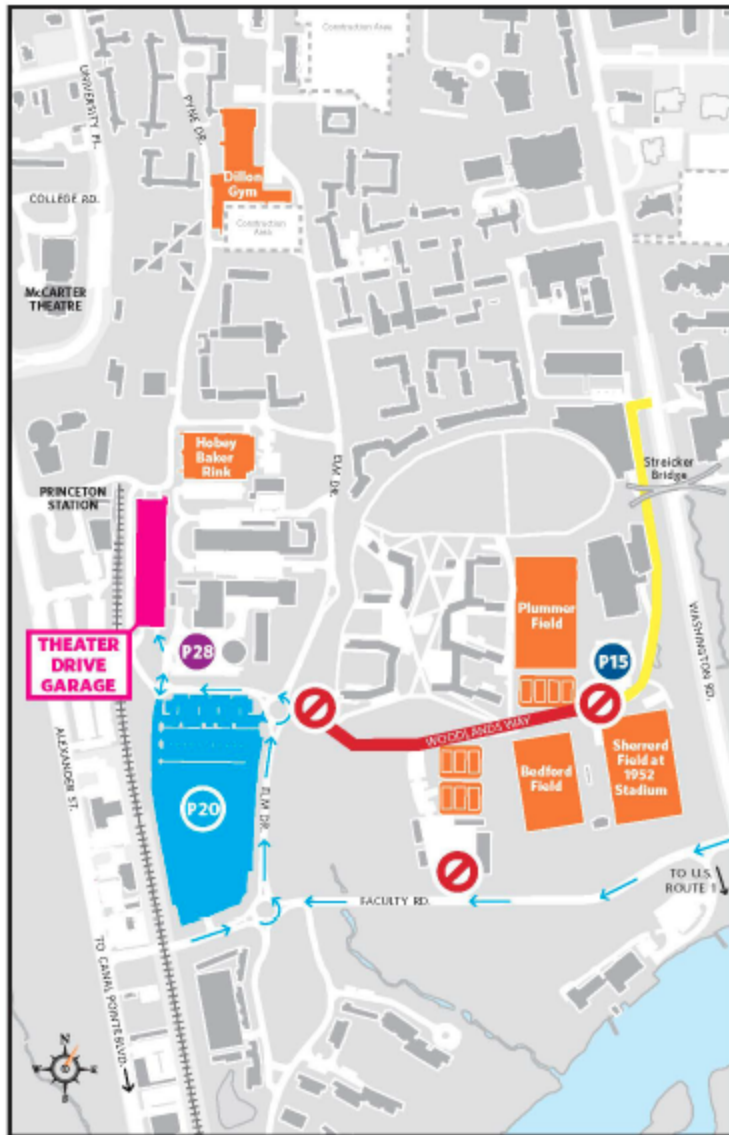
If you are not taking public transportation, parking is available in Lot 20 and Theatre Garage (West Garage on the map), circled in **magenta** on the map below.



Please Note: Campus (specifically, Dillon Gym) is undergoing heavy construction, and road access may be limited in some areas.

West Campus Athletics Event Parking & Tailgating

BEDFORD FIELD • SHERRERD FIELD AT 1952 STADIUM • HOBEY BAKER RINK • DILLON GYM • OUTDOOR VARSITY TENNIS • PLUMMER FIELD



UPDATED: 8/11/22

EVENT PARKING

P20

THEATER DRIVE GARAGE

After 4 pm, Monday-Friday;
Weekends

APPROVED TAILGATING AREAS

P20

P28* (Teams only)

After 4 pm, Monday-Friday;
Weekends

**GRILLING IS
PERMITTED
IN P28 ONLY**

MAP KEY

Route to parking and
approved tailgating areas

P15 Accessible parking only

No vehicular access

Restricted access

Athletic facilities



Transportation & Parking Services

transportation.princeton.edu

PRINCETON
UNIVERSITY

A full campus map is available at: <https://pr.princeton.edu/campusmap/PUCampusMap.pdf>

A map of pedestrian/vehicular detours is available at:

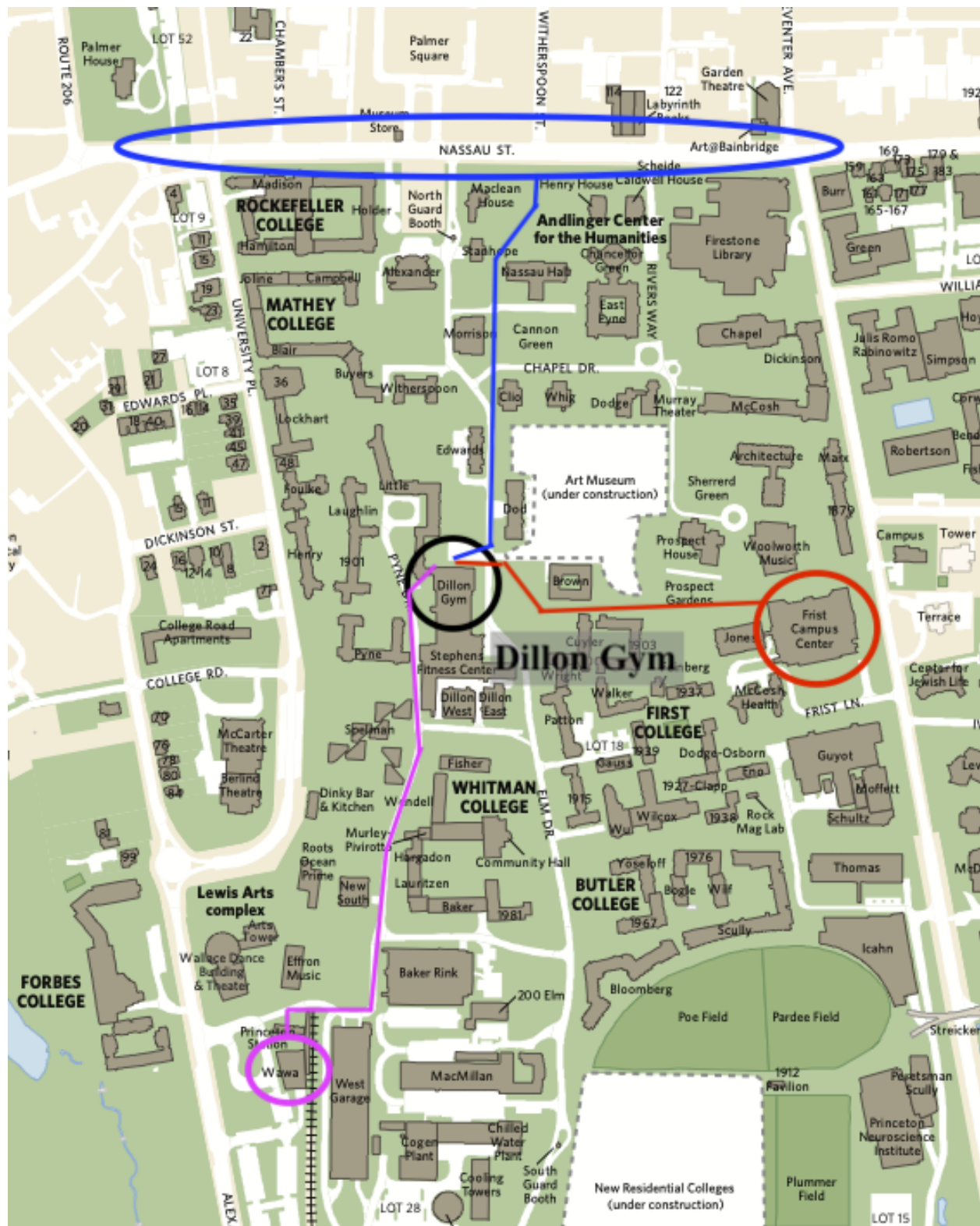
<https://facilities.princeton.edu/construction/campus-detours>

Detailed driving directions are available at: <https://www.princeton.edu/meet-princeton/visit-us>

FOOD

Due to Dillon Gymnasium policies, no food will be sold within the gym at the tournament. Food consumption within the gym is **only** permitted on basketball court 4 (the court farthest from the door, where there will be tarps laid down). The nearest available food options are:

1. Frist Campus Center, circled in **red** on the map below (about a 5 minute walk from Dillon Gym). The Food Gallery (the cheapest option for a variety of lunch/dinner foods and snacks) is in the basement on the ground floor (A floor), while Café Viv (slightly more expensive sandwiches, salads, and pizza) and Witherspoon Café (coffee, pastries, and ice cream) are on the first floor. There is also a convenience store (the C-Store) located on the first floor that sells a variety of packaged food and toiletries.
2. Restaurants and stores along Nassau Street, circled in **blue** below (about a 5-10 minute walk from Dillon Gym). To reach Nassau Street from Dillon Gym, follow Elm Drive directly north until it intersects with Nassau Street. Some relatively inexpensive options include Starbucks, Tacoria, and Qdoba Mexican Grill.
3. Wawa Convenience Store, circled in **magenta** below (about a 10 minute walk from Dillon Gym). After exiting the gym, turn left and take the stairs down, then follow Pyne Dr. The Wawa is right next to the Princeton Dinky Station.



ACCOMMODATIONS

All recommended accommodations are off Route 1, no more than 10–15 minutes away from Princeton campus.

ROOM BLOCK: Hilton DoubleTree

4355 US-1,
Princeton, NJ 08540

We have set up a room block with Hilton DoubleTree, for a nightly rate per room of \$139 without breakfast and \$159 with hot breakfast for 2.

Please email Abby Quinn (abby.quinn@hilton.com) for reservation inquiries.

Holiday Inn Princeton

100 Independence Way
Princeton, NJ 08540
(609) 520-1200

<https://www.ihg.com/holidayinn/hotels/us/en/princeton/prnnj/hoteldetail>

Red Roof Inn Princeton – Ewing

3203 Brunswick Pike Building A
Trenton, NJ 08648
(937) 328-1481

<https://www.redroof.com/property/nj/trenton/RRI111>

Best Western Princeton Manor Inn & Suites

4191 US-1
Monmouth Junction, NJ 08852
(732) 329-4555

<http://www.bestwesternprincetoninn.com/>

2024 Princeton University Taekwondo Tournament Liability and Release Waiver

I, _____ (print name), hereby agree to the following:

1. I am voluntarily participating in the 2024 Princeton University Taekwondo Tournament. I recognize that this activity requires physical exertion that may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved. I understand that my participation is subject to any and all rules and/or procedures outlined for me by persons conducting, leading, and/or directing the activity.
2. I acknowledge that participation presents risks both minor and serious, including but not limited to broken bones, brain damage, paralysis, and even death. Further, I acknowledge that I am aware of and voluntarily agree to assume all such risks for any and all bodily injury and/or loss to my personal property, resulting from my participation in the activity. I also acknowledge that I am physically capable of participating and have no known health restrictions that might jeopardize my safety and/or health and that I am responsible for monitoring my condition and will refrain from, and cease participation in the activity if I believe continued participation poses a risk to my health or to the health of a fellow participant.
3. I further authorize and empower any person acting in a supervisory capacity for the activity, in the event of an emergency, to provide medical aid to me if the need so arises. In consideration of being permitted to participate in the activity, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating.
4. Whether or not I see my physician, and in consideration of my utilization of Princeton University athletic facilities, I hereby release the Trustees of Princeton University, the Princeton University Taekwondo Club, its trustees, officers, agents, employees and students from any and all claims which I may have as a result of personal injury or property damage arising out of or connected in any way with any such activities, unless those claims arise as a direct result of the gross negligence or willful misconduct of Princeton University.
5. I, my heirs or legal representatives forever release waive, discharge and covenant not to sue the Princeton University Taekwondo Club, its organizers, directors, employees, agents, instructors, or Princeton University for any injury or death caused by their negligence or other acts. I have read the above release and waiver of liability and fully understand its contents. I voluntarily agree to the terms and conditions stated above.

Signature

Date

Witness Signature

Date

Printed Name

Printed Name

SIGNATURE OF PARENT(S) OR GUARDIAN(S) IF PARTICIPANT IS UNDER THE AGE OF 18

Guardian 1 Signature

Date

Guardian 2 Signature (optional)

Date

Printed Name

Printed Name

Ivy Northeast Collegiate Taekwondo (also known as the Eastern Collegiate Taekwondo Conference) Waiver

1. _____ hereby releases, waives, discharges and covenants not to sue The Ivy/Northeast Collegiate Taekwondo League, the promoters, other participants, operators, officials, sponsors, advertisers, owners and lessees of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releases," from all liability to the undersigned, his personal representatives, assigns, heirs and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned is in or upon the restricted area, competing, officiating in, observing, or working for, or for any purpose participating in the event.
2. Hereby agrees to indemnify and save and hold harmless the releases and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releases or otherwise.
3. Hereby assumes full responsibility for and risk of bodily injury, death or property damage due to the negligence of releases or observing, or working for or for any purpose participating in the event.
4. Each of the undersigned expressly acknowledges and agrees that the activities at the event involve the risk of serious injury and/or death and/or property damage. Each of the undersigned further expressly agrees that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
5. Each of the undersigned gives the Ivy/Northeast Collegiate Taekwondo League, its successors and assigns, unrestricted permission to use footage taken of the undersigned and grant all rights to use in perpetuity all still photographs, film, video, and sound recordings taken of me, including my image and voice, for distribution, film festivals, and broadcast in all media and promotions, hereafter, for the Ivy/Northeast Collegiate Taekwondo League.

The undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

This waiver, release and indemnification agreement specially embraces each and every event authorized or promoted by said releases during the entire season to each and every event, or activity herein above mentioned, parties herein intended to be released and indemnified shall be fully effectively released and indemnified as to each and every event herein above described.

Signed: _____ Date: _____

Witnessed: _____ Date: _____

If the participant is under the age of 18, signature of parent or legal guardian:

Signed: _____ Date: _____

Witnessed: _____ Date: _____

2023-2024 Club Registration Form
Ivy/Northeast Collegiate Taekwondo League
also known as the
Eastern Collegiate Taekwondo Conference

The Ivy Northeast Collegiate Taekwondo League (also known as ECTC) club dues for the 2023-2024 season will be \$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			
<i>Club Web Site</i>					

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