

MIT SPORT TAEKWONDO

September 12, 2008

Dear INCTL Members,

The MIT Sport Taekwondo Club is very pleased to invite you to the first Ivy/Northeast Collegiate Taekwondo League Tournament of the 2008-2009 season. The tournament will be held on **Saturday, October 25th** at the **Johnson Athletics Center (Track)** of the **Massachusetts Institute of Technology** in Cambridge, Massachusetts.

In this packet, please find the scheduling information, tournament information, and driving directions for the event. Registration for the tournament may be completed at <http://inctl.org/registration.html>. Register your team by sending a registration spreadsheet to **dbchuang <at> gmail <dot> com** by Thursday, October 23rd at 10 pm.

Please take note of the new tournament fee for the 2008-2009 season, which is \$30 for competitors from member clubs and \$40 for competitors from non-member clubs. An additional \$10 late fee will be incurred for registrations submitted after the registration deadline. More details regarding registration fees may be found in this packet.

If you have any questions or concerns, please don't hesitate to contact me at jaclynho@mit.edu or at (917) 592-6062.

We look forward to seeing everyone in October.

Sincerely,
Jaclyn Ho
President, MIT Sport Taekwondo

Tournament Schedule

8:00 – 9:00 am All competitor registration and weigh-ins

9:00 am – 9:30 am Coaches' Referees' meeting

9:30 am Opening Ceremony

9:40 am Forms Competition Begins

11:00 am Sparring competition begins, in the order of:

- 1) A-Team Competition
- 2) C-Team Competition
- 3) D-Team Competition
- 4) B-Team Competition

Please be on time, as competition will begin regardless of whether registered competitors have arrived!

Early Weigh-ins:

Early weigh-ins will be held on Friday, October 24th from 9:30-11 PM at the tournament site, Johnson Athletics Center track. Interested competitors should email Jaclyn Ho at jaclynho <at> mit <dot> edu if they will be attending weigh ins by Thursday, October 23rd at 10PM.

MIT Sport Taekwondo Invitational

Tournament Rules:

This tournament will follow the INCTL rules found at <http://inctl.org/rules.html>. **Rules posted there supercede all competitor information found in this packet.**

Tournament Fee:

For competitors from a registered school:

\$30 per competitor cash or check made out to “MIT Sport Taekwondo”

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

\$40 per competitor cash or check made out to “MIT Sport Taekwondo”

For competitors from a non-registered school, AND who register after the deadline:

\$50 per competitor cash or check made out to “MIT Sport Taekwondo”

To register a school/club with the INCTL for the current year, please mail club dues to the league treasurer, or bring the \$100 fee to the tournament, along with the registration form found at the end of this document. For questions regarding club registration, email Master Dan Chuang at dbchuang <at> gmail <dot> com.

Competitor Registration:

Registration for the MIT INCTL Tournament must be completed by Thursday, Oct. 23, 2008 at 10 pm. To register, obtain a tournament registration spreadsheet at <http://inctl.org/registration.html> and email to dbchuang <at> gmail <dot> com by the deadline above.

Competitors must on the day of the tournament:

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

Competitor Eligibility:

All competitors **MUST** be a full-time students at the time of the competition. While student IDs are used as proof of student enrollment, the INCTL 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.

Poomsae (forms) Competition:

Taekwondo forms are now officially restricted to WTF/Kukkiwon forms. Men and women compete in separate divisions. Black belts will be judged under a modified WTF scoring methodology. For black belt divisions, each school will be restricted to entering 2 male and 2 female competitors in competition. There are no restrictions on the number of color belt competitors that schools may enter in each division and competitors will be judged two at a time.

Divisions:

White/Yellow/Orange

Green

Blue

Red/Brown

Black

Medals will be awarded to the top 3 competitors in each division.

Team Sparring Competition:

The sparring competition will follow INCTL sparring rules, and all schools will compete in a single-elimination bracket.

Division	Size of Team	Duration	Rank
A team	3 Competitors, 2 alternates	2 rounds of 2 minutes with 30 seconds rest	Black Belts and below
B team	3 Competitors, 2 Alternates	2 rounds of 90 seconds with 30 seconds rest	Red Belts and below
C team	3 Competitors, 2 Alternates	2 rounds of 60 seconds with 30 seconds rest	Green Belts and below
D team	3 Competitors, 2 Alternates	2 rounds of 60 seconds with 30 seconds rest	Yellow Belts and Below, 1 st martial arts tournament ever.

Medals will be awarded to members of the top 4 four teams in each division. Each team consists of 3 competitors, each in one of 3 separate weight divisions with 2 alternates of any weight division. The weight divisions are as follows:

Weight Division	Men	Women
Light	less than 145.0 lbs	less than 117.0 lbs
Middle	145.1-171.0 lbs	117.1-137.0 lbs
Heavy	greater than 171.1 lbs	greater than 137.1.0 lbs

In team sparring competition, no competitor may compete on both C and A teams.

Equipment:

USA Taekwondo equipment regulations will be enforced for sparring competition. All competitors must wear:

Helmet

Mouthpiece

Chest Protector (must be WTF-style with shoulder pads and back protection for all divisions of sparring)

Forearm Guards

Shin and instep guards

Groin protector (for men)

WTF-style gloves and socks are recommended for A-team sparring but not required. Socks and gloves must either be white or match the color of the hogu.

Tournament Scoring:

Competitors earn points for towards their team's overall score according to the following guidelines

Poomse (Forms)

	1st	2nd	3rd
White-Yellow	10	8	6
Green	12	10	8
Blue	15	12	9
Red-Brown	20	16	12
Black	35	28	21

Gyoroogi (Sparring)

	1st	2 nd	3 rd	3 rd
D-Team	0	0	0	0
C-Team	45	32	25	25
B-Team	75	55	40	40
A-Team	100	75	55	55

Hotel Information

The best hotel rates near the city can be found in Natick/Framingham, which are located about 20 miles west of Boston along Interstate 90. For a good sampling of these rates, go to <http://hotels.com> and search for hotels in Natick, MA. H

Hotels in Natick/Framingham (less expensive, 20 miles west along I-90)

Travelodge Natick

1350 Worcester Rd
Natick, MA 01760
800-804-6835

Red Roof Inn Boston - Framingham

650 Cochituate Rd
Framingham, MA 01701
800-804-6835

Hotels In or Near Cambridge (can be expensive)

Hyatt Regency Cambridge

575 Memorial Drive
Cambridge, MA 02139
(617) 492-1234

Hotel@MIT

20 Sidney Street
Cambridge, MA 02139
(617) 577-0200

Residence Inn Boston Cambridge

6 Cambridge Center
Cambridge, MA 02142
(617) 349-0700

Doubletree Guest Suites Boston

400 Soldiers Field Road
Boston, MA 02134
(617) 783-0090

Directions to MIT's Johnson Athletics Center

The Johnson Athletics Center is located at the following address. Athletes should enter the building on the side facing away from Vassar Street as indicated on the map below. *Parking will be very limited*, however, drop offs may take place on Vassar Street.

Zesiger Sports and Fitness Center
Vassar St. and Massachusetts Ave.
Cambridge, MA 02139

From the North (I-95 or I-93)

If you are heading south on I-93, follow I-93 into Boston then follow the I-93 instructions below. If you are heading south on I-95, take the I-93 South exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.

From the South (I-95 or I-93)

If you are heading north on I-93, follow I-93 (the Southeast Expressway) into Boston then follow the I-93 instructions below. If you are heading north on I-95, take the I-93 North exit then follow the instructions from I-93. Alternatively, take the I-90 East exit from I-95 then follow the instructions from I-90.

From the West (I-90) (Mass Turnpike)

Follow I-90 east to the Cambridge/Brighton exit (exit 18 to Cambridge/Brighton) and veer right for Cambridge. You will cross 3 sets of traffic lights (the first two are very close to each other!), with the final set at the end of the River Street bridge (small bridge over the Charles River). Continue straight through the lights (Mobil on left, Shell Station on right) onto River Street. Continue straight about 1 mile to Central Square. Turn right onto Massachusetts Avenue and follow Massachusetts Avenue for about a half mile. Turn right onto Vassar Street. Follow the map below for directions to the entrance of the Johnson Athletics Center.

From Route I-93

From I-93, take exit 26, and follow the signs to Back Bay along Storrow Drive West, approximately 1.5 miles, to the exit for Route 2A. The exit will be on the left, just before the Harvard Bridge (more appropriately called the Massachusetts Avenue Bridge). The Charles River will be on your right. As you cross the bridge, you will be looking at MIT - the Great Dome and academic facilities are on the right, the dormitories and athletic facilities are on the left. Immediately after the bridge, take the second left onto Vassar Street. Follow the map below for directions to the entrance of the Johnson Athletics Center.

via Public Transportation - MBTA ("The T")

Subway - By train, take the Red Line to the Kendall/MIT Station or to the Central Square Station, both of which are a short walk from the campus. The walk from Central Square takes about 10 minutes and takes you right down Massachusetts Avenue. The Kendall/MIT Station is on the edge of the east end of campus, and as soon as you enter an MIT building you can get to the other buildings without going outside.

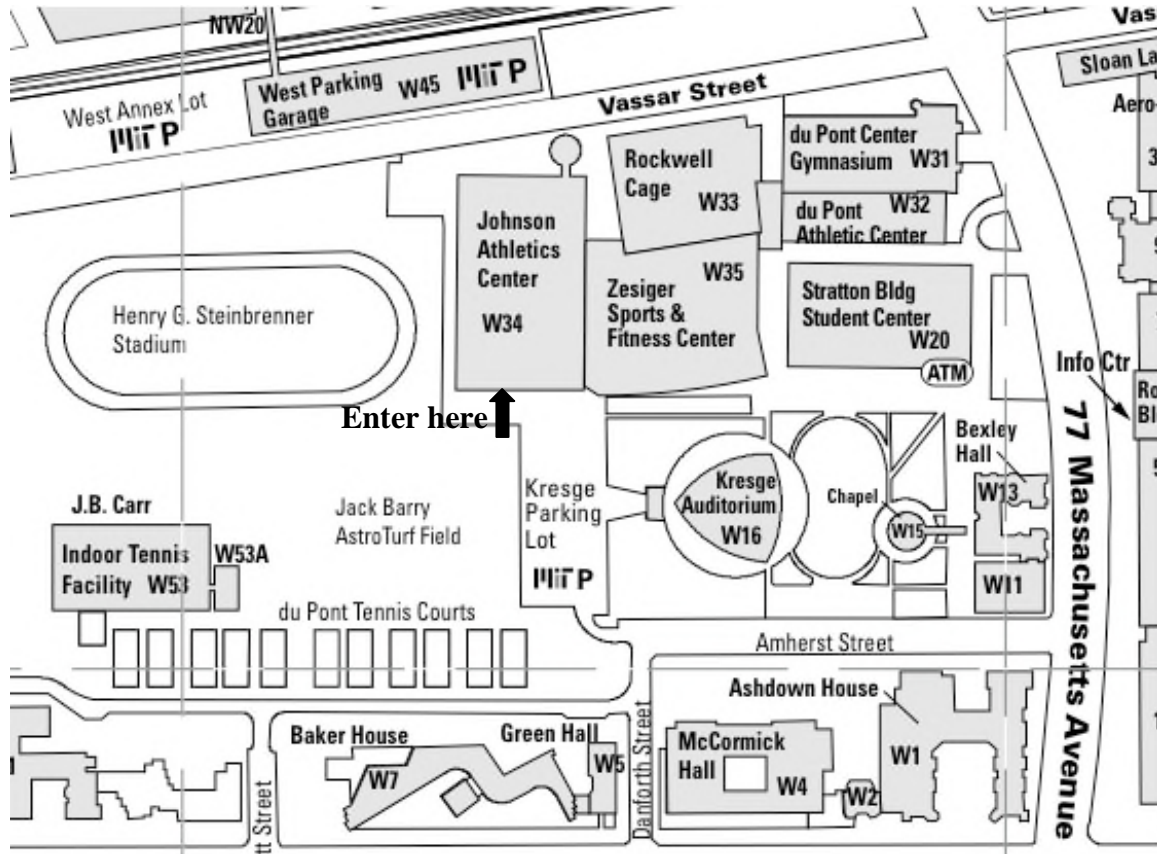
Bus - The #1 or Dudley bus stops at MIT on Massachusetts Avenue and provides transportation to Central Square and Harvard Square. The MIT stop is at a large crosswalk with a stop light. On one side of the street are steps leading up to large Ionic columns and the Small Dome of MIT, on the other side of the street is the Stratton Student Center and Kresge Oval (an open, grass-covered area). Additionally, the CT1 (Cross Town) stops at MIT on Massachusetts Avenue and the CT2 stops on the corner of Massachusetts Avenue and Vassar St. as well as Kendall Square T Station

Parking Suggestions

There will be very limited parking available, therefore, please plan accordingly. If the West Annex Lot is full, there is metered parking on Massachusetts Avenue which is free on Sundays. There is also free parking along Vassar St past the West Annex Lot. Buses may park along the side of Vassar St. on the curb.

Zesiger Sports and Fitness Center

Map Link to Johnson Athletics Center



**Enter through the Zesiger Sports and Fitness Center at the entrance as indicated.
Drop offs may take place on Vassar Street.**

2008-2009 Club Registration Form Ivy/Northeast Collegiate Taekwondo League

The Ivy Northeast Collegiate Taekwondo League club dues for the 2008-2009 season are \$100.

Please enclose a \$100 check made out to “Ivy Northeast Collegiate Taekwondo League.”

If possible, please submit this form electronically to dbchuang@gmail.com and submit a hard copy by mail as well with the payment.

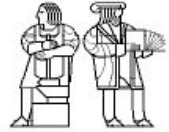
Submit this form to the INCTL Treasurer at:

Daniel Chuang
44 Concord Ave. Unit #404
Cambridge, MA 02138

Club information:

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

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



Liability Release, Waiver, Discharge and Covenant Not to Sue

This is a legally binding Release, Waiver, Discharge and Covenant Not to Sue (collectively, "Release"), made voluntarily by me, the undersigned Releasor, on my own behalf, and on behalf of my heirs, executors, administrators, legal representatives and assigns (hereinafter collectively, "Releasor," "I" or "me", which terms shall also include Releasor's parents or guardian, if Releasor is under 18 years of age) to the Massachusetts Institute of Technology ("MIT").

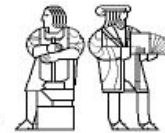
As the undersigned Releasor, I fully recognize that there are dangers and risks to which I may be exposed by participating in the program, trip or other activity described on Exhibit A which is attached to and incorporated in this Release (the "Activity"). As the undersigned Releasor, I understand that MIT does not require me to participate in this Activity, but I want to do so despite the possible dangers and risks and despite this Release. With informed consent, and for valuable consideration received, including assistance provided by MIT, as the undersigned Releasor, I agree to assume and take on myself all of the risks and responsibilities in any way arising from or associated with this activity, and I release MIT and all of its affiliates, divisions, departments and other units, committees and groups, and its and their respective governing boards, officers, directors, principals, trustees, legal representatives, members, owners, employees, agents, administrators, assigns, and contractors (collectively "Releasees"), from any and all claims, demands, suits, judgments, damages, actions and liabilities of every name and nature whatsoever, whenever occurring, whether known or unknown, contingent or fixed, at law or in equity, that I may suffer at any time arising from or in connection with the Activity, including any injury or harm to me, my death, or damage to my property (collectively "Liabilities"), and I agree to defend, indemnify, and save Releasees harmless from and against any and all Liabilities.

As the undersigned Releasor, I recognize that this Release means I am giving up, among other things, all rights to sue Releasees for injuries, damages or losses I may incur. I also understand that this Release binds my heirs, executors, administrators, legal representatives and assigns, as well as myself. I also affirm that I have adequate medical or health insurance to cover any medical assistance I may require.

I agree that this Release shall be governed for all purposes by Massachusetts law, without regard to such law on choice of law.

I have read this entire Release. I fully understand the entire Release and acknowledge that I have had the opportunity to review this Release with an attorney of my choosing if I so desire, and I agree to be legally bound by the Release.

MASSACHUSETTS INSTITUTE OF TECHNOLOGY



Student Life Programs Office
77 Massachusetts Avenue
Cambridge, MA 02139

Building W20-549
(617) 253-6777
(617) 253-8391 Fax

THIS IS A RELEASE OF YOUR RIGHTS, READ CAREFULLY AND UNDERSTAND BEFORE SIGNING.

(Releasor's Signature)

(Parent's Signature, if Signatory is a minor)

(Print Name)

(Print Name)

(Date)

EXHIBIT A (Event organizer, please describe the nature of the activity)
INCTL Taekwondo Tournament held at MIT on Saturday, October 25th, 2008.

¹ The description of the Activity expressly includes any extensions of time, changes or modifications of the Activity, whether planned or not planned.

Ivy Northeast Collegiate Taekwondo League 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 (INCTL), 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 INCTL.

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: _____