



MIT Sport Taekwondo

September 18, 2024

Dear Participants,

The MIT Sport Taekwondo Club is pleased to invite you to the first Eastern Collegiate Taekwondo Conference Tournament of the 2024-2025 season. The tournament will be held on **Sunday, October 20th** at the **Johnson Athletic Center** of the **Massachusetts Institute of Technology** in Cambridge, Massachusetts. This year, the tournament will start at **9:30 am Eastern**. Please arrive by **8:30 am Eastern** to allow time for registration and to avoid missing the first few events. Please note that the location for registration, weigh-ins, and the black-belt/coaches meeting will occur in a different location than in previous years - see [page 3](#) for more details.

In this packet, you will find the schedule, tournament information, and driving directions. You will also find two waivers at the end of this packet that must be completed by each competitor on your team, along with a copy of the ECTC club registration form.

Please **request a tournament registration spreadsheet by Thursday, October 3rd** by following the instructions at <http://www.ectc-online.org/registration->. Complete the spreadsheet to **register your team by the hard deadline of Thursday, October 10th at 10 pm**. Team applications received after the deadline will incur a \$50 fine, per ECTC regulations.

As a reminder, all A-team and B-team matches will be run using the Daedo electronic chest protectors. All A-team and B-team sparring competitors must provide their own Daedo e-socks, which can be purchased at <http://www.tkdscore.com/>. Gen 2 socks are recommended regardless of the division, but Gen 1 socks will be permitted. All C-team matches will be scored by click button scoring and do not require e-socks.

If you have questions or concerns, please contact the MIT Sport Taekwondo executive board at sport-tkd-exec@mit.edu.

We look forward to seeing everyone in October!

Best,
Akila Saravanan
MIT Sport Taekwondo | President

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Tournament Schedule

Time	Event	Location
8:00 am	Competitor registration/weigh-ins	Lobdell - Stratton Student Center
8:45 am	Black Belt and Coach's Meeting; TC Info Session	Lobdell - Stratton Student Center
9:00 am	Registration closes (all competitors must be weighed in and all teams must be confirmed)	Lobdell - Stratton Student Center
9:15 am	Opening Ceremony	Johnson Track - Zesiger Athletic Center
9:30 am	Poomsae competition begins Sparring competition will begin after the completion of Poomsae	Johnson Track - Zesiger Athletic Center
7:30 pm	Closing Ceremony	Johnson Track - Zesiger Athletic Center

Please be on time, as competition will begin regardless of whether or not the registered competitors have arrived!

The Zesiger Center and tournament space will not be open until 9 am. As such, registration and weigh-ins will be held in the Lobdell room on the 2nd floor of the Stratton Student Center. The Lobdell room can be used for teams to convene before the opening of the Zesiger Center, but must be vacated by 10 am.

Early Weigh-ins

All teams are required to weigh-in the day before the tournament. Weigh-ins will be conducted remotely via Discord web video chat. Remote weigh-ins with the ECTC Tournament Committee will start at 9 am Eastern on Saturday, October 19th.

Information about remote weigh-ins can be found on page 22 of the competition rules under Weigh-In Procedures: <https://www.ectc-online.org/rules>. An instructional video can be found on the ECTC website: <https://www.ectc-online.org/water-test-guidelines>.

Make sure you have 1-2 scales that pass the water test. If your scale(s) do not pass the water test at the remote weigh-in session, your team MUST weigh in the MORNING OF the tournament.

A limited number of team members are allowed to weigh in at the tournament if they do not make weight at the scheduled weigh-in or are unable to attend it. At most 10% of the team or one person on a team of less than 10 people may use this option.

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

Tournament Information

Tournament Rules

This tournament will follow the Eastern Collegiate Taekwondo Conference (ECTC) rules, found at <http://www.ectc-online.org/rules>. Rules posted there supersede all competitor information found in this packet.

Tournament Fees

For competitors from a registered school:

\$45 per competitor cash or check made out to “MIT Sport Taekwondo”

For competitors from a non-registered school:

\$55 per competitor cash or check made out to “MIT Sport Taekwondo”

An additional \$10 late fee will be assessed for every contestant who registers after the registration deadline.

To register a school/club with the ECTC for the current year, please mail club dues to the league treasurer, or bring the \$150 fee (checks made out to “INCTL” or “Ivy Northeast Collegiate Taekwondo League”) to the tournament, along with the registration form found at the end of this document. For any questions regarding how to register your club as ECTC members, please email the ECTC at ectc-tournaments@googlegroups.com and see <https://www.ectc-online.org/join-the-ectc>.

Competitor Registration

To register your team, request a tournament registration spreadsheet and Discord weigh-in time by **Thursday, October 3rd, 2024** at 10pm EST at <http://www.ectc-online.org/registration->.

Team applications received after the deadline will incur a \$50 fee, per ECTC regulations.

Teams must completely fill out the registration spreadsheet by **Thursday, October 10th, 2024** at 10pm EST but can continue to edit team formats and remove competitors until Thursday, October 17th, 2024 at 10pm EST. No new competitors may be added after Thursday, October 10th, 2024.

Competitors must bring the following items on the day of the tournament:

1. Valid, current student ID
2. Registration fee described above (see page 4)
3. Medical insurance card/information

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. You must show a valid student ID from the school you're registered with during weigh-ins.

Team Poomsae Competition

There are three poomsae divisions (all coed), and all schools will compete 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.

Early rounds of A-Team Division up to and including the round of 16 will consist of three matches of Individual vs Individual poomsae. A-Team quarterfinals, semifinals, and finals will consist of two Individual vs Individual poomsae matches and a third round of Team vs Team poomsae competition. B- and C-Team Divisions will consist of three matches of Individual vs Individual poomsae competition.

Division	Team Composition	Rank
A team	3 competitors of any gender	Blue belts through black belts
B team	3 competitors of any gender	Green belts through red belts
C team	3 competitors of any gender	Green belts and below

Competitors may only compete in one division. Each competitor must perform a form appropriate to their rank as described below, or they will be disqualified:

Rank	Poomsae
White/Yellow	Taegeuk 1 or 2
Green	Taegeuk 3 or 4
Blue	Taegeuk 5 or 6
Red	Taegeuk 7 or 8
Black	Taegeuk 8 (through quarterfinals) / Koryo (semifinals and finals)

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 poomsae

All competitors will be judged by USA Taekwondo rules. As such, each competitor will be judged one at a time, and will receive scores for accuracy and performance.

Note that the Tournament Committee may end a division before it is finished due to time constraints.

Team Sparring Competition

The sparring competition will follow ECTC sparring rules, and all schools will compete in a single-elimination bracket. Due to a large tournament size, round lengths will be as below:

Division	Team Size	Duration	Rank
A team	Up to 3 competitors, 2 alternates	3 rounds of 60 seconds with 30 seconds rest	Blue belts through black belts
B team	Up to 3 competitors, 2 alternates	3 rounds of 60 seconds with 30 seconds rest	Green belts through red belts
C team	Up to 3 competitors, 2 alternates	3 rounds of 60 seconds with 30 seconds rest	Green belts and below

Competitors and alternates may only compete in one division. For example, a red belt must compete in either A or B team, but not both.

The Tournament Committee reserves the right to adjust round lengths to provide the best competition experience for all athletes. In addition, the Tournament Committee may end a division before it is finished due to time constraints.

Medals will be awarded to members of the top 4 four teams in each division. Each team consists of up to 3 competitors with at most 1 competitor from each of the 3 separate weight divisions. Teams may include up to 2 alternates of any weight division. The weight divisions are as follows:

Weight Division	Men	Women
Light	<= 145.0 lbs	<= 117.0 lbs
Middle	145.1-172.0 lbs	117.1-137.0 lbs
Heavy	> 172.0 lbs	> 137.0 lbs

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

Equipment

ECTC guidelines for sparring equipment must be followed. For a complete list of rules for the tournament, please go to <http://www.ectc-online.org/rules>.

Competitors must provide their own sparring equipment, including:

- Helmet (foam only; white, black, or matching hogu color)
- World Taekwondo-Style Gloves (white or matching hogu color)
- Mouthguard
- Chest protector (for C-team divisions)
- Forearm Guards (foam only and worn inside uniform)
- Shin guards (foam only and worn inside uniform)
- Instep guards
 - For matches that do not use an electronic protector & scoring system (PSS), a single layer of foam pad (about 1/2 inch thick) must cover the instep from the base of the toes to the ankle.
- Gen 1 or Gen 2 Daedo e-socks (for A and B-team divisions)
 - 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.
- Groin protector (for men)

World Taekwondo-style gloves are required, and World Taekwondo-style socks are permitted as a form of instep protection. Socks and gloves must either be white or match the color of the hogu.

In addition, all A-team and B-team competitors must purchase their own Daedo E-foot gear socks or they will not be allowed to compete. Socks can be purchased online at <http://www.tkdscore.com/m5/E-Foot--e-foot-gear.html>. E-hogus will be provided for each round at the ring by ECTC.

Tournament Scoring

Competitors earn points toward their team's overall score by the following guidelines:

Poomsae (forms)

	1st	2nd	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

Kyorugi (sparring)

	1st	2nd	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

Visitor's Guide

For comprehensive information and suggestions, visit this link:

<https://mitathletics.com/sports/2021/4/20/information-directions-directions.aspx>

Driving Directions

For GPS purposes, use 120 Vassar St., Cambridge, MA 02139, which will direct you to MIT's main athletic complex.

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 (exit 55 A/B [old exit 37]) then follow the instructions from I-93. Alternatively, take the I-90 East exit (Massachusetts Turnpike) 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 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 131 [old exit 18]). At the fork in the road bear right towards Cambridge. Cross the Charles River and take a right at the end of the bridge onto Memorial Drive. At the second traffic light make a left. Take a right at the end of the street onto Vassar Street. The MIT athletic complex is up the street on the right-hand side.

From Route I-93: From I-93, take exit 18 (old exit 26), and follow the signs to Storrow Drive West. Follow Storrow Drive along the river to the Massachusetts Ave exit (left exit). Take a right at the end of the ramp. Cross the Charles River and make a left at the third set of lights onto Vassar St. The athletic complex is on the left.

Public Transportation ([MBTA](#))

Subway ([Map](#))

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. It is possible to walk through MIT buildings to get part of the way to the athletic center, although some outdoor walking is likely needed.

Bus

The [#1](#) 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

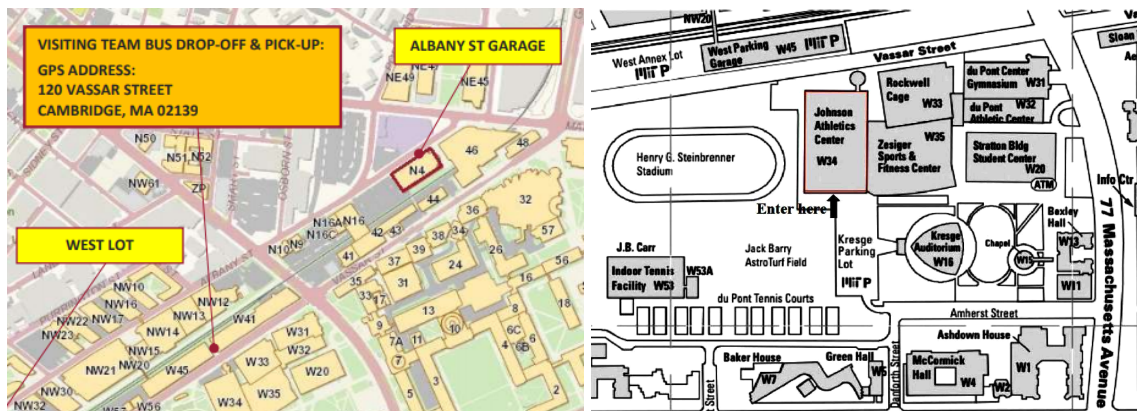
stop light. On one side of the street are steps leading up to large Ionic columns and the Small Dome of MIT, on the other side of the street is the Stratton Student Center and Kresge Oval (an open, grass-covered area). Additionally, the [CT2](#) stops on the corner of Massachusetts Avenue and Vassar St as well as the Kendall Square T Station.

Parking at MIT

Teams have several parking options, including metered spots and certain MIT lots/garages. Please see the list below for more information.

- **Westgate Lot:** 282 Vassar Street. \$11.00 per day (all day till 11pm on weekends)
- **Albany Street Garage:** 20 Albany Street. \$11.00 per day (all day till 11pm on weekends)
- **Visitor Lot:** 139 Mass. Ave. Pay by Phone, Rates Posted at Lot (Available all day, weekends and weekdays)
- **Street Parking:** Metered. The city of Cambridge and DCR have designated metered parking along select streets. Meters are typically free on Sundays but please read all posted signs concerning street cleaning dates, etc.

Note that the Kresge Parking Lot, while on the maps below, no longer exists.



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

Bus Parking Information

All team buses must use the Waverly Street Surface Lots located at 65 Waverly St. Buses can drop off/pick up athletes at 120 Vassar St. and proceed to Albany St. via Massachusetts Ave. Team vans can be parked in the West Annex Lot located on Vassar St.



Food Information

Gatorade and snacks will be sold at the tournament venue. Additional options are available in Kendall and Central Square. Absolutely no food is allowed inside the Johnson track arena.

Hotel Information

For MIT's guide on overnight accommodations, visit the following link:
<https://web.mit.edu/visitmit/where-stay>

A Special Thank You to the Sponsors of The 2024 MIT ECTC Tournament

THE COOP

MIT



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 A¹ 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.

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

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

(Releasor's Signature)
(Parent's Signature, if Signatory is minor)
(Print Name)
(Print Name)
(Date)

EXHIBIT A

ECTC Taekwondo Tournament held at MIT on Sunday, October 20th, 2024
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: _____

2024-2025 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 the ECTC) club dues for the 2024-2025 season are \$150.

Please enclose a \$150 check made out to “**Ivy Northeast Collegiate Taekwondo League**”, or “**INCTL**”. **No cash and no money orders**, only checks please.

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

Submit this form to the INCTL Treasurer at:

Daniel Chuang
611 Green St.
Cambridge, MA 02139

Club information:

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

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