



## U.S. National Collegiate Taekwondo Association

<http://www.ncta-usa.com/>

The National Collegiate Taekwondo Association is pleased to host the 40<sup>th</sup> National Collegiate Taekwondo Championships and 2<sup>nd</sup> National High School Championships on April 4-5, 2015 at the University of Delaware in Newark, DE. These championships also serve as the team trials for the black belt student athletes who want a spot on the 2015 US National Collegiate Taekwondo Team. This team will represent the United States of America at the Summer World University Games (SWUG) in Gwangju, Korea. The Taekwondo competition at the SWUG will take place July 7-13, 2015. The 40<sup>th</sup> National Collegiate Taekwondo Championships will include poomsae and sparring competition for both color and black belts.

The NCTA Championships are a USA Taekwondo-sanctioned event and serve as a qualifier for the 2015 USA Taekwondo National Championships. All collegiate participants (black belts and color belts) in the Collegiate Championships will qualify to compete at the 2015 USAT National Championships in their corresponding divisions of poomsae or sparring. High school competitors will not qualify for any division in the USAT National Championships.

### **Sponsored by:**

U.S. National Collegiate Taekwondo Association (NCTA)

Hosted and organized by the NCTA

<http://ncta-usa.com/>

### **Sanctioned by:**

USA Taekwondo

<http://www.teamusa.org/USA-Taekwondo>

### **Venue (for registration, competition, weigh-ins, and meetings)**

Carpenter Sports Building  
University of Delaware  
N. College Ave.  
Newark DE 19716

This is not the Bob Carpenter Sports/Convocation Center.



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## 2015 National Collegiate Taekwondo Championships Schedule

Please note that times within the daily schedule may change

### Friday, April 3

- |             |  |
|-------------|--|
| 4:00-8:00pm | Credential pick up ; weigh-ins only for color belts and high school sparring competitors |
| 7:00-8:00pm | Annual NCTA meeting including election   |
| 7:00-9:30pm | Referee meeting (location tbd)   |

### Saturday, April 4

- |              |   |
|--------------|---|
| 9:00-11:00am | Credential pick up ; black belt weigh-ins                           |
| 9:00am       | Color belt poomsae (all ranks)                                      |
| 10:00am      | Team poomsae (Championship division)                                |
| 10:30am      | Team poomsae (Team trials division)                                 |
|              | Male White/Yellow Sparring, all weights                             |
| 11:00am      | Individual black belt poomsae (male & female) preliminary round     |
| 12:00pm      | Lunch break   |
| 1:00pm       | Individual black belt poomsae (male & female) semifinals and finals |
|              | Female White/Yellow Sparring, all weights                           |
| 2:00pm       | Male Green/Blue Sparring, all weights                               |
| 2:00-6:00pm  | Credential pick up ; black belt weigh-ins                           |
| 2:30pm       | Pairs poomsae (Championship division)                               |
|              | High School Individual poomsae divisions                            |
| 3:30pm       | Female Green/Blue Sparring, all weights                             |



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4:00pm Pairs poomsae (Team trials division)  
High school sparring divisions, all weights

4:30pm Female Red Sparring, all weights

5:30 Male Red Sparring, all weights

### **Sunday, April 5**

9:00am Collegiate black belt sparring matches 1-20

9:30am Collegiate black belt sparring continues through finals

TBA Black belt team sparring (immediately following the individual divisions)

TBA Awards ceremony



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Airports:

Philadelphia (PHL): 35 mi. from University of Delaware

Baltimore (BWI): 67 mi. from University of Delaware

Airport shuttle: Delaware Express

1. Click on this link: [www.delexpress.com](http://www.delexpress.com)
2. Click on "Make a Reservation" located in green at the top right of main page.
3. On the next page, do not click on anything. Scroll down to the bottom of page.
4. You will see the Frequent User Login box. Type in the word "Single" for one passenger for a 10% discount or "Express" for two or more passengers for a 25% discount.
5. Click the "Go" button next to the box.
6. This will take you to the Discount Portal page where you can start making your reservations.

Competitor hotels:

### **Holiday Inn Express & Suites Wilmington-Newark**

\$109/night event rate for Queen/Queen

Book by 3/16/2015

Free Hot Breakfast, Free Wi-Fi, Fitness Center and Indoor Pool

1201 Christiana Road

Newark, Delaware, 19713

5.0 miles from venue

Click here to book hotel at event rate.

<http://ichotelsgroup.com/redirect?path=rates&brandCode=EX&regionCode=1&localeCode=en&GPC=NC&hotelCode=ILGES&PMID=99801505>

### **Hampton Inn & Suites Wilmington Christiana**

\$89/night event rate for a Queen/Queen

\$99/night event rate for a Queen/Queen Studio with Sofa Bed

Book by 3/13/2015

Free Hot Breakfast, Free Wi-Fi, Fitness Center and Indoor Pool

1008 Old Churchmans Road

Newark DE 19713

5.0 miles from venue

Call [302-607-6403](tel:302-607-6403) and mention "National Collegiate Taekwondo Association Championships" for rate

Or book your special event rate room(s) at: <http://bit.ly/HamptonTaekwondo>



## U.S. National Collegiate Taekwondo Association

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### **Red Roof Inn & Suites Newark-University**

\$65/night event rate for a Queen/Queen

Book by 3/20/2015

Free Continental Breakfast, Free Wi-Fi, Fitness Center and Outdoor Pool

1119 S College Ave

Newark, DE 19713

2.5 miles from venue

Call [302-368-8521](tel:302-368-8521) and mention "2015 NCTA Taekwondo Championships" for rate



## **Competition rules**

The 2015 National Collegiate Taekwondo Championships will follow the latest USAT rules with additional eligibility requirements as follow:

### Age

Black belts: born between January 1, 1987 and December 31, 1997

Color belts: born before December 31, 1997

### Citizenship

Black belt collegiate sparring and poomsae competitors must show proof of United States of America citizenship

A copy of a U.S. passport, birth certificate, or naturalization papers is acceptable proof and **should** be submitted with eligibility forms.

All collegiate competitors must either:

1. Be registered for at least 6 units of classes during the Spring 2015 term at an accredited 2-year, 4-year, or graduate college or university.

Current student must submit the student certification form or a letter from the college or university **registrar** on that institution's letterhead with includes all requested information.

The certification must be produced and dated after February 15, 2015.

Please note that photocopies for the certification of collegiate status **will NOT** be accepted. A student ID is **NOT** sufficient.

2. Have graduated from an accredited 2-year, 4-year, or graduate college or university in 2014 or 2015.

Graduates must submit an official transcript.

The eligibility forms are available on this page: <http://ncta-usa.com/2015-ncta-nationals/> under "Eligibility and other forms," Student status certification form (collegiate)



## U.S. National Collegiate Taekwondo Association

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### High school eligibility:

- All high school competitors must be black belts.
- High school competitors must be born between January 1, 1996 and December 31, 2000.
- All high school competitors must show proof of full-time high school student status from their school. The certification must be produced and dated after February 15, 2015. Photocopies of certification of high school status will not be accepted, and a student ID is not sufficient.
- The high school eligibility forms are available on this page: <http://ncta-usa.com/2015-ncta-nationals/> under “eligibility and other forms,” Student status certification form (high school)



## U.S. National Collegiate Taekwondo Association

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The NCTA Championships are sanctioned by USA Taekwondo. Athletes, coaches, and referees must register online at the USA Taekwondo Hangastar site (<http://www.usat.hangastar.com>). Registration requires USA Taekwondo Membership, which may be purchased at the Hangastar site for \$35. Any color belt competitors who are international students should **not** join USA Taekwondo as an international member as this event is not an international competition. Please join USAT as "USA athlete." White belt competitors should register as yellow belts.

Once logged into the Hangastar site, click on the Events tab and page forward under the "Current" sub-tab until you see the event "National Collegiate Taekwondo Championships" and click on "Register Now."

This **does** include the High School division of the collegiate championships.

Please note that all eligibility materials (listed below) must be postmarked by March 25, 2015.

### Required Paper Registration Forms

#### Collegiate Color Belts

- NCTA Certification of Collegiate Status (must be certified by college registrar)

#### Collegiate Black Belts

- NCTA Certification of Collegiate Status (must be certified by college registrar)
- Proof of citizenship – color copy of current passport (**will be needed for all 2015 Collegiate team members**), or copy of birth certificate, naturalization certificate, or certificate of citizenship

#### High School Black Belts

- NCTA Certification of High School Status (must be certified by high school)

All paper forms must be mailed to the address listed below. These forms must be postmarked by March 25, 2015:

2015 NCTA Championships

P.O. Box 433

Plainsboro NJ 08536-0433

Please do not use signature verification or return service when sending in your eligibility forms as it may significantly delay your paperwork!





## U.S. National Collegiate Taekwondo Association

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### Fees

Competitors: \$80 for one event, \$10 more for each additional event

Coaches: \$60

Please note that **ALL** coaches must complete a background check before they can register to coach at any USAT sanctioned event.

Further information about this requirement can be found here:

<http://www.teamusa.org/USA-Taekwondo/V2-Membership/Become-a-USA-Taekwondo-Member/COACH-Membership>

There is **absolutely no** registration (coaches or athletes) at the door. If paying with credit card, then payments must be done online before the registration closing date (March 30, 2015). Pending entry fees will have to be paid in cash at the door. Checks will not be accepted.

Any competitors eligible for both the collegiate and high school events can only compete in one or the other, not both.

### Athlete Checklist

- ❑ Register and pay for event on <http://www.usat.hangastar.com>
- ❑ Mail the following forms to 2015 NCTA Championships, P.O. Box 433, Plainsboro NJ 08536-0433 (these forms are available at: <http://ncta-usa.com/2015-ncta-nationals/>)
  - *Form A* – Eligibility form for all collegiate competitors
  - *Form B* – Eligibility form for all high school competitors
  - Proof of citizenship for all *Black Belt Sparring* and *Black Belt Poomsae Team Trials* competitors
    - Copy of passport, birth certificate or naturalization papers.

### Coach Checklist

- ❑ Register and pay for event on <http://www.usat.hangastar.com>
- ❑ Mail the following forms to 2015 NCTA Championships, P.O. Box 433, Plainsboro NJ 08536-0433 (these forms are available at: <http://ncta-usa.com/2015-ncta-nationals/>)



# U.S. National Collegiate Taekwondo Association

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## Equipment

All uniforms and gear must follow standard USAT and WTF rules.

Competitors are required to have:

- Standard white, V-neck taekwondo uniform in good condition. Black belt uniforms must have a black collar. Color belt uniforms (even for red belts) must have a white collar. Poomsae competitors may wear WTF-approved Y-neck uniforms, however pair and team competitors are recommended to match uniform styles (V or Y-neck)
- Properly-fitting WTF foam head gear, with no damage or cracks.
- Foam or vinyl shin protectors, forearm guards, and for color belts, instep protectors. Forearm guards with hand protectors attached are not allowed. For color belts, instep protectors may be substituted by footgear or socks.
- WTF-approved open-finger gloves (**mandatory** for black belts, optional for color belts).
- Groin protection (required for male sparring competitors) worn under uniform.
- Mouth guard. All sparring athletes are **REQUIRED** to use a mouth guard. A mouth cover may be used for those with braces if an orthodontist's note is provided prior to the beginning of competition. Mouth guards must be clear or white.
- Color belts must have their own red/blue hogus (chest protectors).

Head gear and gloves can be white, red, or blue. If not white, they must correspond to the color of the chest gear.

## **Electronic Gear**

Daedo/Truescore electronic chest protectors will be used for black belt sparring divisions. All black belt sparring athletes must provide their own Daedo e-Footgear.

## **Taping**

All taping must be signed off on the taping itself by medical staff.



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## **Kyorugi (Sparring)**

### Black belts

3 Rounds of 2 minutes, 1 minute rest (subject to change)

Single elimination for preliminaries, and for collegiate black belts only, double elimination for semifinals and finals.

Daedo/Truescore electronic chest protectors will be used.

Athletes must provide their own Daedo e-Footgear.

### Color belts

3 Rounds of 1 minute, 30 seconds rest (subject to change)

Single elimination rules

Daedo/Truescore click-button scoring will be used, no e-Footgear required

The White/Yellow and Green/Blue belt sparring divisions will compete under Junior Safety Rules (controlled head contact). All other divisions compete under regular adult rules.



## Sparring Divisions

Black belt collegiate sparring will also serve as the team trials for the 2015 US National Collegiate Taekwondo Sparring Team (see 2015 Summer World University Games selection procedures for specific information). Black belt high school sparring is *not* part of the team selection process for the 2015 US National Collegiate Taekwondo Sparring team. There will be no color belt high school divisions. The weight divisions are as follows:

### **Collegiate Black Belts**

	Male	Female
Fin	Below 54kg	Below 46kg
Fly	54-58kg	46-49kg
Bantam	58-63kg	49-53kg
Feather	63-68kg	53-57kg
Light	68-74kg	57-62kg
Welter	74-80kg	62-67kg
Middle	80-87kg	67-73kg
Heavy	87kg +	73kg +

### **High School Black Belts (Youth Olympic Games weight divisions)**

	Male	Female
Fly	Under 48kg	Under 44kg
Feather	48-55kg	44-49kg
Welter	55-63kg	49-55kg
Middle	63-73kg	55-63kg
Heavy	73kg +	63kg +

### **Collegiate Color Belts**

IMPORTANT NOTE FOR COLOR BELTS: although 8 weight divisions are listed for color belts in the online Hangastar registration site, color belt sparring will be combined into 4 weight divisions as described below: fin/fly, bantam/feather, light/welter, and middle/heavy. Color belt competitors who would like to compete at the Senior National Championships in the color belt divisions should register and weigh-in at the weight division in which they wish to qualify for that event. Also, note that the green and blue belt divisions will be combined for sparring only (but not Poomsae), even though they are listed as separate divisions in Hangastar. The color belt poomsae divisions are white & yellow, green, blue, and red.



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	Men	Women
Fin/Fly	Below 58kg	Below 49kg
Bantam/Feather	58-68kg	49-57kg
Light/Welter	68-80kg	57-67kg
Middle/Heavy	80kg +	67kg+

## Sparring Divisions by belt rank

- Black Belts
- Red Belts
- Green/Blue Belts
- White/Yellow Belts

## Black Belt Team Sparring

At the 2015 National Collegiate Taekwondo Championships there will be a demonstration event for tag team sparring. This will only be offered to those black belts already competing in other events at the championships. Each team will be comprised of three men (296 kg or less) or three women (224 kg or less) with one alternate. Each team would represent the same college or university. There would be one 5 minute round.

Teams interested in competing in the team sparring event should contact the NCTA at this email address ([nctausac@box556.bluehost.com](mailto:nctausac@box556.bluehost.com)). It is not a point bearing event.



**Poomsae (Forms)**

All black belt poomsae competitors may choose between the black V-neck and the WTF poomsae uniforms.

**Collegiate Color Belt Poomsae**

Color belt competitors must choose one poomsae to perform a single time. The poomsae must be approved for the rank of the contestant. There are no weight divisions. Color belts will perform their poomsae one at a time. The approved poomsae for each of the belt levels are:

<u>Belt</u>	<u>Approved Forms</u>
White/Yellow	Taegeuk 1 or 2
Green	Taegeuk 3 or 4
Blue	Taegeuk 5 or 6
Red	Taegeuk 7 or 8

**Collegiate Black Belt Championship & Team Trials Poomsae**

All collegiate black belt poomsae divisions (both Championship and Team Trials divisions) will use an abridged version of the FISU-approved forms that will be contested at the 2015 Summer World University Games. Any division with 20 or more competitors will begin in the preliminary round. Any division with 9-19 competitors will begin in the semifinal round. Any division with 8 or fewer competitors will begin in the final round.

Division	1 <sup>st</sup> Compulsory Poomsae (preliminaries)	2 <sup>nd</sup> Compulsory Poomsae (semi-finals)	3 <sup>rd</sup> Compulsory Poomsae (finals)
Men's Individual	Taegeuk 7 Jang	Keumgang	Taebaek / Pyongwon
Women's Individual	Taegeuk 5 Jang	Koryo	Keumgang/ Taebaek
Mixed Pair (one man, one woman)	Koryo	Keumgang	Pyongwon / Shipjin



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Men's Team (3 athletes)	Taegeuk 8 Jang	Koryo	Taebaek / Pyongwon
Women's Team (3 athletes)	Taegeuk 6 Jang	Taegeuk 8 Jang	Keumgang/ Taebaek

The championship divisions (medalists in these divisions will earn points towards overall schools standings, provided these schools are current NCTA institutional members in good standing as of the 2015 Collegiate Championships are as follows:

- Black Belt Male Individual Championship Poomsae
- Black Belt Female Individual Championship Poomsae
- Black Belt Mixed Pair Championship Poomsae (1 man, 1 woman)
- Black Belt Men's Team Championship Poomsae (3 men)
- Black Belt Women's Team Championship Poomsae (3 women)

**Important Note: For the Championship Pair, Championship Men's Team and Championship Women's Team divisions, all competitors competing on a single pair or team MUST REPRESENT THE SAME COLLEGE.**

## Collegiate Black Belt Poomsae Team Trials

All black belt poomsae team trials divisions will be contested according to the latest WTF competition rules corresponding to the Under 30 division for Individual, Pair and Team. WTF competition rules may be found at: [http://www.wtf.org/wtf\\_eng/site/rules/poomsae.html](http://www.wtf.org/wtf_eng/site/rules/poomsae.html).

The team trials divisions will serve as the team trials for the 2015 US National Collegiate Taekwondo Poomsae Team. (see 2015 Summer World University Games selection procedures for specific information).

The **Black Belt Male Individual Poomsae Team Trials** and **Black Belt Female Individual Poomsae Team Trials** divisions are the same as the **Black Belt Male Championship Individual Poomsae** and **Black Belt Female Championship Individual Poomsae** divisions. Individual black belt poomsae athletes wishing to try out for the US National Poomsae Team should compete in the championship divisions described in the previous section.



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For pairs, men's teams and female teams wishing to try out for the US National Poomsae Team, there are three additional Poomsae Team Trial only divisions:

Black Belt Mixed Pair Team Trials Poomsae (1 man, 1 woman)

Black Belt Men's Team Trials Team Poomsae (3 men)

Black Belt Women's Team Trials Team Poomsae (3 women)

**Important Note: For the Team Trials Pair, Team Trials Women's Team and Team Trials Men's Team divisions, the competitors competing on a single pair or team MAY REPRESENT DIFFERENT SCHOOLS. However, these three divisions will not earn championships points for any of the schools represented.**

### **High School Black Belt Poomsae**

High School black belt poomsae will be contested according to the modified WTF Junior division rules, regardless of age of the competitor. High school black belt poomsae is not a team-qualifying event. Nor is it a qualifying event for the USAT Nationals. Only Recognized poomsae (Individual only, no Pair or Team) will be offered. There will also be no Free Style poomsae.

Men's & Women's Individual Categories:

Preliminary: Taegeuk 7

Semifinal: Keumgang

Final: Taegeuk 8, Koryo





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### **NCTA Institutional membership**

In order to be considered for the NCTA team standings, as well as to have a vote at the general assembly, please register your university or college Taekwondo club at the following link:

<http://ncta-usa.com/membership/register/>

### Collegiate Standings

All schools who are registered members of the National Collegiate Taekwondo Association in 2015, and who are in good standing, may earn points towards the collegiate standings. There are three divisions by which teams can earn points towards the first, second and third place trophies (see below).

Each gold medal in a championship qualifying division is worth 3 points. Each silver medal in a championship qualifying division is worth 2 points, and each bronze medal is worth 1 point.

There are three types of standings:

Championship Division - black belts only

Combined Division – black belts and color belts

Novice Division – color belts only