



## U.S. National Collegiate Taekwondo Association

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

The National Collegiate Taekwondo Association is pleased to host the 41st National Collegiate Taekwondo Championships and 3rd National High School Championships on April 23-24, 2016 at the University of Colorado in Boulder, CO. The 41st National Collegiate Taekwondo Championships will include poomsae and sparring competition for both color and black belts. The NCTA plans to hold a training camp for the winners of the black belt collegiate sparring and black belt team trials poomsae divisions. The date and location of this event will be announced following the NCTA Championships.

The NCTA Championships are a USA Taekwondo-sanctioned event and serve as a qualifier for the 2016 USA Taekwondo National Championships. All collegiate participants (black belts and color belts) in the Collegiate Championships will qualify to compete at the 2016 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)**

University of Colorado Boulder Recreation Center  
1835 Pleasant St.  
Boulder CO 80302



## **2016 National Collegiate Taekwondo Championships Schedule**

Please note that times within the daily schedule may change

### **Friday, April 22**

- |             |  |
|-------------|--|
| 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  |
| 7:00-9:30pm | Referee meeting (location tbd)   |

### **Saturday, April 23**

- |              |   |
|--------------|---|
| 9:00-11:00am | Credential pick up ; Collegiate 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 ; Collegiate black belt weigh-ins                |
| 2:30pm       | Pairs poomsae (Championship division)                               |
|              | High School Pairs poomsae division                                  |



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3:30pm	Female Green/Blue Sparring, all weights High School Individual poomsae divisions
4:00pm	Pairs poomsae (Team trials division) High School Teams poomsae divisions
4:30pm	Female Red Sparring, all weights Female & Male High school sparring divisions, all weights
5:30	Male Red Sparring, all weights

### **Sunday, April 24**

9:00am	Collegiate black belt sparring matches 1-20
9:30am	Collegiate black belt sparring continues through finals
TBA	Awards ceremony



## U.S. National Collegiate Taekwondo Association

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Airport: Denver (DEN): 43 mi. from Boulder, CO

Airport shuttle:

### **Green Ride Boulder Shuttle Service**

Service between Denver International Airport and any location in Boulder, CO

<http://greenrideco3.hudsonltd.net/res?USERIDENTRY=BOLNCTA&LOGON=GO>

Competitor hotel:

### **Marriott Boulder**

2660 Canyon Boulevard

Boulder, CO 80302

Special event rate \$139/night

To reserve, go to <http://tinyurl.com/hno64gj>

Or call 800-228-9290 and mention "National Collegiate Taekwondo Association" by Tuesday, March 22, 2016.

Rooms are King beds with sofa bed.



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## Competition rules

The 2016 National Collegiate Taekwondo Championships will follow the latest USAT rules with additional eligibility requirements as follow:

### Age

Black belts: born between January 1, 1988 and December 31, 1998

Color belts: born before December 31, 1998

### 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 2016 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, 2016.

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 2015 or 2016. Graduates must submit an official transcript.

The eligibility forms are available on this page: <http://ncta-usa.com/41st-national-collegiate-taekwondo-championships-3rd-ncta-high-school-championships/> under "Eligibility and other forms," Student status certification form (collegiate)



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### High school eligibility:

- All high school competitors must be black belts.
- High school competitors must be born between January 1, 1997 and December 31, 2001.
- 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, 2016. 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/41st-national-collegiate-taekwondo-championships-3rd-ncta-high-school-championships/> under “eligibility and other forms,” Student status certification form (high school)
- Any competitors eligible for both the collegiate and high school events can only compete in one or the other, **not** both.



## 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 \$45. 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 April 11, 2016.

### 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 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 April 11, 2016:

2016 NCTA Championships  
4300 Black Ave #1810  
Pleasanton CA 94566

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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### Competitor Fees

Competitors: \$80 for one event, \$15 more for each additional event if you register on April 11 or earlier. Late registration (April 12-18, 2016): \$100 for one event, \$15 more for each additional event

**Weight changes: \$50** (cash at registration). Anyone who wishes to change their weight after the close of registration on April 18, 2016 will need to pay a \$50 change fee. This must be done **before** the athlete steps on the official scale in weigh-ins.

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 (April 18, 2016). 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 2016 NCTA Championships, 4300 Black Ave #1810, Pleasanton, CA 94566 (these forms are available at: <http://ncta-usa.com/41st-national-collegiate-taekwondo-championships-3rd-ncta-high-school-championships/>)
  - *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.
  - *University of Colorado Boulder liability waiver* (link will be added once form is available)





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### Coaches Fees

Coaches: \$60 if you register on April 11 or earlier. Late registration (April 12-18, 2016): \$80

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>

All coaches must have completed the Safe Sport Course in order to register as a coach at any 2016 USA Taekwondo sanctioned event:

<http://www.teamusa.org/~/link.aspx?id=AC83B1DF94EF4DCEAC54B5F01D2EBEAD&z=z>

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 (April 18, 2016). Pending entry fees will have to be paid in cash at the door. Checks will not be accepted.

### Coach Checklist

- ❑ Register and pay for event on <http://www.usat.hangastar.com>
- ❑ Mail the following forms to 2016 NCTA Championships, 4300 Black Ave #1810, Pleasanton, CA 94566 (these forms are available at: <http://ncta-usa.com/2016-ncta-nationals/>)
- ❑ University of Colorado Boulder liability waiver (link will be added once form is available)



## 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) and color of collar must be appropriate for rank
- Properly-fitting WTF foam head gear, with no damage or cracks.
- Foam or vinyl shin protectors and forearm guards. Forearm guards with hand protectors attached are not allowed.
- 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.**
- 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 **all sparring** divisions. All sparring athletes must provide their own Daedo e-Footgear.

### **Taping**

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



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## **Collegiate Kyorugi (Sparring)**

### Black belts

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

Single elimination.

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 electronic chest protectors will be used.

Athletes must provide their own Daedo e-Footgear.

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.

## **High School Kyorugi (Sparring)**

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

Single elimination.

Daedo/Truescore electronic chest protectors will be used.

Athletes must provide their own Daedo e-Footgear.



**Sparring Divisions**

Black belt collegiate sparring will serve as a qualifier for the 2016 USA Taekwondo National Championships. The Black belt high school sparring division is *not* part of the qualification process for the 2016 USA Taekwondo National Championships. 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



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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.

	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

**Weight changes:** \$50 change fee (cash at registration). Anyone who wishes to change their weight after the close of registration on April 18, 2016 will need to pay a \$50 change fee. This must be paid at registration before the athlete steps on the official scale in weigh-ins.



**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 which were used 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 2016 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 determine who will be eligible for the 2016 Collegiate Training Camp.

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, male 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 USA Taekwondo National Championships qualifying event. There will also be no Free Style poomsae.

Men's & Women's Individual Categories:

Preliminary: Taegeuk 7

Semifinal: Keumgang

Final: Taegeuk 8, Koryo

Competitors in the following High School Divisions do not have to represent the same school.

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)

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 2016, 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