U.S. National Collegiate Taekwondo Association



2019 NCTA Championships

44th National Collegiate Taekwondo Championships 6th National High School Championships

The University of Texas at Austin April 19-21, 2019

Recreational Sports Center 2001 San Jacinto Blvd., Austin, TX 78712

Information Packet

PLEASE READ THIS DOCUMENT CAREFULLY. REGISTRATION PROCESSES AND COMPETITION PROCEDURES HAVE CHANGED

INTRODUCTION

The National Collegiate Taekwondo Association (NCTA) is pleased to host the 44th National Collegiate Taekwondo Championships and 6th National High School Championships April 19-21, 2019, at The University of Texas at Austin. The Collegiate Championships will include poomsae and sparring competitions for color belts and black belts; the High School Championships will include poomsae and sparring competitions for black belts only.

The NCTA Championships are USA Taekwondo-sanctioned events and serve as qualifiers for the 2019 USA Taekwondo National Championships for all competitors. All competitors (high school and collegiate) will qualify to compete at the 2019 USA Taekwondo National Championships in their corresponding poomsae and/or sparring divisions. Please note that the High School Sparring Divisions will not earn ranking points, but they will qualify athletes for the 2019 USAT National Championships. Collegiate black belt poomsae and sparring divisions are a USAT 10.0 event.

Collegiate black belt poomsae team trial divisions will serve as Team Trials for the 2019 U.S. National Collegiate Team and **are not** a ranking point event. Due to the limitation of 6 total poomsae athletes, trials will be held **only** for the male team and female team divisions, with the individual and pair athletes being chosen from among the 6 selected athletes.

For general questions and concerns, please email: <u>2019NCTA@gmail.com</u>. For questions or concerns regarding eligibility, please email: <u>NCTAeligibility@gmail.com</u>.

SPONSORED BY

U.S. National Collegiate Taekwondo Association (http://ncta-usa.com/)



Hosted and organized by NCTA and The University of Texas at Austin

Russell Ahn, NCTA President Rex Hatfield, Tournament Director Joseph Van, Tournament Host

VENUE

The University of Texas at Austin (https://www.utexas.edu/)



Recreational Sports Center University of Texas, Austin 2001 San Jacinto Blvd Austin, TX 78712

SANCTIONED BY

USA Taekwondo (https://www.teamusa.org/USA-Taekwondo)

TABLE OF CONTENTS

INTRODUCTION	1
TABLE OF CONTENTS	2
SCHEDULE OF EVENTS	3
COLLEGIATE COMPETITOR ELIGIBILITY	4
HIGH SCHOOL COMPETITOR ELIGIBILITY	6
REGISTRATION AND FEES	8
SPECTATOR INFORMATION	9
ATHLETE REGISTRATION CHECKLIST	10
COACH REGISTRATION CHECKLIST	11
COMPETITION RULES ~ POOMSAE COMPETITOR REQUIREMENTS COACH REQUIREMENTS	12 12 12
POOMSAE DIVISIONS COLLEGIATE COLOR BELT POOMSAE COLLEGIATE BLACK BELT CHAMPIONSHIP POOMSAE	13 13 13
HIGH SCHOOL BLACK BELT POOMSAE	14
COMPETITION RULES ~ SPARRING COMPETITION FORMAT COMPETITOR REQUIREMENTS COACH REQUIREMENTS	15 15 15 16
SPARRING DIVISIONS	17
NCTA INSTITUTIONAL MEMBERSHIP COLLEGIATE STANDINGS	19
TRANSPORTATION, LODGING AND FOOD Transportation Hotels Parking	20 20 20 21
Food	21
VERIFICATION OF CURRENT ENROLL MENT OR DECREE	26

SCHEDULE OF EVENTS

Below is a schedule of events for the weekend. Times for each event will be updated at a later date. An updated schedule can be viewed at:

http://ncta-usa.com/2019-ncta-national-collegiate-taekwondo-championships-and-2019-ncta-high-school-championships/

FRIDAY, April 19, 2019

3-8 pm: Credential Pick-Up

4-8 pm: Weigh-Ins for Collegiate White/Yellow through Blue Belt Sparring Competitors

6-8 pm: NCTA General Body Meeting

SATURDAY, April 20, 2019

9 am: Opening Ceremonies and Competition Starts for the following:

All Collegiate Color Belt Poomsae (White/Yellow through Red Belt)

Collegiate Black Belt Team Trials Poomsae (Female and Male Teams)

Collegiate Black Belt Championship Poomsae (Female and Male Individuals,

Mixed Pairs, Female and Male Teams)

High School Black Belt Poomsae (Female and Male Individuals, Mixed

Pairs, Female and Male Teams)

Collegiate White/Yellow through Blue Belt Sparring

2-7 pm: Credential Pick-Up

4-7 pm: Weigh-Ins for Collegiate Red Belt, Collegiate Black Belt and High School Sparring Competitors

SUNDAY, April 21, 2019

9 am: Competition Starts for the following:

Collegiate Red Belt Sparring

Collegiate Black Belt Championship Sparring

High School Black Belt Sparring

After Competition Ends: Closing Ceremonies and Awards

COLLEGIATE COMPETITOR ELIGIBILITY

The verification of current enrollment status or degree will be processed through the National Student Clearinghouse. Please see below and the end of this packet for instructions.

Age

- Collegiate black belt competitors must be born before 31 DEC 2001.
- Collegiate color belt competitors must be born before 31 DEC 2001.

Rank

 All Collegiate black belt competitors must provide proof of black belt certification. A photocopy of your certification must be uploaded to your Hangastar profile.

Note: If a black belt competitor does not have a black belt certification uploaded to Hangastar and does not provide a copy of certification at the time of registration, he/she may submit a black belt verification form, available at registration. The athlete's coach/instructor will be required to provide the USA Taekwondo National Office with a copy of the athlete's black belt certification by the final registration deadline of the 2019 USAT National Championships.

Note: Athletes with black belt certification or who have competed at USAT events as a black belt may not register for the color belt divisions. Any such athlete found to be competing in the color belt division faces possible sanction by both NCTA and USA Taekwondo.

Student Status

- All collegiate competitors must:
 - 1. Either be registered for at least six (6) units of classes during the Spring 2019 term at an accredited 2-year, 4-year, or graduate college or university or have graduated from an accredited 2-year, 4-year, or graduate college or university in 2018 or 2019; and
 - 2. Verify current enrollment status (for spring semester or spring quarter) or degree online through the National Student Clearinghouse. Complete instructions on how to undergo this process can be found at the end of this packet. If verification cannot be completed through the National Student Clearinghouse, a paper student verification form can be filled out and mailed to the following address and postmarked by April 5th.

2019 NCTA Collegiate Nationals

17 Congress Ave.

Sioux City, IA 51104

Note: Athletes may not compete without proof of student status.

• PLEASE <u>DO NOT</u> use signature verification or return service when mailing in forms as this will significantly delay your paperwork. Your envelope could possibly be returned.

U.S. Citizenship

Note: New this year, international students can compete in All High School, All Collegiate Color Belt, and Collegiate Black Belt Sparring and non-Team Trial Poomsae Divisions. Only Collegiate Black Belt Poomsae Team Trial Competitors must show proof of US Citizenship.

For Collegiate Black Belt Poomsae Team Trial Competitors, Color copies of one of the following acceptable forms of proof must be submitted with all eligibility forms and should be uploaded to your Hangastar profile:

- an unexpired U.S. passport;
- a birth certificate; or
- U.S. naturalization papers.

Please direct any questions or concerns regarding eligibility to <a href="https://www.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctatio

HIGH SCHOOL COMPETITOR ELIGIBILITY

All eligibility forms are available from the NCTA page http://ncta-usa.com/2019-ncta-national-collegiate-taekwondo-championships-and-2019-ncta-high-school-championships

Age

• Competitors must be born between 01 JAN 2000 and 31 DEC 2004.

Rank

- All High School black belt competitors must provide proof of black belt certification. A photocopy of your certification should be uploaded to your Hangastar profile.
- In addition, please be sure to bring proof of your certification to the tournament.

Note: If a black belt competitor does not have a black belt certification uploaded to Hangastar and does not provide a copy of certification at the time of registration, he/she may submit a black belt verification form, available at registration. The athlete's coach/instructor will be required to provide the USA Taekwondo National Office with a copy of the athlete's black belt certification by the final registration deadline of the 2019 USAT National Championships.

Student Status

- All High School competitors must submit Form B: Certification of High School Enrollment Status. The certification must be PRODUCED AND DATED AFTER 10 FEBRUARY 2019.
- Please note: All student status documents must be original copies certified by a high school registrar.
 Photocopies of student status certifications WILL NOT be accepted; similarly, student identification cards ARE NOT sufficient.

Note: Athletes may not compete without proof of student status.

Submission Requirements

• All paper eligibility forms must be mailed to the address below, postmarked by April 5th

2019 NCTA Collegiate Nationals

17 Congress Ave.

Sioux City, IA 51104-4053

• PLEASE <u>DO NOT</u> use signature verification or return service when mailing in forms as this will significantly delay your paperwork. Your envelope could possibly be returned.

Please direct any questions or concerns regarding eligibility to <a href="https://www.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctation.nctatio

REGISTRATION AND FEES

The NCTA Championships are sanctioned by USA Taekwondo. All athletes (both high school and collegiate), coaches, and referees must register online at the USA Taekwondo Hangastar site (http://www.usat.hangastar.com).

Once logged into the Hangastar site, click on the "Events" tab and advance through the "Current" sub-tab until you see the event titled "National Collegiate and High School Taekwondo Championships". Click on "Register Now". Registration requires USA Taekwondo Membership, which may be purchased at the Hangastar site for \$50.

All competitors and coaches must pay for their registration fees before registration closes at the end of the day on April 15. There will be no at-the-door registration for either athletes or coaches.

Any required forms can be downloaded from the NCTA site:

 $\frac{http://ncta-usa.com/2019-ncta-national-collegiate-taekwondo-championships-and-2019-ncta-high-school-championships/}{}$

High School and Collegiate Competitors

- Early registration fee (pay by April 8): \$80 for one event, \$15 more for each additional event.
- Late registration fee (by April 15): \$100 for one event, \$15 more for each additional event.

Note: Competitors who are international students at a U.S. college or university should **NOT** join USA Taekwondo as an international member as this event is not an international competition. Please join USAT as "USA athlete."

Note: White belt competitors should register as yellow belts.

Note: Athletes may not compete in both Collegiate and High School Divisions. If you are eligible to compete in both, please select only one.

Coaches

- Early registration fee (pay by April 8): \$60
- Late registration fee (by April 15): \$80

Note: Each coach is required to be a member of USA Taekwondo, to take and clear the USA Taekwondo background check every two years, to view the USOC Safe Sport video, and to have an Associate Coach (AC) certification, at a minimum. Coaches may obtain the AC certification by passing the Associate Coach Quiz within the Hang-a-star system at least 3 business days prior to the registration deadline. For further information, please visit http://www.teamusa.org/usa-taekwondo/v2-coaching/coach-education-program.

Note: Coaches must complete the SafeSport course (please visit: <u>USAT Taekwondo</u> and a background check before registering to coach at any USAT sanctioned event. Further information about this requirement can be found at <u>the USAT Taekwondo website</u>

Weight Changes

• For both Color belt and Black belt competitors, on-site weight class changes will be allowed but a fee of \$50 will be assessed. The athlete must declare the weight change before any official weigh-in attempt.

SPECTATOR INFORMATION

The 2019 National Collegiate Taekwondo Championships welcomes spectators (anyone who is not a designated VIP, Referee, Competitor, Coach, or Volunteer) to attend our two day event and to support all of our athletes. Spectator admission fees are detailed below.

Please note that admission fees will only be accepted in cash. We would appreciate that you bring exact change for admission. Upon payment, spectators will receive an admission bracelet that will be only valid for one (1) day. Spectators with admission bracelets are free to re-enter the venue on the same day. However, spectators may not enter the competition floor at any time.

Spectator Fees

Spectator passes will be sold onsite for \$15 / day.

Passes are also be available for \$10 / day if pre-ordered at http://utexastaekwondo.com/2019-ncta-collegiates/

Group discounts are available if tickets are pre-ordered online (5 one-day passes for \$45, 10 one-day passes for \$80).

Children 12 and under get in free.

ATHLETE REGISTRATION CHECKLIST

All Competitors

• Register and pay for the event on http://www.usat.hangastar.com by April 8 (early registration) or April 15 (late registration).

Note: If a black belt competitor does not have a black belt certification uploaded to Hangastar and does not provide a copy of certification at the time of registration, he/she may submit a black belt verification form, available at registration. The athlete's coach/instructor will be required to provide the USA Taekwondo National Office with a copy of the athlete's black belt certification by the final registration deadline of the 2019 USAT National Championships.

Collegiate Competitors

- Verify either current enrollment or undergo a degree verification through the National Student Clearinghouse at https://secure.studentclearinghouse.org/vs/Index by April 8. If for some reason student verification cannot be completed through the Clearinghouse, a paper student verification form can be filled out and submitted to the address listed on page 4 of this packet by April 8.
- Upload proof of black belt certification to Hangastar (Black Belts only)
- Upload proof of U.S. Citizenship to Hangastar (Black Belts Poomsae Team Trials only). Color copies of the below are acceptable:
 - o an unexpired U.S. passport;
 - o a birth certificate; or
 - o U.S. naturalization papers.

High School Competitors

- Complete Form B Eligibility form for all High School competitors
- Complete the NCTA Certification of High School Status (dated after February 15, 2019)
- Upload proof of U.S. Citizenship to Hangastar. Color copies of the below are acceptable:
 - o an unexpired U.S. passport;
 - o a birth certificate; or
 - U.S. naturalization papers.
- High School competitors must mail all forms in ONE ENVELOPE with ADEQUATE POSTAGE to the address below, postmarked by April 8.

2019 NCTA Collegiate Nationals

17 Congress Ave.

Sioux City, IA 51104-4053

Note: All forms are available at

 $\underline{http://ncta-usa.com/2019-ncta-national-collegiate-taekwondo-championships-and-2019-ncta-high-school-championships/}$

COACH REGISTRATION CHECKLIST

• Register and pay for the event on http://www.usat.hangastar.com by April 8 (early registration) or April 15 (late registration).

Note: All coaches must be registered through Hangastar as an Associate coach or higher and view the USOC Safe Sport video.

Note: Coaches must complete the SafeSport course (please visit the <u>USAT Website</u>) and a background check before registering to coach at any USAT sanctioned event. Further information about this requirement can be found at <u>here</u>.

- Coaches are encouraged to attend the NCTA General Assembly and Technical Meeting on Friday, April 19th.
- Coaches are also encouraged to attend ad hoc meetings with the referees held at the venue immediately prior to the start of competition days on April 20-21.

COMPETITION RULES ~ POOMSAE

The 2019 National Collegiate Taekwondo Championships will follow the current USA Taekwondo rules, with some exceptions. All uniforms and gear must follow standard USA Taekwondo rules.

All rules, divisions, and requirements are subject to change at the discretion of the supervisory committee.

COMPETITOR REQUIREMENTS

Uniform Requirements. Competitors are required to have:

- A standard white, V-neck tackwondo uniform in good condition.
 - Color belt uniforms (even for red belts) must have a white collar
 - Black belt poomsae competitors may choose between the black V-neck and the WT poomsae (black Y-neck) uniforms
 - o Pair and team competitors are recommended to match uniform styles

Taping. All taping for any athlete (poomsae or sparring) must be signed off on the taping itself by medical staff.

COACH REQUIREMENTS

A dress code for coaches will be in effect. A list of prohibited articles includes, but is not limited to, hats/visors, slippers/flip flops, jeans, shorts, leggings, and sweatpants. Cell phones and communication devices are also prohibited while in the coach's chair.

POOMSAE DIVISIONS

COLLEGIATE COLOR BELT POOMSAE

Color belt competitors must choose one approved poomsae to perform a single time. Color belts will perform their poomsae one at a time. There are no weight divisions. The approved poomsae by belt level are:

Belt	Approved Poomsae	
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 POOMSAE

Black Belt Championship poomsae divisions will use a modified version of the WT poomsae competition format. 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. The Final Round will use the cutoff format.

Division	Preliminary Round	Semifinals	Finals
Men's Individual	TG 7	Keumgang	Taebaek and Pyongwon
Women's Individual	TG 5	Koryo	Keumgang and Taebaek
Mixed Pair	Koryo	Keumgang	Pyongwon and Sipjin
Men's Team	TG 8	Koryo	Taebaek and Pyongwon
Women's Team	TG 6	TG 8	Keumgang and Taebaek

Note: For the Championship Pair (1 male, 1 female), Championship Men's Team (3 males), and Championship Women's Team (3 females) divisions, all competitors competing on a single pair or team MUST REPRESENT THE SAME COLLEGE.

HIGH SCHOOL BLACK BELT POOMSAE

High School Black Belt poomsae will be contested according to the modified WT Junior Division rules, regardless of the age of the competitor. High School Black Belt poomsae is a USA Taekwondo National Championships qualifying event. There will be no Freestyle poomsae.

Men's & Women's Individual Categories:

Preliminary Round: Taegeuk 7
 Semifinal Round: Keumgang
 Final Round: Taegeuk 8, Koryo

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

- Black Belt Mixed Pair High School Poomsae (1 man, 1 woman)
- Black Belt Men's High School Team Poomsae (3 men)
- Black Belt Women's High School Team Poomsae (3 women)

Preliminary Round: Taegeuk 7
 Semifinal Round: Keumgang

• Final Round: Taegeuk 8, Koryo

COMPETITION RULES ~ SPARRING

The 2019 National Collegiate Taekwondo Championships will follow the current USA Taekwondo rules, with some exceptions. All uniforms and gear must follow standard USA Taekwondo rules.

All rules, divisions, and requirements are subject to change at the discretion of the supervisory committee.

COMPETITION FORMAT

Collegiate Black Belt Competitors

- Three (3) rounds of 2 minutes, 1 minute rest between rounds
- Preliminaries: Single elimination
- Semifinals/Finals: Single elimination
- Full Contact Rules for all divisions

Collegiate Color Belt Competitors

- Three (3) rounds of 1 minute, 30 seconds rest between rounds
- Single elimination
- Head contact
 - o White/Yellow Belt division: No head contact
 - Green and Blue Belt divisions: Junior Safety Rules (controlled head contact)
 - Red Belt and above divisions: Full Contact Rules

High School Competitors (Black Belt Only)

- Three (3) rounds of 1 minute, 30 seconds rest between rounds
- Single elimination
- Full Contact Rules for all divisions

COMPETITOR REQUIREMENTS

Uniform Requirements. Competitors are required to have:

- A standard white, V-neck taekwondo uniform in good condition
 - o Black belt uniforms must have a black collar
 - o Color belt uniforms (even red belts) must have a white collar

Equipment Requirements. Competitors are required to have:

- Only for White/Yellow, Green, & Blue belt sparring competitors: Properly-fitting WT foam head gear, with
 no damage or cracks. Head gear may be white, red, or blue. If not white, they must correspond to the color
 of the chest protector.
- USAT-approved open-finger gloves are mandatory. Gloves may be white, red, or blue. If not white, they must correspond to the color of the chest protector.
- Foam or vinyl shin protectors and forearm guards. Forearm guards with hand protectors attached are not allowed.
- Groin protection (required for both male and female sparring competitors) worn under uniform

• A mouth guard. Mouth guards must be clear or white, although exceptions are allowed if the competitor has a doctor's note, which must be presented during inspection.

Electronic Gear. Generation 1 Daedo/Truescore electronic chest protectors will be used for all sparring divisions.

IMPORTANT UPDATE: Gen 2 socks will now be permitted for use at the NCTA Championships.

After careful consideration and consultation, the NCTA has decided to allow Daedo Gen 2 socks to be used at the 2019 NCTA Championships. Although the Gen 2 socks are not designed for use with Gen 1 electronic body protectors (EBP), we received feedback that athletes do not want to invest in older technology as it is cost prohibitive. Athletes may still use Gen 1 socks with or without heel socks; please note that those using Gen 1 socks will be at a disadvantage against an athlete using Gen 2 socks, since Gen 2 socks have more magnet sensors and therefore will score more easily.

While we recognize that those who have invested in Gen 1 socks may now feel the need to upgrade, the NCTA feels that it is in the best interest of the athletes to allow them to invest in Gen 2 as it is future-oriented. Athletes may order new Gen 2 socks at https://www.tkdscore.com/m5/G2%20E-Foot-gen2-e-foot-gear.html.

- All sparring athletes must provide their own Daedo e-Foot Gear (either Generation 1 or 2)
- e-Headgear will only be used for Full Contact divisions (i.e., Black Belt and Red Belt divisions)

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

COACH REQUIREMENTS

A dress code for coaches will be in effect. A list of prohibited articles includes, but is not limited to, hats/visors, slippers/flip flops, jeans, shorts, leggings, and sweatpants. Cell phones and communication devices are also prohibited while in the coach's chair.

SPARRING DIVISIONS

All sparring divisions will serve as a qualifier for the 2019 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 54 kg	Below 46 kg
Fly	54.1-58 kg	46.1-49 kg
Bantam	58.1-63 kg	49.1-53 kg
Feather	63.1-68 kg	53.1-57 kg
Light	68.1-74 kg	57.1-62 kg
Welter	74.1-80 kg	62.1-67 kg
Middle	80.1-87 kg	67.1-73 kg
Heavy	Over 87 kg	Over 73 kg

HIGH SCHOOL BLACK BELTS (JUNIOR WEIGHT DIVISIONS)

	Male	Female
Fin	Below 45 kg	Below 42 kg
Fly	45.1-48 kg	42.1-44 kg
Bantam	48.1-51 kg	44.1-46 kg
Feather	51.1-55 kg	46.1-49 kg
Light	55.1-59 kg	49.1-52 kg
Welter	59.1-63 kg	52.1-55 kg
Light Middle	63.1-68 kg	55.1-59 kg
Middle	68.1-73 kg	59.1-63 kg
Light Heavy	73.1-78 kg	63.1-68 kg
Heavy	Over 78 kg	Over 68 kg

Divisions may be combined at the tournament supervisory committee's discretion. However, athletes seeking to qualify for the 2018 USA Taekwondo National Championships must weigh-in at the appropriate division for that tournament. Athletes turning 18 or older in 2018 must specify in Hangastar the corresponding division that they intend to compete in at the 2018 USA Taekwondo National Championships.

COLLEGIATE COLOR BELTS

	Male	Female
Fin/Fly	Below 58 kg	Below 49 kg
Bantam/Feather	58.1-68 kg	49.1-57 kg
Light/Welter	68.1-80 kg	57.1-67 kg
Middle/Heavy	Over 80 kg	Over 67 kg

Although eight (8) weight divisions are listed for color belts in the online Hangastar registration site, color belt sparring will be combined into four (4) weight divisions: fin/fly, bantam/feather, light/welter, and middle/heavy. Color belt competitors who would like to compete at the 2018 USA Taekwondo 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.

COLLEGIATE SPARRING DIVISIONS by BELT RANK

Black Belts

Red Belts

Blue Belts

Green Belts

White/Yellow and Yellow Belts

WEIGHT CHANGES

For both Color belt and Black belt competitors, on-site weight class changes will be allowed but a fee of \$50 will be assessed. The athlete must declare the weight change before any official weigh-in attempt.

NCTA INSTITUTIONAL MEMBERSHIP

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 by completing the form at the NCTA website (http://ncta-usa.com/).

Please note: institutional membership must be paid prior to the NCTA meeting on Friday, April 19.

COLLEGIATE STANDINGS

All schools that are registered members of the NCTA in 2019 and are in good standing may earn points toward collegiate standings. Each gold medal in a qualifying division is worth 3 points. Each silver medal in a qualifying division is worth 1 point.

Eligible teams may earn points toward the first, second, and third place trophies in three categories:

- 1. Novice points accrued by color belts only
- 2. Championship points accrued by black belts only
- 3. Combined points accrued by black belts and color belts

Qualifying divisions that earn points for the novice and combined categories are as follows:

- Color Belt Poomsae (all divisions)
- Color Belt Sparring (all divisions)

Qualifying divisions that earn points for the black belt and combined categories are as follows:

- Black Belt Male Individual Championship Poomsae
- Black Belt Female Individual Championship Poomsae
- Black Belt Mixed Pair Championship Poomsae
- Black Belt Men's Team Championship Poomsae
- Black Belt Women's Team Championship Poomsae
- Black Belt Sparring (all divisions)

TRANSPORTATION, LODGING AND FOOD

Transportation

There are some <u>public transportation</u> options available in Austin. However, it might be easier and more efficient to rent cars.

You can schedule shuttles to/from Austin-Bergstrom International Airport or rent cars there.

Austin also has Lyft and Uber.

Hotels

A limited number of Athlete Room Blocks will be available at the Crowne Plaza Hotel:

Host Hotel

Crowne Plaza Hotel 6121 N Interstate Hwy 35, Austin, TX 78752 4.8 miles away from tournament venue

Rooms can be reserved at the Crown Plaza by going to the following <u>link</u>. Please note that only a select number of rooms have been reserved at a discounted rate. Please be sure to reserve early to ensure that you can book a room.

Additional Hotels

Hampton Inn 7619 I-35 North, Austin, TX 78752 4.9 miles away from tournament venue

Rooms can be reserved at the Hampton Inn by going to the following <u>link</u>. Please note that the cutoff date to reserve a room at the Hampton is **March 27**.

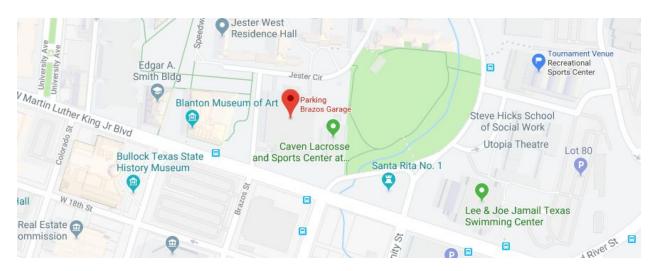
Hilton Garden Inn 500 N Interstate Hwy 35, Austin, TX 78701 1.6 miles away from tournament venue

Courtyard by Marriott 5660 N Interstate Hwy 35, Austin, TX 78751 3.1 miles away from tournament venue

Fairfield Inn and Suites by Marriott 959 Reinli St, Austin, TX 78751 3.3 miles away from tournament venue Embassy Suites by Austin Central 5901 N Interstate Hwy 35, Austin, TX 78723 3.6 miles away from tournament venue

Parking

There will be weekend parking passes available to purchase to park in Brazos Garage.



Food

There are many food options close to the University's campus (walking distance), located primarily along Guadalupe Street.

The following food options are our top five picks closest to campus. We have a longer, dynamic list on our website that includes some classic Austin favorites http://utexastaekwondo.com/austin-food/

Restaurant Name	Address	Hours	Notes
Coco's Cafe	1910 Guadalupe Street	11am-11pm	Very limited parking, great bubble tea, better for small groups, vegan/vegetarian friendly, gluten-free options
Thai, How Are You?	2100 Guadalupe Street	12pm-11pm (closed Sunday)	Very limited parking, vegetarian friendly
Cava	2426 Guadalupe Street	11am-10pm	Parking nearby, Mediterranean, build your own bowl,

			vegetarian/vegan friendly
Kerbey Lane Cafe	2606 Guadalupe Street	Open 24 hours	Parking available, vegan/vegetarian/gluten free friendly (they have vegan and gluten free pancakes)
Torchy's Tacos	2801 Guadalupe Street	8am-11pm (closes 10pm on Sunday)	Limited parking available, vegan/vegetarian friendly
Cold Cookie Co	2521 Rio Grande Street	12pm-12am	Texas Taekwondo is doing a profit share with Cold Cookie Co. More details will be posted on our Facebook Page

Things to Do/See in Austin

- Museums
 - o Blanton Museum of Art





- The Blanton Museum of Art is located on UT's campus. There are permanent exhibitions, as well as contemporary exhibitions that rotate roughly every semester. The Ellsworth Kelly exhibit (pictured left) is a new addition to the museum. The museum is open until 5pm. All college students (with their ID) get a discounted price of \$5.
- The Bullock Texas State History Museum
- o Harry Ransom Center
- Parks/Outdoors
 - o Zilker Metropolitan Park





- Zilker Park is an outdoor green space with a dog park and running/jogging trails. There are places along the lake where you can rent kayaks/canoes/paddleboards. It is the same area where the Austin City Limits Music Festival is held.
- o Zilker Botanical Garden
- o Barton Springs Pool



- Barton Springs Pool is a 3 acre spring-fed pool that stays around 68-70 degrees all year. It's located inside Zilker park and open daily from 5am-10pm (guarded swim times are 8am-8pm). A day pass is \$9.
- o <u>UMLAUF Sculpture Garden</u>
- Mount Bonnell



- Mount Bonnell is a 775 foot overlook. There are stairs (or a trail) leading up to the top of the hill. It's a fun place stop to see Texas hill country and doesn't take up a lot of time. You can catch some pretty amazing sunsets from this spot.
- Pennybacker Bridge Overlook



- Pennybacker Bridge, also known as the 360 bridge, is located a little outside of Austin (maybe a 15 minute drive). It's a nice drive with lots of hills and curves. It's a short hike to get up to the overlook, and there are some pull-in parking spaces that are accessible from the south side of highway 360. You can get some amazing views.
- Texas State Capitol

Events

• Fusebox Festival



- The Fusebox Festival is a performance-centered festival where artists experiment with style and genre. Click the link above for more information
- Austin Reggae Fest



- The Austin Reggae Festival is a 3 day event raising money for the Central Texas Food Bank. Headliners include Freddie McGregor, Mykal Rose, Cocoa Tea, Don Carlos, Etana, Jah9, Hempress Sativa, Jah9, The Late Ones and many more. Tickets are available online (linked above).
- Weird Homes Tour

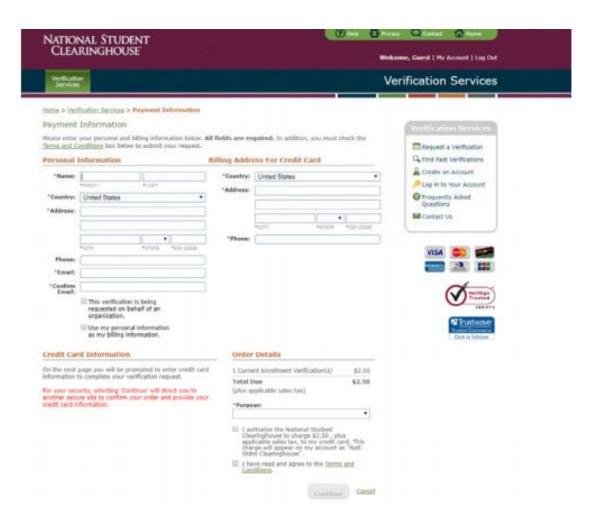
VERIFICATION OF CURRENT ENROLLMENT OR DEGREE

Please refer to the following instructions on how to verify current enrollment or degree through the National Student Clearinghouse:

- 1. Go to https://secure.studentclearinghouse.org/vs/Index
- 2. If you are a current collegiate student OR if you have graduated from your institute within the past 6 months
 - a. Under 'What would you like to verify', click on 'Current Enrollment'
 - b. Under 'School' enter the full name of your college or university.
- c. Under 'Who would you like to verify', enter all of the requested information. A Reference ID number is not required. Click 'Submit'.



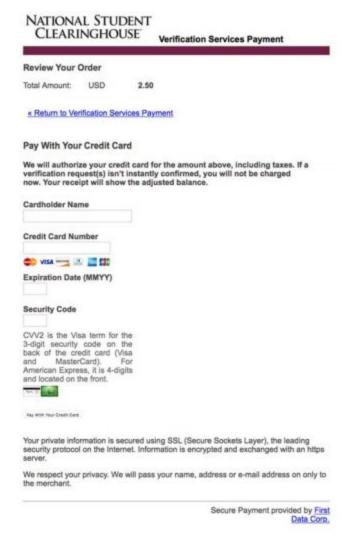
- d. On the next page, enter your Personal Information and Billing Information.
 - Click 'This Verification is being requested on behalf of an organization'. Under 'Organization Name' type 'National Collegiate Taekwondo Association', and under 'Organization Type' click 'Other'.
 - ii. Under 'Purpose' Click 'Product/Service Discount or Eligibility'.
 - iii. Click 'Continue'.



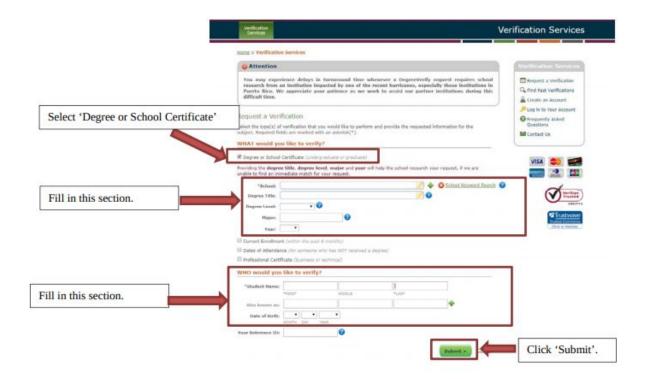
e. Under 'Purpose' select 'Product/Service Discount or Eligibility'. Agree to the Terms and Conditions, and click 'Continue'.



f. On the next screen, enter your credit card information and click 'Pay with your credit card'.

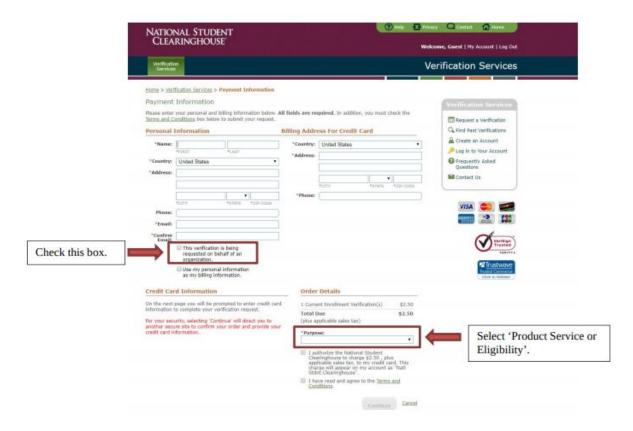


- g. The next screen will take you to your verification results. PLEASE MAKE NOTE OF YOUR ORDER ID NUMBER. THIS NUMBER WILL BE REQUIRED FOR YOU TO REGISTER THROUGH HANGASTAR.
- 3. If you have graduated more than 7 months ago
 - a. Under 'What would you like to verify', click on 'Degree or School Certificate'
 - b. Enter the required School, Degree Title, Degree Level, Major, and Year information.
 - c. Under 'Who would you like to verify', enter all of the requested information. A Reference ID number is not required. Click 'Submit'.



- d. On the next page, enter your Personal Information and Billing Information.
 - i. Click 'This Verification is being requested on behalf of an organization'. Under 'Organization Name' type 'National Collegiate Taekwondo Association', and under 'Organization Type' click 'Other'.
 - ii. Under 'Purpose' Click 'Product/Service Discount or Eligibility'.

iii. Click 'Continue.'



e. On the next screen, enter your credit card information and click 'Pay with your credit card'.



f. The next screen will take you to your verification results. PLEASE MAKE NOTE OF YOUR ORDER ID NUMBER. THIS NUMBER WILL BE REQUIRED FOR YOU TO REGISTER THROUGH HANGASTAR

2019 National Collegiate Championships

Note: If you are unable to verify your current enrollment status or degree through the National Student Clearinghouse, please email NCTAeligibility@gmail.com for further instructions on how to mail in an NCTA Certificate of Collegiate Status with a stamp or raised seal from your college or university