

National Collegiate Taekwondo Association



2021 NCTA National Collegiate Online Taekwondo Championships

Saturday, April 17th 2021

Information Packet

PLEASE READ THIS DOCUMENT CAREFULLY.

INTRODUCTION

The National Collegiate Taekwondo Association (NCTA) is pleased to host live the *2021 NCTA National Collegiate Online Taekwondo Championships* on Saturday, April 17th 2021. The intention of this competition is to provide athletes, from the Youth up through the Collegiate Divisions, with a competitive platform, and to provide training goals for our athletes during this extraordinary time. Divisions will include black belt divisions for the Youth through Junior age groups, and color belt and black belt divisions for the Collegiate age group.

The following Individual Recognized Divisions will be contested at the event, and we welcome all youth through junior black belts, as well as collegiate athletes who are enrolled at least 50% time this spring, or who graduated within the past year, and who meet the following age and rank requirements to compete at the event.

Individual Recognized Divisions (separate male and female divisions)

Division	Age	Rank
Youth	10-11	Black Belt
Cadet	12-14	Black Belt
Junior	15-17	Black Belt
Collegiate	17+	White/Yellow Belt
Collegiate	17+	Green Belt
Collegiate	17+	Blue Belt
Collegiate	17+	Red Belt
Collegiate	17+	Black Belt

In addition, new to this tournament, the NCTA will be introducing a Kicking Challenge Event. The following divisions will be contested for the Kicking Challenge (see next page for divisions):

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Kicking Challenge Divisions (separate male and female divisions)

Division	Age	Rank
Youth	10-11	Black Belt
Cadet	12-14	Black Belt
Junior	15-17	Black Belt
Collegiate	17+	White, Yellow and Green Belt
Collegiate	17+	Blue and Red Belt
Collegiate	17+	Black Belt

The Tournament will be held on Zoom with live Youtube streaming (link to be posted at the [tournament site](#)) for spectators. Athletes will be sent a Zoom link and time of competition during the week prior to the event. Information regarding registration, competition rules and format, competition call-times, and spectator information can be found within this packet. For general questions and concerns, please email: ncta.contact@gmail.com.

SPONSORED BY

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



Hosted and organized by NCTA
Dan Chuang, *NCTA President*
Rex Hatfield, *NCTA Senior Vice President*
Dan Chuang, Sung Kim, Tara Sarathi, Jaime Schulte *Tournament Supervisory Board*
Sung Kim, *Tournament Host*
Tara Sarathi, *Tournament Committee Chair*
Jaime Schulte and Mike Wickham, *Referee Co-Chairs*

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SCHEDULE OF EVENTS

Below is a tentative schedule of events for the weekend. Times for each event are approximate and are subject to change. Zoom links for the below events will be sent out at a later date. **ALL TIMES LISTED ARE IN EASTERN DAYLIGHT TIME (EDT)**. An up to date schedule of events will be maintained at: <http://ncta-usa.com/2021-apr-ncta-national-collegiate-online-championships/>

SATURDAY, April 17th, 2021

Time (Approximate)	Event
11:00 am EDT	Opening Remarks Athlete/Coach Orientation and Meeting
11:30 am EDT	Competition Begins Order of Competition <i>(exact report times will be posted no later than 1 day prior to competition)</i> <ul style="list-style-type: none"> ● Youth 10-11 Black Belt Poomsae and Kicking (begins at 11:30 am) ● Cadet 12-14 Black Belt Poomsae and Kicking (begins no earlier than 12:30p Eastern) ● Junior 15-17 Black Belt Poomsae and Kicking (begins no earlier than 1:30p Eastern) ● Collegiate Color Belt Poomsae and Kicking (begins no earlier than 2:30p Eastern) ● Collegiate Black Belt Poomsae and Kicking (begins no earlier than 3:30p Eastern)
8:00 pm EDT	Competition Ends

REGISTRATION

This page currently contains information on how to register for the tournament.

ELIGIBILITY

Non-collegiate athletes must meet the following age requirements:

Age Division	Birth Years
Youth (10-11)	2010, 2011
Cadet (12-14)	2007, 2008, 2009
Junior (15-17)	2004, 2005, 2006

Collegiate athletes must be born in 2006 or earlier, and must be **half time (6 credits) or more** students at the university that they represent since January 1, 2021, **or have graduated in 2020 or 2021**.

NCTA will request that each collegiate student show a student ID or other proof of collegiate association before their first round of competition, and reserves the right to request proof of collegiate status (registrar confirmation) as described above if any questions arise.

Athletes **must be enrolled** in a university or academic institution to compete.

Recognition will be given for the outstanding female collegiate athlete and outstanding male collegiate athlete, as well as the **college/university earning the most points**, counting gold as 3 points, silver as 2 points, and bronze as 1 point.

REGISTRATION LINK

Competitors may go to the link below in order to register for the event:

<https://nctakick.com/poomsae>

COST

The registration fee for this tournament is **\$40/competitor for 1 event, \$50 for 2 events**. All proceeds from this tournament will go directly to support the US National Collegiate Team.

Only credit or debit cards are acceptable forms of payment for this event. Registration fees must be paid when registering at the above registration link.

DEADLINE

All athletes must register by the end of **TUESDAY, April 13th at midnight Pacific Time** in order to compete at this event.

POOMSAE COMPETITION RULES AND FORMAT

Age Divisions

- Youth 10-11: born in 2010 or 2011
- Cadet 12-14 division: born in 2007, 2008, or 2009
- Junior 15-17 division: born in 2004, 2005 or 2006
- Collegiate 17+: born in 2004 or earlier

Poomsae Competition Format

Athletes may perform their forms in any setting (at home, outdoors, in a studio) on any surface. Athletes should stay in frame.

All divisions will use the World Taekwondo Cut-Off format, with 1 form performed each in the Preliminary (20+), Semifinal (9-19) and 2 forms in the Final (1-8) rounds.

Division	Forms
Youth Black Belt	Forms will be announced within 7 days of event, selected from Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo
Cadet Black Belt	Forms will be announced within 7 days of event, selected from Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
Junior Black Belt	Forms will be announced within 7 days of event, selected from Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek
Collegiate White/Yellow	Prelim Round: Taegeuk 1 or 2 (competitor's choice) Semi Round: Taegeuk 1 or 2 (competitor's choice) Final Round: Taegeuk 1 or 2 (competitor's choice)
Collegiate Green	Prelim Round: Taegeuk 3 or 4 (competitor's choice) Semi Round: Taegeuk 3 or 4 (competitor's choice) Final Round: Form 1: Taegeuk 1 or 2 (competitor's choice), Form 2: Taegeuk 3 or 4 (competitor's choice)
Collegiate Blue	Prelim Round: Taegeuk 5 or 6 (competitor's choice) Semi Round: Taegeuk 5 or 6 (competitor's choice) Final Round: Form 1: Taegeuk 1, 2, 3 or 4 (competitor's choice), Form 2: Taegeuk 5 or 6 (competitor's choice)
Collegiate Red	Prelim Round: Taegeuk 7 or 8 (competitor's choice) Semi Round: Taegeuk 7 or 8 (competitor's choice) Final Round: Taegeuk 3, 4, 5 or 6 (competitor's choice), Form 2: Taegeuk 7 or 8 (competitor's choice)

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Collegiate Black	Prelim, Semi and Final Forms will be announced within 7 days of event, selected from Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
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Poomsae Scoring

USA Taekwondo scoring rules (4 points for accuracy, 6 points for presentation) will be used with the following modifications:

- -0.1 accuracy penalty will be assessed for each move that is partially or completely out of view of the camera (for kicking challenge as well).
- No penalties will be deducted for extra steps needed to reposition in order to execute the next move (contestants must be able to execute each move in its entirety within the field of view of the camera).

Technical Issues

- If the competitor cannot be judged due to a technical difficulty (e.g. internet connection crashes), they may perform the form again with no penalty. The judgement will be made by the tournament committee regarding the nature of a technical error. After the third attempt, the tournament committee has the right to disqualify the competitor.

Uniform Requirements

Please wear your uniform if you have one. If you do not, no penalty will be given.

Awards

- Electronic certificates for 1st, 2nd, and two 3rd places will be awarded to competitors.
- Medals will be mailed to the 1st place finisher in each division.
- 2nd-4th place competitors will have the option to purchase a medal and have it shipped to them.
- Electronic certificates for best female and male collegiate athletes.
- Electronic certificate for 1st, 2nd and 3rd place colleges (must be NCTA institutional members, can register at <http://ncta-usa.com/membership/register/>).
 - Gold = 3 points, Silver = 2 points, Bronze = 1 point

KICKING CHALLENGE RULES AND FORMAT

Format

The Kicking Challenge event shall consist of an athlete kicking 2 targets held by a single holder, one in each hand for 30 seconds. Acceptable kicking targets are kicking paddles or foam “pool noodles”. For clearance of other targets, please email ncta.contact@gmail.com for approval. Athletes should comply with all state, local and university/college regulations regarding athletic activities.

Athletes will kick for 30 seconds, with the following required elements (in any order, and athletes may add any other desired WT sparring techniques):

- At least 1 spinning kick, as defined by back kick, jumping back kick, spinning hook kick (reverse turning kick), jumping spinning hook kick, narabam (360 roundhouse), or similar
 - White, yellow and green belts may perform a spin step followed by a roundhouse (turning) kick
- Blue, Red and Black belts must include at least 1 head kick (may be same as spinning kick)
- One forward moving combination of 2 or more kicks (double roundhouse kicks count as one kick)
- One backward moving combination of 2 or more kicks (double roundhouse kicks count as one kick)
- One stepping sequence (5 or more slides, switches or steps with no kicking)

Scoring

Athletes will be scored by accuracy (40%) and presentation (60%) as described below. Referee will issue commands “charyut, kyongnet, junbi (kicking stance), shijak, keuman and shiuh.” Time begins on shijak and ends on keuman. Target holder may speak to the kicker to express holding intent during the 30 seconds.

Accuracy (out of 4.0)	
Major deductions (-0.3)	<ul style="list-style-type: none"> ● Missed required element (above) ● Missed target (no contact) on fully extended kick ● Falling to the ground
Minor deductions (-0.1)	<ul style="list-style-type: none"> ● Kicker made contact, but kicker did not contact target cleanly ● Kicking technique was substantially incorrect ● Kicker has unnecessary motion in arms or feet before/after kick ● Kicker loses balance and stumbles (but does not fall to ground) ● Part of kicker’s body leaves field of view
Presentation (out of 6.0 in three categories of 2.0 each)	
Explosiveness & Speed (0.5 to 2.0)	<ul style="list-style-type: none"> ● Explosiveness and speed of individual movements
Footwork & Connection (0.5 to 2.0)	<ul style="list-style-type: none"> ● Smoothness of connection between movements, precision of footwork
Expression & Sparring Realism (0.5 to 2.0)	<ul style="list-style-type: none"> ● Movements represent realistic sparring movements, athlete tells a compelling story through their movements, and expresses

	their spirit and intention through line of sight & body language
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TECHNICAL AND SPACE REQUIREMENTS

Technical Requirements

Zoom will be used as the virtual platform for the tournament. The Zoom application can be installed both on PCs and on mobile devices. Please be sure to create a free Zoom account (<http://zoom.us>) and to have the Zoom application installed on your device before the tournament. In addition, please be sure to test Zoom before the tournament to ensure that Zoom is correctly working on your device.

More details on how to install Zoom, as well as how to use Zoom can be found here: <https://support.zoom.us/hc/en-us/articles/206175806>. If you already have zoom installed, Please update to the latest zoom client and test before the event. Directions on how to update to the latest client are at [this link](#).

Camera Requirements

In order for the referees to correctly judge your poomsae, the device running zoom must have a camera (i.e. laptop, smart mobile phone, tablet). Please be sure to test your device before the event to ensure that it works correctly with Zoom. In addition, we will require that your entire body stays within the frame of the camera while you perform your poomsae. **You may employ an operator to turn the camera to track your movements, however, your camera must remain in the same location, i.e the camera can pan left and right but cannot be relocated.**

Please be sure to test run your performance in front of the camera before the event to ensure that you stay within the frame the entire time. As mentioned in the previous section, deductions will be assessed for each move partially or completely out of frame, and for taking extra steps in order to ensure that you stay within the frame or to avoid colliding with objects or walls during your performance.

Day-Of Zoom Room Requirements

- On the day of the competition, please be sure to log in to your Zoom Room **10-15 minutes before your scheduled call time**. Scheduled call times for each division, as well as the Zoom links for each division, will be emailed out prior to the competition day.
- Prior to logging in to your Zoom Room, please be sure to change the name on your screen to your full name. A guide to how to change your name can be found here: <https://support.zoom.us/hc/en-us/articles/201363203-Customizing-your-Profile>
- Please **do not utilize a virtual background while participating in this event**. Virtual backgrounds distort the image and will lead to inaccurate scoring.

Space Requirements

The performance space should be clean and uncluttered with unimpeded views of the competitor. Any competition surface or setting (at home, outdoors, in a dojang/studio) is acceptable.

SPECTATOR INFORMATION

Since only competitors, referees and ring staff will be allowed in the Zoom Room during competition, the tournament will be live streamed on YouTube for spectators to watch, comment and encourage during the competition. YouTube links of the competition will be announced on the day of competition on the tournament site at: <http://ncta-usa.com/2021-apr-ncta-national-collegiate-online-championships/>