

National Collegiate Taekwondo Association



2023 NCTA Championships
46th National Collegiate Taekwondo Championships
April 14-16, 2023

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

Information Packet

**USATKD 10.0 Ranking Event (for NCTA Collegiate Championships
Divisions)**

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

INTRODUCTION

The National Collegiate Taekwondo Association (NCTA) is pleased to host the 46th National Collegiate Taekwondo Championships, and the 7th NCTA National High School Championships on April 14-16, 2023, at the University of Colorado in Boulder, CO. The Collegiate Championships will include poomsae and sparring competitions for color belts and black belts, and the High School division will include poomsae and sparring divisions for black belts only.

The 2023 National Collegiate Sparring and Poomsae Team Trials are included in this event in addition to the Championships divisions and will serve as the selection event to choose the poomsae and sparring team members to represent the USA at the 2021 (2023) Summer World University Games (Summer Universiade) in Chengdu, China on July 27-August 5, 2023. The Universiade is a WT G2 event. The cost for the Summer World University Games trip for each athlete is approximately \$2,950 *plus* airfare (inclusive of athlete village housing & food, credentials, USA competition uniform, USA Team apparel and local transportation). The NCTA will commit to funding each athlete for a minimum of \$1000 towards this expense; however no additional funding should be assumed and athletes should be prepared to pay the remaining cost of the event.

The Collegiate Championships divisions will be USATKD sanctioned 10.0 event. The High School and Team Trials events will not receive USATKD ranking points.

For general questions and concerns, please email: ncta.contact@gmail.com. For questions or concerns regarding eligibility, please email: NCTAeligibility@gmail.com.

SPONSORED BY

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



Dan Chuang, *NCTA President*
Tara Sarathi, *Tournament Committee Chair*
Mike Wickham and Jaime Schulte, *Referee Chairs*
Heidi Hatfield, *Eligibility Chair*

VENUE

University of Colorado Recreation Center
(<https://www.colorado.edu/recreation/>)



1835 Pleasant St.
Boulder, CO 80302
David Lee, *Tournament Host*

SANCTIONED BY



USA Taekwondo (<https://www.teamusa.org/USA-Taekwondo>)
USATKD 10.0 Ranking Event

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SCHEDULE OF EVENTS

Below is a schedule of events for the weekend.

Times of day and locations for each event can be viewed at the championships page:

<https://ncta-usa.com/2023-ncta-national-collegiate-taekwondo-championships/>

THURSDAY, Apr. 13, 2023

- Registration
- Weigh-ins for SWUG Team Trials

FRIDAY, Apr. 14, 2023

- Morning:
- Registration
- Weigh-ins for Color Belt Sparring
- Summer World University Games Team Trials, Sparring and Poomsae
- Collegiate Championships Poomsae Competition (All Ranks)
- High School Championships Poomsae Competition (Black Belts Only)
- NCTA General Assembly

SATURDAY, Apr. 15, 2023

- Registration
- Weigh-ins for Black Belt Divisions
- Collegiate Color Belt Sparring
- Collegiate Breaking Division
- Collegiate Demonstration Division

SUNDAY, Apr. 16, 2023

- Collegiate Black Belt Sparring
- High School Black Belt Sparring

COMPETITOR ELIGIBILITY

Age Eligibility

- Competitors in the Collegiate Championship division must be born in 2005 or earlier.
- Competitors in the Collegiate Team Trials Divisions must be born in the years 1996 through 2005.
- High competitors in the High School Championship division must be born in the years 2004 through 2009.

Collegiate Academic Eligibility

Collegiate Championship Division: Athletes who graduated from college in either 2022, or 2023, or who are half-time status or more between Jan. 10 and April 14, 2023, will be eligible.

Collegiate Team Trials Division: Athletes who graduated from college in either 2020, 2021, 2022, or 2023, or who are half-time status or more between Jan. 10 and April 14, 2023, will be eligible.

All collegiate athletes in both the team trials and championship divisions MUST do one of the following to verify collegiate eligibility of half-time status or greater by Saturday, April 1, 2023:

1. Use parchment.com to send an official transcript and use the address nctaeligibility@gmail.com at the bottom of the form on that page, OR
2. Check your school website for the option to have them send a transcript or proof of graduation directly to nctaeligibility@gmail.com, OR
3. Send the completed [2023 NCTA Collegiate Championships Eligibility Form](#) and/or the [2023 NCTA Team Trials Eligibility Form](#) (depending on which events you are competing in), signed by your college registrar, to the address listed on the form, postmarked by April 1, 2023.

Failure to complete this step will result in an athlete not being allowed to compete.

Collegiate Team Trial Participants only should also have this [FISU Academic Eligibility form](#) completed by their college registrars and mail this form to by April 1, 2023 to this address: NCTA 2023, 17 Congress Ave, Sioux City, IA 51104-4053.

High School Academic Eligibility

Athlete must compete in **either** the collegiate championships or high school championships, but not both.

High school athletes must verify High School student status via the [NCTA High School Eligibility Form](#) and submit it to the address listed on the form postmarked by April 1, 2023. Please **do not** send by signature-required mail.

U.S. Citizenship

- All black belt competitors in the Collegiate Team Trials Division must show proof of United States citizenship. **Color copies** of one of the following acceptable forms should be uploaded to your Sport80 profile:
 - an unexpired U.S. passport;
 - a birth certificate; or

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- U.S. naturalization papers.
- Athletes in all other divisions do not need to be US Citizens

REGISTRATION AND FEES

The 2023 National Collegiate Championships are sanctioned by USA Taekwondo. All athletes and coaches must register online at the [USATKD Sport 80 website](#). All athletes and coaches must be USATKD Members.

All competitors and coaches must pay for their registration fees before registration closes at the end of the day on Friday, April 7th, 2023 at 23:59 MT.

There will be no at-the-door registration for either athletes or coaches.

Athlete Registration Fees

- Registration fee for 1 event (through Apr 7th): \$119
- Each additional event: \$30 per event

Spectator Fees

- \$20 per spectator per day

Weight changes

- 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.

Coaches Registration Fees

- \$80

Note: Each coach is required to be a member of USATKD, to take and clear the USATKD 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 Sport80 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](#) and a background check before registering to coach at any USATKD sanctioned event. More information about this requirement can be found [here](#). **Please note that the background check can take up to 2 weeks to process, so please start this process early!**

Note: Adult athletes must complete the SafeSport Course as well.

ATHLETE REGISTRATION CHECKLIST

All Events (Collegiate Championships, Collegiate Team Trials, High School Championships):

- Register and pay for the event on the [USATKD Sport 80 website](#) by **FRIDAY, APR 7TH** at 23:59 MT.
 - [A video guide to registering for an event on Sport80 can be found here.](#)
 - **Please be sure to add your color of belt in your profile** or you will not be able to register for events.
 - Black Belt Competitors only: Upload proof of black belt certification to USATKD Sport 80 (if not already done). **Color copies** of the below are acceptable:
 - an unexpired U.S. passport;
 - a birth certificate; or
 - U.S. naturalization papers.
 - Adult athletes must complete the SafeSport Course (directions can be found on the Sport80 website).

All Collegiate Competitors (Championships and Team Trials):

- Verify half-time student status or your graduation year by doing one of the following:
 - Use [parchment.com](#) to send an official transcript and use the address nctaeligibility@gmail.com at the bottom of the form on that page, **OR**
 - Check your school website for the option to have them send a transcript or proof of graduation directly to nctaeligibility@gmail.com, **OR**
 - Send the completed [2023 NCTA Collegiate Championships Trials Eligibility Form](#), signed by your college registrar, to the address listed on the form, **postmarked by April 1, 2023**. Please **do not** send by signature-required mail.

Collegiate Team Trials Competitors only:

- Complete the **2023 FISU Eligibility Form**, to be available soon on the [NCTA Championships Website](#), and send to the following address (not the address on the form:) by April 1, 2023: NCTA 2023, 17 Congress Ave Sioux City, IA 51104-4053. Please **do not** send by signature-required mail.

High School Competitors

- High school athletes must verify High School student status via the [NCTA High School Eligibility Form](#) and submit it to the address listed on the form **postmarked by April 1, 2023**. Please **do not** send by signature-required mail.

COACH REGISTRATION CHECKLIST

- Register and pay for the event on the [USATKD Sport 80 website](#) by **FRIDAY, APR 7TH** at 23:59 MT

Note: All coaches must be registered through Sport 80 as an Associate coach or higher, view the USOC Safe Sport video, and have passed their USATKD required background check.

Note: Coaches must complete the [SafeSport Course](#) and a background check before registering to coach at any USATKD sanctioned event. More information about this requirement can be found [here](#)

- Coaches are encouraged to attend the NCTA General Assembly and Technical Meeting on Friday, April 1st.

COMPETITION RULES ~ POOMSAE

The 2022 National Collegiate Taekwondo Championships will follow the current USATKD rules, with some exceptions. All uniforms and gear must follow standard USATKD 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 taekwondo 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
 - 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.

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	Taegeuk 7	Keumgang	Taebaek and Pyongwon
Women's Individual	Taegeuk 6	Koryo	Keumgang and Taebaek
Mixed Pair	Taegeuk 8	Taebaek	Pyongwon and Sipjin
Men's Team	Taegeuk 8	Keumgang	Taebaek and Pyongwon
Women's Team	Taegeuk 6	Koryo	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. There will be no Freestyle poomsae.

Men's & Women's Individual Categories:

- Preliminary Round: Taegeuk 6
- Semifinal Round: Taegeuk 7
- Final Round: Koryo, Taebaek

Black Belt Mixed Pair High School Poomsae (1 man, 1 woman) - competitors in the following High School Divisions do not have to represent the same school:

- Preliminary Round: Taegeuk 6
- Semifinal Round: Taegeuk 7
- Final Round: Koryo, Taebaek

COLLEGIATE TEAM TRIALS POOMSAE

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	Taegeuk 8	Koryo	Pyongwon and Freestyle
Women's Individual	Taegeuk 6	Taegeuk 8	Taebaek and Freestyle
Mixed Pair	Taegeuk 8	Taebaek	Sipjin and Freestyle
Men's Team	Taegeuk 8	Keumgang	Pyongwon and Freestyle
Women's Team	Taegeuk 6	Koryo	Taebaek and Freestyle

Note: For the TEAM TRIALS Pair (1 male, 1 female), Championship Men's Team (3 males), and TEAM TRIALS Women's Team (3 females) divisions, all competitors competing on a single pair or team CAN REPRESENT DIFFERENT COLLEGES, unlike the championship division..

COMPETITION RULES ~ SPARRING

The 2023 National Collegiate Taekwondo Championships will follow the current USATKD rules, with some exceptions. All uniforms and gear must follow standard USATKD rules.

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

COMPETITION FORMAT

Team Trials and Collegiate Championships Division Black Belt Competitors

- Best of three (3) rounds of 2 minutes, 1 minute rest between rounds
- Single elimination
- Full Contact Rules for all divisions

High School Championships Division Black Belt Competitors

- Best of three (3) rounds of 90 seconds, 1 minute rest between rounds
- Single elimination
- Full Contact Rules for all divisions

Collegiate Color Belt Competitors

- Best of three (3) rounds of 1 minute, 30 seconds rest between rounds
- Single elimination
- Head contact
 - 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

COMPETITOR REQUIREMENTS

Uniform Requirements.:

- Sparring competitors are required to have a standard white, V-neck taekwondo uniform in good condition
 - Black belt uniforms must have a black collar
 - Color belt uniforms (even red belts) must have a white collar

Equipment Requirements. Competitors are required to have:

- Only for White/Yellow 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.
- USATKD-approved open-finger gloves are mandatory.
- USATKD-approved 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

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- 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 2 Daedo/Truescore electronic chest protectors will be used for all sparring divisions.

- All sparring athletes must provide their own Daedo e-Foot Gear
- e-Headgear will be used for all head contact divisions (green belt and higher). Junior Safety rules still apply to green and blue 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

The weight divisions are as follows. Divisions may be combined at the tournament supervisory committee's discretion.

COLLEGIATE BLACK BELTS (CHAMPIONSHIP & TEAM TRIALS DIVISIONS)

	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

COLLEGIATE COLOR BELTS DIVISIONS

	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

COLLEGIATE SPARRING DIVISIONS by BELT RANK

Black Belts

Red Belts

Blue Belts

Green Belts

White and Yellow Belts (**please register online as Yellow** for this division)

HIGH SCHOOL BLACK BELTS

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

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.

COMPETITION RULES ~ BREAKING

The 2023 National Collegiate Taekwondo Championships will follow the current USATKD rules for breaking, with some exceptions. All uniforms and gear must follow standard USATKD rules.

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

COLLEGIATE BREAKING BELT DIVISIONS

White/Yellow/Green

Blue/Red

Black

COMPETITION FORMAT

General Guidelines

1. Competitors may select any techniques and up to a maximum of 8 boards.
2. No props such as chairs, trampolines, tables and no boosting of competitors.
3. 3 minute time limit.
4. **1x10x12 inch pine boards purchased from NCTA are only allowed**, available on-site.
5. No spacers allowed.

Scoring Guidelines

1. Technical Execution (60%)
 - a. Difficulty (30%)
 - b. Broken board percentage (30%)
2. Presentation (40%)

COMPETITION RULES ~ DEMONSTRATION TEAM

The 2023 National Collegiate Taekwondo Championships will follow the current USATKD rules for demonstration team, with some exceptions. All uniforms and gear must follow standard USATKD rules.

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

COMPETITION FORMAT

General Guidelines

1. Maximum time is 6 minutes.
2. 10 person team limit, **all ranks allowed**.
3. No standing on chairs/tables or boosting of teammates.
4. No weapons or pyrotechnics are allowed.
5. Use of devices to hold boards for jumping breaks are permitted.
6. **1x10x12 inch pine boards purchased from NCTA are only allowed**, available on-site.

Scoring Guidelines

Judging will be based on two criteria.

1. Technical Skills (6 points)
 - a. Team Form
 - b. Acrobatic breaking
 - c. Single jump breaking
 - d. Power breaking
 - e. Self-defense
 - f. Basic movements and practicality of movements
2. Presentation (4 points)
 - a. Creativity and complexity
 - b. Synchronization and harmony
 - c. Taekwondo spirit
 - d. Music and choreography

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 (<https://ncta-usa.com/membership/register/>).

Please note: institutional membership must be paid prior to the NCTA meeting on Friday, April 14.

COLLEGIATE STANDINGS

All schools that are registered members of the NCTA in 2023 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 2 points and each bronze medal in a qualifying division is worth 1 point. Only colleg

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)

HOTEL INFORMATION

Please check the [NCTA championships website](#) for hotel recommendations and reservation links.