




NCTA Cup Information Session

Tara Sarathi
NCTA Tournament Committee Chair
17 Feb 2025

Outline

- Introduction to NCTA Cup
 - NCTA Cup Divisions
 - Qualification Rules
 - 3v3 Poomsae Format and Rules
 - 3v3 Sparring Format and Rules
 - NCTA Cup Standings
 - How to Register
 - Summary
- 

The NCTA Cup



- **The NCTA Cup serves as the final 3v3 team event of the Regionals Conferences Collegiate Season, bringing together schools from all regions**
- **Schools vie for the opportunity to bring home the NCTA Cup**



NCTA Cup Events



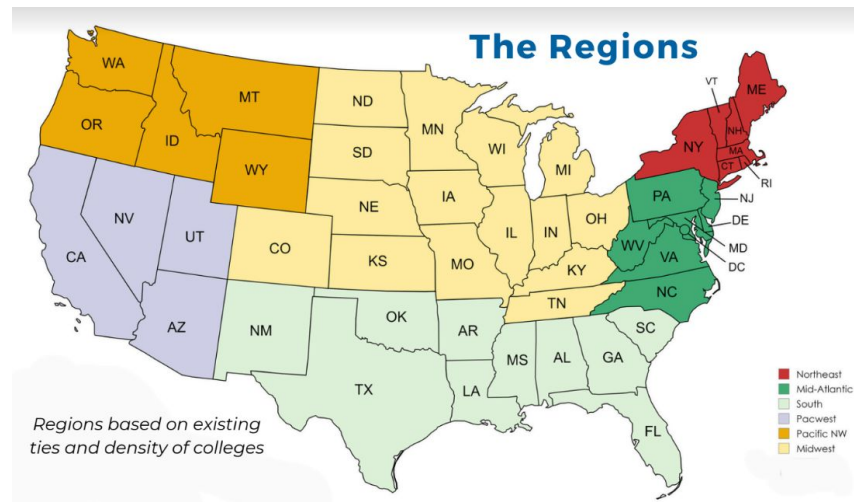
3v3 Poomsae



3v3 Sparring

School Qualification Rules

- Athletes can participate as long as they have **competed in at least one NCTA-recognized regional tournament in their region during the 2024-2025 academic year**
- **If there is no regional tournament held within 400 mi of their school, then schools may attend an event outside of their region to qualify their athletes for the team division at nationals**
 - Original regional affiliation remains the same for future years
- Schools can enter an **unlimited number of 3v3 Poomsae and Sparring teams in each division**, provided all athletes meet eligibility requirements.



Athlete Eligibility Requirements

- Competitors in the NCTA Cup Division must be born in 2007 or earlier
- Athletes do not need to be US Citizens
- Athletes in the NCTA Cup Division **MUST have competed in at least one NCTA-recognized regional event in their region during the 2024-2025 academic year**
 - Include tournaments held by the ECTC, ACATA, MCTC, SCTC, NWCTC, and PacWest during the 2024-2025 academic year
- Athletes **must abide by the eligibility requirements of their respective regions** in order to compete in the NCTA Cup Division



Outline

- Introduction to NCTA Cup
- NCTA Cup Divisions
- Qualification Rules
- ➔ ● 3v3 Poomsae Format and Rules
- 3v3 Sparring Format and Rules
- NCTA Cup Standings
- How to Register
- Summary



3v3 Poomsae Format and Divisions

- **Three poomsae divisions (all coed)**, and all schools will compete in a **single-elimination bracket**
 - Whichever team wins 2 out of 3 matches advances in the bracket
- Each team **consists of up to 3 competitors**, and medals will be awarded to members of the **top 4 teams** in each division
 - **A-Team Division** will consist of three matches of individual v individual poomsae competition until the quarterfinal round, and then two matches of individual v individual poomsae, and a third round of team v team poomsae competition in the quarterfinal, semifinal and final rounds
 - **B- and C-Team Divisions** will consist of three matches of individual v individual poomsae competition
 - Competitors **may only compete in one division**, and each competitor must perform a form appropriate to the division as described in the tournament packet
 - All competitors competing on the same 3v3 team **must be from the same college/university**.

Division	Team Composition	Rank
A team	3 competitors of any gender	Blue belts through black belts
B team	3 competitors of any gender	Green belts through red belts
C team	3 competitors of any gender	Green belts and below



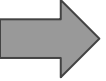
Designated Poomsae

- In the case of an athlete moving up a division, **they are expected to perform poomsae appropriate to the division they are competing in**
 - e.g. if green belts compete in B-team poomsae, they must perform either Taegeuk 5 or Taegeuk 6

Rank	Poomsae
White/Yellow	Taegeuk 1 or 2
Green	Taegeuk 3 or 4
Blue	Taegeuk 5 or 6
Red	Taegeuk 7 or 8
Black	Pyongwon (through quarterfinals) / Sipjin (semifinals and finals)

Outline

- Introduction to NCTA Cup
- NCTA Cup Divisions
- Qualification Rules
- 3v3 Poomsae Format and Rules
- 3v3 Sparring Format and Rules
- NCTA Cup Standings
- How to Register
- Summary



3v3 Sparring Format

- The 3v3 Sparring Event consists of six divisions (three female, three male), and all schools will compete in a **single-elimination bracket** - whichever team wins 2 out of 3 matches advances in the bracket
- Teams consist of 3 contestants plus 1 alternate (alternate is optional)
- Each team will consist of one lightweight contestant, one middleweight contestant, and one heavyweight contestant; alternates may be of any weight class
 - The teams compete as a series of individual matches and do not compete in a tag-team format
- All competitors competing on the same 3v3 team **must be from the same college/university**.

Weight Division	Men	Women
Light	< 145.0 lbs	< 117.0 lbs
Middle	145.1-172.0 lbs	117.0-137.0 lbs
Heavy	> 172.0 lbs	> 137.0 lbs

3v3 Sparring Divisions

- Round lengths may be shortened subject to time constraints, based on the progress of the tournament and the time of day. In addition, the Tournament Committee may also end a division before it is finished due to time constraints.
- Competitors and alternates may only compete in one division. For example, a red belt must compete in either A or B team, but not both.
- An individual contestant cannot compete on more than one team within their sparring division (i.e. men's A-team).
- An alternate cannot be registered as a primary member of any team and may only be an alternate in a single division (i.e. men's B-team).
- A contestant may spar "up" a maximum of one weight class, at their coach's discretion.

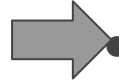
Division	Team Size	Duration	Rank	Head Contact
A team	3 competitors, 1 alternates	3 rounds of 60 seconds with 30 seconds rest	Blue belts through black belts	Full Contact Rules
B team	3 competitors, 1 alternates	3 rounds of 60 seconds with 30 seconds rest	Green belts through red belts	Modified Head Contact Rules (controlled head contact)
C team	3 competitors, 1 alternates	3 rounds of 60 seconds with 30 seconds rest	Green belts and below	No head contact

Advancing in the Sparring Bracket

- Whichever team wins 2 out of 3 matches advances in the bracket:
 - *3-person vs. 3-person team*: The winner is the team that wins two or more matches
 - *3-person vs. 2-person team*: The 2-person team must win both matches to advance
 - *2-person vs. 2-person team*:
 - If the two weight classes represented are the same on both teams
 - The winner is determined by the team that wins two matches
 - If, after two matches, each team has won one match, then the winner is determined by the team that won the most rounds across both matches
 - If the number of rounds is tied consider total points scored in all rounds across both matches
 - If the total points are also tied then the winner is decided by the referee and corner judges on the basis of cumulative Superiority across both matches
 - If the teams share only one weight class in common, the winner is determined by a single match in the common weight class
 - *3 or 2-person vs. 1-person team*:
 - The 3 or 2-person team always advances over a 1-person team.
 - *1-person vs. 1-person team*:
 - The 1-person team winning the single match advances in the bracket.

Outline

- Introduction to NCTA Cup
- NCTA Cup Divisions
- Qualification Rules
- 3v3 Poomsae Format and Rules
- 3v3 Sparring Format and Rules
- NCTA Cup Standings
- How to Register
- Summary



NCTA Cup Standings

- All schools competing in the NCTA Cup division may earn points toward the NCTA Cup - each division in the 3v3 Poomsae and Sparring Brackets may earn points according to the following places
 - First, second, and third place team trophies will be awarded

	1st	2nd	3rd	3rd	5th	5th	5th	5th
C-Team	64	32	16	16	8	8	8	8
B-Team	96	48	24	24	12	12	12	12
A-Team	128	64	32	32	16	16	16	16

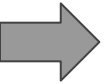
How to Register for the NCTA Cup Division

- [Have a team/club representative request a Team Registration Spreadsheet](#) by Friday, March 28th.
- Have a team/club representative complete the emailed Team Registration Spreadsheet by Friday, APR 4th. Only one team registration spreadsheet needs to be filled out for the entire team.
- Pay the NCTA Cup entry fee



Outline

- Introduction to NCTA Cup
- NCTA Cup Divisions
- Qualification Rules
- 3v3 Poomsae Format and Rules
- 3v3 Sparring Format and Rules
- NCTA Cup Standings
- How to Register
- Summary



Summary

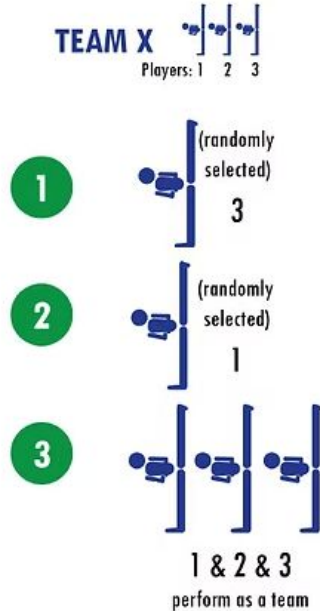
- **The NCTA Cup serves as the final 3v3 team event of the Regionals Conferences Collegiate Season,** bringing together schools from all regions
- **Schools vie** for the opportunity to bring home the **NCTA Cup**
 - NCTA Cup will feature 3v3 Poomsae and 3v3 Sparring Events
- Athletes must have participated in at least one NCTA recognized regional tournament in the 2024-2025 academic year to be eligible to participate
- **[Have a team/club representative request a Team Registration Spreadsheet](#) by Friday, March 28th in order to register.**
 - **Have a team/club representative complete the emailed Team Registration Spreadsheet by Friday, APR 4th.** Only one team registration spreadsheet needs to be filled out for the entire team

Back Up

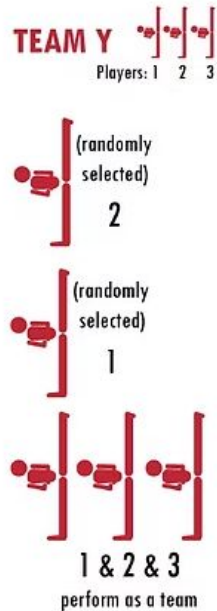


A-Team (Quarterfinals through Finals) Poomsae Match Format

up to
3
ROUNDS
per match

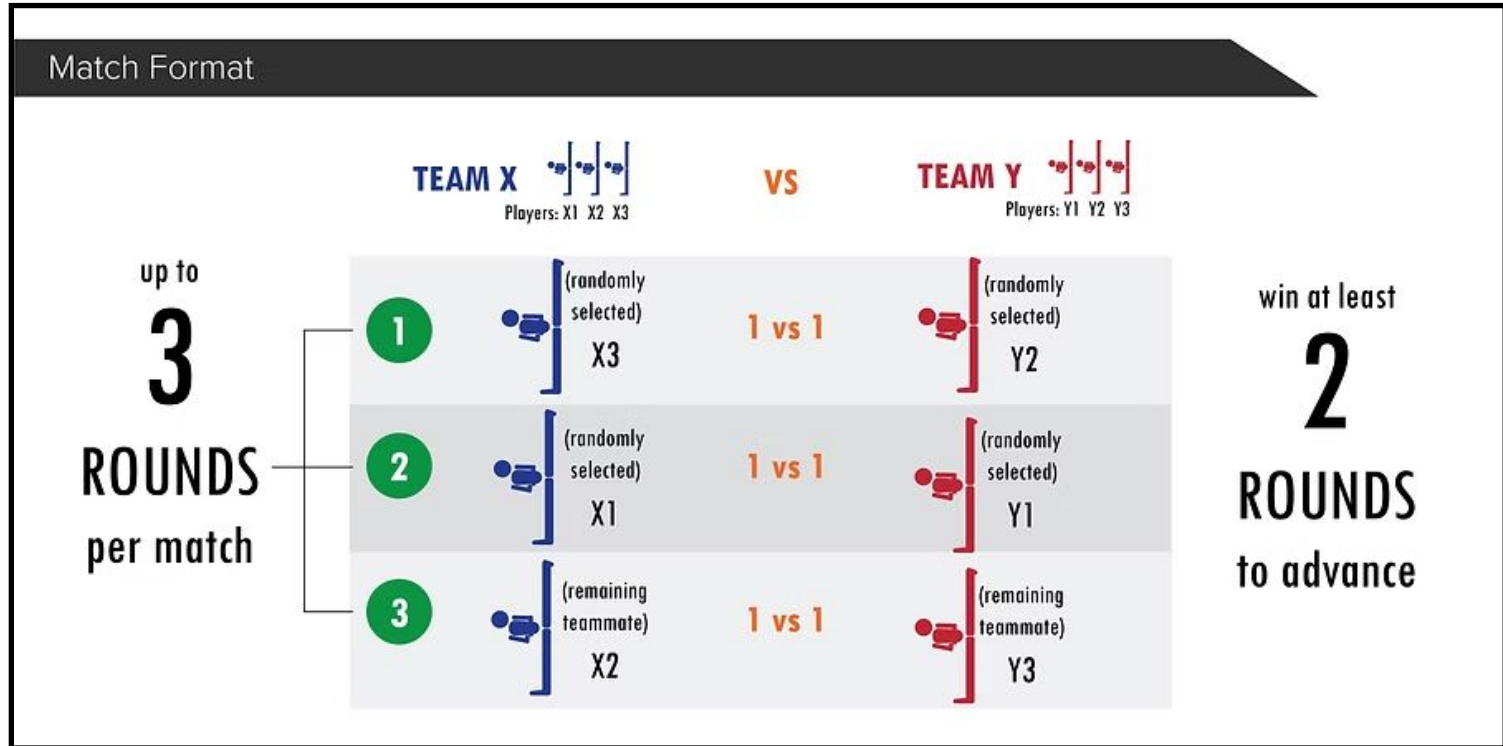


VS

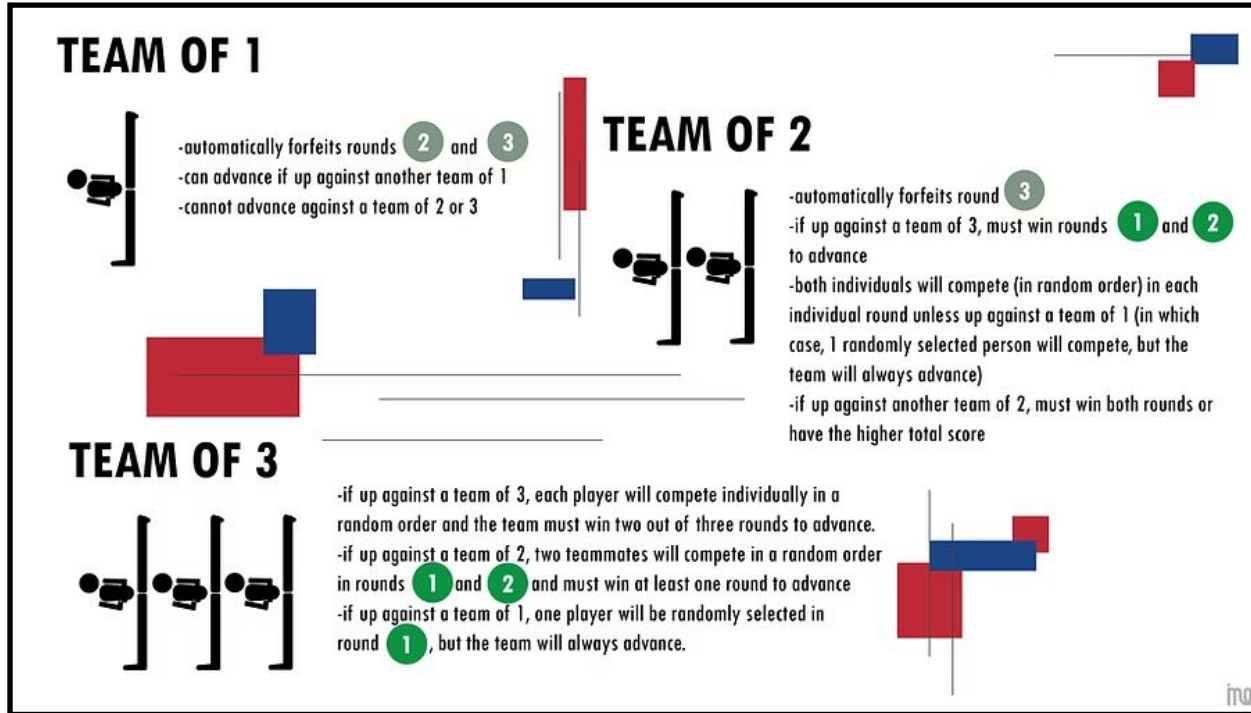


win at least
2
ROUNDS
to advance

A-Team (until Quarterfinals), B-Team and C-Team Poomsae Match Format



How to Advance in the Poomsae Bracket



Team Lineup & Alternates

- For a team vs. team match, contestant match-ups will be decided on the initial team lineup of two teams before any sparring begins.
- No contestant may spar two positions within the same team.
- Because a contestant may qualify for more than one weight class it is possible for there to be more than one legal lineup for a given team. Thus, a contestant cannot change their placement after the initial lineups have been decided.
 - Example: The team has a light and a heavyweight. The light can fight as light or middle
 - Example: The team has two competitors who both weighed-in as lightweight and a heavyweight. Either lightweight can fill the middleweight spot.
- In the event that both teams have flexibility in their lineup and cannot agree, then they shall each write their chosen team down on a piece of paper to be submitted to the referee, who will then reveal both teams simultaneously.
- After a team has advanced to the next round, they are not required to keep the same lineup used in the last match.
- Alternates:
 - Alternates are not permitted on a 1-person team.
 - Teams of 2 or 3 members can have up to 2 alternates who must line up in an empty spot on the team or behind the primary team member for whom they may be substituted. The weight class rules apply to alternates as well, so a lightweight alternate may only line up behind a light or middle team member or take an empty light or middle spot in the lineup. Middleweight alternates may line up behind a middle or heavy team member. Heavyweight alternates may only line up behind a heavyweight team member.
 - Substitutions cannot occur once the primary team member's match is in progress, but the alternate and primary members can be swapped before the start of their match.
 - If a primary contestant retires from the tournament due to injury an eligible alternate can replace them on the team in the next round of the bracket if the team advances (also see the Lame Duck Rule).



The Winning Team

Several lineups are possible, depending on what type of team each school is able to field. The winner between two teams will be decided as follows:

- *3-person vs. 3-person team:* The winner is the team that wins two or more matches
- *3-person vs. 2-person team:* The 2-person team must win both matches to advance
- *2-person vs. 2-person team:*
 - If the two weight classes represented are the same on both teams
 - The winner is determined by the team that wins two matches.
 - If, after two matches, each team has won one match, then the winner is determined by the team that won the most rounds across both matches.
 - Example, if match 1 was won by Red, 2:0 and match 2 was won by Blue 1:2, then Red wins: 3 rounds to 2.
 - If the number of rounds is tied consider total points scored in all rounds across both matches (if totals are available):
 - Example: if match 1 was won by Red in two rounds, 7:3 and 4:3, and match 2 was won by Blue in two rounds, 3:6 and 3:7, then the total score across both matches is 17:19 in favor of Blue.
 - If the total points are also tied (or are unavailable) then the winner is decided by the referee and corner judges on the basis of cumulative Superiority across both matches. The officials must be aware of this possibility and track the Superiority of the players across both matches, considering these four criteria in order and stopping if one decides the winner.
 - Aggressive Match Management (team controlling the matches, initiating, etc.)
 - Greater number of techniques (team that made the most credible attempts to score)
 - More advanced techniques (difficulty and complexity such as jumping or spinning)
 - Better Competition manner (good attitude, clean uniform, etc.)

Procedure: Judges and referees all face the table from their bow in/out marks. Referee calls for the score and all officials turn their heads toward their choice for winner and extend their arm to that side of the ring (same signal as the round winner). The referee may call a conference to explain the process and ensure the judges are prepared to choose a winning team.

If the teams share only one weight class in common

- The winner is determined by a single match in the common weight class.
 - Example: Red has a middleweight and a heavyweight on its team and Blue has only a lightweight and a middleweight on their team. The heavy and light weights score automatic wins and the winning team is determined by the single middleweight vs. middleweight match
- *3 or 2-person vs. 1-person team:*
 - The 3 or 2-person team always advances over a 1-person team. If there is a common weight class between the teams, or the 1-person team chooses to fight up one weight class in order to create a common weight class, the appropriate member of the 3 or 2-person team must spar out the single match in good faith or else be disqualified from competition for the remainder of the day. The Lame Duck Rule applies (injury). Taking the example of a 2-person team, the team of two advances regardless but has become a team of one unless the member of the 2-person team completes the match (or accepts the DQ and is replaced by an alternate in the next round of the bracket). The bracketing process will match the 1-person team with the lowest random-seeded team having the appropriate weight, whenever possible.
- *1-person vs. 1-person team:*
 - The 1-person team winning the single match advances in the bracket.

Lame Duck Rule

- All contestants must compete even if their team has already qualified to advance to the next round (for example the 3rd match after 2 wins or a 2-person team facing a 1-person team or after a forfeit win under A-Team Safety Rules), unless the contestant is severely injured and cannot compete. There will be no voluntary withdrawals/forfeits. If the contestant withdraws either before or during a match due to injury he/she may not compete in any later matches. ○
 - The only exception to this rule is when an alternate is substituted for the injured player before the match begins. In that case the injured player has not withdrawn due to injury and remains eligible to compete in the next round of the bracket.
- This rule is designed to enrich the experience of all contestants whether they win or lose and to make sure that everyone has an opportunity to compete.
- Example 1: In the semifinals, both the Red and Blue team have 3 contestants. Neither team has any alternates. Red wins the light and middleweight matches. Red's heavyweight may not withdraw (to save himself for the finals), but must spar the 3rd match to completion. If he decides to withdraw due to injury before the match, or if he does not complete the match, then he may not compete in the finals.
- Example 2: Same scenario, but the Blue heavyweight is inexperienced and in danger of head injury. Part-way through the first round the Blue coach declares an A-Team Safety Rules Forfeit. Red cannot withdraw, despite having the individual and team wins confirmed, and must complete the match in good faith under B-team rules.
- The Lame Duck Rule may be suspended by the tournament committee after a certain round of the bracket, or entirely, to manage tournament capacity.

