

COLORADO **TAEKWONDO**



P R E S E N T S

MCTC Rocky Mountain Regional Championship & The Boulder Cup

University of Colorado Boulder

1st Annual Championship

Saturday, October 19th, 2024

University of Colorado Recreation Center

1835 Pleasant St.

Boulder, CO 80302

Information Packet 2024

[VOLUNTEERS AND REFS PLEASE SIGN UP HERE](#)

**PLEASE READ THIS DOCUMENT CAREFULLY. REGISTRATION
PROCESSES AND COMPETITION RULES OUTLINED BELOW**

INTRODUCTION

Friends and Family of the CU Boulder Taekwondo Team,

The CU Boulder Taekwondo Club is pleased to invite you to our **FIRST Annual Championship**. This tournament will include the **Rocky Mountain Regional Collegiate Championship for collegiate athletes** and the **Boulder Cup Rumble for High School athletes and younger.**

We are excited to welcome taekwondo athletes of all ages and ranks to compete on **Saturday, October 19th 2024** at the **University of Colorado Boulder's Recreational Center**. We will open our doors promptly at **9:00 am MST** with the intent of finishing around 5:00pm.

Outlined below is our schedule, tournament, registration, and parking information. Team coordinators should send their estimated athlete numbers ASAP using this [link](#). Once this form is filled out, your team will receive ONE team registration form to submit all competitors together for the event.

Team registration will close Friday October 11th at 11:59 pm MST.

For general questions and assistance please contact cubtkd@gmail.com

To contact the tournament host directly please contact leedavid@colorado.edu

SPONSORED BY



David Lee, *MCTC President*
CU Boulder Taekwondo Team

VENUE



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

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

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SCHEDULE OF EVENTS

Registration Open Now

- Please request a team registration form [HERE](#)
 - Every team should designate a Team Coordinator to fill out this form (please fill this out even if you are an individual competitor)
 - Once this form is completed, the Team Coordinator will receive ONE Team Registration to submit all competitors together.

Friday, Oct. 11, 2024

- Team Registration Closes (11:59pm MST)
 - There be NO Registrations at the door

FRIDAY, Oct. 18, 2023

- Virtual Weigh-In: All Day
 - Please see details for Virtual Weigh Ins in the Registration section of this packet
 - All competitors are required to weigh in virtually to help save time and increase tournament day efficiency
 - In-person weigh-ins will be available on the morning of the tournament, but we ask teams to limit this number and encourage athletes to weigh in virtually.

SATURDAY, Oct. 19, 2023

**times subject to change

- 9:00AM Doors Open and In-Person Weigh-In
- 9:30AM Opening Ceremonies
- 9:45AM ALL Poomsae Athletes Report to Holding
- 10:15AM ALL Sparring Athletes Report to Holding
- 12:30-1:45PM Lunch Break
- 2:00PM-5:30PM All Competition Continues
- 5:30PM Closing Ceremonies

ELIGIBILITY

Age Eligibility

- Competitors in the MCTC Collegiate Championship division must be born in 2006 or earlier
- Competitors in the Boulder Cup (High School Division and younger) must be born in 2006 or later

Academic Eligibility

- Collegiate Athletes who graduated from college in 2023 OR are actively enrolled in 3 or more college credits (or equivalent) will be eligible. Collegiate Athletes must provide a valid Student ID
- Rumble Athletes (High School and below): please bring any form of identification for weigh-in and check-in

Safety Eligibility

- **ALL** athletes **MUST** fill out the recreational center's safety waiver ([link to be updated here](#))
- **ALL** coaches must fill out an additional conduct waiver ([link will be updated here](#))
- **Failure to complete this step will result in an athlete not being allowed to compete.**

REGISTRATION and FEES

Athlete Registration/Fees

**Registration is NOW open

- Please request a team registration form [HERE](#)
- Every team should designate a Team Coordinator to fill out this form
- Once this form is completed, the Team Coordinator will receive ONE Team Registration to submit all competitors together.
- Registration is \$50 per athlete
 - There is only 1 division fee. Athletes are welcome to compete in both poomsae and sparring
 - RUMBLE ATHLETES ONLY: discount will be applied for teams that bring 5 or more athletes!
- ALL athletes MUST fill out the recreational safety waiver ([link will be updated here](#))

Coaches Registration

- There is NO fee for Coaches but Coaches are required to fill out a conduct form in addition to the waiver ([link will be updated here](#))

Weight Change

- A \$50 weight change fee will be assessed for athletes who do not make weight on Saturday October 19th.
 - Athletes will be given multiple attempts as well as a uniform weight allowance. Please see next section on Weigh-in Procedures

All competitors are required to pay their fee before registration closes at the end of the day on Thursday, Oct. 14th, 2024 at 11:59 PM MT.

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

WEIGH-IN PROCEDURES: VIRTUAL AND IN-PERSON

- **Weight-In Info (Sparring Athletes for both MCTC and Boulder Cup Rumble)**
 - Competitors who weigh-in in full uniform are allowed an extra 2 lbs. We encourage all athletes to weigh-in with full uniform (top, bottom, belt) rather than in undergarments.
 - All competitors are encouraged to weigh in virtually on Friday October 18th to improve tournament efficiency.
 - Athletes will be given two official attempts during virtual weigh-in with a 30-minute time limit.
 - Athletes may attempt to weigh in again on Saturday October 19th during morning weigh-ins if they failed during virtual weigh-in or couldn't attend virtually.
 - Athletes weighing in on Saturday in-person only get 2 attempts during the weigh-in time period, regardless of if they attempted virtual weigh-in or not.
 - A \$50 weight change fee will be assessed for athletes who do not make weight on Saturday October 19th.
- **Virtual Weigh-in**
 - Weigh-ins will be done entirely remotely via a web video chat
 - Teams can make weigh-in appointments with MCTC officials after filling out the Team Registration Request
 - Remote weigh-ins with the MCTC Tournament Committee will start at 9AM MST on Friday Oct 18th. No weigh-in may occur without a member from the MCTC Tournament Committee present.
 - The team weighing in must provide a scale that displays weight in increments of 0.1 pounds
 - The scale must be placed on a hard level surface (no carpets)
 - The scale must pass the "Water Test" prior to weigh-in procedures. Directions can be [found here](#). The scale should be tested in advance to make sure it will pass the Water Test during the scheduled weigh-in time.

RULES

UNIFORM AND EQUIPMENT REQUIREMENTS

All Competitors are required to have:

- A standard white V-neck taekwondo uniform in good condition.
 - Color belt uniforms must have a white collar
 - Black belt uniforms must have a black collar
- Black belt poomsae competitors may choose between the black V-neck and the WT poomsae (black Y-neck) uniforms

Sparring Competitors must have:

- Helmet
- WT-style Open finger gloves
- Mouthpiece
- Chest protector (for High School competitors and younger and MCTC C-team divisions)
- Forearm guards
- Shin guards
- Groin Protector
- In-step Guards (for C-team Divisions only)
- Daedo socks (for A and B-Team Divisions only)

COACH REQUIREMENTS

We ask coaches to dress appropriately and professionally for the event. Suit and jacket are NOT required, but we ask that coaches not wear hats/visors, slippers/flip flops, jeans, shorts, leggings, and sweatpants.

REFEREES AND VOLUNTEERS

- All Referees and Volunteers will be provided lunch.
- Please [sign up here](#)

BOULDER CUP RULES (RUMBLE EVENT)

This section ONLY applies for High School Athletes and younger.

For MCTC Rocky Mountain Collegiate Championship Rules, please skip to the next section.

The Boulder Cup is open to all athletes who are in High School and younger.

BOULDER CUP RUMBLE ATHLETES ONLY:

If your school brings more than 5 athletes, your team will receive a SCHOOL DISCOUNT!

The event will feature Rumble-style Sparring and Poomsae and will follow World Taekwondo and USA Taekwondo rules and standards.

Awards will be given for Best Sparring Athletes, Best Poomsae Athletes, and Best Team.

- All Sparring will use Daedo Electronic Scoring System for Body Armor with officiating.
- All Poomsae will be judged individually according to WT rules.
- Efforts will be made so that all participants may compete against athletes in similar age groups, weight divisions, and skill level.
- Some athletes may be able to compete with collegiate athletes (great opportunity for experience!)

There will be a dedicated staff to help facilitate matches to make sure there are no unnecessary delays. Staff will use registration info + belt level for Poomsae Rumble and registration info + weigh-in results for Sparring Rumble.

Please refer to the RULES section above for uniform and gear requirements.

We will follow USAT rules, weight divisions and light head contact unless otherwise modified by the Tournament Committee:

<https://www.usatkd.org/usatkd-competition-rules>

- Weigh in procedures, bracketing, and tournament structure are subject to change depending on registration numbers and what makes the most sense to give all athletes the best competition experience.

MCTC Rocky Mountain Collegiate Championship Rules

This section ONLY applies for Collegiate Teams and Athletes.

- 3v3 Poomsae
- 3v3 Sparring
- Team Scoring and Standings

For the Boulder Cup Rules, please see the previous section above.

The MCTC Rocky Mountain Collegiate Championship division is designated for Collegiate Athletes only.

Schools will form teams of 3 for sparring and poomsae in a single elimination bracket. Trophies will be awarded for 1st, 2nd, and 3rd place teams (see Team Scoring section below).

[Detailed Rules here](#)

All sparring and poomsae competition will follow World Taekwondo and USA Taekwondo rules for all events unless otherwise modified by MCTC.

<https://www.usatkd.org/usatkd-competition-rules>

MCTC 3v3 Poomsae Divisions

Detailed Rules here:

https://www.canva.com/design/DAGQON40_wU/isWKLK0cAIVIf6G_yYyuWQ/view?utm_content=DAGQON40_wU&utm_campaign=designshare&utm_medium=link&utm_source=editor

There are three poomsae divisions (all coed), and all schools will compete in a single-elimination 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 two matches of individual v individual poomsae, and a third round of team v team poomsae competition. B- and C-Team Divisions will consist of three matches of individual v individual poomsae competition.

Competitors may only compete in one division. For example, a red belt must compete in either A or B team, but not both. Furthermore, each competitor must perform a form appropriate to their rank as described below, or they will be disqualified.

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

Division	Team Composition	Ranks Allowed	Poomsae
A team	3 competitors of any gender	Blue belts through black belts	Taegeuk 8 (through quarterfinals) / Koryo (semifinals and finals)
B team	3 competitors of any gender	Green belts through red belts	Taegeuk 5, 6, 7, or 8
C team	3 competitors of any gender	Green belts and below	Taegeuk 1, 2, 3, or 4

All competitors will be judged whenever possible by USA Taekwondo rules. That means that each competitor will be judged one at a time, and will receive separate scores for accuracy and performance.

In addition, the Tournament Committee may also end a division before it is finished due to time constraints.

MCTC 3v3 Sparring Divisions

Detailed Rules here:

https://www.canva.com/design/DAGOON40_wU/isWKLK0cAIVIf6G_yYyuWQ/view?utm_content=DAGOON40_wU&utm_campaign=designshare&utm_medium=link&utm_source=editor

The sparring competition will follow MCTC sparring rules, and all schools will compete in a single-elimination bracket.

Division	Team Size	Ranks Allowed	Duration
A team	3 competitors	Blue belts through black belts	3 rounds of 90 seconds with 45 seconds rest
B team	3 competitors	Green belts through red belts	3 rounds of 60 seconds with 30 seconds rest
C team	3 competitors	Green belts and below	3 rounds of 60 seconds with 30 seconds rest

Competitors may only compete in one division. For example, a red belt must compete in either A or B team, but not both.

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.

Medals will be awarded to members of the top 4 four teams in each division. Each team consists of 3 competitors, each in one of 3 separate weight divisions.

The weight divisions are as follows:

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

*Note: competitors who weigh-in in full uniform are allowed an extra 2 lbs.

MCTC Collegiate Team Scoring

Competitors earn points towards their team's overall score according to the following guidelines. Only the top three teams in points will be awarded Regional Championship trophies.

Poomsae (forms)

	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

Kyorugi (sparring)

	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

HOTELS AND SHARED HOUSING

- Please check back later or contact leedavid@colorado.edu if you need immediate assistance with lodging.
 - Shared housing/rooming may be available for collegiate athletes traveling on a budget

DIRECTIONS AND PARKING

Venue

NOTE: If you are using Google or Apple Maps, it's best to put "Macky Auditorium" as your destination as this is right next to Lot 380 and the Rec Center. If you put in the Rec Center address, it will take you to a loading dock at the back of the building.

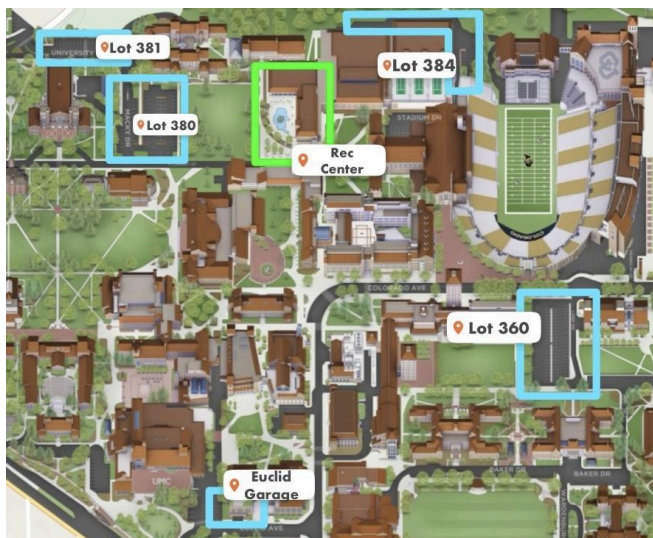
CU Boulder Recreation Center
1835 Pleasant St.
Boulder, CO 80302

For navigation: input "Macky Auditorium" for driving directions and then use "CU Boulder Rec Center" for walking directions.

Parking

Short term pay parking:

📍 Lot 380 , 📍 Lot 384 📍 Lot 360 , 📍 1725 Euclid Ave Euclid Parking Garage



Visit [CU Boulder Campus Map](#) for more parking options

FOOD AND NEARBY ATTRACTIONS

For Quick Bite Options that are all 10-15 minute walk from the venue:

<https://thehillboulder.com/explore/dining>

For Options that are 10-15 driving from the venue:

<https://boulderdowntown.com/shop-dine>

<https://www.twentyninthstreet.com/Dining>

Comprehensive List:

<https://boulderdowntown.com/dining>

Liability Release, Waiver, Discharge and Covenant Not to Sue

This is a legally binding Release, Waiver, Discharge and Covenant Not to Sue (collectively, “Release”), made voluntarily by me, the undersigned Releasor, on my own behalf, and on behalf of my heirs, executors, administrators, legal representatives and assigns (hereinafter collectively, “Releasor,” “I” or “me”, which terms shall also include Releasor’s parents or guardian, if Releasor is under 18 years of age) to the Midwest Collegiate Taekwondo Conference (“MCTC”).

As the undersigned Releasor, I fully recognize that there are dangers and risks to which I may be exposed by participating in the program, trip or other activity described on Exhibit A¹ which is attached to and incorporated in this Release (the “Activity”). As the undersigned Releasor, I understand that MCTC does not require me to participate in this Activity, but I want to do so despite the possible dangers and risks and despite this Release. With informed consent, and for valuable consideration received, including assistance provided by MCTC, as the undersigned Releasor, I agree to assume and take on myself all of the risks and responsibilities in any way arising from or associated with this Activity, and I release MCTC and all of its affiliates, divisions, departments and other units, committees and groups, and its and their respective governing boards, officers, directors, principals, trustees, legal representatives, members, owners, employees, agents, administrators, assigns, and contractors (collectively “Releasees”), from any and all claims, demands, suits, judgments, damages, actions and liabilities of every name and nature whatsoever, whenever occurring, whether known or unknown, contingent or fixed, at law or in equity, that I may suffer at any time arising from or in connection with the Activity, including any injury or harm to me, my death, or damage to my property (collectively “Liabilities”), and I agree to defend, indemnify, and save Releasees harmless from and against any and all Liabilities.

As the undersigned Releasor, I recognize that this Release means I am giving up, among other things, all rights to sue Releasees for injuries, damages or losses I may incur. I also understand that this Release binds my heirs, executors, administrators, legal representatives and assigns, as well as myself. I also affirm that I have adequate medical or health insurance to cover any medical assistance I may require.

I agree that this Release shall be governed for all purposes by Massachusetts law, without regard to such law on choice of law.

I have read this entire Release. I fully understand the entire Release and acknowledge that I have had the opportunity to review this Release with an attorney of my choosing if I so desire, and I agree to be legally bound by the Release. THIS IS A RELEASE OF YOUR RIGHTS, READ CAREFULLY AND UNDERSTAND BEFORE SIGNING.

(Releasor’s Signature)

(Parent’s Signature, if Signatory is minor)

(Print Name)

(Print Name)

(Date)

¹ The description of the Activity expressly includes any extensions of time, changes or modifications of the Activity, whether planned or not planned.

EXHIBIT A

MCTC Tournament at University of Colorado Boulder on Saturday, October 19th, 2024

Midwest Collegiate Taekwondo Conference (also known as the MCTC) Waiver

1. _____ hereby releases, waives, discharges and covenants not to sue MCTC, the promoters, other participants, operators, officials, sponsors, advertisers, owners and lessees of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releases," from all liability to the undersigned, his personal representatives, assigns, heirs and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property resulting in death of the undersigned, whether caused by the negligence of the releases or otherwise while the undersigned is in or upon the restricted area, competing, officiating in, observing, or working for, or for any purpose participating in the event.

2. _____ Hereby agrees to indemnify and save and hold harmless the releases and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releases or otherwise.

3. _____ Hereby assumes full responsibility for and risk of bodily injury, death or property damage due to the negligence of releases or observing, or working for or for any purpose participating in the event.

4. _____ Each of the undersigned expressly acknowledges and agrees that the activities at the event involve the risk of serious injury and/or death and/or property damage. Each of the undersigned further expressly agrees that the foregoing release, waiver and indemnity agreement is intended to be as broad and inclusive as any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

5. _____ Each of the undersigned gives the MCTC, its successors and assigns, unrestricted permission to use footage taken of the undersigned and grant all rights to use in perpetuity all still photographs, film, video, and sound recordings taken of me, including my image and voice, for distribution, film festivals, and broadcast in all media and promotions, hereafter, for the MCTC.

The undersigned has read and voluntarily signs the release and waiver of liability and indemnity agreement, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

This waiver, release and indemnification agreement specially embraces each and every event authorized or promoted by said releases during the entire season to each and every event, or activity herein above mentioned, parties herein intended to be released and indemnified shall be fully effectively released and indemnified as to each and every event herein above described.

Signed: _____ Date: _____

Witnessed: _____ Date: _____

If the participant is under the age of 18, signature of parent or legal guardian:

Signed: _____ Date: _____

Witnessed: _____ Date: _____