



Welcome to National Taekwondo Tag Team League (NT3L).

NT3L is the mastermind of leading taekwondo masters in NJ, who wanted to bring about new competition platform that addressed several concerns of traditional competition. All the while, keeping pace with the 21st century community dynamics where agile work environment and project base learning is becoming more of a norm than individualized work production.

We have been using Big East Taekwondo Championships and Garden State Cup Taekwondo Championships to use as our pilot lab to create and develop the current model. It is by no means perfect, but athletes, coaches, trainers, and spectators all agree that NT3L is an exciting and spirited way to enjoy taekwondo sparring.

Here are some Q&A for you to get more insight into NT3L. Rules & Regulations will follow the Q&A.

What is NT3L?

High energy, fast pace taekwondo tag team sparring game that draws fun filled excitement for players, coaches, officials, and spectators,
NT3L is an acronym for *National Taekwondo Tag Team League*.

What's the purpose of NT3L?

The mission of NT3L is to offer athlete development opportunities through team interaction.

Instill compassionate sportsmanship attitude in young athletes.

Create an atmosphere of team spirit to develop camaraderie among taekwondo athletes.

Provide safe and leveled competition to cultivate and energize elite players.

Galvanize passion for the sport of taekwondo.

Bring about spectator excitement for the sport of taekwondo through viewer friendly rules and scoring.

How does tag team help students improve their TKD sparring?

NT3L organizes in two seasons; Winter/Spring and summer/fall.

Winter and Summer are training seasons leading into spring and fall competition seasons.

How are the divisions determined?

Currently, the League is developing three age group co-ed teams; 8-9, 10-11, and 12-14.

Teams are allowed as many as 8 members with starting line up of five players.

There is no rank specification for each team.

In the league's grass root stage, weight distribution has been relaxed for the benefit of providing accessibility for all players. (Coaches are encouraged to use their best discretion when selecting their players) *(Weight regulations have been placed since the beginning of NT3L competitions)*

The league is looking forward to creating teams that are nationally and internationally ranked.

What should spectators expect see?

Each match is three rounds. *(GSCXXXIII Modifications have been placed)*

Round 1: Each team will to match player in weight and height to compete for one minute each.

Round 2: Known as fire round. Coaches will agree on 4 or 5 minute round where each coach strategizes to engage each player within the time limit to maximize scoring opportunities.

Round 3: Fire Round. Each team has to pull out everything they have to stay in the lead or catch up and take the lead. Coaches have to stay keen to how they would play each player to maximize scoring opportunities.

How is NT3L different from individual sparring?

The technical aspects of the game is very similar, however, that's where similarities end.

In a match, each player has the opportunity to go against multiple players, and learn about each player as the matches progress.

Each player does not feel the pressure of winning or losing as an individual. They win, lose, and play as a team, as a unit.

Matches are scored by compounding points, team with most points in all three rounds wins. Wins and losses are determined after the third round.

Each player is revved and ready to fight at moments notice as coaches tag in and out players through quick, in the moment, strategizing while coaching and game assessment by the coach is quick, second to second decisions as game changes.

Enjoy the games.





NT3L

**Rules and Regulations For
Garden State Cup XXIII**



GYOROOGI (SPARRING) TAG TEAM COMPETITION

Equipment

1. All team members should be in team uniform of their choice (t-shirts, shorts, etc).
2. All team members must have their own official protective sparring gear: head gear, chest protector, mouth piece, shin & in-step guard (socks are optional), forearm guard (no fist, gloves are optional), and groin protective cup (male competitors). Any team member without these required and mandatory protective gears, at the start of the match, will be declared disqualified.

Team Divisions for Gyoroogi Tag Team Competition

1. 8-9 year old team: mixed gender and mixed rank. Compound team weight not to exceed 290bs.
2. 10-11 year old team: mixed gender and mixed rank. Compound team weight not to exceed 395bs.
3. 12-14 year old team: mixed gender and mixed rank. Compound team weight not to exceed 530bs.

Game Rules for GSCXXIII

1. Starting team line up is 4-5 members of mixed gender and mixed rank. A team is allowed more than 5 players for substitution. If a 4 player team loses a player due to disqualification and/or injury, that team will be declared forfeit and lose the match.
2. Each match will consist of 2 rounds of 5minutes.
3. Round 1 will be matched by weight. Each matched up player will spar for 1 minute with quick rotations. (no bowing, just come into the ring ready to spar). As soon as time keeper declares time, players leave and next players enter.
4. Round 2 is called a fire round. This round is coaches game, coach will determine who will start the round and start rotating players out as necessary.

Fire Round Details

- A. Each player on the team must be rotated in during the 5 minutes Round 2 is called a fire round.
 - B. Each player must spar for minimum of 10 seconds before they are rotated out.
 - C. Coaches must pick up their team colors to request change of players.
5. Coaches will be allowed one 15 seconds time out for each round, but referees and officials may call time out as deemed necessary.
 6. Time will not stop for player to adjust equipment.
 7. Referee has the discretion to add time to the clock up to 1 minute.

Scoring for Gyorooigi Tag Team Competition

WT Junior rules will be applied with **NO HEAD SHOTS** and **NO PUSH KICKS** to score.

1. Scores are compounded for both rounds and the team with the higher score will be declared a winner.
2. In the event of a tie breaker. Nitro rounds of one minute each will be played by two players from each team. In the event that first Nitro round ends in a tie, a second Nitro round with two different players will be played. In the event of third Nitro round, two players will play simultaneously with each referee counting points for one player and the points will be added up to declare the winner.

Please refer to the official WT/USAT Competition Rules for valid scoring area.

NT3L and GSCXXIII have the rights to change and modify these rules on game day as deemed necessary.

