



SINGAPORE TAEKWONDO FEDERATION
NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
OUTLINES FOR POOMSAE COMPETITION

Promoter : Singapore Taekwondo Federation (STF)
260A Tanjong Katong Road
Singapore 437048

Schedule : Registration

- eRegistration at <https://sssc.ereg.sg>
(closing date Friday 13 March 2015)
- Hard copy forms attached in this notification can
be used for collation of data from athletes

Briefing and Drawing of Lots

- 6 April 2015 (Monday)
1.00pm to 4.00pm
STF National Training Centre
Block 80 Lorong Limau #04-191 Singapore
320080

Competition

- 20 & 21 April 2015 (Monday & Tuesday)
9.00am onwards
Toa Payoh Sports Hall

Eligibility : Students in the B & C Divisions holding at least a
grade 9 (white with yellow tip) certification issued or
endorsed by the STF. The grade shall be based on
or before **January 2015**.

**Grading cards or certificates of participants must
be uploaded onto the eRegistration system.**

- Competition Rules : WTF rules adopted and modified by the STF
- Uniform : STF Uniform. A performer will be barred from participating if he or she cannot fulfill this condition fully.
- Method of Competition : Cut-off system
- Divisions : **B DIVISION**
2 January 1998 to 31 December 1998
1 January 1999 to 31 December 1999
1 January 2000 to 31 December 2000
1 January 2001

(Secondary 5 students are the same age as JC/CI students. Secondary students born in 1998 must compete in the B Division while JC/CI students born in 1998 must compete in A Division.)

Individual (Male)

White 9
Yellow
Green
Blue
Red
Black

Individual (Female)

White 9
Yellow
Green
Blue
Red
Black

Team of Three (Male)

White 9
Yellow
Green
Blue
Red
Black

Team of Three (Female)

White 9
Yellow
Green
Blue
Red
Black

C DIVISION

2 January 2001 to 31 December 2001

1 January 2002 to 31 December 2002

1 January 2003

Individual (Male)

White 9
Yellow
Green
Blue
Red
Black

Individual (Female)

White 9
Yellow
Green
Blue
Red
Black

Team of Three (Male)

White 9
Yellow
Green
Blue
Red
Black

Team of Three (Female)

White 9
Yellow
Green
Blue
Red
Black

Competition
Poomsae for all
stages

: White 9 - Preliminary Taegeuk
Yellow - Taegeuk 1
Green - Taegeuk 3
Blue - Taegeuk 5
Red - Taegeuk 7
Black - Koryo

Performance
Order

: The order of performance shall be decided by ballot
for both the individual and team events.

Participation

: **A performer may participate in both the individual
and team events and is allowed to compete in
more than one higher belt category up to Red 1.**

The performer shall wear the belt colour of the
category he or she is competing.

Each school may field a maximum of three male and three female performers per individual colour category and one male and one female team per colour category.

A team will be disqualified if any of its registered members is not able to compete. Replacement of absent members is prohibited.

Fees : \$12.00 per player per colour category

Fees paid will not be refunded under any circumstances.

Decision : The decision shall be made by a panel of 3, 5 or 7 judges to be determined and appointed by the STF.

Condition of Participation : All participants shall abide by the general rules and regulations governed by the Singapore Schools Sports Council of the competition and accept the decisions of the judges or the Competition Supervisory Board graciously.

Enquiries : For more information, please call the STF Secretariat at 6345 1491.

POOMSAE
B DIVISION

F5



NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015

**POOMSAE COMPETITION
(B DIVISION)**

**To : Organizing Chairman
National Schools Taekwondo Championships 2015**

On behalf of _____ (Name of School)
_____ (School Zone) , I submit the attached entry forms and confirm
that the players are all students of the school.

Teacher in Charge		
Teacher's Contact No		
Teacher's Email		
Teacher's Signature		
Coach	Pass No ()	
Principal's Name & Signature		School Stamp
Date		



**POOMSAE
B DIVISION**

F5a

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
REGISTRATION FORM**

DIVISION : **B** **BOYS / GIRLS*** **Please delete accordingly*

School : _____ (**Zone** _____)

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Age	Level	Date of Birth dd/mm/yy	NRIC or Student Pass Number	Race	Nationality
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

TEAM COMPOSITION - RACES

RACES	CHINESE (C)	MALAY (M)	INDIAN (I)	OTHERS (O)	TOTAL
Number					

Number of Foreign Students



POOMSAE
B DIVISION

F5b

NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
(B DIVISION)

INDIVIDUAL

(BOYS)

School			
Teacher in Charge		Contact No	

No	Name	Category					
		White	Yellow	Green	Blue	Red	Black

**POOMSAE
B DIVISION**

F5c



**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
(B DIVISION)**

INDIVIDUAL

(GIRLS)

School			
Teacher in Charge		Contact No	

No	Name	Category					
		White	Yellow	Green	Blue	Red	Black

**POOMSAE
B DIVISION**

F5d



**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
(B DIVISION)**

TEAM OF THREE

(BOYS)

School			
Teacher in Charge		Contact No	

No	Name	Category					
		White	Yellow	Green	Blue	Red	Black

**POOMSAE
B DIVISION**

F5e



**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
(B DIVISION)**

TEAM OF THREE

(GIRLS)

School			
Teacher in Charge		Contact No	

No	Name	Category					
		White	Yellow	Green	Blue	Red	Black

**POOMSAE
B DIVISION**

F5f



**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
(B DIVISION)**

PARTICIPANT

**REGISTRATION FORM
(to be completed by all participants)**

School	
--------	--

Name of Student	(Class)	NRIC No	
Date of Birth		Age (as at 1 January 2015)	
Grade (as at January 2015)		Sex	
Contact No	(Mobile)		(Home)
Teacher in Charge			(Mobile)
Name of Coach			(Mobile)



**POOMSAE
C DIVISION**

F6

NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015

**POOMSAE COMPETITION
(C DIVISION)**

**To : Organizing Chairman
National Schools Taekwondo Championships 2015**

On behalf of _____ (Name of School)
_____ (School Zone) , I submit the attached entry forms and confirm
that the players are all students of the school.

Teacher in Charge		
Teacher's Contact No		
Teacher's Email		
Teacher's Signature		
Coach	Pass No ()	
Principal's Name & Signature		School Stamp
Date		



**POOMSAE
C DIVISION**

F6a

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
REGISTRATION FORM**

DIVISION : C **BOYS / GIRLS*** **Please delete accordingly*

School : _____ **Zone** _____

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Age	Level	Date of Birth dd/mm/yy	NRIC or Student Pass Number	Race	Nationality
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

TEAM COMPOSITION - RACES

RACES	CHINESE (C)	MALAY (M)	INDIAN (I)	OTHERS (O)	TOTAL
Number					

Number of Foreign Students



**POOMSAE
C DIVISION**

F6b

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
(C DIVISION)**

INDIVIDUAL

(BOYS)

School			
Teacher in Charge		Contact No	

No	Name	Category					
		White	Yellow	Green	Blue	Red	Black



**POOMSAE
C DIVISION**

F6c

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
(C DIVISION)**

INDIVIDUAL

(GIRLS)

School			
Teacher in Charge		Contact No	

No	Name	Category					
		White	Yellow	Green	Blue	Red	Black



**POOMSAE
C DIVISION**

F6d

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
(C DIVISION)**

TEAM OF THREE

(BOYS)

School			
Teacher in Charge		Contact No	

No	Name	Category					
		White	Yellow	Green	Blue	Red	Black

**POOMSAE
C DIVISION**

F6e



**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
(C DIVISION)**

TEAM OF THREE

(GIRLS)

School			
Teacher in Charge		Contact No	

No	Name	Category					
		White	Yellow	Green	Blue	Red	Black



POOMSAE
C DIVISION

F6f

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2015
(C DIVISION)**

PARTICIPANT

**REGISTRATION FORM
(to be completed by all participants)**

School	
--------	--

Name of Student	(Class)	NRIC No	
Date of Birth		Age (as at 1 January 2015)	
Grade (as at January 2015)		Sex	
Contact No	(Mobile)		(Home)
Teacher in Charge			(Mobile)
Name of Coach			(Mobile)

NATIONAL SCHOOL GAMES

School Acknowledgement¹ of Baseline Safety Standards

Section A:

Sport: Taekwondo

Event: _____
(Example: National Inter-School Netball Championship)

Division: _____ Level: Pri / Sec / JC/CI

School: _____

Section B:

The school acknowledges that the following checks will be made in all National Schools Games:

Domain	Safety Standard	Description
Personnel	GEN-PER-3.1	Teacher-in-charge (Education Officer) is present to supervise the students.
	GEN-PER-3.2	Teacher-in-charge (Education Officer) is aware of the medical history of participants.
	GEN-PER-3.3	Teacher-in-charge (Education Officer) checks physical well-being of participants.
	GEN-PER-3.4	Teacher-in-charge (Education Officer) to go through rules of sport/game and ensure that students have basic competency.
	GEN-PER-3.7	Each participant must be accompanied by a coach with a professional coaching pass.
Participants	GEN-PAR-4.1	Participants to remove all hard/sharp objects and accessories (e.g. necklaces, ear studs, rings).
	GEN-PAR-4.2	Participants conduct warm up exercises before the sport/game.
	GEN-PAR-4.3	Participants to hydrate before, during and after the sport/game.
	GEN-PAR-4.4	Participants conduct cooling down exercises after the sport/game.
	GEN-PAR-4.5	Participants to conduct regular checks on personal equipment
	TKD-PAR-4.6	All participants in Kyorugi have to wear headgear, shin and forearm guard, groin guard, mouth piece, gloves and a body protector.

Name and Signature of Principal: _____

Date: _____

Note: All completed forms are to be submitted to the STF prior to the start of competition.

¹ Schools need only submit 1 Acknowledgement Form for each division.