



**National
Inter-School**

**taekwondo
championships**

2010



GUIDELINES

These guidelines only highlight the more important aspects of the competition information. They are not exhaustive. For more information, please refer to the General Rules and Regulations governed by the Singapore Schools Sports Council and the Singapore Primary Schools Sports Council and the competition outline available on Singapore Taekwondo Federation (STF) website (www.stf.sg). You may also contact the STF by phone (6345 1491) or email (tkdf@pacific.net.sg) for any clarification.

1 SAFETY

- Ensure that participants are fit for competition
- Declare if any of them has other martial arts background or is extraordinarily talented
- Withdraw if the opponent is too strong
- Act responsibly and in the best interest of participants

2 COMPETITION MOTTO

- Compete with spirit
- Win with humility
- Lose with grace

3 GENERAL GUIDELINES

- 3.1 A minimum of 3 players or performers from 3 different schools are required for the competition to be recognized.
- 3.2 Competition for two players or performers will be carried out but their efforts shall not be counted for the overall title. The same will apply for four players from two schools.
- 3.3 Medals will be awarded to the top 4 positions in both 'poomsae' and 'kyorugi'.
- 3.4 Trophies will be awarded to the top 2 schools in each division for boys' and girls' categories if there are 3 participating schools. The awards will be based on the total points collected for both the 'kyorugi' and 'poomsae' competitions.

- 3.5 Trophies will be awarded to the top 3 schools in each division for boys' and girls' categories if there are 4 participating schools and top 4 schools if there are 5 participating schools.
- 3.6 A player or performer will be barred from participating in the competition if his or her uniform does not comply with STF standard uniform. He or she shall also be barred from participation if the STF logo or wordings are faded or the STF logo is not sewn on the uniform. Using double sided tape to hold the logo will also attract the same penalty.
- 3.7 Coaches shall be appropriately attired in accordance with STF standard. Coaches may wear their black belt uniform for coaching.
- 3.8 Among other things, a coach shall be given a 'Kyong-go (Kyorugi) or 'Gam-jeom (Poomsae) if he or she is not properly attired.
- 3.9 All coaches must display their passes prominently.
- 3.10 A player shall lose by referee's punitive declaration if his or her coach is given two 'Kyong-go' or one 'Gam-jeom' (Kyorugi) or one 'Gam-jeom' (Poomsae) for any reason.
- 3.11 A player will lose by referee's punitive declaration if he or she displays any unsporting behavior during the competition.
- 3.12 Prize recipients must be in 'dobok' (taekwondo uniform) or track suits.
- 3.13 They must be ready to collect their prizes. Representatives must be appropriate and appropriately attired.

4 TECHNICAL GUIDELINES

Poomsae

- 4.1 For the poomsae competition, performers shall wear the colour belts for the respective categories they are competing.

4.2 The competition poomsae are as follows:

White	- Preliminary Taegeuk
Yellow	- Taegeuk E-jang
Green	- Taegeuk Sa-jang
Blue	- Taegeuk Yuk-jang
Red	- Taegeuk Pal-jang
Black/Poom	- Poomsae Koryo

4.3 The order of performance shall be decided by ballot for both the individual and team events in the poomsae competition.

4.4 The cut-off system will be used for the competition.

4.5 The five-judge system will be used for the competition.

4.6 The performer will be declared loser by penalties if he or she is given two 'Gam-jeom' by the referee.

Kyorugi

4.7 Weigh-in shall be conducted on the competition day at the inspection desk. Players will be disqualified if they do not make the weight. Only one official weigh-in will be conducted and ***no weight allowance will be given***. A similar weigh-in machine will be provided for weight check.

4.8 The referee has the right to require a contestant to have his or her weight checked again if he or she deems that a contestant is too light or too heavy for his or her weight.

4.9 If a player is disqualified at the weigh-in or does not turn up for the weigh-in, his or her opponent does not have to report at the competition area for the match.

4.10 If a player makes the weigh-in but fails to report at the holding area, his or her opponent must report for the match to be declared the winner by the referee.

- 4.11 Religion-related items shall be worn beneath the head protector and inside the dobok.
- 4.12 STF shall provide the following equipment.
- Head gear
 - Body Protector
- 4.13 Participants may wear their own head gear and body protector provided the equipment is STF-approved.
- 4.14 Participants must bring the following compulsory personal equipment.
- Mouth Guard
 - Groin Guard
 - Shin and Forearm Guards (Instep guard is optional)
- 4.15 Contestants without groin guard, shin guard or forearm guard when entering the arena shall be declared loser by referee's punitive action.
- 4.16 The colour of the mouth piece is limited to white or transparent.
- 4.17 A contestant shall lose by referee's punitive declaration if he or she refuses to wear or does not have his or her mouth piece.
- 4.18 A contestant shall be given a 'Kyong-go' the second time he or she forgets to wear his or her mouth piece when he or she enters the arena for competition.
- 4.19 A player with long finger nails will be given one minute to have them trimmed. If he or she returns within a minute with nails satisfactorily cut, he or she will be given a 'Kyong-go'. If not, he or she will be declared loser by penalty.
- 4.20 The duration shall be 1 minute or 3 rounds with 30 seconds break in between rounds.

- 4.21 The names of the contestants shall be announced three times for reporting at the announcer's table. The names will be called in the order of the fixtures.
- 4.22 If a player or his or her coach is not present or if a player is present without being fully ready for competition at the coach zone by the time the referee calls for the contestants to enter the arena, he or she shall be regarded as withdrawn from the contest.
- 4.23 Contestants shall walk smartly to their starting position with the headgear under their left arms.
- 4.24 A 'Kyong-go' shall be given to a contestant who fails to observe the procedure for the entering of the competition area.
- 4.25 A 'Kyong-go' shall also be given to any contestant or coach who fails to observe the bowing procedure before the start of the competition.
- 4.26 The player who lands a kick to the head shall be given a one-point ('Gam-jeom') deduction if there is no injury at all.
- 4.27 The player who kicks the head will be declared loser by referee's punitive measure if it results in any injury. The referee, after consulting the commission medical officer, will have the sole discretion to decide if there is any injury or not. The same penalty will be given if it is his or her second offence for head kick.
- 4.28 The referee shall signal the coach to refrain from giving loud and excessive coaching. If he or she persists, a 'Kyong-go' shall be given to his or her player.
- 4.29 The referee shall declare a 'Gam-jeom' to a player if his or her coach displays unsporting behavior which is harmful to the image of the sport.
- 4.30 Coaches are allowed to show their emotion when their players score a point or knockout. But they are not allowed to leave the coach's zone. Leaving the coach's zone will attract a 'Kyong-go' penalty.

- 4.31 Lifting a knee to avoid a valid attack or impede the progress of any attack shall be considered a prohibited act – that is, lifting the knee to block or executing a ‘check’ or ‘cut’ kick is a ‘Kyong-go’ offence.
- 4.32 A ‘Kyong-go’ must be given if the contestant’s repeated adjustments of his or her shin or forearm guard interfere with the progress of the match or provide him or her with an advantage.
- 4.33 A contestant shall lose by referee’s punitive declaration if he or she throws his or her head gear in disgust or display any unsporting behavior during the competition. If the act is committed after the match, disciplinary action will be taken by the Competition Supervisory Board.
- 4.34 A ‘Kyong-go’ shall be declared when both feet of a contestant cross the boundary line. A contestant has not committed a violation if one foot is outside and the other is still within the air space of the competition area.
- 4.35 It is the decision of the centre referee, after consultation with the commission medical officer, whether or not it is possible for the contestant to resume the match.
- 4.36 Video Replay system shall not be used for this competition.
- 4.37 Team official – that is the teacher-in-charge - may submit a protest application to the Competition Supervisory Board within ten (10) minutes of the end of the match.
- 4.38 The protest submission must be accompanied by the protest fee of S\$150. It will be refunded if the protest is upheld.
- 4.39 The authority for the interpretation of the rules rests with the Chairman of the Board of Referees or any qualified international referee appointed by the STF Management Committee.