



SINGAPORE TAEKWONDO FEDERATION

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
OUTLINE FOR POOMSAE COMPETITION**

- Promoter : Singapore Taekwondo Federation (STF)
260A Tanjong Katong Road
Singapore 437048
- Schedule : Registration
- 15 March 2013 (Friday)
10.00am to 4.30pm
STF Office
260A Tanjong Katong Road Singapore 437048
- Briefing and Drawing of Lots
- 12 April 2013 (Friday)
2.45pm to 5.00pm
STF National Training Centre
Block 80 Lorong Limau #04-191 Singapore
320080
- Competition
- 26 April 2013 (Friday)
9.00am onwards
Toa Payoh Sports Hall
- Eligibility : Students in the A Division 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 2013.

Grading cards or certificates of participants must be produced for verification during registration

Application forms, where required, have to be endorsed by the respective schools before they can be accepted.

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 : **A DIVISION**
2 January 1993 to 31 December 1993
1 January 1994 to 31 December 1994
1 January 1995 to 31 December 1995
1 January 1996 to 31 December 1996
1 January 1997

(Secondary 5 students are the same age as JC students. Secondary students born in 1996 must compete in the B Division while JC students born in 1996 must compete in A Division.)

Individual (Male)

White
Yellow
Green
Blue
Red
Black

Individual (Female)

White
Yellow
Green
Blue
Red
Black

Team of Three (Male)

White
Yellow
Green
Blue
Red
Black

Team of Three (Female)

White
Yellow
Green
Blue
Red
Black

Competition
Poomsae for all
stages

| | | | |
|---|--------|---|---------------------|
| : | White | - | 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

Payment by crossed cheques to Singapore Taekwondo Federation or IFAAS. Cash payment will not be accepted.

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.



NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013

**POOMSAE COMPETITION
(A DIVISION)**

**To : Organizing Chairman
National Schools Taekwondo Championships 2013**

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

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



NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
POOMSAE REGISTRATION FORM

DIVISION : A BOYS / GIRLS*
 Junior College : _____ (Zone _____)
**Please delete accordingly*

| 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 | | | | | | | |
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| 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
A DIVISION**

F9d

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
(A DIVISION)**

TEAM OF THREE

(BOYS)

| | | | |
|-------------------|--|------------|--|
| College | | | |
| Teacher in Charge | | Contact No | |

| No | Name | Category | | | | | |
|----|------|----------|--------|-------|------|-----|-------|
| | | White | Yellow | Green | Blue | Red | Black |
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NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
(A DIVISION)

TEAM OF THREE

(GIRLS)

| | | | |
|-------------------|--|------------|--|
| College | | | |
| Teacher in Charge | | Contact No | |

| No | Name | Category | | | | | |
|----|------|----------|--------|-------|------|-----|-------|
| | | White | Yellow | Green | Blue | Red | Black |
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**POOMSAE
A DIVISION**

F9f

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
(A DIVISION)**

PARTICIPANT

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

| | |
|---------|--|
| College | |
|---------|--|

| | | | |
|----------------------------|----------|----------------------------|----------|
| Name of Student | (Class) | NRIC No | |
| Date of Birth | | Age (as at 1 January 2013) | |
| Grade (as at January 2013) | | 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. |
| Participants | GEN-PAR-4.1 | Participants understand the rules of the sport/game. |
| | GEN-PAR-4.2 | Participants to remove all hard/sharp objects and accessories (e.g. necklaces, ear studs, rings). |
| | GEN-PAR-4.3 | Participants conduct warm up exercises before the sport/game. |
| | GEN-PAR-4.4 | Participants to hydrate before, during and after the sport/game. |
| | GEN-PAR-4.5 | Participants conduct cooling down exercises after the sport/game. |
| | TKD-PAR-4.1 | Each participant must be accompanied by a coach with a professional coaching pass. A participant will not be allowed to compete without a coach. |
| | TKD-PAR-4.2 | 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 event.