

**POOMSAE
PRIMARY
(SENIOR & JUNIOR DIVISIONS)**



SINGAPORE TAEKWONDO FEDERATION (STF)

**NATIONAL PRIMARY SCHOOLS TAEKWONDO CHAMPIONSHIPS
2016**

OUTLINE FOR POOMSAE COMPETITION

- Promoter : Singapore Taekwondo Federation (STF)
260A Tanjong Katong Road
Singapore 437048
- Schedule : Registration
- eRegistration at <https://spssc.ereg.sg>
(From 1 February to 10 March 2016)
 - Hard copy forms attached in this notification can be used for collation of data from athletes
- Briefing
- 2 February 2016 (Tuesday)
2.00pm to 5.00pm
PESEB Auditorium
21 Evans Road
Singapore 259366
- Drawing of Lots
- 23 March 2016 (Wednesday)
1.00pm to 4.00pm
STF National Training Centre
Block 80 Lorong Limau #04-191
Singapore 320080
- Competition
- 12 and 13 April 2016 (Tuesday & Wednesday)
9.00am onwards
Toa Payoh Sports Hall
- Eligibility : Students in the Senior and Junior Divisions holding at least a grade 9 (white with yellow tip) certification issued or endorsed by the STF. The grade shall be on or before **10 March 2016**.

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 : **SENIOR DIVISION**
1 January 2005
1 January 2004 to 31 December 2004
2 January 2003 to 31 December 2003

Colour Categories:

<u>Individual (Male)</u>	<u>Individual (Female)</u>	<u>Team of Three (Male)</u>	<u>Team of Three (Male)</u>
White 9	White 9	White 9	White 9
Yellow 8	Yellow 8	Yellow 8	Yellow 8
Yellow 7	Yellow 7	Yellow 7	Yellow 7
Green 6	Green 6	Green 6	Green 6
Green 5	Green 5	Green 5	Green 5
Blue 4	Blue 4	Blue 4	Blue 4
Blue 3	Blue 3	Blue 3	Blue 3
Red 2	Red 2	Red 2	Red 2
Red 1	Red 1	Red 1	Red 1
Poom	Poom	Poom	Poom

JUNIOR DIVISION

- 1 January 2008
1 January 2007 to 31 December 2007
1 January 2006 to 31 December 2006
2 January 2005 to 31 December 2005

(Poomsae events only)

- 1 January 2010
1 January 2009 to 31 December 2009
2 January 2008 to 31 December 2008

Age Dispensation applies only to 7 and 8 years old who wish to participate in the Junior Division. If Age Dispensation = Yes, the Age Dispensation form must be completed, endorsed, and submitted via the eReg system.

Colour Categories:

<u>Individual (Male)</u>	<u>Individual (Female)</u>	<u>Team of Three (Male)</u>	<u>Team of Three (Male)</u>
White 9	White 9	White 9	White 9
Yellow 8	Yellow 8	Yellow 8	Yellow 8
Yellow 7	Yellow 7	Yellow 7	Yellow 7
Green 6	Green 6	Green 6	Green 6
Green 5	Green 5	Green 5	Green 5
Blue 4	Blue 4	Blue 4	Blue 4
Blue 3	Blue 3	Blue 3	Blue 3
Red 2	Red 2	Red 2	Red 2
Red 1	Red 1	Red 1	Red 1
Poom	Poom	Poom	Poom

Competition
Poomsae for all
stages

: White 9 - Preliminary Taegeuk
 Yellow 8 - Taegeuk 1
 Yellow 7 - Taegeuk 2
 Green 6 - Taegeuk 3
 Green 5 - Taegeuk 4
 Blue 4 - Taegeuk 5
 Blue 3 - Taegeuk 6
 Red 2 - Taegeuk 7
 Red 1 - Taegeuk 8
 Poom - Koryo

Performance
Order

: The sequence of performance for the competitors shall be as follows:

Individual
(By alphabetical order of the names of the participants)

Team of 3
(shall be decided by ballot)

Participation : **A student may participate in both the individual and team events and is allowed to complete in a maximum of two categories - his or her grade and another higher grade up to Red 1 (Black stripe) or any two grades higher than his or her present grade 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 (3)** male and **three (3)** female performers per individual colour category and one male and one female team per colour category .

Schools are allowed to have all registered athletes of the school team to be reserves for the Poomsae Team Event, as long as they are registered for less than 2 Team Events. This is so the team can still complete in the event that one of the actual members is unable to participate, without having to seek the Organising Committee's approval for substitution.

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 Primary 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.



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NATIONAL PRIMARY SCHOOLS TAEKWONDO CHAMPIONSHIPS 2016

DATA COLLATION FORM

Note:

- It is optional for school to use this form
- This form only serves to collate the information from participating students for registration by teacher-in-charge via the official eRegistration system
- Submission of form to teacher-in-charge does not constitute registration. School will make the final decision on the students to be officially registered for the competition.

Registration Rules

1) Kyorugi	Each school is allowed to submit a maximum of 2 players per weight category.
2) Poomsae	Each school may field a maximum of three male and three female performers per <u>individual</u> colour category and one male and one female <u>team</u> per colour category.
3) Poomsae	A student may participate in both the individual and team events and is allowed to compete in a maximum of two categories each – his/her grade and another higher grade up to Red 1 (Black stripe) or any two grades higher than his or her present grade up to Red 1.
4) Poomsae Junior Division	Age Dispensation applies only to 7 and 8 years old who wish to participate in the Junior Division. If Age Dispensation = Yes, the Age Dispensation form must be completed, endorsed, and submitted via the eReg system.

School	
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Type of Competition: Kyorugi / Poomsae*

Age Dispensation

Division: Junior / Senior / C / B / A* (only for Poomsae Junior Div): Yes / No*

Name of Student

(as in BC/NRIC/Passport): _____

Class: _____

Gender : F / M *

NRIC: _____

Date of Birth: _____ (dd/mm/yyyy)

Weight: _____ kg (to the nearest 1 decimal place)

Highest Belt / Grade Attained:	<input type="checkbox"/> White 9	<input type="checkbox"/> Green 5 (Blue Stripe)	<input type="checkbox"/> Red 2
	<input type="checkbox"/> Yellow 8	<input type="checkbox"/> Blue 4	<input type="checkbox"/> Red 1 (Black Stripe)
	<input type="checkbox"/> Yellow 7 (Green Stripe)	<input type="checkbox"/> Blue 3 (Red Stripe)	<input type="checkbox"/> Poom/Black
	<input type="checkbox"/> Green 6		<i>For Kyorugi, only students with these Belt/Grade are eligible</i>

Date Highest Belt/Grade Attained: _____ (dd/mm/yyyy)

Participating Category (applicable only for <u>Poomsae</u>)	
Individual (max 2 categories)	Team of Three (max 2 categories)
<input type="checkbox"/> White 9 <input type="checkbox"/> Yellow 8 <input type="checkbox"/> Yellow 7 (Green Stripe) <input type="checkbox"/> Green 6 <input type="checkbox"/> Green 5 (Blue Stripe) <input type="checkbox"/> Blue 4 <input type="checkbox"/> Blue 3 (Red Stripe) <input type="checkbox"/> Red 2 <input type="checkbox"/> Red 1 (Black Stripe) <input type="checkbox"/> Poom/Black	<input type="checkbox"/> White 9 <input type="checkbox"/> Yellow 8 <input type="checkbox"/> Yellow 7 (Green Stripe) <input type="checkbox"/> Green 6 <input type="checkbox"/> Green 5 (Blue Stripe) <input type="checkbox"/> Blue 4 <input type="checkbox"/> Blue 3 (Red Stripe) <input type="checkbox"/> Red 2 <input type="checkbox"/> Red 1 (Black Stripe) <input type="checkbox"/> Poom/Black

Club (if any): _____

Name of Coach
(as in NRIC/Passport): _____

Coach Pass No. _____ **Coaching Qualification:** 1 / 2 / 3*

** Please select or delete where not applicable*

AGE DISPENSATION POLICY FOR SPSSC

1. BACKGROUND

Age Dispensation Policy refers to the approval for a pupil to participate in a sport/game recognised by the Singapore Primary Schools Sports Council (SPSSC).

This policy **only** applies to 7 and 8 years old who wish to participate in the 'Junior' Division competitions organised under the auspices of the SPSSC (except the 5 identified sports¹ with higher risks). Poomsae event for Taekwondo is allowed.

2. APPLICATION PROCESS

Eligible students (listed in para 1) are to apply for age dispensation with their respective games organising committees using the application form in Annex B2. This form has to be submitted by their parents/guardians and endorsed by their school Principal.

The application form has to be submitted together with the school's registration form for the competition.

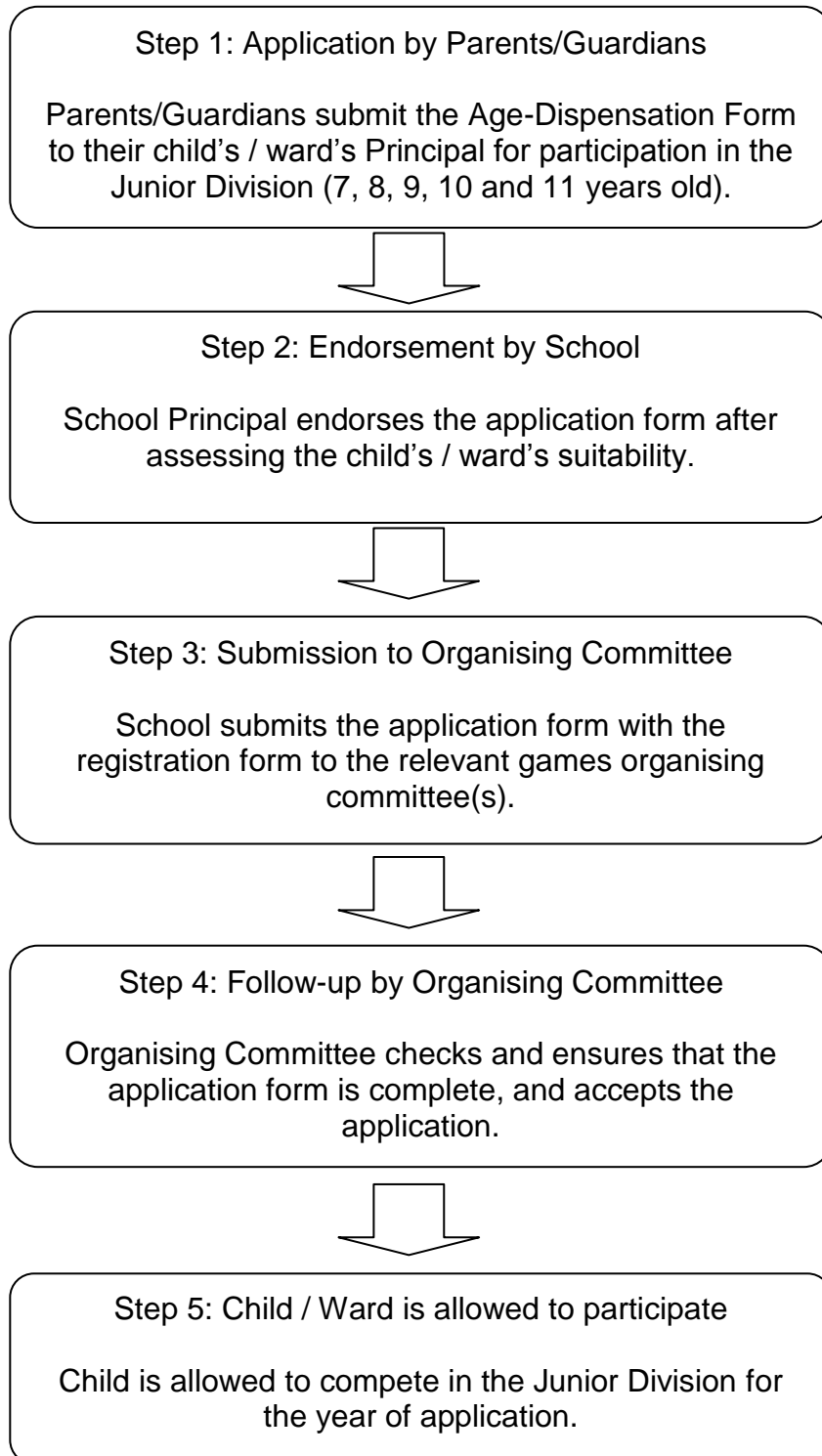
Any application submitted after the closing date stipulated by the respective games convenors will not be considered.

3. TERMS AND CONDITIONS

- a. Age dispensation for 7 and 8 years old is allowed for all sports; except the 5 identified sports with higher risks. Poomsae event for Taekwondo is allowed.
- b. Age dispensation is only granted for the year of application.
- c. Once approved, pupil can only compete in the Junior division, i.e. for both individual and team events for the approved year.

¹ The 5 identified sports are rugby, football, basketball, hockey and taekwondo (Kyorugi). Taekwondo (Poomsae) is a non-contact segment, hence it is not classified as a sport with higher risk.

**SPSSC FIVE STEP FLOWCHART FOR
AGE DISPENSATION**



**SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL
APPLICATION FOR AGE DISPENSATION**

Sport:			
Student's Particulars			
Name :		Gender:	
NRIC:		Date of Birth:	
Parent's / Guardian's Particulars			
Name:	* Father/Mother/Guardian		
Contact Number		Alt Contact Number :	
School's Particulars			
School:			
Principal:			
Teacher in charge:			
Contact Number		Alt Contact Number :	
Rationale Supporting the Request for Age Dispensation			

Acknowledgement by Parent/Guardian:

I, _____, parent/guardian of _____ would like to request for my child/ward to represent the school in the SPSSC Junior division competition for the above-mentioned sport in _____ (Year).

I have assessed his/her physical and mental readiness and deem him/her to be suitable and ready to compete in the above-stated category.

Principal's Endorsement:

Parent's/Guardian's Signature and Date

Principal's Signature and Date

NATIONAL SCHOOL GAMES

School Acknowledgement² 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.

² Schools need only submit 1 Acknowledgement Form for each division.