



**POOMSAE  
A DIVISION**

## **SINGAPORE TAEKWONDO FEDERATION**

# **NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2017**

### **OUTLINE FOR POOMSAE COMPETITION**

- Promoter : Singapore Taekwondo Federation (STF)  
260A Tanjong Katong Road  
Singapore 437048
- Schedule : Registration
- eRegistration at <https://sssc.ereg.sg/>  
( From 1 February to 10 March 2017 )
  - Hard copy forms attached in this notification can be used for collation of data from athletes
- Briefing
- 16 February 2017 (Thursday)  
3.30pm to 5.30pm  
PSOEB Auditorium  
21 Evans Road  
Singapore 259366
- Drawing of Lots
- 29 March 2017 (Wednesday)  
2.00pm to 4.00pm  
STF National Training Centre  
Block 80 Lorong Limau #04-191  
Singapore 320080
- Competition
- 20 & 21 April 2017 (Thursday & 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 2017, first quarter grading season.
- 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 1997 to 31 December 1997**  
**1 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 students. Secondary students born in 2000 must compete in the B Division while JC students born in 2000 must compete in A Division.)*

**Colour Categories:**

<b><u>Individual (Male)</u></b>	<b><u>Individual (Female)</u></b>	<b><u>Team of Three (Male)</u></b>	<b><u>Team of Three (Female)</u></b>
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
Black	Black	Black	Black

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
Black	-	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 or more of the actual member(s) is/are 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 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 SCHOOL GAMES TAEKWONDO CHAMPIONSHIPS 2017**  
**DATA COLLATION FORM**  
**(FOR SECONDARY SCHOOLS AND JUNIOR COLLEGES)**

Note:

- It is **compulsory** for students to submit this form to schools with endorsement of the coach and Singapore Taekwondo Federation
- 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.

<b>School</b>	
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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:** \_\_\_\_\_ (to the nearest 1 decimal place)

<b>Highest Belt / Grade Attained:</b>	<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)

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

**DETAILS AND ENDORSEMENT BY COACH**

**Club (if any):** \_\_\_\_\_

**Name of Coach**  
(as in NRIC/Passport): \_\_\_\_\_

**Coach Pass No.** \_\_\_\_\_ **Coaching Qualification:** 2 / 3\*

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Contact number

**ENDORSEMENT BY SINGAPORE TAEKWONDO FEDERATION**

\_\_\_\_\_  
Name & Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Stamp

*\* Please select or delete where not applicable*

## NATIONAL SCHOOL GAMES

### School Acknowledgement<sup>1</sup> 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.*

<sup>1</sup> Schools need only submit 1 Acknowledgement Form for each division.