



**POOMSAE
A DIVISION**

**Singapore Taekwondo Federation (STF)
National School Games Taekwondo Championships 2018**

OUTLINE FOR POOMSAE COMPETITION

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

Schedule : Registration
- eRegistration at <https://nsg.moe.edu.sg>
(From 1 February to 12 March 2018)
- Hard copy forms attached in this notification can
be used for collation of data from athletes

Briefing

- 13 February 2018 (Tuesday)
3.30pm to 5.30pm
PSOEB Auditorium
21 Evans Road
Singapore 259366

Drawing of Lots

- 22 March 2018 (Thursday)
4.00pm to 5.30pm
STF National Training Centre
Block 80 Lorong Limau #04-191
Singapore 320080

Competition

- 19 & 20 April 2018 (Thursday & Friday)
9.00am onwards
Venue to be confirmed

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
12 March 2018.

It is **compulsory** for students to submit the Data Collation Form to schools with endorsement of the coach OR Taekwondo Club (Affiliated with Singapore Taekwondo Federation). The Data Collation form only serves to collate the information from participating students for registration by teacher-in-charge via the official 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 : **A 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 to 31 December 2001
1 January 2002

(Secondary 5 students are the same age as JC students. Secondary students born in 2001 must compete in the B Division while JC students born in 2001 must compete in A Division.)

Colour Categories:

<i>Individual (Male & Female)</i>	<i>Team of Three (Male & Female)</i>
White 9	White 9
Yellow 8	Yellow 8
Yellow 7	Yellow 7
Green 6	Green 6
Green 5	Green 5
Blue 4	Blue 4
Blue 3	Blue 3
Red 2	Red 2
Red 1	Red 1
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 (shall be decided by ballot)
- Team of 3 (shall be decided by ballot)

Participation:

A student may participate in only **ONE** individual (his/her current grade up or up to two belt grade above) and/or **TWO** team events (his/her current 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 through 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 2018
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 OR Taekwondo Club (Affiliated with 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.
- **Student athletes should be accompanied by his/her qualified coach on competition day.**

Registration Rules

1) Kyorugi	Each school is allowed to submit a maximum of 2 players per weight category (for B & C Division only).
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 only ONE individual (his/her current grade up or up to two belt grade above) and/or TWO team events (his/her current grade up to Red 1).

School	
---------------	--

Type of Competition: Kyorugi / Poomsae*

Division: C / B / A*

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)

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	(Please tick the appropriate box)	<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

(Please tick the appropriate box)

DETAILS AND ENDORSEMENT BY COACH

Club (if any): _____

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

Coach Pass No.
(Compulsory) STF **Coaching Qualification:** 2 / 3*

Signature

Date

Contact number

**Please circle accordingly*

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.