



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

**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 8 March 2018)
  - Hard copy forms attached in this notification can be used for collation of data from athletes
- Briefing
- 13 February 2018 (Tuesday)  
2pm to 3.30pm  
PSOEB Auditorium  
21 Evans Road  
Singapore 259366
- Drawing of Lots
- 22 March 2018 (Thursday)  
1.30pm to 2.30pm  
STF National Training Centre  
Block 80 Lorong Limau #04-191  
Singapore 320080
- Competition
- 11 and 12 April 2018 (Wednesday & Thursday)  
9.00am onwards  
**Venue to be confirmed**
- 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 **8 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 : **SENIOR DIVISION**  
1 January 2007  
1 January 2006 to 31 December 2006  
2 January 2005 to 31 December 2005

**JUNIOR DIVISION**  
1 January 2010  
1 January 2009 to 31 December 2009  
1 January 2008 to 31 December 2008  
2 January 2007 to 31 December 2007

**(Poomsae events only)**  
1 January 2012  
1 January 2011 to 31 December 2011  
2 January 2010 to 31 December 2010

*Age Dispensation applies only to 7 and 8 years old who wish to participate in the Junior Division Poomsae events (The Age Dispensation form must be completed, endorsed, and submitted via the eRegistration system).*

**Colour Categories:**

<b><i>Individual (Male &amp; Female)</i></b>	<b><i>Team of Three (Male &amp; Female)</i></b>
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
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:

- a) Individual (shall be decided by ballot)
- b) 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 each (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

All payments shall either be by crossed cheques made payable to the **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 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.



**NATIONAL SCHOOL GAMES TAEKWONDO CHAMPIONSHIPS 2018**  
**DATA COLLATION FORM (FOR PRIMARY SCHOOLS)**

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.
2) Poomsae	Each <b>primary</b> 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.

<b>School</b>	
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**Type of Competition:** Kyorugi / Poomsae\*

**Division:** Junior / Senior \* **Age Dispensation** (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	( 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)

<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"/> Boys <input type="checkbox"/> Girls
<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/ TAEKWONDO CLUB (STF AFFILIATED)**

**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*

## **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 sports<sup>1</sup> 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 *not applicable* 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 considered.

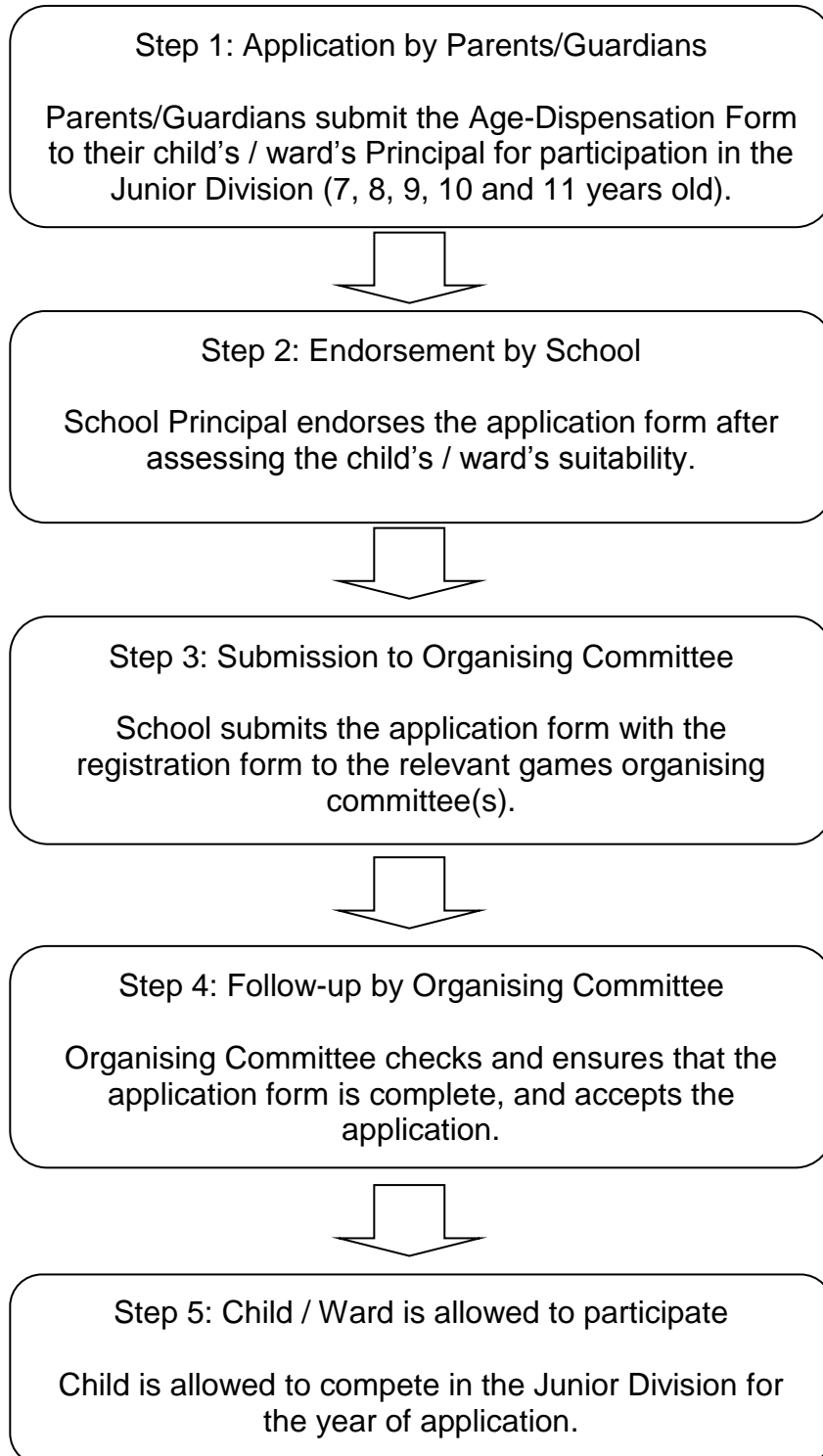
### **3. TERMS AND CONDITIONS**

- 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.

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<sup>1</sup> 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:			
<b>Student's Particulars</b>			
Name :		Gender:	
NRIC:		Date of Birth:	
<b>Parent's / Guardian's Particulars</b>			
Name:	* Father/Mother/Guardian		
Contact Number		Alt Contact Number :	
<b>School's Particulars</b>			
School:			
Principal:			
Teacher in charge:			
Contact Number		Alt Contact Number :	
<b>Rationale Supporting the Request for Age Dispensation</b>			

**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.

\_\_\_\_\_  
Parent's/Guardian's Signature and Date

Principal's Endorsement:

\_\_\_\_\_  
Principal's Signature and Date

## NATIONAL SCHOOL GAMES

### School Acknowledgement<sup>2</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>2</sup> Schools need only submit 1 Acknowledgement Form for each division.