

**SINGAPORE SCHOOLS SPORTS COUNCIL
National School Games Taekwondo Championships 2019**

National Convenor: NUS High School

Schedule:

e-Registration	<u>B & C Division:</u> 11 February 2019 (Mon) – 7 Mar 2019 (Thu) <u>A Division:</u> 11 February 2019 (Mon) – 12 March 2019 (Tue)
Team Manager & SAR Meeting	Date: 21 February 2019 (Thursday) Time: 3.30pm Venue: PSOEB Auditorium, 21 Evans Road S(259366)
Drawing of Bout List	Date: 28 March 2019 (Thursday) Time: B & C Div @ 2.30pm, A Div @ 4.00pm Venue: TKD National Training Centre
TKD NSG Competition Dates	<u>B & C Division:</u> 9 April 2019 (Tue) – 12 April 2019 (Fri) <u>A Division:</u> 18 April (Thu) Venue: Toa Payoh Sports Hall Time: From 9am onwards

Competition

Rules: World Taekwondo Federation (WF) rules adopted and modified by the Singapore Taekwondo Federation (STF).

Attire: Suitably attired in accordance with requirement of STF. Athletes will be barred from participating if he or she cannot fulfill this condition fully.

Divisions: All students shall compete in their respective divisions according to their year of birth. They are as follow:

A Division*	2 Jan 1999 --- 31 Dec 1999
	1 Jan 2000 --- 31 Dec 2000
	1 Jan 2001 --- 31 Dec 2001
	1 Jan 2002 --- 31 Dec 2002
	1 Jan 2003
B Division*	2 Jan 2002 --- 31 Dec 2002
	1 Jan 2003 --- 31 Dec 2003
	1 Jan 2004 --- 31 Dec 2004
	1 Jan 2005
C Division*	2 Jan 2005 --- 31 Dec 2005
	1 Jan 2006 --- 31 Dec 2006
	1 Jan 2007

*** Subject to the following conditions:**

- All students in the Junior Colleges and Centralised Institute must compete in the 'A' Division.
- Year 1 to Year 4 students in the Integrated Programme (i.e. Through-Train Programme) and International Baccalaureate Programme will compete in their respective age group. Those in Year 5 (equivalent to JC 1) and Year 6 (equivalent to JC 2) must compete in the 'A' Division.
- All students in Secondary Schools must compete in the 'B' or 'C' Division according to their year of birth.
- All students in Secondary Schools not born in the stipulated year for 'B' or 'C' Division must compete in the 'A' Division.

Participation

Entries:

All entries must be submitted through the e-Registration portal at <https://nsg.moe.edu.sg/nis/#!/login> on or before the stipulated closing date. This includes details of participants along with the necessary supporting documents:

- Baseline Safety Standards Acknowledgement Form
- Supporting documents for Special/Transfer case student
- Other forms as determined by the TKD Organising Committee

It is **compulsory** for students to submit the Data Collation Form (Annex B) 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.

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.

Info/ Enquires:

Kindly refer to the 2019 NSG TKD General Rules & Regulations (SSSC) for more info. For enquiries, email Ms Angela Loh, nhsllka@nus.edu.sg or call STF Secretariat 6345 1491.

OUTLINE FOR POOMSAE COMPETITION

Eligibility: Students in the A, B and C 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 2019**.

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
Poom/Black	Poom/ 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
Poom	-	Koryo

Performance Order: The sequence of performance for the competitor shall be as follows:

- Individual (shall be decided by ballot)
- Team of 3 (shall be decided by ballot)

Participation Entries: For poomsae, 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 student may participate in only **ONE** individual (his/her current grade or up to two belt grade above) and/or **TWO** team events (his/her current grade up to Red 1).

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

Method of Poomsae Competition: Cut-off system

OUTLINE FOR KYORUGI COMPETITION

Eligibility: Students in the B and C Divisions holding red, poom or dan certification obtained **on or before 8 March 2019** and issued or endorsed by the STF.

Divisions: **B DIVISION**
Individual (Male & Female)

Under 36 kg	Not exceeding 36 kg
Under 40 kg	Over 36 kg but not exceeding 40 kg
Under 44 kg	Over 40 kg but not exceeding 44 kg
Under 48 kg	Over 44 kg but not exceeding 48 kg
Under 52 kg	Over 48 kg but not exceeding 52 kg
Under 56 kg	Over 52 kg but not exceeding 56 kg
Under 60 kg	Over 56 kg but not exceeding 60 kg
Under 64 kg	Over 60 kg but not exceeding 64 kg
Under 68 kg	Over 64 kg but not exceeding 68 kg
Under 72 kg	Over 68 kg but not exceeding 72 kg
Under 76 kg	Over 72 kg but not exceeding 76 kg
Over 76 kg	Over 76 kg

C DIVISION
Individual (Male & Female)

Under 34 kg	Not exceeding 34 kg
Under 38 kg	Over 34 kg but not exceeding 38 kg
Under 42 kg	Over 38 kg but not exceeding 42 kg
Under 46 kg	Over 42 kg but not exceeding 46 kg
Under 50 kg	Over 46 kg but not exceeding 50 kg
Under 54 kg	Over 50 kg but not exceeding 54 kg
Under 58 kg	Over 54 kg but not exceeding 58 kg
Under 62 kg	Over 58 kg but not exceeding 62 kg
Under 66 kg	Over 62 kg but not exceeding 66 kg
Under 70 kg	Over 66 kg but not exceeding 70 kg
Under 74 kg	Over 70 kg but not exceeding 74 kg
Over 74 kg	Over 74 kg

Rule
Highlights: The weigh-in of players will be conducted at the competition day when they report to the competitor steward. Players who do not meet their weight categories will be disqualified.

The size of the arena shall be 7m x 7m.

The duration of the competition shall be 3 rounds of 1 minute each with 30 seconds break in between rounds. (The organising committee reserves the right to modify the duration & no. of rounds.)

Four points shall be given for points scored using back kick or 360 kick.

Kicking to the head is not allowed. The offender shall be declared loser by penalty.

Equipment: Headgear and body protector will be provided by the organiser. The other mandatory protective equipment (e.g., shin and forearm guard, groin guard, mouth piece (fitting) and gloves etc) shall be the responsibility of participants. Participants may use their own headgear and body protector. All equipment must be STF-approved.

Method of Kyorugi Competition: Single-elimination system

Participation Entries: Each school is allowed to submit a maximum of **2** players per weight category. They can only compete in their grade category.



NATIONAL SCHOOL GAMES TAEKWONDO CHAMPIONSHIPS 2019
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

Table with 2 columns: Rule Number, Description. Contains 3 rules regarding player limits and participation for Kyorugi and Poomsae.

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)

Table for Highest Belt / Grade Attained with checkboxes for various belt colors and grades (White 9 to Red 2, Poom/Black).

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

Participating Category (applicable only for <u>Poomsae</u>)	
Individual <i>(max 2 categories)</i>	Team of Three <i>(max 2 categories)</i>
<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 / TAEKWONDO CLUB (STF AFFILIATED)

Club (if any): _____

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

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

Signature

Date

Contact number

RESTRICTED

(Unofficial content change not permitted)

Updated **Oct 2018**

NATIONAL SCHOOL GAMES
School Acknowledgement of Baseline Safety Standards

Section A:

Sport: TAEKWONDO

Event: _____
(Example: Name of 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	Team Manager is present to supervise the students.
	GEN-PER-3.2	Team Manager is aware of the medical history of participants.
	GEN-PER-3.3	Team Manager checks and monitors physical well-being of participants.
	GEN-PER-3.4	Team Manager go through rules of sport/game and ensure that students have basic competency.
	GEN-PER-3.5	Team Manager (verbally) checks that students have trained under the same duration and intensity in local climate/weather conditions for at least 10 days prior to the competition .
	GEN-PER-3.6	Coach or chaperon who is trained in first aid is present to render basic care to students in the event of injury.
	TKD-PER-3.1	Participants are accompanied by coach with a professional coaching pass (mandatory).
Participants	GEN-PAR-4.1	Participants remove all hard/sharp objects and accessories (e.g. necklaces, ear studs, rings).
	GEN-PAR-4.2	Participants do warm up exercises before the competition .
	GEN-PAR-4.3	Participants hydrate before, during and after activity .
	GEN-PAR-4.4	Participants do cooling down exercises after activity .
	GEN-PAR-4.5	Participants conduct regular checks on personal equipment (e.g. shoes / boots, shin guards, racquets, personal floatation device).
	GEN-PAR-4.6	Participants do not hang or climb onto any equipment not meant for such purposes (e.g. goal posts or any attachments to goal posts – crossbar, goal ring, etc.).
	TKD-PAR-4.1	Participants in Kyorugi wear headgear, shin and forearm guard, groin guard, mouth piece, gloves and a body protector.
TKD-PAR-4.2	Participants DO NOT execute the following disallowed techniques: Kicking to the head (penalty: Gamgeon; declared loser by penalty)	

^N: New or updated items

Name and Signature of Principal: _____

Date: _____

Note: All completed forms are to be **scanned and submitted during registration to the convenor**. Schools need only submit 1 acknowledgement form for each **registration**.

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