



## COMPETITION RULES & REGULATION

### 1. Rules

- 1.1 According to the Rules established by the latest rules and regulations of the World Taekwondo (WT) [www.worldtaekwondo.org](http://www.worldtaekwondo.org) and as directed by the Singapore Taekwondo Federation (STF) [www.stf.sg](http://www.stf.sg).
- 1.2 Governed by the Singapore National Games 2018 General Rules and Regulations.

### 2. Eligibility & Registration

- 2.1 Age is computed based on calendar year.

S/No	Division	Clarification
1	Cadet	Born between the year of 2004 and 2006 (12 years to 14 years)
2	Junior	Born between the year of 2001 and 2003 (15 years to 17 years)
3	Senior 1	Born between the year of 1988 and 2000 (18 years to 30 years)
4	Senior 2	Born between the year of 1978 and 1987 (31 years to 40 years)
5	Master 1	Born between the year of 1968 and 1977 (41 years to 50 years)
6	Master 2	Born on or before the year of 1967 (51 years and above)

- 2.2 Singapore Citizen, Permanent Residents and Foreigners residing in Singapore are eligible to participate;
- 2.3 Taekwondo practitioners of clubs affiliated to Singapore Taekwondo Federation are eligible to participate.
- 2.4 Poomsae (Pattern) Event -: Participants who have attained **Grade 2** (Red Belt) or **Higher Grade** (Poom Belt, Black Belt) certification issued or endorsed by Singapore Taekwondo Federation are eligible to participate. The grade shall be based on your own grade obtained on or before **3<sup>rd</sup> July 2018**.
- 2.5 Kyorugi (Sparring) Event -: Participants who have attained **Grade 2** (Red Belt) or **Higher Grade** (Poom Belt, Black Belt) certification issued or endorsed by Singapore Taekwondo Federation are eligible to participate. The grade shall be based on your own grade obtained on or before **3<sup>rd</sup> July 2018**.
- 2.6 Registration may be done by the Team Manager who can be a Coach or someone designated to take charge of the Team.
- 2.7 Team Manager / Coach must ensure that parents of participants under 21 years old sign the indemnity form. Team Manager / Coach will be held responsible if the form is not signed by the parents of participants.
- 2.8 There is no limit to the number of participants a club can register for both Poomsae and Kyorugi events.
- 2.9 Participants are to declare any previous training in other martial arts during registration (e.g. types of martial arts, level and years of training).
- 2.10 Registration form can be downloaded from Singapore Taekwondo Federation's website, [www.stf.sg](http://www.stf.sg).



### 3. Parental Consent Form

- 3.1 All participants who are 16 years old and under are to present the parental consent form on the day of the competition (See Annex A);
- 3.2 The consent form can be downloaded from ActiveSG website;  
[www.myactivesg.com/getactivesingapore/singapore-competitions](http://www.myactivesg.com/getactivesingapore/singapore-competitions)

### 4. Entries & Fees

- 4.1 The closing date for all entries is 3<sup>rd</sup> July 2018, 4.00pm.
- 4.2 **All registration forms are to reach Singapore Taekwondo Office's before 3<sup>rd</sup> July 2018, 4.00pm. Late entries after 3<sup>rd</sup> July 2018, 4.00pm will not be entertained.**
- 4.3 Individual Entries
  - 4.3.1 Poomsae individual event -: \$10 per participant (inclusive of GST)
  - 4.3.2 Kyorugi individual event -: \$10 per participant (inclusive of GST)
- 4.4 Team Entries
  - 4.4.1 Poomsae team event -: \$30 per team (inclusive of GST)

### 5. Payment

- 5.1 Team Managers are to fill up **Form M** and get it certified by Singapore Taekwondo Federation's office before making payment for the registration of their participants at Sport Singapore's Toa Payoh Sport Centre swimming pool guest office.
- 5.2 Team Managers are to produce **Form M** certified by Singapore Taekwondo Federation's office when making payment at Sport Singapore's Toa Payoh Sport Centre's swimming pool guest office.
- 5.3 Team Managers are to ensure that all payment is made before the team managers' briefing and drawing of lots on 14<sup>th</sup> July 2018.
  - Address -: 297 Lorong 6 Toa Payoh, 319389
- 5.4 Nets payment is accepted.

### 6. Team Managers' Briefing

- 6.1 Team Managers' Briefing is scheduled on **14<sup>th</sup> July 2018, Saturday** at Sport Singapore's Toa Payoh Sport Centre's level 2 conference room from 1200hr to 1400hr.
- 6.2 **Address:** 297 Lorong 6 Toa Payoh, 319389



**7. Drawing of Lots**

- 7.1 Team Manager are to bring along **FORM M** as show of payment before they are allowed to participate in the drawing of lots.
- 7.2 Drawing of Lots will be conducted on **14<sup>th</sup> July 2018, Saturday** at Sport Singapore's Toa Payoh Sport Centre's level 2 conference room from 1200hr to 1400hr.
- 7.3 **Address:** 297 Lorong 6 Toa Payoh, 319389
- 7.4 Participants will not be allowed to switch weight category once drawing of lots is done.

**8. Event Venue & Schedule**

All competition events will be held at **Toa Payoh Sport Hall** on 04 August 2018 to 05 August 2018.

Date	Timing	Competition
Sat, 04 Aug 2018	0800 to 2200	Poomsae
Sun, 05 Aug 2018	0800 to 2200	Kyorugi

*Note: Date and timings subject to change pending total number of entries received after registration closes.*

**9. Events & Format of Play**

9.1 Poomsae Event

9.1.1 Individual Poomsae Event

S/No	Events	Division	Category	1 <sup>st</sup> Compulsory Poomsae	2 <sup>nd</sup> Compulsory Poomsae
1	Individual	Cadet	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
2	Individual		1 <sup>st</sup> Poom	Taegeuk Pal Jang	Koryo
3	Individual		2 <sup>nd</sup> Poom & higher	Koryo	Keumgang
4	Individual	Junior	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
5	Individual		1 <sup>st</sup> Poom / 1 <sup>st</sup> Dan	Koryo	Keumgang
6	Individual		2 <sup>nd</sup> Poom / 2 <sup>nd</sup> Dan & higher	Keumgang	Taeback
7	Individual	Senior 1	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
8	Individual		1 <sup>st</sup> Dan	Koryo	Keumgang
9	Individual		2 <sup>nd</sup> Dan & higher	Keumgang	Taeback
10	Individual	Senior 2	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
11	Individual		1 <sup>st</sup> Dan	Koryo	Keumgang
12	Individual		2 <sup>nd</sup> Dan & higher	Keumgang	Taeback



13	Individual	Master 1	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
14	Individual		1 <sup>st</sup> Dan	Koryo	Keumgang
15	Individual		2 <sup>nd</sup> Dan & higher	Keumgang	Taeback
16	Individual	Master 2	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
17	Individual		1 <sup>st</sup> Dan	Koryo	Keumgang
18	Individual		2 <sup>nd</sup> Dan & higher	Keumgang	Taeback

*Note: Participants will need to perform 1<sup>st</sup> compulsory poomsae for semi-final and 2<sup>nd</sup> compulsory poomsae for final. Subject to the numbers of entries per category.*

**9.1.2 Team of 3 Poomsae Event**

S/No	Events	Division	Category	1 <sup>st</sup> Compulsory Poomsae	2 <sup>nd</sup> Compulsory Poomsae
1	Team of 3	Cadet	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
2	Team of 3		1 <sup>st</sup> Poom	Koryo	Keumgang
3	Team of 3		2 <sup>nd</sup> Poom & higher	Keumgang	Taeback
4	Team of 3	Junior	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
5	Team of 3		1 <sup>st</sup> Poom / 1 <sup>st</sup> Dan	Koryo	Keumgang
6	Team of 3		2 <sup>nd</sup> Poom / 2 <sup>nd</sup> Dan & higher	Keumgang	Taeback
7	Team of 3	Senior 1	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
8	Team of 3		1 <sup>st</sup> Dan	Koryo	Keumgang
9	Team of 3		2 <sup>nd</sup> Dan & higher	Keumgang	Taeback
10	Team of 3	Senior 2	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
11	Team of 3		1 <sup>st</sup> Dan	Koryo	Keumgang
12	Team of 3		2 <sup>nd</sup> Dan & higher	Keumgang	Taeback
13	Team of 3	Master 1	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
14	Team of 3		1 <sup>st</sup> Dan	Koryo	Keumgang
15	Team of 3		2 <sup>nd</sup> Dan & higher	Keumgang	Taeback
16	Team of 3	Master 2	Red (Grade 2 & 1)	Taegeuk Yuk Jang	Taegeuk Chil Jang
17	Team of 3		1 <sup>st</sup> Dan	Koryo	Keumgang
18	Team of 3		2 <sup>nd</sup> Dan & higher	Keumgang	Taeback

*Note: Participants will need to perform 1<sup>st</sup> compulsory poomsae for semi-final and 2<sup>nd</sup> compulsory poomsae for final. Subject to the numbers of entries per category.*



- 9.1.3 Any event (s) with less than 3 entries may / will be cancelled.
- 9.1.4 A participant may participate in both the individual and team events and is only allowed to compete in their own grade obtained on or before **3<sup>rd</sup> July 2018**.
- 9.1.5 Participants who registered for Poomsae event (s) will be able to participate in the Kyorugi event.
- 9.1.6 The cut-off system shall be used for poomsae competition.  
E.g. If there are more than 10 participants in the category, Top 8 participants will be selected for the final stage after the 1<sup>st</sup> compulsory poomsae. However, if there are less than 10 participants in the category, the competition will proceed directly to the final stage.
- 9.1.7 In the event there is equal scoring among the participants after the 1<sup>st</sup> compulsory poomsae, all the participants with the same scoring will advance into the final stage.  
E.g. If more than one participant shares the same score for the 8<sup>th</sup> position, all the participants will advance to the final stage.
- 9.1.8 Participants will have to compete again in the event of a tie for any of the top four positions to break the tie. A ballot will be held to determine the sequence of competing among the participants.

**9.2 Kyorugi Individual Event**

S/No	Boy's Division	Weight Categories	Red	Poom
1	Cadet	Under 33 kg	28 – 32.9 kg	28 – 32.9 kg
2		Under 37 kg	33 – 36.9 kg	33 – 36.9 kg
3		Under 41 kg	37 – 40.9 kg	37 – 40.9 kg
4		Under 45 kg	41 – 44.9 kg	41 – 44.9 kg
5		Under 49 kg	45 – 48.9 kg	45 – 48.9 kg
6		Under 53 kg	49 – 52.9 kg	49 – 52.9 kg
7		Under 57 kg	53 – 56.9 kg	53 – 56.9 kg
8		Under 61 kg	57 – 60.9 kg	57 – 60.9 kg
9		Under 65 kg	61 – 64.9 kg	61 – 64.9 kg
10		Over 65 kg	65 kg +	65 kg +

S/No	Girl's Division	Weight Categories	Red	Poom
1	Cadet	Under 29 kg	24 – 28.9 kg	24 – 28.9 kg
2		Under 33 kg	29 – 32.9 kg	29 – 32.9 kg
3		Under 37 kg	33 – 36.9 kg	33 – 36.9 kg
4		Under 41 kg	37 – 40.9 kg	37 – 40.9 kg
5		Under 44 kg	41 – 43.9 kg	41 – 43.9 kg
6		Under 47 kg	44 – 46.9 kg	44 – 46.9 kg
7		Under 51 kg	47 – 50.9 kg	47 – 50.9 kg
8		Under 55 kg	51 – 54.9 kg	51 – 54.9 kg
9		Under 59 kg	55 – 58.9 kg	55 – 58.9 kg
10		Over 59 kg	59 kg +	59 kg +



S/No	Boy's Division	Weight Categories	Red	Poom / Black
1	Junior	Under 45 kg	41 – 44.9 kg	41 – 44.9 kg
2		Under 48 kg	45 – 47.9 kg	45 – 47.9 kg
3		Under 51 kg	48 – 50.9 kg	48 – 50.9 kg
4		Under 55 kg	51 – 54.9 kg	51 – 54.9 kg
5		Under 59 kg	55 – 58.9 kg	55 – 58.9 kg
6		Under 63 kg	59 – 62.9 kg	59 – 62.9 kg
7		Under 68 kg	63 – 67.9 kg	63 – 67.9 kg
8		Under 73 kg	68 – 72.9 kg	68 – 72.9 kg
9		Under 78 kg	73 – 77.9 kg	73 – 77.9 kg
10		Over 78 kg	78 kg +	78 kg +

S/No	Girl's Division	Weight Categories	Red	Poom / Black
1	Junior	Under 42 kg	38 – 41.9 kg	38 – 41.9 kg
2		Under 44 kg	42 – 43.9 kg	42 – 43.9 kg
3		Under 46 kg	44 – 45.9 kg	44 – 45.9 kg
4		Under 49 kg	46 – 48.9 kg	46 – 48.9 kg
5		Under 52 kg	49 – 51.9 kg	49 – 51.9 kg
6		Under 55 kg	52 – 54.9 kg	52 – 54.9 kg
7		Under 59 kg	55 – 58.9 kg	55 – 58.9 kg
8		Under 63 kg	59 – 62.9 kg	59 – 62.9 kg
9		Under 68 kg	63 – 67.9 kg	63 – 67.9 kg
10		Over 68 kg	68 kg +	68 kg +

S/No	Men's Division	Weight Categories	Red	Black
1	Senior 1	Under 54 kg	49 - 53.9 kg	49 - 53.9 kg
2		Under 58 kg	54 - 57.9 kg	54 - 57.9 kg
3		Under 63 kg	58 - 62.9 kg	58 - 62.9 kg
4		Under 68 kg	63 - 67.9 kg	63 - 67.9 kg
5		Under 74 kg	68 - 73.9 kg	68 - 73.9 kg
6		Under 80 kg	74 - 79.9 kg	74 - 79.9 kg
7		Under 87 kg	80 - 86.9 kg	80 - 86.9 kg
8		Over 87 kg	87 kg +	87 kg +

S/No	Women's Division	Weight Categories	Red	Black
1	Senior 1	Under 46 kg	41 - 45.9 kg	41 - 45.9 kg
2		Under 49 kg	46 - 48.9 kg	46 - 48.9 kg
3		Under 53 kg	49 - 52.9 kg	49 - 52.9 kg
4		Under 57 kg	53 - 56.9 kg	53 - 56.9 kg
5		Under 62 kg	57 - 61.9 kg	57 - 61.9 kg
6		Under 67 kg	62 - 66.9 kg	62 - 66.9 kg
7		Under 73 kg	67 - 72.9 kg	67 - 72.9 kg
8		Over 73 kg	73 kg +	73 kg +



S/No	Men's Division	Weight Categories	Red	Black
1	Senior 2	Under 54 kg	49 - 53.9 kg	49 - 53.9 kg
2		Under 58 kg	54 - 57.9 kg	54 - 57.9 kg
3		Under 63 kg	58 - 62.9 kg	58 - 62.9 kg
4		Under 68 kg	63 - 67.9 kg	63 - 67.9 kg
5		Under 74 kg	68 - 73.9 kg	68 - 73.9 kg
6		Under 80 kg	74 - 79.9 kg	74 - 79.9 kg
7		Under 87 kg	80 - 86.9 kg	80 - 86.9 kg
8		Over 87 kg	87 kg +	87 kg +

S/No	Women's Division	Weight Categories	Red	Black
1	Senior 2	Under 46 kg	41 - 45.9 kg	41 - 45.9 kg
2		Under 49 kg	46 - 48.9 kg	46 - 48.9 kg
3		Under 53 kg	49 - 52.9 kg	49 - 52.9 kg
4		Under 57 kg	53 - 56.9 kg	53 - 56.9 kg
5		Under 62 kg	57 - 61.9 kg	57 - 61.9 kg
6		Under 67 kg	62 - 66.9 kg	62 - 66.9 kg
7		Under 73 kg	67 - 72.9 kg	67 - 72.9 kg
8		Over 73 kg	73 kg +	73 kg +

S/No	Men's Division	Weight Categories	Red	Black
1	Master 1	Under 54 kg	49 - 53.9 kg	49 - 53.9 kg
2		Under 58 kg	54 - 57.9 kg	54 - 57.9 kg
3		Under 63 kg	58 - 62.9 kg	58 - 62.9 kg
4		Under 68 kg	63 - 67.9 kg	63 - 67.9 kg
5		Under 74 kg	68 - 73.9 kg	68 - 73.9 kg
6		Under 80 kg	74 - 79.9 kg	74 - 79.9 kg
7		Under 87 kg	80 - 86.9 kg	80 - 86.9 kg
8		Over 87 kg	87 kg +	87 kg +

S/No	Women's Division	Weight Categories	Red	Black
1	Master 1	Under 46 kg	41 - 45.9 kg	41 - 45.9 kg
2		Under 49 kg	46 - 48.9 kg	46 - 48.9 kg
3		Under 53 kg	49 - 52.9 kg	49 - 52.9 kg
4		Under 57 kg	53 - 56.9 kg	53 - 56.9 kg
5		Under 62 kg	57 - 61.9 kg	57 - 61.9 kg
6		Under 67 kg	62 - 66.9 kg	62 - 66.9 kg
7		Under 73 kg	67 - 72.9 kg	67 - 72.9 kg
8		Over 73 kg	73 kg +	73 kg +



S/No	Men's Division	Weight Categories	Red	Black
1	Master 2	Under 54 kg	49 - 53.9 kg	49 - 53.9 kg
2		Under 58 kg	54 - 57.9 kg	54 - 57.9 kg
3		Under 63 kg	58 - 62.9 kg	58 - 62.9 kg
4		Under 68 kg	63 - 67.9 kg	63 - 67.9 kg
5		Under 74 kg	68 - 73.9 kg	68 - 73.9 kg
6		Under 80 kg	74 - 79.9 kg	74 - 79.9 kg
7		Under 87 kg	80 - 86.9 kg	80 - 86.9 kg
8		Over 87 kg	87 kg +	87 kg +

S/No	Women's Division	Weight Categories	Red	Black
1	Master 2	Under 46 kg	41 - 45.9 kg	41 - 45.9 kg
2		Under 49 kg	46 - 48.9 kg	46 - 48.9 kg
3		Under 53 kg	49 - 52.9 kg	49 - 52.9 kg
4		Under 57 kg	53 - 56.9 kg	53 - 56.9 kg
5		Under 62 kg	57 - 61.9 kg	57 - 61.9 kg
6		Under 67 kg	62 - 66.9 kg	62 - 66.9 kg
7		Under 73 kg	67 - 72.9 kg	67 - 72.9 kg
8		Over 73 kg	73 kg +	73 kg +

- 9.2.1 Any event (s) with less than 3 entries may / will be cancelled.
- 9.2.2 Each participant is only allowed to participate in one (1) weight category for Kyorugi competition.
- 9.2.3 Participants who have registered for the Kyorugi event are allowed to participate in Poomsae event.
- 9.2.4 The Single elimination (Knockout) system shall be used for the competition.
- 9.2.5 **Head kicks are permissible for all categories (Cadet, Junior, Senior and Master). Participants competing in the Cadet and Junior categories are required to wear headgear with protective face shield.**
- 9.2.6 The person with the highest score within 2 or 3 rounds (1.0 or 1.5 minute each with 30 seconds rest in between) wins. Golden point round rules will be applied when there is a tie after the third round.

## 10. Official Weigh-In / Random Weigh Check

- 10.1 Official weigh-in for the participants who have registered for kyorugi competition shall be conducted on the day of competition.
- 10.2 Participants shall report for one (1) official weigh-in before the pertinent competition. Weigh-in shall be made once, however, one more weigh-in is granted within the time limit to any participants who did not qualify the first time.
- 10.3 A scale identical to the official one shall be provided at the competition venue for pre-weigh-in to prevent any disqualification during official weigh-in.





- 10.4 During weigh-in, participants shall wear shorts and t-shirt, however, weigh-in may be conducted in nude if the participant wishes to do so. In the event of request made for nude weigh-in, it will be conducted inside a room.
- 10.5 Not exceeding weight limit: the weight limit is defined by the criterion of one decimal place away from the stated limit. E.g. not exceeding 50kg is established as with 50.0kg, with 50.1kg being over the limit and resulting in disqualification.
- 10.6 Over weight limit: Over 50.00kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.
- 10.7 Random weight check will also be conducted during the competition and participants who fail the random weight check shall be disqualified.

## **11. Prize Money and Medals**

- 11.1 Medals and prize money will be awarded to the top 4 winners of Senior 1, Senior 2, Master 1 & Master 2 Poomsae category with at least 4 participants/Teams;
- 11.2 Medals and prize money will be awarded to the top 4 winners of Senior 1, Senior 2, Master 1 & Master 2 Kyorugi category with at least 4 participants/Teams;
- 11.3 Only Medals will be awarded to the top 4 winners of Cadet and Junior Poomsae category with at least 4 participants/Teams;
- 11.4 Only Medals will be awarded to the top 4 winners of Cadet and Junior Kyorugi category with at least 4 participants/Teams;
- 11.5 **In the event that there are only 3 participants for the events, 'minus 1 rule' will apply, i.e. only 1<sup>st</sup> & 2<sup>nd</sup> will be awarded with the medal and no prize money for all categories;**
- 11.6 If there are less than 3 participants/team, they may choose 1 of the following options:
  - Option 1
    - Participants may withdraw and receive a full refund
  - Option 2
    - Participants may continue with the competition but will not be eligible for prize money. Medals will be awarded based on the 'minus 1 rule'.
  - Option 3
    - Participants may opt to join another category which they are eligible for.
- 11.7 Check ActiveSG website for details of prize money. [www.myactivesg.com/getactivesingapore/singapore-competitions](http://www.myactivesg.com/getactivesingapore/singapore-competitions)

## **12. Competition official coach**

- 12.1 Coaches must hold a minimum of Level 2 coaching qualification for both Poomsae and Kyorugi to be eligible for coaching.
- 12.2 Coaches are required to display their professional coach passes issued by Singapore Taekwondo Federation before entering the field of play.



12.3 Team Manager and Clubs must ensure that there are sufficient coaches to accompany their participants at the waiting area and coach during the competition. In the event that any participant is found to be without a coach upon entering any of the competition area, he/she will be disqualified.

### **13. Protest**

13.1 Only Team Managers and Coaches are allowed to submit their team's protest.

13.2 Any protest against a judgement shall be made on a prescribed form and submitted together with the fee of \$214.00 (GST included) to the Competition Supervisory Board (CSB) within 10 minutes after the match.

13.3 In the event of the protest being dismissed, the fee will be forfeited.

13.4 Decision (s) arises from any protest shall be final and there shall be no appeal thereafter.

### **14. Uniform**

14.1 Participants for both Poomsae & Kyorugi shall wear uniform approved by Singapore Taekwondo Federation. Any participants who does not meet the uniform requirement shall be disqualified from the competition.

### **15. Kyorugi Equipment**

15.1 Participants are responsible for their own protective equipment for kyorugi competition.

15.2 Kyorugi equipment used for the competition must be approved by Singapore Taekwondo Federation

15.3 All participants will be required to wear the following protective equipment for Kyorugi competition upon entering the contest area:

15.3.1 For Cadet & Junior category -: Headgear with face shield (Blue or Red colour only);

15.3.2 For Senior & Master category -: E-Headgear;

15.3.3 E-Trunk protector;

15.3.4 Groin guard;

15.3.5 Forearm guard;

15.3.6 Shin guard;

15.3.7 Gloves;

15.3.8 E-socks;

15.3.9 Mouthpiece (Optional if participants is wearing headgear with face shield).

15.4 The Protector and Scoring System (PSS) system in use will be the **KPNP scoring system** and the following protective equipment will be provided:

15.4.1 E-Headgear;

15.4.2 E-Trunk Protector;

15.4.3 E-socks.

### **16. First Aid and Medical Declaration**

16.1 Participants especially those with medical history or are participating in the Masters categories are encouraged to seek medical advice before competing in this competition.



- 16.2 Participants must declare all medical condition / history if there are any and attach photocopies of medical letter(s) on the registration form. Doctor's clearance will be required for participants with any pre-existing medical conditions.
- 16.3 **All teams and participants shall be responsible to ensure their own medical coverage, including first aid and personal accident insurance.**
- 16.4 All Team Managers / Coaches shall be responsible to ensure that their participants are prepared and fit for the competition. Team Managers / Coaches should withdraw any participant who is not feeling well on the day of the competition.
- 16.5 First aid services are available at every venue while ambulances are deployed based on the nature and risk of the sport.

## 17. Competition Jurisdictions

- 17.1 The team manager and coach will be responsible for the proper control and good conduct of their participants and supporters. If an appeal is made to any of the above persons and it is not heeded, the Organiser reserves the rights to take disciplinary action against them;
- 17.2 In the event of a need for disciplinary action to be taken against any participant or team, the Organising Committee shall make a decision and impose punishment as it deems fit;
- 17.3 The Organiser may, at any time deal with any matters pertaining to inquiries, appeals, others etc. The decision of the Organiser on all matters brought before it will be final;
- 17.4 The Organiser reserves the right to interpret said rules and regulations as they deem fit. In the event of any questions or matters arising out of any point which has not been expressly provided for in any of the rules governing this competition, the decision of the Organiser will be final;
- 17.5 The rules and regulations as depicted above are current at the time of printing. The Organiser reserves the right to add, delete and/or vary the said rules and regulations at any time as it deems fit;
- 17.6 The Organising committee reserves the rights to disqualify participants / team at its discretion;
- 17.7 While reasonable precautions will be taken, the organisers, its servants and agents will not be responsible or in any way liable for any death, disability, personal injury, loss of property or any other loss howsoever arising from any cause whatsoever at any time during the course of this competition.
- 17.8 Whilst reasonable precaution will be taken by SportSG and/or its agent/s to ensure the safety of participants, I understand that I take part in the Singapore National Games 2018 as a participant at my own risk. I confirm and agree that SportSG and/or its agent/s will not be held liable by me for any personal injury or death arising from my participation in the Singapore National Games 2018 or for any loss of or damage to my property arising from my participation in the Singapore National Games 2018, except for such injury or death that is caused directly by SportSG's or its agent/s' gross negligence.
- 17.9 In consideration of SportSG allowing me to participate in the Singapore National Games 2018, I undertake that if, in the course of the Singapore National Games 2018, I deliberately or negligently cause any injury (whether fatal or otherwise) to any person or any damage to or loss of any property of any person, I shall indemnify SportSG if that suffering person makes claims or takes actions against SportSG or SportSG has to pay for costs or expenses.



## GUIDELINES

### CODE OF CONDUCT

The following guidelines are not intended to be exhaustive and include at the absolute minimum the code of conduct herein described.

1. The participants must at all times conduct and behave themselves in a manner befitting of a Taekwondo exponent and will take reasonable care to ensure that the good name of the Federation will not be tarnished by rowdy or bad behavior.
2. The decisions of all judges and referees are deemed final. In the event of a genuine dispute or disagreement, the complainant must:
  - a) **Refrain from use of abusive language;**
  - b) **Channel his / her protest through the Team Manager or coach of his / her club to an authorised official of the Federation on the day of the event.**
3. Any attempts to discredit any officials, judges, and referees without good cause subjects those participants to disciplinary actions.
4. No one, including the Team Manager or coaches is allowed to step beyond the boundary line of the RECORDER'S table.
5. Anyone previously disqualified is not allowed to participate without first seeking clearance from the Secretariat.
6. The Federation and / or its organisers reserve the right to vary or add to the above rules if and whenever necessary.

### Arbitration and Sanction

The Competition Supervisory Board shall make corrections of misjudgments according to their decision regarding protests and take disciplinary action against the officials committing the misjudgment or any illegal behavior and the results of which shall be sent to the Secretariat of the STF. The Competition Supervisory Board shall also be entitled the Extraordinary Committee of Sanction concurrently at the competition for the matters in relation to competition management.

- 1) The STF President or Hon Secretary (in case of their absence, the Technical Delegate) may request the Extraordinary Committee of Sanction for deliberation when any of the following behaviors are committed by a coach or a contestant.
  - a) Interfering with the management of contest or stirring up the spectators for the same purpose.
  - b) Interfering with the operation of the competition conducted by the STF and the Organising Committee.
  - c) Spreading false rumor for the purpose of exerting an unwarranted influence on the judgement.
- 2) When judged reasonable, the Extraordinary Committee of Sanction shall deliberate over the matter and takes disciplinary action immediately. The result of deliberation shall be announced to the public and reported to the STF Secretariat afterwards.
- 3) The Extraordinary Committee of Sanction may summon the person concerned for confirmation of events.

### Agreement

Our team agrees to abide by the guidelines.

\_\_\_\_\_  
CLUB

\_\_\_\_\_  
Name & Signature of Team Manager / Coach

\_\_\_\_\_  
Date



**REGISTRATION FORM A - Cadet**

I agree to abide by the rules and regulations of the competition and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME :(in full) \_\_\_\_\_ Gender: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Age \_\_\_\_\_ (as year 2018)

NRIC/Passport No: \_\_\_\_\_ Contact No.: \_\_\_\_\_ Race: \_\_\_\_\_

Nationality: \_\_\_\_\_ Email: \_\_\_\_\_ Employment Status: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: \_\_\_\_\_

Next of Kin Contact No. \_\_\_\_\_ Next of Kin Relationship: \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

Club: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years Practice: \_\_\_\_\_

Medical History (year): \_\_\_\_\_ Medical Letter: \_\_\_\_ Yes / No \_\_\_\_

**CADET CATEGORY (12 to 14 years old) ( born on year 2004 to 2006 ) ( Please X the appropriate box )**

DVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom			Poom	
<b>Under 33 kg</b>	29 kg – 32.9 kg		<b>Under 29 kg</b>	25 kg – 29.9 kg	
<b>Under 37 kg</b>	33 kg – 36.9 kg		<b>Under 33 kg</b>	29 kg – 32.9 kg	
<b>Under 41 kg</b>	37 kg – 40.9 kg		<b>Under 37 kg</b>	33 kg – 36.9 kg	
<b>Under 45 kg</b>	41 kg – 44.9 kg		<b>Under 41 kg</b>	37 kg – 40.9 kg	
<b>Under 49 kg</b>	45 kg – 48.9 kg		<b>Under 44 kg</b>	41 kg – 43.9 kg	
<b>Under 53 kg</b>	49 kg – 52.9 kg		<b>Under 47 kg</b>	44 kg – 46.9 kg	
<b>Under 57 kg</b>	53 kg – 56.9 kg		<b>Under 51 kg</b>	47 kg – 50.9 kg	
<b>Under 61 kg</b>	57 kg – 60.9 kg		<b>Under 55 kg</b>	51 kg – 54.9 kg	
<b>Under 65 kg</b>	61 kg – 64.9 kg		<b>Under 59 kg</b>	55 kg – 58.9 kg	
<b>Over 65 kg</b>	➤ 65 kg +		<b>Over 59 kg</b>	➤ 59 kg +	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
Signature of Participant

**(To be completed by parent / guardian of participant below 21 years old)**

I, Mr/Mrs/Ms \_\_\_\_\_, the parent / guardian of \_\_\_\_\_ consent to his / her participating in Singapore National Game 2018 - Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and the Federation in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in Singapore National Game 2018 - Taekwondo is entirely at my/our risk and responsibility.

\_\_\_\_\_  
Name of Parent / Guardian

\_\_\_\_\_  
Signature.

\_\_\_\_\_  
Contact No.

\_\_\_\_\_  
Certify by Team Manager (Name)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Club's Stamp



**REGISTRATION FORM B - Junior**

I agree to abide by the rules and regulations of the competition and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME : (in full) \_\_\_\_\_ Gender: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Age \_\_\_\_\_ (as year 2018)

NRIC/Passport No: \_\_\_\_\_ Contact No.: \_\_\_\_\_ Race: \_\_\_\_\_

Nationality: \_\_\_\_\_ Email: \_\_\_\_\_ Employment Status: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: \_\_\_\_\_

Next of Kin Contact No. \_\_\_\_\_ Next of Kin Relationship: \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

Club: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years Practice: \_\_\_\_\_

Medical History (year): \_\_\_\_\_ Medical Letter: \_\_\_\_ Yes / No \_\_\_\_

**JUNIOR CATEGORY (15 to 17 years old) ( born on year 2001 to 2003 ) ( Please X the appropriate box )**

DIVISION	BOY's	
BELT	Red	
	Poom / Black	
<b>Under 45 kg</b>	41 kg – 44.9 kg	
<b>Under 48 kg</b>	45 kg – 47.9 kg	
<b>Under 51 kg</b>	48 kg – 50.9 kg	
<b>Under 55 kg</b>	51 kg – 54.9 kg	
<b>Under 59 kg</b>	55 kg – 58.9 kg	
<b>Under 63 kg</b>	59 kg – 62.9 kg	
<b>Under 68 kg</b>	63 kg – 67.9 kg	
<b>Under 73 kg</b>	68 kg – 72.9 kg	
<b>Under 78 kg</b>	73 kg – 77.9 kg	
<b>Over 78 kg</b>	Over 78 kg	

DIVISION	GIRL's	
BELT	Red	
	Poom / Black	
<b>Under 42 kg</b>	38 kg – 41.9 kg	
<b>Under 44 kg</b>	42 kg – 43.9 kg	
<b>Under 46 kg</b>	44 kg – 45.9 kg	
<b>Under 49 kg</b>	46 kg – 48.9 kg	
<b>Under 52 kg</b>	49 kg – 51.9 kg	
<b>Under 55 kg</b>	52 kg – 54.9 kg	
<b>Under 59 kg</b>	55 kg – 58.9 kg	
<b>Under 63 kg</b>	59 kg – 62.9 kg	
<b>Under 68 kg</b>	63 kg – 67.9 kg	
<b>Over 68 kg</b>	Over 68 kg	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
Signature of  
Participant

**(To be completed by parent / guardian of participant below 21 years old)**

I, Mr/Mrs/Ms \_\_\_\_\_, the parent / guardian of \_\_\_\_\_ consent to his / her participating in Singapore National Game 2018 - Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and the Federation in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in Singapore National Game 2018 - Taekwondo is entirely at my/our risk and responsibility.

\_\_\_\_\_  
Name of Parent / Guardian

\_\_\_\_\_  
Signature.

\_\_\_\_\_  
Contact No.

\_\_\_\_\_  
Certify by Team Manager (Name)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Club's Stamp



**REGISTRATION FORM C - SENIOR (1)**

I agree to abide by the rules and regulations of the competition and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME :(in full) \_\_\_\_\_ Gender: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Age\_\_\_\_ (as year 2018)

NRIC/Passport No: \_\_\_\_\_ Contact No.: \_\_\_\_\_ Race: \_\_\_\_\_

Nationality: \_\_\_\_\_ Email: \_\_\_\_\_ Employment Status: \_\_\_\_\_

Address: \_\_\_\_\_ (S)\_\_\_\_\_

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: \_\_\_\_\_

Next of Kin Contact No. \_\_\_\_\_ Next of Kin Relationship: \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

Club: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years Practice: \_\_\_\_\_

Medical History (year): \_\_\_\_\_ Medical Letter: \_\_\_\_ Yes / No\_\_\_\_

**SENIOR (1) CATEGORY (18 to 30 years old) (born on year 1988 to 2000) (Please X the appropriate box)**

DIVISION	MALE	
BELT	Red	
	Black	
<b>Under 54 kg</b>	49 kg – 53.9 kg	
<b>Under 58 kg</b>	54 kg – 57.9 kg	
<b>Under 63 kg</b>	58 kg – 62.9 kg	
<b>Under 68 kg</b>	63 kg – 67.9 kg	
<b>Under 74 kg</b>	68 kg – 73.9 kg	
<b>Under 80 kg</b>	74 kg – 79.9 kg	
<b>Under 87 kg</b>	80 kg – 86.9 kg	
<b>Over 87 kg</b>	➤ 87 kg +	

DIVISION	FEMALE	
BELT	Red	
	Black	
<b>Under 46 kg</b>	41 kg – 45.9 kg	
<b>Under 49 kg</b>	46 kg – 48.9 kg	
<b>Under 53 kg</b>	49 kg – 52.9 kg	
<b>Under 57 kg</b>	53 kg – 56.9 kg	
<b>Under 62 kg</b>	57 kg – 61.9 kg	
<b>Under 67 kg</b>	62 kg – 66.9 kg	
<b>Under 73 kg</b>	67 kg – 72.9 kg	
<b>Over 73 kg</b>	➤ 73 kg +	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
Signature of  
Participant

**(To be completed by parent / guardian of participant below 21 years old)**

I, Mr/Mrs/Ms \_\_\_\_\_, the parent / guardian of \_\_\_\_\_ consent to his / her participating in Singapore National Game 2018 - Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and the Federation in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in Singapore National Game 2018 - Taekwondo is entirely at my/our risk and responsibility.

\_\_\_\_\_  
Name of Parent / Guardian / Participant

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Contact No.

\_\_\_\_\_  
Certify by Team Manager (Name)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Club's Stamp



**REGISTRATION FORM D - SENIOR (2)**

I agree to abide by the rules and regulations of the competition and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME :(in full) \_\_\_\_\_ Gender: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Age \_\_\_\_\_ (as year 2018)

NRIC/Passport No: \_\_\_\_\_ Contact No.: \_\_\_\_\_ Race: \_\_\_\_\_

Nationality: \_\_\_\_\_ Email: \_\_\_\_\_ Employment Status: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: \_\_\_\_\_

Next of Kin Contact No. \_\_\_\_\_ Next of Kin Relationship: \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

Club: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years Practice: \_\_\_\_\_

Medical History (year): \_\_\_\_\_ Medical Letter: \_\_\_\_ Yes / No \_\_\_\_

**SENIOR (2) CATEGORY (31 to 40 years old) (born on year 1978 to 1987) (Please X the appropriate box)**

DIVISION	MALE		DIVISION	FEMALE	
BELT	Red		BELT	Red	
	Black			Black	
<b>Under 54 kg</b>	49 kg – 53.9 kg		<b>Under 46 kg</b>	41 kg – 45.9 kg	
<b>Under 58 kg</b>	54 kg – 57.9 kg		<b>Under 49 kg</b>	46 kg – 48.9 kg	
<b>Under 63 kg</b>	58 kg – 62.9 kg		<b>Under 53 kg</b>	49 kg – 52.9 kg	
<b>Under 68 kg</b>	63 kg – 67.9 kg		<b>Under 57 kg</b>	53 kg – 56.9 kg	
<b>Under 74 kg</b>	68 kg – 73.9 kg		<b>Under 62 kg</b>	57 kg – 61.9 kg	
<b>Under 80 kg</b>	74 kg – 79.9 kg		<b>Under 67 kg</b>	62 kg – 66.9 kg	
<b>Under 87 kg</b>	80 kg – 86.9 kg		<b>Under 73 kg</b>	67 kg – 72.9 kg	
<b>Over 87 kg</b>	➤ 87 kg +		<b>Over 73 kg</b>	➤ 73 kg +	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
Signature of  
Participant

**(To be completed by participant)**

I, \_\_\_\_\_, acknowledge and accept the risks associated with participation in Singapore National Games 2018 - Taekwondo and waive all rights against and release SportSG and the Federation in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in the competition is entirely at my/our risk and responsibility.

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Contact No.

\_\_\_\_\_  
Certify by Team Manager (Name)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Club's Stamp





**REGISTRATION FORM E - MASTER (1)**

I agree to abide by the rules and regulations of the competition and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME :(in full) \_\_\_\_\_ Gender: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Age \_\_\_\_\_ (as year 2018)

NRIC/Passport No: \_\_\_\_\_ Contact No.: \_\_\_\_\_ Race: \_\_\_\_\_

Nationality: \_\_\_\_\_ Email: \_\_\_\_\_ Employment Status: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: \_\_\_\_\_

Next of Kin Contact No. \_\_\_\_\_ Next of Kin Relationship: \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

Club: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years Practice: \_\_\_\_\_

Medical History (year): \_\_\_\_\_ Medical Letter: \_\_\_\_ Yes / No \_\_\_\_

**MASTER (1) CATEGORY (41 to 50 years old)( born on year 1968 to 1977) ( Please X the appropriate box )**

DIVISION	MALE		DIVISION	FEMALE	
BELT	Red		BELT	Red	
	Black			Black	
<b>Under 54 kg</b>	49 kg – 53.9 kg		<b>Under 46 kg</b>	41 kg – 45.9 kg	
<b>Under 58 kg</b>	54 kg – 57.9 kg		<b>Under 49 kg</b>	46 kg – 48.9 kg	
<b>Under 63 kg</b>	58 kg – 62.9 kg		<b>Under 53 kg</b>	49 kg – 52.9 kg	
<b>Under 68 kg</b>	63 kg – 67.9 kg		<b>Under 57 kg</b>	53 kg – 56.9 kg	
<b>Under 74 kg</b>	68 kg – 73.9 kg		<b>Under 62 kg</b>	57 kg – 61.9 kg	
<b>Under 80 kg</b>	74 kg – 79.9 kg		<b>Under 67 kg</b>	62 kg – 66.9 kg	
<b>Under 87 kg</b>	80 kg – 86.9 kg		<b>Under 73 kg</b>	67 kg – 72.9 kg	
<b>Over 87 kg</b>	➤ 87 kg +		<b>Over 73 kg</b>	➤ 73 kg +	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
Signature of Participant

**(To be completed by participant)**

I, \_\_\_\_\_, acknowledge and accept the risks associated with participation in Singapore National Games 2018 - Taekwondo and waive all rights against and release SportSG and the Federation in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in the competition is entirely at my/our risk and responsibility

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Contact No.

\_\_\_\_\_  
Certify by Team Manager (Name)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Club's Stamp



**REGISTRATION FORM F - MASTER (2)**

I agree to abide by the rules and regulations of the competition and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

NAME :(in full) \_\_\_\_\_ Gender: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Age \_\_\_\_\_ (as year 2018)

NRIC/Passport No: \_\_\_\_\_ Contact No.: \_\_\_\_\_ Race: \_\_\_\_\_

Nationality: \_\_\_\_\_ Email: \_\_\_\_\_ Employment Status: \_\_\_\_\_

Address: \_\_\_\_\_ (S) \_\_\_\_\_

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: \_\_\_\_\_

Next of Kin Contact No. \_\_\_\_\_ Next of Kin Relationship: \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Name of Coach: \_\_\_\_\_ HP: \_\_\_\_\_

Club: \_\_\_\_\_ Name of Manager: \_\_\_\_\_ HP: \_\_\_\_\_

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Years Practice: \_\_\_\_\_

Medical History (year): \_\_\_\_\_ Medical Letter: \_\_\_\_ Yes / No \_\_\_\_

**MASTER (2) CATEGORY (51 years old & above) (born on or before year 1967) (Please X the appropriate box)**

DIVISION	MALE	
BELT	Red	
	Black	
<b>Under 54 kg</b>	49 kg – 53.9 kg	
<b>Under 58 kg</b>	54 kg – 57.9 kg	
<b>Under 63 kg</b>	58 kg – 62.9 kg	
<b>Under 68 kg</b>	63 kg – 67.9 kg	
<b>Under 74 kg</b>	68 kg – 73.9 kg	
<b>Under 80 kg</b>	74 kg – 79.9 kg	
<b>Under 87 kg</b>	80 kg – 86.9 kg	
<b>Over 87 kg</b>	➤ 87 kg +	

DIVISION	FEMALE	
BELT	Red	
	Black	
<b>Under 46 kg</b>	41 kg – 45.9 kg	
<b>Under 49 kg</b>	46 kg – 48.9 kg	
<b>Under 53 kg</b>	49 kg – 52.9 kg	
<b>Under 57 kg</b>	53 kg – 56.9 kg	
<b>Under 62 kg</b>	57 kg – 61.9 kg	
<b>Under 67 kg</b>	62 kg – 66.9 kg	
<b>Under 73 kg</b>	67 kg – 72.9 kg	
<b>Over 73 kg</b>	➤ 73 kg +	

**Actual Weight  
Must Fill In**

\_\_\_\_\_  
Signature of Participant

**(To be completed by participant)**

I, \_\_\_\_\_, acknowledge and accept the risks associated with participation in Singapore National Games 2018 - Taekwondo and waive all rights against and release SportSG and the Federation in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in the competition is entirely at my/our risk and responsibility

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Contact No.

\_\_\_\_\_  
Certify by Team Manager (Name)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Club's Stamp



**REGISTRATION FORM - G - Poomsae Individual (Male)**

(Please X the appropriate box)

<b>Cadet</b>	<b>Junior</b>	<b>Senior (1)</b>	<b>Senior (2)</b>	<b>Master (1)</b>	<b>Master (2)</b>

<b>CLUB</b>			
<b>COACH</b>		<b>Contact No</b>	

<b>No.</b>	<b>Name</b>	<b>Category</b>				
		<b>Red 1 &amp; 2</b>	<b>1<sup>st</sup> Poom</b>	<b>2<sup>nd</sup> Poom &amp; Higher</b>	<b>1<sup>st</sup> Dan</b>	<b>2<sup>nd</sup> Dan &amp; Higher</b>

\_\_\_\_\_  
Certify by Team Manager (Name)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Club's Stamp



**REGISTRATION FORM - H      - Poomsae Individual (Female)**

(Please X the appropriate box)

<b>Cadet</b>	<b>Junior</b>	<b>Senior (1)</b>	<b>Senior (2)</b>	<b>Master (1)</b>	<b>Master (2)</b>

CLUB			
COACH		Contact No	

<b>No.</b>	<b>Name</b>	<b>Category</b>				
		<b>Red 1 &amp; 2</b>	<b>1<sup>st</sup> Poom</b>	<b>2<sup>nd</sup> Poom &amp; Higher</b>	<b>1<sup>st</sup> Dan</b>	<b>2<sup>nd</sup> Dan &amp; Higher</b>

\_\_\_\_\_   
 Certify by Team Manager (Name)

\_\_\_\_\_   
 Signature

\_\_\_\_\_   
 Club's Stamp



**REGISTRATION FORM - J - Poomsae Team of 3 (Male)**

(Please X the appropriate box)

<b>Cadet</b>	<b>Junior</b>	<b>Senior (1)</b>	<b>Senior (2)</b>	<b>Master (1)</b>	<b>Master (2)</b>

<b>CLUB</b>			
<b>COACH</b>		Contact No	

<b>No.</b>	<b>Name</b>	<b>Category</b>				
		<b>Red 1 &amp; 2</b>	<b>1<sup>st</sup> Poom</b>	<b>2<sup>nd</sup> Poom &amp; Higher</b>	<b>1<sup>st</sup> Dan</b>	<b>2<sup>nd</sup> Dan &amp; Higher</b>

\_\_\_\_\_ Certify by Team Manager (Name)

\_\_\_\_\_ Signature

\_\_\_\_\_ Club's Stamp



**REGISTRATION FORM - K - Poomsae Team of 3 (Female)**

(Please X the appropriate box)

<b>Cadet</b>	<b>Junior</b>	<b>Senior (1)</b>	<b>Senior (2)</b>	<b>Master (1)</b>	<b>Master (2)</b>

<b>CLUB</b>			
<b>COACH</b>		<b>Contact No</b>	

<b>No.</b>	<b>Name</b>	<b>Category</b>				
		<b>Red 1 &amp; 2</b>	<b>1<sup>st</sup> Poom</b>	<b>2<sup>nd</sup> Poom &amp; Higher</b>	<b>1<sup>st</sup> Dan</b>	<b>2<sup>nd</sup> Dan &amp; Higher</b>

\_\_\_\_\_  
Certify by Team Manager (Name)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Club's Stamp



**REGISTRATION FORM - L**

**POOMSAE PARTICIPANT FORM**

**(To be completed by all Poomsae participants)**

NAME (in full):		Gender:	D.O.B:	Age: (as year 2018)
NRIC/Passport No:		Contact No.:		Race:
Nationality:	Email:		Employment Status:	
Address:				Postal Code:
Zone: North, North East, East, West, Central (Select one)			Name of Next of Kin:	
Next of Kin Contact No.:			Next of Kin Relationship:	
Grade:	Date Obtained:	Name of Coach:		HP:
Club:		Name of Manager:		HP:
Others Martial Art:		Level:	Years Practice:	
Medical History (year):				Medical Letter: Yes / No

**Parental/Guardian Consent**

I consent to the participation of the above named applicant, who is my \*child/ward, in Singapore National Games 2018 – Taekwondo. I acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and the Federation in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in Singapore National Games 2018 - Taekwondo is entirely at my/our risk and responsibility.

Name		Signature/Date	
NRIC No.		Contact No	(Mobile)
<b>Witnessed By</b>			
Team Manager		Signature/Date	
NRIC No.		Contact No	(Mobile)

\_\_\_\_\_  
Certify by Team Manager (Name)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Club's Stamp



**CLUB NAME** : \_\_\_\_\_

**Team Manager** : \_\_\_\_\_ **HP** : \_\_\_\_\_

**Kyorugi Individual Event Total:** \_\_\_\_\_ x \$10 = \_\_\_\_\_

**Poomsae Individual Event Total:** \_\_\_\_\_ x \$10 = \_\_\_\_\_

**Poomsae Team Event Total:** \_\_\_\_\_ x \$30 = \_\_\_\_\_

**Total Payment:** \_\_\_\_\_

\_\_\_\_\_  
**Certify by STF's Official / Name**

\_\_\_\_\_  
**STF's Stamp**

-----  
**Section 2**

**Payment for Singapore National Games -: Taekwondo 2018 Registration Fees**

**Total amount:** \_\_\_\_\_

\_\_\_\_\_  
**Name of Team Managers**

\_\_\_\_\_  
**Club's Stamp**

**Receipt No:** \_\_\_\_\_

\_\_\_\_\_  
**Received by SportSG's Official / Name**

\_\_\_\_\_  
**Company Stamp**

*Note: Team Managers need to produce FORM M during Team Managers briefing cum drawing of lots as proof of payment.*





**LETTER OF WAIVER AND INDEMNITY (SINGAPORE NATIONAL GAMES 2018 PARTICIPATION)**

**To: Singapore Sports Council  
(rebranded as “Sport Singapore” with effect from 1 April 2014)**

**LETTER OF WAIVER AND INDEMNITY TO SPORT SINGAPORE (“SportSG”)**

Singapore National Games 2018 :	
Start Date:	
End Date:	
Venue:	

Dear Sirs,

- I, \_\_\_\_\_ (name), (NRIC/Passport No. \_\_\_\_\_) of \_\_\_\_\_  
\_\_\_\_\_ (address) wish to participate in the Singapore National Games 2018.
- I warrant that I am in good health and have no physical condition that would endanger my life while participating in the Singapore National Games 2018.
- Whilst reasonable precaution will be taken by SportSG and/or its agent/s to ensure the safety of participants, I understand that I take part in the Singapore National Games 2018 as a participant at my own risk. I confirm and agree that SportSG and/or its agent/s will not be held liable by me for any personal injury or death arising from my participation in the Singapore National Games 2018 or for any loss of or damage to my property arising from my participation in the Singapore National Games 2018, except for such injury or death that is caused directly by SportSG’s or its agent/s’ gross negligence.
- In consideration of SportSG allowing me to participate in the Singapore National Games 2018, I undertake that if, in the course of the Singapore National Games 2018, I deliberately or negligently cause any injury (whether fatal or otherwise) to any person or any damage to or loss of any property of any person, I shall indemnify SportSG if that suffering person makes claims or takes actions against SportSG or SportSG has to pay for costs or expenses.
- I represent that I am at least 16 years of age; or that, if I am under 16, my parent / legal guardian has signed below.

Yours faithfully,

\_\_\_\_\_  
[Signature of participant]  
Name: \_\_\_\_\_

NRIC: \_\_\_\_\_  
Date: \_\_\_\_\_

**To be completed by Parent / Guardian**

I, \_\_\_\_\_ (name of parent / guardian) of NRIC No. \_\_\_\_\_ of  
\_\_\_\_\_ (address) am the parent / guardian of the above named  
\_\_\_\_\_ (name of child / ward). I consent to the said \_\_\_\_\_ (name of  
child / ward) taking part in the Singapore National Games 2018, and I agree to the waiver and indemnity that are set out in this document.

\_\_\_\_\_  
[Signature of Parent / Guardian]  
Name: \_\_\_\_\_  
NRIC: \_\_\_\_\_  
Date: \_\_\_\_\_



**ENTRIES FOR AFFILIATE CLUBS**

**CLUB** : \_\_\_\_\_

**Head of Team** : \_\_\_\_\_ **HP:** \_\_\_\_\_

**Team Manager** : \_\_\_\_\_ **HP:** \_\_\_\_\_

**Name of Coaches:** 1) \_\_\_\_\_ 5) \_\_\_\_\_  
(Professional Passes)

2) \_\_\_\_\_ 6) \_\_\_\_\_

3) \_\_\_\_\_ 7) \_\_\_\_\_

4) \_\_\_\_\_ 8) \_\_\_\_\_