



SINGAPORE TAEKWONDO FEDERATION
NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
OUTLINE FOR KYORUGI COMPETITION

- Promoter : Singapore Taekwondo Federation (STF)
260A Tanjong Katong Road
Singapore 437048
- Schedule : Registration
- 13 & 14 March 2013 (Wednesday to Friday)
10.00am to 4.30pm
STF Office
260A Tanjong Katong Road Singapore 437048
- Briefing and Drawing of Lots
- 12 April 2013 (Friday)
9.00am to 1.30pm
STF National Training Centre
Block 80 Lorong Limau #04-191 Singapore
320080
- Competition
- 25 April 2013 (Thursday)
9.00am onwards
Toa Payoh Sports Hall
- Eligibility : Students in the B & C Divisions holding red, poom or dan certification obtained on or before January 2012 and issued endorsed by the STF

Grading cards or certificates of participants must be produced for verification during registration

Application forms, where required, have to be endorsed by the respective schools before they can be accepted.

Competition Rules : WTF rules adopted and modified by the STF

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 8m x 8m.

The duration of the competition shall be 3 rounds of 1 minute each with 30 seconds break in between rounds.

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

Kicking to the head is not allowed. A 'Gamjeon' shall be given if the execution of the head kick is accidental and does not cause any injury. However, if it is deliberate or if the kick results in injury or if the offence is committed twice, the offender shall be declared loser by penalty. The referee shall have the sole discretion to determine if the kick is deliberate or accidental or if there is injury or not.

Uniform : STF Uniform. A player will be barred from participating if he or she cannot fulfill this condition fully.

Equipment : Headgear and body protector will be provided by the organizer. The other mandatory protective equipment - shin and forearm guard, groin guard, mouth piece and gloves - shall be the responsibility of participants.

Participants may use their own headgear and body protector. All equipment must be STF-approved.

Method of Competition : Single-elimination system

Divisions : **B DIVISION**
2 January 1996 to 31 December 1996
1 January 1997 to 31 December 1997
1 January 1998 to 31 December 1998
1 January 1999

(Secondary 5 students are the same age as JC/CI students. Secondary students born in 1996 must compete in the B Division while JC/CI students born in 1996 must compete in A Division.)

Individual (Male)

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

Individual (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

2 January 1999 to 31 December 1999

1 January 2000 to 31 December 2000

1 January 2001

Individual (Male)

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

Individual (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

Entries : Each school is allowed to submit a maximum of 2 players per weight category.

- Fees : \$12.00 per player
- 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.
- 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.



KYORUGI
B DIVISION

F7

NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013

**KYORUGI COMPETITION
(B DIVISION)**

**To : Organizing Chairman
National Schools Taekwondo Championships**

On behalf of _____ (Name of School), I submit the attached entry forms and confirm that the players are all students of the School.

Teacher in Charge		
Teacher's Contact No		
Teacher's Email		
Teacher's Signature		
Coach	Pass No ()	
Principal's Name & Signature		School Stamp
Date		



**KYORUGI
B DIVISION**

F7a

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
KYORUGI REGISTRATION FORM**

DIVISION : **B** **BOYS / GIRLS***

School : _____ (Zone _____)

**Please delete accordingly*

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Age	Level	Date of Birth dd/mm/yy	NRIC or Student Pass Number	Race	Nationality
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

TEAM COMPOSITION - RACES

RACES	CHINESE (C)	MALAY (M)	INDIAN (I)	OTHERS (O)	TOTAL
Number					

Number of Foreign Students

NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
(B DIVISION)

ENTRIES

Name of School : _____

Name of Teacher in Charge : _____ HP: _____

Name of Qualified Coach(es) with Coach Pass

(1) _____ (Pass No _____)

(2) _____ (Pass No _____)

(3) _____ (Pass No _____)

WEIGHT DIVISION

NO	SEX	BELT	CATEGORY	WEIGHT	NAME	KG
	Male	Poom	Under 36 kg	Not exceeding 36 kg		
	Male	Poom	Under 40 kg	Over 36 kg but not exceeding 40 kg		
	Male	Poom	Under 44 kg	Over 40 kg but not exceeding 44 kg		
	Male	Poom	Under 48 kg	Over 44 kg but not exceeding 48 kg		
	Male	Poom	Under 52 kg	Over 48 kg but not exceeding 52 kg		
	Male	Poom	Under 56 kg	Over 52 kg but not exceeding 56 kg		
	Male	Poom	Under 60 kg	Over 56 kg but not exceeding 60 kg		
	Male	Poom	Under 64 kg	Over 60 kg but not exceeding 64 kg		

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

	Female	Poom	Under 72 kg	Over 68 kg but not exceeding 72 kg		
	Female	Poom	Under 76 kg	Over 72 kg but not exceeding 76 kg		
	Female	Poom	Over 76 kg	Over 76 kg		
	Female	Red	Under 36 kg	Not exceeding 36 kg		
	Female	Red	Under 40 kg	Over 36 kg but not exceeding 40 kg		
	Female	Red	Under 44 kg	Over 40 kg but not exceeding 44 kg		
	Female	Red	Under 48 kg	Over 44 kg but not exceeding 48 kg		
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	Female	Red	Under 64 kg	Over 60 kg but not exceeding 64 kg		
	Female	Red	Under 68 kg	Over 64 kg but not exceeding 68 kg		
	Female	Red	Under 72 kg	Over 68 kg but not exceeding 72 kg		
	Female	Red	Under 76 kg	Over 72 kg but not exceeding 76 kg		
	Female	Red	Over 76 kg	Over 76 kg		

Name of Teacher in Charge	
Signature	

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
(B DIVISION)
REGISTRATION FORM
(to be completed by all participants)**

NAME:(in full) _____ School: _____ (Class _____)

Date of Birth: _____ Age _____ (as at 1 January 2013) Sex: _____

NRIC/Passport No: _____ Tel:(HP) _____ (H) _____

Address: _____

Grade: _____ Date Obtained: _____ (as at January 2013)

Name of Teacher in Charge: _____ HP: _____

Weight Division

Please Tick (√)

DIVISION	Male	
	Female	
BELT	Red	
	Poom	
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	

**Weight Record
(Must Fill In)**

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Signature



KYORUGI
C DIVISION

F8

NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013

**KYORUGI COMPETITION
(C DIVISION)**

**To : Organizing Chairman
National Schools Taekwondo Championships**

On behalf of _____ (Name of School), I submit the attached entry forms and confirm that the players are all students of the School.

Teacher in Charge		
Teacher's Contact No		
Teacher's Email		
Teacher's Signature		
Coach		
Principal's Name & Signature		School Stamp
Date		

KYORUGI
C DIVISION

F8a



**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
KYORUGI REGISTRATION FORM**

DIVISION : C **BOYS / GIRLS***

School : _____ (Zone _____)

**Please delete accordingly*

No	Name of Players as in NRIC or Student Pass (in BLOCK LETTERS)	Age	Level	Date of Birth dd/mm/yy	NRIC or Student Pass Number	Race	Nationality
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

TEAM COMPOSITION - RACES

RACES	CHINESE (C)	MALAY (M)	INDIAN (I)	OTHERS (O)	TOTAL
Number					

Number of Foreign Students

NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
(C DIVISION)

ENTRIES

Name of School : _____

Name of Teacher in Charge : _____ HP: _____

Name of Qualified Coach(es) with Coach Pass

(1) _____ (Pass No _____)

(2) _____ (Pass No _____)

(3) _____ (Pass No _____)

WEIGHT DIVISION

NO	SEX	BELT	CATEGORY	WEIGHT	NAME	KG
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	Male	Poom	Under 46 kg	Over 42 kg but not exceeding 46 kg		
	Male	Poom	Under 50 kg	Over 46 kg but not exceeding 50 kg		
	Male	Poom	Under 54 kg	Over 50 kg but not exceeding 54 kg		
	Male	Poom	Under 58 kg	Over 54 kg but not exceeding 58 kg		
	Male	Poom	Under 62 kg	Over 58 kg but not exceeding 62 kg		

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

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

Name of Teacher in Charge	
Signature	

**NATIONAL SCHOOLS TAEKWONDO CHAMPIONSHIPS 2013
(C DIVISION)
REGISTRATION FORM
(to be completed by all participants)**

NAME:(in full) _____ School: _____ (Class _____)

Date of Birth: _____ Age _____ (as at 1 January 2013) Sex: _____

NRIC/Passport No: _____ Tel:(HP) _____ (H) _____

Address: _____

Grade: _____ Date Obtained: _____ (as at January 2013)

Name of Teacher in Charge: _____ HP: _____

DIVISION	Weight Division		Please Tick (√)
	Male	Female	
BELT	Red		
	Poom		
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		

Weight Record (Must Fill In)

Signature

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.
Participants	GEN-PAR-4.1	Participants understand the rules of the sport/game.
	GEN-PAR-4.2	Participants to remove all hard/sharp objects and accessories (e.g. necklaces, ear studs, rings).
	GEN-PAR-4.3	Participants conduct warm up exercises before the sport/game.
	GEN-PAR-4.4	Participants to hydrate before, during and after the sport/game.
	GEN-PAR-4.5	Participants conduct cooling down exercises after the sport/game.
	TKD-PAR-4.1	Each participant must be accompanied by a coach with a professional coaching pass. A participant will not be allowed to compete without a coach.
	TKD-PAR-4.2	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 event.