

PEOPLE'S ASSOCIATION-SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

1 **General Information**

- 1.1 The competition shall be called the People's Association - Singapore Taekwondo Federation Taekwondo Championship 2015.
- 1.2 The Championship is jointly organised by People's Association and Singapore Taekwondo Federation (STF).

2 **Date and Time of Championship**

22 Aug 2015 (Saturday) 1.30 pm and
23 Aug 2015 (Sunday) 9.30 am

3 **Tournament Venue**

Toa Payoh Sports Complex

4 **Registration Closing Date**

All entry forms must be signed by CSC/GRO and endorsed by Constituency Office staff.

Registration from 20 to 23 July 2015 (Mon to Thu) from 9.30am to 4.30pm
Venue at STF Secretariat Office
260A Tanjong Katong Road
Singapore 437048

5 **Briefing and Balloting**

8 Aug 2015 (Saturday) from 4.30pm to 6.30pm
Venue at STF National Training Centre
Blk 80 Lorong Limau #04-191
Singapore 320080

6 **Eligibility**

- 6.1 Singaporeans, Permanent Residents (holding blue Identity Card) and Non- Singaporeans could register.
- 6.2 Members of clubs affiliated to the **Singapore Taekwondo Federation** could register.
- 6.3 For Poomsae Event - Holding at least a grade 9 (white with yellow tip) certification issued or endorsed by the STF. The grade shall be based in **April 2015** or earlier.

- 6.4 For Kyorugi Event – Only Red belt, Poom belt and Black belt holders (Highest grades obtained in **April 2015** or earlier).

7 Age Category

- 7.1 Young Junior (1) (Boys and Girls) – 6 to 9 years old*
- 7.2 Young Junior (2) (Boys and Girls) – 10 to 13 years old*
- 7.3 Junior (Boys and Girls) – 14 to 17 years old*
- 7.4 Senior (1) (Men and Women) – 18 to 30 years old *
- 7.5 Senior (2) (Men and Women) – 31 to 40 years old *
- 7.6 Master (1) (Men and Women) – 41 to 50 years old *
- 7.7 Master (2) (Men and Women) – 51 years old and above*

*Age will be based on year of tournament.

8 Events and Entries

8.1 Poomsae - Individual Pattern Competition: (Male and Female)

Category	Compulsory Poomsae
White (Grade 9)	Preliminary Poomsae
Yellow (Grade 8)	Taegeuk Il Jang
Yellow (Grade 7)	Taegeuk E Jang
Green (Grade 6)	Taegeuk Sam Jang
Green (Grade 5)	Taegeuk Sa Jang
Blue (Grade 4)	Taegeuk O Jang
Blue (Grade 3)	Taegeuk Yuk Jang
Red (Grade 2)	Taegeuk Chil Jang
Red (Grade 1)	Taegeuk Pal Jang
Poom (1st & higher)	Koryo
Dan (1st & higher)	Keumgang

8.2 Poomsae - Family Pattern Competition

Open patterns – *The Poomsae they perform shall be of their choice*

There is no limit to the number of participants/family groups a club can field for the individual/family events.

8.3 Poomsae (Open) - Team Pattern Competition (Mixed)

Age Category	Compulsory Poomsae	Participation
Young Junior (1)	Taegeuk II Jang	Two Teams
Young Junior (2)	Taegeuk E Jang	Two Teams
Junior	Taegeuk Sa Jang	Two Teams
Senior (1)	Taegeuk O Jang	Two Teams
Senior (2)	Taegeuk Pal Jang	Two Teams
Master (1)	Koryo	Two Teams
Master (2)	Keumgang	Two Teams

- Each team shall comprise of three participants.
- Each Participant is allowed to participate in one poomsae team event only.
- Each CSC can submit two teams for each category.

8.4 Kyorugi (Red and Poom/Black Belt) – Sparring Competition

YOUNG JUNIOR (1) CATEGORY (6 to 9 years old)

BOYS	Red	GIRLS	Red
	Poom		Poom
Under 26 kg	22 - 25.9 kg	Under 26 kg	22 - 25.9 kg
Under 30 kg	26 - 29.9 kg	Under 30 kg	26 - 29.9 kg
Under 34 kg	30 - 33.9 kg	Under 34 kg	30 - 33.9 kg
Under 38 kg	34 - 37.9 kg	Under 38 kg	34 - 37.9 kg
Under 42 kg	38 - 41.9 kg	Under 42 kg	38 - 41.9 kg
Under 46 kg	42 - 45.9 kg	Under 46 kg	42 - 45.9 kg

YOUNG JUNIOR (2) CATEGORY (10 to 13 years old)

BOYS	Red	GIRLS	Red
	Poom		Poom
Under 30 kg	26 - 29.9 kg	Under 30 kg	26 - 29.9 kg
Under 34 kg	30 - 33.9 kg	Under 34 kg	30 - 33.9 kg
Under 38 kg	34 - 37.9 kg	Under 38 kg	34 - 37.9 kg
Under 42 kg	38 - 41.9 kg	Under 42 kg	38 - 41.9 kg
Under 46 kg	42 - 45.9 kg	Under 46 kg	42 - 45.9 kg
Under 50 kg	46 - 49.9 kg	Under 50 kg	46 - 49.9 kg

JUNIOR CATEGORY (14 to 17 years old)

BOYS	Red	GIRLS	Red
	Poom / Black		Poom / Black
Under 36 kg	32 - 35.9 kg	Under 36 kg	32 - 35.9 kg
Under 40 kg	36 - 39.9 kg	Under 40 kg	36 - 39.9 kg
Under 44 kg	40 - 43.9 kg	Under 44 kg	40 - 43.9 kg
Under 48 kg	44 - 47.9 kg	Under 48 kg	44 - 47.9 kg
Under 52 kg	48 - 51.9 kg	Under 52 kg	48 - 51.9 kg
Under 56 kg	52 - 55.9 kg	Under 56 kg	52 - 55.9 kg

SENIOR (1), (2) & Master (1), (2) CATEGORY (> 18 years old)

MALE	Red	FEMALE	Red
	Black		Black
Under 46 kg	42 - 45.9 kg	Under 46 kg	42 - 45.9 kg
Under 50 kg	46 - 49.9 kg	Under 50 kg	46 - 49.9 kg
Under 54 kg	50 - 53.9 kg	Under 54 kg	50 - 53.9 kg
Under 58 kg	54 - 57.9 kg	Under 58 kg	54 - 57.9 kg
Under 62 kg	58 - 61.9 kg	Under 62 kg	58 - 61.9 kg
Under 66 kg	62 - 65.9 kg	Under 66 kg	62 - 65.9 kg

- ## Participants in the Kyorugi category are allowed to participate in one weight category only.
- ### Participants in the Poomsae category are allowed to participate in the Kyorugi category and vice-versa provided they are registered for the event.

9

Registration Fee

\$20 per participant for Poomsae Individual & Kyorugi

\$40 per Poomsae Family

\$60 per Poomsae Team

For cheque payment, please made cheque payable to “**Singapore Taekwondo Federation**”.

10

Equipment

10.1 Participants are responsible for their own protective equipment.

10.2 Equipment used for the competition must be approved by STF.

10.3 Wearing of mouth guard is compulsory but optional for young junior and junior participants.

11

Uniform

Participants shall wear uniform approved by STF.

- 12 Weigh-in (For Kyorugi Events)**
It is compulsory for all participants to undergo the official weigh-in on the event days. Weigh-in shall be conducted once. No weight allowance will be given. Players who are overweight or underweight shall be disqualified. Switching of weight categories after weigh-in will not be allowed.
- 13 Method of Competition**
- 13.1 Cut-off for Poomsae.
- 13.2 Single Elimination for Kyorugi.
- 13.3 There will be no contest if there are less than three entries in any of the categories.
- 14 Rules and Regulations**
- 14.1 World Taekwondo Federation and Singapore Taekwondo Federation rules will apply. (Website:<http://www.wtf.org>)
- 14.2 Sparring will be conducted in three rounds of 1.5-minute each with 1 minute rest in between rounds. The highest score for the three rounds will be declared the winner. In the event of a tie after the third round, the rules for sudden death will be applied for the fourth round. (The organising committee reserves the right to modify the duration.)
- 15 Declaration**
- 15.1 Any previous training in other martial arts must be declared. (For example type of martial arts, level and years of training).
- 15.2 Team Manager/Coaches must ensure that parents of participants under 21 years old personally endorse the indemnity form. They will be held responsible if the forms contain fake signatures.
- 16 Random Check**
Random weight checks will be conducted during the championship. Participants, who fail their weight requirement, shall be disqualified.
- 17 Protest**
Any protest against a judgement shall be made on a prescribed form and submit together with the fee of **\$100.00** to the Supervisory Board Committee within 15 minutes after the match.

18

Scoring

- 18.1 The total medal tally awarded for both the Poomsae and Kyorugi events will contribute to the Overall Team Champion. **Team must participate in Poomsae events before they will be considered for the Overall Team Championship.**
- 18.2 In the event of a tie, the title will be awarded to the team with the most gold medals, followed by silver medals and then bronze.
- 18.3 If there is still a tie after considering the bronze medals, the teams will be awarded joint team champion.

19

Prizes

Prizes will be awarded to the following positions:

- First place : Gold medal
- Second place : Silver medal
- Third place : Bronze medals (two 3rd placings)

20

Enquiries

For more information, please call Singapore Taekwondo Federation at 63451491 or Mr Andy Lee Thiam Poh at 91064421.

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 save that 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 judgment.
- 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	Full Name & Signature of Team Manager / Coach	Date
_____	_____	_____
CSC Stamp	Full Name & Signature of CSC Chairperson	Date

REGISTRATION FORM A - Young Junior (1)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

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

NAME:(in full) _____ Sex: _____ Date of Birth: _____ Age _____
(as at 2015)

NRIC/Passport No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

Grade: _____ Date Obtained: _____ Name of Coach: _____ HP: _____

AFFILIATE: _____ Name of Manager: _____ HP: _____

Others Martial Art: _____ Level: _____ Years there: _____

(Please **X** the appropriate box)

YOUNG JUNIOR (1) CATEGORY (6 to 9 years old) (born on year 2006 to 2009)

DIVISION	BOY's	
BELT	Red	
	Poom	
Under 26 kg	22 kg – 25.9 kg	
Under 30 kg	26 kg – 29.9 kg	
Under 34 kg	30 kg – 33.9 kg	
Under 38 kg	34 kg – 37.9 kg	
Under 42 kg	38 kg – 41.9 kg	
Under 46 kg	42 kg – 45.9 kg	

DIVISION	GIRL's	
BELT	Red	
	Poom	
Under 26 kg	22 kg – 25.9 kg	
Under 30 kg	26 kg – 29.9 kg	
Under 34 kg	30 kg – 33.9 kg	
Under 38 kg	34 kg – 37.9 kg	
Under 42 kg	38 kg – 41.9 kg	
Under 46 kg	42 kg – 45.9 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 him / her participating in the championships and undertake to indemnify and keep indemnified the Federation and PA against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

Name of Parent / Guardian

NRIC No.

Signature / HP

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

REGISTRATION FORM B - Young Junior (2)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

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

NAME:(in full) _____ Sex: _____ Date of Birth: _____ Age _____
(as at 2015)

NRIC/Passport No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

Grade: _____ Date Obtained: _____ Name of Coach: _____ HP: _____

AFFILIATE: _____ Name of Manager: _____ HP: _____

Others Martial Art: _____ Level: _____ Years there: _____

(Please **X** the appropriate box)

YOUNG JUNIOR (2) CATEGORY (10 to 13 years old) (born on year 2002 to 2005)

DIVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom			Poom	
Under 30 kg	26 kg – 29.9 kg		Under 30 kg	26 kg – 29.9 kg	
Under 34 kg	30 kg – 33.9 kg		Under 34 kg	30 kg – 33.9 kg	
Under 38 kg	34 kg – 37.9 kg		Under 38 kg	34 kg – 37.9 kg	
Under 42 kg	38 kg – 41.9 kg		Under 42 kg	38 kg – 41.9 kg	
Under 46 kg	42 kg – 45.9 kg		Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg		Under 50 kg	46 kg – 49.9 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 him / her participating in the championships and undertake to indemnify and keep indemnified the Federation and PA against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

Name of Parent / Guardian

NRIC No.

Signature / HP

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

REGISTRATION FORM C - Junior

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

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

NAME:(in full) _____ Sex: _____ Date of Birth: _____ Age _____
(as at 2015)

NRIC/Passport No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

Grade: _____ Date Obtained: _____ Name of Coach: _____ HP: _____

AFFILIATE: _____ Name of Manager: _____ HP: _____

Others Martial Art: _____ Level: _____ Years there: _____

(Please **X** the appropriate box)

JUNIOR CATEGORY (14 to 17 years old) (born on year 1998 to 2001)

DIVISION	BOY's	
BELT	Red	
	Poom / Black	
Under 36 kg	32 kg – 35.9 kg	
Under 40 kg	36 kg – 39.9 kg	
Under 44 kg	40 kg – 43.9 kg	
Under 48 kg	44 kg – 47.9 kg	
Under 52 kg	48 kg – 51.9 kg	
Under 56 kg	52 kg – 55.9 kg	

DIVISION	GIRL's	
BELT	Red	
	Poom / Black	
Under 36 kg	32 kg – 35.9 kg	
Under 40 kg	36 kg – 39.9 kg	
Under 44 kg	40 kg – 43.9 kg	
Under 48 kg	44 kg – 47.9 kg	
Under 52 kg	48 kg – 51.9 kg	
Under 56 kg	52 kg – 55.9 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 him / her participating in the championships and undertake to indemnify and keep indemnified the Federation and PA against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

Name of Parent / Guardian

NRIC No.

Signature / HP

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

REGISTRATION FORM D - SENIOR (1)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

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

NAME:(in full) _____ Sex: _____ Date of Birth: _____ Age _____
(as at 2015)

NRIC/Passport No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

Grade: _____ Date Obtained: _____ Name of Coach: _____ HP: _____

AFFILIATE: _____ Name of Manager: _____ HP: _____

Others Martial Art: _____ Level: _____ Years there: _____

(Please **X** the appropriate box)

SENIOR (1) CATEGORY (18 to 30 years old) (born on year 1985 to1997)

DIVISION	MEN's		DIVISION	WOMEN's	
BELT	Red		BELT	Red	
	Black			Black	
Under 46 kg	42 kg – 45.9 kg		Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg		Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg		Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg		Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg		Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg		Under 66 kg	62 kg – 65.9 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 him / her participating in the championships and undertake to indemnify and keep indemnified the Federation and PA against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

Name of Parent / Guardian

NRIC No.

Signature / HP

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

REGISTRATION FORM E - SENIOR (2)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

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

NAME:(in full) _____ Sex: _____ Date of Birth: _____ Age _____
(as at 2015)

NRIC/Passport No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

Grade: _____ Date Obtained: _____ Name of Coach: _____ HP: _____

AFFILIATE: _____ Name of Manager: _____ HP: _____

Others Martial Art: _____ Level: _____ Years there: _____

(Please **X** the appropriate box)

SENIOR (2) CATEGORY (31 to 40 years old) (born on year 1975 to 1984)

DIVISION	MEN's		DIVISION	WOMEN's	
BELT	Red		BELT	Red	
	Black			Black	
Under 46 kg	42 kg – 45.9 kg		Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg		Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg		Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg		Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg		Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg		Under 66 kg	62 kg – 65.9 kg	

**Actual Weight
Must Fill In**

Signature of Participant

(To be completed by participant)

I, _____, is participating in the championships and undertake to indemnify and keep indemnified the Federation and PA against all claims arising out of injury, damage or loss suffered or caused in the course of my participation in the event.

Name of Participant

NRIC No.

Signature / HP

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

REGISTRATION FORM F - MASTER (1)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

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

NAME:(in full) _____ Sex: _____ Date of Birth: _____ Age _____
(as at 2015)

NRIC/Passport No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

Grade: _____ Date Obtained: _____ Name of Coach: _____ HP: _____

AFFILIATE: _____ Name of Manager: _____ HP: _____

Others Martial Art: _____ Level: _____ Years there: _____

(Please X the appropriate box)

MASTER (1) CATEGORY (41 to 50 years old) (born on year 1965 to 1974)

DIVISION	<i>MEN's</i>	
BELT	Red	
	Black	
Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg	

DIVISION	<i>WOMEN's</i>	
BELT	Red	
	Black	
Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg	

Actual Weight
Must Fill In

Signature of Participant

(To be completed by participant)

I, _____, is participating in the championships and undertake to indemnify and keep indemnified the Federation and PA against all claims arising out of injury, damage or loss suffered or caused in the course of my participation in the event.

Name of Participant

NRIC No.

Signature / HP

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

REGISTRATION FORM G - MASTER (2)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

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

NAME:(in full) _____ Sex: _____ Date of Birth: _____ Age _____
(as at 2015)

NRIC/Passport No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

Grade: _____ Date Obtained: _____ Name of Coach: _____ HP: _____

AFFILIATE: _____ Name of Manager: _____ HP: _____

Others Martial Art: _____ Level: _____ Years there: _____

(Please X the appropriate box)

MASTER (2) CATEGORY (51 years old & Above) (born on or before year 1964)

DIVISION	<i>MEN's</i>	
BELT	Red	
	Black	
Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg	

DIVISION	<i>WOMEN's</i>	
BELT	Red	
	Black	
Under 46 kg	42 kg – 45.9 kg	
Under 50 kg	46 kg – 49.9 kg	
Under 54 kg	50 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 62 kg	58 kg – 61.9 kg	
Under 66 kg	62 kg – 65.9 kg	

Actual Weight Must Fill In

Signature of Participant

(To be completed by participant)

I, _____, is participating in the championships and undertake to indemnify and keep indemnified the Federation and PA against all claims arising out of injury, damage or loss suffered or caused in the course of my participation in the event.

Name of Participant

NRIC No.

Signature / HP

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION
TAEKWONDO CHAMPIONSHIP 2015

ENTRIES FOR AFFILIATE

CLUB : _____

Head of Team : _____ HP: _____

Team Manager : _____ HP: _____

Name of Coaches: 1) _____ 5) _____
(Professional Passes)

2) _____ 6) _____

3) _____ 7) _____

4) _____ 8) _____

Poomsae Referees : 1) _____ 5) _____

2) _____ 6) _____

3) _____ 7) _____

4) _____ 8) _____

Kyorugi Referees : 1) _____ 5) _____

2) _____ 6) _____

3) _____ 7) _____

4) _____ 8) _____

YOUNG JUNIOR (1) CATEGORY (6 - 9 years old)**Form A**

S/No	SEX	BELT	CATEGORY	WEIGHT	NAME	Kg
	Male	Red	Under 26 kg	22 – 25.9 kg		
	Male	Red	Under 30 kg	26 – 29.9 kg		
	Male	Red	Under 34 kg	30 – 33.9 kg		
	Male	Red	Under 38 kg	34 – 37.9 kg		
	Male	Red	Under 42 kg	38 – 41.9 kg		
	Male	Red	Under 46 kg	42 – 45.9 kg		
	Male	Poom	Under 26 kg	22 – 25.9 kg		
	Male	Poom	Under 30 kg	26 – 29.9 kg		
	Male	Poom	Under 34 kg	30 – 33.9 kg		
	Male	Poom	Under 38 kg	34 – 37.9 kg		
	Male	Poom	Under 42 kg	38 – 41.9 kg		
	Male	Poom	Under 46 kg	42 – 45.9 kg		
	Female	Red	Under 26 kg	22 – 25.9 kg		
	Female	Red	Under 30 kg	26 – 29.9 kg		
	Female	Red	Under 34 kg	30 – 33.9 kg		
	Female	Red	Under 38 kg	34 – 37.9 kg		
	Female	Red	Under 42 kg	38 – 41.9 kg		
	Female	Red	Under 46 kg	42 – 45.9 kg		
	Female	Poom	Under 26 kg	22 – 25.9 kg		
	Female	Poom	Under 30 kg	26 – 29.9 kg		

	Female	Poom	Under 34 kg	30 – 33.9 kg		
	Female	Poom	Under 38 kg	34 – 37.9 kg		
	Female	Poom	Under 42 kg	38 – 41.9 kg		
	Female	Poom	Under 46 kg	42 – 45.9 kg		

YOUNG JUNIOR (2) CATEGORY (10 to 13 years old)

Form B

S/No	SEX	BELT	CATEGORY	WEIGHT	NAME	Kg
	Male	Red	Under 30 kg	26 – 29.9 kg		
	Male	Red	Under 34 kg	30 – 33.9 kg		
	Male	Red	Under 38 kg	34 – 37.9 kg		
	Male	Red	Under 42 kg	38 –41.9 kg		
	Male	Red	Under 46 kg	42 – 45.9 kg		
	Male	Red	Under 50 kg	46 – 49.9 kg		
	Male	Poom	Under 30 kg	26 – 29.9 kg		
	Male	Poom	Under 34 kg	30 – 33.9 kg		
	Male	Poom	Under 38 kg	34 – 37.9 kg		
	Male	Poom	Under 42 kg	38 –41.9 kg		
	Male	Poom	Under 46 kg	42 – 45.9 kg		
	Male	Poom	Under 50 kg	46 – 49.9 kg		
	Female	Red	Under 30 kg	26 – 29.9 kg		
	Female	Red	Under 34 kg	30 – 33.9 kg		
	Female	Red	Under 38 kg	34 – 37.9 kg		
	Female	Red	Under 42 kg	38 –41.9 kg		
	Female	Red	Under 46 kg	42 – 45.9 kg		
	Female	Red	Under 50 kg	46 – 49.9 kg		
	Female	Poom	Under 30 kg	26 – 29.9 kg		
	Female	Poom	Under 34 kg	30 – 33.9 kg		

	Female	Poom	Under 38 kg	34 – 37.9 kg		
	Female	Poom	Under 42 kg	38 –41.9 kg		
	Female	Poom	Under 46 kg	42 – 45.9 kg		
	Female	Poom	Under 50 kg	46 – 49.9 kg		

JUNIOR CATEGORY (14 to 17 years old)

Form C

S/No	SEX	BELT	CATEGORY	WEIGHT	NAME	Kg
	Male	Red	Under 36 kg	32 – 35.9 kg		
	Male	Red	Under 40 kg	36 – 39.9 kg		
	Male	Red	Under 44 kg	40 – 43.9 kg		
	Male	Red	Under 48 kg	44 – 47.9 kg		
	Male	Red	Under 52 kg	48 – 51.9 kg		
	Male	Red	Under 56 kg	52 – 55.9 kg		
	Male	Poom	Under 36 kg	32 – 35.9 kg		
	Male	Poom	Under 40 kg	36 – 39.9 kg		
	Male	Poom	Under 44 kg	40 – 43.9 kg		
	Male	Poom	Under 48 kg	44 – 47.9 kg		
	Male	Poom	Under 52 kg	48 – 51.9 kg		
	Male	Poom	Under 56 kg	52 – 55.9 kg		
	Female	Red	Under 36 kg	32 – 35.9 kg		
	Female	Red	Under 40 kg	36 – 39.9 kg		
	Female	Red	Under 44 kg	40 – 43.9 kg		
	Female	Red	Under 48 kg	44 – 47.9 kg		
	Female	Red	Under 52 kg	48 – 51.9 kg		
	Female	Red	Under 56 kg	52 – 55.9 kg		
	Female	Poom	Under 36 kg	32 – 35.9 kg		
	Female	Poom	Under 40 kg	36 – 39.9 kg		

	Female	Poom	Under 44 kg	40 – 43.9 kg		
	Female	Poom	Under 48 kg	44 – 47.9 kg		
	Female	Poom	Under 52 kg	48 – 51.9 kg		
	Female	Poom	Under 56 kg	52 – 55.9 kg		

SENIOR (1) CATEGORY (18 to 30 years old)

Form D

S/No	SEX	BELT	CATEGORY	WEIGHT	NAME	Kg
	Male	Red	Under 46 kg	42 – 45.9 kg		
	Male	Red	Under 50 kg	46 – 49.9 kg		
	Male	Red	Under 54 kg	50 – 53.9 kg		
	Male	Red	Under 58 kg	54 – 57.9 kg		
	Male	Red	Under 62 kg	58 – 61.9 kg		
	Male	Red	Under 66 kg	62 – 65.9 kg		
	Male	Black	Under 46 kg	42 – 45.9 kg		
	Male	Black	Under 50 kg	46 – 49.9 kg		
	Male	Black	Under 54 kg	50 – 53.9 kg		
	Male	Black	Under 58 kg	54 – 57.9 kg		
	Male	Black	Under 62 kg	58 – 61.9 kg		
	Male	Black	Under 66 kg	62 – 65.9 kg		
	Female	Red	Under 46 kg	42 – 45.9 kg		
	Female	Red	Under 50 kg	46 – 49.9 kg		
	Female	Red	Under 54 kg	50 – 53.9 kg		
	Female	Red	Under 58 kg	54 – 57.9 kg		
	Female	Red	Under 62 kg	58 – 61.9 kg		
	Female	Red	Under 66 kg	62 – 65.9 kg		
	Female	Black	Under 46 kg	42 – 45.9 kg		
	Female	Black	Under 50 kg	46 – 49.9 kg		

	Female	Black	Under 54 kg	50 – 53.9 kg		
	Female	Black	Under 58 kg	54 – 57.9 kg		
	Female	Black	Under 62 kg	58 – 61.9 kg		
	Female	Black	Under 66 kg	62 – 65.9 kg		

SENIOR (2) CATEGORY (31 to 40 years old)

Form E

S/No	SEX	BELT	CATEGORY	WEIGHT	NAME	Kg
	Male	Red	Under 46 kg	42 – 45.9 kg		
	Male	Red	Under 50 kg	46 – 49.9 kg		
	Male	Red	Under 54 kg	50 – 53.9 kg		
	Male	Red	Under 58 kg	54 – 57.9 kg		
	Male	Red	Under 62 kg	58 – 61.9 kg		
	Male	Red	Under 66 kg	62 – 65.9 kg		
	Male	Black	Under 46 kg	42 – 45.9 kg		
	Male	Black	Under 50 kg	46 – 49.9 kg		
	Male	Black	Under 54 kg	50 – 53.9 kg		
	Male	Black	Under 58 kg	54 – 57.9 kg		
	Male	Black	Under 62 kg	58 – 61.9 kg		
	Male	Black	Under 66 kg	62 – 65.9 kg		
	Female	Red	Under 46 kg	42 – 45.9 kg		
	Female	Red	Under 50 kg	46 – 49.9 kg		
	Female	Red	Under 54 kg	50 – 53.9 kg		
	Female	Red	Under 58 kg	54 – 57.9 kg		
	Female	Red	Under 62 kg	58 – 61.9 kg		
	Female	Red	Under 66 kg	62 – 65.9 kg		
	Female	Black	Under 46 kg	42 – 45.9 kg		
	Female	Black	Under 50 kg	46 – 49.9 kg		

	Female	Black	Under 54 kg	50 – 53.9 kg		
	Female	Black	Under 58 kg	54 – 57.9 kg		
	Female	Black	Under 62 kg	58 – 61.9 kg		
	Female	Black	Under 66 kg	62 – 65.9 kg		

MASTER (1) CATEGORY (41 to 50 years old)

Form F

S/No	SEX	BELT	CATEGORY	WEIGHT	NAME	Kg
	Male	Red	Under 46 kg	42 – 45.9 kg		
	Male	Red	Under 50 kg	46 – 49.9 kg		
	Male	Red	Under 54 kg	50 – 53.9 kg		
	Male	Red	Under 58 kg	54 – 57.9 kg		
	Male	Red	Under 62 kg	58 – 61.9 kg		
	Male	Red	Under 66 kg	62 – 65.9 kg		
	Male	Black	Under 46 kg	42 – 45.9 kg		
	Male	Black	Under 50 kg	46 – 49.9 kg		
	Male	Black	Under 54 kg	50 – 53.9 kg		
	Male	Black	Under 58 kg	54 – 57.9 kg		
	Male	Black	Under 62 kg	58 – 61.9 kg		
	Male	Black	Under 66 kg	62 – 65.9 kg		
	Female	Red	Under 46 kg	42 – 45.9 kg		
	Female	Red	Under 50 kg	46 – 49.9 kg		
	Female	Red	Under 54 kg	50 – 53.9 kg		
	Female	Red	Under 58 kg	54 – 57.9 kg		
	Female	Red	Under 62 kg	58 – 61.9 kg		
	Female	Red	Under 66 kg	62 – 65.9 kg		
	Female	Black	Under 46 kg	42 – 45.9 kg		
	Female	Black	Under 50 kg	46 – 49.9 kg		

	Female	Black	Under 54 kg	50 – 53.9 kg		
	Female	Black	Under 58 kg	54 – 57.9 kg		
	Female	Black	Under 62 kg	58 – 61.9 kg		
	Female	Black	Under 66 kg	62 – 65.9 kg		

MASTER (2) CATEGORY (51 years old & Above)

Form G

S/No	SEX	BELT	CATEGORY	WEIGHT	NAME	Kg
	Male	Red	Under 46 kg	42 – 45.9 kg		
	Male	Red	Under 50 kg	46 – 49.9 kg		
	Male	Red	Under 54 kg	50 – 53.9 kg		
	Male	Red	Under 58 kg	54 – 57.9 kg		
	Male	Red	Under 62 kg	58 – 61.9 kg		
	Male	Red	Under 66 kg	62 – 65.9 kg		
	Male	Black	Under 46 kg	42 – 45.9 kg		
	Male	Black	Under 50 kg	46 – 49.9 kg		
	Male	Black	Under 54 kg	50 – 53.9 kg		
	Male	Black	Under 58 kg	54 – 57.9 kg		
	Male	Black	Under 62 kg	58 – 61.9 kg		
	Male	Black	Under 66 kg	62 – 65.9 kg		
	Female	Red	Under 46 kg	42 – 45.9 kg		
	Female	Red	Under 50 kg	46 – 49.9 kg		
	Female	Red	Under 54 kg	50 – 53.9 kg		
	Female	Red	Under 58 kg	54 – 57.9 kg		
	Female	Red	Under 62 kg	58 – 61.9 kg		
	Female	Red	Under 66 kg	62 – 65.9 kg		
	Female	Black	Under 46 kg	42 – 45.9 kg		
	Female	Black	Under 50 kg	46 – 49.9 kg		

	Female	Black	Under 54 kg	50 – 53.9 kg		
	Female	Black	Under 58 kg	54 – 57.9 kg		
	Female	Black	Under 62 kg	58 – 61.9 kg		
	Female	Black	Under 66 kg	62 – 65.9 kg		

Total: _____

Payment : _____ **Receipt No:** _____

Cheque No / Bank: _____

Cash : _____

By Invoice : Yes / No

Name & Signature of CSC Chairperson

CSC Stamp

REGISTRATION FORM - H - Poomsae Individual (Male)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

(Please X the appropriate box)

Young Junior (1)	Young Junior (2)	Junior	Senior (1)	Senior (2)	Master (1)	Master (2)

CLUB			
COACH		Contact No	

No	Name	*Category											
		White		Yellow		Green		Blue		Red		Poom	Dan
		9	8	7	6	5	4	3	2	1			

**Please tick accordingly*

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

REGISTRATION FORM - I - Poomsae Individual (Female)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

(Please X the appropriate box)

Young Junior (1)	Young Junior (2)	Junior	Senior (1)	Senior (2)	Master (1)	Master (2)

CLUB			
COACH		Contact No	

No	Name	*Category											
		White		Yellow		Green		Blue		Red		Poom	Dan
		9	8	7	6	5	4	3	2	1			

**Please tick accordingly*

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

REGISTRATION FORM - J - POOMSAE FAMILY

**PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION
TAEKWONDO CHAMPIONSHIP 2015**

POOMSAE FAMILY

CLUB			
COACH		Contact No	

No	Name	Category					
		White	Yellow	Green	Blue	Red	Poom/Black

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

REGISTRATION FORM - K - POOMSAE TEAM

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

POOMSAE TEAM OF THREE (MIXED)

Name of Club			
Name of Coach		Contact No	

Category	Team (1)	Race	Team (2)	Race
Young Junior (1)				
Young Junior (2)				
Junior				

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

REGISTRATION FORM - L - POOMSAE TEAM

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

POOMSAE TEAM OF THREE (MIXED)

Name of Club			
Name of Coach		Contact No	

Category	Team (1)	Race	Team (2)	Race
Senior (1)				
Senior (2)				
Master (1)				
Master (2)				

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp

REGISTRATION FORM - M

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2015

POOMSAE PARTICIPANT FORM

(to be completed by all Poomsae participants)

Name of Club	
--------------	--

Name of Participant		NRIC No	
Date of Birth		Race	
Grade (as April 2015)		Sex	
Contact No	(Mobile)		(Home)
Home Address		Singapore	
Team Manager			(Mobile)
Name of Coach			(Mobile)

Parental/Guardian Consent			
I consent to the participation of the above named applicant, who is my *child/ward, in the PA-STF Taekwondo C'ships. I hereby release the Singapore Taekwondo Federation, PA CSC Council and its agents from all liabilities that may arise in connection therein.			
Name		Signature/Date	
NRIC No.		Contact No	(Mobile)
Witnessed By			
Team Manager		Signature/Date	
NRIC No.		Contact No	(Mobile)

Name & Signature
of Team Manager

Name & Signature
of CSC Chairperson

CSC Stamp