



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

**Singapore Taekwondo Federation (STF)  
National Primary Schools Taekwondo Championships 2017**

**General Rules and Regulations  
(Governed by the Singapore Primary Schools Sports Council)**

**1 ORGANISING COMMITTEE**

Composition

The Organising Committee shall consist of the following

- Advisor : Mr Lim Teong Chin (STF)
- Chairman : Mr Andy Lee Thiam Poh (STF)
- Members : Mr Darren Lee Thiam Huat Darren (STF)  
Mr Darwin Goh Ying Shi (Serangoon Junior College)  
Mr Lim Kim Ming (Springfield Secondary School)  
Ms Tan Sio Ling (Edgefield Secondary School)  
Ms Ong Bee Bee (Pei Hwa Sec School)  
Mr Jason Tan Junwei (STF)  
Mr Raja Zufadli (STF)  
Mr Gan Guo Bin (STF)  
Mr Johnnaton Ho (STF)  
Ms Yap Jim Cheng (STF)  
Ms Yap Gin Yee (STF)

Duties

The Organising Committee shall have the responsibilities and powers to

- fix the competition dates, times and venues;
- draw fixtures;
- arrange equipment, facilities and other tasks for the smooth running of the competition;
- incur expenditure with the budget approved by the STF;
- deal with all matters pertaining to the organizing of the event;
- conduct RAMS for the venue and championships; and
- to ensure that Baseline Safety Standards for National School Games are adhered.

## 2 REFEREEING OFFICIALS

The STF shall appoint referees for the competition.

## 3 COMPETITION RULES

The competition shall be conducted according to the World Taekwondo Federation rules adopted and modified by the Singapore Taekwondo Federation (STF).

## 4 DIVISION

Students shall compete in their respective age groups. They are as follows.

- Senior Division : **1 January 2006**  
**1 January 2005 to 31 December 2005**  
**2 January 2004 to 31 December 2004**

- Junior Division : **1 January 2009**  
**1 January 2008 to 31 December 2008**  
**1 January 2007 to 31 December 2007**  
**2 January 2006 to 31 December 2006**

*(Poomsae events only)*

- 1 January 2011**  
**1 January 2010 to 31 December 2010**  
**2 January 2009 to 31 December 2009**

Participation is subject to age dispensation policy (Annex B).

There shall be no option for juniors to represent their school in the senior division in all individual and team events.

## 5 EVENTS

### Senior Division

- Kyorugi - 12 weight categories (Individual – Male)
- Kyorugi - 12 weight categories (Individual – Female)
- Poomsae - 10 colour-categories (Individual - Male)
- Poomsae - 10 colour-categories (Individual - Female)

- Poomsae - 10 colour-categories (Team – Male)
- Poomsae - 10 colour-categories (Team – Female)
- **Poomsae - 10 colour-categories (Team – Mixed) Trial Event**

### Junior Division

- Kyorugi - 12 weight categories (Individual – Male)
- Kyorugi - 12 weight categories (Individual – Female)
- Poomsae - 10 colour-categories (Individual - Male)
- Poomsae - 10 colour-categories (Individual - Female)
- Poomsae - 10 colour-categories (Team – Male)
- Poomsae - 10 colour-categories (Team – Female)
- **Poomsae - 10 colour-categories (Team – Mixed) Trial Event**

## 6 ENTRIES

### Poomsae

For poomsae, each school may field a maximum of three **(3)** male and three **(3)** female performers per individual colour category; and one male team, one female team AND **one MIXED team (trial event)** per colour category.

A student may participate in both the individual and team events and is allowed to complete in a maximum of two categories each – his/her grade and another higher grade up to Red 1 (Black strip) or any two grades higher than his or her present grade up to Red 1.

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

### Kyorugi

For kyorugi, each school is allowed to submit a maximum of **2** players per weight category. They can only compete in their grade category.

**All entries must be submitted through the SPSSC e-Registration portal on or before the stipulated closing date. This includes details of players along with the necessary supporting documents.**

- a) Baseline Safety Standards Acknowledgement Form
- b) Supporting documents for Special/Transfer case students

## 7 REGISTRATION OF PLAYERS

Only members with STF certification are allowed to register for the competition.

International students can only be registered to play for their school **after** they have been issued with the student passes from the Immigration and Checkpoints Authority.

International students who are in the schools on exchange programme are **not allowed** to represent the school.

Registration constitutes representation – that is, once a student is registered for a competition, he or she is deemed to have represented his or her school. Hence, the student is not allowed to represent another school.

## 8 SUSPENSION

A performer or player suspended by any of the following bodies is barred from participating in the competition for the period of suspension.

- School
- Zone Council
- Singapore Primary Schools Sports Council
- Singapore Taekwondo Federation

## 9 PARTICIPATION FEES

The participation fees are as follows.

### Poomsae

- \$12.00 per performer per colour-category per event – for example, a performer participates in 2 individual colour-categories and 2 team events, he or she pays \$48.00.

### Kyorugi

- \$12.00 per player
- Fees paid will not be refunded under any circumstances.

- All payments shall either be by crossed cheques made payable to the **Singapore Taekwondo Federation** or through IFAAS. Cash payment will not be accepted.

## 10 COMPETITION FORMAT

### Poomsae

- For the competition in each category to be carried out officially, there must be a minimum of 3 performers or 3 teams from 3 different schools in the colour category. No contest for fewer than 3 performers or 3 teams from 3 different schools in the colour category
- The cut-off system shall be used for the competition – for example, if there are more than 10 performers in the category, 8 will be selected for the finals. And if there are fewer than 10 performers in the category, all will be direct for the finals.
- The number will be more if there are equal scores (For example, if there are more than one performer sharing the same score for the 8<sup>th</sup> position, all the performers will move to the finals)
- If there is a tie for any of the top four positions, the performers will have to compete again to break the tie.

(The organizing committee reserves the right to modify the method of competition.)

### Kyorugi

- There must be a minimum of 3 players from 3 different schools for the competition in the weight category to be held. No contest for fewer than 3 players from 3 different schools in the weight category.
- The knockout system shall be used for the competition.
- Players do not have to compete for the 3<sup>rd</sup> and 4<sup>th</sup> placing. Both players will automatically be awarded the bronze medal.

## 11 PROCEDURE

All participants must be ready to report to the competitor stewards for arrangement or inspection when their names are called. This will be at least half an hour before they are due to compete.

Poomsae performers must wear the uniform and the belt colour for the category they are competing in.

Those who fail to be ready for the performance or contest or fail to appear within two minutes before the scheduled start of their performance or contest shall be deemed as having withdrawn from the competition. No grace period shall be given unless there is a calamity which affects a good number of participants.

Each participant must be accompanied by a coach with a professional pass. A participant will not be allowed to compete without a coach.

## **12 POSTPONEMENT**

The Organising Committee reserves the right to postpone the championships for any valid reasons. All participants shall abide by the decision.

## **13 WITHDRAWAL/WALK-OVER**

Schools participating in the competition should not withdraw or give a walk-over unless it is a technical withdrawal or walk-over. Other than that any withdrawal or walkover is considered contrary to the spirit of the game. Technical withdrawal means that the player is outclassed in the match and technical walk-over happens when the player has to concede defeat because he or she is injured.

For each withdrawal or walk-over, a written explanation duly endorsed by the Principal shall be submitted to the Organising Chairman within two working days. A copy each is to be extended to the Advisors and the Technical Delegate.

For withdrawal or walk-over, a player or team will be disqualified from receiving any points, placing or medals. However, any merits earned by the participant will still be recognised for technical withdrawal or walkover.

## **14 PROTEST**

If there is any objection to any technical decision of officials including the referees and judges, the teacher-in-charge may file a protest by completing and submitting the prescribed form to the Competition Supervisory Board (CSB).

The submission must be accompanied by the **S\$150** protest fee (inclusive of GST) and made **within 10 minutes** of the incident or the announcement of the result, whichever is applicable.

The CSB comprising the Chairman, the Technical Delegate and one member shall be appointed by the STF. The Board which has the power to decide on all technical matters shall deliberate the protest immediately. Its decision shall be final and no further appeal will be entertained.

The fee will be refunded if the protest is upheld. However, if it is overruled, the fee will be retained by the STF.

The Chairman of the CSB shall submit a report to the STF and the Principal concerned.

Upon the release of the decision of the CSB, only schools may appeal to the Council. Notices of the appeal shall be lodged with the Secretary of the Zone/Central Council within two (2) working days upon receiving the CSB division. The appeal must be made in writing and duly signed by the Principal and accompanied by an administrative fee of three hundred dollars (\$300) inclusive of GST. Upon receiving the notice of appeal from the school, the appeal fee of \$300 shall be deducted from the school's account via IFAAS. Regardless of the outcome of the appeal, there will be no refund.

For non-technical matters, the appeal shall be submitted to the STF within five working days before the competition and two working days after the competition. The Executive Members of the STF Management shall deal with the appeal. Its decision shall be absolute and final.

## **15 AWARDS**

Medals will be awarded to gold medalist, silver medalist and two bronze medalists in each category.

Medals / Championships trophies will be awarded to the top two schools if there are three participating schools, the top three schools if there are four participating schools and the top four schools if there are five or more participating schools in each Division for male and female categories based on the total points collected for the kyorugi and poomsae competitions.

The following point system shall apply:

- 5 points for each gold medal won

- 3 points for each silver medal won
- 1 point for each bronze medal won
- 1 additional point for every match won in the kyorugi competition
- 1 additional point for clearing each stage of the poomsae competition

As mixed team is a trial event, the results will NOT contribute to the overall title. Prize recipients shall collect their prizes either in their school track suits or taekwondo uniform.

## **16 TEACHER-IN-CHARGE**

Each participating team must be accompanied by a teacher who shall remain with the team throughout the competition. Failure to comply with this requirement shall lead to the disqualification of the whole team (please refer to Annex A).

The teacher-in-charge shall be an Education Officer or a Contract Adjunct Teacher only.

Teachers-in-charge are not allowed to interfere with the final decision taken by the referee on points of rules after clarification has been sought. If such interference results in disruption of any match, the Organising Committee will take the appropriate action.

## **17 COACHES**

Coaches accompanying performers or players to the arena must wear their professional passes. They will not be allowed to be with their players at the arena if they do not have their passes.

Coaches are expected to observe the code of conduct **in alignment to the spirit of the Officials and Coaches' Oath (please refer to Annex B & E)** and are not allowed to approach any official to question his or her decisions. Only the teachers-in-charge may seek clarifications from the official. The STF shall take disciplinary action against coaches who fail to fulfill their responsibility.

## **18 SUPPORTERS**

Schools sending supporters to the competition shall ensure that their students are in proper school uniform and sufficient teachers are present to maintain discipline.



All supporters are required to remain within the stipulated area throughout the competition. They are not allowed to be in the field of play.

Participating schools must ensure that their supporters and spectators attending the game(s) conduct themselves to the best of their abilities (Refer to Annex D). In the event that unsportsmanlike behaviour is observed, the Convenor may, at his discretion, issue an eviction of the spectator from the training/competition venue.

## **19 OTHER MATTERS**

A school team will be disqualified if it commits any of the following:

- a) if it fields an ineligible player who is:
  - i. an overage player
  - ii. an underage player
  - iii. an unregistered player
  - iv. a suspended player
  - v. a player without a valid student pass
  - vi. a non bona fide pupil
- b) team/player not accompanied by a teacher
- c) team/player which caused the game/match to be abandoned

All results involving the team which has been disqualified will be considered null and void.

All matters not provided for in the rules and regulations shall be dealt with by the Organising Committee in consultation with the Advisors.

## **20 AMENDMENTS**

The Singapore Primary Schools Sports Council shall have the right to delete, add or amend the rules and regulations laid down herein.



**NATIONAL SCHOOL GAMES TAEKWONDO CHAMPIONSHIPS 2017**  
**DATA COLLATION FORM (FOR PRIMARY SCHOOLS)**

Note:

- It is **compulsory** for students to submit this form to schools with endorsement of the coach and Singapore Taekwondo Federation
- This form only serves to collate the information from participating students for registration by teacher-in-charge via the official eRegistration system
- Submission of form to teacher-in-charge does not constitute registration. School will make the final decision on the students to be officially registered for the competition.

**Registration Rules**

1) Kyorugi	Each school is allowed to submit a maximum of 2 players per weight category.
2) Poomsae	Each <b>primary</b> school may field a maximum of three male and three female performers per <u>individual</u> colour category and one male , one female <u>team</u> and <b>one mixed team</b> per colour category.
3) Poomsae	A student may participate in both the individual and team events and is allowed to compete in a maximum of two categories each – his/her grade and another higher grade up to Red 1 (Black stripe) or any two grades higher than his or her present grade up to Red 1.
4) Poomsae Junior Division	Age Dispensation applies only to 7 and 8 years old who wish to participate in the Junior Division. If Age Dispensation = Yes, the Age Dispensation form must be completed, endorsed, and submitted via the eReg system.

**Type of Competition:**   Kyorugi / Poomsae\*  

**Division:**   Junior / Senior \*   **Age Dispensation** (only for Poomsae Junior Div):   Yes / No\*  

**Name of Student**  
(as in BC/NRIC/Passport): \_\_\_\_\_

**Class:** \_\_\_\_\_ **Gender:**   F / M\*  

**NRIC:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_ (dd/mm/yyyy)

**Weight:** \_\_\_\_\_ (to the nearest 1 decimal place)

<b>Highest Belt / Grade Attained:</b>	<input type="checkbox"/> White 9	<input type="checkbox"/> Green 5 (Blue Stripe)	<input type="checkbox"/> Red 2
	<input type="checkbox"/> Yellow 8	<input type="checkbox"/> Blue 4	<input type="checkbox"/> Red 1 (Black Stripe)
	<input type="checkbox"/> Yellow 7 (Green Stripe)	<input type="checkbox"/> Blue 3 (Red Stripe)	<input type="checkbox"/> Poom/Black
	<input type="checkbox"/> Green 6		<i>For Kyorugi, only students with these Belt/Grade are eligible</i>

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

<b>Participating Category (applicable only for <u>Poomsae</u>)</b>	
<b>Individual</b> <i>(max 2 categories)</i>	<b>Team of Three</b> <i>(max 2 categories)</i> <input type="checkbox"/> Boys <input type="checkbox"/> Girls <input type="checkbox"/> <b>Mixed Team</b> <span style="color: red;">(Trial Event)</span>
<input type="checkbox"/> White 9 <input type="checkbox"/> Yellow 8 <input type="checkbox"/> Yellow 7 (Green Stripe) <input type="checkbox"/> Green 6 <input type="checkbox"/> Green 5 (Blue Stripe) <input type="checkbox"/> Blue 4 <input type="checkbox"/> Blue 3 (Red Stripe) <input type="checkbox"/> Red 2 <input type="checkbox"/> Red 1 (Black Stripe) <input type="checkbox"/> Poom/Black	<input type="checkbox"/> White 9 <input type="checkbox"/> Yellow 8 <input type="checkbox"/> Yellow 7 (Green Stripe) <input type="checkbox"/> Green 6 <input type="checkbox"/> Green 5 (Blue Stripe) <input type="checkbox"/> Blue 4 <input type="checkbox"/> Blue 3 (Red Stripe) <input type="checkbox"/> Red 2 <input type="checkbox"/> Red 1 (Black Stripe) <input type="checkbox"/> Poom/Black

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### **DETAILS AND ENDORSEMENT BY COACH**

**Club (if any):** \_\_\_\_\_

**Name of Coach**  
(as in NRIC/Passport): \_\_\_\_\_

**Coach Pass No.** \_\_\_\_\_ **Coaching Qualification:** 2 / 3\*

\_\_\_\_\_  
Signature    Date    Contact number

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### **ENDORSEMENT BY SINGAPORE TAEKWONDO FEDERATION**

\_\_\_\_\_  
Name & Signature    Date    Stamp

*\* Please select or delete where not applicable*

## SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL

### ROLE OF THE TEACHER IN-CHARGE

The teacher in-charge will represent the school on all matters pertaining to the administration and organisation of the tournament. He/She will do the following:

- to ensure good attendance during practice
- to take follow-up actions on absenteeism of members
- to co-ordinate training sessions with the external instructor
- to monitor and take stock of sports equipment
- to attend meetings called by the game convenor
- to submit team list
- to be responsible for the accuracy of the players' particulars in the entry forms and ensure that the pupils are not placed in the wrong division.
- to liaise between the Organising Committee (convenor school) and the Principal (school)
- to check the fixtures and schedules
- to make transport arrangements for the teams
- to accompany the schools teams for all competitions
- to remain with the team throughout the duration of play
- to be responsible for the conduct and behaviour of the external instructor, players and supporters (Refer to Annex D & E)
- to represent the school in matters pertaining to appeals/protests (as required by the sport/game)
- to accompany pupils at disciplinary board meeting
- to ensure that the team is medically covered e.g. first aid kit

## AGE DISPENSATION POLICY FOR SPSSC

### 1. BACKGROUND

Age Dispensation Policy refers to the approval for a pupil to participate in a sport/game recognised by the Singapore Primary Schools Sports Council (SPSSC).

This policy **only** applies to 7 and 8 years old who wish to participate in the 'Junior' Division competitions organised under the auspices of the SPSSC (except the 5 identified sports<sup>1</sup> with higher risks). Poomsae event for Taekwondo is allowed.

### 2. APPLICATION PROCESS

Eligible students (listed in para 1) are to apply for age dispensation with their respective games organising committees using the application form in Annex B2. This form has to be submitted by their parents/guardians and endorsed by their school Principal.

The application form has to be submitted together with the school's registration form for the competition.

Any application submitted after the closing date stipulated by the respective games convenors will not be considered.

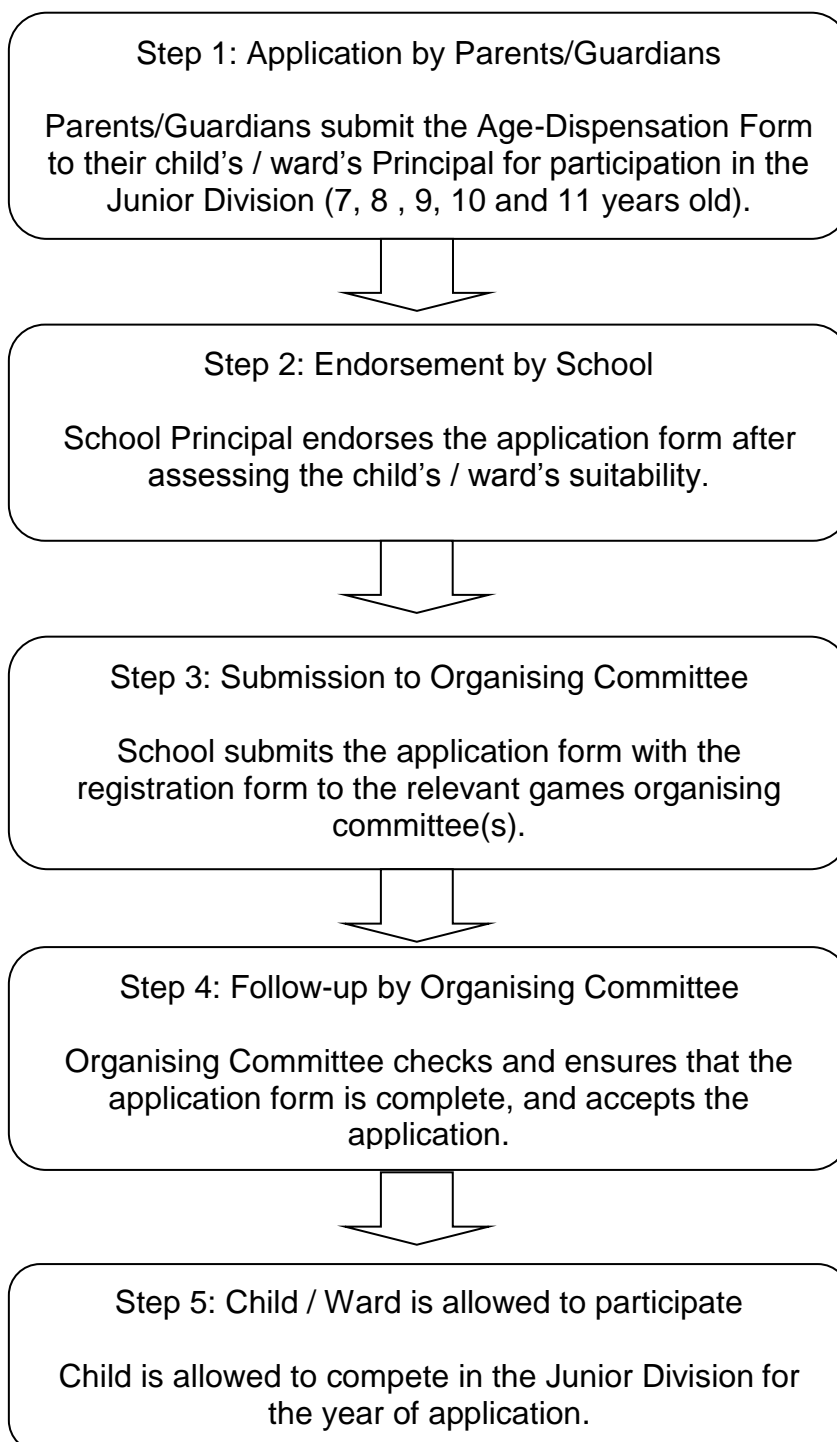
### 3. TERMS AND CONDITIONS

- a. Age dispensation for 7 and 8 years old is allowed for all sports; except the 5 identified sports with higher risks. Poomsae event for Taekwondo is allowed.
- b. Age dispensation is only granted for the year of application.
- c. Once approved, pupil can only compete in the Junior division, i.e. for both individual and team events for the approved year.

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<sup>1</sup> The 5 identified sports are rugby, football, basketball, hockey and taekwondo (Kyorugi). Taekwondo (Poomsae) is a non-contact segment, hence it is not classified as a sport with higher risk.

**SPSSC FIVE STEP FLOWCHART FOR  
AGE DISPENSATION**



**SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL  
APPLICATION FOR AGE DISPENSATION**

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

**Acknowledgement by Parent/Guardian:**

I, \_\_\_\_\_, parent/guardian of \_\_\_\_\_ would like to request for my child/ward to represent the school in the SPSSC Junior division competition for the above-mentioned sport in \_\_\_\_\_ (Year).

I have assessed his/her physical and mental readiness and deem him/her to be suitable and ready to compete in the above-stated category.

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

Principal's Endorsement:

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

## SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL

### Code of Conduct for External Instructors

- External instructors are expected to conduct themselves well in carrying out their duties.
- They are to observe the rules and regulations of the school.
- They should not replace the role of the teacher in-charge.
- They will prepare the training schedule for the team, in consultation with the Principal and the teacher in-charge (i.e. 30-week programme)
- They are not allowed into the competition area except where the rule of the game requires the presence of the instructor e.g. Softball.
- They cannot represent the school in any matters.
- They must not interfere with the organisation of the tournament.
- They are not allowed to approach the game officials to query their decisions. Only teachers-in-charge are allowed to approach game officials to seek clarifications.
- External instructors violating the above rules will be asked to leave the competition arena.
- Action will be taken against the school if the external instructors fail to comply with the tournament rules.
- The onus for the external instructors to adhere to the above rules and to be well versed with the competition rules amended to meet the needs of our pupils' lies with the school concerned.
- Ensure that the team has adequate rest and given water breaks.
- Instructors should refrain from using foul language or in a tone not becoming of proper behaviour.



## **Expected Behaviour for Spectators**

### **Spectators' Creed**

- **Be a Respectful Supporter – Applaud excellence and fair play. Appreciate the efforts of all athletes, teachers, coaches, officials and organisers.**
- **Be a Motivator– Cheer to encourage and motivate. Care for athletes' well-being.**
- **Be a Responsible Spectator – Keep the venue safe and comfortable for all. Keep the venue clean.**

**Athletes, Officials and Coaches' Oaths**

  <p><b>ATHLETES' OATH</b></p> <p><b>"In the name of all competitors we promise that we shall take part in these National School Games, respecting and abiding by the rules which govern them, committing ourselves to the true spirit of sportsmanship, without doping and without drugs, for the glory of sport and the honour of our teams."</b></p> <p><small>(Revised version 2015; Adapted from the Olympic Athletes' Oath, 1999)</small></p> <p><b>Character in Sporting Excellence</b></p>	  <p><b>OFFICIALS' OATH</b></p> <p><b>"In the name of all the judges and officials, we promise that we shall officiate in these National School Games with complete impartiality, without doping and without drugs. We will respect and abide by the rules which govern the Games, in the true spirit of sportsmanship."</b></p> <p><small>(Revised Version 2015; Adapted from the Olympic Officials' Oath, 1999)</small></p> <p><b>Character in Sporting Excellence</b></p>
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**COACHES' OATH**

***In the name of all the coaches,  
we promise to respect all athletes,  
officials and coaches in these  
National School Games.  
We shall act in the best interest of the  
athletes and schools,  
without doping and without drugs.  
We commit ourselves to ensure that the  
spirit of sportsmanship and fair play is  
fully adhered to and upheld always."***

(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)

**Character in Sporting Excellence**