

PEOPLE'S ASSOCIATION-SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

1 **General Information**

- 1.1 The competition shall be called the People's Association - Singapore Taekwondo Federation Taekwondo Championship 2019.
- 1.2 The Championship is jointly organised by People's Association and Singapore Taekwondo Federation (STF).

2 **Date and Time of Championship**

5 Oct 2019 (Saturday) 9.00am to 9.00pm, and
6 Oct 2019 (Sunday) 9.00am to 9.00pm

3 **Tournament Venue**

Jurong East Sports Complex

4 **Registration Closing Date**

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

Registration from 2 to 5 Sep 2019 (Mon to Thu) from 9.30am to 4.30pm
Venue at STF Secretariat Office
35 Joo Chiat PLace
Singapore 427759

5 **Team Managers Briefing**

29 Sep 2019 (Sunday) @ 5.30pm to 7.30pm
Venue at STF National Training Centre
Blk 80 Lorong Limau #04-191
Singapore 320080

6 **Eligibility**

- 6.1 Singaporeans and Permanent Residents (holding blue Identity Card) and non- Singaporeans could register.
- 6.2 PA Course participants 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 **July 2019, third quarter grading season** or earlier.

- 6.4 For Kyorugi Event – Only Red belt, Poom belt and Black belt holders (Highest grades obtained in **July 2019, third quarter grading season** or earlier).

6 Age Category

- 7.1 Young (1) (Boys and Girls) – 9 years old* and below
 7.2 Young (2) (Boys and Girls) – 10 to 12 years old*
 7.3 Cadet (Boys and Girls) – 13 & 14 years old*
 7.4 Junior (Boys and Girls) – 15 to 17 years old*
 7.5 Senior (1) (Men and Women) – 18 to 30 years old *
 7.6 Senior (2) (Men and Women) – 31 to 40 years old *
 7.7 Master (1) (Men and Women) – 41 to 50 years old *
 7.8 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 10)-for age 12 years & below	Introductory 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
1 st Poom / 1 st Dan	*Taegeuk Pal Jang / **Koryo
2 nd Poom / 2 nd Dan	*Koryo / **Keumgang
3 rd Poom / 3 rd Dan, & higher	*Keumgang / **Taebak

**First Poomsae for Semi-Finals round, and ** second Poomsae for Final round*

8.2 Poomsae - Family Pattern Competition

Open patterns – *The Poomsae they perform shall be of their choice*
(From Preliminary Poomsae to Taeback only)

* 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 (1)	Taegeuk II Jang	Two Teams
Young (2)	Taegeuk E Jang	Two Teams
Cadet	Taegeuk Sam 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

- White (Grade 10) –for age 12 years & below only
- Each team shall comprise of three (3) participants..
- Each Participant is allowed to participate in one poomsae team event only.
- Each Club can submit two teams for each category.

8.4 Freestyle Poomsae –

- Newly introduced event for performance purposes only.
- Individual participants are allowed, up to a maximum of five participants in a team.
- Performance music is optional.

8.5 Kyorugi (Red and Poom/Balck Belt) – Sparring Competition

YOUNG (1) CATEGORY (9 years old & below)

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
Over 46 kg	46 kg +	Over 46 kg	46 kg +

YOUNG (2) CATEGORY (10 to 12 years old)

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

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

CADET CATEGORY (13 & 14 years old)

BOYS	Red
	Poom
Under 32 kg	27 - 31.9 kg
Under 36 kg	32 - 35.9 kg
Under 40 kg	36 - 39.9 kg
Under 44 kg	40 - 43.9 kg
Under 48 kg	44 - 47.9 kg
Under 52 kg	48 - 51.9 kg
Over 52 kg	52 kg +

GIRLS	Red
	Poom
Under 32 kg	27 - 31.9 kg
Under 36 kg	32 - 35.9 kg
Under 40 kg	36 - 39.9 kg
Under 44 kg	40 - 43.9 kg
Under 48 kg	44 - 47.9 kg
Under 52 kg	48 - 51.9 kg
Over 52 kg	52 kg +

JUNIOR CATEGORY (15 to 17 years old)

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

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

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

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

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

There is no limit to the number of participants a club can field for the Kyorugi events.

Participants in the Kyorugi category are allowed to participate in one weigh category only.

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

9 **Registration Fee**

\$21.40 per participant for Poomsae Individual, Freestyle Poomsae & Kyorugi

\$42.80 per Poomsae Family

\$64.20 per Poomsae Team

For cheque payment, please made cheque payable to “**Singapore Taekwondo Federation**”. All fees included GST.

10 **Equipment**

10.1 All competitors will be required to wear the following protective equipment on entering the contest area :

Headgear with face shield (Blue or Red only) or E- Headgear, Trunk protector, E-Socks, Groin guard, Forearm guard, Shin guard, Gloves and Mouthpiece (option for headgear with face shield).

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

10.3 A female competitor will also be required to wear groin guard.

10.4 **PSS system in use : KPNP system, Headgear, Trunk protector & E-socks will be provided.**

11 **Uniform**

11.1 Participants shall wear uniform brands recongnized by the STF. Any participant who does not meet the uniform requirement shall be disqualified from the competition uniform approved by STF.

11.2 **Participants competing in the Junior Category can put on black belt uniforms during the competition.**

12 **Weigh-in (For Kyorugi Event)**

12.1 It is compulsory for all participants to undergo the official weigh-in on the event days . Weigh-in shall be conducted once. Not weigh allowance given. Players who are over weight or under weight 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.

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

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 2 or 3 rounds of 1.0 or 1,5 minute each with 0.5 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 Golden Point Round will be applied for the fourth round.
(The organising committee reserves the right to modify the duration.)

15 Provision Of Referee

- 15.1 All participating teams or clubs are compulsory to provide sufficient qualified National Referee (Poomsae & Kyorugi) for the tournament. Based on one Referee for every 30 participants per club.

16 Provision Of Volunteer

- 16.1 All participating teams or clubs are compulsory to provide one volunteer (Junior or Senior, for full day) for the tournament.

17 Declaration

- 17.1 Any previous training in other martial arts must be declared. (For example types of martial arts, level and years of trainings).
- 17.2 All participants must fully declare any medical condition/history. Attach with photocopy of the medical letter.
- 17.3 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.

18 Random Check

- 18.1 Random weight checks will be conducted during the championship. Participants, who fail their weight requirement, shall be disqualified.

19 Protest

- 19.1 Any protest against a judgement shall be made on a prescribed form and submit together with the fee of **\$214.00 (included GST)** to the Supervisory Board Committee within 10 minutes after the match.

20 Prizes

- 20.1 Prizes will be awarded to the following position:
First place : Gold medal
Second place : Silver medal
Third place : Bronze medals (two 3rd placings)

21 Enquires

- 21.1 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 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	_____ Full Name & Signature of Team Manager / Coach	_____ Date
_____ CSC Stamp	_____ Full Name & Signature of CSC Chairperson	_____ Date

REGISTRATION FORM A - Young (1)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

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: _____ Year of Birth: _____ Age _____
(as year 2019)

Emergency Contact No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

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

AFFILIATE: _____ Name of Manager: _____ HP: _____

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

Medical History (year) : _____ Medical Letter Yes / No

(Please X the appropriate box)

YOUNG JUNIOR (1) CATEGORY (9 years old & Below) (born on or after year 2010)

DIVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom			Poom	
Under 26 kg	22 kg – 25.9 kg		Under 26 kg	22 kg – 25.9 kg	
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	
Over 46 kg	➤ 46 kg +		Over 46 kg	➤ 46 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 the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council 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

Contact No.

Signature / Date

Name & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / Date

REGISTRATION FORM B - Young (2)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

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: _____ Year of Birth: _____ Age _____
(as year 2019)

Emergency Contact No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

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

AFFILIATE: _____ Name of Manager: _____ HP: _____

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

Medical History (year) : _____ Medical Letter Yes / No

(Please X the appropriate box)

YOUNG JUNIOR (2) CATEGORY (10 to 12 years old) (born on year 2007 to 2009)

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	
Over 50 kg	➤ 50kg +		Over 50 kg	➤ 50 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 the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council 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

Contact No.

Signature / Date

Name & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / Date

REGISTRATION FORM C - Cadet

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

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: _____ Year of Birth: _____ Age _____
(as at 2019)

Emergency Contact No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

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

AFFILIATE: _____ Name of Manager: _____ HP: _____

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

Medical History (year) : _____ Medical Letter _____ Yes / No _____

(Please X the appropriate box)

CADET CATEGORY (13 & 14 years old) (born on year 2005 & 2006)

DIVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom / Black			Poom / Black	
Under 32 kg	27 kg – 31.9 kg		Under 32 kg	27 kg – 31.9 kg	
Under 36 kg	32 kg – 35.9 kg		Under 36 kg	32 kg – 35.9 kg	
Under 40 kg	36 kg – 39.9 kg		Under 40 kg	36 kg – 39.9 kg	
Under 44 kg	40 kg – 43.9 kg		Under 44 kg	40 kg – 43.9 kg	
Under 48 kg	44 kg – 47.9 kg		Under 48 kg	44 kg – 47.9 kg	
Under 52 kg	48 kg – 51.9 kg		Under 52 kg	48 kg – 51.9 kg	
Over 52 kg	➤ 52 kg +		Over 52 kg	➤ 52 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 the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council 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

Contact No.

Signature / Date

Name & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / Date

REGISTRATION FORM D - Junior

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

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: _____ Year of Birth: _____ Age _____
(as year 2019)

Emergency Contact No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

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

AFFILIATE: _____ Name of Manager: _____ HP: _____

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

Medical History (year) : _____ Medical Letter Yes / No

(Please X the appropriate box)

JUNIOR CATEGORY (15 to 17 years old) (born on year 2002 to 2004)

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	
Over 56 kg	➤ 56 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	
Over 56 kg	➤ 56 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 the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council 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

Contact No.

Signature / Date

Name & Sign of Team Manager

Name & Sign GRO

Club' Stamp / Date

REGISTRATION FORM E - SENIOR (1)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

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: _____ Year of Birth: _____ Age _____
(as year 2019)

Emergency Contact No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

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

AFFILIATE: _____ Name of Manager: _____ HP: _____

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

Medical History (year) : _____ Medical Letter _____ Yes / No _____

(Please X the appropriate box)

SENIOR (1) CATEGORY (18 to 30 years old) (born on year 1989 to 2001)

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	
Over 66 kg	➤ 66 kg +		Over 66 kg	➤ 66 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 the championships and undertake to indemnify and keep indemnified the Federation and PA CSC Council 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

Contact No.

Signature / Date

Name & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / Date

REGISTRATION FORM F - SENIOR (2)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

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: _____ Year of Birth: _____ Age _____
(as year 2019)

Emergency Contact No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

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

AFFILIATE: _____ Name of Manager: _____ HP: _____

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

Medical History (year) : _____ Medical Letter Yes / No

(Please X the appropriate box)

SENIOR (2) CATEGORY (31 to 40 years old) (born on year 1979 to 1988)

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	
Over 66 kg	➤ 66 kg +		Over 66 kg	➤ 66 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 CSC Council 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

Contact No.

Signature / Date

Name & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / Date

REGISTRATION FORM G - MASTER (1)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

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: _____ Year of Birth: _____ Age _____
(as year 2019)

Emergency Contact No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

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

AFFILIATE: _____ Name of Manager: _____ HP: _____

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

Medical History (year) : _____ Medical Letter _____ Yes / No _____

(Please **X** the appropriate box)

MASTER (1) CATEGORY (41 to 50 years old) (born on year 1969 to 1978)

DIVISION	MEN's	
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	
Over 66 kg	➤ 66 kg +	

DIVISION	WOMEN's	
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	
Over 66 kg	➤ 66 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 CSC Council 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

Contact No.

Signature / Date

Name & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / Date

REGISTRATION FORM H - MASTER (2)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

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: _____ Year of Birth: _____ Age _____
(as year 2019)

Emergency Contact No: _____ Tel: _____ H/P: _____

Address: _____ (S) _____

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

AFFILIATE: _____ Name of Manager: _____ HP: _____

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

Medical History (year) : _____ Medical Letter _____ Yes / No _____

(Please X the appropriate box)

MASTER (2) CATEGORY (51 years old & Above) (born on or before year 1968)

DIVISION	MEN's	
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	
Over 66 kg	➤ 66 kg +	

DIVISION	WOMEN's	
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	
Over 66 kg	➤ 66 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 CSC Council 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

Contact No.

Signature / Date

Name & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / Date

**PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION
TAEKWONDO CHAMPIONSHIP 2019**

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 (1) CATEGORY (9 years old & Below)

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	Red	Over 46 kg	>46 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		
	Male	Poom	Over 46 kg	> 46 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	Red	Over 46 kg	>46 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		
	Female	Poom	Over 46 kg	>46 kg		

YOUNG (2) CATEGORY (10 to 12 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	Red	Over 50 kg	>50 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		
	Male	Poom	Over 50 kg	>50 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	Red	Over 50 kg	>50 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		
	Female	Poom	Over 50 kg	>50 kg		

CADET CATEGORY (13 &14 years old)

Form C

S/No	SEX	BELT	CATEGORY	WEIGHT	NAME	Kg
	Male	Red	Under 32 kg	27 – 31.9 kg		
	Male	Red	Under 36 kg	33 – 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	Over 52 kg	>52 kg		
	Male	Poom	Under 32 kg	27 – 31.9 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	Over 52 kg	>52 kg		
	Female	Red	Under 32 kg	27 – 31.9 kg		
	Female	Red	Under 36 kg	32 – 35.9 kg		
	Female	Red	Under 40 kg	36 – 49.9 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	Over 52 kg	>52 kg		
	Female	Poom	Under 32 kg	27 – 31.9 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	Over 52 kg	>52 kg		

JUNIOR CATEGORY (15 to 17 years old)

Form D

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	Red	Over 56 kg	>56 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		
	Male	Poom	Over 56 kg	>56 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	Red	Over 56 kg	>56 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		
	Female	Poom	Over 56 kg	>56 kg		

SENIOR (1) CATEGORY (18 to 30 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	Red	Over 66 kg	>66 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		
	Male	Black	Over 66 kg	>66 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	Red	Over 66 kg	>66 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		
	Female	Black	Over 66 kg	>66 kg		

SENIOR (2) CATEGORY (31 to 40 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	Red	Over 66 kg	>66 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		
	Male	Black	Over 66 kg	>66 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	Red	Over 66 kg	>66 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		
	Female	Black	Over 66 kg	>66 kg		

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

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	Red	Over 66 kg	>66 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		
	Male	Black	Over 66 kg	>66 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	Red	Over 66 kg	>66 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		
	Female	Black	Over 66 kg	>66 kg		

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

Form H

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	Red	Over 66 kg	>66 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		
	Male	Black	Over 66 kg	>66 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	Red	Over 66 kg	>66 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		
	Female	Black	Over 66 kg	>66 kg		

Kyorugi Total: _____ x \$21.40 _____

Poomsae Individual Total: _____ x \$21.40 _____

Poomsae Freestyle Total: _____ x \$21.40 _____

Poomsae Family Total: _____ x \$42.80 _____

Poomsae Team Total: _____ x \$64.20 _____

Total Payment : _____

Receipt No: _____

Cheque No / Bank: _____

Cash : _____

By Invoice : Yes / No

Name & Signature of GRO

Club;s Stamp

REGISTRATION FORM - I - Poomsae Individual (Male)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

(Please X the appropriate box)

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

CLUB			
COACH		Contact No	

No	Name	Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3+	D 1	D 2	D 3+

**Please tick accordingly*

Name & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / Date

REGISTRATION FORM - J

- Poomsae Individual (Female)

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

(Please X the appropriate box)

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

CLUB			
COACH		Contact No	

No	Name	Category															
		W 10	W 9	Y 8	Y 7	G 6	G 5	B 4	B 3	R 2	R 1	P 1	P 2	P 3+	D 1	D 2	D 3+

**Please tick accordingly*

Name & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / Date

REGISTRATION FORM - L.1 - POOMSAE TEAM

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

POOMSAE TEAM OF THREE (MIXED)

Name of Club			
Name of Coach		Contact No	

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

Name & Sign of Team Manager

Name & Sign of GRO

Club'sC Stamp / Date

REGISTRATION FORM - L.2 - POOMSAE TEAM

**PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION
TAEKWONDO CHAMPIONSHIP 2019**

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 & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / DAtе

REGISTRATION FORM - M - FREESTYLE POOMSAE

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

FREESTYLE POOMSAE

Name of Club			
Name of Coach		Contact No	

Category	Individual	Race	Team	Race
Young & Cadet				
Junior				
Senior				

Name & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / Date

REGISTRATION FORM - N

PEOPLE'S ASSOCIATION - SINGAPORE TAEKWONDO FEDERATION TAEKWONDO CHAMPIONSHIP 2019

POOMSAE PARTICIPANT FORM

(To be completed by all Poomsae participants)

Name of Club	
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Name of Participant		Gender	
Year of Birth		Race	
Grade (as Apr 2019)		Date Obtained	
Contact No	(Mobile)		(Home)
Home Address		Singapore	
Medical Condition		Medical Letter : Yes / No	
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	
Relationship		Contact No	(Mobile)
Witnessed By			
Team Manager		Signature/Date	
Email :		Contact No	(Mobile)

Name & Sign of Team Manager

Name & Sign of GRO

Club's Stamp / Date