

GETACTIVE! SINGAPORE PESTA SUKAN 2019 TAEKWONDO

COMPETITION RULES & REGULATION Of International Category

1. Official Title of Championship

1.1 The official title of the competition is “**GetActive! Singapore Pesta Sukan 2019: Taekwondo**”.

2. Organiser

2.1 The competition is jointly organised by the Sport Singapore and Singapore Taekwondo Federation.

3. Event Regulations

3.1 The competition is sanctioned by the Singapore National Olympic Council (SNOC).

3.2 According to the Rules established by the latest rules and regulations of World Taekwondo (WT) www.worldtaekwondo.org and as directed by the Singapore Taekwondo Federation (STF) www.stf.sg.

3.3 Governed by the GetActive! Singapore Pesta Sukan 2019: Taekwondo General Rules and Regulations.

4. Eligibility for International Category

4.1 Age is computed based on calendar year.

S/No	Division	Clarification
1	Senior	Born 2001 and earlier (18 years and above)

4.2 Singapore Citizens, Permanent Residents residing in Singapore and foreigners are eligible to participate.

4.3 Invited national or regional taekwondo associations or organisations.

4.4 The competition fee for invited national or regional taekwondo associations or organisations shall be borne by the organiser.

4.5 Financial Conditions:

- **Invited Teams:**

- Competition fees for teams that have been invited will be borne by the organiser.

- Accommodation (**Check in on 02 Aug – Check out on 05 Aug 2019**) and meals for teams that have been invited will be borne by the organiser.

- Other Participating Teams: all participating costs shall be borne by the participants (refer to paragraph 05 for registration fees details).

4.6 Participants who have registered for the international category must satisfy the following criteria:

- Holder of the nationality of the participating team.

- Holder of Taekwondo Dan certificate issued by **Kukkiwon**.

- Local participants who wish to register for the international category must be endorsed by the STF.



**GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**

4.7 All participants taking part in the international category **MUST** provide a valid medical certificate issued within 30 days prior to the start of the competition signed by a qualified doctor to declare that they are fit for the competition to the organiser.

5. Entries & Fees

5.1 For the international category, the Team Manager / Coach for **local team** is to submit your registration form to the STF Office before 19 July 2019, 4.00pm. Late entries after 19 July 2019, 4.00pm will not be entertained.

5.2 For the international category, Team Manager / Coach for **overseas team** is to submit your registration form via email (stkdf@mail.com) to the STF Office before 19 July 2019, 4.00pm. Late entries after 19 July 2019, 4.00pm will not be entertained.

5.3 Registration Fees for International Category

S/No	Division	Poomsae Individual	Poomsae Team of 3	Kyorugi
1	Senior	USD \$50.00 per pax	USD \$150.00 per team	USD \$50.00 per pax

6. Payment

6.1 Registration fees for local participant taking part in the international category shall be made to Singapore Taekwondo Federation's Office before 19 July 2019.

- Address -: 35 Joo Chiat Place, Singapore 427759

6.2 Registration fees for overseas team shall be made during the team managers briefing for international category.

7. Team Managers' Briefing

7.1 Team Managers' Briefing for **international category** is schedules on 03 August 2019, Saturday at Sport Singapore's Toa Payoh Sport Hall from 5.00pm to 7.00pm.

- **Address:** 297 Lorong 6 Toa Payoh, 319389

8. Drawing of Lots

8.1 Drawing of Lots for international categories will be conducted on 03 August 2019, Saturday at Toa Payoh Sport Hall during the team managers meeting.

9. Event Venue & Schedule

9.1 All competition events will be held at **Toa Payoh Sport Hall on 03 August 2019 to 04 August 2019.**

Date	Timing	Competition
Fri, 02 Aug 2019 (Standby Date)	1800 to 2200	Poomsae
Sat, 03 Aug 2019	0800 to 2200	Poomsae / Kyorugi (Local Category)
Sun, 04 Aug 2019	0800 to 2200	Poomsae / Kyorugi (Local & International Category)

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

**GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**

10. Poomsae / Kyorugi (International Category)

- Individual Poomsae

S/No	Women's Division			1 st Round	2 nd Round
	Individual	Senior	Black		
1	Individual	Senior	Black	Taegeuk Yuk Jang	Keumgang
				Taeguek Chil Jang	Taebaek
				Taegeuk Pal Jang	Pyongwon
				Koryo	Sipjin

- Team Poomsae Event

S/No	Women's Division			1 st Round	2 nd Round
	Team of 3	Senior	Black		
2	Team of 3	Senior	Black	Taegeuk Yuk Jang	Keumgang
				Taeguek Chil Jang	Taebaek
				Taegeuk Pal Jang	Pyongwon
				Koryo	Sipjin

- Individual Kyorugi Event

S/No	Men's Division	Weight Categories	Weight Range
1	Senior	Under 54 kg	49 - 53.9 kg
2		Under 58 kg	54 - 57.9 kg
3		Under 63 kg	58 - 62.9 kg
4		Under 68 kg	63 - 67.9 kg

S/No	Women's Division	Weight Categories	Weight Range
1	Senior	Under 53 kg	49 - 52.9 kg

- 10.1 Local participants can only register for either the international category or local category.
- 10.2 Kyorugi Gold and Silver medallists of the local category will be invited by the organiser to participate in the international category. Registration fees will be waived off for international category.
- 10.3 Each participant is only allowed to participate in one (1) weight category for the Kyorugi competition.
- 10.4 Participants who have registered for the Kyorugi category are also allowed to participate in the Poomsae category.
- 10.5 The Single elimination (Knockout) system shall be used for the competition.
- 10.6 World Taekwondo (WT) rules and regulation for both Poomsae and Kyorugi will be applied for all international categories.
- 10.6.1 Poomsae Event -: The cut-off system shall be used for the poomsae competition.
- 10.6.2 Kyorugi Event -: The Single elimination (Knockout) system shall be used for the

11. Official Weigh-In / Random Weigh Check

- 11.1 Official weigh-in for the participants who have registered for kyorugi competition will be conducted on the day of the team managers' briefing.
- 11.2 Participants shall report for one (1) official weigh-in before the pertinent competition. Weigh-in will be made once, however, one more weigh-in will be granted within the time limit (within 2 hrs) for any participants who did not qualify the first time.
- 11.3 A scale identical to the official one will be provided at the competition venue for pre-weigh-in to prevent any disqualification during official weigh-in.
- 11.4 During weigh-in, participants shall wear shorts and t-shirt, however, weigh-in may be conducted in nude if the participant wishes to do so. In the event of request made for nude weigh-in, it will be conducted inside a room.
- 11.5 Not exceeding weight limit: the weight limit is defined by the criterion of one decimal place away from the stated limit. E.g. not exceeding 50kg is established as with 50.0kg, with 50.1kg being over the limit and resulting in disqualification.
- 11.6 Over weight limit: Over 50.00kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.
- 11.7 Random weight checks will also be conducted during the competition. The random weight in shall be conducted with plus 5% tolerance of the participant's weight category. Underweight shall not be subjected to random weigh in. Participants who fail the random weight check will be disqualified.

12. Certification of Participation and Medals for International Category

- 12.1 Certification of Participation will be awarded to all who participate in the international category.
- 12.2 Medals will be awarded to the top 4 winners of International Category.

13. Competition official coach

- 13.1 Coaches must hold a minimum of Level 2 coaching qualification of the respective events to be eligible for coaching during the competition.
- 13.2 Official and International coach pass will be issued to foreigner coaches registered for the international category by the STF.
- 13.3 Coaches are required to display the coach passes issued by the STF before entering the field of play.
- 13.4 Team Managers and Clubs must ensure that there are sufficient coaches to accompany their participants at the waiting area and coach during the competition. In the event that any participant is found to be without a coach upon entering any of the competition area, he/she will be disqualified.

14. Protest

- 14.1 Only Team Managers and Coaches are allowed to submit their team's protest.
- 14.2 Any protest against a judgement shall be made on a prescribed form and submitted together with the fee of USD \$200.00 (GST included) to the Competition Supervisory Board (CSB) within 10 minutes after the match.
- 14.3 In the event of the protest being dismissed, the fee will be forfeited.
- 14.4 Decision(s) derived from any protest shall be final and there shall be no appeal thereafter.

15. Uniform

- 15.1 Participants taking part in the international category shall wear WT recognized uniform and WT-recognized protective equipment.

16. Kyorugi Equipment

- 16.1 Participants are responsible for their own protective equipment for kyorugi competition.
- 16.2 Kyorugi equipment used for the competition must be approved by the STF
- 16.3 All participants will be required to wear the following protective equipment for Kyorugi competition upon entering the contest area:
 - E-Headgear;
 - E-Trunk protector;
 - Groin guard;
 - Forearm guard;
 - Shin guard;
 - Gloves;
 - E-socks;
 - Mouthpiece (Optional if participants are wearing headgear with face shield).
- 16.4 The Protector and Scoring System (PSS) system in use will be the **KPNP scoring system** and the following protective equipment will be provided:
 - E-Headgear;
 - E-Trunk Protector;
 - E-socks.

17. First Aid and Medical Declaration

- 17.1 Participants especially those with medical history or are participating in the Masters categories are strongly encouraged to seek medical advice before competing in this competition.
- 17.2 Participants must declare all medical condition / history if there are any and attach photocopies of medical letter(s) on the registration form. Doctor's clearance will be required for participants with any pre-existing medical conditions.
- 17.3 **All teams and participants shall be responsible to ensure their own medical coverage, including first aid and personal accident insurance.**

GETACTIVE! SINGAPORE PESTA SUKAN 2019 TAEKWONDO

- 17.4 All Team Managers / Coaches shall be responsible to ensure that their participants are prepared and fit for the competition. Team Managers / Coaches should withdraw any participant who is not feeling well on the day of the competition.
- 17.5 First aid services are available at every venue while ambulances are deployed based on the nature and risk of the sport.

18. Competition Jurisdictions

- 18.1 The team manager and coach will be responsible for the proper control and good conduct of their participants and supporters. If an appeal is made to any of the above persons and it is not heeded, the Organiser reserves the rights to take disciplinary action against them;
- 18.2 In the event of a need for disciplinary action to be taken against any participant or team, the Organising Committee shall make a decision and impose punishment as it deems fit;
- 18.3 The Organiser may, at any time, deal with any matters pertaining to inquiries, appeals, others etc. The decision of the Organiser on all matters brought before it will be final;
- 18.4 The Organiser reserves the right to interpret said rules and regulations as they deem fit. In the event of any questions or matters arising out of any point which has not been expressly provided for in any of the rules governing this competition, the decision of the Organiser will be final;
- 18.5 The rules and regulations as depicted above are current at the time of printing. The Organiser reserves the right to add, delete and/or vary the said rules and regulations at any time as it deems fit;
- 18.6 The Organising committee reserves the right to disqualify participants / team at its discretion;
- 18.7 While reasonable precautions will be taken, the organisers, its servants and agents will not be responsible or in any way liable for any death, disability, personal injury, loss of property or any other loss howsoever arising from any cause whatsoever at any time during the course of this competition;
- 18.8 Whilst reasonable precaution will be taken by SNOC, SportSG, STF and/or its agent/s to ensure the safety of participants, I understand that I take part in the GetActive! Singapore Pesta Sukan 2019: Taekwondo Competition as a participant at my own risk. I confirm and agree that SportSG and/or its agent/s will not be held liable by me for any personal injury or death arising from my participation in the GetActive! Singapore Pesta Sukan 2019: Taekwondo Competition or for any loss of or damage to my property arising from my participation in the GetActive! Singapore Pesta Sukan 2019: Taekwondo, except for such injury or death that is caused directly by SNOC, SportSG, STF's or its agent/s' gross negligence;
- 18.9 In consideration of SNOC, SportSG and STF allowing me to participate in the GetActive! Singapore Pesta Sukan 2019: Taekwondo Competition, I undertake that if, in the course of the GetActive! Singapore Pesta Sukan 2019: Taekwondo Competition, I deliberately or negligently cause any injury (whether fatal or otherwise) to any person or any damage to or loss of any property of any person, I shall indemnify SNOC, SportSG, STF if that suffering person makes claims or takes actions against SNOC, SportSG, STF or SNOC, SportSG, STF has to pay for costs or expenses.



GETACTIVE! SINGAPORE PESTA SUKAN 2019 TAEKWONDO

GUIDELINES

CODE OF CONDUCT

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

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

Arbitration and Sanction

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

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

Agreement

Our team agrees to abide by the guidelines.

Team

Name & Signature of Team Manager / Coach

Date



**GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**

REGISTRATION FORM A - SENIOR (INTERNATIONAL)

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

NAME :(in full) _____ Gender: ____ D.O.B: _____ Age ____ (as year 2019)

NRIC/Passport No: _____ Contact No.: _____ Race: _____

Nationality: _____ Email: _____ Employment Status: _____

Address: _____ (S) _____

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

Next of Kin Contact No. _____ Next of Kin Relationship: _____

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

Club: _____ Name of Manager: _____ HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

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

SENIOR INTERNATIONAL CATEGORY (ABOVE 18 years old) (born on year 2001 earlier) (Please X the appropriate box)

S/No	Men's Division	Weight Categories	Weight Range	(X)
1	Senior	Under 54 kg	49 – 53.9 kg	
2		Under 58 kg	54 - 57.9 kg	
3		Under 63 kg	58 - 62.9 kg	
4		Under 68 kg	63 - 67.9 kg	

**Fill in
Actual
Weight**

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 GetActive! Singapore Pesta Sukan 2019: Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SNOC, SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore Pesta Sukan 2019: Taekwondo is entirely at my/our risk and responsibility.

Name of Parent / Guardian / Participant Signature

Contact No.

Certify by Team Manager (Name) Signature

Club's Stamp



**GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**

REGISTRATION FORM A-1 - SENIOR (INTERNATIONAL)

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

NAME :(in full) _____ Gender: ____ D.O.B: _____ Age _____ (as year 2019)

NRIC/Passport No: _____ Contact No.: _____ Race: _____

Nationality: _____ Email: _____ Employment Status: _____

Address: _____ (S) _____

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

Next of Kin Contact No. _____ Next of Kin Relationship: _____

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

Club: _____ Name of Manager: _____ HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

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

SENIOR INTERNATIONAL CATEGORY (ABOVE 18 years old) (born on year 2001 earlier) (Please X the appropriate box)

S/No	Men's Division	Weight Categories	Weight Range	(X)
1	Senior	Under 54 kg	49 - 53.9 kg	
2		Under 58 kg	54 - 57.9 kg	
3		Under 63 kg	58 - 62.9 kg	
4		Under 68 kg	63 - 67.9 kg	

**Fill in
Actual
Weight**

Signature of Participant

(To be completed by participant above 21 years old)

I, _____, acknowledge and accept the risks associated with participation in GetActive! Singapore Pesta Sukan 2019: Taekwondo and waive all rights against and release SNOG, SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in the competition is entirely at my/our risk and responsibility.

Name of Participant

Signature

Contact No.

Certify by Team Manager (Name)

Signature

Club's Stamp



**GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**

REGISTRATION FORM B - SENIOR (INTERNATIONAL)

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

NAME :(in full) _____ Gender: ____ D.O.B: _____ Age ____ (as year 2019)

NRIC/Passport No: _____ Contact No.: _____ Race: _____

Nationality: _____ Email: _____ Employment Status: _____

Address: _____ (S) _____

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

Next of Kin Contact No. _____ Next of Kin Relationship: _____

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

Club: _____ Name of Manager: _____ HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

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

SENIOR INTERNATIONAL CATEGORY (ABOVE 18 years old) (born on year 2001 earlier) (Please X the appropriate box)

S/No	Women's Division	Weight Categories	Weight Range	(X)
1	Senior	Under 53 kg	49 – 52.9 kg	

**Fill in
Actual
Weight**

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 GetActive! Singapore Pesta Sukan 2019: Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SNOC, SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore Pesta Sukan 2019: Taekwondo is entirely at my/our risk and responsibility.

Name of Parent / Guardian / Participant Signature Contact No.

Certify by Team Manager (Name) Signature Club's Stamp



GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO

REGISTRATION FORM B -1 - SENIOR (INTERNATIONAL)

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

NAME :(in full) _____ Gender: _____ D.O.B: _____ Age _____ (as year 2019)

NRIC/Passport No: _____ Contact No.: _____ Race: _____

Nationality: _____ Email: _____ Employment Status: _____

Address: _____ (S) _____

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

Next of Kin Contact No. _____ Next of Kin Relationship: _____

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

Club: _____ Name of Manager: _____ HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

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

SENIOR INTERNATIONAL CATEGORY (ABOVE 18 years old) (born on year 2001 earlier) (Please X the appropriate box)

S/No	Women's Division	Weight Categories	Weight Range	(X)
1	Senior	Under 53 kg	49 - 52.9 kg	

Fill in Actual Weight

Signature of Participant

(To be completed by participant above 21 years old)

I, _____, acknowledge and accept the risks associated with participation in GetActive! Singapore Pesta Sukan 2019: Taekwondo and waive all rights against and release SNOG, SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in the competition is entirely at my/our risk and responsibility.

Name of Participant

Signature

Contact No.

Certify by Team Manager (Name)

Signature

Club's Stamp



**GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**

**PESTA SUKAN
2019**

REGISTRATION FORM - C - Senior Poomsae Individual (Female) (INTERNATIONAL)

(Please X the appropriate box)

COUNTRY/ CLUB			
COACH		Contact No	

Senior Poomsae Individual (Female)			
No	Name	Date of Birth	Passport No.

_____	_____	_____
Certify by Team Manager (Name)	Signature	Club's Stamp



**GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**

REGISTRATION FORM - D - Poomsae Team of 3 (Female) (INTERNATIONAL)

(Please X the appropriate box)

COUNTRY/CLUB			
COACH		Contact No	

Poomsae Team of 3 (Female)			
No	Name	Date of Birth	Passport No.
1			
2			
3			
4			
5			
6			

Certify by Team Manager (Name)

Signature

Club's Stamp



**GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**

REGISTRATION FORM - E

POOMSAE PARTICIPANT FORM

(To be completed by Poomsae participants below 21 years old)

NAME (in full):		Gender:	D.O.B:	Age: (as year 2019)
NRIC/Passport No:		Contact No.:		Race:
Nationality:	Email:		Employment Status:	
Address:				Postal Code:
Zone: North, North East, East, West, Central (Select one)			Name of Next of Kin:	
Next of Kin Contact No.:			Next of Kin Relationship:	
Grade:	Date Obtained:	Name of Coach:		HP:
Club:		Name of Manager:		HP:
Others Martial Art:		Level:	Years Practice:	
Medical History (year):				Medical Letter: Yes / No

Parental/Guardian Consent			
I consent to the participation of the above named applicant, who is my *child/ward, in GetActive! Singapore Pesta Sukan 2019: Taekwondo. I acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SNOC, SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore Pesta Sukan 2019: Taekwondo is entirely at my/our risk and responsibility.			
Name / Contact No (Mobile) :		Signature/Date	
Witnessed By			
Team Manager / Contact No (Mobile) :		Signature/Date	

Certify by Team Manager (Name)

Signature

Club's Stamp



**GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**

REGISTRATION FORM - E-1

POOMSAE PARTICIPANT FORM

(To be completed by all Poomsae participants above 21 years old)

NAME (in full):		Gender:	D.O.B:	Age: (as year 2019)
NRIC/Passport No:		Contact No.:		Race:
Nationality:	Email:		Employment Status:	
Address:				Postal Code:
Zone: North, North East, East, West, Central (Select one)			Name of Next of Kin:	
Next of Kin Contact No.:			Next of Kin Relationship:	
Grade:	Date Obtained:	Name of Coach:		HP:
Club:		Name of Manager:		HP:
Others Martial Art:		Level:	Years Practice:	
Medical History (year):				Medical Letter: Yes / No

Consent			
I, _____, acknowledge and accept the risks associated with participation in GetActive! Singapore Pesta Sukan 2019: Taekwondo and waive all rights against and release SNOG, SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in the competition is entirely at my/our risk and responsibility.			
Name / Contact No (Mobile) :		Signature/Date	
Witnessed By			
Team Manager / Contact No (Mobile) :		Signature/Date	

_____ Certify by Team Manager (Name)

_____ Signature

_____ Club's Stamp