

**COMPETITION RULES & REGULATION
Of
Local Category**

1. Official Title of Championship

- 1.1 The official title of the competition is “**Singapore Youth Olympic Festival (SYOF) in celebration with GetActive! Singapore Pesta Sukan 2019: Taekwondo**”.

2. Organiser

- 2.1 The competition is jointly organised by the Singapore Olympic Foundation (SOF), Sport Singapore (SportSg) and the Singapore Taekwondo Federation (STF).

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 STF, www.stf.sg.
- 3.3 Governed by the Singapore Youth Olympic Festival (SYOF) in celebration with GetActive! Singapore Pesta Sukan 2019: Taekwondo General Rules and Regulations.

4. Eligibility for Local Events

- 4.1 Age is computed based on calendar year.

S/No	Division	Clarification
1	Young	Born between the year of 2008 and 2010 (9 years to 11 years)
2	Cadet	Born between the year of 2005 and 2007 (12 years to 14 years)
3	Junior	Born between the year of 2002 and 2004 (15 years to 17 years)
4	Senior 1	Born between the year of 1989 and 2001 (18 years to 30 years)
5	Senior 2	Born between the year of 1979 and 1988 (31 years to 40 years)
6	Senior 3	Born between the year of 1965 and 1978 (41 years to 54 years)
7	Master	Born on or before the year of 1964 (55 years and above)

- 4.2 Singapore Citizens and Permanent Residents residing in Singapore are eligible to participate.
- 4.3 Taekwondo practitioners of clubs affiliated to the STF are eligible to participate.
- 4.4 Poomsae (Pattern) Event -: Participants who have attained **Grade 9 (white 9)** or **Higher Grade** (Poom Belt, Black Belt) certification issued or endorsed by the STF are eligible to participate. The grade shall be based on your own grade obtained on or before **01 July 2019**.
- 4.5 Kyorugi (Sparring) Event -: Participants who have attained **Grade 2 (Red 2)** or **Higher Grade** (Red 1, Poom Belt, Black Belt) certification issued or endorsed by the STF are eligible to participate. The grade shall be based on your own grade obtained on or before **01 July 2019**.
- 4.6 Participants are to declare any previous training in other martial arts during registration (e.g. types of martial arts, level and years of training).

5. Registration by Team Manager / Coach

- 5.1 There is no limit to the number of participants a club can register for both Poomsae and Kyorugi for the local categories.
- 5.2 Registration shall be done by the Team Manager, who can be a Coach or someone designated to take charge of the Team.
- 5.3 Team Manager is to bring the participants' grading card to STF's office for verification of grades.
- 5.4 Registration form can be downloaded from Singapore Taekwondo Federation's website, www.stf.sg.

6. Entries & Fees

- 6.1 The closing date for all entries is on **18 July 2019, 4.00pm**.
- 6.2 **All registration forms are to reach the STF Office's before 18 July 2019, 4.00pm. Late entries after 18 July 2019, 4.00pm, will not be entertained.**
- 6.3 Registration Fees for Local Category

S/No	Division	Poomsae Individual	Poomsae Team of 3	Kyorugi
1	Young	\$10.00	\$30.00 per team	N.A
2	Cadet	\$10.00	\$30.00 per team	\$10.00
3	Junior	\$10.00	\$30.00 per team	\$10.00
4	Senior 1	\$15.00	\$45.00 per team	\$15.00
5	Senior 2	\$15.00	\$45.00 per team	\$15.00
6	Senior 3	\$15.00	\$45.00 per team	\$15.00
7	Master	\$5.00	\$15.00 per team	\$5.00

7. Payment

- 7.1 Team Managers are to produce **Form P** certified by Singapore Taekwondo Federation's office when making payment at Sport Singapore's Toa Payoh Sport Centre's swimming pool guest office.
 - Address -: 297 Lorong 6 Toa Payoh, 319389
- 7.2 Nets or Credit Card payment is accepted.

8. Team Managers' Briefing

8.1 Team Managers' Briefing for the local category is scheduled on **27 July 2019, Saturday** at Sport Singapore's **Toa Payoh Sport Centre's level 2 conference room** from **2.00pm to 4.00pm**.

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

8.2 **Team Managers are to bring along the grading cards all participants for random verification during Team Managers' Briefing.**

8.3 Team Manager are to bring along **FORM P** as proof of payment before they are allowed to participate in the drawing of lots.

9. Drawing of Lots

9.1 The drawing of lots may be conducted by random computerised drawing or by random manual drawing. Team Managers are to verify the submissions during the team mangers' meeting. Any amendments are to be done during the team managers' briefing on **27 July 2019, Saturday** at Sport Singapore's Toa Payoh Sport Centre's level 2 conference room from **2.00pm to 4.00pm**.

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

9.2 It is the responsibility of the Team Managers to ensure that the information of the participants' are valid during registration. Team Managers are to highlight any amendments to the organiser before or during the team managers' briefing. Team Managers will **not** be allowed to make changes to the Kyorugi weight category or make any further amendments after the team managers' briefing on **27 July 2019, 4.00pm**.

10. Parental Consent Form (Compulsory for participants under 16 years old)

10.1 Team Managers are to ensure that the parental consent forms of all participants who are 16 years old and under are submitted during the team managers' briefing or on the day of the competition (**See Annex A**);

10.2 In the event that the parental consent form is not submitted to the organiser, the organiser reserves the right to disqualify the participant.

10.3 The consent form can be downloaded from ActiveSG website;
<https://events.myactivesg.com/getactive2019/pesta-sukan>

11. Event Venue & Schedule

11.1 The competition will be held at **Toa Payoh Sport Hall** from **02 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 Events)
Sun, 04 Aug 2019	0800 to 2200	Poomsae / Kyorugi (Local & International Categories)

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

12. Local Category & Format of Play

12.1 Poomsae: Individual

S/No	Events	Division	Category	1 st Compulsory Poomsae	2 nd Compulsory Poomsae
1	Individual	Young Cadet	White 9 (Grade 9)	Preliminary Poomsae	Preliminary Poomsae
2	Individual		Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
3	Individual		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
4	Individual		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
5	Individual		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
6	Individual		Poom	Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo
7	Individual	Junior Senior 1	White 9 (Grade 9)	Preliminary Poomsae	Preliminary Poomsae
8	Individual		Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
9	Individual		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
10	Individual		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
11	Individual		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
12	Individual		Black	Taegeuk O Jang Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo Keumgang
13	Individual	Senior 2 Senior 3	White 9 (Grade 9)	Preliminary Poomsae	Preliminary Poomsae
14	Individual		Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
15	Individual		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
16	Individual		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
17	Individual		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
18	Individual		Black	Taegeuk Yuk Jang Taegeuk Chil Jang Taegeuk Pal Jang	Koryo Keumgang Taebaek
19	Individual	Master	White 9 (Grade 9)	Preliminary Poomsae	Preliminary Poomsae
20	Individual		Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
21	Individual		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
22	Individual		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
23	Individual		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
24	Individual		Black	Koryo Keumgang	Taebaek Pyongwon

Note:

1. Participants will need to perform the 1st compulsory poomsae for semi-finals and the 2nd compulsory poomsae for finals. Subject to the number of entries per category.
2. Designated Poomsae to be performed will be announced by the Technical Delegate on the day of the competition for Poom and Black Belt categories.

12.2 Team Poomsae:

S/No	Events	Division	Category	1 st Compulsory Poomsae	2 nd Compulsory Poomsae
1	Team of 3	Young	White 9 (Grade 9)	Preliminary Poomsae	Preliminary Poomsae
2	Team of 3		Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
3	Team of 3		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
4	Team of 3		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
5	Team of 3		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
6	Team of 3		Poom	Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo
7	Team of 3 (Mixed)		Poom	Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo
8	Team of 3	Cadet	White 9 (Grade 9)	Preliminary Poomsae	Preliminary Poomsae
9	Team of 3		Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
10	Team of 3		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
11	Team of 3		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
12	Team of 3		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
13	Team of 3		Poom	Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo
14	Team of 3 (Mixed)		Poom	Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo
15	Team of 3	Junior	White 9 (Grade 9)	Preliminary Poomsae	Preliminary Poomsae
16	Team of 3		Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
17	Team of 3		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
18	Team of 3		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
19	Team of 3		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
20	Team of 3		Black	Taegeuk O Jang Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo Keumgang
21	Team of 3 (Mixed)		Black	Taegeuk O Jang Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo Keumgang

22	Team of 3	Senior 1	White 9 (Grade 9)	Preliminary Poomsae	Preliminary Poomsae
23	Team of 3		Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
24	Team of 3		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
25	Team of 3		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
26	Team of 3		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
27	Team of 3		Black	Taegeuk O Jang Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo Keumgang
28	Team of 3 (Mixed)		Black	Taegeuk O Jang Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo Keumgang
29	Team of 3	Senior 2	White 9 (Grade 9)	Preliminary Poomsae	Preliminary Poomsae
30	Team of 3		Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
31	Team of 3		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
32	Team of 3		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
33	Team of 3		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
34	Team of 3		Black	Taegeuk Yuk Jang Taegeuk Chil Jang Taegeuk Pal Jang	Koryo Keumgang Taebaek
35	Team of 3	Senior 3	White 9 (Grade 9)	Preliminary Poomsae	Preliminary Poomsae
36	Team of 3		Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
37	Team of 3		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
38	Team of 3		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
39	Team of 3		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
40	Team of 3		Black	Taegeuk Yuk Jang Taegeuk Chil Jang Taegeuk Pal Jang	Koryo Keumgang Taebaek

41	Team of 3	Master	White 9 (Grade 9)	Preliminary Poomsae	Preliminary Poomsae
42	Team of 3		Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
43	Team of 3		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
44	Team of 3		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
45	Team of 3		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
46	Team of 3		Black	Koryo Keumgang	Taebaek Pyongwon

1. *Participants will need to perform the 1st compulsory poomsae for semi-finals and the 2nd compulsory poomsae for finals. Subject to the number of entries per category.*
2. *Designated Poomsae to be performed will be announced by the Technical Delegate on the day of the competition for Poom and Black Belt categories.*

12.3 Team of 3 Poomsae (Male & Female) Event and Team of 3 Poomsae (Mixed) categories.

12.4 Participants are only allowed to take part in **1 team category** out of the 3 team categories.

12.5 Teams for the Team of 3 Poomsae (Mixed) category should be made out of either teams of 2 male and 1 female participants or 2 female 1 male participants.

12.6 Participants may participate in both the individual and team categories and are only allowed to compete in their own grade obtained on or before **01 July 2019**.

12.7 Participants who have registered for Poomsae event(s) will also be able to participate in the Kyorugi event.

12.8 The cut-off system shall be used for the poomsae competition.

- E.g. If there are more than 10 participants in the category, the top 8 participants will be selected for the final stage after the 1st compulsory poomsae. However, if there are less than 10 participants in the category, the competition will proceed directly to the final stage.

12.9 In the event that there are equal scores among the participants after the 1st compulsory poomsae, all participants with the same score will advance into the final stage.

- E.g. If more than one participant shares the same score for the 8th position, all participants with the same score will advance to the final stage.

12.10 Participants will have to compete again in the event of a tie for any of the top four positions to break the tie. A ballot will be held to determine the sequence of competition among the participants.

13. Kyorugi Individual:

S/No	Boy's Division	Weight Categories	Red	Poom
1	Cadet	Under 33 kg	28 – 32.9 kg	28 – 32.9 kg
2		Under 37 kg	33 – 36.9 kg	33 – 36.9 kg
3		Under 41 kg	37 – 40.9 kg	37 – 40.9 kg
4		Under 45 kg	41 – 44.9 kg	41 – 44.9 kg
5		Under 49 kg	45 – 48.9 kg	45 – 48.9 kg
6		Under 53 kg	49 – 52.9 kg	49 – 52.9 kg
7		Under 57 kg	53 – 56.9 kg	53 – 56.9 kg
8		Under 61 kg	57 – 60.9 kg	57 – 60.9 kg
9		Under 65 kg	61 – 64.9 kg	61 – 64.9 kg
10		Over 65 kg	65 kg +	65 kg +

S/No	Girl's Division	Weight Categories	Red	Poom
1	Cadet	Under 29 kg	24 – 28.9 kg	24 – 28.9 kg
2		Under 33 kg	29 – 32.9 kg	29 – 32.9 kg
3		Under 37 kg	33 – 36.9 kg	33 – 36.9 kg
4		Under 41 kg	37 – 40.9 kg	37 – 40.9 kg
5		Under 44 kg	41 – 43.9 kg	41 – 43.9 kg
6		Under 47 kg	44 – 46.9 kg	44 – 46.9 kg
7		Under 51 kg	47 – 50.9 kg	47 – 50.9 kg
8		Under 55 kg	51 – 54.9 kg	51 – 54.9 kg
9		Under 59 kg	55 – 58.9 kg	55 – 58.9 kg
10		Over 59 kg	59 kg +	59 kg +

S/No	Boy's Division	Weight Categories	Red	Poom / Black
1	Junior	Under 45 kg	41 – 44.9 kg	41 – 44.9 kg
2		Under 48 kg	45 – 47.9 kg	45 – 47.9 kg
3		Under 51 kg	48 – 50.9 kg	48 – 50.9 kg
4		Under 55 kg	51 – 54.9 kg	51 – 54.9 kg
5		Under 59 kg	55 – 58.9 kg	55 – 58.9 kg
6		Under 63 kg	59 – 62.9 kg	59 – 62.9 kg
7		Under 68 kg	63 – 67.9 kg	63 – 67.9 kg
8		Under 73 kg	68 – 72.9 kg	68 – 72.9 kg
9		Under 78 kg	73 – 77.9 kg	73 – 77.9 kg
10		Over 78 kg	78 kg +	78 kg +

S/No	Girl's Division	Weight Categories	Red	Poom / Black
1	Junior	Under 42 kg	38 – 41.9 kg	38 – 41.9 kg
2		Under 44 kg	42 – 43.9 kg	42 – 43.9 kg
3		Under 46 kg	44 – 45.9 kg	44 – 45.9 kg
4		Under 49 kg	46 – 48.9 kg	46 – 48.9 kg
5		Under 52 kg	49 – 51.9 kg	49 – 51.9 kg
6		Under 55 kg	52 – 54.9 kg	52 – 54.9 kg
7		Under 59 kg	55 – 58.9 kg	55 – 58.9 kg
8		Under 63 kg	59 – 62.9 kg	59 – 62.9 kg
9		Under 68 kg	63 – 67.9 kg	63 – 67.9 kg
10		Over 68 kg	68 kg +	68 kg +

S/No	Men's Division	Weight Categories	Red	Black
1	Senior 1	Under 54 kg	49 - 53.9 kg	49 - 53.9 kg
2		Under 58 kg	54 - 57.9 kg	54 - 57.9 kg
3		Under 63 kg	58 - 62.9 kg	58 - 62.9 kg
4	Senior 2	Under 68 kg	63 - 67.9 kg	63 - 67.9 kg
5	Senior 3	Under 74 kg	68 - 73.9 kg	68 - 73.9 kg
6		Under 80 kg	74 - 79.9 kg	74 - 79.9 kg
7	Master	Under 87 kg	80 - 86.9 kg	80 - 86.9 kg
8		Over 87 kg	87 kg +	87 kg +

S/No	Women's Division	Weight Categories	Red	Black
1	Senior 1	Under 46 kg	41 - 45.9 kg	41 - 45.9 kg
2		Under 49 kg	46 - 48.9 kg	46 - 48.9 kg
3		Under 53 kg	49 - 52.9 kg	49 - 52.9 kg
4	Senior 2	Under 57 kg	53 - 56.9 kg	53 - 56.9 kg
5	Senior 3	Under 62 kg	57 - 61.9 kg	57 - 61.9 kg
6		Under 67 kg	62 - 66.9 kg	62 - 66.9 kg
7	Master	Under 73 kg	67 - 72.9 kg	67 - 72.9 kg
8		Over 73 kg	73 kg +	73 kg +

- 13.1 Each participant is only allowed to participate in one (1) weight category for the Kyorugi competition.
- 13.2 Participants who have registered for the Kyorugi event will also be able to participate in the Poomsae event(s).
- 13.3 The Single elimination (Knockout) system shall be used for the competition.
- 13.4 **Head kicks are permissible for all categories (Cadet, Junior, Senior and Master). Participants competing in the Cadet and Junior categories are required to wear headgear with protective face shield.**
- 13.5 **For Cadet, Junior, Senior 3 and Master category** -: The person with the highest score within 2 or 3 rounds (1.0 or 1.5 minute each with 30 seconds rest in between) wins. The Golden round rule will be applied when there is a tie after the 2nd or 3rd round.
- 13.6 **For Senior 1 and Senior 2 category** -: The person with the highest score within 2 or 3 rounds (1.5 or 2 minute each with 30sec or 1min rest in between) wins. The Golden round rule will be applied when there is a tie after the 2nd or 3rd round.

14. Official Weigh-In / Random Weigh Check

- 14.1 Official weigh-in for participants who have registered for the kyorugi competition will be conducted on the day of competition.
- 14.2 Participants shall report for one (1) official weigh-in before the pertinent competition. Weigh-in will be made once only
- 14.3 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.
- 14.4 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.
- 14.5 Participants in the Cadet and Junior category who have requested for nude weigh-in **MUST** be weighed with underwear (s). An excess of 100g will be allowed.
- 14.6 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.
- 14.7 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.
- 14.8 Random weight checks will also be conducted during the competition. Participants who fail the random weight check will be disqualified.

15. Prize Money and Medals for Local Category

- 15.1 Medals will be awarded to the top 4 winners of Young, Cadet and Junior Poomsae category with at least 4 participants/Teams;
- 15.2 Medals will be awarded to the top 4 winners of Cadet and Junior Kyorugi category with at least 4 participants;
- 15.3 Prize money will only be awarded to the top 2 winners of Cadet and Junior Poomsae Poom Belt and Black Belt category with at least 4 participants/Teams;
- 15.4 Prize money will only be awarded to the top 2 winners of Cadet and Junior Kyorugi Poom Belt and Black Belt category with at least 4 participants;
- 15.5 Medals will be awarded to the top 4 winners of Senior 1, Senior 2, Senior 3 & Master Poomsae category with at least 4 participants/Teams;
- 15.6 Medals will be awarded to the top 4 winners of Senior 1, Senior 2, Senior 3 & Master Kyorugi category with at least 4 participants;
- 15.7 Prize money will only be awarded to the top 4 winners of Senior 1, Senior 2, Senior 3 & Master Poomsae Black Belt category with at least 4 participants/Teams;
- 15.8 Prize money will only be awarded to the top 4 winners of Senior 1, Senior 2, Senior 3 & Master Kyorugi Black Belt category with at least 4 participants;
- 15.9 In the event that there are only 3 participants for the events, the 'minus 1 rule' will apply, i.e. only 1st & 2nd will be awarded with the medal and no prize money for all categories;

15.10 If there are less than 3 participants/team, they may choose 1 of the following options:

Option 1

- Participants may continue with the competition but will not be eligible for prize money. Medals will be awarded based on the 'minus 1 rule'.

Option 2

- Participants may opt to join another category which they are eligible for (Applicable for Poomsae Team Category only).

15.11 Check ActiveSG website for details of prize money.

<https://events.myactivesg.com/getactive2019/pesta-sukan>

16. Competition official coach

16.1 Coaches must hold a minimum of Level 2 coaching qualification of the respective events to be eligible for coaching during the competition.

16.2 Coaches are required to display their professional coach passes issued by the STF before entering the field of play.

16.3 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.

17. Protest

17.1 Only Team Managers and Coaches are allowed to submit their team's protest.

17.2 Any protest against a judgement shall be made on a prescribed form and submitted together with the fee of \$214.00 (GST included) to the Competition Supervisory Board (CSB) within 10 minutes after the match.

17.3 In the event of the protest being dismissed, the fee will be forfeited.

17.4 Decision(s) derived from any protest shall be final and there shall be no appeal thereafter.

18. Uniform

18.1 Participants taking part in the local events shall wear uniform recognized by the STF. Any participant who does not meet the uniform requirement shall be disqualified from the competition.

19. Kyorugi Equipment

19.1 Participants are responsible for their own protective equipment for kyorugi competition.

19.2 Kyorugi equipment used for the competition must be approved by the STF.

19.3 All participants will be required to wear the following protective equipment for Kyorugi competition upon entering the contest area:

- For Cadet & Junior category -: E-Headgear with face shield (Blue or Red colour only);
- For Senior & Master category -: E-Headgear;
- E-Trunk protector;
- Groin guard;
- Forearm guard;
- Shin guard;
- Gloves;
- E-socks;
- Mouthpiece (Optional if participants are wearing headgear with face shield).

19.4 The **KPNP** Protector and Scoring System (PSS) system will be used during the competition. The following protective equipment will be provided:

- E-Headgear;
- E-Trunk Protector;
- E-socks.

20. First Aid and Medical Declaration

20.1 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.

20.2 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.

20.3 **All teams and participants shall be responsible to ensure their own medical coverage, including first aid and personal accident insurance.**

20.4 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.

20.5 First aid services are available at every venue while ambulances are deployed based on the nature and risk of the sport.

21. Competition Jurisdictions

21.1 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;

21.2 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;

- 21.3 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;
- 21.4 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;
- 21.5 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;
- 21.6 The Organising committee reserves the right to disqualify participants / team at its discretion;
- 21.7 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;
- 21.8 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 Singapore Youth Olympic Festival (SYOF) in celebration with 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 Singapore Youth Olympic Festival (SYOF) in celebration with GetActive! Singapore Pesta Sukan 2019: Taekwondo Competition or for any loss of or damage to my property arising from my participation in the Singapore Youth Olympic Festival (SYOF) in celebration with 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;
- 21.9 In consideration of SNOC, SportSG and STF allowing me to participate in the Singapore Youth Olympic Festival (SYOF) in celebration with GetActive! Singapore Pesta Sukan 2019: Taekwondo Competition, I undertake that if, in the course of the Singapore Youth Olympic Festival (SYOF) in celebration with 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.

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.

CLUB

Name & Signature of Team Manager / Coach

Date

REGISTRATION FORM A - Cadet

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 _____

CADET CATEGORY (12 to 14 years old) (born on year 2005 to 2007) (Please X the appropriate box)

DVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom			Poom	
Under 33 kg	29 kg – 32.9 kg		Under 29 kg	25 kg – 29.9 kg	
Under 37 kg	33 kg – 36.9 kg		Under 33 kg	29 kg – 32.9 kg	
Under 41 kg	37 kg – 40.9 kg		Under 37 kg	33 kg – 36.9 kg	
Under 45 kg	41 kg – 44.9 kg		Under 41 kg	37 kg – 40.9 kg	
Under 49 kg	45 kg – 48.9 kg		Under 44 kg	41 kg – 43.9 kg	
Under 53 kg	49 kg – 52.9 kg		Under 47 kg	44 kg – 46.9 kg	
Under 57 kg	53 kg – 56.9 kg		Under 51 kg	47 kg – 50.9 kg	
Under 61 kg	57 kg – 60.9 kg		Under 55 kg	51 kg – 54.9 kg	
Under 65 kg	61 kg – 64.9 kg		Under 59 kg	55 kg – 58.9 kg	
Over 65 kg	➤ 65 kg +		Over 59 kg	➤ 59 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 Singapore Youth Olympic Festival (SYOF) in celebration with 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 Singapore Youth Olympic Festival (SYOF) in celebration with GetActive! Singapore Pesta Sukan 2019: Taekwondo is entirely at my/our risk and responsibility.

Name of Parent / Guardian

Signature.

Contact No.

Certify by Team Manager (Name)

Signature

Club's Stamp



**SINGAPORE YOUTH OLYMPIC FESTIVAL (SYOF) IN CELEBRATION WITH
GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**



REGISTRATION FORM B - Junior

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 ____

JUNIOR CATEGORY (15 to 17 years old) (born on year 2002 to 2004) (Please X the appropriate box)

DIVISION	BOY'S		DIVISION	GIRL'S	
BELT	Red		BELT	Red	
	Black			Black	
Under 45 kg	41 kg – 44.9 kg		Under 42 kg	38 kg – 41.9 kg	
Under 48 kg	45 kg – 47.9 kg		Under 44 kg	42 kg – 43.9 kg	
Under 51 kg	48 kg – 50.9 kg		Under 46 kg	44 kg – 45.9 kg	
Under 55 kg	51 kg – 54.9 kg		Under 49 kg	46 kg – 48.9 kg	
Under 59 kg	55 kg – 58.9 kg		Under 52 kg	49 kg – 51.9 kg	
Under 63 kg	59 kg – 62.9 kg		Under 55 kg	52 kg – 54.9 kg	
Under 68 kg	63 kg – 67.9 kg		Under 59 kg	55 kg – 58.9 kg	
Under 73 kg	68 kg – 72.9 kg		Under 63 kg	59 kg – 62.9 kg	
Under 78 kg	73 kg – 77.9 kg		Under 68 kg	63 kg – 67.9 kg	
Over 78 kg	Over 78 kg		Over 68 kg	Over 68 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 Singapore Youth Olympic Festival (SYOF) in celebration with 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 Singapore Youth Olympic Festival (SYOF) in celebration with GetActive! Singapore Pesta Sukan 2019: Taekwondo is entirely at my/our risk and responsibility.

Name of Parent / Guardian

Signature.

Contact No.

Certify by Team Manager (Name)

Signature

Club's Stamp

REGISTRATION FORM C - SENIOR (1)

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 (1) CATEGORY (18 to 30 years old) (born on year 1989 to 2001) (Please X the appropriate box)

DIVISION	MALE	
BELT	Red	
	Black	
Under 54 kg	49 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 63 kg	58 kg – 62.9 kg	
Under 68 kg	63 kg – 67.9 kg	
Under 74 kg	68 kg – 73.9 kg	
Under 80 kg	74 kg – 79.9 kg	
Under 87 kg	80 kg – 86.9 kg	
Over 87 kg	➤ 87 kg +	

DIVISION	FEMALE	
BELT	Red	
	Black	
Under 46 kg	41 kg – 45.9 kg	
Under 49 kg	46 kg – 48.9 kg	
Under 53 kg	49 kg – 52.9 kg	
Under 57 kg	53 kg – 56.9 kg	
Under 62 kg	57 kg – 61.9 kg	
Under 67 kg	62 kg – 66.9 kg	
Under 73 kg	67 kg – 72.9 kg	
Over 73 kg	➤ 73 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 Singapore Youth Olympic Festival (SYOF) in celebration with 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 Singapore Youth Olympic Festival (SYOF) in celebration with 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

REGISTRATION FORM C-1 - SENIOR (1)

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 (1) CATEGORY (18 to 30 years old) (born on year 1989 to 2001) (Please X the appropriate box)

DIVISION	MALE	
BELT	Red	
	Black	
Under 54 kg	49 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 63 kg	58 kg – 62.9 kg	
Under 68 kg	63 kg – 67.9 kg	
Under 74 kg	68 kg – 73.9 kg	
Under 80 kg	74 kg – 79.9 kg	
Under 87 kg	80 kg – 86.9 kg	
Over 87 kg	➤ 87 kg +	

DIVISION	FEMALE	
BELT	Red	
	Black	
Under 46 kg	41 kg – 45.9 kg	
Under 49 kg	46 kg – 48.9 kg	
Under 53 kg	49 kg – 52.9 kg	
Under 57 kg	53 kg – 56.9 kg	
Under 62 kg	57 kg – 61.9 kg	
Under 67 kg	62 kg – 66.9 kg	
Under 73 kg	67 kg – 72.9 kg	
Over 73 kg	➤ 73 kg +	

**Actual Weight
Must Fill In**

Signature of
Participant

(To be completed by participant above 21 years old)

I, _____, acknowledge and accept the risks associated with participation in Singapore Youth Olympic Festival (SYOF) in celebration with GetActive! Singapore Pesta Sukan 2019: Taekwondo 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 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

REGISTRATION FORM D - SENIOR (2)

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 (2) CATEGORY (31 to 40 years old) (born on year 1979 to 1988) (Please X the appropriate box)

	MALE		DIVISION	FEMALE	
BELT	Red		BELT	Red	
	Black			Black	
Under 54 kg	49 kg – 53.9 kg		Under 46 kg	41 kg – 45.9 kg	
Under 58 kg	54 kg – 57.9 kg		Under 49 kg	46 kg – 48.9 kg	
Under 63 kg	58 kg – 62.9 kg		Under 53 kg	49 kg – 52.9 kg	
Under 68 kg	63 kg – 67.9 kg		Under 57 kg	53 kg – 56.9 kg	
Under 74 kg	68 kg – 73.9 kg		Under 62 kg	57 kg – 61.9 kg	
Under 80 kg	74 kg – 79.9 kg		Under 67 kg	62 kg – 66.9 kg	
Under 87 kg	80 kg – 86.9 kg		Under 73 kg	67 kg – 72.9 kg	
Over 87 kg	➢ 87 kg +		Over 73 kg	➢ 73 kg +	

**Actual Weight
Must Fill In**

Signature of
Participant

(To be completed by participant)

I, _____, acknowledge and accept the risks associated with participation in Singapore Youth Olympic Festival (SYOF) in celebration with GetActive! Singapore Pesta Sukan 2019: Taekwondo 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 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

REGISTRATION FORM E - SENIOR (3)

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 (3) CATEGORY (41 to 54 years old) (born on year 1965 to 1978) (Please X the appropriate box)

DIVISION	MALE		DIVISION	FEMALE	
BELT	Red		BELT	Red	
	Black			Black	
Under 54 kg	49 kg – 53.9 kg		Under 46 kg	41 kg – 45.9 kg	
Under 58 kg	54 kg – 57.9 kg		Under 49 kg	46 kg – 48.9 kg	
Under 63 kg	58 kg – 62.9 kg		Under 53 kg	49 kg – 52.9 kg	
Under 68 kg	63 kg – 67.9 kg		Under 57 kg	53 kg – 56.9 kg	
Under 74 kg	68 kg – 73.9 kg		Under 62 kg	57 kg – 61.9 kg	
Under 80 kg	74 kg – 79.9 kg		Under 67 kg	62 kg – 66.9 kg	
Under 87 kg	80 kg – 86.9 kg		Under 73 kg	67 kg – 72.9 kg	
Over 87 kg	➤ 87 kg +		Over 73 kg	➤ 73 kg +	

**Actual Weight
Must Fill In**

Signature of
Participant

(To be completed by participant)

I, _____, acknowledge and accept the risks associated with participation in Singapore Youth Olympic Festival (SYOF) in celebration with GetActive! Singapore Pesta Sukan 2019: Taekwondo 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 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

REGISTRATION FORM F - MASTER

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 _____

MASTER CATEGORY(55 years old & above)(born on or before year 1964)(Please X the appropriate box)

DIVISION	MALE	
BELT	Red	
	Black	
Under 54 kg	49 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 63 kg	58 kg – 62.9 kg	
Under 68 kg	63 kg – 67.9 kg	
Under 74 kg	68 kg – 73.9 kg	
Under 80 kg	74 kg – 79.9 kg	
Under 87 kg	80 kg – 86.9 kg	
Over 87 kg	➤ 87 kg +	

DIVISION	FEMALE	
BELT	Red	
	Black	
Under 46 kg	41 kg – 45.9 kg	
Under 49 kg	46 kg – 48.9 kg	
Under 53 kg	49 kg – 52.9 kg	
Under 57 kg	53 kg – 56.9 kg	
Under 62 kg	57 kg – 61.9 kg	
Under 67 kg	62 kg – 66.9 kg	
Under 73 kg	67 kg – 72.9 kg	
Over 73 kg	➤ 73 kg +	

**Actual Weight
Must Fill In**

Signature of
Participant

(To be completed by participant)

I, _____, acknowledge and accept the risks associated with participation in Singapore Youth Olympic Festival (SYOF) in celebration with GetActive! Singapore Pesta Sukan 2019: Taekwondo 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 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



**SINGAPORE YOUTH OLYMPIC FESTIVAL (SYOF) IN CELEBRATION WITH
GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**



Kyorugi Master Checklist: Fill in with Capital Letter

FORM G

Name of Team Manager/Coach: _____ Name of Club: _____

S/No	Boy's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Cadet Red Belt	Under 33 kg			
2		Under 37 kg			
3		Under 41 kg			
4		Under 45 kg			
5		Under 49 kg			
6		Under 53 kg			
7		Under 57 kg			
8		Under 61 kg			
9		Under 65 kg			
10		Over 65 kg			

S/No	Boy's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Cadet Poom Belt	Under 33 kg			
2		Under 37 kg			
3		Under 41 kg			
4		Under 45 kg			
5		Under 49 kg			
6		Under 53 kg			
7		Under 57 kg			
8		Under 61 kg			
9		Under 65 kg			
10		Over 65 kg			

S/No	Girl's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Cadet Red Belt	Under 29 kg			
2		Under 33 kg			
3		Under 37 kg			
4		Under 41 kg			
5		Under 44 kg			
6		Under 47 kg			
7		Under 51 kg			
8		Under 55 kg			
9		Under 59 kg			
10		Over 59 kg			

S/No	Girl's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Cadet Poom Belt	Under 29 kg			
2		Under 33 kg			
3		Under 37 kg			
4		Under 41 kg			
5		Under 44 kg			
6		Under 47 kg			
7		Under 51 kg			
8		Under 55 kg			
9		Under 59 kg			
10		Over 59 kg			



**SINGAPORE YOUTH OLYMPIC FESTIVAL (SYOF) IN CELEBRATION WITH
GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO**

Kyorugi Master Checklist: Fill in with Capital Letter

FORM G

Name of Team Manager/Coach: _____ Name of Club: _____

S/No	Boy's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Junior Red Belt	Under 45 kg			
2		Under 48 kg			
3		Under 51 kg			
4		Under 55 kg			
5		Under 59 kg			
6		Under 63 kg			
7		Under 68 kg			
8		Under 73 kg			
9		Under 78 kg			
10		Over 78 kg			

S/No	Boy's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Junior Black Belt	Under 45 kg			
2		Under 48 kg			
3		Under 51 kg			
4		Under 55 kg			
5		Under 59 kg			
6		Under 63 kg			
7		Under 68 kg			
8		Under 73 kg			
9		Under 78 kg			
10		Over 78 kg			

S/No	Girl's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Junior Red Belt	Under 42 kg			
2		Under 44 kg			
3		Under 46 kg			
4		Under 49 kg			
5		Under 52 kg			
6		Under 55 kg			
7		Under 59 kg			
8		Under 63 kg			
9		Under 68 kg			
10		Over 68 kg			

S/No	Girl's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Junior Black Belt	Under 42 kg			
2		Under 44 kg			
3		Under 46 kg			
4		Under 49 kg			
5		Under 52 kg			
6		Under 55 kg			
7		Under 59 kg			
8		Under 63 kg			
9		Under 68 kg			
10		Over 68 kg			

Kyorugi Master Checklist: Fill in with Capital Letter

FORM G

Name of Team Manager/Coach: _____ Name of Club: _____

S/No	Men's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 1 Red Belt	Under 54 kg			
2		Under 58 kg			
3		Under 63 kg			
4		Under 68 kg			
5		Under 74 kg			
6		Under 80 kg			
7		Under 87 kg			
8		Over 87 kg			

S/No	Men's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 1 Black Belt	Under 54 kg			
2		Under 58 kg			
3		Under 63 kg			
4		Under 68 kg			
5		Under 74 kg			
6		Under 80 kg			
7		Under 87 kg			
8		Over 87 kg			

S/No	Women's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 1 Red Belt	Under 46 kg			
2		Under 49 kg			
3		Under 53 kg			
4		Under 57 kg			
5		Under 62 kg			
6		Under 67 kg			
7		Under 73 kg			
8		Over 73 kg			

S/No	Women's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 1 Black Belt	Under 46 kg			
2		Under 49 kg			
3		Under 53 kg			
4		Under 57 kg			
5		Under 62 kg			
6		Under 67 kg			
7		Under 73 kg			
8		Over 73 kg			

Kyorugi Master Checklist: Fill in with Capital Letter

FORM G

Name of Team Manager/Coach: _____ Name of Club: _____

S/No	Men's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 2	Under 54 kg			
2		Under 58 kg			
3		Under 63 kg			
4		Under 68 kg			
5	Red Belt	Under 74 kg			
6		Under 80 kg			
7		Under 87 kg			
8		Over 87 kg			

S/No	Men's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 2	Under 54 kg			
2		Under 58 kg			
3		Under 63 kg			
4		Under 68 kg			
5	Black Belt	Under 74 kg			
6		Under 80 kg			
7		Under 87 kg			
8		Over 87 kg			

S/No	Women's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 2	Under 46 kg			
2		Under 49 kg			
3		Under 53 kg			
4		Under 57 kg			
5	Red Belt	Under 62 kg			
6		Under 67 kg			
7		Under 73 kg			
8		Over 73 kg			

S/No	Women's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 2	Under 46 kg			
2		Under 49 kg			
3		Under 53 kg			
4		Under 57 kg			
5	Black Belt	Under 62 kg			
6		Under 67 kg			
7		Under 73 kg			
8		Over 73 kg			

Kyorugi Master Checklist: Fill in with Capital Letter

FORM G

Name of Team Manager/Coach: _____ Name of Club: _____

S/No	Men's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 3 Red Belt	Under 54 kg			
2		Under 58 kg			
3		Under 63 kg			
4		Under 68 kg			
5		Under 74 kg			
6		Under 80 kg			
7		Under 87 kg			
8		Over 87 kg			

S/No	Men's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 3 Black Belt	Under 54 kg			
2		Under 58 kg			
3		Under 63 kg			
4		Under 68 kg			
5		Under 74 kg			
6		Under 80 kg			
7		Under 87 kg			
8		Over 87 kg			

S/No	Women's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 3 Red Belt	Under 46 kg			
2		Under 49 kg			
3		Under 53 kg			
4		Under 57 kg			
5		Under 62 kg			
6		Under 67 kg			
7		Under 73 kg			
8		Over 73 kg			

S/No	Women's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 3 Black Belt	Under 46 kg			
2		Under 49 kg			
3		Under 53 kg			
4		Under 57 kg			
5		Under 62 kg			
6		Under 67 kg			
7		Under 73 kg			
8		Over 73 kg			

Kyorugi Master Checklist: Fill in with Capital Letter

FORM G

Name of Team Manager/Coach: _____ Name of Club: _____

S/No	Men's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Master	Under 54 kg			
2		Under 58 kg			
3		Under 63 kg			
4		Under 68 kg			
5	Red Belt	Under 74 kg			
6		Under 80 kg			
7		Under 87 kg			
8		Over 87 kg			

S/No	Men's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Master	Under 54 kg			
2		Under 58 kg			
3		Under 63 kg			
4		Under 68 kg			
5	Black Belt	Under 74 kg			
6		Under 80 kg			
7		Under 87 kg			
8		Over 87 kg			

S/No	Women's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Master	Under 46 kg			
2		Under 49 kg			
3		Under 53 kg			
4		Under 57 kg			
5	Red Belt	Under 62 kg			
6		Under 67 kg			
7		Under 73 kg			
8		Over 73 kg			

S/No	Women's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Master	Under 46 kg			
2		Under 49 kg			
3		Under 53 kg			
4		Under 57 kg			
5	Black Belt	Under 62 kg			
6		Under 67 kg			
7		Under 73 kg			
8		Over 73 kg			

REGISTRATION FORM - H - Poomsae Individual (Male)

(Please X the appropriate box)

Young	Cadet	Junior	Senior (1)	Senior (2)	Senior (3)	Master

CLUB			
COACH		Contact No	

No	Name	Category											
		W 9	Y 8	Y7	G6	G5	B4	B3	R2	R1	P	D	

Certify by Team Manager (Name)

Signature

Club's Stamp

REGISTRATION FORM - J - Poomsae Individual (Female)

(Please X the appropriate box)

Young	Cadet	Junior	Senior (1)	Senior (2)	Senior (3)	Master

CLUB			
COACH		Contact No	

No	Name	Category											
		W 9	Y 8	Y7	G6	G5	B4	B3	R2	R1	P	D	

_____ Certify by Team Manager (Name)

_____ Signature

_____ Club's Stamp

REGISTRATION FORM - K - Poomsae Team of 3 (Male)

(Please X the appropriate box)

Young	Cadet	Junior	Senior (1)	Senior (2)	Senior (3)	Master

CLUB			
COACH		Contact No	

No	Name	Category										
		W 9	Y 8	Y7	G6	G5	B4	B3	R2	R1	P	D

Certify by Team Manager (Name)

Signature

Club's Stamp

REGISTRATION FORM - L - Poomsae Team of 3 (Female)

(Please X the appropriate box)

Young	Cadet	Junior	Senior (1)	Senior (2)	Senior (3)	Master

CLUB			
COACH		Contact No	

No	Name	Category											
		W 9	Y 8	Y7	G6	G5	B4	B3	R2	R1	P	D	

Certify by Team Manager (Name)

Signature

Club's Stamp



PESTA SUKAN
2019

SINGAPORE YOUTH OLYMPIC FESTIVAL (SYOF) IN CELEBRATION WITH
GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO



REGISTRATION FORM - M - Poomsae Team of 3 (Mixed)

(Please X the appropriate box)

Young	Cadet	Junior	Senior (1)

CLUB			
COACH		Contact No	

No	Name	Category		
		Male/Female	Poom	Black Belt

Certify by Team Manager (Name)

Signature

Club's Stamp

REGISTRATION FORM - N

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 Singapore Youth Olympic Festival (SYOF) in celebration with 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 Singapore Youth Olympic Festival (SYOF) in celebration with 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

REGISTRATION FORM - N-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 Singapore Youth Olympic Festival (SYOF) in celebration with 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

Official S/N: _____

**FORM P
Section 1**

CLUB NAME : _____

Team Manager : _____ **HP :** _____

1. Kyorugi Cadet and Junior Individual Category Total: _____ x \$10 = _____

2. Poomsae Young, Cadet and Junior Individual Category Total: _____ x \$10 = _____

3. Kyorugi Senior 1, Senior 2 and Senior 3 Individual Category Total: _____ x \$15 = _____

4. Poomsae Senior 1, Senior 2 and Senior 3 Individual Category Total: _____ x \$15 = _____

5. Kyorugi Master Individual Category Total: _____ x \$5 = _____

6. Poomsae Master Individual Category Total: _____ x \$5 = _____

7. Poomsae Young, Cadet and Junior Team of 3 Category Total: _____ x \$30 = _____

8. Poomsae Senior 1, Senior 2 and Senior 3 Team of 3 Category Total: _____ x \$45 = _____

9. Poomsae Master Team of 3 Category Total: _____ x \$15 = _____

Total Payment: _____

Certified by STF's Official / Name

Date and Time

STF's Stamp

Section 2

Payment for Singapore Youth Olympic Festival (SYOF) in celebration with GetActive! Singapore Pesta Sukan 2019: Taekwondo Registration Fees

Total amount: _____

Name of Team Managers

Club Name & Club's Stamp

Receipt No: _____

Received by SportSG's Official / Name

Company Stamp

Note: Team Managers need to produce FORM P during Team Managers briefing cum drawing of lots as proof of payment.



SINGAPORE YOUTH OLYMPIC FESTIVAL (SYOF) IN CELEBRATION WITH
GETACTIVE! SINGAPORE PESTA SUKAN 2019
TAEKWONDO



FORM Q

ENTRIES FOR AFFILIATE CLUBS

CLUB : _____

Head of Team : _____ **HP:** _____

Team Manager : _____ **HP:** _____

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

2) _____ 6) _____

3) _____ 7) _____

4) _____ 8) _____



LETTER OF WAIVER AND INDEMNITY (GETACTIVE! SINGAPORE PESTA SUKAN 2019 PARTICIPATION)

**To: Singapore Sports Council
(rebranded as "Sport Singapore" with effect from 1 April 2014)**

LETTER OF WAIVER AND INDEMNITY TO SPORT SINGAPORE ("SportSG")

Pesta Sukan 2019 :	
Start Date:	
End Date:	
Venue:	

Dear Sirs,

- I, _____ (name), (NRIC/Passport No. _____) of _____ (address) wish to participate in the Pesta Sukan 2019.
- I warrant that I am in good health and have no physical condition that would endanger my life while participating in the Pesta Sukan 2019.
- Whilst reasonable precaution will be taken by SportSG and/or its agent/s to ensure the safety of participants, I understand that I take part in the Pesta Sukan 2019 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 Pesta Sukan 2019 or for any loss of or damage to my property arising from my participation in the Pesta Sukan 2019, except for such injury or death that is caused directly by SportSG's or its agent/s' gross negligence.
- In consideration of SportSG allowing me to participate in the Pesta Sukan 2019, I undertake that if, in the course of the Pesta Sukan 2019, 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 SportSG if that suffering person makes claims or takes actions against SportSG or SportSG has to pay for costs or expenses.
- I represent that I am at least 16 years of age; or that, if I am under 16, my parent / legal guardian has signed below.

Yours faithfully,

[Signature of participant]

NRIC: _____

Name: _____

Date: _____

To be completed by Parent / Guardian

I, _____ (name of parent / guardian) of NRIC No. _____ of _____ (address) am the parent / guardian of the above named _____ (name of child / ward). I consent to the said _____ (name of child / ward) taking part in the Pesta Sukan 2019, and I agree to the waiver and indemnity that are set out in this document.

[Signature of Parent / Guardian]

Name: _____

NRIC: _____

Date: _____