



**NATIONAL POOMSAE CHAMPIONSHIPS 2024**  
**(6<sup>th</sup> & 7<sup>th</sup> July 2024 / Jurong East Sports Hall)**  
**Official Outline**

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**NATIONAL POOMSAE CHAMPIONSHIPS 2024 OUTLINE**

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**1. ORGANIZER :** **SINGAPORE TAEKWONDO FEDERATION (STF)**

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Address : Singapore Taekwondo Federation Office  
7 Bedok North Street 2  
Bedok Sports Complex, Singapore 469646

Telephone : +65 6345 1491

Email : [stkdf@mail.com](mailto:stkdf@mail.com) (Grade and payment matters)  
[Tournament.stf@gmail.com](mailto:Tournament.stf@gmail.com) (All registration Related Matters)

Website: [www.stf.sg](http://www.stf.sg)

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**2. COMPETITION DETAILS**

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Date : 6<sup>th</sup> & 7<sup>th</sup> July 2024

Time : 0900 onward

Venue : 21 Jurong East Street 31  
Jurong East Sports hall, Singapore 609517

Organizer reserves the right to amend competition schedule, any changes will be posted on STF website.

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**3. REGISTRATION INFORMATION**

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Registration Period: 28<sup>th</sup> May to 21<sup>st</sup> June 2024

Submission To: Singapore Taekwondo Federation Office  
7 Bedok North Street 2  
Bedok Sports Complex, Singapore 469646

Registration Fee: \$54.50 per participant for individual, pair, team & sibling event  
(Inclusive of 9% GST) \$109.00 per family category

Team Manager's: 30<sup>th</sup> June 2024, 1500 Hr  
Briefing Whampoa National Training Centre  
80 Lorong Limau, Singapore 320080

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**3. COMPETITION RULES**

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STF Competition Rules in force as of 1<sup>st</sup> March, 2024 shall be apply. (Available on STF website)



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**4. QUALIFICATIONS**

Criterion #1: Members of Clubs affiliated to Singapore Taekwondo Federation (STF)\*

*\*Non-STF grade holders must be either STF invited parties or are under respective National Sports Association (NSA). Special circumstances and request should be directed to Organizing Tournament Committee email and subjected to approval on a case-by-case basis.*

**5. CLASSIFICATION OF COMPETITION**

EVENTS	AGE DIVISION	GRADE*
<ul style="list-style-type: none"><li>Individual</li><li>Mixed Pair</li><li>Team of 3</li><li>Siblings</li><li>Family</li><li>Para Poomsae</li></ul>	<ul style="list-style-type: none"><li>A (4 to 6 Years Old)</li><li>B (7 to 9 Years Old)</li><li>C (10 to 12 Years Old)</li><li>D (13 &amp; 14 Years Old)</li><li>E (15 to 17 Years Old)</li><li>F (18 to 30 Years Old)</li><li>G (31 to 40 Years Old)</li><li>H (41 to 50 Years Old)</li><li>J (51 Years Old &amp; above)</li></ul>	<ul style="list-style-type: none"><li>White</li><li>Yellow-Tip</li><li>Yellow</li><li>Green-Tip</li><li>Green</li><li>Blue-Tip</li><li>Blue</li><li>Red-Tip</li><li>Red</li><li>Black-Tip</li><li>Poom 1 (1<sup>st</sup> Poom)**</li><li>Poom 2 (2<sup>nd</sup> Poom)**</li><li>Poom 3 (3<sup>rd</sup> Poom)**</li></ul>

*\*Based on highest grade obtained on or before 28<sup>th</sup> May 2024*

*\*\*Black and Poom belt event for Age Division D and above will be held at the Singapore Open Poomsae Championship in the later part of 2024.*



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Event	Age Div	A	B	C	D	E	F	G	H	J
	Gender	(4-6)	(7-9)	(10-12)	(13 & 14)	(15-17)	(18-30)	(31-40)	(41-50)	(51 & older)
Individual	Male (M)	No Limit*								
	Female (F)	No Limit*								
Mixed Pair	1M & 1F	No Limit*								
Team of 3**	M	No Limit*								
	F	No Limit*								
	Mixed Gender	No Limit*								
Siblings***	M/F	No Limit*								
Family ***	M/F	No Limit*								
Para****	Male (M)	No Limit*								
	Female (F)	No Limit*								

*\*A performer may participate in one individual colour category. He or she is eligible to participate in his or her belt categories only.*

*\*\*Team events shall comprise three (3) participants. Each participant is allowed to participate in one poomsae team event only.*

*\*\*\* Sibling & Family event: Participants can be of different grade (i.e., parent can be a black belt while the child is a yellow belt). Poomsae performed shall be of their choice.*

*\*\*\*\*Para event: Please view annex A for more information*



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**6. LIST OF POOMSAE TO BE PERFORMED**

Category	Belt level	Performing Poomsae
<b>Individual / Pair</b>	White 10*	Introductory Poomsae*
	White 9	Preliminary Poomsae
	Yellow 8	Taeguk Il Jang
	Yellow 7	Taeguk E Jang
	Green 6	Taeguk Sam Jang
	Green 5	Taeguk Sa Jang
	Blue 4	Taeguk O Jang
	Blue 3	Taeguk Yuk Jang
	Red 2	Taeguk Chil Jang
	Red 1	Taeguk Pal Jang
	1 <sup>st</sup> Poom**	Koryo
	2 <sup>nd</sup> Poom**	Keumgang
	3 <sup>rd</sup> Poom**	Taebaek

*\*White 10 event only for age division A (6 years old and below)*

*\*\*Only for age Division A, B & C. Black and Poom belt event for Age Division D and above will be held at the Singapore Open Poomsae Championship in the later part of 2024.*

**7. METHOD OF COMPETITION**

- i. Cut-Off system – Direct Finals (Top 8 medallists)
- ii. Duration of Contest – Up to 90 seconds
- iii. Number of courts: 4
- iv. Number of participant: No limit to number of participants fielded for all events\*\*

*\*A performer may participate in one individual colour category. He or she is eligible to participate in his or her belt categories only.*

*\*\*Team events shall comprise three (3) participants. Each participant is allowed to participate in one poomsae team event only.*



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**8. REGISTRATION**

- i. Registration shall be done by the Team Manager, who can be a coach, or someone designated to take charge of the Team.
- ii. Team Managers **must** use the E-Registration Excel Form to submit registration for the respective event, form can be downloaded from STF website, competition posting.  
*Teams are advised to access the form with a window OS device via excel application for best compatibility.*
- iii. Team Managers are to submit the excel e-registration to [tournament.stf@gmail.com](mailto:tournament.stf@gmail.com) and [stkdf@mail.com](mailto:stkdf@mail.com).
- iv. An email response with payment amount and instructions will be sent upon successful receipt of softcopy registration.
- v. Team Managers are to proceed with payment and verification of student's grade once they have received the confirmation email. They **may** choose to **either** physically head down to STF office or complete the registration procedure online via the below steps:
  - v1a. Online Payment: Paynow to STF UEN S74SS0031A with UEN reference number\* as '**Team Name – Nat Poomsae**'.
  - v1b. Send proof of successful payment to [tournament.stf@gmail.com](mailto:tournament.stf@gmail.com) and [stkdf@mail.com](mailto:stkdf@mail.com) (Screenshot containing the UEN reference keyed)  
*\*Payment submission with incorrect or lack of reference number may result in incomplete registration.*
  - v2. Online grade verification (Required for all Paynow payment): Team to send in participants' grading card or Poom/Dan certificate proof  
*(Filename as participant's name e.g. 'Jack Tan – Grading Card').*
- vii. The closing date for submission is on 21<sup>st</sup> June 2024, this includes submission of **e-registration excel form, proof of payment** (Paynow UEN OR softcopy STF receipt), **softcopy grade proof of participants** (for payment via Paynow).
- viii. Submission **will not be processed** if any information submitted is incorrect / incomplete.
- ix. Team Managers are to ensure that individual participant registration forms are available for verification by organiser when required.
- x. The organiser reserves the rights to disqualify the club submission if the team manager fails to make payment or verify participants grades by 21<sup>st</sup> June 2024.



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xi. Tentative Bout sheet will be released before Team Managers meeting on 30<sup>th</sup> June 2024, **NO changes** are allowed after team managers meeting.

## Step-by-Step e-registration process

1. Submission of e-registration form to [tournament.stf@gmail.com](mailto:tournament.stf@gmail.com)
2. Await email reply with payment amount and instruction (within 3 days)
3. Submission of payment proof\* and softcopy grading certificates to [tournament.stf@gmail.com](mailto:tournament.stf@gmail.com) and [stkdf@mail.com](mailto:stkdf@mail.com) (By 21<sup>st</sup> June 2024)

*\*Payment proof can be either STF receipt or Paynow UEN screenshot with the right UEN reference number (Team Name – Nat Poomsae). **Paynow screenshot must be accompanied with softcopy of all participants' grading proof.***

*It is the responsibility of the Team Managers to verify and ensure that the submission is accurate, and information of the participants are valid. Wrong submission will result in disqualification of registration.*

***Registration of participants in a different grade from grading document can result in up to 1-year debarment of team participation from STF organized competitions and relevant parties called up for sanction, such incidents would be regarded as a breach of integrity.***

## 9. EQUIPMENT AND UNIFORM

- i. Only STF approved uniforms should be worn, participants who wears unapproved uniform will not be permitted to compete. The latest STF approved uniform list can be viewed at [www.stf.sg](http://www.stf.sg) under Guidelines.
- ii. Taping (if any) must be inspected and signed by STF on-site medical team before competing.

## 10. COACH REQUIREMENTS

- i. Only Poomsae level 2 coaches wearing coach pass will be allowed to enter the Field of Play (FOP) and coach their participants.
- ii. Team Manager and Poomsae level 1 coaches (wearing coach pass) are not allowed to enter the FOP with participants.
- iii. Non-qualified coaches or coaches holding the wrong coach pass entering the FOP will result in immediate disqualification with follow-up disciplinary action taken against the affected coach and team, following the STF Rules and Regulations.



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- iv. All coaches must attire in either track pants or business pants, collared shirt, or jackets/windbreakers and 70% white-covered shoes.
- v. Teams must provide sufficient coaches to accompany participants into the FOP when their bouts are called to ensure flow of the competition. Insufficient coaches causing a delay in competition flow may result in disqualification of affected participant.
- vi. Participant entering the FOP without their coach will result in disqualification of affected participant.

### 11. REFEREES & VOLUNTEERS REQUIREMENTS

- i. Volunteer: Each team must provide 1 volunteer per competition day (*minimum 15 years old*).
- ii. Referees: Each team must provide 1 referee for every 50 registration or part-thereof.
- iii. Each team must provide required number of volunteer and referee(s) throughout all days of competition.

*I.e. Team A has registered 100 Individual Poomsae Event and 1 Team Poomsae Event , Team A must provide 1 volunteer and 3 referees for ALL competitions days. Team B has registered 98 individual event and 1 Team Poomsae event, Team B must provided 1 volunteer and 2 referees for ALL competition days. Event Submissions with more than 1 participant (Team/Pair/Siblings/Family) will be regarded as 1 registration.*

- iv. Required number of referees **might** reduce dependent on sign-up rates, finalized referees required for each team will be announced during Team Manager briefing. However, teams must prepare sufficient referees based upon point ii and iii.

**v. Teams that do not fulfil Volunteer OR Referee requirement on any competition day may be barred from STF organized competition for a period of 1 year** (*from debarment date*)

### 12. AWARD & CLASSIFICATION OF RESULTS

- i. The following prizes will be awarded

1 <sup>st</sup> Placing:	1 Gold Medal
2 <sup>nd</sup> Placing:	1 Silver Medal
3 <sup>rd</sup> ~ 8 <sup>th</sup> Placing:	6 Bronze Medal

- ii. All medallists must be attired in full uniform during prize presentation.



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iii. Default medallist (participants with no opponent) need not perform their pattern and can be awarded the gold medal by reporting to the registration counter on their event day.

**13. TEAM MANAGER BRIEFING & DRAWING OF LOT**

i. Team Manager Briefing will be held on 30<sup>th</sup> June 2024 (Sunday), 1500 Hr at NTC Whampoa, 80 Lorong Limau, Singapore 320080. Any changes will be posted on STF website at [www.stf.sg](http://www.stf.sg).

ii. Drawing of lot will be done via computerized random draw prior to Team Manager's briefing, drawn bout list will be sent to Team Managers a week before Team Manager's briefing.

*Organizing Committee reserves the right to separate and re-allocate competing categories dependent on registration numbers (e.g Splitting family event further into Father and Son/ Mother and Son)*

iii. Team Managers may write in to Organizing Committee at [Tournament.stf@gmail.com](mailto:Tournament.stf@gmail.com) for competition related matters.

iv. All form of communication from Organizing Committee will be directed only to Team Manager's email **stated in the e-registration form.**

v. Competition bout list will be FINALIZED after Team Manager's briefing and uploaded on STF website, **strictly no request for change** will be entertained after Team Manager's briefing.

**14. ARBITRATION & PROTEST MATTERS**

i. Protest with regards to competition matters and results must be made by registered Team Manager or Coach.

ii. Any protest made against a judgment shall be made on the arbitration form and submitted together with the fee of \$327.00 (GST inclusive) to the Competition Supervisory Board within 10 minutes of the pertinent contest.

iii. Arbitration form may be found in Annex B – Forms.





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**17. DECLARATION & INDEMNITIES**

- i. Any previous training in other martial arts must be declared on registration form. (e.g. types of martial art ; level and years of training)
- ii. Team Manager must ensure that parents of participants under 21 years old (Based on birthdate) personally endorse the indemnity forms. Team Manager will be held responsible if the forms contain fake signatures.
- iii. Team Manager / Coach(es) to ensure that their participants are prepared and fit for the competition. Team Manager / Coach (es) should withdraw any participant who is not feeling well on the day of the competition.
- iv. Team Manager must declare pre-existing medical conditions on electronic registration form under remarks column and attach document of doctor's clearance letter for medical conditions declared.
- iv. Team Manager must ensure all team members\* shall have their own medical insurance coverage, including first aid and personal accident insurance.

\*Team members refer to all member that identifies with the Team, including but not limited to Team Manager, Coaches, Participants, Volunteers, Referees and Supporters.



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**COMPETITION TIMELINE & IMPORTANT DATES**

(Subject to changes)

<b>Date</b>	<b>Time</b>	<b>Detail</b>	<b>Venue</b>
28 <sup>th</sup> May 2024 (Tuesday)	-	Competition Registration Opens	Fully online or hybrid Submission* <i>(Requires payment and verification at STF office)</i>  *Registration only confirmed upon email confirmation sent. Full registration detail stated in outline.
21 <sup>st</sup> June 2024 (Friday)	1600 Hr	Competition Registration Closes	
28 <sup>th</sup> June 2024 (Friday)	-	Tentative Bout List sent to Team Manager	Online (Registered Team Manager's Email)
30 <sup>th</sup> June 2024 (Saturday)	1500 Hr	Team Manager Briefing	NTC Whampoa
3 <sup>rd</sup> July 2024 (Monday)	-	Finalized Bout List sent to Team Manager	Online (Registered Team Manager's Email)
6 <sup>th</sup> July 2024 (Saturday)	0900 Hr to 2100 Hr	Day 1 Competition	Jurong East Sports hall
7 <sup>th</sup> July 2024 (Sunday)	0900 Hr to 2100 Hr	Day 2 Competition	Jurong East Sports hall



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#### Annex A – **PARA TAEKWONDO**

##### Para Taekwondo Sport Classes

P10 – Visual Impairments

P12 – A decrease in the ability to see to a certain degree that causes problems not fixable by usual means, such as glasses or surgery.

P60 – Deaf

- Deaf, defined as a hearing loss of at least 55dB in the better ear (3 tone frequency average of 500, 1000 and 2000 Hertz, ANSI 1969 standard)
- Not using hearing aids or external cochlear implant aids during this event.

Para Taekwondo Age Divisions : Super Junior (8 years old and below),  
 Young Junior (9 to 11 years old),  
 Cadet (12 to 14 years old),  
 Junior (15 to 17 years old),  
 Senior (18 to 30 years old)

Competition Flow follow: : The sequence of performance\* for competitors shall be as

- Recognized Individual / Open Individual
- Recognized Pair / Team / Siblings / Family
- Para Taekwondo

\*Computer generated sequencing for all categories

Division (Age)	Gender	Super Junior (8 & Below)	Young Junior (9 - 11)	Cadet (12 - 14)	Junior (15 - 17)	Senior (18 - 30)
<b>Individual</b>	Male	No Limit				
	Female	No Limit				
<b>Team</b>	M	No Limit				
	F	No Limit				
	Mixed	No Limit				



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**Annex A – Para Poomsae (LIST OF POOMSAE TO BE PERFORMED)**

	<b>Category</b>	<b>Compulsory Poomsae</b>
<b>Individual / Team</b> (Pair participants to hold the same grade)	White 9	Preliminary Poomsae
	Yellow 8	Taeguk Il Jang
	Yellow 7	Taeguk E Jang
	Green 6	Taeguk Sam Jang
	Green 5	Taeguk Sa Jang
	Blue 4	Taeguk O Jang
	Blue 3	Taeguk Yuk Jang
	Red 2	Taeguk Chil Jang
	Red 1	Taeguk Pal Jang
	1st Poom	Koryo
	2 <sup>nd</sup> Poom	Keumgang



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**Annex B – Forms**



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### CODE OF CONDUCT

The following guidelines are not intended to be exhaustive and include at the absolute minimum the code of conduct herein described. For the full list of acceptable decorum please view STF Rules & Regulation at [www.stf.sg](http://www.stf.sg).

1. Team Members\* must always conduct and behave themselves in a pleasant manner. They should 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, affected member(s) must:
  - a) **Refrain from use of abusive language or aggressive behavior**
  - b) **Gracefully accept the official decision**
  - c) **Lodge an official protest through the Team Manager or Coach if they wish so**
3. Any dispute or protest must be made through the official channel as stated in the Competition Outline (Arbitration & Protest Matter).
4. Any attempts to discredit any competition officials, inclusive but not limited to Technical Delegate, Competition Supervisory Board (CSB) members, judges, referees, or volunteers will be faced with disciplinary actions.
5. No one, including the Team Manager or coaches, is allowed to step beyond the boundary line unless escorted by a competition official.
6. Participant(s) or Team(s) that has a record of ban / debarment are not allowed to participate in competition without first seeking clearance from the Tournament Committee.
7. The Federation and competition organizer reserves the right to vary or add to the above rules when necessary.
8. The Team Manager is responsible for ensuring that all team members adhere to the expected decorum stated within both the Code of Conduct and STF Rules & Regulation (Found in [www.stf.sg](http://www.stf.sg))

*\*Team Members stated within Official Outline and Code of Conduct refers to any member that identifies with the Team, including but not limited to Team Manager, Coaches, Participants, Volunteers, Referees and Supporters.*

### ARBITRATION AND SANCTION

1. CSB shall make corrections of misjudgments (if any) in accordance with decision(s) made after protest review, disciplinary action will be taken against official(s) who commits any misjudgment or illegal behavior.
2. CSB shall also be entitled Competition Extraordinary Committee of Sanction concurrently for matters in relation to competition management.
3. The Extraordinary Committee of Sanction may summon person concerned for confirmation of events.
4. The STF President or Secretary General (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 Team Manager, Coach, or other team member(s),
  - 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 Organizing Committee.
  - c) Spreading rumors for the purpose of exerting an unwarranted influence on official judgements.

### AGREEMENT

Our team, with team manager as representative, hereby agrees to abide by all above guidelines **AND** the STF Competition Rules & Regulation listed on the STF website.

\_\_\_\_\_  
Team Name

\_\_\_\_\_  
Team Manager Full Name  
& Signature

\_\_\_\_\_  
Date



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**17<sup>TH</sup> NATIONAL POOMSAE CHAMPIONSHIPS 2024**

**To: Organising Chairman,  
17th National Poomsae Championships 2024 Organising Committee**

On behalf of \_\_\_\_\_ ,  
*(name of affiliate)*

I submit the attached entry forms and confirm that the players are all members of the  
**Club.**

<b>Name of Team Manager</b>		
<b>Signature</b>	<b>Official Stamp</b>	
<b>Date</b>		



















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**FORM H**

**FAMILY**

Affiliate			
Team Manager		Contact No.	

**Please Circle Accordingly**

<b>Event</b>	<b>Spouse</b>	<b>Two generation*</b>	<b>Three Generation</b>
<b>Composition</b>	Husband and Wife	Parent and Child	Grandparent, Parent and Child

<b>Status</b>	<b>Name</b>		
Grandfather			Age:
Grandmother			Age:
Father			Age:
Mother			Age:
Child		Gender:	Age:
Child		Gender:	Age:
Child		Gender:	Age:
Child		Gender:	Age:

*\*Two generation event can also comprise of grandparent with child*















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**FORM J**

**REGISTRATION FORM**  
 (to be completed by all participants)

<b>Affiliate</b>	
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Name		Age (as of 31 <sup>st</sup> Dec 2024)	
Year of Birth		Grade (as of 28 <sup>th</sup> May 2024)	
Contact No.		Gender	
Emergency Contact No.	(Mobile)		(Home)
Pre-existing Medical Conditions			
Name of Coach			(Mobile)

I agree to abide by the rules and regulations of the tournament and will not hold the Singapore Taekwondo Federation responsible for any injury, damage or loss sustained as a result of my participation.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Parental/Guardian Consent for Participants Below 21 Years of Age**

I consent to all the participation of the above-named applicant, who is my \*child/ward, in the 17th National Taekwondo Poomsae Championships 2024. I hereby release Singapore Taekwondo Federation and its agents from all liabilities that may arise in connection therein.

Name		Signature / Date	
Relationship		Contact No.	
<b>Witnessed By</b>			
Team Manager		Signature / Date	
Email		Contact No.	



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**ENTRIES FOR TEAM**

**Team Name:** \_\_\_\_\_

**Team Manager's Name:** \_\_\_\_\_ **Contact No (HP):** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Head Coach Name:** \_\_\_\_\_ **Contact No (HP):** \_\_\_\_\_

**Name of Coaches:** 1) \_\_\_\_\_ 6) \_\_\_\_\_  
*(Holding Professional Pass)* 2) \_\_\_\_\_ 7) \_\_\_\_\_  
 3) \_\_\_\_\_ 8) \_\_\_\_\_  
 4) \_\_\_\_\_ 9) \_\_\_\_\_  
 5) \_\_\_\_\_ 10) \_\_\_\_\_

**Name of Referees:** 1) \_\_\_\_\_ 4) \_\_\_\_\_  
*(One for every 50* 2) \_\_\_\_\_ 5) \_\_\_\_\_  
*submissions\*)* 3) \_\_\_\_\_ 6) \_\_\_\_\_

**Name of volunteer:** 1) \_\_\_\_\_ 4) \_\_\_\_\_  
*(One per day\*)* 2) \_\_\_\_\_ 5) \_\_\_\_\_  
 3) \_\_\_\_\_ 6) \_\_\_\_\_

*\*Team to provide required number of official per competition day following outline requirement*

**Payment Summary**

Team Name: \_\_\_\_\_

Team Manager/Coach: \_\_\_\_\_  
 Name & Signature

Total Players: \_\_\_\_\_

Payment Amount: \$ \_\_\_\_\_ Date: \_\_\_\_\_

Payment Mode: Cash / Paynow / Cheque\*

Receipt No : \_\_\_\_\_

\*Cheque No: \_\_\_\_\_

