SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL
National School Games Taekwondo Championships 2019

OUTLINE FOR KYORUGI COMPETITION

National Convenor : Jing Shan Primary School

Schedule

Registration
- eRegistration at https://nsg.moe.edu.sg
  (From 11 February to 12 March 2019)
- Hard copy forms attached in this notification can be used for collation of data from athletes

Briefing
- 21 February 2019 (Thursday) 2.00pm to 3.30pm
  PSOEB Auditorium 21 Evans Road
  Singapore 259366

Drawing of Lots
- 28 March 2019 (Thursday) 1.30pm to 2.30pm
  STF National Training Centre Block 80 Lorong Limau #04-191 Singapore 320080

Competition
15 to 16 April 2019 (Poomsae)
16 to 17 April 2019 (Kyorugi)
  9.00am onwards
  Toa Payoh Sports Hall

Eligibility : Students in the Senior and Junior Divisions holding red, poom or dan certification obtained on or before 8 March 2018 and issued or endorsed by the STF

It is compulsory for students to submit the Data Collation Form to schools with endorsement of the coach OR Taekwondo Club (Affiliated with Singapore Taekwondo Federation). The Data Collation form only serves to collate the information from participating students for registration by teacher-in-charge via the official eRegistration system.
Competition Rules : WTF rules adopted and modified by the STF

Rule Highlights : The weigh-in of players will be conducted at the competition day when they report to the competitor steward. Players who do not meet their weight categories will be disqualified.

The size of the arena shall be 7m x 7m.

The duration of the competition shall be 3 rounds of 1 minute each with 30 seconds break in between rounds. (The organising committee reserves the right to modify the duration & no. of rounds.)

Four points shall be given for points scored using back kick or 360 kick.

Kicking to the head is not allowed. The offender shall be declared loser by penalty.

Uniform : STF Uniform. A player will be barred from participating if he or she cannot fulfill this condition fully.

Equipment : Headgear and body protector will be provided by the organiser. The other mandatory protective equipment - shin and forearm guard, groin guard, mouth piece (fitting) and gloves - shall be the responsibility of participants. Participants may use their own headgear and body protector. All equipment must be STF approved.

Method of Competition Divisions : Single-elimination system

SENIOR DIVISION
1 January 2009
1 January 2008 to 31 December 2008
1 January 2007 to 31 December 2007
2 January 2006 to 31 December 2006

Individual (Male & Female)

Under 26 kg Not exceeding 26 kg
Under 30 kg Over 26 but not exceeding 30 kg
Under 34 kg  Over 30 but not exceeding 34 kg
Under 38 kg  Over 34 but not exceeding 38 kg
Under 42 kg  Over 38 but not exceeding 42 kg
Under 46 kg  Over 42 but not exceeding 46 kg
Under 50 kg  Over 46 but not exceeding 50 kg
Under 54 kg  Over 50 but not exceeding 54 kg
Under 58 kg  Over 54 but not exceeding 58 kg
Under 62 kg  Over 58 but not exceeding 62 kg
Under 66 kg  Over 62 but not exceeding 66 kg
Over 66 kg  Over 66 kg

JUNIOR DIVISION
1 January 2011
1 January 2010 to 31 December 2010
1 January 2009 to 31 December 2009
2 January 2008 to 31 December 2008

Individual (Male & Female)
Under 24 kg  Not exceeding 24 kg
Under 28 kg  Over 24 but not exceeding 28 kg
Under 32 kg  Over 28 but not exceeding 32 kg
Under 36 kg  Over 32 but not exceeding 36 kg
Under 40 kg  Over 36 but not exceeding 40 kg
Under 44 kg  Over 40 but not exceeding 44 kg
Under 48 kg  Over 44 but not exceeding 48 kg
Under 52 kg  Over 48 but not exceeding 52 kg
Under 56 kg  Over 52 but not exceeding 56 kg
Under 60 kg  Over 56 but not exceeding 60 kg
Under 64 kg  Over 60 but not exceeding 64 kg
Over 64 kg  Over 64 kg

Entries : Each school is allowed to submit a maximum of 2 male and 2 female players per weight and belt category.

Condition of Participation : All participants shall abide by the general rules and regulations governed by the Singapore Schools Primary Sports Council of the competition and accept the decisions of the judges or the Competition Supervisory Board graciously.

Enquiries : For more information, please call the National Organising Secretariat at 64566305.
NATIONAL SCHOOL GAMES TAEKWONDO CHAMPIONSHIPS 2019
DATA COLLATION FORM (FOR PRIMARY SCHOOLS)

Note:
- It is **compulsory** for students to submit this form to schools with endorsement of the coach OR Taekwondo Club (Affiliated with Singapore Taekwondo Federation)
- This form only serves to collate the information from participating students for registration by teacher-in-charge via the official eRegistration system
- Submission of form to teacher-in-charge does not constitute registration. School will make the final decision on the students to be officially registered for the competition.
- Student athletes should be accompanied by his/her qualified coach on competition day.

Registration Rules

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

---

School Type of Competition: Kyorugi / Poomsae*

Division: Junior / Senior *

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

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

Class: __________________________ Gender: F / M*

NRIC: __________________________ Date of Birth: ____________ (dd/mm/yyyy)

Weight: __________________________ (to the nearest 1 decimal place)

| Highest Belt / Grade Attained: | | | |
|---|---|---|
| ☐ White 9 | ☐ Green 5 (Blue Stripe) | ☐ Red 2 |
| ☐ Yellow 8 | ☐ Blue 4 | ☐ Red 1 (Black Stripe) |
| ☐ Yellow 7 (Green Stripe) | ☐ Blue 3 (Red Stripe) | ☐ Poom |
| ☐ Green 6 | (Please tick the appropriate box) | |

For Kyorugi, only students with these Belt/Grade are eligible

Date Highest Belt/Grade Attained: ________________ (dd/mm/yyyy)
**Participating Category (applicable only for Poomsae)**

<table>
<thead>
<tr>
<th>Individual (max 2 categories)</th>
<th>Team of Three (max 2 categories)</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ White 9</td>
<td>☐ White 9</td>
</tr>
<tr>
<td>☐ Yellow 8</td>
<td>☐ Yellow 8</td>
</tr>
<tr>
<td>☐ Yellow 7 (Green Stripe)</td>
<td>☐ Yellow 7 (Green Stripe)</td>
</tr>
<tr>
<td>☐ Green 6</td>
<td>☐ Green 6</td>
</tr>
<tr>
<td>☐ Green 5 (Blue Stripe)</td>
<td>☐ Green 5 (Blue Stripe)</td>
</tr>
<tr>
<td>☐ Blue 4</td>
<td>☐ Blue 4</td>
</tr>
<tr>
<td>☐ Blue 3 (Red Stripe)</td>
<td>☐ Blue 3 (Red Stripe)</td>
</tr>
<tr>
<td>☐ Red 2</td>
<td>☐ Red 2</td>
</tr>
<tr>
<td>☐ Red 1 (Black Stripe)</td>
<td>☐ Red 1 (Black Stripe)</td>
</tr>
<tr>
<td>☐ Poom</td>
<td>☐ Poom</td>
</tr>
</tbody>
</table>

( Please tick the appropriate box )

---

**DETAILS AND ENDORSEMENT BY COACH/ TAEKWONDO CLUB (STF AFFILIATED)**

Club (if any):

Name of Coach
(as in NRIC/Passport):

Coach Pass No.
(compulsory)   STF Coaching Qualification: 2 / 3*

__________________________________________________________

__________________________________________________________

__________________________  ______________________________  ______________________________
Signature                    Date                                    Contact number

*Please circle accordingly
NATIONAL SCHOOL GAMES
School Acknowledgement\(^1\) of Baseline Safety Standards

Section A:

Sport: Taekwondo

Event: (Example: National Inter-School Netball Championship)

Division: ________________ Level: Pri / Sec / JC/CI

School: ________________________

Section B:

The school acknowledges that the following checks will be made in all National Schools Games:

<table>
<thead>
<tr>
<th>Domain</th>
<th>Safety Standard</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personnel</td>
<td>GEN-PER-3.1</td>
<td>Teacher-in-charge (Education Officer) is present to supervise the students.</td>
</tr>
<tr>
<td></td>
<td>GEN-PER-3.2</td>
<td>Teacher-in-charge (Education Officer) is aware of the medical history of participants.</td>
</tr>
<tr>
<td></td>
<td>GEN-PER-3.3</td>
<td>Teacher-in-charge (Education Officer) checks physical wellbeing of participants.</td>
</tr>
<tr>
<td></td>
<td>GEN-PER-3.4</td>
<td>Teacher-in-charge (Education Officer) to go through rules of sport/game and ensure that students have basic competency.</td>
</tr>
<tr>
<td></td>
<td>GEN-PER-3.7</td>
<td>Each participant must be accompanied by a coach with a professional coaching pass.</td>
</tr>
<tr>
<td>Participants</td>
<td>GEN-PAR-4.1</td>
<td>Participants to remove all hard/sharp objects and accessories (e.g. necklaces, ear studs, rings).</td>
</tr>
<tr>
<td></td>
<td>GEN-PAR-4.2</td>
<td>Participants conduct warm up exercises before the sport/game.</td>
</tr>
<tr>
<td></td>
<td>GEN-PAR-4.3</td>
<td>Participants to hydrate before, during and after the sport/game.</td>
</tr>
<tr>
<td></td>
<td>GEN-PAR-4.4</td>
<td>Participants conduct cooling down exercises after the sport/game.</td>
</tr>
<tr>
<td></td>
<td>GEN-PAR-4.5</td>
<td>Participants to conduct regular checks on personal equipment</td>
</tr>
<tr>
<td></td>
<td>TKD-PAR-4.6</td>
<td>All participants in Kyorugi have to wear headgear, shin and forearm guard, groin guard, mouth piece, gloves and a body protector.</td>
</tr>
</tbody>
</table>

Name and Signature of Principal: ________________________

Date: ________________________

\(^1\) Schools need only submit 1 Acknowledgement Form for each division.
1. BACKGROUND

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

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

2. APPLICATION PROCESS

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

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

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

3. TERMS AND CONDITIONS

   a. Age dispensation for 7 and 8 years old is allowed for all sports; except the 5 identified sports with higher risks. Poomsae event for Taekwondo is allowed.

   b. Age dispensation is only granted for the year of application.

   c. Once approved, pupil can only compete in the Junior division, i.e. for both individual and team events for the approved year.

---

2 The 5 identified sports are rugby, football, basketball, hockey and taekwondo (Kyorugi). Taekwondo (Poomsae) is a non-contact segment, hence it is not classified as a sport with higher risk.
SPSSC FIVE STEP FLOWCHART FOR AGE DISPENSATION

Step 1: Application by Parents/Guardians
Parents/Guardians submit the Age-Dispensation Form to their child’s / ward’s Principal for participation in the Junior Division (9, 10 and 11 years old).

Step 2: Endorsement by School
School Principal endorses the application form after assessing the child’s / ward’s suitability.

Step 3: Submission to Organising Committee
School submits the application form with the registration form to the relevant games organising committee(s).

Step 4: Follow-up by Organising Committee
Organising Committee checks and ensures that the application form is complete, and accepts the application.

Step 5: Child / Ward is allowed to participate
Child is allowed to compete in the Junior Division for the year of application.
# SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL
## APPLICATION FOR AGE DISPENSATION

### Sport:

### Student’s Particulars

<table>
<thead>
<tr>
<th>Name</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NRIC</th>
<th>Date of Birth</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Parent’s / Guardian’s Particulars

<table>
<thead>
<tr>
<th>Name</th>
<th>* Father/Mother/Guardian</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Contact Number</th>
<th>Alt Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### School’s Particulars

<table>
<thead>
<tr>
<th>School</th>
<th>Principal</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Teacher in charge</th>
<th>Contact Number</th>
<th>Alt Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Rationale Supporting the Request for Age Dispensation

**Acknowledgement by Parent/Guardian:**

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

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

__________________________
Parent’s/Guardian’s Signature and Date

Principal’s Endorsement:

__________________________
Principal’s Signature and Date