

1. Official Title of Championship

1.1 The official title of the competition is **in celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo**”.

2. Organiser

2.1 The competition is jointly organised by Sport Singapore (SportSg) and the Singapore Taekwondo Federation (STF).

3. Event Regulations

- 3.1 The competition is sanctioned by the Singapore Taekwondo Federation.
- 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 SportSG in celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo General Rules and Regulations. <https://circle.myactivesg.com/getactive2021/pesta-sukan>

4. Eligibility for Events

4.1 Age is computed based on calendar year.

S/No	Division	Clarification
1	Young	Born between the year of 2012 and 2010 (9 years to 11 years)
2	Cadet	Born between the year of 2009 and 2007 (12 years to 14 years)
3	Junior	Born between the year of 2006 and 2004 (15 years to 17 years)
4	Senior 1	Born between the year of 2003 and 1987 (18 years to 34 years)
5	Senior 2	Born between the year of 1986 and 1967 (35 years to 54 years)
6	Master	Born on or before the year of 1966 (55 years and above)

- 4.2 Only Singapore Citizens, Singapore Permanent Residents and non-Singapore Citizens residing in Singapore with valid passes (i.e. student pass, long term pass, dependent’s pass, “S” pass; or employment pass) 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 8 (Yellow 8)** 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 **30 June 2021**.
- 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 **30 June 2021**.
- 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 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 Managers are to use form.gov.sg -:**
<https://go.gov.sg/gasgpestasukan2021tkd> for submission of participants registration.
- 5.4 Team Managers are to submit the softcopy of the participants' grading cards or black/poom belt cards (front and back on the same page) to the organiser through dropbox link or google drive link with the following naming convention: Club Name_Name of participant_last 4 digit of NRIC
- 5.5 Team Managers are to ensure that the original registration forms are available for verification by the organiser when required.
- 5.6 Submission **will be disqualified** if any information submitted is incorrect/incomplete.

6. Entries & Fees

- 6.1 The closing date for all entries is on **12 July 2021, 4.00pm.**
- 6.2 **All online submissions are to reach the organiser before 12 July 2021, 4.00pm. Late entries after 12 July 2021, 4.00pm, will not be entertained.**
- 6.3 Registration Fees for Category

S/No	Division	Poomsae Individual	Kyorugi
1	Young	N.A	N.A
2	Cadet	N.A	N.A
3	Junior	N.A	N.A
4	Senior 1	N.A	N.A
5	Senior 2	N.A	N.A
6	Master	N.A	N.A

Note: In the spirit of "Bring Sport Back", there will be no Registration Fees collection & in the name of sportsmanship, we hope & appreciate all participants to turn up for the competition at your allocated timeslots.

7. Team Managers' Briefing

7.1 Team Managers' Briefing for the competition is scheduled on **31 July 2021** at Singapore Taekwondo Federation's National Training Centre from **4.00pm to 6.00pm**.

- **Address:** 80 Lor Limau, Singapore 320080

7.2 Team Managers are to bring along the **confirmation email** as proof of registration before they are allowed to participate in the drawing of lots.

8. Drawing of Lots

8.1 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 managers' meeting. Any amendments are to be done during the team managers' briefing on **31 July 2021** at Singapore Taekwondo Federation's National Training Centre from **4.00pm to 6.00pm**.

- **Address:** 80 Lor Limau, Singapore 320080

8.2 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 **31 July 2021** at Singapore Taekwondo Federation's National Training Centre from **4.00pm to 6.00pm**.

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

9.1 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**);

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

9.3 The consent form can be downloaded from ActiveSG website;
<https://circle.myactivesg.com/getactive2021/pesta-sukan>

10. Event Venue & Schedule

10.1 The competition will be held at **Toa Payoh Sport Hall, from 04 August 2021 to 08 August 2021**.

Date	Timing	Competition
Wed, 04 Aug 2021 (Standby Date)	1800 to 2200	Poomsae / Kyorugi
Thur, 05 Aug 2021 (Standby Date)	1800 to 2200	Poomsae / Kyorugi
Fri, 06 Aug 2021	1800 to 2200	Poomsae / Kyorugi
Sat, 07 Aug 2021	0800 to 2200	Poomsae / Kyorugi
Sun, 08 Aug 2021	0800 to 2200	Poomsae / Kyorugi

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

11. Category & Format of Play

11.1 Poomsae: Individual

S/No	Events	Division	Category	Compulsory Poomsae	
				1 st Poomsae	2 nd Poomsae
1	Individual	Young & Cadet	Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
2	Individual		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
3	Individual		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
4	Individual		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
5	Individual		Poom	Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo
6	Individual	Junior & Senior 1	Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
7	Individual		Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
8	Individual		Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
9	Individual		Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang
10	Individual		Black	Taegeuk Chil Jang Taegeuk Pal Jang Koryo	Keumgang Taebaek Pyeongwon
12	Individual	Senior 2	Black	Taegeuk Pal Jang Koryo Keumgang	Taebaek Pyeongwon Shijin
13	Individual	Master	Black	Koryo Keumgang Taebaek	Pyeongwon Shijin Jitae

Note:

- Participants are required to perform 1 round of 2 poomsaes. The participant with the highest score will be the winner.**
- Designated Poomsae to be performed will be announced by the Technical Delegate on the day of the competition for Poom and Black Belt categories.**

- 11.2 Participants are only allowed to compete in their own grade obtained on or before **30 June 2021**.
- 11.3 Participants who have registered for Poomsae event(s) will also be able to participate in the Kyorugi event.
- 11.4 Participant with the top 3 highest score of each category will be awarded with gold, silver, or bronze medal respectively.
- 11.5 Participants will have to compete again in the event of a tie for any of the top three positions to break the tie. A ballot will be held to determine the sequence of competition among the participants.

12. Kyorugi Individual:

S/No	Boy's Division	Weight Categories	Red	Poom
1	Young	Under 29 kg	25 – 28.9 kg	25 – 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 45 kg	41 – 44.9 kg	41 – 44.9 kg
6		Under 49 kg	45 – 48.9 kg	45 – 48.9 kg
7		Under 53 kg	49 – 52.9 kg	49 – 52.9 kg
8		Under 57 kg	53 – 56.9 kg	53 – 56.9 kg

S/No	Girl's Division	Weight Categories	Red	Poom
1	Young	Under 27 kg	24 – 26.9 kg	24 – 26.9 kg
2		Under 31 kg	27 – 30.9 kg	27 – 30.9 kg
3		Under 35 kg	31 – 34.9 kg	31 – 34.9 kg
4		Under 39 kg	35 – 38.9 kg	35 – 38.9 kg
5		Under 43 kg	39 – 42.9 kg	39 – 42.9 kg
6		Under 47 kg	43 – 46.9 kg	43 – 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

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

S/No	Girl's Division	Weight Categories	Red	Poom
1	Cadet	Under 33 kg	29 – 32.9 kg	29 – 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 44 kg	41 – 43.9 kg	41 – 43.9 kg
5		Under 47 kg	44 – 46.9 kg	44 – 46.9 kg
6		Under 51 kg	47 – 50.9 kg	47 – 50.9 kg
7		Under 55 kg	51 – 54.9 kg	51 – 54.9 kg
8		Under 59 kg	55 – 58.9 kg	55 – 58.9 kg

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

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

S/No	Men's Division	Weight Categories	Red	Black
1	Senior 1	Under 54 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		Under 68 kg	63 - 67.9 kg	63 - 67.9 kg
5		Under 74 kg	68 - 73.9 kg	68 - 73.9 kg
6		Under 80 kg	74 - 79.9 kg	74 - 79.9 kg
7		Under 87 kg	80 - 86.9 kg	80 - 86.9 kg

S/No	Men's Division	Weight Categories	Black
1	Senior 2	Under 58 kg	50 - 57.9 kg
2		Under 68 kg	58 - 67.9 kg
3		Under 80 kg	68 - 79.9 kg

S/No	Women's Division	Weight Categories	Red	Black
1	Senior 1	Under 46 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		Under 57 kg	53 - 56.9 kg	53 - 56.9 kg
5		Under 62 kg	57 - 61.9 kg	57 - 61.9 kg
6		Under 67 kg		62 - 66.9 kg
7		Under 73 kg		67 - 72.9 kg

Method of competition for Kyorugi Individual

- 12.1 Each participant is only allowed to participate in one (1) weight category for the Kyorugi competition.
- 12.2 Participants who have registered for the Kyorugi Individual event will also be able to participate in the Poomsae Individual event.
- 12.3 The Single elimination (Knockout) system shall be used for the competition.
- 12.4 **Head kicks are permissible for all categories (Young, Cadet, Junior, and Senior). Participants competing in the Young, Cadet and Junior categories are required to wear headgear with protective face shield.**
- 12.5 **For Young, Cadet, Junior and Senior 2 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.
- 12.6 **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.
- 12.7 **In the event that any player suffers a Knockout (K.O) during course of the competition, organiser will discontinue their participation for the GetActive! Singapore Pesta Sukan Games 2021: Taekwondo.**

13. Official Weigh-In / Random Weigh Check

- 13.1 Official weigh-in for participants who have registered for the kyorugi competition will be conducted on the day of competition.
- 13.2 Participants shall report for one (1) official weigh-in before the pertinent competition. Weigh-in will be made once only
- 13.3 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.
- 13.4 During weigh-in, participants shall wear shorts and t-shirt. An excess of 100g will be allowed
- 13.5 **NO nude weigh-in.**
- 13.6 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.
- 13.7 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.
- 13.8 Random weight checks will also be conducted during the competition. Participants who fail the random weight check will be disqualified.

14. Medals

- 14.1 Medals will be awarded to the top 3 winners of Young, Cadet and Junior Poomsae category with at least 4 participants;
- 14.2 Medals will be awarded to the top 4 winners of Young, Cadet and Junior Kyorugi category with at least 4 participants;
- 14.3 Medals will be awarded to the top 3 winners of Senior 1, Senior 2 & Master Poomsae category with at least 4 participants;
- 14.4 Medals will be awarded to the top 4 winners of Senior 1 & Senior 2 Kyorugi category with at least 4 participants;
- 14.5 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;
- 14.6 If there are less than 3 participants/teams;
 - Participants may continue with the competition but will not be eligible for prize money. Medals will be awarded based on the 'minus 1 rule'.

15. Competition official coach

- 15.1 Coaches must hold a minimum of Level 2 coaching qualification of the respective events to be eligible for coaching during the competition.
- 15.2 Coaches are required to display their professional coach passes issued by the STF before entering the field of play.
- 15.3 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.
- 15.4 Assistant coaches for the team event shall assist with the time duration for every player replacement and order of play.

16. Protest

- 16.1 Only Team Managers and Coaches are allowed to submit their team's protest.
- 16.2 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.
- 16.3 In the event of the protest being dismissed, the fee will be forfeited.
- 16.4 Decision(s) derived from any protest shall be final and there shall be no appeal thereafter.

17. Uniform

- 17.1 Participants taking part in the events shall wear uniform recognized by the STF. Any participant who does not meet the uniform requirement shall be disqualified from the competition.
- 17.2 Participants taking part in the Poomsae event(s) are allowed to wear the approved standard Poomsae competition "dobok" with Singapore Taekwondo Federation wording at the back and STF's logo on the left sleeves
- 17.3 As this is a local competition, participants shall not wear any "dobok" with "SGP" wording or Singapore National Flag on the "dobok".

18. Kyorugi Equipment

- 18.1 Participants are responsible for their own protective equipment for kyorugi competition.
- 18.2 Kyorugi equipment used for the competition must be approved by the STF.
- 18.3 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 1 and Senior 2 -: E-Headgear;
 - E-Trunk protector;
 - Approved Taekwondo Groin guard;
 - Approved Taekwondo Forearm guard;
 - Approved Taekwondo Shin guard;
 - Approved Taekwondo Gloves;
 - Approved Taekwondo E-socks;
 - Approved Taekwondo Mouthpiece (Optional if participants are wearing headgear with face shield).
- 18.4 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

19. First Aid and Medical Declaration

- 19.1 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.
- 19.2 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.
- 19.3 **All teams and participants shall be responsible to ensure their own medical coverage, including first aid and personal accident insurance.**
- 19.4 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.
- 19.5 First aid services are available at every venue while ambulances are deployed based on the nature and risk of the sport.

20. Competition Jurisdictions

- 20.1 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 is not heeded, the Organiser reserves the rights to take disciplinary action against them;
- 20.2 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;
- 20.3 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;
- 20.4 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;
- 20.5 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;
- 20.6 The Organising committee reserves the right to disqualify participants / teams at its discretion;
- 20.7 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;
- 20.8 Whilst reasonable precaution will be taken by SportSG, STF and/or its agent/s to ensure the safety of participants, I understand that I take part in GetActive! Singapore Pesta Sukan Games 2021: Taekwondo 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 GetActive! Singapore Pesta Sukan Games 2021: Taekwondo or for any loss of or damage to my property arising from my participation in GetActive! Singapore Pesta Sukan Games 2021: Taekwondo, except for such injury or death that is caused directly by SportSG, STF's or its agent/s' gross negligence;
- 20.9 In consideration of SportSG and STF allowing me to participate in GetActive! Singapore Pesta Sukan Games 2021: Taekwondo, I undertake that if, in the course of GetActive! Singapore Pesta Sukan Games 2021: Taekwondo, 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 and STF if that suffering person makes claims or takes actions against SportSG or STF, SportSG, STF has to pay for costs or expenses.



GETACTIVE! SINGAPORE PESTA SUKAN 2021
TAEKWONDO
COMPETITION RULES & REGULATION



Safe return to competition with COVID19 Safe Measurement Measures (SMM)

1. To coordinate the implementation of SMM during the competitions, participants are to report according to the given timeslot. Anyone who wishes to enter outside the given timeslot will be turned away.
2. All competitors and officials who have completed their event will have to exit Toa Payoh Sport Hall immediately. No lingering is allowed.
3. All attendees to the event will have to do safe entry via the trace together app and temperature will be checked at the entrance.
4. No mixing between groups/club at all times.
5. Masks should be worn as a default during the duration of competition. Masks can be taken off when performing strenuous activities.
6. Disinfection and sanitisation of equipment will be done after each bout.
7. Competition Day Flow
 - i. Reporting Time
 - ii. Directed to weight in / roll call
 - iii. Loan E-Sock from organiser (if require)
 - iv. Volunteers will proceed lead participant to holding area inside the sport hall through designated door
 - v. Competition time
 - vi. Exit Toa Payoh Sport Hall
8. Movement control will apply to competition venue including toilet access.



GETACTIVE! SINGAPORE PESTA SUKAN 2021

TAEKWONDO

COMPETITION RULES & REGULATION



REGISTRATION FORM A - Young

NAME :(in full) _____ Gender: ____ Year of Birth: _____ Age _____ (as year 2021)

Last 4 digit 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 ____

YOUNG CATEGORY (9 to 11 years old) (born on year 2010 to 2012) (Please X the appropriate box)

DVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom			Poom	
Under 29 kg	25 kg – 28.9 kg		Under 27 kg	24 kg – 26.9 kg	
Under 33 kg	29 kg – 32.9 kg		Under 31 kg	27 kg – 30.9 kg	
Under 37 kg	33 kg – 36.9 kg		Under 35 kg	31 kg – 34.9 kg	
Under 41 kg	37 kg – 40.9 kg		Under 39 kg	35 kg – 38.9 kg	
Under 45 kg	41 kg – 44.9 kg		Under 43 kg	39 kg – 42.9 kg	
Under 49 kg	45 kg – 48.9 kg		Under 47 kg	43 kg – 46.9 kg	
Under 53 kg	49 kg – 52.9 kg		Under 51 kg	47 kg – 50.9 kg	
Under 57 kg	53 kg – 56.9 kg		Under 55 kg	51 kg – 54.9 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 celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release 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 celebration with GetActive! Singapore Pesta Sukan Games 2021: 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



GETACTIVE! SINGAPORE PESTA SUKAN 2021
TAEKWONDO
COMPETITION RULES & REGULATION



REGISTRATION FORM B - Cadet

NAME :(in full) _____ Gender: ____ Year of Birth: _____ Age ____ (as year 2021)

Last 4 digit 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 2009 to 2007) (Please X the appropriate box)

DVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom			Poom	
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	

**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 celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release 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 celebration with GetActive! Singapore Pesta Sukan Games 2021: 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



GETACTIVE! SINGAPORE PESTA SUKAN 2021
TAEKWONDO
COMPETITION RULES & REGULATION



REGISTRATION FORM C - 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: ____ Year of Birth: _____ Age ____ (as year 2021)

Last 4 digit 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 2004 to 2006) (Please X the appropriate box)

DIVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Black			Black	
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	

**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 celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release 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 celebration with GetActive! Singapore Pesta Sukan Games 2021: 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



GETACTIVE! SINGAPORE PESTA SUKAN 2021
TAEKWONDO
COMPETITION RULES & REGULATION



REGISTRATION FORM D - SENIOR (1) MALE

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: ____ Year of Birth: _____ Age ____ (as year 2021)

Last 4 digit 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 34 years old) (born on year 1987 to 2003) (Please X the appropriate box)

DIVISION	MALE	
BELT	Red	
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	

DIVISION	MALE	
BELT	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	

Actual Weight

Signature of Participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release 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 celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo is entirely at my/our risk and responsibility.

 Name of Parent / Guardian / Participant Signature Contact No.

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



GETACTIVE! SINGAPORE PESTA SUKAN 2021

TAEKWONDO

COMPETITION RULES & REGULATION



REGISTRATION FORM E - SENIOR (1) FEMALE

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: ____ Year of Birth: _____ Age ____ (as year 2021)

Last 4 digit 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 34 years old) (born on year 1987 to 2003) (Please X the appropriate box)

DIVISION	FEMALE	
BELT	Red	
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	

DIVISION	FEMALE	
BELT	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	

Actual Weight

Signature of Participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release 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 celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo is entirely at my/our risk and responsibility.

Name of Parent / Guardian / Participant

Signature

Contact No.

Certify by Team Manager (Name)

Signature

Club's Stamp



GETACTIVE! SINGAPORE PESTA SUKAN 2021

TAEKWONDO

COMPETITION RULES & REGULATION



REGISTRATION FORM F - SENIOR (2) MALE

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: ____ Year of Birth: _____ Age ____ (as year 2021)

Last 4 digit 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 (35 to 54 years old) (born on year 1986 to 1967) (Please X the appropriate box)

DIVISION	MALE	
BELT	Black	
Under 58 kg	54 kg – 57.9 kg	
Under 68 kg	63 kg – 67.9 kg	
Under 80 kg	74 kg – 79.9 kg	

Actual Weight

Signature of Participant

(To be completed by participant above 21 years old)

I, _____, acknowledge and accept the risks associated with participation in celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in the competition is entirely at my/our risk and responsibility.

Name of Participant

Signature

Contact No.

Certify by Team Manager (Name)

Signature

Club's Stamp



GETACTIVE! SINGAPORE PESTA SUKAN 2021

TAEKWONDO

COMPETITION RULES & REGULATION



Kyorugi Young Division Checklist: Fill in with Capital Letter

FORM L

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	Young Red Belt	Under 29 kg			
2		Under 33 kg			
3		Under 37 kg			
4		Under 41 kg			
5		Under 45 kg			
6		Under 49 kg			
7		Under 53 kg			
8		Under 57 kg			

S/No	Boy's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Young Poom Belt	Under 29 kg			
2		Under 33 kg			
3		Under 37 kg			
4		Under 41 kg			
5		Under 45 kg			
6		Under 49 kg			
7		Under 53 kg			
8		Under 57 kg			

S/No	Girl's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Young Red Belt	Under 27 kg			
2		Under 31 kg			
3		Under 35 kg			
4		Under 39 kg			
5		Under 43 kg			
6		Under 47 kg			
7		Under 51 kg			
8		Under 55 kg			

S/No	Girl's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Young Poom Belt	Under 27 kg			
2		Under 31 kg			
3		Under 35 kg			
4		Under 39 kg			
5		Under 43 kg			
6		Under 47 kg			
7		Under 51 kg			
8		Under 55 kg			



GETACTIVE! SINGAPORE PESTA SUKAN 2021

TAEKWONDO

COMPETITION RULES & REGULATION



Kyorugi Cadet Division Checklist: Fill in with Capital Letter

FORM L

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 41 kg			
3		Under 45 kg			
4		Under 49 kg			
5		Under 53 kg			
6		Under 57 kg			
7		Under 61 kg			
8		Under 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 41 kg			
3		Under 45 kg			
4		Under 49 kg			
5		Under 53 kg			
6		Under 57 kg			
7		Under 61 kg			
8		Under 65 kg			

S/No	Girl'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 44 kg			
5		Under 47 kg			
6		Under 51 kg			
7		Under 55 kg			
8		Under 59 kg			

S/No	Girl'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 44 kg			
5		Under 47 kg			
6		Under 51 kg			
7		Under 55 kg			
8		Under 59 kg			

Kyorigi Junior Division Checklist: Fill in with Capital Letter

FORM L

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 48 kg			
2		Under 51 kg			
3		Under 55 kg			
4		Under 59 kg			
5		Under 63 kg			
6		Under 68 kg			
7		Under 73 kg			
8		Under 78 kg			

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

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

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



GETACTIVE! SINGAPORE PESTA SUKAN 2021

TAEKWONDO

COMPETITION RULES & REGULATION



Kyorugi Senior Division Checklist: Fill in with Capital Letter

FORM L

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 58 kg			
2		Under 63 kg			
3		Under 68 kg			
4		Under 74 kg			
5		Under 80 kg			
6		Under 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	Men's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 2	Under 58 kg			
2	Black Belt	Under 68 kg			
3		Under 80 kg			

S/No	Women's Division	Weight Categories	Name of Player	Name of Player	Name of Player
1	Senior 1	Under 49 kg			
2		Under 53 kg			
3	Red Belt	Under 57 kg			
4		Under 62 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			



GETACTIVE! SINGAPORE PESTA SUKAN 2021

TAEKWONDO

COMPETITION RULES & REGULATION



REGISTRATION FORM - O

POOMSAE PARTICIPANT FORM

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

NAME (in full):		Gender:	Year of Birth:	Age: (as year 2021)
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 celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo. I acknowledge and accept the risks associated with participation in the competition and waive all rights against and release 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 celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo is entirely at my/our risk and responsibility.

Name / Contact No (Mobile) :	Signature/Date
Witnessed By	
Team Manager / Contact No (Mobile) :	Signature/Date

Certify by Team Manager (Name)

Signature

Club's Stamp



GETACTIVE! SINGAPORE PESTA SUKAN 2021

TAEKWONDO

COMPETITION RULES & REGULATION

REGISTRATION FORM - O-1



POOMSAE PARTICIPANT FORM

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

NAME (in full):		Gender:	Year of Birth:	Age: (as year 2021)
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 celebration with GetActive! Singapore Pesta Sukan Games 2021: Taekwondo and waive all rights against and release 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



GETACTIVE! SINGAPORE PESTA SUKAN 2021

TAEKWONDO

COMPETITION RULES & REGULATION



FORM P

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)** _____



GETACTIVE! SINGAPORE PESTA SUKAN 2021
TAEKWONDO
COMPETITION RULES & REGULATION



Annex A

GETACTIVE! SINGAPORE

LETTER OF WAIVER AND INDEMNITY (GETACTIVE! SINGAPORE PESTA SUKAN 2021 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 2021 :	
Start Date:	
End Date:	
Venue:	

Dear Sirs,

- I, _____ (name), (NRIC/Passport No. _____) of _____ (address) wish to participate in the Pesta Sukan 2021.
- I warrant that I am in good health and have no physical condition that would endanger my life while participating in the Pesta Sukan 2021.
- 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 2021 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 2021 or for any loss of or damage to my property arising from my participation in the Pesta Sukan 2021, 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 2021, I undertake that if, in the course of the Pesta Sukan 2021, 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 2021, and I agree to the waiver and indemnity that are set out in this document.

[Signature of Parent / Guardian]

Name: _____

NRIC: _____

Date: _____