

1. Official Title of Championship

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

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 virtual Poomsae 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 2021: 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 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 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**.

5. Registration by Team Manager / Coach

- 5.1 There is no limit to the number of participants a club can register 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/gasgpestasukan2021virtkd> 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.

7. Entries & Fees

- 7.1 The closing date for all entries is on **06 Aug 2021, 4.00pm.**
- 7.2 **All online submissions are to reach the organiser before 06 Aug 2021, 4.00pm. Late entries after 06 Aug 2021, 4.00pm, will not be entertained.**
- 7.3 Registration Fees for Category

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

6. Team Managers

- 6.1 Team Managers will receive an acknowledgement email once their registration is confirmed.

7. Drawing of Lots

- 7.1 The drawing of lots may be conducted by random computerised drawing or by random manual drawing.
- 7.2 It is the responsibility of the Team Managers to ensure that the information of the participants' are valid during registration. Team Managers will **not** be allowed to make changes to the Poomsae category or make any further amendments after submission.

8. Consent Form (Compulsory for all participants)

- 8.1 Team Managers are to ensure that the parental consent forms of all participants are submitted before the day of the competition (**See Annex A**);
- 8.2 In the event that the consent form is not submitted to the organiser, the organiser reserves the right to disqualify the participant.
- 8.3 The consent form can be downloaded from ActiveSG website;
<https://circle.myactivesg.com/getactive2021/pesta-sukan>

9. Event Schedule

- 9.1 The competition will be held virtually **from 14 August 2021 to 17 August 2021**.

Date	Timing	Virtual Competition
Sat, 14 Aug 2021	0800 to 2200	Poomsae
Sun, 15 Aug 2021	0800 to 2200	Poomsae
Mon, 16 Aug 2021 (Standby Date)	1800 to 2200	Poomsae
Tues, 17 Aug 2021 (Standby Date)	1800 to 2200	Poomsae

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

10. Video Deadline submission

- 10.1 Team Managers are to submit the video of the participants' to the organiser through dropbox link or google drive link with the following naming convention: Category_Club Name_Name of participant_Name of poomsae_Last 4 digit of NRIC

- 10.2 Deadline of video submission: **By 4pm, 06 Aug 2021**;

- Naming of the film clip: Make sure to follow the format below;

Name of the Film Clip	Category_Club Name_Name of participant_name of poomsae_last 4 digit of NRIC
Example	Yellow_SGtaekwondo_John Lim_Taegeuk II Jang_123G

Note: Participant must film all compulsory Poomsae and submit the file individually.

11. Category & Format of Play for Virtual Poomsae Competition

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 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	Koryo	Keumgang
12	Individual	Senior 2	Black	Keumgang	Taebaek
13	Individual	Master	Black	Taebaek	Shijin

Note:

1. Participants are required to perform 1 round of 2 poomsaes. The participant with the highest score will be the winner.

11.2 Participants are only allowed to compete in their own grade obtained on or before **30 June 2021**.

11.3 Participant with the top 3 highest score of each category will be awarded with gold, silver, or bronze medal respectively.

12. Method of Scoring

12.1 STF's Referees will be appointed with the appliance of competition rules of World Taekwondo and Singapore Taekwondo Federation.

12.2 Five-judges or Seven-judges operation (A – electronic scoring, B – Handwritten or Electronic);

12.3 Participants are required to perform 1 round of 2 poomsaes. The participant with the highest score will be the winner.

13. Rules on Video Submission and Method of Filming

- 13.1 Please ensure to follow the prevailing tightening of safe management measures for sport and physical exercise & activity under phase 2 (heightened alert) advisory issued on 20 July 2021 when recording the video. **i.e Video recording done at Home, “Mask off” is allowed. Video recording done at Dojang or Outdoor, participant need to “Mask ON”.**
- 13.2 Videos that has been used in any other competitions will **NOT** be accepted.
- 13.3 In accordance with the competition rules of each division, the video of the participants shall be submitted online. The ranking shall be determined by video judging;
- 13.4 Make sure to accurately state and display the **category, player’s club name, name of player, name of Poomsae, last 4 digit of NRIC** at the beginning of the video in a position where the player’s identification is distinguishable and return to the demonstrating location to prepare for the demonstration;
- 13.5 Attach a square-shaped floor tape (30cm wide*30cm length) to mark the starting point;
- 13.6 The camera shall be installed 120-130cm above the ground and the filming shall be taken only once, and should **not be edited**;
- 13.7 Only raw videos may be submitted and recordings must be in landscape mode;
- 13.8 The camera is filmed in a fixed state without any movement or vibration;
- 13.9 The performance can start immediately after “Cha-ryeot (attention), Kyeong-rye (Bow), Joon-bi (Ready), Si-jak (Start)” in order;
- 13.10 The recording of the video should be done from the front of the participant and make sure that the left, right, upper and lower spaces are all visible around the whole body of the participant (make sure not to make the athlete’s movements look small and unclear);
- 13.11 The participant shall always be 100% full body inside the video recording;
- 13.12 As soon as the performance is over, end the performance with “Ba-ro (Return to starting position) and Swi-eot (Relax)” and end the shooting after 2 seconds.

14. Disqualification

- 14.1 When there is difficulty on evaluation/judgement due to poor quality of video, disqualification is performed (Video size FHD 1920 x 1080 or higher);
- 14.2 When the organising committee is unable to locate, download or open the video, disqualification is performed;
- 14.3 When participant competes in the wrong division/category;
- 14.4 Videos that have been edited or show proof of editing;
- 14.5 Participant’s video that was used in other competition or same video used several times;
- 14.6 Videos with music during performance, disqualification is performed.

15. Deductions

- 15.1 Participants who performed the wrong Poomsae will receive the minimum score of 1.5 per poomsae.
- 15.2 0.3 will be deducted if any part of the participant's body is out of the video frame. Further deductions will apply for each movement, where a part of the body is not visible.

16. Others

- 16.1 Competition video will be posted on social media platform after the post competition production;
- 16.2 The schedule of the videos uploaded will be separately announced after the deadline;
- 16.3 The title of the video submitted and received all belongs to the Organizing Committee;
- 16.4 The winners' medal shall be collected from STF's office by the team manager.

17. Medals

- 17.1 Medals will be awarded to the top 3 winners of Young, Cadet, Junior, Senior 1, Senior 2 & Master Poomsae category with at least 4 participants;
- 17.2 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;
- 17.3 If there are less than 3 participants;
 - Participants may continue with the competition but medals will be awarded based on the 'minus 1 rule'.
- 17.4 There will be **NO** prize money for all categories.

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. First Aid and Medical Declaration

- 18.1 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.
- 18.2 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.
- 18.3 **All teams and participants shall be responsible to ensure their own medical coverage, including first aid and personal accident insurance.**
- 18.4 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.
- 18.5 First aid services are available at every venue while ambulances are deployed based on the nature and risk of the sport.

19. Competition Jurisdictions

- 19.1 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;
- 19.2 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;
- 19.3 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;
- 19.4 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;

- 19.5 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;
- 19.6 The Organising committee reserves the right to disqualify participants / teams at its discretion;
- 19.7 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;
- 19.8 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;
- 19.9 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 VIRTUAL POOMSAE COMPETITION
COMPETITION RULES & REGULATION





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REGISTRATION FORM - C

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 (last 4 digit):		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 2021: Taekwondo Virtual Poomsae Competition. 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 2021: Taekwondo Virtual Poomsae 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



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REGISTRATION FORM - C-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 2021: Taekwondo Virtual Poomsae 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 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 VIRTUAL POOMSAE COMPETITION
COMPETITION RULES & REGULATION



Annex A



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: _____