

TAEKWONDO RESILIENCE ONLINE POOMSAE CHAMPIONSHIPS 2022

INFORMATION SHEET

The **Taekwondo Resilience Online Poomsae Championships 2022** is sanctioned by the Singapore Taekwondo Federation (STF).

1. COMPETITION SCHEDULE

1.1. Registration

Date: 21st March (Monday) to 25th March 2022 (Friday) (GMT +08)

Time: N.A.

Mode: [registration website]

1.2. Video submissions

Date: 28th March (Monday) to 1st April 2022 (Friday) (GMT +08)

Time: N.A.

Mode: [registration website]

1.3. Competition Proper

Date: [TBC] 15th April (Friday) to 17th April 2022 (Sunday) (GMT +08)

Time: TBC

Venue: Events will be broadcast on Facebook channel.

(The organising committee reserve the right to change the schedule as they deems fit)

2. PRE-COMPETITION PROCEEDINGS

2.1. Online Briefing and Drawing of Lots

Date: 21st March 2022 (Monday) (GMT +08)

Time: TBC

Venue: The Briefing and Drawing of Lots will be conducted on Zoom.

(The organising committee reserve the right to change the schedule as they deems fit)

3. REGISTRATION

3.1. Registration Forms

3.1.1. Registration will be done online (<https://www.frcombat.com/poomsae/allteam.php?match=14>)

3.1.2. All online registration forms must be completed fully and accurately.

3.2. Eligibility

3.2.1. Local Competitors

3.2.1.1. Open to all clubs affiliated to Singapore Taekwondo Federation (STF).

3.2.1.2. Members must be of clubs affiliated to Singapore Taekwondo Federation (STF), holding a certificate approved by STF.

3.2.2. International Competitors

3.2.2.1. Open to invited clubs only.

3.2.2.2. Members must be of clubs affiliated to their country's Taekwondo National Sports Association (NSA) that is recognised by the World Taekwondo (WT). Their certification must be issued by or through their respective NSA.

3.3. **Proof of Rank**

3.3.1. For local competitors, acceptable proof of rank are grading card, poom certificate or dan certificate (Grades must be obtained in 182nd STF Grading - Oct/Nov 2021 or earlier).

3.3.2. For international competitors, acceptable proof of rank are dan and poom certificates, grading passports and geup certificates.

3.3.3. Documentary proofs must be produced for verification during registration or when requested.

3.3.4. Competitors found to be registered in the wrong belt category will be disqualified.

3.4. **Proof of Age**

3.4.1. All competitors' age must be verified by the Team Coach/Manager on their respective online registration forms.

3.4.2. Competitors found to be registered in the wrong age category will be disqualified.

3.5. **Competition Fee**

3.5.1. For all competitors: SGD 42.80 (inclusive of GST)/pax for first event
SGD 42.80 (inclusive of GST)/pax for subsequent event

3.5.2. If a competitor was to join e.g. 2 poomsae events, he/she will need to pay SGD 85.60.

3.5.3. Local submissions can be paid in cash or by an electronic mean to be decided by the organisers.

3.5.4. International submissions may be paid through PayPal or by an electronic mean to be decided by the organisers. Any other forms of payment must be approved by the organising executive chairman during registration.

3.5.5. Fees paid will not be refunded under any circumstances.

3.6. Submission of incomplete online registration forms will constitute in disqualification of the competitor or the coach.

3.7. An application is deemed incomplete if any of the items listed above is not submitted. It will not be processed until all items are received.

3.8. No late submission will be accepted.

4. GENERAL COMPETITION RULES

4.1. Events

4.1.1. Poomsae (Individual)

4.1.1.1. There is no limit to the number of competitors a club can field for all Individual Poomsae event.

4.2. Age Divisions

- 4.2.1. Super Junior Division: 8 years old and below
(Born in or after year 2014)
- 4.2.2. Young Junior Division: 9 to 11 years old
(Born between year 2011 to 2013)
- 4.2.3. Cadet Division: 12 to 14 years old
(Born between year 2008 to 2010)
- 4.2.4. Junior Division: 15 to 17 years old
(Born between year 2005 to 2007)
- 4.2.5. Senior 1 Division: 18 to 30 years old
(Born between year 1992 to 2004)
- 4.2.6. Senior 2 Division: 31 to 40 years old
(Born between year 1982 to 1991)
- 4.2.7. Senior 3 Division: 41 to 50 years old
(Born between year 1972 to 1981)
- 4.2.8. Master 1 Division: 51 to 60 years old
(Born between year 1962 to 1971)
- 4.2.9. Master 2 Division: 61 years old and above
(Born in or before year 1961)

4.3. Uniform and Equipment

- 4.3.1. All local competitors must wear STF-approved WT-style uniforms (white-based or poomsae). Those who fail to observe this rule will be barred from participation. All local officials and competitors are reminded that the STF-approved brand uniforms must be bought from the respective companies as listed on the Singapore Taekwondo Federation website. They will also get into trouble with the STF if they buy the uniforms with STF trademarks from unauthorised sources. For any discrepancies, the organising committee will request the coach or competitor to fill up a form stating that uniform has been purchased from an official source, have the uniform photographed on the spot and provide proof of purchase at a later date. The affected companies will reserves the rights to pursue legal action.
- 4.3.2. All international competitors must wear white-based WT-style uniforms or poomsae uniforms approved by their countries' NSA for international competition. Those fail to observe this rule will be barred from the participation.
- 4.3.3. No national flag or 3-letter country code is allowed on the uniform.

- 4.3.4. Competitors must wear the belt of the category in which they are competing e.g. If Competitor A is participating in Green Belt Category, he must wear a Green belt when he is competing.

5. **RULES AND REGULATIONS (POOMSAE)**

- 5.1. WT and STF rules will apply.
- 5.2. The cut-off system will be used for this competition.
- 5.3. In the event that there is overwhelming registration for a category, the organising committee reserve the right to split the category into two (or more) sub-categories and competitors within each sub-category will compete within their sub-category. The division of competitors into the sub-categories will be based on organising committee' discretion.
- 5.4. For international categories, the organising committee reserve the right to vary the number selected for each stage of competition.
- 5.5. Performances will either be pre-judged or judged "live" based on the prevailing COVID-19 situation and the government measures by International Poomsae Referees and/or National Poomsae Referees.
- 5.6. The sequence of performance shall be as follows:
- 5.6.1. Individual (by alphabetical order of the surname, then given names of the competitors)
- 5.6.2. Notwithstanding the above, the organising committee reserve the right to use electronic balloting for the sequence of performance. This will be announced during the Briefing and Drawing of Lots.
- 5.6.3. The poomsae for Young Junior, Cadet, Junior and Senior for the international categories will be announced during the Online Briefing and Drawing of Lots
- 5.7. **Events**
- 5.7.1. Individual Event
- 5.7.1.1. Male and female will compete in separate gender categories. There will be no limits to the number of competitors to each club.
- 5.7.1.2. For development categories, competitors in the colour belt categories can participate in up to 3 individual events (applicable to 9th Geup to 1st Geup only).
- 5.7.1.3. A lower colour belt is allowed to participate in higher colour belt categories up to Black-Tip category. However, a higher colour belt is not allowed to participate in lower colour belt categories. e.g. Competitor A holds a belt level of 9th geup, he/she is allowed to take part in Yellow Belt, Green Belt and Blue Belt category.
- 5.7.1.4. For development categories, competitors in the poom/dan belt categories can participate in up to 3 individual events (applicable to 1st Poom to 4th Poom only).
- 5.7.1.5. A lower poom/dan belt is allowed to participate in higher poom/dan belt categories up to Poom 4 category. However, a higher poom/dan belt is not allowed to participate in lower poom/dan belt categories.

5.8. Individual Poomsae Belt Categories

5.8.1. Development

Division	Category	Semi-Finals	Finals
Super Junior Young Junior Cadet Junior Senior 1 Senior 2 Senior 3 Master 1 Master 2	Yellow (8th to 9th Geup)	nil	Il Jang
	Green-Tip (7th to 9th Geup)	nil	Ee Jang
	Green (6th to 9th Geup)	nil	Sam Jang
	Blue-Tip (5th to 9th Geup)	nil	Sa Jang
	Blue (4th to 9th Geup)	nil	O Jang
	Red-Tip (3rd to 9th Geup)	nil	Yuk Jang
	Red (2nd to 9th Geup)	nil	Chil Jang
	Black-Tip (1st to 9th Geup)	nil	Pal Jang
	Poom/Dan 1 (1st Poom/Dan)	nil	Koryo
	Poom/Dan 2 (1st to 2nd Poom/Dan)	nil	Keumgang
	Poom/Dan 3 (All Poom/Dan)	nil	Taebaek
	Poom/Dan 4 (All Poom/Dan)	nil	Pyongwon

5.8.2. International Categories

Division	Category	Semi-Finals	Finals
Young Junior	Poom (1st Poom and higher)	Sa Jang, O Jang, Yuk Jang, Chil Jang (2 poomsae will be chosen)	Chil Jang, Pal Jang, Koryo, Keumgang (2 poomsae will be chosen)
Cadet	Poom (1st Poom and higher)	Sa Jang, O Jang, Yuk Jang, Chil Jang (2 poomsae will be chosen)	Chil Jang, Pal Jang, Koryo, Keumgang (2 poomsae will be chosen)
Junior	Dan (1st Dan and higher)	Sa Jang, O Jang, Yuk Jang, Chil Jang (2 poomsae will be chosen)	Pal Jang, Koryo, Keumgang, Taebaek (2 poomsae will be chosen)
Senior 1	Dan (1st Dan and higher)	Yuk Jang, Chil Jang, Pal Jang, Koryo (2 poomsae will be chosen)	Keumgang, Taebaek, Pyongwon, Sipjin (2 poomsae will be chosen)
Senior 2	Dan (1st Dan and higher)	Yuk Jang, Chil Jang, Pal Jang, Koryo (2 poomsae will be chosen)	Keumgang, Taebaek, Pyongwon, Sipjin (2 poomsae will be chosen)
Senior 3	Dan (1st Dan and higher)	Pal Jang, Koryo, Keumgang, Taebaek (2 poomsae will be chosen)	Pyongwon, Sipjin, Jitae, Chonkwon (2 poomsae will be chosen)
Master 1	Dan (1st Dan and higher)	Koryo, Keumgang, Taebaek, Pyongwon (2 poomsae will be chosen)	Shipjin, Jitae, Chonkwon, Hansu (2 poomsae will be chosen)
Master 2	Dan (1st Dan and higher)	Koryo, Keumgang, Taebaek, Pyongwon (2 poomsae will be chosen)	Shipjin, Jitae, Chonkwon, Hansu (2 poomsae will be chosen)

5.9. Age will be based on year of tournament.

6. FIXTURES

6.1. The tournament fixtures will be ready for dissemination one day before the broadcast.

7. PROVISION OF REFEREE AND VOLUNTEER

7.1. There is no provision for referees or volunteers for this tournament but we encourage participating STF-registered clubs to nominate ONE (1) qualified National Poomsae Referee.

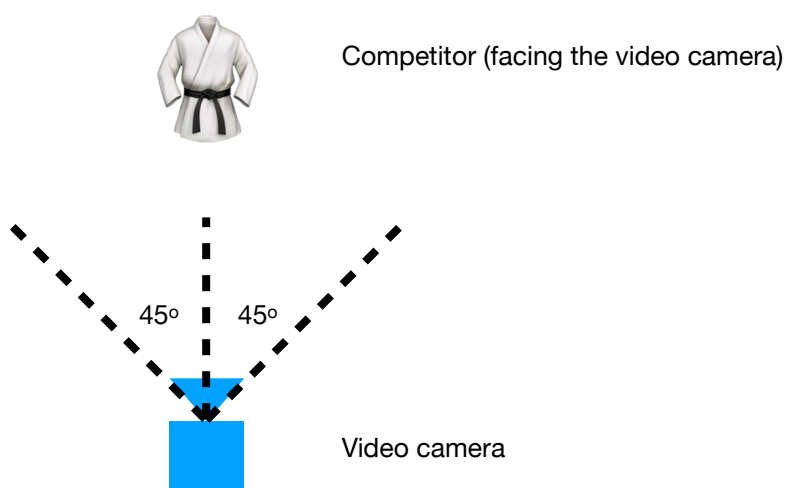
7.1.1. Each referee will receive an honorarium of SGD60 per half day of refereeing and SGD120 per full day of refereeing. Details of the referees must be submitted during the club submission. Besides signing in and out with the Chief Referee, each referee must sign-in and sign-out with the official in charge of the accounts. The organising committee reserves the right not to issue the honorarium for any referee who did not perform his/her due diligence and duties, which includes the signing-in and signing-out.

7.1.2. The organising committee reserves the right to reject the nomination of any referee, especially if the requirement number of referees is met.

- 7.2. International teams who wish to nominate qualified international poomsae referees should contact the Executive Organising Chairman or Organising Chairman and this should be declared during registration. The Organising Committee reserves the right to reject the nomination of any referee.
- 7.3. International Poomsae Referees may also be invited by the Executive Organising Chairman or Organising Chairman.

8. VIDEO RECORDING (POOMSAE)

- 8.1. Please ensure that you follow the instructions of your local and national health authorities with regard to social distancing.
- 8.2. Videos can be recorded indoors or outdoors. Competitors are allowed to wear footwear if necessary to protect the feet, however the position of the foot must be clearly visible.
- 8.3. Videos submitted shall be of reasonable quality such that referees are able to discern the techniques and stances. The minimum suggested requirement is 720p with 30 frames per second. The recommended requirement is 1080p with 60 frames per second. Poor quality videos that are unable to be judged will result in the competitor being awarded the minimum score.
- 8.4. The video shall be done while the athlete is facing the camera in the start position.
- 8.5. The competitor shall be 100% inside the video at all times. The camera must be stationary but may be rotated no more than 45 degrees each way from its starting point as indicated below. Zooming in and out during performance is allowed as long as the full body is in the video frame. 0.3 will be deducted if any part of the competitor's body is out of the video frame. Further deductions will apply for each movement, where a part of the body is not visible.



- 8.6. For the international categories (two poomsae per round), the submitted video should record 2 poomsae with maximum 60 seconds break between the poomsae with the camera running during the break.
- 8.7. No music is required or allowed. Video should be taken in a quiet setting but unavoidable ambient noises will be tolerated.
- 8.8. Recording must be done in landscape mode.
- 8.9. For the avoidance of doubt, competitors will be disqualified for the following
- 8.9.1. Video is submitted after the deadline.
- 8.9.2. Video contains the wrong poomsae for the category or division.

8.9.3. For international categories, the two poomsae are not recorded in one continuous video.

8.9.4. Music is deliberately used in the video.

8.9.5. Video is in portrait mode.

8.9.6. Video contains political, social or religious propaganda.

8.9.7. Video contains non-recognized IOC flags.

8.9.8. Video contains profanity or indecent images or gestures.

8.9.9. Video has been submitted for other competitions/gradings/events.

9. DRAWING OF LOTS

9.1. Only one representative per affiliate will be allowed to participate in draw which will be conducted as per scheduled in clause 2.1.

10. AWARDS

10.1. The following prizes will be presented:

1st Place: One Gold Medal

2nd Place: One Silver Medal

3rd Place: Two Bronze Medals

10.2. Medals will be sent to the affiliate by post.

10.3. Either certificates or e-certificates of achievements will be awarded to all medalists. This will be confirmed by the organisers at a later date.

10.4. Either certificates or e-certificates of participation will be given to all competitors. This will be confirmed by the organisers at a later date.

11. DECLARATION AND MEDICAL COVERAGE

11.1. Affiliate representatives (Manager/Coaches) must ensure that parents of young competitors personally endorse their participation.

11.2. While this is an online tournament, managers/coaches are to ensure that their competitors are prepared and fit for the competition. Doctor's clearance will be required for those with pre-existing medical conditions. They should withdraw any competitor who is not feeling well on the day of the competition.

11.3. As this is an online tournament, there will be no medical coverage. All teams and participants shall be responsible to ensure their own medical coverage, including first aid and personal accident insurance.

12. PROTEST

12.1. There is no provision for protest in this tournament. The referee and judges' decisions are final.

13. GENERAL CODE OF CONDUCT

13.1. The following guidelines are not intended to be exhaustive and include at the absolute minimum the code of conduct herein described.

13.2. All participants (e.g. coaches, team delegates and competitors) must at all times conduct and behave themselves in a manner befitting of a Taekwondo exponent and will take reasonable care to ensure that the good name of Taekwondo will not be tarnished by rowdy or bad behaviour.

- 13.3. Coaches are to ensure that they and any other member of their delegation understand that the decisions of all judges and referees are deemed final, save that in the event of a genuine dispute or disagreement, the complainant must:
- 13.3.1. Refrain from using abusive language and aggressive behaviour.
 - 13.3.2. Channel his/her protest through the Team Manager or coach of his/her club to the Competition Supervisory Board.
- 13.4. Disciplinary action shall be taken against those who attempt to discredit the officials, judges or referees.
- 13.5. Anyone previously disqualified from STF tournaments is not allowed to participate without first seeking clearance from the STF Secretariat.

14. ORGANISING COMMITTEE

This championships is an STF sanctioned event and is organised by J H Kim Taekwondo Institute (Bukit Timah) - Han Academy Pte. Ltd..

Technical Delegate:	TBC
Competition Supervisory Board:	TBC
Chief Referee:	TBC

Tournament Executive Chairman:	Mr Lai Han Seng
Tournament Chairman:	Ms Lai Hai Mei
Tournament Vice-Chairman:	Ms Low Fei Yin

15. FOUNDING SPONSOR

Han Academy Pte Ltd
(J H Kim Taekwondo Institute - Bukit Timah)
200 Turf Club Road, #02-02, The Grandstand, Singapore 287994

16. ENQUIRIES

- 16.1. For further clarifications, please call or email: J H Kim Taekwondo Institute (Bukit Timah)
+65 6463 0323
resilience@tkd-singapore.com

17. AMENDMENT OF COMPETITION RULES

- 17.1. The organising committee, with the approval of the STF, reserve the right to vary or add to the above rules if and whenever necessary.

18. REQUESTS FROM SINGAPORE TAEKWONDO FEDERATION

- 18.1. Please note that submitted videos for this tournament may be used by the Singapore Taekwondo Federation for referee training purposes upon their request.