



GETACTIVE! SINGAPORE 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

1. Official Title of Championship

- 1.1 The official title of the competition is **in celebration with GetActive! Singapore 2022 Pesta Sukan Taekwondo**”.

2. Organiser

- 2.1 The competition is jointly organised by the 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 Sport Singapore in celebration with GetActive! Singapore 2022 General Rules and Regulations. <https://circle.myactivesg.com/getactive-singapore/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 2011 (10 years to 11 years)
2	Cadet	Born between the year of 2010 and 2008 (12 years to 14 years)
3	Junior	Born between the year of 2007 and 2005 (15 years to 17 years)
4	Senior 1	Born between the year of 2004 and 1988 (18 years to 34 years)
5	Senior 2	Born between the year of 1987 and 1968 (35 years to 54 years)
6	Master	Born on or before the year of 1967 (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 2022**.
- 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 2022**.
- 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).



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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 local 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 the **form.gov.sg link** below for the submission of participants registration for the respective event;
 - **Poomsae Event Registration-**: <https://go.gov.sg/gasgpestasukan2022poomsae>
 - **Kyorugi Event Registration-**: <https://go.gov.sg/gasgpestasukan2022kyorugi>
- 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 Manager is to ensure that hardcopy registration form is available for verification by organiser when require.
- 5.6 Submission **will not be processed** if any information submitted is incorrect/incomplete.

6. Entries & Fees

- 6.1 The closing date for all entries is on **15 July 2022, 11.59pm.**
- 6.2 **All online submission are to reach the organiser before 15 July 2022, 11.59pm. Late entries after 15 July 2022, 11.59pm, will not be entertained.**
- 6.3 Registration Fees

S/No	Division	Poomsae Individual	Kyorugi	Kyorugi Team of 3
1	Young	\$10.00	\$10.00	
2	Cadet	\$10.00	\$10.00	\$30.00 per team
3	Junior	\$10.00	\$10.00	\$30.00 per team
4	Senior 1	\$15.00	\$15.00	
5	Senior 2	\$15.00	\$15.00	
6	Master	\$5.00	\$5.00	

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7. Payment

7.1 **Team Managers are required to make payment at Sport Singapore Toa Payoh Sport Centre's swimming complex guest office before the team managers' briefing upon receiving the confirmation email from organiser.**

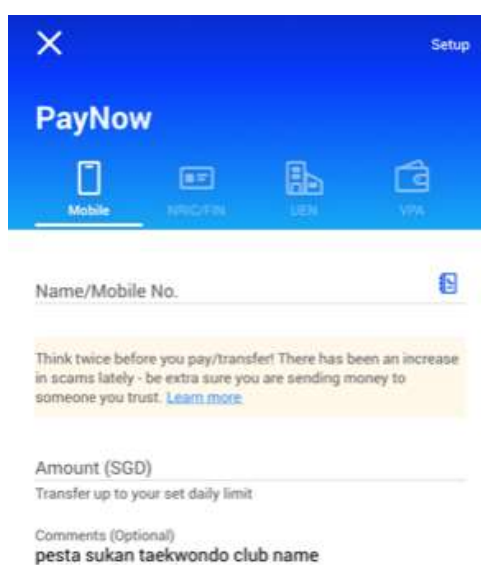
7.2 Team Managers are to produce **email confirmation from organiser** when making payment at Sport Singapore's Toa Payoh Sport Centre's swimming pool guest office.

- Address -: 297 Lorong 6 Toa Payoh, 319389

7.3 Only **PayNOW** payment is accepted.

Important Notice-:

- Team manager to indicate "Pesta sukan Taekwondo club name" in the comment column during the payment for PayNow : e.g. pesta sukan taekwondo ABCDE club



- Upon Payment, Team Manager is to screenshot the payment and email to sport_taekwondo@sport.gov.sg

8. Team Managers' Briefing

8.1 Team Managers' Briefing for the local category is scheduled on **30 July 2022** at Singapore Taekwondo Federation's National Training Centre from **5.00pm to 6.00pm.**

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

8.2 Team Manager are to bring along **payment screenshot/receipt and confirmation email** as proof of payment before they are allowed to participate in the drawing of lots.

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9. Drawing of Lots

9.1 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 can only be done during the team managers' briefing on **30 July 2022** at Singapore Taekwondo Federation's National Training Centre from **5.00pm to 6.00pm**.

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

9.2 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 **30 July 2022** at Singapore Taekwondo Federation's National Training Centre from **5.00pm to 6.00pm**.

10. Parental Consent Form (Compulsory for participants under 21 years old)

10.1 Team Managers are to ensure that the parental consent forms of all participants who are 21 years old and under are submitted through the form.gov.sg link before the team managers' briefing or on the day of the competition:

Parental Consent Form:

<https://go.gov.sg/gasgpestasukan2022tkdcomindemnitydeclaration>

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

11. Event Venue & Schedule

11.1 The competition will be held at **Toa Payoh Sport Hall, from 04 August 2022 to 07 August 2022**.

Date	Timing	Competition
Thursday, 04 Aug 2022 (Standby Date)	1900 to 2200	Poomsae / Kyorugi
Friday, 05 Aug 2022 (Standby Date)	1900 to 2200	Poomsae / Kyorugi
Saturday, 06 Aug 2022	0900 to 2200	Poomsae / Kyorugi
Sunday, 07 Aug 2022	0900 to 2200	Poomsae / Kyorugi

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

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12. Category & Format of Play

12.1 Poomsae: Individual Colour Belt

S/No	Events	Division	Category	Compulsory Poomsae	
				1 st Poomsae	2 nd Poomsae
1	Individual	Young	Yellow (Grade 8 & 7)	Taegeuk Il Jang	Taegeuk Ee Jang
2	Individual	Cadet	Green (Grade 6 & 5)	Taegeuk Sam Jang	Taegeuk Sa Jang
3	Individual	Junior	Blue (Grade 4 & 3)	Taegeuk O Jang	Taegeuk Yuk Jang
4	Individual	Senior 1	Red (Grade 2 & 1)	Taegeuk Chil Jang	Taegeuk Pal Jang

Note:

1. Participants taking part in the individual colour belt category is require to perform 1 round of 2 poomsae performance with the one achieving the highest score as the winner

13. Category & Format of Play

13.1 Poomsae: Individual Poom Belt / Black Belt

S/No	Events	Division	Category	Compulsory Poomsae	
				1 st Round	2 nd Round
1	Individual	Young	Poom	Taegeuk Sa Jang Taegeuk O Jang Taegeuk Yuk Jang	Taegeuk Chil Jang Taegeuk Pal Jang Koryo
1	Individual	Cadet	Poom	Taegeuk Sa Jang Taegeuk O Jang Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo Keumgang
2	Individual	Junior	Black	Taegeuk Sa Jang Taegeuk O Jang Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo Keumgang Taebaek
5	Individual	Senior 1	Black	Taegeuk Yuk Jang Taegeuk Chil Jang Taegeuk Pal Jang Koryo	Keumgang Taebaek Pyeongwon Shipjin
6	Individual	Senior 2	Black	Taegeuk Yuk Jang Taegeuk Chil Jang Taegeuk Pal Jang Koryo	Keumgang Taebaek Pyeongwon Shipjin
7	Individual	Master	Black	Koryo Keumgang Taebaek Pyeongwon	Shipjin Jitae Chonkwon Hansu

Note:

1. Participants taking part in the individual Poom Belt / Black Belt category is require to perform 2 round of performance (2 poomsae per round) with the one achieving the highest score as the winner
2. Designated Poomsae to be performed will be announced by the Technical Delegate on the day of the competition for Poom Belt and Black Belt categories.



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Method of competition for Poomsae Individual

- 13.2 Participants taking part in the individual **colour belt** category is require to perform 1 round of 2 poomsae performance with the one achieving the highest score as winner.
- 13.3 Participants taking part in the individual **Poom Belt / Black Belt** category is require to perform 2 round of performance (2 poomsae per round) with the one achieving the highest score as the winner.
- 13.4 Participants will have to compete again in the event of a tie for any of the top four positions to break the tie. A ballot will be held to determine the sequence of competition among the participants.
- 13.5 Participants who have registered for Poomsae event(s) will also be able to participate in the Kyorugi event.

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14. Kyorugi : Individual Event

S/No	Boy's Division	Weight Categories	Red Belt	Poom Belt
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 Belt	Poom Belt
1	Young	Under 27 kg	23 – 26.9 kg	23 – 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 Belt	Poom Belt
1	Cadet	Under 37 kg	34 – 36.9 kg	34 – 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 Belt	Poom Belt
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

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S/No	Boy's Division	Weight Categories	Red Belt	Black Belt
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 Belt	Black Belt
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 Belt	Black Belt
1	Senior 1	Under 54 kg	49 - 53.9 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
8		Over 87 kg	87 kg – 100 kg	87 kg – 100 kg

S/No	Men's Division	Weight Categories	Black Belt
1	Senior 2	Under 68 kg	58 - 67.9 kg
2		Under 80 kg	68 - 79.9 kg
3		Over 80 kg	80 - 93 kg

S/No	Women's Division	Weight Categories	Red Belt	Black Belt
1	Senior 1	Under 46 kg	41 - 45.9 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	62 - 66.9 kg
7		Under 73 kg	67 - 72.9 kg	67 - 72.9 kg
8		Over 73 kg	73 kg – 85 kg	73 kg – 85 kg



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Method of competition for Kyorugi Individual

- 14.1 Each participant is only allowed to participate in one (1) weight category for the Kyorugi competition.
- 14.2 The Single elimination (Knockout) system shall be used for the competition.
- 14.3 **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.**
- 14.4 **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.
- 14.5 **For Senior 1** -: 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.
- 14.6 **In the event that any player suffers a Knockout (K.O) during course of the competition, organiser will discontinue their participation for the GetActive! Pesta Sukan 2022 competition.**
- 14.7 Participants who have registered for the Kyorugi Individual event will also be able to participate in the Poomsae and Kyorugi Team event(s).

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15. Kyorugi : Team of 3 Event

S/No	Boy's Division	Weight Categories	Poom Belt
1	Cadet	Under 34 kg – 42 kg	34 – 41.9 kg
2		Under 42 kg – 50 kg	42 – 49.9 kg
3	Team of 3	Under 50 kg – 58 kg	50 – 57.9 kg

S/No	Girl's Division	Weight Categories	Poom Belt
1	Cadet	Under 38 kg – 45 kg	38 – 44.9 kg
2		Under 45 kg – 52 kg	45 – 51.9 kg
	Team of 3		

S/No	Boy's Division	Weight Categories	Black Belt
1	Junior	Under 44 kg – 52 kg	44 – 51.9 kg
2		Under 52 kg – 60 kg	52 – 59.9 kg
3	Team of 3	Under 60 kg – 68 kg	60 – 67.9 kg

S/No	Girl's Division	Weight Categories	Black Belt
1	Junior	Under 43 kg – 51 kg	43 – 50.9 kg
2		Under 51 kg – 59 kg	51 – 58.9 kg
	Team of 3		

Method of Competition for Kyorugi Team of 3

- 15.1 Method of Team Competition traditional match and tag-team match format.
- 15.2 In order to form the team, each team must enter 3 players that is within the weight category.
- 15.3 No substitute/replacement of player is allowed after team draw on 30 July 2022.
- 15.4 The team contests shall be carried out for 2 rounds (4 minutes of 1st round and 4 minutes of 2nd round) with 1 minute break between rounds.
- 15.5 The 1st round shall be conducted based on team match format for one (1) minute per competition. It means that the athletes shall compete against his/her counterparts of the opposing team (same numbered athlete) in the order draw lot to determine the order of contest. Final score of each team that is total points scored by all athletes of the team shall be accumulated.
- 15.6 The 2nd round shall be conducted for 4 minutes based on in any order of 3 athletes assigned by the coach. **Each athlete must stay in minimal 20 seconds before every replacement.**
- 15.7 The team that scores more points in accumulation of the 1st and 2nd round shall be declared as the winner, in case of tie score after all 2 rounds, golden round shall be carried out on tag-team format, the team that scores the first four points shall be declared as winning team.
- 15.8 The team that reaches 40 “Gam-jeom” in total shall be declared as loser at any time during the competition.
- 15.9 Competition will stop when there is a 40-point gap in team competition.
- 15.10 Single elimination tournament system shall be applied for all team divisions.



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- 15.11 Semi-finalist of team event shall compete for the 3rd placing.
- 15.12 In the event, that any athlete is unable to continue the competition due to injury, disqualification or referee stop contest, ten (10) points will be awarded to the opponent.
- 15.13 In the event, more than two (2) athlete is unable continue the competition due to injury, disqualification or referee stop contest, the whole team will be declared as the loser.
- 15.14 Each team shall be called at Athlete Calling Desk three times beginning fifteen (15) minutes prior to the scheduled contest.
- 15.15 The order of contest shall be determined by drawing of lot on the day of the competition
- 15.16 The number of order shall be put on trunk protector of each contestant for identification.
- 15.17 Three (3) starting athletes of each team shall march in together with one (1) lead coach and one (1) assistant coach.
- 15.18 For team event, the lead coach must hold a STF's Level 2 coaching certification. The assistant coach must hold either a STF's Level 2 or Level 1 coaching certification.
- 15.19 Only the lead coach can request for player replacement during the competition. Assistant Coach shall be responsible for the player playing duration and the order of play for the player.
- 15.20 The center referee shall call "Chung, Hong." Both teams shall enter the contest area with their head PSS firmly tucked under their left arms facing each other.
- 15.21 Following the referee's command "Cha-ryeot" and "Kyeong-rye", both teams shall make a standing bow to each other.
- 15.22 The first competitor shall stay in the contest area for the first match, and the others stay in coach's area.
- 15.23 The contest shall start by the center referee's command "Joon-bi" and "Shi-jak".
- 15.24 After the referee declares "Keu-man", both teams shall enter the contest area with their head PSS firmly tucked under their left arms facing each other, and make a standing bow to each other following commend of the referee.
- 15.25 The referee shall declare the winner by raising own hand to the winner's side.



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16. Official Weigh-In / Random Weigh Check

- 16.1 Official weigh-in for participants who have registered for the kyorugi competition will be conducted on the day of competition.
- 16.2 Participants shall report for one (1) official weigh-in before the pertinent competition. Weigh-in will be made once only
- 16.3 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.
- 16.4 During weigh-in, participants shall wear shorts and t-shirt. An excess of 100g will be allowed
- 16.5 **NO nude weigh-in.**
- 16.6 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.
- 16.7 Over weight limit: Over 50.0kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.
- 16.8 Random weight checks will also be conducted during the competition. Participants who fail the random weight check will be disqualified.
- 16.9 **For Team Event:**
- **Team weight-in will be conducted on the day of the competition.**
 - **In the event 1 athlete fail the weight-in, 10 points will be awarded to the opponent.**
 - **In the event 2 athlete fail the weigh-in, whole team will be disqualified.**



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17. Prize Money and Medals for Category

- 17.1 Medals will be awarded to the top 4 winners of Young, Cadet and Junior Poomsae category with at least 4 participants;
- 17.2 Prize money will only be awarded to the top 2 winners of Cadet and Junior Poomsae Poom Belt and Black Belt category with at least 4 participants;
- 17.3 Medals will be awarded to the top 4 winners of Senior 1, Senior 2 & Master Poomsae category with at least 4 participants/Teams;
- 17.4 Prize money will only be awarded to the top 4 winners of Senior 1, Senior 2 & Master Poomsae Black Belt category with at least 4 participants;
- 17.5 Medals will be awarded to the top 4 winners of Young, Cadet and Junior Kyorugi category with at least 4 participants;
- 17.6 Prize money will only be awarded to the top 2 winners of Cadet and Junior Kyorugi Poom Belt and Black Belt category with at least 4 participants;
- 17.7 Medals will be awarded to the top 3 team event winners of Cadet and Junior Kyorugi category with at least 4 Team;
- 17.8 Prize money will only be awarded to the top 3 team event winners of Cadet and Junior Kyorugi Poom Belt and Black Belt category with at least 4 Team
- 17.9 Medals will be awarded to the top 4 winners of Senior 1 & Senior 2 Kyorugi category with at least 4 participants;
- 17.10 Prize money will only be awarded to the top 4 winners of Senior 1 & Senior 2 Kyorugi Black Belt category with at least 4 participants;
- 17.11 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;
- 17.12 If there are less than 3 participants/team;
 - Participants may continue with the competition but will not be eligible for prize money. Medals will be awarded based on the 'minus 1 rule'.
- 17.13 Check ActiveSG website for details of prize money. <https://circle.myactivesg.com/getactive-singapore/pesta-sukan> (Coming Soon!)
- 17.14 Winners need to take note that prize money will only be disbursed via PayNow link to Winner's NRIC.



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18. Competition official coach

- 18.1 Coaches must hold a minimum of Level 2 coaching qualification of the respective events to be eligible for coaching during the competition.
- 18.2 For kyorugi team event, the lead coach must hold a STF's Level 2 coaching certification. The assistant coach must hold either a STF's Level 2 or Level 1 coaching certification.
- 18.3 Coaches are required to display their professional coach passes issued by the STF before entering the field of play.
- 18.4 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.
- 18.5 Assistant coach for the team event shall assist with the time duration for every player replacement and order of play.

19. Protest

- 19.1 Only Team Managers and Coaches are allowed to submit their team's protest.
- 19.2 Any protest against a judgement shall be made on a prescribed form and submitted together with the fee of \$321.00 (GST included) to the Competition Supervisory Board (CSB) within 10 minutes after the match.
- 19.3 In the event of the protest being dismissed, the fee will be forfeited.
- 19.4 Decision(s) derived from any protest shall be final and there shall be no appeal thereafter.

20. Uniform

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

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21. Kyorugi Equipment

- 21.1 Participants are responsible for their own protective equipment for kyorugi competition.
- 21.2 Kyorugi equipment used for the competition must be approved by the STF.
- 21.3 All participants will be required to wear the following protective equipment for Kyorugi competition upon entering the contest area:
- For Young, Cadet & Junior category -: E-Headgear with face shield (*Blue or Red colour only*);
 - For Team Cadet & Team Junior category -: E-Headgear with face shield (*Blue or Red colour only*);
 - For Senior 1 and Senior 2 -: E-Headgear (*Blue or Red colour only*);
 - Approved 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
- *Mouthpiece is optional if participants are wearing headgear with face shield.*
- 21.4 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

22. First Aid and Medical Declaration

- 22.1 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.
- 22.2 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.
- 22.3 **All teams and participants shall be responsible to ensure their own medical coverage, including first aid and personal accident insurance.**
- 22.4 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.
- 22.5 First aid services are available at every venue while ambulances are deployed based on the nature and risk of the sport.



COMPETITION RULES & REGULATION

23. Competition Jurisdictions

- 23.1 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 it is not heeded, the Organiser reserves the rights to take disciplinary action against them;
- 23.2 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;
- 23.3 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;
- 23.4 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;
- 23.5 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;
- 23.6 The Organising committee reserves the right to disqualify participants / team at its discretion;
- 23.7 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;
- 23.8 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 2022: Taekwondo Competition 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 2022: Taekwondo Competition or for any loss of or damage to my property arising from my participation in GetActive! Singapore Pesta Sukan 2022: Taekwondo, except for such injury or death that is caused directly by SportSG, STF's or its agent/s' gross negligence;
- 23.9 In consideration of SportSG and STF allowing me to participate in GetActive! Singapore Pesta Sukan 2022: Taekwondo Competition, I undertake that if, in the course of GetActive! Singapore Pesta Sukan 2022: Taekwondo Competition, 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 and STF or if SportSG, STF has to pay for costs or expenses.



COMPETITION RULES & REGULATION

Safe Management Measures for Sport and Physical Exercise & Activity from 26th April 2022

Under paragraph 9:

Vaccination-Differentiated SMMs (VDS) for Indoor Sport Facilities and Sport Events

- a. Indoor Sport Facilities: VDS is no longer required for indoor sports facilities. These facilities do not need to implement checks on vaccination status.
- b. Sporting Events with:
 - i. ≤ 500 participants at any one time, irrespective of setting (indoors/outdoors, masked/unmasked), do not need to implement VDS or checks on vaccination status.
 - ii. > 500 participants at any one time will have to continue implementing VDS. Event organisers will need to implement checks on participants vaccination status before they enter the venue.
- c. VDS Exemptions: Individuals who have recovered from a COVID-19 infection, medically ineligible for COVID-19 vaccination and unvaccinated children aged 12 and below are exempted from VDS and can participate VDS activities similar to fully vaccinated individuals.

Refer to Sport Singapore sport advisory issued on 23 April 2022

<https://www.sportsingapore.gov.sg/COVID19/Safe-Management-Measures>



GETACTIVE! SINGAPORE 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

REGISTRATION FORM A - Young

NAME :(in full) _____ Gender: ____ D.O.B: _____ Age ____ (as year 2022)
 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 (10 to 11 years old) (born on year 2012 to 2011) (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	23 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 2022 Pesta Sukan 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 2022 Pesta Sukan 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 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

REGISTRATION FORM B - Cadet

NAME :(in full) _____ Gender: ____ D.O.B: _____ Age ____ (as year 2022)

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 2008 to 2010) (Please X the appropriate box)

DVISION	BOY's		DIVISION	GIRL's	
BELT	Red		BELT	Red	
	Poom			Poom	
Under 37 kg	34 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 2022 Pesta Sukan 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 2022 Pesta Sukan 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 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

REGISTRATION FORM C - Junior

NAME :(in full) _____ Gender: ____ D.O.B: _____ Age ____ (as year 2022)

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 2005 to 2007) (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 2022 Pesta Sukan 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 2022 Pesta Sukan 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 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

REGISTRATION FORM C - SENIOR (1)

NAME :(in full) _____ Gender: ____ D.O.B: _____ Age ____ (as year 2022)

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 1988 to 2004) (Please X the appropriate box)

DIVISION	MALE	
BELT	Red	
	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	
Over 87 kg	87 kg – 100 kg	

DIVISION	FEMALE	
BELT	Red	
	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	
Over 73 kg	73 kg – 85 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 2022 Pesta Sukan 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 2022 Pesta Sukan 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 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

REGISTRATION FORM D - SENIOR (2) MEN'S DIVISION

NAME :(in full) _____ Gender: ____ D.O.B: _____ Age ____ (as year 2022)

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 1987 to 1968) (Please X the appropriate box)

DIVISION	MALE	
BELT	Black	
Under 68 kg	58 kg – 67.9 kg	
Under 80 kg	68 kg – 79.9 kg	
Over 80 kg	80 kg – 93 kg	

Actual Weight

Signature of participant

(To be completed by participant above 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo 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 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

REGISTRATION FORM E - BOY'S DIVISION: CADET TEAM OF 3 [KYORUGI]

The individual team member agrees to abide by the rules and regulations of the competition and each individual team member will hold themselves solely responsible for any injury, damage or loss sustained as a result of their participation.

S/N.	NAME :(in full)	Year of Birth	Age	Weight Category	Actual Weight	Grade	Date of Grade Obtained	Name of Next of Kin & Relationship:	Next of Kin Contact No
1									
2									
3									

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

1	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p>_____ Name of Parent / Guardian</p> <p>_____ Signature</p> <p>_____ Contact No.</p>	<p>I certified that the information provided in this form is true and correct.</p> <p>_____ Certified by Team Manager (Name)</p> <p>_____ Signature</p> <p>_____ Club's Stamp</p>
2	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p>_____ Name of Parent / Guardian</p> <p>_____ Signature</p> <p>_____ Contact No.</p>	
3	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p>_____ Name of Parent / Guardian</p> <p>_____ Signature</p> <p>_____ Contact No.</p>	



GETACTIVE! SINGAPORE 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

REGISTRATION FORM F - GIRL'S DIVISION: CADET TEAM OF 3 [KYORUGI]

The individual team member agrees to abide by the rules and regulations of the competition and each individual team member will hold themselves solely responsible for any injury, damage or loss sustained as a result of their participation.

S/N.	NAME :(in full)	Year of Birth	Age	Weight Category	Actual Weight	Grade	Date of Grade Obtained	Name of Next of Kin & Relationship:	Next of Kin Contact No
1									
2									
3									

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

1	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p>_____ Name of Parent / Guardian</p> <p>_____ Signature</p> <p>_____ Contact No.</p>	<p>I certified that the information provided in this form is true and correct.</p> <p>_____ Certified by Team Manager (Name)</p> <p>_____ Signature</p> <p>_____ Club's Stamp</p>
2	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p>_____ Name of Parent / Guardian</p> <p>_____ Signature</p> <p>_____ Contact No.</p>	
3	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p>_____ Name of Parent / Guardian</p> <p>_____ Signature</p> <p>_____ Contact No.</p>	



GETACTIVE! SINGAPORE 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

REGISTRATION FORM G - BOY'S DIVISION: JUNIOR TEAM OF 3 [KYORUGI]

The individual team member agrees to abide by the rules and regulations of the competition and each individual team member will hold themselves solely responsible for any injury, damage or loss sustained as a result of their participation.

S/N.	NAME :(in full)	Year of Birth	Age	Weight Category	Actual Weight	Grade	Date of Grade Obtained	Name of Next of Kin & Relationship:	Next of Kin Contact No
1									
2									
3									

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

1	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p>_____ Name of Parent / Guardian</p> <p>_____ Signature</p> <p>_____ Contact No.</p>	<p>I certified that the information provided in this form is true and correct.</p> <p>_____ Certified by Team Manager (Name)</p> <p>_____ Signature</p> <p>_____ Club's Stamp</p>
2	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p>_____ Name of Parent / Guardian</p> <p>_____ Signature</p> <p>_____ Contact No.</p>	
3	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p>_____ Name of Parent / Guardian</p> <p>_____ Signature</p> <p>_____ Contact No.</p>	



GETACTIVE! SINGAPORE 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

REGISTRATION FORM H - GIRL'S DIVISION: JUNIOR TEAM OF 3 [KYORUGI]

The individual team member agrees to abide by the rules and regulations of the competition and each individual team member will hold themselves solely responsible for any injury, damage or loss sustained as a result of their participation.

S/N.	NAME :(in full)	Year of Birth	Age	Weight Category	Actual Weight	Grade	Date of Grade Obtained	Name of Next of Kin & Relationship:	Next of Kin Contact No
1									
2									
3									

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

1	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p align="center">_____ Name of Parent / Guardian</p> <p align="center">_____ Signature</p> <p align="center">_____ Contact No.</p>	<p>I certified that the information provided in this form is true and correct.</p>
2	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p align="center">_____ Name of Parent / Guardian</p> <p align="center">_____ Signature</p> <p align="center">_____ Contact No.</p>	<p>Certified by Team Manager (Name)</p> <p align="center">_____ Signature</p>
3	<p>I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.</p> <p align="center">_____ Name of Parent / Guardian</p> <p align="center">_____ Signature</p> <p align="center">_____ Contact No.</p>	<p align="center">_____ Club's Stamp</p>



GETACTIVE! SINGAPORE 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

REGISTRATION FORM - J

POOMSAE PARTICIPANT FORM

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

NAME (in full):		Gender:	D.O.B:	Age: (as year 2022)
Last 4 digit 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 2022 Pesta Sukan 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 2022 Pesta Sukan 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 2022 PESTA SUKAN TAEKWONDO



COMPETITION RULES & REGULATION

REGISTRATION FORM - K

POOMSAE PARTICIPANT FORM

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

NAME (in full):	Gender:	D.O.B:	Age: (as year 2022)
Last 4 digit 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 consent to the participation of the above named applicant, who is my *child/ward, in celebration with GetActive! Singapore 2022 Pesta Sukan 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 2022 Pesta Sukan 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