



# **SINGAPORE TAEKWONDO FEDERATION**

## **CODE OF CONDUCT FOR ATHLETES**

With effect 15 July 2021  
Updated 25 Aug 2022

## Overview

### Singapore Taekwondo Federation

With a membership of 70 Full Affiliates, 44 Associate members and a participation base of 82 Community Centres and Clubs, Taekwondo is one of the fastest growing sport.

The attraction of Taekwondo could be attributed to the opportunities available for the development of physical and mental fitness, the cultivation of desirable values such as tolerance, self-discipline and respect and the learning of effective self-defence techniques.

The Singapore Taekwondo Federation (STF) is responsible as Singapore's governing body in Taekwondo.

### National Federation

STF is seeking reinstatement as a member of World Taekwondo (WT), World Taekwondo Asia (WTA) and domestically, it is responsible – by its legal status, recognition from WT and its own constitution – for sanctioning, promoting, expanding, and strengthening Taekwondo in Singapore.

### National Sports Association

STF is the National Sports Association (NSA) recognized by the Sport Singapore (SportSG). STF is responsible to SportSG on promoting participation in Taekwondo events, high performance (TeamSG national Taekwondo teams) and industry development through events, grading, sponsorship and facilities developments. SportSG also oversees the management, administration and operations of STF in accordance with the Code of Governance for NSAs.

STF is also seeking recognition from the Singapore National Olympic Committee (SNOC) for the purpose of Taekwondo representation in international competitions such as the Southeast Asia (SEA) Games, Asian Games, Commonwealth Games, and the Olympic Games.

### National Teams Athletes

Athletes selected for the National Teams, including the National (Senior) Team and National Development Squad, are active competitors in the sport of Taekwondo. These athletes are training to represent Singapore in WT and International Olympics Committee (IOC) sanctioned competitions – both locally and internationally.

The purpose of the Athlete's "Code of Conduct" is to establish a consistent expectation for athletes' behaviour. By signing the Code of Conduct, I (the Athlete) agree to the Terms and Conditions of this Code of Conduct.

I understand that if I violate the Code of Conduct, I will be subjected to disciplinary action determined by the STF Disciplinary Committee of the Board of STF.

**All members of the National Teams, including the National Team / National Development Squad, will be required to sign and submit this document to the STF Secretariat.**

## **1. Effective Duration**

1.1 The period of this agreement shall be in force from 15 July 2021 (until such a date as stipulated by the STF).

## **2. STF's Responsibilities**

STF agrees to:

- 2.2 ensure that it is in good standing with WT, WT Asia, IOC, SNOC and SportSG.
- 2.3 provide training services and resources to support National athletes, in a conducive environment for High-Performance
- 2.4 provide local, regional and international competition opportunities to the National Athletes and promote the sport of Taekwondo in Singapore (upon the National athlete meeting the qualifying criteria for each competition).
- 2.5 provide information the Athlete may reasonably require for the Athlete to perform her/his obligation under this Code of Conduct and to publish written policies and procedures which include:
  - i. Eligibility requirements;
  - ii. Selection Criteria;
  - iii. Anti-Doping Rules;
  - iv. WT/WT(A)/STF Circulars;
  - v. Competition Rules and Regulations;
  - vi. Funding

All the above-mentioned information shall be made public and published on the STF website.

## **3 Athlete's Responsibilities**

As an Athlete signing this Code of Conduct, I agree:

### **3.1 Training, Competitions & Performances**

- i. to submit a list of my performance goals for the relevant training year to the STF by the stipulated due date.
- ii. to submit an Annual Training Plan through my coach(es). If I do not have a coach, I understand that I may be assigned a coach by the STF, and I shall adhere to the training plan designed by the assigned coach.
- iii. to participate in all assigned competitions, including training sessions and STF organised activities to the best of my ability (unless certified medically unfit)
- iv. to abide by the rules, regulations and guidelines stipulated by STF or its appointed officials during National Training/while representing TeamSG. This includes adhering to proper dress, behaviour and discipline codes.

### **3.2 Fitness & Injury Prevention**

- i. to strive to achieve the highest possible level of physical fitness and good health required for consistent training and competition as a competitor in the sport of Taekwondo.
- ii. to refrain from acting in a reckless manner that may cause or contribute to injury to myself or any other person and shall maintain a proper lookout to avoid damage to STF /SportSG training facilities and equipment.
- iii. To adhere to all STF/SportSG/MCCY/MOE/MOH Safe Management Measures and directives

### **3.3 Clothing, Equipment & Sponsorship**

- i. to obtain STF's prior approval before Sponsor logos (either personal or arranged by STF) are affixed to my (the athlete's) team clothing, uniform or equipment which should also be in accordance with SNOC Sponsorship Guidelines.
- ii. to be in the dresscode such as uniform / clothes approved by the national governing body and in accordance with STF guidelines, including during any victory ceremony and / or lap of honour.
- iii. that it is my responsibility to ensure that clothing and equipment are well maintained and in accordance with STF and WT guidelines for competition.
- iv. that I adhere to "black-out periods", specified by STF and in accordance with SNOC Sponsorship Guidelines (before and during Major Games/ Meets), to refrain from publicly and actively endorsing brands and/or products, other than those arranged for and approved by the STF and SNOC.

## **4. Code of Conduct & Ethics**

- 4.1 to respect the spirit of fair play and non-violence and behave accordingly on the sporting arena.  
'Fair Play' is defined as much more than playing within the rules. It incorporates the concepts of friendship, respect for others and always playing within the right spirit. Fair play is defined as a way of thinking, not just a way of behaving. It incorporates issues concerned with the elimination of cheating, gamesmanship, anti-doping, violence (both physical and verbal), exploitation, unequal opportunities, excessive commercialisation and corruption.
- 4.2 to conduct myself (the athlete) according to the highest standards of honesty, respect, truth, fairness, ethical behaviour and sporting attitude in oral and written expressions.
- 4.3 For the duration of this Agreement period:
  - a) I (the athlete) shall adhere to all announced rules, policies and procedures of the STF
  - b) I shall not engage in any activities or conduct contrary to the laws of Singapore in any place where training or a competition is being held.
  - c) I understand that if I behave in an improper manner towards coaches, parents, media, venue owner/operators or any official, I may be excluded from the Team and may not be considered for overseas training or competitions in future.

- d) I acknowledge that if I, or my representative, express ourselves in an improper manner towards any officials regarding their decisions (including matters on athlete selection) or regarding the results of any competition, I, and/or my representative, may be suspended and/or excluded from further competitions
- e) I will exhibit good sportsmanship at all times. I will not argue with coaches, referees, judges, competitors or officials from Singapore or other countries. I understand that protests may be lodged in accordance with STF and WT rules, only in writing after receiving permission to do so from STF.
- f) I or my representative, shall refrain from instigating or be involved in any type of altercation with any other athlete, spectator or other person, and shall not engage in abusive, abrasive or disorderly conduct.
- g) I will abide by the Safe Sport Unified Code:  
<https://www.safesport.sg/files/Safe%20Sport%20Unified%20Code%20v4.pdf> and report to the relevant authorities when I am aware of such occurrences.

## **5. Media, Publicity and Public Appearances**

- i. Any contact, interviews or appearances with the media, sponsors, sports, entertainment and other organizations kind must be channelled through STF and be conducted with STF's permission.
- ii. Any performances, exhibitions or shows of any kind that involve athletics in which I am participating as a representative of Singapore, STF or SportSG, must similarly be channelled through STF and be conducted with STF's permission.
- iii. The STF name or logo and the Team Singapore name or logo cannot be used without permission from STF and SportSG.
- iv. My views/opinions are not those of STF or SportSG and therefore, I will not make any representation that I am making a statement on behalf of STF or SportSG.

## **6. Social Media Platforms**

- i. I shall be mindful of the content I post on social media and clarify that they reflect my personal opinions or views and are not representative of STF or SportSG. I understand that I am responsible for my posts and can be held liable for comments deemed defamatory, misrepresentative or obscene.
- ii. I shall not disclose any confidential or private information.
- iii. Videos, photographs and audio recordings made during events shall be for personal use only and not for commercial gain. That consent to publish the pictures of other persons in photographs or videos must be obtained. That these videos, photographs, audio recordings must not infringe on the confidentiality of persons, nor bring the reputation of the STF, SportSG and/or the sport of Taekwondo into disrepute.

## **7. Anti-Doping**

- i. That STF is committed to a drug-free sport and through WT and SportSG, has agreed to comply with the provisions of the World Anti-Doping Code.
- ii. That it is my responsibility to abide by the code from World Anti-Doping Agency (WADA), WT Anti-Doping rules and Anti-Doping Singapore (ADS) Anti-Doping policies (all referred to as “Anti-Doping Rules”)
- iii. That as a National Team / Development / Junior Squad Athlete and representative of Singapore, I shall ensure that:
  - a) I will not use or possess illegal drugs, or directly or indirectly participate or aid in illegal drug use or drug rule violations, cause damage to persons or property, or engage in illegal activity, recognizing that all such activities bring disrepute to the sport of Taekwondo, STF, Singapore and the WT, and, in certain cases, may result in criminal charges, and STF or WT action against me.
  - b) My prescription drugs or medications do not contain any substance prohibited by the Anti-Doping Rules and that any therapeutic use or other permitted medical exemptions are fully documented prior to use as laid out in the Anti-Doping Rules.
  - c) I will not consume prescription drugs or medication without the prior consent of a doctor during competition.
  - d) STF is fully informed of any and all drug-related offences in which I may be involved.
  - e) I am available for testing in accordance with the Anti-Doping Rules as stipulated by WADA & the WT.
  - f) I support drug-free and ethical practices and will participate in any educational programmes in relation to doping control and related matters as required by STF.
  - g) I will attend any Anti-doping talks organized by STF, SportSG or ADS.

## **8. Intellectual Property**

- i. That the Intellectual Property and all rights in, attaching to or relating to STF, its programmes, events, initiatives and marketing and promotional materials are owned by STF. I shall not use such Intellectual Property except where permitted by STF.
- ii. That I shall not use the trademarks / logo of STF or any Private or Commercial Sponsors in conjunction with any personal commercial arrangements of the Athlete without the prior written approval of STF.

## **9 Indemnity & Insurance**

- i. That there are inherent risks associated with competitive Taekwondo and that the sport involves elements of risk. I understand that it is my sole responsibility to act and govern myself in a manner as to be responsible for my own health and safety.

- ii. To assume all risks foreseen and unforeseen that arise from my participation in the sport of competitive Taekwondo and indemnify and hold harmless STF, SportSG & SNOC from any and all claims, actions, losses or damages including but not limited to bodily injury and death.
- iii. That it is my responsibility to have my own medical insurance policy to cover my personal medical expenses resulting from accidents and injuries.

## **10. Disclosure of Information**

- 10.1 To permit the dissemination of personal information (including information related to race or ethnic origin and physical/mental health) to SportSG, SNOC and WT when required by STF and/or these governing bodies.

## **11. Breach of this Agreement**

- 11.1 Any breach/violation of the Code of Conduct on my part is determined also to be “misconduct”. STF may suspend me for a specified period (to be determined by the STF Disciplinary Committee) and exclude me from all STF and WT events and activities during the term of suspension. I understand that all cases of disciplinary proceedings respecting misconduct shall be dealt with by the STF Disciplinary Committee, in consultation with the SportSG and the SNOC if deemed necessary.

## **ACCEPTANCE AND AGREEMENT**

Your acceptance as a member of the National Teams, including the National Team / National Development Squad, is conditional on you entering into this agreement and observing its terms.

You should read this document carefully, understand all the requirements binding on you and the consequences of any breach of the terms.

Retain one copy of the Agreement as a reference copy, scan and email to [stkdf@mail.com](mailto:stkdf@mail.com) by the stipulated date given by Singapore Taekwondo Federation (STF).

## **Understanding & Affirmation**

As a member of the National Teams, including the National Team / National Development Squad:

- i. I understand that funding for competitions and developmental programs are not guaranteed and will be based on the current financial status of STF
- ii. I acknowledge that I may be called upon to render a minimum of 10 hours of voluntary services or at least 2 STF events per year for matters related to benefitting the organization or to promote the sport of Taekwondo
- iii. I understand that as a National athlete representing Singapore, I shall not participate in any non- STF -sanctioned competitions, locally or overseas, unless prior permission is obtained from STF.

#### 4.0 Athlete's Declaration

By signing below, I confirm that:

- i. I have agreed to become a member of the National Teams, including the National Team / National Development Squad.
- ii. I have read, understood and accept the above terms and conditions.
- iii. I will always comply with and abide by the Athlete's Agreement. I accept and agree that any non-compliance on my part may render me ineligible for further participation in the National Teams.
- iv. I have submitted with this agreement
  - Competition Performance goals
  - Yearly Planning Instrument and Annual Training Plan (in consultation with my Coach)

#### ATHLETE

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**Signature**

**Date**

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**Name**

**NRIC/Passport No**  
(last 4 digits)



## 5.0 Parent's/Guardian's Pledge

By signing below, I confirm that:

- i. I support my child/ward to become a member of the National Teams, including the National Team / National Development Squad.
- ii. I have read, understood and accept the above terms and conditions.
- iii. I will ensure that my child/ward complies with the Athlete's Agreement and will provide the necessary support and encouragement to facilitate my child's/ward's participation in the National Teams.

### ATHLETE

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**Signature**

**Date**

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**Name**

**NRIC/Passport No**  
(last 4 digits)

### PARENT/GUARDIAN (IF ATHLETE IS UNDER 21 YEARS OF AGE)

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**Signature**

**Date**

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**Name**

**NRIC/Passport No**  
(last 4 digits)

Please submit the required information and this duly completed and signed Agreement to STF and/or SportSync by: \_\_\_\_\_