



# NATIONAL KYORUGI CHAMPIONSHIPS 2024

(15<sup>th</sup> & 16<sup>th</sup> June 2024 / Yishun Sports Hall)  
Official Outline

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## NATIONAL KYORUGI CHAMPIONSHIPS 2024 OUTLINE

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### 1. ORGANIZER : SINGAPORE TAEKWONDO FEDERATION (STF)

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Address : Singapore Taekwondo Federation Office  
7 Bedok North Street 2  
Bedok Sports Complex, Singapore 469646

Telephone : +65 6345 1491

Email : [stkdf@mail.com](mailto:stkdf@mail.com) (Taekwondo Related Matters)  
[Tournament.stf@gmail.com](mailto:Tournament.stf@gmail.com) (Competition Related Matters)

Website: [www.stf.sg](http://www.stf.sg)

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### 2. COMPETITION DETAILS

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Date : 15<sup>th</sup> & 16<sup>th</sup> June 2024

Time : 0900 onward

Venue : 101 Yishun Ave 1  
Yishun Sports hall, Singapore 769130

Organizer reserves the right to amend competition schedule, any changes will be posted on STF website.

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### 3. REGISTRATION INFORMATION

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Registration Period: 6<sup>th</sup> May to 24<sup>th</sup> May 2024

Submission To: Singapore Taekwondo Federation Office  
7 Bedok North Street 2  
Bedok Sports Complex, Singapore 469646

Registration Fee: \$54.50 per participant (Inclusive of GST, 9% as of 2024)

Team Manager's:  
Briefing 2<sup>nd</sup> June 2024, 1500 Hr  
Whampoa National Training Centre  
80 Lorong Limau, Singapore 320080

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### 3. COMPETITION RULES

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STF Competition Rules in force as of 1<sup>st</sup> March, 2024 shall be apply. (Available on STF website)



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### 4. REGISTRATION

- i. Registration shall be done by the Team Manager, who can be a coach, or someone designated to take charge of the Team.
- ii. Team Managers **must** use the E-Registration Form to submit participants' registration for the respective event, form can be downloaded from STF website.
- iii. Team Managers are to submit their registration to [tournament.stf@gmail.com](mailto:tournament.stf@gmail.com)
- iv. An email response with payment amount and instructions will be sent upon successful receipt of softcopy registration.
- v. Team Managers are to proceed with payment and verification of students grade at STF office once they have received the confirmation email.
- vi. Team Managers must send an email with STF registration payment receipt to organizer at [tournament.stf@gmail.com](mailto:tournament.stf@gmail.com) to confirm registration of team.
- vii. The closing date for submission is on 24<sup>th</sup> May 2024, **this includes payment submission at STF office and sending of STF receipt to organizer email**. It is the responsibility of the Team Managers to verify and ensure that the submission is accurate, and information of the participants are valid.
- viii. Submission **will not be processed** if any information submitted is incorrect / incomplete.
- ix. Team Managers are to ensure that hardcopy registration form is available for verification by organiser when required.
- x. The organiser reserves the rights to disqualify the club submission if the team manager fails to make payment or verify participants grade by 24<sup>th</sup> May 2024.
- xi. Tentative Bout sheet will be released before Team Managers meeting on 2<sup>nd</sup> June 2024, **NO changes** are allowed after team managers meeting.

### Step-by-Step registration process

1. Submission of e-registration form to [tournament.stf@gmail.com](mailto:tournament.stf@gmail.com)
2. Email reply with payment amount and instruction (within 3 days)
3. Proceed to STF office, show email with payment amount, proceed with payment
4. Send STF payment receipt to [tournament.stf@gmail.com](mailto:tournament.stf@gmail.com) to confirm registration (By 24<sup>th</sup> May 2024)



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#### 5. QUALIFICATIONS

- Criterion #1: Members of Clubs affiliated to Singapore Taekwondo Federation (STF)\*
- Criterion #2: Kyorugi events: Only opened to Red belt holders and above (Grades obtained before competition registration date)
- Criterion #3: Kyorugi events: Two (2) years restriction imposed on red belt and black-tip holders (Refer to STF Competition Rule)

*\*Non-STF grade holders must be either STF invited parties or are under respective National Sports Association (NSA).*

*Special circumstances and request should be directed to Organizing Tournament Committee email and subjected to approval on a case-by-case basis.*

#### 6. COMPETITION CATEGORIES

EVENT	AGE DIVISION	GRADE*
Kyorugi Individual (Headkick)	Young 1	Red and Poom Belt
	Young 2	Red and Poom Belt
	Cadet	Red Belt Only
	Junior	Red Belt Only
	Senior 1	Red Belt Only
	Senior 2	Red Belt Only
	Master 1	Red Belt Only
	Master 2	Red Belt Only

*\*Black and Poom belt kyorugi event for Age Division Cadet and above will be held at the Singapore Open Kyorugi Championship in the later part of 2024.*



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**7. AGE DIVISION**

<b>AGE DIVISION</b>	<b>AGE (As Of 31<sup>st</sup> Dec 2024)</b>	<b>YEAR BIRTHED</b>
Young 1	7 and 8	Year 2016 and 2017
Young 2	9 to 11	Year 2013 to 2015
Cadet	12 to 14	Year 2010 and 2012
Junior	15 to 17	Year 2007 to 2009
Senior 1	18 to 30	Year 1994 to 2006
Senior 2	31 to 40	Year 1984 to 1993
Master 1	41 to 50	Year 1974 to 1983
Master 2	51 and above	In or before Year 1973

**8. METHOD OF COMPETITION**

i. Single Elimination System

ii. Number of courts: 4

iii. Best of 3 format

iv. Contest Time\*: Two minutes round with a one-minute rest period between rounds

*\*Round duration may be adjusted to ninety seconds or one-minute contest with a thirty-seconds rest between each round upon decision of the Technical Delegate.*

v. Point Gap: Win by twelve points difference will apply for all events

v. Number of participant: No limit to number of participants fielded for all events\*\*

*\*\*However an Individual can only compete in 1 weight category*



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**9. WEIGHT CATEGORIES**

<b>Young 1 Category</b>			
Male's division		Female's division	
Under 22 kg	Not exceeding 22 kg	Under 22 kg	Not exceeding 22 kg
Under 25 kg	Over 22 kg & Not exceeding 25 kg	Under 25 kg	Over 22 kg & Not exceeding 25 kg
Under 28 kg	Over 25 kg & Not exceeding 28 kg	Under 28 kg	Over 25 kg & Not exceeding 28 kg
Under 31 kg	Over 28 kg & not exceeding 31 kg	Under 31 kg	Over 28 kg & not exceeding 31 kg
Under 34 kg	Over 31 kg & not exceeding 34 kg	Under 34 kg	Over 31 kg & not exceeding 34 kg
Under 37 kg	Over 34 kg & not exceeding 37 kg	Under 37 kg	Over 34 kg & not exceeding 37 kg
Under 40 kg	Over 37 kg & not exceeding 40 kg	Under 40 kg	Over 37 kg & not exceeding 40 kg
Under 43 kg	Over 40 kg & not exceeding 43 kg	Under 43 kg	Over 40 kg & not exceeding 43 kg
Under 46 kg	Over 43 kg & not exceeding 46 kg	Under 46 kg	Over 43 kg & not exceeding 46 kg
Under 49 kg	Over 46 kg & not exceeding 49 kg	Under 49 kg	Over 46 kg & not exceeding 49 kg
Under 52 kg	Over 49 kg & not exceeding 52 kg	Under 52 kg	Over 49 kg & not exceeding 52 kg
Under 55 kg	Over 52 kg & not exceeding 55 kg	Under 55 kg	Over 52 kg & not exceeding 55 kg
Under 58 kg	Over 55 kg & not exceeding 58 kg	Under 58 kg	Over 55 kg & not exceeding 58 kg
Under 61 kg	Over 58 kg & not exceeding 61 kg	Under 61 kg	Over 58 kg & not exceeding 61 kg
Over 61 kg	Over 61 kg	Over 61 kg	Over 61 kg

<b>Young 2 Category</b>			
Male's division		Female's division	
Under 24 kg	Not exceeding 24 kg	Under 24 kg	Not exceeding 24 kg
Under 27 kg	Over 24 kg & Not exceeding 27 kg	Under 27 kg	Over 24 kg & Not exceeding 27 kg
Under 30 kg	Over 27 kg & Not exceeding 30 kg	Under 30 kg	Over 27 kg & Not exceeding 30 kg
Under 33 kg	Over 30 kg & not exceeding 33 kg	Under 33 kg	Over 30 kg & not exceeding 33 kg
Under 36 kg	Over 33 kg & not exceeding 36 kg	Under 36 kg	Over 33 kg & not exceeding 36 kg
Under 39 kg	Over 36 kg & not exceeding 39 kg	Under 39 kg	Over 36 kg & not exceeding 39 kg
Under 42 kg	Over 39 kg & not exceeding 42 kg	Under 42 kg	Over 39 kg & not exceeding 42 kg
Under 45 kg	Over 42 kg & not exceeding 45 kg	Under 45 kg	Over 42 kg & not exceeding 45 kg
Under 48 kg	Over 45 kg & not exceeding 48 kg	Under 48 kg	Over 45 kg & not exceeding 48 kg
Under 51 kg	Over 48 kg & not exceeding 51 kg	Under 51 kg	Over 48 kg & not exceeding 51 kg
Under 54 kg	Over 51 kg & not exceeding 54 kg	Under 54 kg	Over 51 kg & not exceeding 54 kg
Under 57 kg	Over 54 kg & not exceeding 57 kg	Under 57 kg	Over 54 kg & not exceeding 57 kg
Under 60 kg	Over 57 kg & not exceeding 60 kg	Under 60 kg	Over 57 kg & not exceeding 60 kg
Under 63 kg	Over 60 kg & not exceeding 63 kg	Under 63 kg	Over 60 kg & not exceeding 63 kg
Over 63 kg	Over 63 kg	Over 63 kg	Over 63 kg



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<b>Cadet Category</b>			
Male's division		Female's division	
Under 24 kg	Not exceeding 24 kg	Under 23 kg	Not exceeding 23 kg
Under 27 kg	Over 24 kg & Not exceeding 27 kg	Under 26 kg	Over 23 kg & Not exceeding 26 kg
Under 30 kg	Over 27 kg & Not exceeding 30 kg	Under 29 kg	Over 26 kg & Not exceeding 29 kg
Under 33 kg	Over 30 kg & not exceeding 33 kg	Under 33 kg	Over 29 kg & not exceeding 33 kg
Under 37 kg	Over 33 kg & not exceeding 37 kg	Under 37 kg	Over 33 kg & not exceeding 37 kg
Under 41 kg	Over 37 kg & not exceeding 41 kg	Under 41 kg	Over 37 kg & not exceeding 41 kg
Under 45 kg	Over 41 kg & not exceeding 45 kg	Under 44 kg	Over 41 kg & not exceeding 44 kg
Under 49 kg	Over 45 kg & not exceeding 49 kg	Under 47 kg	Over 44 kg & not exceeding 47 kg
Under 53 kg	Over 49 kg & not exceeding 53 kg	Under 51 kg	Over 47 kg & not exceeding 51 kg
Under 57 kg	Over 53 kg & not exceeding 57kg	Under 55 kg	Over 51 kg & not exceeding 55 kg
Under 61 kg	Over 57 kg & not exceeding 61 kg	Under 59 kg	Over 55 kg & not exceeding 59 kg
Under 65 kg	Over 61 kg & not exceeding 65 kg	Under 63 kg	Over 59 kg & not exceeding 63 kg
Under 70 kg	Over 65 kg & not exceeding 70 kg	Under 67 kg	Over 63 kg & not exceeding 67 kg
Under 75 kg	Over 70 kg & not exceeding 75 kg	Under 72 kg	Over 67 kg & not exceeding 72 kg
Over 75 kg	Over 75 kg	Over 72 kg	Over 72 kg

<b>Junior Division</b>			
Male's division		Female's division	
Under 33 kg	Not exceeding 33 kg	Under 33 kg	Not exceeding 33 kg
Under 36 kg	Over 33 kg & Not exceeding 36 kg	Under 36 kg	Over 33 kg & Not exceeding 36 kg
Under 39 kg	Over 36 kg & Not exceeding 39 kg	Under 39 kg	Over 36 kg & Not exceeding 39 kg
Under 42 kg	Over 39 kg & Not exceeding 42 kg	Under 42 kg	Over 39 kg & Not exceeding 42 kg
Under 45 kg	Over 42 kg & Not exceeding 45 kg	Under 44 kg	Over 42 kg & Not exceeding 44 kg
Under 48 kg	Over 45 kg & Not exceeding 48 kg	Under 46 kg	Over 44 kg & Not exceeding 46 kg
Under 51 kg	Over 48 kg & Not exceeding 51 kg	Under 49 kg	Over 46 kg & Not exceeding 49 kg
Under 55 kg	Over 51 kg & Not exceeding 55 kg	Under 52 kg	Over 49 kg & Not exceeding 52 kg
Under 59 kg	Over 55 kg & Not exceeding 59 kg	Under 55 kg	Over 52 kg & Not exceeding 55 kg
Under 63 kg	Over 59 kg & Not exceeding 63 kg	Under 59 kg	Over 55 kg & Not exceeding 59 kg
Under 68 kg	Over 63 kg & Not exceeding 68 kg	Under 63 kg	Over 59 kg & Not exceeding 63 kg
Under 73 kg	Over 68 kg & Not exceeding 73 kg	Under 68 kg	Over 63 kg & Not exceeding 68 kg
Under 78 kg	Over 73 kg & Not exceeding 78 kg	Under 73 kg	Over 68 kg & Not exceeding 73 kg
Under 83 kg	Over 78 kg & Not exceeding 83 kg	Under 78 kg	Over 73 kg & Not exceeding 78 kg
Over 83 kg	Over 83 kg	Over 78 kg	Over 78 kg



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<b>Senior 1, Senior 2, Master 1 and Master 2 Division</b>			
Male's division		Female's division	
Under 42 kg	Not exceeding 42 kg	Under 42 kg	Not exceeding 42 kg
Under 46 kg	Over 42 kg & Not exceeding 46 kg	Under 46 kg	Over 42 kg & Not exceeding 46 kg
Under 50 kg	Over 46 kg & Not exceeding 50 kg	Under 50 kg	Over 46 kg & Not exceeding 50 kg
Under 54 kg	Over 50 kg & Not exceeding 54 kg	Under 54 kg	Over 50 kg & Not exceeding 54 kg
Under 58 kg	Over 54 kg & Not exceeding 58 kg	Under 58 kg	Over 54 kg & Not exceeding 58 kg
Under 62 kg	Over 58 kg & Not exceeding 62 kg	Under 62 kg	Over 58 kg & Not exceeding 62 kg
Under 66 kg	Over 62 kg & Not exceeding 66 kg	Under 66 kg	Over 62 kg & Not exceeding 66 kg
Under 70 kg	Over 66 kg & Not exceeding 70 kg	Under 70 kg	Over 66 kg & Not exceeding 70 kg
Under 74 kg	Over 70 kg & Not exceeding 74 kg	Under 74 kg	Over 70 kg & Not exceeding 74 kg
Under 78 kg	Over 74 kg & Not exceeding 78 kg	Under 78 kg	Over 74 kg & Not exceeding 78 kg
Under 82 kg	Over 78 kg & Not exceeding 82 kg	Under 82 kg	Over 78 kg & Not exceeding 82 kg
Under 86 kg	Over 82 kg & Not exceeding 86 kg	Under 86 kg	Over 82 kg & Not exceeding 86 kg
Under 90 kg	Over 86 kg & Not exceeding 90 kg	Under 90 kg	Over 86 kg & Not exceeding 90 kg
Under 94 kg	Over 90 kg & Not exceeding 94 kg	Under 90 kg	Over 90 kg & Not exceeding 94 kg
Over 94 kg	Over 94 kg	Over 94 kg	Over 94 kg

**10. WEIGH-IN**

- i. Official weigh-in of participants will be done on competition day when participants' bout numbers are called. Participants that fail their official weigh-in will be disqualified.
- ii. A second weighing scale will be provided for participants to check their weight before official-weigh in, however only 1 attempt for official weigh-in will be allowed.
- iii. Official Weigh-in shall be done minimally in short and T-shirt, there will be no nude weigh-ins. An allowance of 100g will be given.
- iii. Random weigh-in of participant may be done any time after official weigh-in, upon approval of competition Technical Delegate. An allowance of 5% weight difference from registered weight category will be given for Random weigh-ins. *(i.e. Accepted Random weight for Under 50kg will be 43.6 to 52.5kg, no 100g weight allowance is given for random weigh-ins)*
- iv. Weight will be rounded down to nearest 1 decimal place *(i.e. Weight of 50.09 will be considered as 50.0kg)*



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#### 11. EQUIPMENT AND UNIFORM

- i. KPNP Protector and Scoring System (PSS) including PSS Headgear will be used.  
*Age Division Young 1, Young 2, Cadet will compete in PSS Headgear with face shield, mouthguard is optional.*  
  
*Age Division Junior, Senior 1, Senior 2, Master 1, Master 2 will compete with PSS headgear, mouthguard is compulsory.*
- ii. Organizer will provide PSS Body Protector and Headgears (with and without shield). Participants must prepare shin, forearm, groin guard, gloves, PSS sensing sock and mouthguard for personal use.  
*\*STF no longer loans PSS sensing socks due to hygiene concerns as of July 2023.*
- iii. Participants with braces MUST compete with appropriate mouthguard, view STF rule at [www.stf.sg](http://www.stf.sg) for full detail on appropriate mouthguard for braces.
- iv. Mouthguard must be moulded and either transparent or white in colour
- v. Taping (if any) must be inspected and signed by STF on-site medical team before competing. View STF rule at [www.stf.sg](http://www.stf.sg) for full detail on taping guideline.
- vi. Only STF approved uniforms should be worn, participants who wears unapproved uniform will not be permitted to compete. The latest STF approved uniform list can be viewed at [www.stf.sg](http://www.stf.sg) under Guidelines.
- vii. Participants may wear **Full set** (Top and pants) of Taekwondo kyorugi competition uniform to compete. Uniform must have the trademark 'Singapore Taekwondo Federation' wording and logo emblazoned on the uniform adhering to the STF Taekwondo uniform guideline.  
*Half attire **will not be allowed** (i.e. Kyorugi competition uniform pants with normal uniform top).*
- viii. Competition Poomsae uniform is not permitted.
- viii. All uniform must adhere to STF Taekwondo uniform guidelines which can be found in [www.stf.sg](http://www.stf.sg).





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#### 12. COACH REQUIREMENTS

- i. Only Kyorugi level 2 coaches wearing coach pass will be allowed to enter the Field of Play (FOP) and coach their participants.
- ii. Team Manager and Kyorugi level 1 coaches (wearing coach pass) are allowed to assist participants only at the holding area. They are not allowed to enter the FOP with participants.
- iii. Non-qualified coaches or coaches holding the wrong coach pass entering the FOP will result in immediate disqualification with follow-up disciplinary action taken against the affected coach and team, following the STF Rules and Regulations.
- iv. All coaches must attire in either track pants or business pants, collared shirt or jackets/windbreakers and 70% white-covered shoes.
- v. Teams must provide sufficient coaches to accompany participants into the FOP when their bouts are called to ensure flow of the competition. Insufficient coaches causing a delay in competition flow may result in disqualification of affected participant.
- vi. Participant entering the FOP without their coach will result in disqualification of affected participant.

#### 13. REFEREES & VOLUNTEERS REQUIREMENTS

- i. Volunteer: Each team must provide 1 volunteer per competition day (minimum 15 years old).
- ii. Referees: Each team must provide 1 referee for every 50 participants or part thereof.
- iii. Each team must provide required number of volunteer and referee(s) throughout all days of competition.

*I.e. Team A has registered 101 members for the Individual Kyorugi Event, Team A must provide 1 volunteer and 3 referees for ALL competitions days. Team B has registered 100 members for the individual Kyorugi event, Team B must provided 1 volunteer and 2 referees for ALL competition days.*

- iv. Required number of referees **might** reduce dependent on sign-up rates, finalized referees required for each team will be announced during Team Manager briefing. However, teams must prepare sufficient referees based upon point ii.

**v. Teams that do not fulfil Volunteer OR Referee requirement on any competition day will be barred from STF organized competition for a period of 1 year** *(from debarment date)*



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**14. AWARD & CLASSIFICATION OF RESULTS**

i. The following prizes will be awarded

- 1<sup>st</sup> Placing: 1 Gold Medal
- 2<sup>nd</sup> Placing: 1 Silver Medal
- 3<sup>rd</sup> Placing: 2 Bronze Medal

ii. All medallists must be attired in full uniform during prize presentation.

iii. Default medallist (participants with no opponent) must weigh in and meet their registered weight category to be awarded the gold medal.

**15. TEAM MANAGER BRIEFING & DRAWING OF LOT**

i. Team Manager Briefing will be held on 2<sup>nd</sup> June 2024 (Sunday), 1500 Hr at NTC Whampoa, 80 Lorong Limau, Singapore 320080. Any changes will be posted on STF website at [www.stf.sg](http://www.stf.sg).

ii. Drawing of lot will be done via computerized random draw prior to Team Manager's briefing, drawn bout list will be sent to Team Managers a week before Team Manager's briefing.

*Organizing Committee reserves the right to merge weight categories for categories with only 1 participant. In such cases, registered actual weight of participants will be taken into consideration for merger purpose.*

*In the event of multiple participants from the same team competing in one weight category, Organizing Committee reserves the right to place these participants in separate bout trees. Such adjustment will only be made for the first 2 draw of same team participants.*

*(i.e. Team A has 4 participants in the same weight category [1, 2, 3, 4], on the first draw participants 1 and 2 met in the same bout tree, in this case a redraw will be done to ensure participants 1 and 2 are in two separate trees. Subsequently, if participant 3 receive a draw to compete against participant 1 in the first match, there will not be another redraw.)*

iii. Team Managers may write in to Organizing Committee at [Tournament.stf@gmail.com](mailto:Tournament.stf@gmail.com) for competition related matters.

iv. All form of communication from Organizing Committee will be directed to Team Manager's email stated in the registration form.

v. Competition bout list will be FINALIZED after Team Manager's briefing and uploaded on STF website, **strictly no request for change** will be entertained after Team Manager's briefing.



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**16. ARBITRATION & PROTEST MATTERS**

- i. Protest with regards to competition matters and results must be made by registered Team Manager or Coach.
- ii. Any protest made against a judgment shall be made on the arbitration form and submitted together with the fee of \$327.00 (GST inclusive) to the Competition Supervisory Board within 10 minutes of the pertinent contest.
- iii. Arbitration form may be found in Annex B – Forms.

**17. DECLARATION & INDEMNITIES**

- i. Any previous training in other martial arts must be declared on registration form. (e.g. types of martial art ; level and years of training)
- ii. Team Manager must ensure that parents of participants under 21 years old (Based on birthdate) personally endorse the indemnity forms. Team Manager will be held responsible if the forms contain fake signatures.
- iii. Team Manager / Coach(es) to ensure that their participants are prepared and fit for the competition. Team Manager / Coach (es) should withdraw any participant who is not feeling well on the day of the competition.
- iv. Team Manager must declare pre-existing medical conditions on electronic registration form under remarks column and attach document of doctor's clearance letter for medical conditions declared.
- iv. Team Manager must ensure all team members\* shall have their own medical insurance coverage, including first aid and personal accident insurance.

\*Team members refer to all member that identifies with the Team, including but not limited to Team Manager, Coaches, Participants, Volunteers, Referees and Supporters.



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**COMPETITION TIMELINE & IMPORTANT DATES**  
(Subject to changes)

<b>Date</b>	<b>Time</b>	<b>Detail</b>	<b>Venue</b>
6 <sup>th</sup> May 2024 (Monday)	0900 Hr	Competition Registration Opens	Submission*: Online – Softcopy STF Office – Payment
24 <sup>th</sup> May 2024 (Friday)	1600 Hr	Competition Registration Closes	*Registration only confirmed upon payment proof (email) provided
1 <sup>st</sup> June 2024 (Saturday)	-	Tentative Bout List sent to Team Manager	Online (Registered Team Manager’s Email)
2 <sup>nd</sup> June 2024 (Sunday)	1500 Hr	Team Manager Briefing	NTC Whampoa
9 <sup>th</sup> June 2024 (Sunday)	-	Finalized Bout List sent to Team Manager	Online (Registered Team Manager’s Email)
15 <sup>th</sup> June 2024 (Saturday)	0900 Hr to 2100 Hr	Day 1 Competition	Yishun Sports hall
16 <sup>th</sup> June 2024 (Sunday)	0900 Hr to 2100 Hr	Day 2 Competition	Yishun Sports hall



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**Annex B – Forms**



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#### CODE OF CONDUCT

The following guidelines are not intended to be exhaustive and include at the absolute minimum the code of conduct herein described. For the full list of acceptable decorum please view STF Rules & Regulation at [www.stf.sg](http://www.stf.sg).

1. Team Members\* must always conduct and behave themselves in a pleasant manner. They should take reasonable care to ensure that the good name of the Federation will not be tarnished by rowdy or bad behavior.
2. The decisions of all judges and referees are deemed final, in the event of a genuine dispute or disagreement, affected member(s) must:
  - a) **Refrain from use of abusive language or aggressive behavior**
  - b) **Gracefully accept the official decision**
  - c) **Lodge an official protest through the Team Manager or Coach if they wish so**
3. Any dispute or protest must be made through the official channel as stated in the Competition Outline (Arbitration & Protest Matter).
4. Any attempts to discredit any competition officials, inclusive but not limited to Technical Delegate, Competition Supervisory Board (CSB) members, judges, referees, or volunteers will be faced with disciplinary actions.
5. No one, including the Team Manager or coaches, is allowed to step beyond the boundary line unless escorted by a competition official.
6. Participant(s) or Team(s) that has a record of ban / debarment are not allowed to participate in competition without first seeking clearance from the Tournament Committee.
7. The Federation and competition organizer reserves the right to vary or add to the above rules when necessary.
8. The Team Manager is responsible for ensuring that all team members adhere to the expected decorum stated within both the Code of Conduct and STF Rules & Regulation (Found in [www.stf.sg](http://www.stf.sg))

*\*Team Members stated within Official Outline and Code of Conduct refers to any member that identifies with the Team, including but not limited to Team Manager, Coaches, Participants, Volunteers, Referees and Supporters.*

#### ARBITRATION AND SANCTION

1. CSB shall make corrections of misjudgments (if any) in accordance with decision(s) made after protest review, disciplinary action will be taken against official(s) who commits any misjudgment or illegal behavior.
2. CSB shall also be entitled Competition Extraordinary Committee of Sanction concurrently for matters in relation to competition management.
3. The Extraordinary Committee of Sanction may summon person concerned for confirmation of events.
4. The STF President or Secretary General (in case of their absence, the Technical Delegate) may request the Extraordinary Committee of Sanction for deliberation when any of the following behaviors are committed by Team Manager, Coach, or other team member(s),
  - a) Interfering with the management of contest or stirring up the spectators for the same purpose.
  - b) Interfering with the operation of the competition conducted by the STF and the Organizing Committee.
  - c) Spreading rumors for the purpose of exerting an unwarranted influence on official judgements.

#### AGREEMENT

Our team, with team manager as representative, hereby agrees to abide by all above guidelines **AND** the STF Competition Rules & Regulation listed on the STF website.

\_\_\_\_\_  
Team Name

\_\_\_\_\_  
Team Manager Full Name  
& Signature

\_\_\_\_\_  
Date



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**REGISTRATION FORM A - Young ( 1 )**

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

Name (As per NRIC): \_\_\_\_\_ Gender: F/M Year of Birth: \_\_\_\_\_ Age: \_\_\_\_\_  
 Emergency Contact Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Contact No: \_\_\_\_\_  
 Address: \_\_\_\_\_ Postal: (S) \_\_\_\_\_  
 Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Coach Name: \_\_\_\_\_ HP: \_\_\_\_\_  
 Team Name: \_\_\_\_\_ Team Manager Name: \_\_\_\_\_

**Declaration**

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Practicing Period: \_\_\_\_\_  
 Medical condition\* (NIL if none): \_\_\_\_\_ (Attach Medical Clearance) Years : \_\_\_\_\_

**YOUNG (1) CATEGORY**

**( 7 & 8 years old, born on year 2016 and 2017 )**

( Please X the appropriate box )

DIVISION	MALE	
BELT	Red	
	Poom	
<b>Under 22 kg</b>	22 kg & Under	
<b>Under 25 kg</b>	Over 22 – 25 kg	
<b>Under 28 kg</b>	Over 25 – 28 kg	
<b>Under 31 kg</b>	Over 28 – 31 kg	
<b>Under 34 kg</b>	Over 31 – 34 kg	
<b>Under 37 kg</b>	Over 34 – 37 kg	
<b>Under 40 kg</b>	Over 37 – 40 kg	
<b>Under 43 kg</b>	Over 40 – 43kg	
<b>Under 46 kg</b>	Over 43 – 46 kg	
<b>Under 49 kg</b>	Over 46 – 49 kg	
<b>Under 52 kg</b>	Over 49 – 52 kg	
<b>Under 55 kg</b>	Over 52 – 55 kg	
<b>Under 58 kg</b>	Over 55 – 58 kg	
<b>Under 61 kg</b>	Over 58 – 61 kg	
<b>Over 61 kg</b>	Over 61 kg	

DIVISION	FEMALE	
BELT	Red	
	Poom	
<b>Under 22 kg</b>	22 kg & Under	
<b>Under 25 kg</b>	Over 22 – 25 kg	
<b>Under 28 kg</b>	Over 25 – 28 kg	
<b>Under 31 kg</b>	Over 28 – 31 kg	
<b>Under 34 kg</b>	Over 31 – 34 kg	
<b>Under 37 kg</b>	Over 34 – 37 kg	
<b>Under 40 kg</b>	Over 37 – 40 kg	
<b>Under 43 kg</b>	Over 40 – 43kg	
<b>Under 46 kg</b>	Over 43 – 46 kg	
<b>Under 49 kg</b>	Over 46 – 49 kg	
<b>Under 52 kg</b>	Over 49 – 52 kg	
<b>Under 55 kg</b>	Over 52 – 55 kg	
<b>Under 58 kg</b>	Over 55 – 58 kg	
<b>Under 61 kg</b>	Over 58 – 61 kg	
<b>Over 61 kg</b>	Over 61 kg	

<b>Actual Weight</b>

\_\_\_\_\_  
**Participant Signature**

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

I, Mr/Mrs/Ms \_\_\_\_\_, the parent / guardian of \_\_\_\_\_ consent to his / her participation in the competition and undertake to indemnify and keep indemnified, Singapore Taekwondo Federation and the organizing committee against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

\_\_\_\_\_  
 Name of Parent / Guardian

\_\_\_\_\_  
 Contact No.

\_\_\_\_\_  
 Signature / Date

\_\_\_\_\_  
 Name of Team Manager

\_\_\_\_\_  
 Team Manager Email

\_\_\_\_\_  
 Team Manager Signature



# NATIONAL KYORUGI CHAMPIONSHIPS 2024

## (15<sup>th</sup> & 16<sup>th</sup> June 2024 / Yishun Sports Hall)

### Official Outline

#### REGISTRATION FORM B - Young ( 2 )

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

Name (As per NRIC): \_\_\_\_\_ Gender: F/M Year of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Contact No: \_\_\_\_\_

Address: \_\_\_\_\_ Postal: (S) \_\_\_\_\_

Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Coach Name: \_\_\_\_\_ HP: \_\_\_\_\_

Team Name: \_\_\_\_\_ Team Manager Name: \_\_\_\_\_

**Declaration**

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Practicing Period: \_\_\_\_\_

Medical condition\* (NILL if none): \_\_\_\_\_ (Attach Medical Clearance) Years : \_\_\_\_\_

#### YOUNG (2) CATEGORY

( 9 to 11 years old, born on year 2013, 2014 and 2015 )

( Please X the appropriate box )

DIVISION	MALE	
BELT	Red	
	Poom	
<b>Under 24 kg</b>	24 kg & Under	
<b>Under 27 kg</b>	Over 24 – 27 kg	
<b>Under 30 kg</b>	Over 27 – 30 kg	
<b>Under 33 kg</b>	Over 30 – 33 kg	
<b>Under 36 kg</b>	Over 33 – 36 kg	
<b>Under 39 kg</b>	Over 36 – 39 kg	
<b>Under 42 kg</b>	Over 39 – 42 kg	
<b>Under 45 kg</b>	Over 42 – 45 kg	
<b>Under 48 kg</b>	Over 45 – 48 kg	
<b>Under 51 kg</b>	Over 48 – 51 kg	
<b>Under 54 kg</b>	Over 51 – 54 kg	
<b>Under 57 kg</b>	Over 54 – 57 kg	
<b>Under 60 kg</b>	Over 57 – 60 kg	
<b>Under 63 kg</b>	Over 60 – 63 kg	
<b>Over 63 kg</b>	Over 63 kg	

DIVISION	FEMALE	
BELT	Red	
	Poom	
<b>Under 24 kg</b>	24 kg & Under	
<b>Under 27 kg</b>	Over 24 – 27 kg	
<b>Under 30 kg</b>	Over 27 – 30 kg	
<b>Under 33 kg</b>	Over 30 – 33 kg	
<b>Under 36 kg</b>	Over 33 – 36 kg	
<b>Under 39 kg</b>	Over 36 – 39 kg	
<b>Under 42 kg</b>	Over 39 – 42 kg	
<b>Under 45 kg</b>	Over 42 – 45 kg	
<b>Under 48 kg</b>	Over 45 – 48 kg	
<b>Under 51 kg</b>	Over 48 – 51 kg	
<b>Under 54 kg</b>	Over 51 – 54 kg	
<b>Under 57 kg</b>	Over 54 – 57 kg	
<b>Under 60 kg</b>	Over 57 – 60 kg	
<b>Under 63 kg</b>	Over 60 – 63 kg	
<b>Over 63 kg</b>	Over 63 kg	

<b>Actual Weight</b>

\_\_\_\_\_  
Participant Signature

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

I, Mr/Mrs/Ms \_\_\_\_\_, the parent / guardian of \_\_\_\_\_ consent to his / her participation in the competition and undertake to indemnify and keep indemnified, Singapore Taekwondo Federation and the organizing committee against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

\_\_\_\_\_  
Name of Parent / Guardian

\_\_\_\_\_  
Contact No.

\_\_\_\_\_  
Signature / Date

\_\_\_\_\_  
Name of Team Manager

\_\_\_\_\_  
Team Manager Email

\_\_\_\_\_  
Team Manager Signature





**NATIONAL KYORUGI CHAMPIONSHIPS 2024**  
**(15<sup>th</sup> & 16<sup>th</sup> June 2024 / Yishun Sports Hall)**  
**Official Outline**

**REGISTRATION FORM C - CADET**

I agree to abide by the rules and regulations of the tournament and hold myself solely responsible for any injury, damage or loss sustained as a result of my participation.

Name (As per NRIC): \_\_\_\_\_ Gender: F/M Year of Birth: \_\_\_\_\_ Age: \_\_\_\_\_  
 Emergency Contact Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Contact No: \_\_\_\_\_  
 Address: \_\_\_\_\_ Postal: (S) \_\_\_\_\_  
 Grade: \_\_\_\_\_ Date Obtained: \_\_\_\_\_ Coach Name: \_\_\_\_\_ HP: \_\_\_\_\_  
 Team Name: \_\_\_\_\_ Team Manager Name: \_\_\_\_\_

**Declaration**

Others Martial Art: \_\_\_\_\_ Level: \_\_\_\_\_ Practicing Period: \_\_\_\_\_  
 Medical condition\* (NIL if none): \_\_\_\_\_ (Attach Medical Clearance) Years : \_\_\_\_\_

**CADET CATEGORY**

**( 12 to 14 years old, born on year 2010, 2011 and 2012 )**

( Please X the appropriate box )

DIVISION	MALE	
BELT	Red	
<b>Under 24 kg</b>	24 kg & Under	
<b>Under 27 kg</b>	Over 24 – 27 kg	
<b>Under 30 kg</b>	Over 27 – 30 kg	
<b>Under 33 kg</b>	Over 30 – 33 kg	
<b>Under 37 kg</b>	Over 33 – 37 kg	
<b>Under 41 kg</b>	Over 37 – 41 kg	
<b>Under 45 kg</b>	Over 41 – 45 kg	
<b>Under 49 kg</b>	Over 45 – 49 kg	
<b>Under 53 kg</b>	Over 49 – 53 kg	
<b>Under 57 kg</b>	Over 53 – 57 kg	
<b>Under 61 kg</b>	Over 57 – 61 kg	
<b>Under 65 kg</b>	Over 61 – 65 kg	
<b>Under 70 kg</b>	Over 65 – 70 kg	
<b>Under 75 kg</b>	Over 70 – 75 kg	
<b>Over 75 kg</b>	Over 75 kg	

DIVISION	FEMALE	
BELT	Red	
<b>Under 23 kg</b>	23 kg & Under	
<b>Under 26 kg</b>	Over 23 – 26 kg	
<b>Under 29 kg</b>	Over 26 – 29 kg	
<b>Under 33 kg</b>	Over 29 – 33 kg	
<b>Under 37 kg</b>	Over 33 – 37 kg	
<b>Under 41 kg</b>	Over 37 – 41 kg	
<b>Under 44 kg</b>	Over 41 – 44 kg	
<b>Under 47 kg</b>	Over 44 – 47 kg	
<b>Under 51 kg</b>	Over 47 – 51 kg	
<b>Under 55 kg</b>	Over 51 – 55 kg	
<b>Under 59 kg</b>	Over 55 – 59 kg	
<b>Under 63 kg</b>	Over 59 – 63 kg	
<b>Under 67 kg</b>	Over 63 – 67 kg	
<b>Under 72 kg</b>	Over 67 – 72 kg	
<b>Over 72 kg</b>	Over 72 kg	

<b>Actual Weight</b>

\_\_\_\_\_  
**Participant Signature**

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

I, Mr/Mrs/Ms \_\_\_\_\_, the parent / guardian of \_\_\_\_\_ consent to his / her participation in the competition and undertake to indemnify and keep indemnified, Singapore Taekwondo Federation and the organizing committee against all claims arising out of injury, damage or loss suffered or caused in the course of his / her participation in the event.

\_\_\_\_\_  
 Name of Parent / Guardian

\_\_\_\_\_  
 Contact No.

\_\_\_\_\_  
 Signature / Date

\_\_\_\_\_  
 Name of Team Manager

\_\_\_\_\_  
 Team Manager Email

\_\_\_\_\_  
 Team Manager Signature







**NATIONAL KYORUGI CHAMPIONSHIPS 2024**  
**(15<sup>th</sup> & 16<sup>th</sup> June 2024 / Yishun Sports Hall)**  
**Official Outline**

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**ENTRIES FOR TEAM**

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**Team Name:** \_\_\_\_\_

**Team Manager's Name:** \_\_\_\_\_ **Contact No (HP):** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Head Coach Name:** \_\_\_\_\_ **Contact No (HP):** \_\_\_\_\_

**Name of Coaches:** 1) \_\_\_\_\_ 6) \_\_\_\_\_  
*(Holding Professional Pass)* 2) \_\_\_\_\_ 7) \_\_\_\_\_  
3) \_\_\_\_\_ 8) \_\_\_\_\_  
4) \_\_\_\_\_ 9) \_\_\_\_\_  
5) \_\_\_\_\_ 10) \_\_\_\_\_

**Name of Referees:** 1) \_\_\_\_\_ 4) \_\_\_\_\_  
*(One for every 50* 2) \_\_\_\_\_ 5) \_\_\_\_\_  
*submissions\*)* 3) \_\_\_\_\_ 6) \_\_\_\_\_

**Name of volunteer:** 1) \_\_\_\_\_ 4) \_\_\_\_\_  
*(One per day\*)* 2) \_\_\_\_\_ 5) \_\_\_\_\_  
3) \_\_\_\_\_ 6) \_\_\_\_\_

*\*Team to provide required number of official per competition day following outline requirement*





**NATIONAL KYORUGI CHAMPIONSHIPS 2024**  
**(15<sup>th</sup> & 16<sup>th</sup> June 2024 / Yishun Sports Hall)**  
**Official Outline**

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**Payment Summary**

Team Name: \_\_\_\_\_

Team Manager/Coach: \_\_\_\_\_  
Name & Signature

Total Players: \_\_\_\_\_

Payment Amount: \$ \_\_\_\_\_ Date: \_\_\_\_\_

Payment Mode: Cash / Paynow / Cheque\*

Receipt No : \_\_\_\_\_

\*Cheque No: \_\_\_\_\_

