



SINGAPORE TAEKWONDO FEDERATION

33rd Southeast Asian (SEA) Games

Selection Policy

The Singapore Taekwondo Federation (STF) is the Singapore national governing body for Taekwondo. Leading up to the 33rd Southeast Asian (SEA) Games in **Bangkok-Chonburi and Songkhla, Thailand**, from 9 December to 20 December 2025, STF seeks to establish suitable metrics presented in this Selection Policy to nominate eligible athletes for both Poomsae and Kyorugi categories to the SNOC Selection Committee to represent the country. This Selection Policy outlines the minimum eligibility and qualification criteria that athletes are required to meet for nomination to the selection committee.

1 OBJECTIVES

- 1.1 STF aims to field eligible Athletes with achievement records meeting the criteria of the SNOC Selection Committee and/or Athletes who have demonstrated potential in representing Singapore towards achieving podium finish through their various accomplishments.
- 1.2 The intent is to nominate eligible athletes with good standing and adherence to the STF Athletes' Code of Conduct and Agreement. Athletes named for consideration should be in form, internationally competitive and fully committed to the strategies and plans leading up to the 33rd SEA Games.
- 1.3 While STF strives to facilitate sporting success for aspiring athletes, it is under no obligation to nominate a full team or any team for the said Games.

2 NOMINATION CRITERIA

- 2.1 A series of international, national games and Closed Selection Trials¹ have been identified as platforms to select nominees for the 33rd SEA Games. STF will use the SNOC benchmark of at least 3rd placing in the 2023 SEA Games (or equivalent and higher) covered by the selection window. The tentative identified games may be postponed or cancelled by the organiser. Such events are further listed in Annex A: Schedule of Tentative Qualifying Events.
- 2.2 Pursuant to Olympic Charter (By-laws to Rule 27 and 28, Paragraph 2.1): Selection shall be based not only on the sports performance of the athletes, but also on their ability to serve as role models to their country's sporting youth.

3 SELECTION CRITERIA FOR ATHLETES

- 3.1 As stipulated in the Selection Criteria from SNOC, athletes must be Singapore Citizens and should not be holding dual citizenship if they are above 22 years old at the time of nomination.
- 3.2 Athletes must be a member of an STF affiliate, and a member of the National Team or National Development Squad, to be eligible for selection.
- 3.3 Athletes must have committed to and continue to commit to a minimum of 80% of the training attendance based on the training programme planned by the High Performance

¹ Please refer to Paragraph 5.2



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Committee (“HPC”) and have demonstrated the potential to achieve podium finish at the 33rd SEA Games through regular physical and technical assessment. The period of the said assessment will be from **26 November 2024 up to 5 September 2025**.

- 3.4 Athletes must participate in the Closed Selection Trial(s) organised by the HPC unless otherwise permitted for exemption; the Closed Selection Trial(s) will serve as a critical assessment for the selection of athletes.
- 3.5 At the time of nomination, athletes must have attained at least 3rd placing in games equivalent to the SEA Games. Should there be no competitive events as the basis, the evaluation shall be based on comparing the results of periodic physical assessments against Southeast Asian countries athletes and technical training performance. The period of assessment shall be based on achievements and performance from **26 November 2024 up to 5 September 2025**.
- 3.6 All achievements should be achieved from **26 November 2024 up to 5 September 2025**.
- 3.7 The following “qualities” of the athletes will also be considered:
- Attitude and behavior towards coaches, teammates, fellow athletes, officials and sports administrators, whether in relation to sporting matters or otherwise
 - General conduct and character which may affect the reputation, image, values or best interests of the athlete or the sport
 - Past disciplinary record
 - Current skill level and fitness; and character
 - Level of commitment and attendance
 - Potential for future development
 - Ability to demonstrate team spirit and work well with teammates and officials; and
 - Such other non-performance related qualities as the selectors may consider to be relevant.
- 3.8 The Selection Panel will consist of members of STF’s Selection Committee as listed below:
- Ms. Monique Heah
 - Mr. Steven Lam
 - Mr. Wong Zhen Kang
 - Mr. Lai Han Seng

4 EXEMPTIONS

- 4.1 Athletes may be considered for selection, where they marginally fail to meet the Selection Criteria stated above, when the athletes:
- a. have received an exemption from participating in the Closed Selection Trial(s) organised by the HPC; due to an extensive overseas training programme, that is accepted by the HPC and the Board of STF as relevant preparation for the 33rd SEA Games; OR
 - b. have received an exemption from participating in the Closed Selection Trial(s) due to recovery/rehabilitation from a long-term injury with proof from a medical



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specialist as approved by STF or the Singapore Sport Institute (“SSI”), that the recovery/rehabilitation had prevented the athletes from participating in the said Closed Selection Trial(s) and have received clearance to compete at the subsequent events identified as selection grounds from the same medical specialist or the SSI.

- 4.2 All requests for exemptions as listed above must be submitted at least FOURTEEN (14) calendar days prior to the Closed Selection Trial(s) and emailed to the HPC at stkdf@mail.com and hpexec@stf.org.sg.

5 CLOSED SELECTION PROCEDURE & PROCESSES

- 5.1 STF will organise one Open Selection and up to two (2) Closed Selection Trials to select suitable athletes for Poomsae, Kyorugi and Virtual Taekwondo (TBC) categories for the 33rd SEA Games. The tentative schedule for the Selection trials are listed in Annex B.
- 5.2 The Closed Selection Trial(s) will be open to qualifying athletes invited to join the National Development Squad after the Open Selection, all existing members of the National Team and athletes training under the National Development Squad.
- 5.3 Athletes of similar categories will compete against each other based on prevailing World Taekwondo (WT) point system, rules and regulations.
- 5.4 For the Poomsae categories, assessment will be based on the performance of the individual, Pair and/or Team. For Recognised Poomsae, the score will be awarded based on accuracy and presentation. For Freestyle Poomsae, the score will be awarded based on technical skills and presentation. For the composite of the Poomsae Team/Pair, the National Coaches and HPC will take into consideration the overall team formation/presentation to organise the respective pairs/teams for the assessment.
- 5.5 For the Kyorugi Categories, the assessment will be based on the performance of the individual in competition-style Kyorugi. Athletes will be matched with other candidates of same or similar weight category of up to 2 above/below weight categories apart (no more than 10kg difference).
- 5.6 For the Virtual Taekwondo Categories, the assessment will be based on the performance of the individual per the Virtual Taekwondo Game System.
- 5.7 On top of the Closed Selection Trial(s), periodic physical and technical assessments, which may coincide with the Closed Selection Trial(s), will be taken into consideration in finalising the list of nominees. The following table details the assessment component:



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Assessment	Description
Technical skills	Assessment of fundamental kicking/ punching/ stance techniques
Tactical skills	Demonstrate ability to handle various opponents during the Kyorugi match Demonstrate ability to execute recognised/ freestyle Poomsae
Physical fitness	Athletes will be subjected to a battery of tests to assess their fitness level

6 APPEALS FOR REVIEW

6.1 Candidates may submit an appeal for review within TWO (2) days of the official announcement of the selection results on the STF Website to the STF Secretariat at stkdf@mail.com.

6.2 The appellant shall be required to pay a bond fee of SGD 200.00 (subjected to GST), which will be forfeited if the appeal is assessed and determined to be unmeritorious or frivolous contrary to the objective selection criteria. Otherwise, the bond will be refunded to the appellant.

6.3 The STF Appeal Committee comprises at least two members and headed by an independent Board Member, whom shall be independent of the Selection Committee. The Appeal Committee will review the case(s), and the appellant shall comply with such requirements as may be directed, including attendance before the Committee and/or furnishing such evidence, documentary or otherwise, to support or substantiate the appeal for review. In the absence of such compliance of requirements, where applicable, the Committee shall in its absolute discretion, proceed with the review accordingly.

6.4 The result of the appeal for review shall be made known through the STF website or formally communicated to candidate's club/affiliate within FIVE (5) working days.

6.5 The Appeal Committee's decision shall be final, and not open for further review.

6.6 A re-selection may be conducted by the assessors only if it has been determined by the STF Board that the selection process pursuant to the Selection Policy was not strictly



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adhered to. In the event of a re-selection, the appellant shall strictly comply with the terms and conditions as stipulated.

7 EXTENUATING CIRCUMSTANCES

- 7.1 Injury exemption from the Closed Selection Trial(s) will be considered on a case-by-case basis and must be supported by the National Coach, in consultation with the STF Appeals Committee (AC) and HPC. To qualify for an injury exemption, the athlete or parent must notify STF in writing with the necessary documentation (i.e. medical documents).
 - 7.2 All medical documents must be signed by a doctor, stating the nature of the injury, date of occurrence and the expected date by which the athlete will be able to return to training and competition.
 - 7.3 Traditional Chinese Medicine (TCM) medical certificates and documents will not be accepted.
 - 7.4 Other “extenuating circumstances” that warrant consideration from the HPC include bereavement, travel delays and other circumstances of similar nature that may be deemed to be relevant.
- 8** In the event of “extenuating circumstances”, the HPC, at its discretion and with the prior agreement of affected stakeholders, may grant a delay or postponement of the Closed Selection Trial(s).

9 MINORS

- 9.1 A parent’s/guardian’s endorsement is required for minors (athletes below the age of 21) participating in the Closed Selection Trial(s).
- 9.2 Parents of minors are expected to abide by the protocols and processes indicated in this policy.

10 BREACH OF AGREEMENT / CONDUCT

- 10.1 Athletes in breach of any STF policy, the Athlete’s Code of Conduct and Agreement, SNOC or Sport SG policies or any other directive as articulated in writing by the National Coach, HPC or AC will be subjected to disciplinary actions which may result in the withdrawal of the nominations for the 33rd SEA Games. .
- 10.2 Infringements may be dealt with by a disciplinary board which may be convened to decide on follow-up disciplinary actions.
- 10.3 The results of the disciplinary board shall be final.



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11 CLARIFICATIONS

11.1 This Selection Policy complements existing STF selection policies and is in effect since its publication. The existing STF Selection Policy holds as it pertains to the selection of athletes for international competitions, other than Major Games. For the purpose stated in this Selection Policy, the criteria and details may be adjusted according to the SNOC Selection Committee's prevailing criteria.

11.2 The policy will be updated whenever the events are confirmed or if there are changes.

11.3 Any feedback, requests for clarification or queries can be sent to the High Performance Committee (HPC) at stkdf@mail.com and hpexec@stf.org.sg

12 SCHEDULE

This schedule is subject to changes based on the timeline set by SNOC/Organising Committee.

The schedule is as follows:

Date	Items
8 March 2025	Entry by Sports
8 April 2025	Entry by Number
15 April 2025	Longlist begins
15 May 2025	Nomination begins
July	Long list and nomination deadline (NSA)
August	Selection Committee meeting
August/September	Appeal Committee meeting
19 September 2025	Entry by Name deadline



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ANNEX A: Tentative Schedule of Qualifying Events (as at October 2024)

Poomsae Events			
Date	Event	Location	Grade
28 November – 5 December 2024	Hong Kong 2024 World Taekwondo Poomsae Championships	Hong Kong	G-8
TBC	ASEAN Taekwondo Championships	TBC	-
15 – 20 July 2025	Chuncheon Korea Open	Chuncheon, Korea	G-2

Kyorugi Events			
Date	Event	Location	Grade
23 – 24 April 2025	WT-President's Cup – Asia	Taian, China	G-3
TBC	ASEAN Taekwondo Championships	TBC	-
15 – 20 July 2025	Chuncheon Korea Open	Chuncheon, Korea	G-2

Virtual Taekwondo Events (TBC)			
Date	Event	Location	Grade
TBC	TBC	TBC	TBC

ANNEX B: Tentative Schedule of Selection Trials

Date	Event
4, 5 & 11 January 2025	NDS 2025 Open Selection (Kyorugi & Poomsae)
11 – 13 April 2025	1 st Closed Selection for 33 rd SEA Games
14 - 15 June 2025	2 nd Closed Selection for 33 rd SEA Games