

SINGAPORE OPEN POOMSAE CHAMPIONSHIPS 2025 OUTLINE

1. ORGANISER: SINGAPORE TAEKWONDO FEDERATION (STF)

Address: Singapore Taekwondo Federation Office

7 Bedok North Street 2 Singapore 469646

Telephone: +65 6345 1491

Email: Tournament.stf@gmail.com

stkdf@mail.com

Website: www.stf.sg

2. COMPETITION DETAILS

Date: 4th & 5th July 2025

Time: 4th July 1200 Hr onward, 5th July 0900 Hr onward

Venue: 21 Jurong East Street 31

Jurong East Sports Hall, Singapore 609517

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

3. REGISTRATION INFORMATION

Registration Period: 19th May to 12th June 2025

Registration Closes: 12th June 2025, 1600 Hr (Singapore Time Zone)

Submission To: <u>Tournament.stf@gmail.com</u>

STKDF@mail.com

Registration Fee:

\$54.50 per participant for all events

(Inclusive of 9% GST)

3. COMPETITION RULES

STF Competition Rules in force as of 1st March, 2024 shall be apply.



4. QUALIFICATIONS

Criterion #1: Members of Clubs affiliated to Singapore Taekwondo

(Local Participants) Federation (STF)*

Criterion #2: Members of Clubs affiliated to member of National

(International Association (MNA) recognized by World Taekwondo (WT)

Participants)

Criterion #3: Poom Belt Holder (Age 12, 13 & 14)

Black Belt Holder (Age 15 and above)

5A. CLASSIFICATION OF COMPETITION (RECOGNIZED EVENTS)

EVENTS	AGE DIVISION	GRADE*
Recognized Individual	Cadet (12 to 14 Years Old)	Poom Belt**
Recognized Mixed Pair	• Junior (15 to 17 Years Old)	Black Belt
• Recognized Team of 3	• Under 30 (18 to 30 Years Old)	
 Recognized Team of 3 (Mixed Gender) 	• Under 40 (31 to 40 Years Old)	
	• Under 50 (41 to 50 Years Old)	
	Over 50 (51 Years Old & above)	

5B. CLASSIFICATION OF COMPETITION (FREE STYLE EVENTS)

EVENTS	AGE DIVISION	GRADE*
Free Style Individual	Under 17 (17 Years Old & below)	Poom Belt
• Free Style Pair	Over 17 (18 Years Old & above)	Black Belt
 Free Style Mixed Team (Team of 5) 		

^{*}Based on highest grade obtained on or before 12th June 2025

^{*}Non-STF grade holders must be either STF invited parties or are under respective National Sports Association (NSA) of their country(ies). **Special circumstances and request should be directed to Organizing Tournament Committee email and subjected to approval on a case-by-case basis.**

^{**}Poom Belt event only for Cadet age division (Age 12-14 Years Old)



6. COMPETITION ENTRIES

Recognized	Age	Cadet	Junior	U30	U40	U50	O50
Event	Div Gender	(12-14)	(15-17)	(18-30)	(31-40)	(41-50)	(51 & older)
Individual	Male (M)	No Limit to entries per team					
maividuai	Female (F)	No Limit to entries per team					
Mixed Pair	1M & 1F	No Limit to entries per team					
	3 M	No Limit to entries per team					
Team of 3**	3 F	No Limit to entries per team					
	Mixed Gender		No	Limit to e	entries per t	eam	

^{**}Team events: Shall comprise of three (3) participants, each participant is allowed to participate in only one poomsae team event.

Team participants may be of different grades (Team can consist of Dan 1, Dan 2, Dan 3)

Fran Stude	Age	Under 17	Over 17		
Free Style Event	Div Gender	(Age 17 and below)	(Age 18 and above)		
Individual	Male (M)	No Limit to entries per team			
muividuai	Female (F)	No Limit to entries per team			
Mixed Pair	1M & 1F	No Limit to entries per team			
Mixed Team of 5**	2 M & 3 F Or 3 M & 2 F	No Limit to entries per team			



7. LIST OF POOMSAE TO BE PERFORMED (RECOGNIZED EVENT)

Recognized Event	Age Division	Compulsory Poomsae	
	Cadet	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang	
	Junior	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek	
Individual	U30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang,	
	U40	Taebaek, Pyongwon, Shipjin	
	U50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek	
	O50	Pyongwon, Shipjin, Jitae, Chonkwon	
	Cadet	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgan	
Junior		Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek	
Pair	U30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	
	O30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon	
	Cadet	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang	
Junior Taegeuk 4, 5, 6, 7, 8 Jang, K Taebaek		Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek	
Team of 3	U30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	
	O30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon	

^{*}All Recognized Events will have 2 rounds of competition, performing pattern will be balloted on competition day



8. FREE STYLE EVENT REQUIREMENTS

Free style Events	Age Division	Free Style			
Individual	Under 17				
	Over 17	Athletes shall perform Free style Poomsae based of taekwondo techniques with composition of music a			
Pair	Under 17				
Pair	Over 17	choreography. Performed techniques must be within the boundary of Taekwondo movement.			
Team of 5	Under 17				
l eath of 5	Over 17				

Note: Music in USB (Music without lyrics) and choreography shall be choice of a contestant, it should NOT contain any political, social, and religious and any contents that may harm, discriminate or offend other.

9. METHOD OF COMPETITION

i. Combination system:

Cut-Off system (Cut to 16 pax) and/or Elimination Tournament System (16 pax and below)

- ii. Duration of Contest Up to 100 seconds
- iii. Number of courts: 3 or 4
- iv. Competition Flow: The sequence of performance* for competitors shall be
 - Recognized Individual
 - Recognized Pair
 - Recognized Team
 - Free Style Individual
 - Free Style Pair
 - Free Style Team of 5

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

^{*}Computer generated sequencing for all categories

^{**}Team events: Each participant is allowed to participate in only one team event.



10. 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 Excel Form to submit registration for the respective event, form can be downloaded from STF website, competition posting. *Teams are advised to access the form with a window OS device via excel application for best compatibility.*
- iii. Team Managers are to submit the excel e-registration to tournament.stf@gmail.com and stkdf@mail.com.
- iv. An email response with payment amount and instructions will be sent upon successful receival of softcopy registration.
- v. Team Managers are to proceed with payment only **AFTER** they have received the confirmation email.
- vi. Team Managers **may** choose to **either** physically head down to STF office or complete the registration procedure online via the below steps:

Online Payment Procedure:

- a. Paynow to STF **UEN** S74SS0031A or bank transfer to **DBS Bank account** 0220067206 SWIFT Code: DBSSSGSGXXX with reference number as **'Team Name SG Open Poomsae'**.
- b. Send proof of successful payment to tournament.stf@gmail.com and stkdf@mail.com (Payment proof must show UEN reference as per above)*

 *Payment submission with incorrect or lack of reference number may result in incomplete registration.
- c. Online grade verification (**Required for all online payment**): Teams to send in participants' grading card or Poom/Dan certificate proof via dropbox link (*Filename as participant's name e.g. 'Jack Tan Grading Card'*).

Physical Payment Procedure:

- A. Upon receiving confirmation email, print out team registration list and head down to STF office.
- B. Verify grade according to team registration list.
- C. Show email confirmation and make payment according to amount listed.
- D. Attach STF receipt to email to confirm team registration for competition.



vii. The closing date for submission is on 12th June 2025, 1600 Hr (Singapore Time Zone) this includes submission of **e-registration excel form, proof of payment** (Paynow UEN OR softcopy STF receipt), **softcopy grade proof of participants** (for payment via Paynow).

viii. Submission **will not be processed** if any information submitted is incorrect / incomplete.

- ix. Team Managers are to ensure that all participants' registration forms are available for verification if requested by organizer.
- x. The organiser reserves the rights to disqualify the club submission if the team manager fails to make payment or verify participants grades by 12th June 2025, 1600 Hr (Singapore Time Zone).

Step-by-Step e-registration process

- Submission of e-registration form to tournament.stf@gmail.com and stkdf@mail.com
- 2. Await email reply with payment amount and instruction
- 3. Submission of payment proof* and softcopy grading certificates to tournament.stf@gmail.com and-stkdf@mail.com (By 12th June 2025)

It is the responsibility of the Team Managers to verify and ensure that the submission is accurate, and information of the participants are valid. Wrong submission will result in disqualification of registration.

Registration of participants in a different grade from grading document can result in up to 1-year debarment of team participation from STF organized competitions and relevant parties called up for sanction, such incidents would be regarded as a breach of integrity.

^{*}Payment proof can be either STF receipt or Paynow UEN screenshot showing the UEN reference number (Team Name – SG Open Poomsae). **Paynow screenshot must be accompanied with softcopy of all participants' grading proof.**



11. EQUIPMENT AND UNIFORM

i. Local teams: 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 under Guidelines.

International teams: WT-approved uniforms should be worn, participants wearing Non-WT-approved uniform will not be permitted to compete.

ii. Taping (if any) must be inspected and signed by STF on-site medical team before competing.

12. COACH REQUIREMENTS

- i. Only Poomsae level 2 coaches wearing coach pass will be allowed to enter the Field of Play (FOP) and coach their participants.
- ii. Team Manager and Poomsae level 1 coaches (wearing coach pass) are not allowed to enter the FOP with participants.
- iii. International: Team Manager should send in their list of coaches with their coaching credential when submitting team's e-registration, a coach accreditation pass will be issued.
- iv. 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.
- v. All coaches must attire in either track pants or business pants, collared shirt or jackets/windbreakers and 70% white-covered shoes.
- vi. 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.
- vii. Participant entering the FOP without their coach will result in disqualification of affected participant.

13. REFEREES & VOLUNTEERS REQUIREMENTS

- i. Volunteer: Each local team must provide 1 volunteer per competition day (minimum 15 years old).
- ii. Referees: Each local team must provide 1 referee for every 30 registration or partthereof.
- iii. Each local team must provide required number of volunteer and referee(s) throughout all days of competition.
- I.e. Team A has registered 60 Individual Poomsae Event and 1 Team Poomsae Event, Team A must provide 1 volunteer and 3 referees for ALL competitions days. Team B has registered 59 individual event and 1 Team Poomsae event, Team B must provided 1 volunteer and 2 referees for ALL competition days. Event Submissions with more than 1 participant (Team/Pair/Siblings/Family) will be regarded as 1 registration.
- 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 and iii.
- v. Local Teams that do not fulfil Volunteer <u>OR</u> Referee requirement on any competition day may be barred from STF organized competition for a period of 1 year (from debarment date)

14. AWARD & CLASSIFICATION OF RESULTS

i. The following prizes will be awarded

1st Placing: 1 Gold Medal
 2nd Placing: 1 Silver Medal
 3rd & 4th Placing: 2 Bronze Medal

- ii. All medallists must be attired in full uniform during prize presentation.
- iii. Default medallist (participants with no opponent) need not perform their pattern and can be awarded the gold medal by reporting to the registration counter on their event day.



15. DRAWING OF LOT

i. Drawing of lot will be done via computerized random draw, tentative bout list will be sent to Team Managers by 22nd June 2025.

Organising Committee reserves the right to separate and re-allocate competing categories dependent on registration numbers.

- ii. Any discrepancies on the tentative bout list must be highlighted by 27th June 2025, strictly no request for change will be accepted after 27th June 2025.
- iii. Finalised Bout list will be sent to Team Managers' email by 2nd July 2025.
- iv. Team Managers may write in to Organising Committee at Tournament.stf@gmail.com for competition related matters.
- v. All form of communication from Organising Committee will be directed only to Team Manager's email <u>stated in the e-registration form.</u>

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 A 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.



COMPETITION TIMELINE & IMPORTANT DATES (Subject to changes)

Date	Time	Detail	Venue
19 th May 2025 (Monday)	-	Competition Registration Opens	Submission*: Online – Softcopy STF Office – Payment
12 th June 2025 (Thursday)	1600 Hr (Singapore Time Zone)	Competition Registration Closes	*Registration only confirmed upon payment proof (email) provided
22 nd June 2025 (Sunday)	-	Tentative Bout List sent to Team Manager	Online (Registered Team Manager's Email)
2 nd July 2025 (Wednesday)	-	Finalized Bout List sent to Team Manager	Online (Registered Team Manager's Email)
4 th & 5 th July 2025 (Friday & Saturday)	0900 Hr to 2100 Hr	Competition Day	Jurong East Sports Hall



Annex A – Forms



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.

- 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).
- 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.
- 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)

*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	Date
	& Signature	



SINGAPORE OPEN POOMSAE CHAMPIONSHIPS 2025

To: Organising Chairman, **SINGAPORE OPEN POOMSAE CHAMPIONSHIPS 2025** On behalf of _____ (name of affiliate) I submit the attached entry forms and confirm that the players are all members of the Club. Name of Team Manager Signature **Official Stamp** Date



|--|

INDIVIDUAL (MALE)

Affiliate		
Team Manager	Contact No.	

Please Circle Age Division Appropriate

Division	Cadet	Junior	U30	U40	U50	051
Age	12 - 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No. Name Belt			vel
NO.	Name	Dan	Poom



F	O	R	N	1	В
	•	• •		•	_

INDIVIDUAL (FEMALE)

Affiliate		
Team Manager	Contact No.	

Please Circle Age Division Appropriate

Division	Cadet	Junior	U30	U40	U50	051
Age	12 - 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No.	Nama	Belt Le	vel
INO.	Name	Dan	Poom



FORM C

MIXED PAIR

Affiliate		
Team Manager	Contact No.	

Please Circle Age Division Appropriate

Division	Cadet	Junior	U30	U40	U50	051
Age	12 - 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

Nia	Nama	Belt Le	vel
No.	Name	Dan	Poom
<u> </u>		<u> </u>	<u> </u>



FORM D

TEAM OF 3 (FEMALE)

Affiliate		
Team Manager	Contact No.	

Please Circle Age Division Appropriate

Division	Cadet	Junior	U30	U40	U50	051
Age	12 - 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No	Nama	Belt Le	vel
No.	Name	Dan	Poom



FORM E

TEAM OF 3 (MALE)

Affiliate		
Team Manager	Contact No.	

Please Circle Age Division Appropriate

Division	Cadet	Junior	U30	U40	U50	051
Age	12 - 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No.	Name Belt Le	vel	
INO.	Name	Dan	Poom



FORM F

TEAM OF 3 (MIXED)

Affiliate		
Team Manager	Contact No.	

Please Circle Age Division Appropriate

Division	Cadet	Junior	U30	U40	U50	051
Age	12 - 14	15 - 17	18 - 30	31 - 40	41 - 50	51 & older

No.	Nama	Belt Le	
NO.	Name	Dan	Poom



INDIVIDUAL (FREESTYLE)

Affiliate		
Team Manager	Contact No.	

Please Circle Age Division Appropriate

Division	Under 17	Over 17
Age	17 and below	18 and above

No.	Nama	Belt Level	vel
INO.	Name	Dan	Poom



FORM H

FREESTYLE PAIR

Affiliate		
Team Manager	Contact No.	

Please Circle Age Division Appropriate

Division	Under 17	Over 17
Age	17 and below	18 and above

NI-	Nama	Belt Level	
No.	Name	Dan	Poom
L			1



FORM J

FREESTYLE TEAM

Affiliate		
Team Manager	Contact No.	

Please Circle Age Division Appropriate

Division	Under 17	Over 17
Age	17 and below	18 and above

No.	Name	Belt Level		
		Dan	Poom	
	Reserve:			
	Reserve:			



FORM K

REGISTRATION FORM

(to be completed by all participants)

Affiliate				
Name		Age (as of 31	Age (as of 31 st Dec 2025)	
Year of Birth		Grade (as of	Grade (as of 13 th June 2025)	
Contact No.		Gender		1
Emergency Contact No.	(Mobile	•)		(Home)
Pre-existing Medical Conditions				
Name of Coach				(Mobile)
Signature			Date	
Pare	ntal/Guardian Consent for Particip	ants Below 21 Ye	ears of Age	
Singapore Open Poon	rticipation of the above-named a nsae Championships 2025. I herek ents from all liabilities that may an	y release Singap	ore Taekwondo	in the
Name		gnature / ate		
Relationship	Co	ntact No.		
	Witnessed B			
Team Manager		gnature / nte		
Email	Co	ntact No.		



ENTRIES FOR TEAM				
Team Name:				
		Contact No (HP):		
Head Coach Name:		Contact No (HP):		
Name of Coaches:	1)	6)		
(Holding Professional Pass)	2)			
	3)			
	4)	9)		
	5)	10)		
Name of Referees:	1)	4)		
(One for every 50	2)			
submissions*)	3)			
Name of volunteer:	1)	4)		
(One per day*)	2)			
(eneperacy)	3)			
*Team to provide required i		competition day following outline requirement		
Payment Summary				
Team Name:		Team Manager/Coach:Name & Signature		
Total Players:		Payment Amount: \$ Date:		
Payment Mode: Cash / Payr	now / Cheque*	Receipt No : *Cheque No:		



TAEKWONDO COMPETITION ARBITRATION FORM

EVENT :		
EVENT :		
For Treasurer's Use		
Administrative amount of \$\$ 327.00 paid by:	Cash / Paynow	
Official Receipt No.:	Cash / Paymon	
Protest Lodged On : (Date)	(Time)	
Protest Louged Oil (Date)	(Time)	
Protestee's Particulars		
Affiliate :		
Name of Protestee : Po		
	ANEXESTE CONTRACTOR ANEXES AND ANEXES	
Information of Protest Concerned		
Bout No.:	Court No. :	Time:
Category*:		
Name of Player Concerned :		_
Detailed Description of Protest :		
Detailed Description of Protest.		
Rosalina and		
I declare that:		
 All the information provided in this form is accurate. 	rate and true to the best of my kr	nowledge.
and the state of t	the second of before at	and the state of t
I fully understand that any false or inaccurate da Competition Supervisors Board	ta or wilful omission of information	on will render my protest invalid by the
Competition Supervisory Board		
3. I fully understand and will authorise the Compet	ition Supervisory Board to obtain	further information from me or any parties
involved in relation to my protest where necessa		
The little man section in an arrangement		
4. I have read and fully understand the arbitration	procedure and will abide by the d	lecision of the Competition Supervisory Board.
	-	
Signature of Protestee (Name)		Date
For Competition Supervisory Board Use		
Findings :		
Conclusion :		
Action :		
Protestee informed of conclusion / action taken at :		(Date & Time)
		(Date &
Signature of Competition Supervisory Board	-	
(Description)		Date

^{*} Please delete, where appropriate