

# Our Tampines Hub SG60 Taekwondo Legend Championship

Organised by: Our Tampines Hub & Tampines West CSN

Approved by: Singapore Taekwondo Federation

## 1. Organisation Committee

- 1.1 Main Organiser : Our Tampines Hub & Tampines West CSN
- 1.2 Organiser : Taekwondo Masters Academy Singapore
- 1.3 Supported By : Singapore Taekwondo Federation

## 2. Competition Date and Venue

- 2.1 Competition Date : 23<sup>rd</sup> November 2025
- 2.2 Competition Venue : Our Tampines Hub  
Level 3 Community Auditorium

## 3. Participation Qualifications

- 3.1 Open to all clubs affiliated to Singapore Taekwondo Federation (STF).
- 3.2 Participants must be of clubs affiliated to Singapore Taekwondo Federation (STF), holding a grade approved by STF.
- 3.3 Athletes over the age of 30 can compete. An athlete must compete in their designated age group, with your age determined as of 31<sup>st</sup> December 2025.
- 3.4 Acceptable proof of grade is grading card, or dan certificate (Grade obtained on/before July 2025)
- 3.5 Age Group Division:

Categories	Age Division
U35	Born on 1 <sup>st</sup> January 1991 to 31 <sup>st</sup> December 1995
U40	Born on 1 <sup>st</sup> January 1986 to 31 <sup>st</sup> December 1990
U45	Born on 1 <sup>st</sup> January 1981 to 31 <sup>st</sup> December 1985
U50	Born on 1 <sup>st</sup> January 1976 to 31 <sup>st</sup> December 1980
U55	Born on 1 <sup>st</sup> January 1971 to 31 <sup>st</sup> December 1975
U60	Born on 1 <sup>st</sup> January 1966 to 31 <sup>st</sup> December 1970
U65	Born on 1 <sup>st</sup> January 1961 to 31 <sup>st</sup> December 1965
O65	Born before 31 <sup>st</sup> December 1960

- 3.6 If there are less than 2 participants (or teams) in the any event, the participants/clubs/dojangs will have to comply with or to the adjustments made by the organizing committee based on the actual situation or during the competition itself.
- 3.7 The competition groupings will be in group of 4 for all categories

## 4. GENERAL COMPETITION RULES

- 4.1 STF latest competition rules for both Poomsae and Kyorugi will be enforced and shall be accordingly.
- 4.2 A club can send UNLIMITED players for all events
- 4.3 All competitors must wear STF-approved WT-style uniforms. Those who fail to observe this rule will be barred from participation. All officials and competitors are reminded that the STF-approved brand uniforms must be bought from the respective companies as listed on the Singapore Taekwondo Federation website.
- 4.4 Participants can only take part in THEIR own coloured belt category, Dan Holder are eligible to choose their respective Poomsae to compete.
- 4.5 Competitors must wear the belt of the category in which they are competing e.g. If Competitor A is participating in Green Belt Category; he/she must wear a Green belt when he/she is competing.
- 4.6 Waychamp PSS will be used for this competition. The organising committee will provide the head gear, Electronic Trunk Protector and Electronic Socks.

- 4.7 All competitors are responsible for their own protective gear (recognized brand from WT) for Kyorugi event.  
Electronic foot protector is AVAILABLE for loan for all participants in exchange for their competitor pass

## 5. RULES AND REGULATIONS (Poomsae)

- 5.1 WT and STF rules will apply.  
5.2 All age division and categories will be in group of 4.  
5.3 The organising committee reserve the right to vary the number selected for each stage of competition.  
5.4 Competitors in the event shall perform individually using electronic scoring system. In the event of a system breakdown, the Organising committee reserves the right to use manual scoring for the finals.  
5.5 The sequence of performance shall be as follows:  
5.5.1 Individual (by alphabetical order of the surname, then given names of the competitors)  
5.6 Event  
5.6.1 Male and female will compete in separate gender categories. There will be no limits to the number of competitors to each club.  
5.6.2 Recognised Poomsae

Category	Compulsory Poomsae
Yellow Belt (Grade 8)	Taegeuk il Jang
Yellow Green (Grade 7)	Taeguk E Jang
Green Belt (Grade 6)	Taeguk Sam Jang
Green Blue (Grade 5)	Taeguk Sa Jang
Blue Belt (Grade 4)	Taeguk O Jang
Blue Red (Grade 3)	Taeguk Yuk Jang
Red Belt (Grade 2)	Taeguk Chil Jang
Red Black (Grade 1)	Taeguk Pal Jang
Black (Dan)	Koryo
Black (Dan)	Keumgang
Black (Dan)	Taebaek
Black (Dan)	Pyongwon
Black (Dan)	Sipjin

## 6. RULES AND REGULATIONS (Kyorugi)

- 6.1 WT and STF rules will apply.  
6.2 In the best of three (3) system will be used for this competition. The duration will be three 3 rounds of one (1) minute each with a 30 seconds rest period between rounds.  
6.3 There will be no Golden round after the 3<sup>rd</sup> round.  
6.4 The organising committee, with the approval of STF reserves the right to modify the duration to 2 rounds of 1 minute each with 30 seconds rest in between rounds.  
6.5 For all rounds, only PSS scoring shall apply in the absence of the head gear, the judges' decision is final, and no video replay will be allowed for head kicks/contacts to the head.  
6.6 No changes of competitors are allowed.  
6.7 The organising committee, with the approval of STF reserves the right to stop any team/competitor from registering or competing due to safety concerns with regards to the composition of the team.  
6.8 There will be no Video Replay.  
6.9 Weigh in will be on the actual day of the event.  
6.10 There will be a 0.5kg weight allowance. Competitors who are underweight or overweight shall be disqualified.  
6.11 Weigh-in will be conducted once. Switching of weight categories after registration will not be entertained.  
6.12 Gender, age division and weight category.

Male	U35, U40, U45, U50, U55, O55	-58kg, -63kg, -68kg, -74kg, -80kg, +80kg
Female	U35, U40, U45, U50, U55, O55	-49kg, -53kg, -57kg, -62kg, -67kg, +67kg

## **7. PROVISION OF REFEREES AND EVENT CREWS**

- 7.1 We will encourage all participating team to provide referees and event crew for this event as we celebrate this historic SG60 event.

## **8. COMPETITION OFFICIAL COACH PASS**

- 8.1 Professional coach passes are required for all tournaments organised or sanctioned by the STF.  
8.2 All local coaches are required to display their professional coach pass issued by STF before entering the field of play.  
8.3 Only Level 1 coach pass holder are eligible to enter the field of play.

## **9. COACH ATTIRE**

- 9.1 Coaches should be suitably attired when they enter the field of play. Only track-pants, business pants, collar tee-shirts, tee-shirts with jackets or windbreaker, 70% white-covered shoes are allowed. Slippers, collarless tee-shirts, singlet and shorts are strictly not permitted.

## **10. AWARDS**

- 10.1 The following prizes will be presented:  
1<sup>st</sup> Place: One Gold Medal  
2<sup>nd</sup> Place: One Silver Medal  
3<sup>rd</sup> Place: Two Bronze Medals  
10.2 Competitors who have no opponents in their registered poomsae category will be required to perform the required poomsae, in order to be awarded with Gold medal.  
10.3 All medal winners must be present in FULL uniform to receive the prizes.

## **11. DECLARATION**

- 11.1 Any previous training in other martial arts must be declared in the registration form.  
11.2 Doctor's clearance will be required for those with pre-existing medical conditions. The organising committee and the Technical Delegate, with the approval of the STF reserves the right to stop any competitor from competing due to safety concerns.  
11.3 Managers/Coaches are to ensure that their competitors are prepared and fit for the competition. They should withdraw any competitor who is not feeling well on the day of the competition. The organising committee and the Technical Delegate, with the approval of the STF reserves the right to stop any competitor from competing due to safety concerns.

## **12. PROTEST**

- 12.1 Any protest against a judgement shall be made on a prescribed form and submitted together with the fees of \$327.00 (incl. GST) to the competition Supervisory Board within 15 minutes of the pertinent contest.  
12.2 Only the team manager or coach is permitted to submit a formal protest.

## **13. GENERAL CODE OF CONDUCT**

- 13.1 The following guidelines are not intended to be exhaustive and include at the absolute minimum the code of conduct herein described.  
13.2 All participants (e.g. coaches, team delegates and competitors) must at all times conduct and behave themselves in a manner befitting of a Taekwondo exponent and will take reasonable care to ensure that the good name of Taekwondo will not be tarnished by rowdy or bad behaviour.  
13.3 Coaches are to ensure that they and any other member of their delegation:  
13.3.1 Do not damage or steal the premises property.  
13.3.2 Do not smoke anywhere within the premises.  
13.3.3 Do not wander into unauthorised areas that are outside the designated competition venue.

- 13.3.4 The decisions of all judges are deemed final, save that in the event of a genuine dispute or disagreement, the complainant must:
- 13.3.5 Refrain from using abusive language and aggressive behaviour.
- 13.3.6 Channel his/her protest through the Team Manager or coach of his/her club to the Competition Supervisory Board.
- 13.3.7 Disciplinary action shall be taken against those who attempt to discredit the officials, judges or referees.
- 13.3.8 No one, including the Team Manager or coach, is allowed to approach the Recorder's table.
- 13.3.9 Anyone previously disqualified from STF tournaments is not allowed to participate without first seeking clearance from the STF Secretariat.

#### **14. ORGANIZING COMMITTEE**

- 14.1 This championship is an STF approved event and is organised by Our Tampines Hub & Tampines West CSN.

Technical Delegate:	Mr Lee Thiam Poh
Competition Supervisory Board:	Mr Dick Hui
	Mr Lee Thiam Huat
Chief Referee:	Ms Lim Hui Hsien
Tournament Chairman:	Mr Lim Keng Leong
Administrative:	TBC

#### **15. ENQUIRIES**

- 15.1 For further clarifications, please call or email: Mr Kelvin Lim @ [kelvin.taekwondomasters@gmail.com](mailto:kelvin.taekwondomasters@gmail.com) or +6590616858

#### **16. AMENDMENT OF COMPETITION RULES**

- 16.1 The organising committee, with the approval of the STF, reserve the right to vary or add to the above if and whenever necessary.

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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.

1. All participants (e.g. coaches, team delegates and competitors) must at all times conduct and behave themselves in a manner befitting of a Taekwondo exponent and will take reasonable care to ensure that the good name of the Federation will not be tarnished by rowdy or bad behaviour.
2. The decisions of all judges and referees are deemed final, save that in the event of a genuine dispute or disagreement, the complainant must:
  - a) Refrain from use of abusive language.
  - b) Channel his / her protest through the Team Manager or coach of his / her club to an authorised official of the Federation on the day of the event.
3. Any attempts to discredit any officials, judges, and referees without good cause subjects those competitors to disciplinary actions.
4. No one, including the Team Manager or coaches is allowed to step beyond the boundary line of the RECORDER'S table.
5. Anyone previously disqualified is not allowed to participate without first seeking clearance from the Secretariat.
6. The Federation and/or its organising committee reserve the right to vary or add to the above rules if and whenever necessary.

## RULES, ARBITRATION AND SANCTION

The Competition Supervisory Board shall make corrections of misjudgements according to their decision regarding protests and take disciplinary action against the officials committing the misjudgement or any illegal behaviour and the results of which shall be sent to the Secretariat of the STF. The Competition Supervisory Board shall also be entitled the Extraordinary Committee of Sanction concurrently at the competition for the matters in relation to competition management.

1. The Sanctions Committee shall comprise three senior members appointed by the STF President. In his absence, the Tournament Chairman shall appoint the members.
2. The STF President or Hon Secretary (in case of their absence, the Technical Delegate) may request the Extraordinary Committee of Sanction for deliberation when any of the following behaviours are committed by a coach or a competitor.
  - 2.1 Interfering with the management of contest or stirring up the spectators for the same purpose.
  - 2.2 Interfering with the operation of the competition conducted by the STF and the organising committee.
  - 2.3 Spreading false rumour for the purpose of exerting an unwarranted influence on the judgement.
3. The competitor and his/her coach will face the Sanctions Committee if the competitor displays unsporting behaviour including but not limited to
  - 3.1 Failing to shake the opponent's hand or hug the opponent after the declaration of the winner.
  - 3.2 Playing the fool during the match.
  - 3.3 Inviting the opponent condescendingly or in any manner to attack.
  - 3.4 Failing to approach and bow to the opponent's coach
  - 3.6 Refusing to leave the competition area after the match.
  - 3.7 Ignoring competition officials' instructions or commands.
  - 3.8 Questioning or cursing the referees or other officials.
4. The coach shall face the Sanctions Committee if he or she misconducts himself or herself.
5. When judged reasonable, the Extraordinary Committee of Sanction shall deliberate over the matter and takes disciplinary action immediately. The result of deliberation shall be announced to the public and reported to the STF Secretariat afterwards.
6. The Extraordinary Committee of Sanction may summon the person concerned for confirmation of events.

## AGREEMENT

I/Our team agree to abide by the guidelines.

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CLUB

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Full Name & Signature of Team Manager/Coach

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Date

**Our Tampines Hub SG60 Taekwondo Legend Championship**  
Organised by: Our Tampines Hub & Tampines West CSN    Approved by: Singapore Taekwondo Federation

To: Chairman of the organising committee  
Our Tampines Hub SG60 Taekwondo Legend Championship

On behalf of \_\_\_\_\_ (participating club), I hereby submit the attached entry forms and confirmed that the competitors are all the members of the club.

Our team agrees to abide by the rules and regulations of this championship.

NAME OF TEAM COACH		
NAME OF TEAM MANAGER		
Authorized Signature	Official Club Stamp	Date of Submission



# Our Tampines Hub SG60 Taekwondo Legend Championship

## REGISTRATION FORM

PARTICULARS OF PARTICIPANT:				
Name in Full (Underline your Surname):	NRIC/FIN/Passport No.:	Citizenship:	Photo:	
Home Address:				
Name of Club:	Date of Birth (DD/MM/YYYY):	Sex: *Male/Female		
Mobile/Home No.:	Current Weight (kg):	Current Grade (as of January 2025):	Age (as of 2025):	
COMPETITION EVENT (please tick accordingly):				
Poomsae:	<input type="checkbox"/> Individual	Circle:	Koryo	Keumgang
Kyorugi:	<input type="checkbox"/> Individual	Taebaek	Pyongwon	Sipjin
NEXT-OF-KIN PARTICULARS:				
Name in Full:	Citizenship:	Relationship to Participant:		
Home Address:		Mobile/Home No.:		
DECLARATION AND INDEMNITY (to be completed by applicant):				
<p>I agree to abide by the rules and regulations of the tournament. I will uphold good sportsmanship and understand that any misconduct on my part may result in the removal of the tournament and disqualification from the competition. I hold myself solely responsible for any injuries, damage or loss sustained as a result of my participation during this Championships.</p>				
_____ Signature of Participant		_____ Date		
INDEMNITY (to be completed by Coach/Team Manager):				
<p>I, (Name in Full) _____, hereby acknowledge and consent my participant (Name in Full) _____ to take part in the Our Tampines Hub SG60 Taekwondo Legend Championship. I do hereby understand that my participant will be participating in this event at *his/her own risk and therefore, I will not hold the Singapore Taekwondo Federation, the event organiser or anyone so concerned, responsible for any injuries, accidents or mishaps that may befall on *him/her during the course of the event.</p>				
_____ Coach/Team Manager Signature		_____ Date		

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## MEDICAL DECLARATION FORM

MEDICAL DECLARATION BY PARTICIPANT (please tick accordingly):			
Have you ever had:	Yes	No	Remarks
Chest pain, heart problems/conditions, murmurs, high blood pressure			
Asthma, tuberculosis, lung problems			
Fits, fainting spells, severe head injury			
Dizziness, loss of balance, loss of consciousness			
Eye problems			
Ear problems			
Nervous illness			
Diabetes			
Bone or joint injury			
Medical treatment within the last 2 years			
Do you require routine medication?			
Do you have any other medical history/drug allergies?			
<p>I declare that all the information provided above are true. I am currently not suffering from any acute ailment or diseases. I hereby declare that I am fit to participate in the Our Tampines Hub SG60 Taekwondo Legend Championship.</p> <p>I am aware that any consumption of illegal substances and vaping in Singapore is not allowed and will face severe penalties, including lengthy imprisonment, fines and even death penalty in some cases. I am also aware that smoking and littering are strictly not allowed in the competition venue.</p>			
Name & Signature of Participant		Date	
INDEMNITY (to be completed by Coach/Team Manager):			
<p>I, (Name in Full) _____, hereby acknowledge and consent my participant (Name in Full) _____ to take part in the Our Tampines Hub SG60 Taekwondo Legend Championship. I do hereby understand that my participant will be participating in this event at *his/her own risk and therefore, I will not hold the Singapore Taekwondo Federation, the event organiser or anyone so concerned, responsible for any injuries, accidents or mishaps that may befall on *him/her during the course of the event.</p>			
Name of Coach/Team Manager & Signature		Date	