



SINGAPORE OPEN VIRTUAL TAEKWONDO CHAMPIONSHIPS 2026

(31st Jan – 1st Feb / Jurong East Sports Complex)

Official Outline

SINGAPORE OPEN VIRTUAL TAEKWONDO CHAMPIONSHIPS 2026 OUTLINE

1. ORGANIZER : SINGAPORE TAEKWONDO FEDERATION (STF)

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

Telephone : +65 6345 1491

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

Website : www.stf.sg

2. COMPETITION DETAILS

Date : 31st January to 1st February 2026

Time : 0900 to 2100 Hr

Venue : 21 Jurong East Street 31
Jurong East Sports Centre, Singapore 609517

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

3. REGISTRATION INFORMATION

Registration Period 29th December 2025 to 12th January 2026

For Local Submissions : Singapore Taekwondo Federation Office
7 Bedok North Street 2
Bedok Sports Complex,
Singapore 469646

For Overseas Submissions : stkdf@mail.com
Tournament.stf@gmail.com

Registration Fees : Local participants SGD 65.40 per registrant
(Inclusive of GST)
Overseas participants USD 60 per registrant
(Own arrangement for accommodation and transport)



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Team

Manager's Briefing : 30th January (Friday) @ 1900 Hrs (Local, Singapore Time)

Venue : Local : Jurong East Sports Centre, Singapore 609517
Overseas : Via Zoom (link to be advised)

4. REGISTRATION

- i. Registration for the championships will be open from 29th December 2025 to 12th January 2026 from 0930hr to 1200hr and 1400hr to 1600hr **at the STF office**.
- ii. Affiliates must produce proof of grade during registration. They may either produce the hardcopy proof or photocopy of participants' grades (Grading cards, black belt/poom certificates) are acceptable.
- iii. Grade will be based upon registration closing date.
- iv. Doctor's clearance will be required for those with pre-existing medical conditions.
- v. Submission of incomplete registration form will constitute in disqualification of the participant. Submission after 12th January 2026, 1600 hour (SG Timezone) will not be accepted.

5. QUALIFICATIONS

- Criterion #1: Members of Clubs affiliated to Singapore Taekwondo Federation (STF)
- Criterion #2: Opened to overseas participants holder: yellow-tips and above (Members of countries' respective NSA)*
- Criterion #3: Opened to grade holder: yellow-tips and above (Grades obtained before competition registration date)

**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.



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6. COMPETITION CATEGORIES

COMPETITION CATEGORY	GENDER	AGE (As Of 31 st Dec 2026)	YEAR BIRTHED
Under 12 (U12)	Female Male Mixed (Female & Male)	12 and below	2014 and after
Under 16 (U16)		13 to 16	2010 to 2013
Under 30 (U30)		17 to 30	1996 To 2009
Under 50 (U50)		31 to 50	1976 To 1995
Over 50 (O50)		51 and above	1975 and before

7. METHOD OF COMPETITION

i. Single Elimination System

ii. Number of courts: 1 or 2

iii. Best of 3 rounds

iv. Contest Time*: 60 seconds round with a 60 seconds rest period between rounds

**Rest duration may be adjusted to thirty-seconds between each round upon decision of the Technical Delegate.*

v. Knock Out: Round winner by Knock Out will apply for all events

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

***Individual Female/Male category participants may compete in Mixed Senior category as well.*



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8. EQUIPMENT AND UNIFORM

- i. Organizer will provide Virtual Taekwondo equipment (VR head & handset, wearable straps and nodes)
- ii. To ensure flow of competition and better fitting of equipment, participants must remove accessories on wrist and head (bracelet, wristlet, earring, necklace).
- iii. Taping (if any) must be inspected and signed by STF on-site medical team before competing. View STF rule at www.stf.sg for full detail on taping guideline.
- iv. 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.
- v. 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).*
- vi. Competition Poomsae uniform is not permitted.

9. 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.



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- 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.

10. AWARD & CLASSIFICATION OF RESULTS

- i. The following prizes will be awarded

1st Placing: 1 Gold Medal
2nd Placing: 1 Silver Medal
3rd Placing*: 1 Bronze Medal

** An additional match to determine 3rd and 4th placing will take place between loser of semi-finals*

- ii. Minus one rule will apply for awarding of medal (Refer to below table)

No. of participants in category	No. of medals awarded
2	1
3	2
4 and above	3

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



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11. TEAM MANAGER BRIEFING & DRAWING OF LOT

- i. Team Manager Briefing will be held on 31st January 2026 (Friday), 1900 Hr at Jurong East Sports Centre, Singapore 609517. Any changes will be posted on STF website at 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 competition 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 competition 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 competition 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 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.

12. ARBITRATION & PROTEST MATTERS

- i. Protest with regards to competition matters and results must be made by registered Team Manager or Coach.



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- 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.

13. DECLARATION & INDEMNITIES

- i. 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.
- ii. 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.
- iii. Team Manager must declare pre-existing medical conditions on registration form and attach document of doctor's clearance during registration.
- 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)

Date	Detail	Venue
29 th December 2025	Competition Registration Opens	Submission: STF Office – Hardcopy Registration – Payment Submission
12 th January 2026	Competition Registration Closes	
21 st January 2026	Tentative Bout List sent to Team Manager	Online (Registered Team Manager's Email)
30 th January 2026	*Overseas Team Training	Jurong East Sports Centre
30 th January 2026	Team Manager Briefing	Jurong East Sports Centre
31 st January 2026	Day 1 Competition	Jurong East Sports Centre
1 st February 2026	Day 2 Competition	Jurong East Sports Centre

*Overseas Team to send in request to arrange for training schedule on 30th January 2026.



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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.

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)

**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 - Under 12

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

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

Under 12 CATEGORY

(12 years old and below, born in year 2014 and after)

(Please X the appropriate box)

DIVISION	FEMALE	
	MALE	
	MIXED	

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



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REGISTRATION FORM B - Under 16

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: _____ 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

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

Under 16 CATEGORY
(13 to 16 years old, born in year 2010 to 2013)

(Please **X** the appropriate box)

DIVISION	FEMALE	
	MALE	
	MIXED	

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



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REGISTRATION FORM C - Under 30

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: _____ 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

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

Under 30 CATEGORY

(17 to 30 years old, born in year 2010 to 2013)

(Please X the appropriate box)

DIVISION	FEMALE	
	MALE	
	MIXED	

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



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REGISTRATION FORM D - Under 50

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

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

Under 50 CATEGORY
(31 to 50 years old, born in year 1976 to 1995)

(Please X the appropriate box)

DIVISION	FEMALE	
	MALE	
	MIXED	

Participant Signature

I, Mr/ Mrs/ Ms* _____, consent to my 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 my participation in the event.

Name of Parent/Guardian/Participant

Contact No.

Signature / Date

Name of Team Manager

Team Manager Email

Team Manager Signature



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REGISTRATION FORM E - Over 50

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

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

Over 50 CATEGORY

(51 years old and above, born in year 1975 and before)

(Please X the appropriate box)

DIVISION	FEMALE	
	MALE	
	MIXED	

Participant Signature

I, Mr/ Mrs/ Ms* _____, consent to my 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 my participation in the event.

Name of Parent/Guardian/Participant

Contact No.

Signature / Date

Name of Team Manager

Team Manager Email

Team Manager Signature



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ENTRIES FOR TEAM

Team Name: _____

Team Manager's Name: _____ Contact No (HP): _____

Email Address: _____

Head Coach Name: _____ Contact No (HP): _____

REGISTRATION SUMMARY

S/N	Name	Gender	Year of Birth	Competition Categories (Please 'X' According)				
				Under 12	Under 16	Under 30	Under 50	Over 50

Payment Summary

Team Name: _____

Team Manager/Coach: _____
Name & Signature

Total Players: _____

Payment Amount: \$ _____ Date: _____

Payment Mode: Cash / Paynow / Cheque*

Receipt No : _____

*Cheque No: _____



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TAEKWONDO COMPETITION ARBITRATION FORM

EVENT :

For Treasurer's Use

Administrative amount of **S\$ 327.00** paid by: Cash / Paynow

Official Receipt No. : _____

Protest Lodged On : _____ (Date) _____ (Time)

Protestee's Particulars

Affiliate : _____

Name of Protestee : _____ Position: Coach / Team Manager

Information of Protest Concerned

Bout No. : _____ Court No. : _____ Time: _____

Category* : Male / Female Chung / Hong

Name of Player Concerned : _____

Detailed Description of Protest : _____

I declare that :

1. All the information provided in this form is accurate and true to the best of my knowledge.
2. I fully understand that any false or inaccurate data or wilful omission of information will render my protest invalid by the Competition Supervisory Board
3. I fully understand and will authorise the Competition Supervisory Board to obtain further information from me or any parties involved in relation to my protest where necessary.
4. I have read and fully understand the arbitration procedure and will abide by the decision 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)

Signature of Competition Supervisory Board
(Representative)

Date

* Please delete, where appropriate