



SINGAPORE TAEKWONDO FEDERATION
Aichi-Nagoya 2026 Asian Games
Selection Policy

The Singapore Taekwondo Federation (STF) is the Singapore national governing body for Taekwondo. Leading up to the Aichi-Nagoya 2026 Asian Games (2026 AG) in **Aichi-Nagoya, Japan**, from 19 September to 4 October 2026, 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.

List of Taekwondo events at the 2026 AG (Extracted from Official Programme):

| | | | | | |
|----|-----------|---------|---------|------------------------|--------------------------|
| 35 | Taekwondo | Kyorugi | 8 | Men -58kg | Women -49kg |
| | | | | Men -68kg | Women -57kg |
| | | | | Men -80kg | Women -67kg |
| | | | | Men +80kg | Women +67kg |
| | | 2 | Poomsae | Men Individual Poomsae | Women Individual Poomsae |
| | | | | | |

Note: List of events and athlete quotas are subjected to changes by the Games' Organising Committee. Refer to Annex C for the information on athletes quota and age requirements.

1 OBJECTIVES

- 1.1 STF aims to field eligible Athletes with achievement records and international competitiveness 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 2026 AG.
- 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 STF NOMINATION AND SELECTION CRITERIA FOR ATHLETES

- 2.1 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.
- 2.2 Athletes must be a member of an STF affiliate, and a member of the National Squad to be eligible for selection.
- 2.3 Athletes must have committed to and continue to commit to a minimum of 90% of the training attendance based on the training programme planned by the High Performance Committee ("HPC") and have demonstrated the potential to achieve at least 6th placing at the 2026 AG through regular physical and technical assessment. The period of the said assessment will be from **1 May 2025 up to 15 June 2026, or before the Organising Committee's Entry-By-Name deadline (30 June 2026), whichever is earlier.**



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- 2.4 Athletes must participate in the Final Selection¹ organised by the HPC unless otherwise permitted for exemption; the Final Selection will serve as a critical assessment for the selection of athletes.
- 2.5 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 an example to the sporting youth of their country.
- 2.6 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.
- 2.7 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
 - Mr. Jordan Tay

3 QUALIFICATION PLAN FOR 2026 ASIAN GAMES BY ASIAN TAEKWONDO UNION (ATU)

- 3.1 The 2026 Asian Taekwondo Championships will serve as the qualification event for the 2026 Asian Games as announced by ATU. All quotas are earned for the Member National Association (MNA) and are not tied to individual athletes.
- 3.1.1 Kyorugi
- a. Athletes who place within the Top 7 in each weight category at the Asian Taekwondo Championships will earn a quota for their MNA for the combined weight categories at the 2026 Asian Games.
 - b. For the Asian Taekwondo Championships, two adjacent weight categories are combined into one Asian Games weight category. For example, Men’s –54kg and Men’s –58kg at the Asian Taekwondo Championships combine into Men’s –58kg at the Asian Games. Refer to Annex D for the weight categories in 2026 Asian Games and the corresponding adjacent weight category quotas.

¹ Refer to Paragraph 4



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- c. Only one quota per combined weight category is allocated to each MNA. For example, if quotas are earned in Men's -54kg and Men's -58kg, they will be consolidated into a single quota for the MNA in Men's -58kg at the 2026 Asian Games.

3.1.2 Poomsae

- a. Athletes who place within the Top 7 in the Individual Recognised Poomsae Division and the Individual Freestyle Poomsae Division at the Asian Taekwondo Championships will each earn a quota for the MNA.
- b. Only one quota per gender is allocated to each MNA for Individual Poomsae at the 2026 Asian Games. Where quotas are earned in both Recognized and Freestyle divisions for the same gender, these will be consolidated into one quota for the MNA.

4 STF NOMINATION AND FINAL SELECTION PROCESS

4.1 A two stage process will be adopted for the 2026 Asian Games Selection Process

Stage 1: Qualification

- Quotas are earned for the MNA at the 2026 Asian Taekwondo Championships in accordance with ATU regulations.

Stage 2: Final Selection (Quota Filling)

- Where a quota is earned for the MNA, a final selection will be conducted to determine the athlete to be nominated to fill the quota for the 2026 Asian Games.
- The athlete who earns the quota at the Asian Taekwondo Championships is not automatically selected.
- The final selection will only be eligible for athletes who represented Singapore at the 2026 Asian Taekwondo Championships.
- Refer to Annex E for illustration on examples of quota scenarios and corresponding nomination outcome for Asian Games.

4.2 Final Selection (Kyorugi)

4.2.1 Where two athletes competed in the Asian Taekwondo Championships in adjacent weight categories (e.g. -54kg and -58kg), and a quota is earned in either weight category for the combined Asian Games weight category, a final selection will be conducted within the adjacent weight categories to select the athlete to be nominated to fill the quota for the Asian Games.

4.2.2 Athletes within the adjacent weight categories will compete against each other based on prevailing World Taekwondo (WT) point system, rules and regulations. The assessment will be based on the performance of the individual in competition-style Kyorugi.

4.3 Final Selection (Poomsae)

4.3.1 Where a quota is earned in either Recognised or Freestyle division for the same gender at the Asian Taekwondo Championships, a final selection will be conducted through a mixed-style Poomsae selection format to select the athletes to be nominated to fill the quota for the Asian Games.



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- 4.3.2 Athletes will perform both Recognised and Freestyle Poomsae, with their combined score used to rank athletes.
- 4.3.3 The top-ranked athlete will be selected to fill the Asian Games quota.
- 4.4 On top of the Final Selection, periodic physical and technical assessments, which may coincide with the Final Selection, will be taken into consideration in finalising the list of nominees. The following table details the assessment component:

| 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 |

5 EXEMPTION

- 5.1 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 Final Selection 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 2026 AG; OR
 - b. have received an exemption from participating in the Final Selection due to recovery/rehabilitation from a long-term injury with proof from a medical specialist as approved by STF or the High Performance Sport Institute (“HPSI”), 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 HPSI.
- 5.2 All requests for exemptions as listed above must be submitted at least FOURTEEN (14) calendar days prior to the Final Selection and emailed to the HPC at stkdf@mail.com and hpexec@stf.org.sg .

6 RATIONALE FOR TWO-STAGE SELECTION

- 6.1 Under the ATU qualification framework, Asian Games quotas are allocated to the MNA and not to the individual athletes.
- 6.2 Due to the structure of qualification at the Asian Taekwondo Championships, quotas may be earned under conditions that do not directly correspond to the Asian Games format:
- 6.2.1 In Kyorugi, quotas are earned across adjacent weight categories, which are subsequently consolidated into a single Asian Games weight category. As a result, the athlete who earns the quota may not be the most competitive or suitable athlete for the



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final Asian Games weight class.

- 6.2.2 In Poomsae, quotas may be earned separately through Recognised and Freestyle divisions, which are subsequently consolidated into a single quota per gender at the Asian Games. Automatic selection of the quota-earning athlete would not account for the combined technical demands of the Asian Games event, where athlete is required to perform both Recognised and Freestyle Poomsae in the same round.
- 6.3 The two-stage selection process, as stipulated in Paragraph 4, ensures alignment with the actual Asian Games competition format and nominates athletes who are most competitive and suitable to represent Singapore at the Asian Games.

7 APPEALS FOR REVIEW

- 7.1 Candidates may submit an appeal for review within TWO (2) days of the official announcement of the selection results on the STF Website/via official email to the STF Secretariat at stkdf@mail.com.
- 7.2 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.
- 7.3 The STF Appeal Committee comprises of three members, and is headed by non-Board Member, with the relevant expertise, who 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.
- 7.4 The STF Appeal Committee consists of members listed as below:
- Mr Laurence Goh
 - Mr Justin Koh
 - Mr Sean Tan Jun Cong
- 7.5 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.



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- 7.6 The Appeal Committee's decision shall be final, and not open for further review.
- 7.7 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 adhered to. In the event of a re-selection, the appellant shall strictly comply with the terms and conditions as stipulated.

8 EXTENUATING CIRCUMSTANCES

- 8.1 Injury exemption from the Final Selection 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).
- 8.2 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.
- 8.3 Traditional Chinese Medicine (TCM) medical certificates and documents will not be accepted.
- 8.4 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.
- 8.5 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 Final Selection.

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 2026 Asian Games.
- 10.2 Infringements may be dealt with by a disciplinary board which may be convened to decide on follow-up disciplinary actions.



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10.3 The results of the disciplinary board shall be final.

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 CONFLICT OF INTEREST CLAUSE

12.1 The conflict of interest clause is to be read in conjunction with STF existing conflict of interest policy, which can be found on the STF website.

12.2 All members of the Selection and Appeal Committee must disclose any conflict of interest.

12.3 All members with conflict of interest must recuse themselves from relevant decisions.

13 SCHEDULE (UPDATED AS OF 6 MARCH 2026)

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

The schedule is as follows:

| Date | Item |
|-------------|--|
| 4-Mar-26 | Long list and Nomination phase begin |
| 4-May-26 | Longlist and Nomination Deadline (NSA) |
| May-26 | Selection Committee Meeting |
| 1-Jun-26 | Appeal process starts |
| 15-Jun-26 | Deadline for Appeal |
| 29-Jun-26 | Appeal Committee Meeting |
| 30-Jun-26 | Entry by Name Form Deadline (NSA) |



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ANNEX A: Tentative Schedule of Qualifying Events (as at February 2026)

| Poomsae Event | | | |
|----------------------|---|-----------------|--------------|
| Date | Event | Location | Grade |
| 19 – 20 May 2026 | 9 th Asian Taekwondo Poomsae Championships | Mongolia | G-4 |

| Kyorugi Event | | | |
|----------------------|--|-----------------|--------------|
| Date | Event | Location | Grade |
| 21 – 24 May 2026 | 27 th Asian Taekwondo Championships | Mongolia | G-4 |

ANNEX B: Tentative Schedule of Final Selection

| Date | Event |
|----------------------|--------------------------------------|
| 30 May – 1 June 2026 | Final Selection for 2026 Asian Games |

ANNEX C: Information on Athletes' quota for 20th Asian Games and Age Requirement

Maximum Entry per NOC for Kyorugi (Extracted from Preliminary Entry by Number document):

Individual

Each NOC may enter a maximum of one (1) athlete per weight category of Taekwondo Kyorugi events.

Total

Each NOC may enter a maximum of four (4) male athletes and four (4) female athletes.

Age Requirement

In accordance with the Article 4.1 of the WT Kyorugi competition rules and interpretations (September 30, 2024), all the athletes shall be 17 years old or older in the year of The 20th Asian Games Aichi-Nagoya 2026

Maximum Entry per NOC for Poomsae (Extracted from Preliminary Entry by Number document):

Individual

Each NOC may enter a maximum of one (1) athlete per division of Taekwondo Poomsae events.

Total

Each NOC may enter a maximum of one (1) male athlete and one (1) female athlete.

Age Requirement

In accordance with the Article 4 of the WT Poomsae Competition Rules & Interpretation (September 30, 2024), Poomsae athletes shall be 18 to 40 years old (born between 1 January 1986 and 31 December 2008).



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ANNEX D: Weight Categories in 2026 Asian Games and the corresponding adjacent weight category quotas

| Men's division | | Women's division | |
|--------------------------|-----------------------|------------------|---------------|
| Quota | Asian Games | Quota | Asian Games |
| -54 kg (7) | -58 kg (16) | -46 kg | -49 kg |
| -58 kg (7) | | -49 kg | |
| ATU Wild Card (1) | | ATU Wild Card | |
| Host MNA (1) | | Host MNA | |
| -63 kg | -68 kg | -53 kg | -57 kg |
| -68 kg | | -57 kg | |
| ATU Wild Card | | ATU Wild Card | |
| Host MNA | | Host MNA | |
| -74 kg | -80 kg | -62 kg | -67 kg |
| -80 kg | | -67 kg | |
| ATU Wild Card | | ATU Wild Card | |
| Host MNA | | Host MNA | |
| -87 kg | +80 kg | -73 kg | +67 kg |
| +87 kg | | +73 kg | |
| ATU Wild Card | | ATU Wild Card | |
| Host MNA | | Host MNA | |

ANNEX E: Examples of Quota scenarios earned from Asian Taekwondo Championships and corresponding nomination outcome for Asian Games.

| S/N | Category / Discipline | Quota Scenario | Nomination Outcome |
|-----|----------------------------------|--|--|
| 1 | Kyorugi Men's - 54kg & -58kg | Quota earned in either category | A final selection is conducted between eligible athletes to determine the representative nominated for -58kg at the Asian Games. |
| 2 | Kyorugi Men's - 54kg & -58kg | No athlete competes in -58kg; quota earned in -54kg only | -54kg athlete automatically nominated to fill the -58kg quota. |
| 3 | Kyorugi Men's - 54kg & -58kg | No athlete competes in -54kg; quota earned in -58kg only | -58kg athlete automatically nominated to fill the -58kg quota. |
| 4 | Poomsae (Recognised & Freestyle) | Quota earned in either division | A final selection is conducted using combined scores to determine the representative nominated for Women/Men's |



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| | | | |
|--|--|--|---------------------------------------|
| | | | individual Poomsae at the Asian Games |
|--|--|--|---------------------------------------|