



SINGAPORE OPEN KYORUGI CHAMPIONSHIPS 2026

(27th & 28th June 2026 / Jurong East Sports Hall)

Official Outline

SINGAPORE OPEN KYORUGI CHAMPIONSHIPS 2026 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 : 27th & 28th June 2026

Time : 27th June 1800 Hr onward, 28th June 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: 25th May to 4th June 2026

Registration Closes: 4th June 2026, 1600 Hr (Singapore Time Zone)

Submission To: Tournament.stf@gmail.com
STKDF@mail.com

Registration Fee: \$87.20 per participant for all events
(Inclusive of 9% GST)

Team Manager's:
Briefing 21st June 2026, 1500 Hr
Bedok National Training Centre
7 Bedok North Street 2, Singapore 469646



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3. COMPETITION RULES

STF Competition Rules in force as of 1st March, 2024 shall be apply. (Available on STF website)

4. QUALIFICATIONS

Criterion #1: Members of Clubs affiliated to Singapore Taekwondo Federation (STF)*

Criterion #2: Members of Clubs affiliated to Member of National Association (MNA) recognized by World Taekwondo (WT) (International Participants)

Criterion #3: Poom Belt Holder (Age 12, 13 & 14)
Black Belt Holder (Age 15 and above)

**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 Organising Tournament Committee email and subjected to approval on a case-by-case basis.*



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5. REGISTRATION

- i. Full registration details will be informed closer to competition.
- ii. Registration shall be done by the Team Manager, who can be a coach, or someone designated to take charge of the Team.
- iii. The closing date for submission is on 4th June 2026, 1600 Hr (Singapore Time Zone) this **includes payment submission and verification of participants' grade**. It is the responsibility of the Team Managers to verify and ensure that the submission is accurate, and information of the participants are valid.
- iv. Submission **will not be processed** if any information submitted is incorrect / incomplete.
- v. Team Managers are to ensure that all participants' registration forms are available for verification if requested by organizer.
- vi. The organizer reserves the rights to disqualify submissions if the team manager fails to make payment or verify participants grade by 4th June 2026, 1600 Hr (Singapore Time Zone).

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.



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6A. CLASSIFICATION OF COMPETITION (INDIVIDUAL HEADKICK KYORUGI EVENTS)

EVENTS	AGE DIVISION	GRADE*
<ul style="list-style-type: none">Individual	<ul style="list-style-type: none">Cadet (12 to 14 Years Old)Junior (15 to 17 Years Old)Senior 1 (18 to 30 Years Old)Senior 2 (31 to 40 Years Old)Master 1 (41 to 50 Years Old)Master 2 (51 Years Old & above)	<ul style="list-style-type: none">Poom Belt**Black Belt

**Based on highest grade obtained on or before 4th June 2026*

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

6B. CLASSIFICATION OF COMPETITION (TEAM HEADKICK KYORUGI EVENTS)

EVENTS**	AGE DIVISION	GRADE*
<ul style="list-style-type: none">Team of 4 (Female)	<ul style="list-style-type: none">Junior (15 to 17 Years Old)	<ul style="list-style-type: none">Black Belt
<ul style="list-style-type: none">Team of 4 (Male)	<ul style="list-style-type: none">Senior 1 (18 to 30 Years Old)	
<ul style="list-style-type: none">Team of 4 (Mixed)		

**Based on highest grade obtained on or before 4th June 2026*

***Team Kyorugi event only for Junior and Senior 1 age division*



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7. AGE DIVISION

AGE DIVISION	AGE (As Of 31st Dec 2026)	YEAR BIRTHED
Cadet	12 to 14	Year 2012 and 2014
Junior	15 to 17	Year 2009 to 2011
Senior 1	18 to 30	Year 1996 to 2008
Senior 2	31 to 40	Year 1986 to 1995
Master 1	41 to 50	Year 1976 to 1985
Master 2	51 and above	In or before Year 1975

8. METHOD OF COMPETITION (INDIVIDUAL)

i. Single Elimination System

ii. Number of courts: 3 or 4

iii. Best of 3 format

iv. Contest Time*: Two minutes round with a one-minute rest period between rounds

**Round duration may be adjusted to ninety seconds or one-minute contest with a thirty-seconds rest between each round upon decision of the Technical Delegate.*

v. Point Gap: Win by point gap (twelve points difference) will apply for all rounds except Semi-finals and Finals in Senior 1 Division.

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

***However an Individual can only compete in 1 weight category*



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9A METHOD OF COMPETITION (TEAM)

i. Competition Format: Hybrid (Traditional Team + Tag Team)

ii. Contest Time*: Round One - 4 minute (Traditional Team)
Break – 1 minute
Round Two - 3 minute (Tag Team)

**Round and break duration may be adjusted upon decision of the Technical Delegate on competition day.*

iii. Number of team submission: No limit to number of teams fielded for all events**
***However an Individual can only compete in 1 team (either mixed gender or same gender category)*

iv. Point Gap: 50 point gap any point in time within the match

v. Golden Round: In the event of tie scores, a 1-minute tag team golden round will be held with the first fighter as the heaviest weighted player (Male heaviest weighted for mixed gender). First team to reach 4 points wins.

vi. In the event of an injury during the competition, a team of three (3) participants can continue to compete. However, the opponent will be awarded 10 point. Team with less than three (3) participants shall be disqualified.***

****Injury caused by opponent's illegal action will not be penalized 10 points. Team that has less than 3 **athletes due to opponent's illegal action** will be declared winner.*

9B. TEAM KYORUGI SUBSTITUTE(S)

i. Each team may register one (1) substitute for each gender (4+1 reserve for same gender event, 4+2 reserve for mixed gender event).

ii. Replacement of a competitor with the substitute shall be allowed only between matches, not allowed during the match.

iii. Replacement of competitor only allowed due to injuries sustained in the individual event or with proof of medical certificate. Team is to inform the registration counter of replacement at the earliest possible time.



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9C. TEAM KYORUGI PROCEDURE OF COMPETITION

- i. Four (4) athletes of each team shall march in together with maximum of **two coaches** **[Minimum one level 2 Kyorugi coach must be present with team]**
- ii. The centre referee shall call “Chung, Hong.” Both teams shall enter the contest area with their head PSS firmly tucked under their left arms facing each other.
- iii. Following the referee’s command “Cha-ryeot” and “Kyeong-rye”, both teams shall make a standing bow to each other.
- iv. Player 1 (Lightest weight or female lightest for mixed gender events) shall remain in the court; the rest of teams shall exit to waiting area.
- v. The contest shall start by the centre referee’s command “Joon-bi” and “Shi-jak”.
- vi. End of Match: After the referee declares “Keu-man”, both teams shall enter the contest area with their head PSS firmly tucked under their left arms facing each other and make a standing bow to each other following command of the referee.
- vii. The referee shall declare the winner by raising own hand to the winner’s side.



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10A. WEIGHT CATEGORIES (INDIVIDUAL KYORUGI)

Cadet Category			
Male's division		Female's division	
Under 33 kg	Not exceeding 33 kg	Under 29 kg	Not exceeding 29 kg
Under 37 kg	Over 33 kg & Not exceeding 37 kg	Under 33 kg	Over 29 kg & Not exceeding 33 kg
Under 41 kg	Over 37 kg & Not exceeding 41 kg	Under 37 kg	Over 33 kg & Not exceeding 37 kg
Under 45 kg	Over 41 kg & not exceeding 45 kg	Under 41 kg	Over 37 kg & not exceeding 41 kg
Under 49 kg	Over 45 kg & not exceeding 49 kg	Under 44 kg	Over 41 kg & not exceeding 44 kg
Under 53 kg	Over 49 kg & not exceeding 53 kg	Under 47 kg	Over 44 kg & not exceeding 47 kg
Under 57 kg	Over 53 kg & not exceeding 57 kg	Under 51 kg	Over 47 kg & not exceeding 51 kg
Under 61 kg	Over 57 kg & not exceeding 61 kg	Under 55 kg	Over 51 kg & not exceeding 55 kg
Under 65 kg	Over 61 kg & not exceeding 65 kg	Under 59 kg	Over 55 kg & not exceeding 59 kg
Over 65 kg	Over 65kg	Over 59 kg	Over 59 kg

Junior Division			
Male's division		Female's division	
Under 45 kg	Not exceeding 45 kg	Under 42 kg	Not exceeding 42 kg
Under 48 kg	Over 45 kg & Not exceeding 48 kg	Under 44 kg	Over 42 kg & Not exceeding 44 kg
Under 51 kg	Over 48kg & Not exceeding 51 kg	Under 46 kg	Over 44 kg & Not exceeding 46 kg
Under 55 kg	Over 51 kg & Not exceeding 55 kg	Under 49 kg	Over 46 kg & Not exceeding 49 kg
Under 59 kg	Over 55 kg & Not exceeding 59 kg	Under 52 kg	Over 49 kg & Not exceeding 52 kg
Under 63 kg	Over 59 kg & Not exceeding 63 kg	Under 55 kg	Over 52 kg & Not exceeding 55 kg
Under 68 kg	Over 63 kg & Not exceeding 68 kg	Under 59 kg	Over 55 kg & Not exceeding 59 kg
Under 73 kg	Over 68 kg & Not exceeding 73 kg	Under 63 kg	Over 59 kg & Not exceeding 63 kg
Under 78 kg	Over 73 kg & Not exceeding 78 kg	Under 68 kg	Over 63 kg & Not exceeding 68 kg
Over 78 kg	Over 78kg	Over 68kg	Over 68kg

Senior 1, Senior 2, Master 1 and Master 2 Division			
Male's division		Female's division	
Under 54 kg	Not exceeding 54 kg	Under 46 kg	Not exceeding 46 kg
Under 58 kg	Over 54 kg & Not exceeding 58 kg	Under 49 kg	Over 46 kg & Not exceeding 49 kg
Under 63 kg	Over 58 kg & Not exceeding 63 kg	Under 53 kg	Over 49 kg & Not exceeding 53 kg
Under 68 kg	Over 63 kg & Not exceeding 68 kg	Under 57 kg	Over 53 kg & Not exceeding 57 kg
Under 74 kg	Over 68 kg & Not exceeding 74 kg	Under 62 kg	Over 57 kg & Not exceeding 62 kg
Under 80 kg	Over 74 kg & Not exceeding 80 kg	Under 67 kg	Over 62 kg & Not exceeding 67 kg
Under 87 kg	Over 80 kg & Not exceeding 87 kg	Under 73 kg	Over 67 kg & Not exceeding 73 kg
Over 87 kg	Over 87kg	Over 73 kg	Over 73 kg



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11B. WEIGHT CATEGORIES (TEAM)

Junior Division		
Male Team of 4	Female Team of 4	Mixed Team of 4
45.1 to 55kg	40.1 to 50kg	43.1 to 53kg
55.1 to 65kg	50.1 to 60kg	53.1 to 63kg
65.1 to 75kg	60.1 to 70kg	63.1 to 73kg

Senior Division		
Male Team of 4	Female Team of 4	Mixed Team of 4
50.1 to 60kg	45.1 to 55kg	48.1 to 58kg
60.1 to 70kg	55.1 to 65kg	58.1 to 68kg
70.1 to 80kg	65.1 to 75kg	68.1 to 78kg

**All participants in the team must fall within weight category*

12. WEIGH-IN

- i. Official weigh-in of participants will be done on competition day when participants' bout numbers are called. Participants that fail their official weigh-in will be disqualified.
- ii. A second weighing scale will be provided for participants to check their weight before official-weigh in, however only 1 attempt for official weigh-in will be allowed.
- iii. Official Weigh-in shall be done minimally in short and T-shirt, an allowance of 100g will be given. There will be no nude weigh-ins allowed.
- iii. Random weigh-in of participant may be done any time after official weigh-in, upon approval of competition Technical Delegate. An allowance of 5% weight difference from registered weight category will be given for Random weigh-ins. *(i.e. Accepted Random weight for Under 55kg (51.1 to 55kg) will be 51.1 to 57.7kg, no 100g weight allowance is given for random weigh-ins)*
- iv. Weight will be rounded down to nearest 1 decimal place *(i.e. Weight of 50.09 will be considered as 50.0kg)*



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13. EQUIPMENT AND UNIFORM

- i. KPNP Protector and Scoring System (PSS) including PSS Headgear will be used.
Age Division Cadet and Junior will compete in PSS Headgear with face shield, mouthguard is optional.

Age Division Senior 1, Senior 2, Master 1, Master 2 will compete with PSS headgear, mouthguard is compulsory.
- ii. Organiser will provide PSS Body Protector and Headgears (with and without shield). Participants must prepare shin, forearm, groin guard, gloves, PSS sensing sock and mouthguard for personal use.
**STF no longer loans PSS sensing socks due to hygiene concerns.*
- iii. Participants with braces MUST compete with appropriate mouthguard, view STF rule at www.stf.sg for full detail on appropriate mouthguard for braces.
- iv. Mouthguard must be moulded and either transparent or white in colour
- v. 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.
- vi. 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.
- vii. Participants must wear **Full set** (Top and pants) of Taekwondo kyorugi competition uniform to compete.
*Half attire **will not be allowed** (i.e. Kyorugi competition uniform pants with normal uniform top).*
- viii. Competition Poomsae uniform is not permitted.
- ix. Local Teams: All uniform must adhere to STF Taekwondo uniform guidelines which can be found in www.stf.sg.



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14. COACH REQUIREMENTS

- i. Local: Only Kyorugi level 2 coaches wearing coach pass will be allowed to enter the Field of Play (FOP) and coach their participants.
- ii. Local: 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.
- 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 **and formal jackets**. Shoes must be either 70% white-covered shoes or formal shoe (Formal shoe will not be allowed on Taekwondo mats).
- 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.



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15. LOCAL TEAM: VOLUNTEERS REQUIREMENTS

- i. Volunteer: Each local team must provide 1 volunteer per competition day (minimum 15 years old).
- ii. Each local team must provide required number of volunteer throughout all days of competition.
- iii. Local Teams that do not fulfil Volunteer requirement on any competition day will be barred from STF organized competition for a period of 1 year *(from debarment date)*

16. AWARD & CLASSIFICATION OF RESULTS

- i. The following prizes will be awarded
 - 1st Placing: 1 Gold Medal
 - 2nd Placing: 1 Silver Medal
 - 3rd Placing: 2 Bronze Medal
- ii. All medallists must be attired in full uniform during prize presentation.
- iii. Default medallist (participants with no opponent) must weigh in and meet their registered weight category to be awarded the gold medal.



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17. TEAM MANAGER BRIEFING & DRAWING OF LOT

i. Team Manager Briefing will be held on 21st June 2026 (Sunday), 1500 Hr at NTC Whampoa, 80 Lorong Limau, Singapore 320080. 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 by 13th June 2026.

Organizing Committee reserves the right to merge weight 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 weight 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 weight 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. Any discrepancies on the tentative bout list must be highlighted by 15th June 2026, **strictly no request for change** will be accepted after 15th June 2026.

iv. All form of communication from Organizing Committee will be directed to Team Manager's email stated in the registration form.

18. 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 at the end of outline.



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19. 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 forged signature.
- 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 and Supporters.



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COMPETITION TIMELINE & IMPORTANT DATES

(Subject to changes)

Date	Time	Detail	Venue
25 th May 2026 (Monday)	-	Competition Registration Opens	Submission*: Online – Softcopy STF Office – Payment
4 th June 2026 (Thursday)	1600 Hr (Singapore Time Zone)	Competition Registration Closes	*Registration only confirmed upon payment proof (email) provided
13 th June 2026 (Saturday)	-	Tentative Bout List sent to Team Manager	Online (Registered Team Manager's Email)
17 th June 2026 (Wednesday)	-	Finalized Bout List sent to Team Manager	Online (Registered Team Manager's Email)
21 st June 2026 (Sunday)	1500 Hr	Team Manager Meeting	Bedok NTC
27 th & 28 th June 2026 (Saturday & Sunday)	0900 to 2100 Hr	Competition Day	Jurong East Sports Hall

*Competition Registration Details will be released closer to competition.



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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	Weight Category : _____
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