



SINGAPORE OPEN POOMSAE CHAMPIONSHIPS 2026
(26th & 27th JUNE 2026 / Jurong East Sports Hall)
Official Outline

SINGAPORE OPEN POOMSAE 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 : 26th & 27th June 2026

Time : 26th June 1200 Hr onward, 27th 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: 21st June 2026, 1500 Hr
Briefing 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.

4. QUALIFICATIONS

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

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) 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.*

5A. CLASSIFICATION OF COMPETITION (RECOGNIZED EVENTS)

EVENTS	AGE DIVISION	GRADE*
<ul style="list-style-type: none"> Recognized Individual 	<ul style="list-style-type: none"> Cadet (12 to 14 Years Old) 	<ul style="list-style-type: none"> Poom Belt**
<ul style="list-style-type: none"> Recognized Mixed Pair 	<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"> Recognized Team of 3 	<ul style="list-style-type: none"> Under 30 (18 to 30 Years Old) 	
<ul style="list-style-type: none"> Recognized Team of 3 (Mixed Gender) 	<ul style="list-style-type: none"> Under 40 (31 to 40 Years Old) Under 50 (41 to 50 Years Old) Over 50 (51 Years Old & above) 	



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5B. CLASSIFICATION OF COMPETITION (FREE STYLE EVENTS)

EVENTS	AGE DIVISION	GRADE*
<ul style="list-style-type: none"> Free Style Individual 	<ul style="list-style-type: none"> Under 17 (17 Years Old & below) 	<ul style="list-style-type: none"> Poom Belt
<ul style="list-style-type: none"> Free Style Pair 	<ul style="list-style-type: none"> Over 17 (18 Years Old & above) 	<ul style="list-style-type: none"> Black Belt
<ul style="list-style-type: none"> Free Style Mixed Team (Team of 5) 		

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

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

6. COMPETITION ENTRIES

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

****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 Poom/Dan 1, 2, 3)



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Free Style Event	Age Div Gender	Under 17	Over 17
		(Age 17 and below)	(Age 18 and above)
Individual	Male (M)	No Limit to entries per team	
	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 <i>Or</i> 3 M & 2 F	No Limit to entries per team	



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

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



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8. FREE STYLE EVENT REQUIREMENTS

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

Note: Music to be stored in USB, labelled with athlete name and competition category; to be submitted during **Team Manager's meeting at start of competition day.**

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.



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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

**Computer generated sequencing for all categories*

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

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



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10. 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 organiser reserves the rights to disqualify the club submission if the team manager fails to complete registration (Inclusive of making payment and verifying participants grades) 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.

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.

iii. No Taping is allowed on exposed limbs (i.e ankle/foot/wrist/palm/knuckle)



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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 **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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13. 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 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

1 st Placing:	1 Gold Medal
2 nd Placing:	1 Silver Medal
3 rd & 4 th Placing:	2 Bronze Medal
- ii. All medallists must be attired in full uniform during prize presentation.
- iii. By default, gold medallist with no opponent (Default gold) will not perform their pattern and can be awarded the gold medal by reporting to the registration counter on their event day.



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15. 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, tentative bout list will be sent to Team Managers by 13th June 2026.
Organising Committee reserves the right to separate and re-allocate competing categories dependent on registration numbers.
- 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. Finalised Bout list will be sent to Team Managers' email by 17th June 2026.
- v. Team Managers may write in to Organising Committee at Tournament.stf@gmail.com for competition related matters.
- vi. All form of communication from Organising Committee will be directed only to Team Manager's.

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 at the end of outline.



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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 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
26 th & 27 th June 2026 (Friday & Saturday)	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* : _____

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