GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

1. Official Title of Championship

1.1 The official title of the competition is **GetActive! Singapore 2026 Pesta Sukan Taekwondo**".

2. Organiser

2.1 The competition is jointly organised by the Sport Singapore (SportSg) and the Singapore Taekwondo Federation (STF).

3. Event Regulations

3.1 The competition is sanctioned by the Singapore Taekwondo Federation.

3.2 The Rules established is in accordance to the latest rules and regulations of World Taekwondo (WT), www.worldtaekwondo.org and as directed by the STF, www.stf.sg.

3.3 Governed by the Sport Singapore in celebration with GetActive! Singapore 2026 General Rules and Regulations. https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan

4. Event Eligibility

Eligibility for Poomsae Events

4.1 Age is computed based on calendar year.

S/No	Division	Clarification
1	Young	Born between the year of 2016 and 2015 (10 years to 11+ years)
2	Cadet	Born between the year of 2014 and 2012 (12 years to 14+ years)
3	Junior	Born between the year of 2011 and 2009 (15 years to 17+ years)
4	Senior	Born between the year of 2008 and 1986 (18 years to 40+ years)
5	Master 1	Born between the year of 1987 and 1972 (41 years to 54+ years)
5	Master 2	Born on or before the year of 1971 (55 years and above)

Eligibility for Kyorugi Events

4.2 Age is computed based on calendar year.

S/No	Division	Clarification
1	Young	Born between the year of 2016 and 2015 (10 years to 11+ years)
2	Cadet	Born between the year of 2014 and 2012 (12 years to 14+ years)
3	Junior	Born between the year of 2011 and 2009 (15 years to 17+ years)
4	Senior	Born between the year of 2008 and 1986 (18 years to 40+ years)

Eligibility for Para Poomsae Events

4.3 Age is computed based on calendar year.

S/No	Division	Clarification
1	Cadet	Born between the year of 2014 and 2012 (12 years to 14+ years)
2	Junior	Born between the year of 2011 and 2009 (15 ears to 17+ years)

Eligibility for Virtual Taekwondo Events

4.4 Age is computed based on calendar year.

S/No	Division	Clarification
1	Under-14 Mixed Junior	Born between the year of 2013 and 2012 (13 years to 14+ years)
2	Under-35 Male Open	Born between the year of 2011 and 1991 (15 years to 35+ years)
3	Under-35 Female Open	Born between the year of 2011 and 1991 (15 years to 35+ years)
4	Under-35 Mixed Open	Born between the year of 2011 and 1991 (15 years to 35+ years)
5	Under-54 Mixed Master 1	Born between the year of 1990 and 1972 (36 years to 54+ years)
6	Over-55 Mixed Master 2	Born on or before the year of 1971 (55 years and above)

4.5 Participation is open to Singapore Citizens, Singapore Permanent Residents residing in Singapore, and non-Singapore Citizens residing in Singapore with valid passes as listed below.

- Student Pass;
- Long Term Pass;
- Dependent's Pass;
- Work Permit;
- S Pass; or
- Employment Pass

4.6 Taekwondo practitioners of clubs affiliated to the STF are eligible to participate.

4.7 Poomsae (Pattern) Event -: Participants who have attained **Yellow Belt** or **Higher Belt** certification issued or endorsed by the STF are eligible to participate. The grade shall be based on your own grade obtained on or before **02 July 2026.**

4.8 Kyorugi (Sparring) Event -: Participants who have attained **Blue Belt** or **Higher Belt** certification issued or endorsed by the STF are eligible to participate. The grade shall be based on your own grade obtained on or before **02 July 2026.**

4.9 Para Poomsae (Pattern) Event -: Participants who have attained **White-Yellow Tip Belt** or **Higher Belt** certification issued or endorsed by the STF are eligible to participate. The grade shall be based on your own grade obtained on or before **02 July 2026.**

4.10 Virtual Taekwondo (Sparring) Event -: Participants who have attained **Poom 1 / Black Belt Dan 1** or **Higher Grade** certification issued or endorsed by the STF are eligible to participate. The grade shall be based on your own grade obtained on or before **02 July 2026.**

4.11 Participants are to declare any previous training in other martial arts during registration (e.g. types of martial arts, level and years of training).

5. Registration by Team Manager / Coach

5.1 There is no limit to the number of participants that a club may register for Poomsae, Para Poomsae, Virtual and Kyorugi categories.

5.2 Registration shall be done by the Team Manager, who can be a Coach or someone designated to take charge of the Team.

5.3 Team Managers must use the Excel sheet template to submit participants' registration for the respective event, which team managers can download from STF's website.

5.4 Team Managers are required to submit the softcopy of the participants' grading cards or black/poom belt cards (front and back on the same page) to the organiser though dropbox link or google drive link with the following naming convention: Club Name_Name of participant to tournament.stf@gmail.com.

5.5 Team Managers are required to submit the softcopy of non-Singapore Citizens participants' valid pass (front and back on the same page) to the organiser though dropbox link or google drive link with the following naming convention: Club Name_Name of participant to tournament.stf@gmail.com.

5.6 Team Managers are required to submit a copy of the **para participants**' latest medical condition to the organiser though dropbox link or google drive link with the following naming convention: Club Name_Name of participant to tournament.stf@gmail.com

5.7 Team Managers are to submit their registration to tournament.stf@gmail.com

5.8 Team Manager is to ensure that hardcopy registration form is available for verification by organiser when required.

5.9 Submission **will not be processed** if any information submitted is incorrect/incomplete.

5.10 The closing date for submission is on **02 July 2026.** The organiser will return the club submission to team manager for confirmation of details one week after the closing date. It is the responsibility of the Team Managers to verify and ensure that the submission is accurate, and information of the participants are valid. Team Manager is required to email the confirmation to the organiser by **10 July 2026, 1600hrs.** NO changes are allowed after **10 July 2026, 1600hrs**. The organiser reserves the rights to disqualify the club submission if the team manager fails to email the confirmation to acknowledge the participants' details.

6. Entries & Fees

6.1 The closing date for all entries is on **02 July 2026, 4.00pm.**

6.2 **All entries must be submitted to the organiser before 02 July 2026, 4.00pm. Late entries after 02 July 2026, 4.00pm, will not be entertained.**

6.3 Registration Fees for Poomsae/Kyorugi/Para Poomsae Individual Events

S/No	Division	Poomsae Individual	Kyorugi Individual	Para Poomsae Individual
1	Young	$10.00	$10.00	
2	Cadet	$10.00	$10.00	$5.00
3	Junior	$10.00	$10.00	$5.00
4	Senior	$15.00	$15.00	
5	Master 1	$15.00		
6	Master 2	$5.00		

****Registration fees is inclusive of prevailing GST***

6.4 Registration Fees for Virtual Individual and Virtual Mixed Events

S/No	Division	Virtual Individual	Virtual Mixed Individual
1	Under-14 Mixed Junior		$10.00
2	Under-35 Male Open	$15.00	
3	Under-35 Female Open	$15.00	
4	Under-35 Mixed Open		$15.00
5	Under-54 Mixed Master 1		$15.00
6	Over-55 Mixed Master 2		$5.00

****Registration fees is inclusive of prevailing GST***

7. Payment

7.1 **Team Managers are required to make payment at Singapore Taekwondo Federation Office before the team managers' briefing upon receiving the confirmation email from organiser.**

- Address -: 7 Bedok North Street 2, Singapore 469646

7.2 Only **Cashless** payment is accepted e.g., NETS, Credit Card

Important Notice-:

- Team Manager is required to email a receipt of the successful payment transaction to sport_taekwondo@sport.gov.sg

8. Team Managers' Briefing

8.1 Team Managers' Briefing is scheduled on **19 July 2026** at Singapore Taekwondo Federation's Bedok National Training Centre from **5.30pm to 7.30pm.**

- **Address:** 7 Bedok North Street 2, Singapore 469646

8.2 Team Manager is required to bring along a copy of the **payment receipt** as proof of payment before they are allowed to participate in the team manager briefing.

9. Drawing of Lots

9.1 The drawing of lots will be done by the organising committee. Team Managers meeting will be on **19 July 2026** at Singapore Taekwondo Federation's Bedok National Training Centre from **5.30pm to 7.00pm.**

- **Address:** 7 Bedok North Street 2, Singapore 469646

10. Pesta Sukan 2026 Indemnity (Compulsory for all participants)

10.1 Team Managers must ensure that the indemnity declaration of all participants is to be submitted through the Pesta Sukan 2026 indemnity form link before the team managers' briefing or on the day of the competition:

Pesta Sukan 2026 Indemnity Form:
https://go.gov.sg/pestasukan-formsg-indemnity

10.2 In the event that the indemnity form is not submitted to the organiser, the organiser reserves the right to disqualify the participant.

11. Personal data consent

11.1 By registered to take part in GetActive! Singapore 2026 Pesta Sukan Taekwondo, the participants will hereby confirm to have agreed to be filmed and/or photographed in connection with the event and give to Sport Singapore the permission to copyright and use, edit, republish photographs, audio or video recordings taken of participants for the project ("Materials)" on all relevant media platforms for publicity purposes and transfer complete ownership of the Materials to Sport Singapore.

12. Event Venue & Schedule

12.1 The competition will be held **from 29 Jul 2026 to 02 Aug 2026** at **Choa Chu Kang Sports Hall**.

12.2 Competition Venue Address: 1 Choa Chu Kang Street 53, Singapore 689236

Date	Timing	Competition
Wednesday, 29 July 2026 **(Standby Date)**	1900 to 2200	Poomsae / Kyorugi / Virtual
Thursday, 30 July 2026	1900 to 2200	Poomsae / Kyorugi / Virtual
Friday, 31 July 2026	1900 to 2200	Poomsae / Kyorugi / Virtual
Saturday, 01 Aug 2026	0900 to 2200	Poomsae / Kyorugi / Virtual
Sunday, 02 Aug 2026	0900 to 2200	Poomsae / Kyorugi / Virtual

Note: Date and timings subject to change pending the total number of entries received after registration closes.

13. Category & Format of Play

13.1 Poomsae: Individual Colour Belt

S/No	Events	Division	Category	Compulsory Poomsae Final Round
1	Individual	Young Cadet Junior Senior	Yellow (Grade 8 & 7)	Taegeuk Ee Jang
2	Individual		Green (Grade 6 & 5)	Taegeuk Sa Jang
3	Individual		Blue (Grade 4 & 3)	Taegeuk Yuk Jang
4	Individual		Red (Grade 2 & 1)	Taegeuk Pal Jang

Note: Participants taking part in the individual colour belt category is required to perform 1 round of poomsae performance with the one achieving the highest score as the winner

14. Category & Format of Play

14.1 Poomsae: Individual Poom Belt / Black Belt

S/No	Events	Division	Category	Compulsory Poomsae	
				Preliminary Round	Final Round
1	Individual	Young	Poom	Taegeuk Sa Jang Taegeuk O Jang Taegeuk Yuk Jang	Taegeuk Chil Jang Taegeuk Pal Jang Koryo
2	Individual	Cadet	Poom	Taegeuk Sa Jang Taegeuk O Jang Taegeuk Yuk Jang Taegeuk Chil Jang	Taegeuk Pal Jang Koryo Keumgang Taebaek
3	Individual	Junior	Black	Taegeuk O Jang Taegeuk Yuk Jang Taegeuk Chil Jang Taegeuk Pal Jang	Koryo Keumgang Taebaek Pyeongwon
4	Individual	Senior	Black	Taegeuk Chil Jang Taegeuk Pal Jang Koryo Keumgang	Taebaek Pyeongwon Shipjin Jitae
5	Individual	Master 1	Black	Taegeuk Pal Jang Koryo Keumgang Taebaek	Pyeongwon Shipjin Jitae Chonkwon
6	Individual	Master 2	Black	Pyeongwon Shipjin	Jitae Chonkwon

Note:

1. ***Participants taking part in the individual Poom Belt / Black Belt category is required to perform 2 round of performance (2 poomsae per round) with the one achieving the highest score as the winner***

2. ***Designated Poomsae to be performed will be announced by the Technical Delegate on the day of the competition for Poom Belt and Black Belt categories.***

Method of competition for Poomsae Individual

14.2 Participants taking part in the individual **colour belt** category is required to perform 1 round of poomsae performance with the one achieving the highest score as the winner.

14.3 Participants taking part in the individual **Poom Belt / Black Belt** category is required to perform 2 rounds of poomsae performance (2 poomsae per round) with the one achieving the highest score as the winner.

14.4 Preliminary Round will determine the top 8 participants who will advance to final round.

14.5 Participants will have to compete again in the event of a tie for any of the top four positions. A ballot will be held to determine the sequence of competition among the participants.

14.6 Participants who have registered for Poomsae event(s) will also be able to participate in the Kyorugi event.

15. Category & Format of Play

15.1 **Para Poomsae: Individual Open Belt (Colour / Poom Belt / Black Belt)**

S/No	Events	Division	Sport Classes	Category	Recognized Poomsae
					Final Round
1	Individual	Cadet	P10 P20	Open Belt	Open Poomsae
2	Individual	Junior	P10 P20	Open Belt	Open Poomsae

Note:

1. Participants taking part in the para poomsae individual open belt is required to perform 1 round of poomsae performance with the one achieving the highest score as the winner

Method of competition for Para Poomsae Individual Open Belt (Colour / Poom Belt / Black Belt)

15.2 Participants taking part in the individual **open belt** category is required to perform 1 round of poomsae performance with the one achieving the highest score as the winner.

15.3 Both male and female participants registered for para poomsae individual, open belt competition, will be competing against each other.

15.4 Participants who registered for the para poomsae individual open belt competition are to indicate on the registration form the poomsae they are going to perform in the competition.

15.5 P10 sport class is for para-athlete with a visual impairment.

15.6 P20 sport class is for para-athlete with an intellectual impairment.

16. Category & Format of Play

16.1 Kyorugi : Individual Event

S/No	Boy's Division	Weight Categories	Blue Belt	Red Belt	Poom Belt
1	Young	Under 29 kg	25 – 28.9 kg	25 – 28.9 kg	25 – 28.9 kg
2		Under 33 kg	29 – 32.9 kg	29 – 32.9 kg	29 – 32.9 kg
3		Under 37 kg	33 – 36.9 kg	33 – 36.9 kg	33 – 36.9 kg
4		Under 41 kg	37 – 40.9 kg	37 – 40.9 kg	37 – 40.9 kg
5		Under 45 kg		41 – 44.9 kg	41 – 44.9 kg
6		Under 49 kg		45 – 48.9 kg	45 – 48.9 kg
7		Under 53 kg		49 – 52.9 kg	49 – 52.9 kg
8		Under 57 kg			53 – 56.9 kg
9		Under 62 kg			57 – 61.9 kg

S/No	Girl's Division	Weight Categories	Blue Belt	Red Belt	Poom Belt
1	Young	Under 27 kg	23 – 26.9 kg	23 – 26.9 kg	23 – 26.9 kg
2		Under 31 kg	27 – 30.9 kg	27 – 30.9 kg	27 – 30.9 kg
3		Under 35 kg	31 – 34.9 kg	31 – 34.9 kg	31 – 34.9 kg
4		Under 39 kg	35 – 38.9 kg	35 – 38.9 kg	35 – 38.9 kg
5		Under 43 kg		39 – 42.9 kg	39 – 42.9 kg
6		Under 47 kg		43 – 46.9 kg	43 – 46.9 kg
7		Under 51 kg		47 – 50.9 kg	47 – 50.9 kg
8		Under 54 kg			51 – 53.9 kg
9		Under 60 kg			54 – 59.9 kg

S/No	Boy's Division	Weight Categories	Blue Belt	Red Belt	Poom Belt
1	Cadet	Under 33 kg	30 – 32.9 kg	30 – 32.9 kg	30 – 32.9 kg
2		Under 37 kg	33 – 36.9 kg	33 – 36.9 kg	33 – 36.9 kg
3		Under 41 kg	37 – 40.9 kg	37 – 40.9 kg	37 – 40.9 kg
4		Under 45 kg	41 – 44.9 kg	41 – 44.9 kg	41 – 44.9 kg
5		Under 49 kg		45 – 48.9 kg	45 – 48.9 kg
6		Under 53 kg		49 – 52.9 kg	49 – 52.9 kg
7		Under 57 kg		53 – 56.9 kg	53 – 56.9 kg
8		Under 61 kg		57 – 60.9 kg	57 – 60.9 kg
9		Under 65 kg		61 – 64.9 kg	61 – 64.9 kg
10		Under 70 kg			65 – 69.9 kg

S/No	Girl's Division	Weight Categories	Blue Belt	Red Belt	Poom Belt
1	Cadet	Under 29 kg	26 – 28.9 kg	26 – 28.9 kg	26 – 28.9 kg
2		Under 33 kg	29 – 32.9 kg	29 – 32.9 kg	29 – 32.9 kg
3		Under 37 kg	33 – 36.9 kg	33 – 36.9 kg	33 – 36.9 kg
4		Under 41 kg	37 – 40.9 kg	37 – 40.9 kg	37 – 40.9 kg
5		Under 44 kg		41 – 43.9 kg	41 – 43.9 kg
6		Under 47 kg		44 – 46.9 kg	44 – 46.9 kg
7		Under 51 kg		47 – 50.9 kg	47 – 50.9 kg
8		Under 55 kg		51 – 54.9 kg	51 – 54.9 kg
9		Under 59 kg			55 – 58.9 kg
10		Under 63 kg			59 – 62.9 kg

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S/No	Boy's Division	Weight Categories	Red Belt	Black Belt
1	Junior	Under 48 kg	45 – 47.9 kg	45 – 47.9 kg
2		Under 51 kg	48 – 50.9 kg	48 – 50.9 kg
3		Under 55 kg	51 – 54.9 kg	51 – 54.9 kg
4		Under 59 kg	55 – 58.9 kg	55 – 58.9 kg
5		Under 63 kg	59 – 62.9 kg	59 – 62.9 kg
6		Under 68 kg	63 – 67.9 kg	63 – 67.9 kg
7		Under 73 kg	68 – 72.9 kg	68 – 72.9 kg
8		Under 78 kg		73 – 77.9 kg

S/No	Girl's Division	Weight Categories	Red Belt	Black Belt
1	Junior	Under 44 kg	42 – 43.9 kg	42 – 43.9 kg
2		Under 46 kg	44 – 45.9 kg	44 – 45.9 kg
3		Under 49 kg	46 – 48.9 kg	46 – 48.9 kg
4		Under 52 kg	49 – 51.9 kg	49 – 51.9 kg
5		Under 55 kg	52 – 54.9 kg	52 – 54.9 kg
6		Under 59 kg	55 – 58.9 kg	55 – 58.9 kg
7		Under 63 kg		59 – 62.9 kg
8		Under 68 kg		63 – 67.9 kg

S/No	Men's Division	Weight Categories	Red Belt
1	Senior	Under 58 kg	49 - 57.9 kg
2		Under 68 kg	58 - 67.9 kg
3		Under 80 kg	68 - 79.9 kg
4		Over 80 kg	80 kg – 100 kg

S/No	Women's Division	Weight Categories	Red Belt
1	Senior	Under 49 kg	41 - 48.9 kg
2		Under 57 kg	49 - 56.9 kg
3		Under 67 kg	57 - 66.9 kg
4		Over 67 kg	67 kg – 85 kg

S/No	Men's Division	Weight Categories	Black Belt
1	Senior	Under 54 kg	49 - 53.9 kg
2		Under 58 kg	54 - 57.9 kg
3		Under 63 kg	58 - 62.9 kg
4		Under 68 kg	63 - 67.9 kg
5		Under 74 kg	68 - 73.9 kg
6		Under 80 kg	74 - 79.9 kg
7		Under 87 kg	80 - 86.9 kg
8		Over 87 kg	87 kg – 100 kg

S/No	Women's Division	Weight Categories	Black Belt
1	Senior	Under 46 kg	41 - 45.9 kg
2		Under 49 kg	46 - 48.9 kg
3		Under 53 kg	49 - 52.9 kg
4		Under 57 kg	53 - 56.9 kg
5		Under 62 kg	57 - 61.9 kg
6		Under 67 kg	62 - 66.9 kg
7		Under 73 kg	67 - 72.9 kg
8		Over 73 kg	73 kg – 85 kg

Method of competition for Kyorugi Individual

16.2 Each participant is only allowed to participate in one (1) weight category for the Kyorugi competition.

16.3 The Single elimination (Knockout) system shall be used for the competition.

16.4 **Head kicks are permissible for all categories (Young, Cadet, Junior, and Senior). Participants competing in the Young, Cadet and Junior categories are required to wear headgear with protective face shield and mouth guard.**

16.5 This competition will use the best of three (3) system, the duration of the contest shall be three rounds with one (1) minute rest between rounds. In case of a tie score for corresponding round, the round winner shall be decided by the WT competition rule Article 15.

16.6 **For Young, Cadet and Junior categories** -: The person with the highest score based on best of 3 system (1.0 minute or 1.5 minutes each with 30 seconds rest in between) wins.

16.7 **For Senior** category–: The person with the highest score based on best of 3 system (1.0 minute, 1.5 minutes or 2 minutes each with 30 seconds or 60 seconds rest in between) wins.

16.8 **In the event that any player suffers a Knockout (K.O) during course of the competition, the organiser will discontinue his/her participation in the same competition.**

16.9 Participants who have registered for the Kyorugi Individual event may also register for the Poomsae event.

17. Virtual Taekwondo

17.1 Category & Format of Play

S/No	Age	Division	Format of Play
1	13 – 14	Under-14 Mixed Junior	Mixed Individual Category (Female & Male)
2	15 – 35	Under-35 Mixed Open	Mixed Category (Female & Male)
3		Under-35 Female Open	Individual Female Category
4		Under-35 Male Open	Individual Male Category
5	36 – 54	Under-54 Mixed Master 1	Mixed Individual Category (Female & Male)
6	55 and above	Over-55 Mixed Master 2	Mixed Individual Category (Female & Male)

Method of competition for Virtual Taekwondo event

17.2 Single Elimination System

17.3 Best of three (3) system

17.4 Contest Time*: 60 seconds round with 1-minute / 30 seconds rest period between rounds between the rounds. The winner of each round will be decided when:

17.4.1 An athlete totally depletes the Health Bar of the opposing athlete in the game within the timeframe;

17.4.2 An athlete has a higher Health Bar than the opposing athlete when the time finishes;

17.4.3 An athlete has been disqualified.

17.4.4 In case both athletes end the round with the same Health Bar level, the winner shall be decided by the following criteria;

17.4.4.1 If both athletes end the round with the same HP, i.e. the same damage was done by both players, the winner of the round will be determined by the game based on the following criteria, in order. If the first criterion cannot determine a winner, the next one will be considered, and so on.

- ❖ Headshots - The athlete with the higher number of headshots is the winner.
- ❖ Kicks - The athlete who dealt higher damage per kick, resulting in a lower total number of kicks, is the winner.
- ❖ Last hit - The athlete who delivered the last hit is the winner.

17.1 Knock Out: Round winner by Knock Out will apply for all events

17.2 Number of participants: No limit to number of participants fielded for all events

17.2.1 Under-35 Female/Male category participants may compete in Under-35 Mixed Open category as well.

17.3 There will be a play-off between the loser of semi-finals to determine the 3rd and 4th placing for all virtual taekwondo division.

18. Official Weigh-In / Random Weigh Check

18.1 Official weigh-in for participants who have registered for the kyorugi competition will be conducted on the day of competition.

18.2 Participants shall report for one (1) official weigh-in before the pertinent competition. Weigh-in will be made once only and those who have missed the 3 roll-calls will be considered defaulted and shall not be allowed to compete.

18.3 A scale identical to the official one will be provided at the competition venue for pre-weigh-in to prevent any disqualification during official weigh-in.

18.4 During weigh-in, participants shall wear shorts and t-shirt. An excess of 0.099kg is permissible.

18.5 **NO nude weigh-in.**

18.6 Not exceeding weight limit: the weight limit is defined by the criterion of one decimal place away from the stated limit. E.g., not exceeding 50kg is established as with 50.0kg, with 50.1kg being over the limit and resulting in disqualification.

18.7 Over weight limit: Over 50.0kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.

18.8 Random weight checks will also be conducted during the competition. Participants who fail the random weight check will be disqualified.

19 Medals for Category

19.1 Medals will be awarded to the top 4 winners of Young, Cadet, Junior, Senior Master 1 and Master 2 Poomsae category with at least 4 participants

19.2 Medals will be awarded to the top 4 winners of Cadet and Junior Para Poomsae category with at least 4 participants;

19.3 Medals will be awarded to the top 4 winners of Young, Cadet, Junior and Senior Kyorugi category with at least 4 participants;

19.4 Medals will be awarded to the top 3 winners of Under-14, Under-35 Mixed Open, Under-35 Male Open, Under-35 Female Open, Under-54 Mixed Master 1 and Over-55 Mixed Master 2 Virtual Taekwondo category with at least 4 participants;

19.5 In the event that there are 3 participants for the events, the ‘minus 1 rule’ will apply, i.e., only 1st & 2nd placings will be awarded with medals.

19.6 If there are less than 3 participants,

- participants may continue with the competition and medals will be awarded based on the ‘minus 1 rule’.

20 Competition official coach

20.1 Coaches must hold a minimum of Level 2 coaching qualification of the respective events to be eligible for coaching during the competition.

20.2 Coaches are required to display their professional coach passes issued by the STF before entering the field of play.

20.3 Team Managers and Clubs must ensure that there are sufficient coaches to accompany their participants at the waiting area and coach during the competition. In the event that any participant is found to be without a coach upon entering any of the competition area, he/she will be disqualified.

21 Protest

21.1 Only Team Managers and Coaches are allowed to submit their team's protest.

21.2 Any protest against a judgement shall be made on a prescribed form and submitted together with the fee of $327.00 (GST included) to the Competition Supervisory Board (CSB) within 10 minutes after the match.

21.3 In the event of the protest being dismissed, the fee will be forfeited.

21.4 Decision(s) derived from any protest shall be final and there shall be no appeal thereafter.

22 Uniform

22.1 Participants taking part in this competition shall wear uniform recognised by the STF. Any participant who does not meet the uniform requirement shall be disqualified.

22.2 Participants taking part in the Poomsae event is allowed to wear the approved standard Poomsae competition "dobok" with "Singapore Taekwondo Federation wording" on the back of the "dobok' and STF's logo on the left sleeve.

22.3 As this is a local competition, participants shall not wear any "dobok" with "SGP" wording or the Singapore National Flag on the "dobok." Participants shall not wear any belt with the Singapore National Flag as well.

22.4 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).*

22.5 Participants taking part in virtual taekwondo event shall not wear competition poomsae uniform to compete.

23 Kyorugi Equipment

23.1 Participants are responsible for their own protective equipment for kyorugi competition.

23.2 Kyorugi equipment used for the competition must be approved by the STF.

23.3 All participants will be required to wear the following protective equipment for Kyorugi competition upon entering the contest area:

23.3.1 For Young, Cadet & Junior category -: E-Headgear with face shield *(Blue or Red colour only)*;
23.3.2 For Senior -: E-Headgear *(Blue or Red colour only)*;
23.3.3 Approved E-Trunk protector;
23.3.4 Approved Taekwondo Groin guard;
23.3.5 Approved Taekwondo Forearm guard;
23.3.6 Approved Taekwondo Shin guard;
23.3.7 Approved Taekwondo Gloves;
23.3.8 Approved Taekwondo E-socks;
**Participants must wear their own E-socks due to personal hygiene. E-socks will not be provided by the organiser for this competition.*
23.3.9 Approved Taekwondo Mouthguard
**Mouthguard is compulsory*.

23.4 **Inspection of E-sock will be carried out when participants report for their weigh-in.**

23.5 The **KPNP** Protector and Scoring System (PSS) system will be used during the competition. The following protective equipment will be provided:

23.5.1 E-Headgear;
23.5.2 E-Trunk Protector;

24 Virtual Taekwondo Equipment

24.1 The Virtual Taekwondo Equipment will be used during the virtual taekwondo competition. The following equipment will be provided:

24.1.1 VR Head & Handset;
24.1.2 Wearable straps;
24.1.3 Nodes

25 First Aid and Medical Declaration

25.1 Participants, especially those with medical history or are participating in the Master category, are strongly encouraged to seek medical advice before competing in this competition.

25.2 Participants must declare all medical condition / history. In addition to and attach photocopies of medical letter(s) with the registration form, if any. Doctor's clearance by participants will be required for participants with any pre-existing medical conditions.

25.3 **All teams and participants shall be responsible to ensure their own medical coverage, including first aid and personal accident insurance.**

25.4 All Team Managers / Coaches shall be responsible to ensure that their participants are prepared and fit for the competition. Team Managers / Coaches should withdraw any participant who is not feeling well on the day of the competition.

25.5 First aid services are available at venue while ambulances are deployed based on the nature and risk of the sport.

26 Technical Delegate (TD)

26.1 The Technical Delegate (TD) shall be appointed by the organiser. The TD is the ultimate decision maker for any technical matters that arise during the competitions which include the followings;

26.1.1 Oversees the implementation of the Rules and Regulations;
26.1.2 Presides over the Head of Team meeting and drawing of lots session;
26.1.3 Approves the competition results before they are officialised;
26.1.4 Make the final decision related to the Field of Play (FOP) and competitions;
26.1.5 Make final decisions on any matters pertaining to competitions not described in the Rules.

27 Competition Jurisdictions

27.1 The Team Manager and Coach will be responsible for the proper control and good conduct of their participants and supporters. If an appeal is made to any of the above persons to maintain proper conduct and it is not heeded, the Organiser reserves the rights to take disciplinary action against them.

27.2 The Organiser may, at any time, deal with any matters pertaining to inquiries, appeals, others etc. The decision of the Organiser on all matters brought before it shall be final.

27.3 The Organiser reserves the right to interpret the said rules and regulations as they deem fit. In the event of any questions or matters arising out of any point which has not been expressly provided for in any of the rules governing this competition, the decision of the Organiser shall be final.

27.4 The rules and regulations as depicted above are current at the time of printing. The Organiser reserves the right to add, delete and/or vary the said rules and regulations at any time as it deems fit.

27.5 The Organiser reserves the right to disqualify participants / team at its discretion as dictated by STF competition Rules & Regulation Article 22 dated March 2024.

27.5.1 Disciplinary actions issued by Competition Supervisory Board/Extraordinary Sanction Board may vary according to the degree of the violation. The following sanctions may be given:

- 27.5.1.1 Disqualification of the athlete
- 27.5.1.2 Warning and order to issue official apology
- 27.5.1.3 Removal of accreditation
- 27.5.1.4 Total ban from the competition
- 27.5.1.5 Revoke the results and all related merits
- 27.5.1.6 Suspension of individual athlete, coach, or/and team officials from all STF activities
  - 27.5.1.6.1 6 months Suspension
  - 27.5.1.6.2 1 year Suspension
  - 27.5.1.6.3 2 years Suspension
  - 27.5.1.6.4 3 years Suspension
  - 27.5.1.6.5 4 years Suspension

27.5.2 Suspension of STF affiliated club from participating in STF Promoted or Recognised Championship;

- 27.5.2.2 Specified championship
- 27.5.2.3 All championships for a specified period of time, up to four (4) years.

27.5.3 Monetary fine of between $100 to $5,000 SGD dollars per violation.

27.6 The Competition Supervisory Board/Extraordinary Sanction Board may recommend additional disciplinary actions be taken against the members involved, including but not limited to longer-term suspension, lifetime and, and/or additional monetary fines.

27.7 While reasonable precautions will be taken, the organisers, its servants and agents will not be responsible or in any way liable for any death, disability, personal injury, loss of property or any other loss howsoever arising from any cause whatsoever at any time during the course of this competition.

27.8 Whilst reasonable precaution will be taken by SportSG, STF and/or its agent/s to ensure the safety of participants, I understand that I take part in GetActive! Singapore 2026 Pesta Sukan Taekwondo Competition as a participant at my own risk. I confirm and agree that SportSG and/or its agent/s will not be held liable by me for any personal injury or death arising from my participation in GetActive! Singapore Pesta Sukan 2026: Taekwondo Competition or for any loss of or damage to my property arising from my participation in GetActive! Singapore Pesta Sukan 2025: Taekwondo, except for such injury or death that is caused directly by SportSG, STF's or its agent/s' gross negligence;

27.9 In consideration of SNOC, SportSG and STF allowing me to participate in GetActive! Singapore 2026 Pesta Sukan Taekwondo, I undertake that if, in the course of GetActive! Singapore Pesta Sukan 2026: Taekwondo Competition, I deliberately or negligently cause any injury (whether fatal or otherwise) to any person or any damage to or loss of any property of any person, I shall indemnify SportSG and STF if that suffering person makes claims or takes actions against SportSG and STF or if SportSG, STF has to pay for costs or expenses.

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM A-1 - Young (Blue)
*(To be completed by **All BLUE Belt** participants)*

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

YOUNG CATEGORY (10 to 11 years old) (born on year 2016 to 2015) (Please X the appropriate box)

DVISION	**BOY's**	
BELT	Blue	
Under 29 kg	25 kg – 28.9 kg	
Under 33 kg	29 kg – 32.9 kg	
Under 37 kg	33 kg – 36.9 kg	
Under 41 kg	37 kg – 40.9 kg	

DIVISION	**GIRL's**	
BELT	Blue	
Under 27 kg	23 kg – 26.9 kg	
Under 31 kg	27 kg – 30.9 kg	
Under 35 kg	31 kg – 34.9 kg	
Under 39 kg	35 kg – 38.9 kg	

Actual Weight Must Fill In

_____
Signature of Participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____	_____	_____
Name of Parent / Guardian	Signature.	Contact No.
_____	_____	_____
Certify by Team Manager (Name)	Signature	Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM A-2 - Young (Red)
*(To be completed by **All RED Belt** participants)*

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

YOUNG CATEGORY (10 to 11 years old) (born on year 2016 to 2015) (Please X the appropriate box)

DVISION	**BOY's**	
BELT	Red	
Under 29 kg	25 kg – 28.9 kg	
Under 33 kg	29 kg – 32.9 kg	
Under 37 kg	33 kg – 36.9 kg	
Under 41 kg	37 kg – 40.9 kg	
Under 45 kg	41 kg – 44.9 kg	
Under 49 kg	45 kg – 48.9 kg	
Under 53 kg	49 kg – 52.9 kg	

DIVISION	**GIRL's**	
BELT	Red	
Under 27 kg	23 kg – 26.9 kg	
Under 31 kg	27 kg – 30.9 kg	
Under 35 kg	31 kg – 34.9 kg	
Under 39 kg	35 kg – 38.9 kg	
Under 43 kg	39 kg – 42.9 kg	
Under 47 kg	43 kg – 46.9 kg	
Under 51 kg	47 kg – 50.9 kg	

Actual Weight Must Fill In

_____
Signature of Participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____	_____	_____
Name of Parent / Guardian	Signature.	Contact No.
_____	_____	_____
Certify by Team Manager (Name)	Signature	Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM A-3 - Young

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

YOUNG CATEGORY (10 to 11 years old) (born on year 2016 to 2015) (Please X the appropriate box)

DVISION	**BOY's**	
BELT	Poom	
Under 29 kg	25 kg – 28.9 kg	
Under 33 kg	29 kg – 32.9 kg	
Under 37 kg	33 kg – 36.9 kg	
Under 41 kg	37 kg – 40.9 kg	
Under 45 kg	41 kg – 44.9 kg	
Under 49 kg	45 kg – 48.9 kg	
Under 53 kg	49 kg – 52.9 kg	
Under 57 kg	53 kg – 56.9 kg	
Under 62 kg	57 kg – 61.9 kg	

DIVISION	**GIRL's**	
BELT	Poom	
Under 27 kg	23 kg – 26.9 kg	
Under 31 kg	27 kg – 30.9 kg	
Under 35 kg	31 kg – 34.9 kg	
Under 39 kg	35 kg – 38.9 kg	
Under 43 kg	39 kg – 42.9 kg	
Under 47 kg	43 kg – 46.9 kg	
Under 51 kg	47 kg – 50.9 kg	
Under 54 kg	51 kg – 53.9 kg	
Under 60 kg	54 kg – 59.9 kg	

Actual Weight Must Fill In

_____
Signature of Participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____	_____	_____
Name of Parent / Guardian	Signature.	Contact No.
_____	_____	_____
Certify by Team Manager (Name)	Signature	Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM B-1 - Cadet
*(To be completed by **All BLUE Belt** participants)*

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

YOUNG CATEGORY (12 to 14 years old) (born on year 2014 to 2012) (Please X the appropriate box)

DVISION	**BOY's**	
BELT	Blue	
Under 33 kg	29 kg – 32.9 kg	
Under 37 kg	33 kg – 36.9 kg	
Under 41 kg	37 kg – 40.9 kg	
Under 45 kg	41 kg – 44.9 kg	

DIVISION	**GIRL's**	
BELT	Blue	
Under 29 kg	26 kg – 28.9 kg	
Under 33 kg	29 kg – 32.9 kg	
Under 37 kg	33 kg – 36.9 kg	
Under 41 kg	37 kg – 40.9 kg	

Actual Weight Must Fill In

_____
Signature of Participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____	_____	_____
Name of Parent / Guardian	Signature.	Contact No.
_____	_____	_____
Certify by Team Manager (Name)	Signature	Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM B-2 - Cadet
*(To be completed by **All RED Belt** participants)*

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

CADET CATEGORY (12 to 14 years old) (born on year 2014 to 2012) (Please X the appropriate box)

DVISION	**BOY's**	
BELT	Red	
Under 33 kg	30 kg – 32.9 kg	
Under 37 kg	33 kg – 36.9 kg	
Under 41 kg	37 kg – 40.9 kg	
Under 45 kg	41 kg – 44.9 kg	
Under 49 kg	45 kg – 48.9 kg	
Under 53 kg	49 kg – 52.9 kg	
Under 57 kg	53 kg – 56.9 kg	
Under 61 kg	57 kg - 60.9 kg	
Under 65 kg	61 kg - 64.9 kg	

DIVISION	**GIRL's**	
BELT	Red	
Under 29 kg	26 kg – 28.9 kg	
Under 33 kg	29 kg – 32.9 kg	
Under 37 kg	33 kg – 36.9 kg	
Under 41 kg	37 kg – 40.9 kg	
Under 44 kg	41 kg – 43.9 kg	
Under 47 kg	44 kg – 46.9 kg	
Under 51 kg	47 kg – 50.9 kg	
Under 55 kg	51 kg – 54.9 kg	

Actual Weight Must Fill In

_____
Signature of participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____	_____	_____
Name of Parent / Guardian	Signature.	Contact No.
_____	_____	_____
Certify by Team Manager (Name)	Signature	Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM B-3 - Cadet

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

CADET CATEGORY (12 to 14 years old) (born on year 2014 to 2012) (Please X the appropriate box)

DVISION	**BOY's**	
BELT	Poom	
Under 33 kg	30 kg – 32.9 kg	
Under 37 kg	33 kg – 36.9 kg	
Under 41 kg	37 kg – 40.9 kg	
Under 45 kg	41 kg – 44.9 kg	
Under 49 kg	45 kg – 48.9 kg	
Under 53 kg	49 kg – 52.9 kg	
Under 57 kg	53 kg – 56.9 kg	
Under 61 kg	57 kg - 60.9 kg	
Under 65 kg	61 kg –64.9 kg	
Under 70 kg	65 kg –69.9 kg	

DIVISION	**GIRL's**	
BELT	Poom	
Under 29 kg	26 kg – 28.9 kg	
Under 33 kg	29 kg – 32.9 kg	
Under 37 kg	33 kg – 36.9 kg	
Under 41 kg	37 kg – 40.9 kg	
Under 44 kg	41 kg – 43.9 kg	
Under 47 kg	44 kg – 46.9 kg	
Under 51 kg	47 kg – 50.9 kg	
Under 55 kg	51 kg – 54.9 kg	
Under 59 kg	55 kg – 58.9 kg	
Under 63 kg	59 kg – 62.9 kg	

Actual Weight Must Fill In

_____
Signature of participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____
Name of Parent / Guardian Signature. Contact No.

_____ _____ _____
Certify by Team Manager (Name) Signature Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM C-1 - Junior
*(To be completed by **All RED Belt** participants)*

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

JUNIOR CATEGORY (15 to 17 years old) (born on year 2011 to 2009) (Please **X** the appropriate box)

DIVISION	BOY's	
BELT	Red	
Under 48 kg	45 kg – 47.9 kg	
Under 51 kg	48 kg – 50.9 kg	
Under 55 kg	51 kg – 54.9 kg	
Under 59 kg	55 kg – 58.9 kg	
Under 63 kg	59 kg – 62.9 kg	
Under 68 kg	63 kg – 67.9 kg	
Under 73 kg	68 kg – 72.9 kg	

DIVISION	GIRL's	
BELT	Red	
Under 44 kg	42 kg – 43.9 kg	
Under 46 kg	44 kg – 45.9 kg	
Under 49 kg	46 kg – 48.9 kg	
Under 52 kg	49 kg – 51.9 kg	
Under 55 kg	52 kg – 54.9 kg	
Under 59 kg	55 kg – 58.9 kg	

Actual Weight Must Fill In

_____
Signature of participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in GetActive! Singapore 2026Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____	_____	_____
Name of Parent / Guardian	Signature.	Contact No.
_____	_____	_____
Certified by Team Manager (Name)	Signature	Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM C-2 - Junior

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

JUNIOR CATEGORY (15 to 17 years old) (born on year 2011 to 2009) (Please **X** the appropriate box)

DIVISION	BOY's	
BELT	Black	
Under 48 kg	45 kg – 47.9 kg	
Under 51 kg	48 kg – 50.9 kg	
Under 55 kg	51 kg – 54.9 kg	
Under 59 kg	55 kg – 58.9 kg	
Under 63 kg	59 kg – 62.9 kg	
Under 68 kg	63 kg – 67.9 kg	
Under 73 kg	68 kg – 72.9 kg	
Under 78 kg	73 kg – 77.9 kg	

DIVISION	GIRL's	
BELT	Black	
Under 44 kg	42 kg – 43.9 kg	
Under 46 kg	44 kg – 45.9 kg	
Under 49 kg	46 kg – 48.9 kg	
Under 52 kg	49 kg – 51.9 kg	
Under 55 kg	52 kg – 54.9 kg	
Under 59 kg	55 kg – 58.9 kg	
Under 63 kg	59 kg – 62.9 kg	
Under 68 kg	63 kg – 67.9 kg	

Actual Weight Must Fill In

_____
Signature of participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____	_____	_____
Name of Parent / Guardian	Signature.	Contact No.
_____	_____	_____
Certified by Team Manager (Name)	Signature	Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM D-1 - SENIOR

*(To be completed by all **Red Belt** Kyorugi participant below 21 years old)*

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

SENIOR CATEGORY (18 to 40 years old) (born on year 1986 to 2008) (Please X the appropriate box)

DIVISION	MALE	
BELT	Red	
Under 58 kg	49 kg – 57.9 kg	
Under 68 kg	58 kg – 67.9 kg	
Under 80 kg	68 kg – 79.9 kg	
Over 80 kg	80 kg – 100 kg	

DIVISION	FEMALE	
BELT	Red	
Under 49 kg	46 kg – 48.9 kg	
Under 57 kg	49 kg – 56.9 kg	
Under 67 kg	57 kg – 66.9 kg	
Over 67 kg	67 kg – 85 kg	

Actual Weight Must Fill In

_____
Signature of participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____
Name of Parent / Guardian / Participant Signature Contact No.

_____ _____ _____
Certify by Team Manager (Name) Signature Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM D-2 - SENIOR

*(To be completed by all **Red Belt** Kyorugi participant 21 years old and above)*

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

SENIOR CATEGORY (18 to 40 years old) (born on year 1986 to 2008) (Please X the appropriate box)

DIVISION	MALE	
BELT	Red	
Under 58 kg	49 kg – 57.9 kg	
Under 68 kg	58 kg – 67.9 kg	
Under 80 kg	68 kg – 79.9 kg	
Over 80 kg	80 kg – 100 kg	

DIVISION	FEMALE	
BELT	Red	
Under 49 kg	46 kg – 48.9 kg	
Under 57 kg	49 kg – 56.9 kg	
Under 67 kg	57 kg – 66.9 kg	
Over 67 kg	67 kg – 85 kg	

Actual Weight Must Fill In

_____
Signature of participant

(To be completed by participant 21 years old and above)

I, _____, acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____

Certify by Team Manager (Name) Signature Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM E-1 - SENIOR
(To be completed by all participant below 21 years old)

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

SENIOR CATEGORY (18 to 40 years old) (born on year 1986 to 2008) (Please X the appropriate box)

DIVISION	MALE	
BELT	Black	
Under 54 kg	49 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 63 kg	58 kg – 62.9 kg	
Under 68 kg	63 kg – 67.9 kg	
Under 74 kg	68 kg – 73.9 kg	
Under 80 kg	74 kg – 79.9 kg	
Under 87 kg	80 kg – 86.9 kg	
Over 87 kg	87 kg – 100 kg	

DIVISION	FEMALE	
BELT	Black	
Under 46 kg	41 kg – 45.9 kg	
Under 49 kg	46 kg – 48.9 kg	
Under 53 kg	49 kg – 52.9 kg	
Under 57 kg	53 kg – 56.9 kg	
Under 62 kg	57 kg – 61.9 kg	
Under 67 kg	62 kg – 66.9 kg	
Under 73 kg	67 kg – 72.9 kg	
Over 73 kg	73 kg – 85 kg	

Actual Weight Must Fill In

_____
Signature of participant

(To be completed by parent / guardian of participant below 21 years old)

I, Mr/Mrs/Ms _____, the parent / guardian of _____ consent to his / her participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____
Name of Parent / Guardian / Participant Signature Contact No.

_____ _____ _____
Certify by Team Manager (Name) Signature Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM E-2 - SENIOR

(To be completed by all participant 21 years old and above)

NAME :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

SENIOR CATEGORY (18 to 40 years old) (born on year 1986 to 2008) (Please X the appropriate box)

DIVISION	MALE	
BELT	Black	
Under 54 kg	49 kg – 53.9 kg	
Under 58 kg	54 kg – 57.9 kg	
Under 63 kg	58 kg – 62.9 kg	
Under 68 kg	63 kg – 67.9 kg	
Under 74 kg	68 kg – 73.9 kg	
Under 80 kg	74 kg – 79.9 kg	
Under 87 kg	80 kg – 86.9 kg	
Over 87 kg	87 kg – 100 kg	

DIVISION	FEMALE	
BELT	Black	
Under 46 kg	41 kg – 45.9 kg	
Under 49 kg	46 kg – 48.9 kg	
Under 53 kg	49 kg – 52.9 kg	
Under 57 kg	53 kg – 56.9 kg	
Under 62 kg	57 kg – 61.9 kg	
Under 67 kg	62 kg – 66.9 kg	
Under 73 kg	67 kg – 72.9 kg	
Over 73 kg	73 kg – 85 kg	

Actual Weight Must Fill In

_____
Signature of participant

(To be completed by participant 21 years old and above)

I, _____, acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____

Certify by Team Manager (Name) Signature Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS

REGISTRATION FORM - F-1

POOMSAE PARTICIPANT FORM

(To be completed by Poomsae participant below 21 years old)

NAME (in full):	Gender:	D.O.B:	Age: (as year 2026)
Contact No.:	Race:		Nationality:
Email:		Employment Status:	
Address:			Postal Code:
Zone: North, North East, East, West, Central (Select one)		Name of Next of Kin:	
Next of Kin Contact No.:		Next of Kin Relationship:	
Grade:	Date Obtained:	Name of Coach:	HP:
Club:		Name of Manager:	HP:
Others Martial Art:	Level:	Years Practice:	
Medical History (year):			Medical Letter: Yes / No

Parental/Guardian Consent			
I consent to the participation of the above-named applicant, who is my *child/ward, to participate in GetActive! Singapore 2026 Pesta Sukan Taekwondo. I acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.			
Parent Name / Contact No (Mobile) :		Signature/Date	
Witnessed By			
Team Manager / Contact No (Mobile) :		Signature/Date	

Certify by Team Manager (Name) _____ Signature _____ Club's Stamp

REGISTRATION FORM - F-2

POOMSAE PARTICIPANT FORM

(To be completed by all Poomsae participant 21 years old and above)

NAME (in full):	Gender:	D.O.B:	Age: (as year 2026)
Contact No.:	Race:		Nationality:
Email:		Employment Status:	
Address:			Postal Code:
Zone: North, North East, East, West, Central (Select one)		Name of Next of Kin:	
Next of Kin Contact No.:		Next of Kin Relationship:	
Grade:	Date Obtained:	Name of Coach:	HP:
Club:		Name of Manager:	HP:
Others Martial Art:	Level:	Years Practice:	
Medical History (year):			Medical Letter: Yes / No

Consent			
I acknowledge and accept the risks associated with participation in the GetActive! Singapore 2026 Pesta Sukan Taekwondo competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.			
Name / Contact No (Mobile) :		Signature/Date	
Witnessed By			
Team Manager / Contact No (Mobile) :		Signature/Date	

Certify by Team Manager (Name) _____ Signature _____ Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS
REGISTRATION FORM - G

PARA POOMSAE PARTICIPANT FORM

(To be completed by Para Poomsae participant below 21 years old)

NAME (in full):	Gender:	D.O.B:	Age: (as year 2026)
Contact No.:	Race:		Nationality:
Email:		Employment Status:	
Address:			Postal Code:
Zone: North, North East, East, West, Central (Select one)		Name of Next of Kin:	
Next of Kin Contact No.:		Next of Kin Relationship:	
Grade:	Date Obtained:	Name of Coach:	HP:
Club:		Name of Manager:	HP:
Others Martial Art:	Level:	Years Practice:	
Medical History (Sport Classes):			Medical Letter: Yes / No
Indicate Performing Poomsae:			

Parental/Guardian Consent			
I consent to the participation of the above-named applicant, to participate in GetActive! Singapore 2026 Pesta Sukan Taekwondo. I acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.			
Name / Contact No (Mobile) :		Signature/Date	
Witnessed By			
Team Manager / Contact No (Mobile) :		Signature/Date	

Certify by Team Manager (Name) _____ Signature _____ Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS
REGISTRATION FORM - H-1 Under-14 Mixed Junior
*(To be completed by **virtual taekwondo** participant)*

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 :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

MIXED JUNIOR CATEGORY
(13 to 14 years old, born in year 2013 to 2012)

(Please **X** the appropriate box)

DIVISION	FEMALE	
BELT	Poom	

DIVISION	MALE	
BELT	Poom	

_____
Participant's 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 participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____
Name of Parent / Guardian / Participant Signature Contact No.

_____ _____ _____
Certify by Team Manager (Name) Signature Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS
REGISTRATION FORM J-1 - Under-35 Open
*(To be completed by **virtual taekwondo** participant below 21 years old)*

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 :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

INDIVIDUAL CATEGORY
(15 to 35 years old, born in year 1991 to 2011)

(Please **X** the appropriate box)

DIVISION	FEMALE	
BELT	Black	

DIVISION	MALE	
BELT	BLACK	

_____
_____

_____
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 participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____
Name of Parent / Guardian / Participant Signature Contact No.

_____ _____ _____
Certify by Team Manager (Name) Signature Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS
REGISTRATION FORM J-2 - Under-35 Open
*(To be completed by **virtual taekwondo** participant 21 years old and above)*

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 :(in full) _____ Gender: ____D.O.B: _____ Age____ (as year 2026)

Last 4 digit NRIC/Passport No: _____ Contact No.: _____ Race: _____

Nationality: _____ Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

INDIVIDUAL CATEGORY
(15 to 35 years old, born in year 1991 to 2011)

(Please **X** the appropriate box)

DIVISION	FEMALE	
BELT	Black	

DIVISION	MALE	
BELT	Black	

_____
Participant's Signature

(To be completed by participant 21 years old and above)

I, _____, acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2024 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____
Name of Team Manager Team Manager Email Team Manager Signature

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS
REGISTRATION FORM J-3 - Under-35 Mixed Open
*(To be completed by **virtual taekwondo** participant below 21 years old)*

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 :(in full) _____ Gender: ____D.O. B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

MIXED SENIOR CATEGORY
(15 to 35 years old, born in year 1991 to 2011)

(Please **X** the appropriate box)

DIVISION	FEMALE	
BELT	Black	

DIVISION	MALE	
BELT	Black	

_____
Participant's 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 participating in GetActive! Singapore 2026 Pesta Sukan Taekwondo and acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____
Name of Parent / Guardian / Participant Signature Contact No.

_____ _____ _____
Certify by Team Manager (Name) Signature Club's Stamp

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS
REGISTRATION FORM J-4 - Under-35 Mixed Open
*(To be completed by **virtual taekwondo** participant 21 years old and above)*

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 :(in full) _____ Gender: ____D.O. B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

MIXED SENIOR CATEGORY
(15 to 35 years old, born in year 1991 to 2011)

(Please **X** the appropriate box)

DIVISION	FEMALE	
BELT	Black	

DIVISION	MALE	
BELT	Black	

_____
Participant's Signature

(To be completed by participant 21 years old and above)

I, _____, acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2024 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____
Name of Team Manager Team Manager Email Team Manager Signature

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS
REGISTRATION FORM K-1 - Under-54 Mixed Master 1
*(To be completed by **virtual taekwondo** participant)*

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 :(in full) _____ Gender: ____D.O. B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

MIXED MASTERS CATEGORY
(36 to 54 years old, born in year 1990 to 1972)

(Please **X** the appropriate box)

DIVISION	FEMALE	
BELT	Black	

DIVISION	MALE	
BELT	Black	

_____

Participant's Signature

(To be completed by participant 21 years old and above)

I, _____, acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2024 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____
Name of Team Manager Team Manager Email Team Manager Signature

GETACTIVE! SINGAPORE PESTA SUKAN 2026 TAEKWONDO

COMPETITION RULES & REGULATIONS
REGISTRATION FORM L-1 - Over-55 Mixed Master 2
*(To be completed by **virtual taekwondo** participant)*

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 :(in full) _____ Gender: ____D.O. B: _____ Age____ (as year 2026)

Contact No.: _____ Race: _____ Nationality: _____

Email: _____ Employment Status: _____

Address: _____(S)_____

Zone: North, North East, East, West, Central (Select one) Name of Next of Kin: _____

Next of Kin Contact No. _____ Next of Kin Relationship: _____

Grade: _____ Date Obtained: _____ Name of Coach: _____HP: _____

Club: _____Name of Manager: _____HP: _____

Others Martial Art: _____ Level: _____ Years Practice: _____

Medical History (year): _____ Medical Letter: ____Yes / No___

MIXED MASTERS CATEGORY
(55 years old and above, born in or before year 1971)

(Please **X** the appropriate box)

DIVISION	FEMALE	
BELT	Black	

DIVISION	MALE	
BELT	Black	

_____

Participant's Signature

(To be completed by participant 21 years old and above)

I, _____, acknowledge and accept the risks associated with participation in the competition and waive all rights against and release SportSG and STF in respect of any loss of life and injury to persons, or loss of or damage to property, suffered in connection therewith; and acknowledge that participation in GetActive! Singapore 2026 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.

_____ _____ _____
Name of Team Manager Team Manager Email Team Manager Signature