

**1. Official Title of Championship**

1.1 The official title of the competition is **in celebration with GetActive! Singapore Pesta Sukan 2021: Taekwondo**”.

**2. Organiser**

2.1 The competition is jointly organised by 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 According to the Rules established by the latest rules and regulations of World Taekwondo (WT), [www.worldtaekwondo.org](http://www.worldtaekwondo.org) and as directed by the STF, [www.stf.sg](http://www.stf.sg).
- 3.3 Governed by the SportSG in celebration with GetActive! Singapore Pesta Sukan 2021: Taekwondo General Rules and Regulations.  
<https://circle.myactivesg.com/getactive2021/pesta-sukan>

**4. Eligibility for Events**

4.1 Age is computed based on calendar year.

S/No	Division	Clarification
1	Cadet	Born between the year of 2008 and 2007 (13 years to 14 years)
2	Junior	Born between the year of 2006 and 2004 (15 years to 17 years)
3	Senior 1	Born between the year of 2003 and 1987 (18 years to 34 years)
4	Senior 2	Born between the year of 1986 and 1967 (35 years to 54 years)

4.2 Only Singapore Citizens, Singapore Permanent Residents and non-Singapore Citizens residing in Singapore with valid passes (i.e. student pass, long term pass, dependent’s pass, “S” pass; or employment pass) are eligible to participate.

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

4.4 Poomsae (Pattern) Event -: Participants who have attained **Grade 8 (Yellow 8)** or **Higher Grade** (Poom Belt, Black 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 **30 June 2021**.

4.5 Kyorugi (Sparring) Event -: Participants who have attained **Grade 2 (Red 2)** or **Higher Grade** (Red 1, Poom Belt, Black 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 **30 June 2021**.

4.6 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 a club can register for Kyorugi for the 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 Registration will be based on submission by team managers before the postponement of Kyorugi event due to phase 2HA.
- 5.4 **Team Managers who have submitted your registration will receive an acknowledge email from the organiser.**
- 5.5 Team Managers are to submit the softcopy of the participants' grading cards or black/poom belt cards (front and back on the same page) to the organiser through dropbox link or google drive link with the following naming convention: Club Name\_Name of participant\_last 4 digit of NRIC
- 5.6 Team Managers are to ensure that the original registration forms are available for verification by the organiser when required.
- 5.7 Submission **will be disqualified** if any information submitted is incorrect/incomplete.

## 6. Registration Fees

- 6.1 Registration Fees for Category

S/No	Division	Kyorugi
2	Cadet	N.A
3	Junior	N.A
4	Senior 1	N.A
5	Senior 2	N.A

**Note: In the spirit of "Bring Sport Back", there will be no Registration Fees collection & in the name of sportsmanship, we hope & appreciate all participants to turn up for the competition at your allocated timeslots.**

## 7. Drawing of Lots

- 7.1 The drawing of lots may be conducted by random computerised drawing or by random manual drawing.
- 7.2 It is the responsibility of the Team Managers to ensure that the information of the participants' are valid during registration. Team Managers will **not** be allowed to make changes to the Kyorugi category or make any further amendments after team managers meeting.
- 7.3 Team managers' briefing on **24 Aug 2021, 6pm via zoom**. The zoom link will be emailed to team managers.

**8. Parental Consent Form (Compulsory for participants under 16 years old)**

- 8.1 Team Managers are to ensure that the parental consent forms of all participants who are 16 years old and under are submitted during the team managers' briefing or on the day of the competition (**See Annex A**);
- 8.2 In the event that the parental consent form is not submitted to the organiser, the organiser reserves the right to disqualify the participant.
- 8.3 The consent form can be downloaded from ActiveSG website;  
<https://circle.myactivesg.com/getactive2021/pesta-sukan>

**9. Event Venue & Schedule**

- 9.1 The competition will be held at **Toa Payoh Sport Hall, from 27 August 2021 to 29 August 2021.**

Date	Timing	Competition
Fri, 27 Aug 2021 (Standby Date)	1800 to 2200	Kyorugi
Sat, 28 Aug 2021	0800 to 2200	Kyorugi
Sun, 29 Aug 2021	0800 to 2200	Kyorugi

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

**10. Category & Format of Play**

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

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

S/No	Boy's Division	Weight Categories	Red	Black
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	73 – 77.9 kg



S/No	Girl's Division	Weight Categories	Red	Black
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	59 – 62.9 kg
8		Under 68 kg	63 – 67.9 kg	63 – 67.9 kg

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

S/No	Men's Division	Weight Categories	Black
1	Senior 2	Under 58 kg	50 - 57.9 kg
2		Under 68 kg	58 - 67.9 kg
3		Under 80 kg	68 - 79.9 kg

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

## 11. Method of competition for Kyorugi Individual

- 11.1 Each participant is only allowed to participate in one (1) weight category for the Kyorugi competition.
- 11.2 The Single elimination (Knockout) system shall be used for the competition.
- 11.3 **Head kicks are permissible for all categories (Cadet, Junior, and Senior). Participants competing in the Cadet and Junior categories are required to wear headgear with protective face shield.**
- 11.4 **For Cadet, Junior and Senior 2 category -:** The person with the highest score within 2 or 3 rounds (1.0 or 1.5 minute each with 30 seconds rest in between) wins. The Golden round rule will be applied when there is a tie after the 2<sup>nd</sup> or 3<sup>rd</sup> round.
- 11.5 **For Senior 1 and Senior 2 category –:** The person with the highest score within 2 or 3 rounds (1.5 or 2 minute each with 30sec or 1min rest in between) wins. The Golden round rule will be applied when there is a tie after the 2<sup>nd</sup> or 3<sup>rd</sup> round.
- 11.6 **In the event that any player suffers a Knockout (K.O) during course of the competition, organiser will discontinue their participation for the GetActive! Singapore Pesta Sukan Games 2021: Taekwondo.**

**12. Official Weigh-In / Random Weigh Check**

- 12.1 Official weigh-in for participants who have registered for the kyorugi competition will be conducted on the day of competition.
- 12.2 Participants shall report for one (1) official weigh-in before the pertinent competition. Weigh-in will be made once only
- 12.3 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.
- 12.4 During weigh-in, participants shall wear shorts and t-shirt. An excess of 100g will be allowed.
- 12.5 **NO nude weigh-in.**
- 12.6 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.
- 12.7 Over weight limit: Over 50.00kg marks occur at the 50.1kg reading and 50.0kg and below is regarded as insufficient, resulting in disqualification.
- 12.8 Random weight checks will also be conducted during the competition. Participants who fail the random weight check will be disqualified.

**13. Medals**

- 13.1 Medals will be awarded to the top 4 winners of Cadet, Junior, Senior 1 and Senior 2 Kyorugi category with at least 4 participants;
- 13.2 In the event that there are only 3 participants for the events, the 'minus 1 rule' will apply, i.e. only 1<sup>st</sup> & 2<sup>nd</sup> will be awarded with the medal and no prize money for all categories;
- 13.3 In the event that there are only 2 participants for the events, the 'minus 1 rule' will apply, i.e. only 1<sup>st</sup> will be awarded with the medal;
- 13.4 No prize money for all categories

**14. Competition official coach**

- 14.1 Coaches must hold a minimum of Level 2 coaching qualification of the respective events to be eligible for coaching during the competition.
- 14.2 Coaches are required to display their professional coach passes issued by the STF before entering the field of play.
- 14.3 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.
- 14.4 Assistant coaches for the team event shall assist with the time duration for every player replacement and order of play.



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**15. Protest**

- 15.1 Only Team Managers and Coaches are allowed to submit their team's protest.
- 15.2 Any protest against a judgement shall be made on a prescribed form and submitted together with the fee of \$214.00 (GST included) to the Competition Supervisory Board (CSB) within 10 minutes after the match.
- 15.3 In the event of the protest being dismissed, the fee will be forfeited.
- 15.4 Decision(s) derived from any protest shall be final and there shall be no appeal thereafter.

**16. Uniform**

- 16.1 Participants taking part in the events shall wear uniform recognized by the STF. Any participant who does not meet the uniform requirement shall be disqualified from the competition.
- 16.2 As this is a local competition, participants shall not wear any "dobok" with "SGP" wording or Singapore National Flag on the "dobok".

**17. Kyorugi Equipment**

- 17.1 Participants are responsible for their own protective equipment for kyorugi competition.
- 17.2 Kyorugi equipment used for the competition must be approved by the STF.
- 17.3 All participants will be required to wear the following protective equipment for Kyorugi competition upon entering the contest area:
  - For Cadet & Junior category -: E-Headgear with face shield (Blue or Red colour only);
  - For Senior 1 and Senior 2 -: E-Headgear;
  - E-Trunk protector;
  - Approved Taekwondo Groin guard;
  - Approved Taekwondo Forearm guard;
  - Approved Taekwondo Shin guard;
  - Approved Taekwondo Gloves;
  - Approved Taekwondo E-socks;
  - Approved Taekwondo Mouthpiece (Optional if participants are wearing headgear with face shield).
- 17.4 The **KPNP** Protector and Scoring System (PSS) system will be used during the competition. The following protective equipment will be provided:
  - E-Headgear;
  - E-Trunk Protector;
  - E-socks



**18. First Aid and Medical Declaration**

- 18.1 Participants, especially those with medical history or are participating in the Masters categories, are strongly encouraged to seek medical advice before competing in this competition.
- 18.2 Participants must declare all medical condition / history if there are any and attach photocopies of medical letter(s) on the registration form. Doctor's clearance will be required for participants with any pre-existing medical conditions.
- 18.3 **All teams and participants shall be responsible to ensure their own medical coverage, including first aid and personal accident insurance.**
- 18.4 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.
- 18.5 First aid services are available at every venue while ambulances are deployed based on the nature and risk of the sport.

**19. Competition Jurisdictions**

- 19.1 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 and is not heeded, the Organiser reserves the rights to take disciplinary action against them;
- 19.2 In the event of a need for disciplinary action to be taken against any participant or team, the Organising Committee shall make a decision and impose punishment as it deems fit;
- 19.3 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 will be final;
- 19.4 The Organiser reserves the right to interpret 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 will be final;



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- 19.5 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;
- 19.6 The Organising committee reserves the right to disqualify participants / teams at its discretion;
- 19.7 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;
- 19.8 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 Pesta Sukan Games 2021: Taekwondo 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 Games 2021: Taekwondo or for any loss of or damage to my property arising from my participation in GetActive! Singapore Pesta Sukan Games 2021: Taekwondo, except for such injury or death that is caused directly by SportSG, STF's or its agent/s' gross negligence;
- 19.9 In consideration of SportSG and STF allowing me to participate in GetActive! Singapore Pesta Sukan Games 2021: Taekwondo, I undertake that if, in the course of GetActive! Singapore Pesta Sukan Games 2021: Taekwondo, 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 or STF, SportSG, STF has to pay for costs or expenses.





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**Taekwondo Kyorugi competition with COVID19 Safe Measurement Measures (SMM)**

On 6 August 2021, the Multi-Ministry Taskforce announced a calibrated easing of safe management measures (SMMs) in two stages from 10 August 2021 and 19 August 2021. Sport Singapore has subsequently issued guidance regarding SMM concerning all sports and physical exercises & activities. For more information, please visit [Sport Singapore official website](#).

1. Refer to updated SMM advisory issued on 18 August, under paragraph “E” On Sport Events; Sport Competitions & Tournaments; For indoor unmasked competitions or activities, only fully vaccinated persons may participate in such events. As such, all officials (i.e. team managers), coaches, participants etc need to be fully vaccinated before entry is allowed.
2. All officials (i.e. team managers), coaches, participants etc must be prepared to show proof of your vaccination statuses before entry is allowed.
3. To coordinate the implementation of SMM during the competitions, participants are to report according to the given timeslot. Anyone who wishes to enter outside the given timeslot will be turned away.
4. All participants, coaches, and officials (i.e. team managers), who have completed their event will have to exit Toa Payoh Sport Hall immediately. No lingering is allowed.
5. All attendees to the event will have to download the Trace Together app or bring along the Trace Together token for scanning of SafeEntry at the entrance.
6. No mixing between groups/club at all times.
7. Masks should be worn as a default during the duration of competition. Masks can be taken off when performing strenuous activities.
8. Disinfection and sanitisation of equipment will be done after each bout.
9. Competition Day Flow
  - i. Reporting Time
  - ii. Directed to weight in / roll call
  - iii. Loan E-Sock from organiser (if require)
  - iv. Volunteers will proceed lead participant to holding area inside the sport hall through designated door
  - v. Competition time
  - vi. Exit Toa Payoh Sport Hall
10. Movement control will apply to competition venue including toilet access.



# GETACTIVE! SINGAPORE PESTA SUKAN 2021

## TAEKWONDO

### COMPETITION RULES & REGULATION



Annex A

# GETACTIVE! SINGAPORE

## LETTER OF WAIVER AND INDEMNITY (GETACTIVE! SINGAPORE PESTA SUKAN 2021 PARTICIPATION)

To: Singapore Sports Council  
(rebranded as "Sport Singapore" with effect from 1 April 2014)

### LETTER OF WAIVER AND INDEMNITY TO SPORT SINGAPORE ("SportSG")

Pesta Sukan 2021 :	
Start Date:	
End Date:	
Venue:	

Dear Sirs,

- I, \_\_\_\_\_ (name), (NRIC/Passport No. \_\_\_\_\_) of \_\_\_\_\_ (address) wish to participate in the Pesta Sukan 2021.
- I warrant that I am in good health and have no physical condition that would endanger my life while participating in the Pesta Sukan 2021.
- Whilst reasonable precaution will be taken by SportSG and/or its agent/s to ensure the safety of participants, I understand that I take part in the Pesta Sukan 2021 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 the Pesta Sukan 2021 or for any loss of or damage to my property arising from my participation in the Pesta Sukan 2021, except for such injury or death that is caused directly by SportSG's or its agent/s' gross negligence.
- In consideration of SportSG allowing me to participate in the Pesta Sukan 2021, I undertake that if, in the course of the Pesta Sukan 2021, 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 if that suffering person makes claims or takes actions against SportSG or SportSG has to pay for costs or expenses.
- I represent that I am at least 16 years of age; or that, if I am under 16, my parent / legal guardian has signed below.

Yours faithfully,

\_\_\_\_\_  
[Signature of participant]

NRIC: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### To be completed by Parent / Guardian

I, \_\_\_\_\_ (name of parent / guardian) of NRIC No. \_\_\_\_\_ of \_\_\_\_\_ (address) am the parent / guardian of the above named \_\_\_\_\_ (name of child / ward). I consent to the said \_\_\_\_\_ (name of child / ward) taking part in the Pesta Sukan 2021, and I agree to the waiver and indemnity that are set out in this document.

\_\_\_\_\_  
[Signature of Parent / Guardian]

Name: \_\_\_\_\_

NRIC: \_\_\_\_\_

Date: \_\_\_\_\_