



COMPETITION RULES & REGULATION

1. Official Title of Championship

1.1 The official title of the competition is **GetActive! Singapore 2025 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 2025 General Rules and Regulations. https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan

4. Eligibility for Poomsae Events

4.1 Age is computed based on calendar year.

S/No	Division	Clarification		
1	Young	Born between the year of 2015 and 2014		
		(10 years to 11+ years)		
2	Cadet	Born between the year of 2013 and 2011		
		(12 years to 14+ years)		
3	Junior	Born between the year of 2010 and 2008		
		(15 years to 17+ years)		
4	Senior	Born between the year of 2007 and 1971		
		(18 years to 54+ years)		
5	Master	Born on or before the year of 1970		
		(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 2015 and 2014		
		(10 years to 11+ years)		
2	Cadet	Born between the year of 2013 and 2011		
		(12 years to 14+ years)		
3	Junior	Born between the year of 2010 and 2008		
		(15 years to 17+ years)		
4	Senior	Born between the year of 2007 and 1985		
		(18 years to 40+ years)		





COMPETITION RULES & REGULATION

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 2013 and 2011	
		(12 years to 14+ years)	
2	Junior	Born between the year of 2010 and 2008	
		(15 years to 17+ years)	

5. Registration by Team Manager / Coach

- 5.1 There is no limit to the number of participants a club can register for both Poomsae 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.
- 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 last 4 digit of NRIC to tournament.stf@gmail.com.
- 5.5 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_last 4 digit of NRIC to tournament.stf@gmail.com
- 5.6 Team Managers are to submit their registration to tournament.stf@gmail.com
- 5.7 Team Manager is to ensure that hardcopy registration form is available for verification by organiser when required.
- 5.8 Submission will not be processed if any information submitted is incorrect/incomplete.
- The closing date for submission is on **30 June 2025.** 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 2025, 1600hrs.** NO changes are allowed after **10 June 2025, 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.





COMPETITION RULES & REGULATION

6. Entries & Fees

- 6.1 The closing date for all entries is on **30 June 2025**, **4.00pm**.
- 6.2 All entries must be submitted to the organiser before 30 June 2025, 4.00pm. Late entries after 30 June 2025, 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	\$5.00	\$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 2025** at Singapore Taekwondo Federation's National Training Centre from **7.00pm to 9.00pm.**
 - Address: 80 Lor Limau, Singapore 320080
- 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 2025** at Singapore Taekwondo Federation's National Training Centre from **7.00pm to 9.00pm**.
 - Address: 80 Lor Limau, Singapore 320080





COMPETITION RULES & REGULATION

10. Pesta Sukan 2025 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 2025 indemnity form link before the team managers' briefing or on the day of the competition:

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Pesta Sukan 2025 Indemnity Form:
Pesta Sukan 2025 Indemnity Form | FormSG

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 2025 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 30 Jul 2025 to 03 Aug 2025.

12.2 Competition Venue: **TBC**

Date	Timing	Competition
Wednesday, 30 July 2025 (Standby Date)	1900 to 2200	Poomsae / Kyorugi
Thursday, 31 Julye 2025 (Standby Date)	1900 to 2200	Poomsae / Kyorugi
Friday, 01 Aug 2025 (Standby Date)	1900 to 2200	Poomsae / Kyorugi
Saturday, 02 Aug 2025	0900 to 2200	Poomsae / Kyorugi
Sunday, 03 Aug 2025	0900 to 2200	Poomsae / Kyorugi

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	Yellow (Grade 8 & 7)	Taegeuk Ee Jang
2	Individual	Cadet	Green (Grade 6 & 5)	Taegeuk Sa Jang
3	Individual	Junior Senior	Blue (Grade 4 & 3)	Taegeuk Yuk Jang
4	Individual	Seilloi	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





COMPETITION RULES & REGULATION

14. Category & Format of Play

14.1 Poomsae: Individual Poom Belt / Black Belt

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

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.





COMPETITION RULES & REGULATION

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:

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		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	Young	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		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	Young	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

^{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





COMPETITION RULES & REGULATION

S/No	Boy's Division	Weight Categories	Red Belt	Poom Belt
1		Under 30 kg	25 – 29.9 kg	25 – 29.9 kg
2		Under 33 kg	30 – 32.9 kg	30 – 32.9 kg
3		Under 37 kg	33 – 36.9 kg	33 – 36.9 kg
4		Under 41 kg	37 – 40.9 kg	37 – 40.9 kg
5		Under 45 kg	41 – 44.9 kg	41 – 44.9 kg
6	Cadet	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	53 – 56.9 kg
9		Under 61 kg	57 – 60.9 kg	57 – 60.9 kg
10		Under 65 kg	61 – 64.9 kg	61 – 64.9 kg
11		Under 70 kg		65 – 67.9 kg

S/No	Girl's Division	Weight Categories	Red Belt	Poom Belt
1		Under 26 kg	23 – 25.9 kg	23 – 25.9 kg
2		Under 29 kg	26 – 28.9 kg	26 – 28.9 kg
3		Under 33 kg	29 – 32.9 kg	29 – 32.9 kg
4		Under 37 kg	33 – 36.9 kg	33 – 36.9 kg
5		Under 41 kg	37 – 40.9 kg	37 – 40.9 kg
6	Cadet	Under 44 kg	41 – 43.9 kg	41 – 43.9 kg
7		Under 47 kg	44 – 46.9 kg	44 – 46.9 kg
8		Under 51 kg	47 – 50.9 kg	47 – 50.9 kg
9		Under 55 kg	51 – 54.9 kg	51 – 54.9 kg
10		Under 59 kg		55 – 58.9 kg
11		Under 63 kg		59 – 62.9 kg

S/No	Boy's Division	Weight Categories	Red Belt	Black Belt
1		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	lumian	Under 59 kg	55 – 58.9 kg	55 – 58.9 kg
5	Junior	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		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	Junior	Under 52 kg	49 – 51.9 kg	49 – 51.9 kg
5	Juliloi	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





COMPETITION RULES & REGULATION

S/No	Men's Division	Weight Categories	Red Belt
1		Under 58 kg	49 - 57.9 kg
2	Conjor	Under 68 kg	58 - 67.9 kg
3	Senior .	Under 80 kg	68 - 79.9 kg
4		Over 87 kg	80 kg – 100 kg

S/No	Women's Division	Weight Categories	Red Belt
1		Under 49 kg	41 - 48.9 kg
2	Senior -	Under 57 kg	49 - 56.9 kg
3		Under 67 kg	57 - 66.9 kg
4		Over 73 kg	67 kg – 85 kg

S/No	Men's Division	Weight Categories	Black Belt
1		Under 54 kg	49 - 53.9 kg
2		Under 58 kg	54 - 57.9 kg
3		Under 63 kg	58 - 62.9 kg
4	0 :	Under 68 kg	63 - 67.9 kg
5	Senior	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		Under 46 kg	41 - 45.9 kg
2		Under 49 kg	46 - 48.9 kg
3		Under 53 kg	49 - 52.9 kg
4	0 !	Under 57 kg	53 - 56.9 kg
5	Senior	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.
- 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.





COMPETITION RULES & REGULATION

- 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. Official Weigh-In / Random Weigh Check

- 17.1 Official weigh-in for participants who have registered for the kyorugi competition will be conducted on the day of competition.
- 17.2 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.
- 17.3 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.
- 17.4 During weigh-in, participants shall wear shorts and t-shirt. An excess of 0.099kg is permissible.
- 17.5 NO nude weigh-in.
- 17.6 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.
- 17.7 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.
- 17.8 Random weight checks will also be conducted during the competition. Participants who fail the random weight check will be disqualified.





COMPETITION RULES & REGULATION

18. Medals for Category

- 18.1 Medals will be awarded to the top 4 winners of Young, Cadet, Junior, Senior and Master Poomsae category with at least 4 participants
- 18.2 Medals will be awarded to the top 4 winners of Cadet and Junior Para Poomsae category with at least 4 participants;
- 18.3 Medals will be awarded to the top 4 winners of Young, Cadet, Junior and Senior Kyorugi category with at least 4 participants;
- 18.4 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.
- 18.5 If there are less than 3 participants,
 - participants may continue with the competition and medals will be awarded based on the 'minus 1 rule'.

19. Competition official coach

- 19.1 Coaches must hold a minimum of Level 2 coaching qualification of the respective events to be eligible for coaching during the competition.
- 19.2 Coaches are required to display their professional coach passes issued by the STF before entering the field of play.
- 19.3 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.

20. Protest

- 20.1 Only Team Managers and Coaches are allowed to submit their team's protest.
- 20.2 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.
- 20.3 In the event of the protest being dismissed, the fee will be forfeited.
- 20.4 Decision(s) derived from any protest shall be final and there shall be no appeal thereafter.

21. Uniform

- 21.1 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.
- 21.2 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.





COMPETITION RULES & REGULATION

- 21.3 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.
- 21.4 Participants may wear <u>Full set</u> (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. Kyorugi Equipment

- 22.1 Participants are responsible for their own protective equipment for kyorugi competition.
- 22.2 Kyorugi equipment used for the competition must be approved by the STF.
- 22.3 All participants will be required to wear the following protective equipment for Kyorugi competition upon entering the contest area:
 - For Young, Cadet & Junior category -: E-Headgear with face shield (Blue or Red colour only);
 - For Senior -: E-Headgear (Blue or Red colour only);
 - Approved E-Trunk protector;
 - Approved Taekwondo Groin guard;
 - Approved Taekwondo Forearm guard;
 - Approved Taekwondo Shin guard;
 - Approved Taekwondo Gloves;
 - 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.
 - Approved Taekwondo Mouthpiece
 - *Mouthpiece is optional if participants are wearing headgear with face shield.
- 22.4 Inspection of E-sock will be carried out when participants report for their weigh-in.
- 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;





COMPETITION RULES & REGULATION

23. First Aid and Medical Declaration

- 23.1 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.
- 23.2 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.
- 23.3 All teams and participants shall be responsible to ensure their own medical coverage, including first aid and personal accident insurance.
- 23.4 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.
- 23.5 First aid services are available at venue while ambulances are deployed based on the nature and risk of the sport.

24. Competition Jurisdictions

- 24.1 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.
- 24.2 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.
- 24.3 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.
- 24.4 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.
- 24.5 The Organiser reserves the right to disqualify participants / team at its discretion as dictated by STF competition Rules & Regulation Article 22 dated March 2024.
 - 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:
 - 24.5...1 Disqualification of the athlete
 - 24.5...2 Warning and order to issue official apology
 - 24.5...3 Removal of accreditation
 - 24.5...4 Total ban from the competition
 - 24.5...5 Revoke the results and all related merits





COMPETITION RULES & REGULATION

- 24.5...6 Suspension of individual athlete, coach, or/and team officials from all STF activities
 - 24.5...6.1 6 months Suspension
 - 24.5...6.2 1 year Suspension
 - 24.5...6.3 2 years Suspension
 - 24.5...6.4 3 years Suspension
 - 24.5...6.5 4 years Suspension
- 24.5...7 Suspension of STF affiliated club from participating in STF Promoted or Recognised Championship;
 - 24.5...7.1 Specified championship
 - 24.5...7.2 All championships for a specified period of time, up to four (4) years.
 - 24.5...8 Monetary fine of between \$100 to \$5,000 SGD dollars per violation.
- 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.
- 24.6 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.
- 24.7 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 2025 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 2025: 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;
- 24.8 In consideration of SportSG and STF allowing me to participate in GetActive! Singapore 2025 Pesta Sukan Taekwondo, I undertake that if, in the course of GetActive! Singapore Pesta Sukan 2025: 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.





COMPETITION RULES & REGULATION

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

NAME :(in full) _		Gender:	D.O.B:	_Age	_ (as year 2025)
Last 4 digit NRI	C/Passport No:	Contact I	Contact No.:		e:
Nationality:	Email:		Employment	Status: _	
Address:			(S)	
	rth East, East, West, (
	tact No.				
Grade:	Date Obtained:	Name of Coad	ch:	HP:	
Club:		Name of Manage	r:	_HP:	
Others Martial A	vrt:	Level:	Years Practi	ce:	
Medical History	(year):		Medical L	_etter:	Yes / No
YOUNG CATEG	ORY (10 to 11 years o	old) (born on year 20	15 to 2014) (Please	X the ap	propriate box)
DVISION	BOY's	DIVISION	GIRL's		
BELT	Blue	BELT	Blue		Actual Weight Must Fill In
Under 29 kg	25 kg – 28.9 kg	Under 27 kg	23 kg – 26.9 kg		Wast i iii iii
Under 33 kg		Under 31 kg			
Under 37 kg		Under 35 kg			
Under 41 kg	37 kg – 40.9 kg	Under 39 kg	35 kg – 38.9 kg		
					Signature of Participan
(To be complet	ed by parent / guardia	an of participant belo	w 21 years old)		
and accept the r SportSG and ST suffered in conn	her participating in Gerisks associated with property in respect of any location therewith; and ado is entirely at my/out	tActive! Singapore 20 participation in the cor ss of life and injury to acknowledge that par	mpetition and waiv persons, or loss or ticipation in GetAc	e all right of or dama	s against and release age to property,
Name of Pare	ent / Guardian	Signature.	C	ontact No.	<u> </u>
Certify by Team	Manager (Name)	Signature	Cli	ub's Stam	<u>р</u>





COMPETITION RULES & REGULATION

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

NAME :(in full) _			Gender:[D.O.B:	_ Age	_ (as year 2025)
Last 4 digit NRIC	C/Passport No:		Contact N	lo.:	Rad	ce:
Nationality: Email: _				Employmen	t Status:	
Address:				(S	S)	
Zone: North, Noi	rth East, East, West,	Cent	ral (Select one)	Name of Next of	f Kin:	
Next of Kin Cont	act No			Next of Kin Rela	tionship:	
Grade:	Date Obtained:		_ Name of Coac	h:	HP:	
Club:		N	lame of Manager	:	_HP:	
Others Martial A	rt:		Level:	Years Practi	ice:	
Medical History ((year):			Medical I	Letter:	Yes / No
YOUNG CATEG	ORY (10 to 11 years	<u>old</u>) (born on year 201	5 to 2014) (Please	X the ap	ppropriate box)
DVISION	BOY's		DIVISION	GIRL's		
BELT	Red		BELT	Red		Actual Weight Must Fill In
Under 29 kg	25 kg – 28.9 kg		Under 27 kg	23 kg – 26.9 kg		
Under 33 kg	29 kg – 32.9 kg		Under 31 kg	27 kg – 30.9 kg		
Under 37 kg	33 kg – 36.9 kg		Under 35 kg	31 kg – 34.9 kg		
Under 41 kg	37 kg – 40.9 kg		Under 39 kg	35 kg – 38.9 kg		
Under 45 kg Under 49 kg	41 kg – 44.9 kg 45 kg – 48.9 kg		Under 43 kg Under 47 kg	39 kg – 42.9 kg 43 kg – 46.9 kg		
Under 53 kg	49 kg - 52.9 kg		Under 51 kg	47 kg - 50.9 kg		
						Signature of Participant
(To be complete	ed by parent / guardi	an of	participant belo	w 21 years old)		
I, Mr/Mrs/Ms			the pare	nt / guardian of		
	ner participating in G	etAct			Γaekwon	do and acknowledge
and accept the ri	isks associated with	partic	ipation in the con	npetition and waiv	e all righ	ts against and release
	F in respect of any lo					
	ection therewith; and		•	•	ctive! Sin	gapore 2025 Pesta
Sukan Taekwon	do is entirely at my/o	ur ris	k and responsibili	ty.		
Name of Pare	ent / Guardian		Signature.	С	ontact No).
Certify by Team Manager (Name)			 Signature		ub's Stan	 an



Young



COMPETITION RULES & REGULATION

REGISTRATION FORM C -

NAME :(in full) _		Gend	der:	D.O.B:	Age	_ (as year 2025)
Last 4 digit NRI	C/Passport No:		Contact I	No.:	Ra	ce:
Nationality:	Email: _			Employm	ent Status:	
Address:					_(S)	
Zone: North, No	rth East, East, West, 0	Central (Sel	ect one)	Name of Next	of Kin:	
Next of Kin Con	tact No			_ Next of Kin Re	elationship:	
Grade:	_Date Obtained:	Nam	e of Coad	ch:	HP:	:
	vrt:					
	(year):					
	ORY (10 to 11 years o					
DVISION	BOY's	DIVIS		GIRL's		,
BELT	Poom	BEL		Poom		Actual Weight Must Fill In
I, Mr/Mrs/Ms consent to his / and accept the r SportSG and S1	29 kg - 32.9 kg 33 kg - 36.9 kg 37 kg - 40.9 kg 41 kg - 44.9 kg 45 kg - 48.9 kg 49 kg - 52.9 kg 53 kg - 56.9 kg 57 kg - 59.9 kg	Unde Unde Unde Unde Unde Unde Unde Unde	, the pare gapore 20 in the cor d injury to	27 kg - 30.9 31 kg - 34.9 35 kg - 38.9 39 kg - 42.9 43 kg - 46.9 47 kg - 50.9 51 kg - 53.9 54 kg - 56.9 ent / guardian of 25 Pesta Sukampetition and was persons, or los	kg have all righ s of or dam	its against and release age to property,
Sukan Taekwon Name of Pare	ndo is entirely at my/ou ent / Guardian	r risk and re	esponsibi ature.		Contact No	D.
Certify by Team	Manager (Name)	Signa	ature		Club's Stan	np





COMPETITION RULES & REGULATION REGISTRATION FORM D - Cadet

(To be completed by **All RED Belt** participants)

BELT	NAME :(in full)			Gender:D	.O.B:	_ Age	(as year 2025)	
Address:	Last 4 digit NRI	C/Passport No:		Contact No.:		Race:		
Next of Kin Contact No	Nationality:	Email:			Employmen	t Status: _		
Next of Kin Contact No.	Address:				(8	S)		
Club:	Zone: North, No	orth East, East, West,	Central	(Select one)	Name of Next of	of Kin:		
Club:	Next of Kin Con	tact No	 		Next of Kin Rela	tionship: _		
Others Martial Art:	Grade:	_ Date Obtained:		Name of Coach	ı:	HP:		
Medical History (year):	Club:		Nar	ne of Manager:		_HP:		
CADET CATEGORY (12 to 14 years old) (born on year 2013 to 2011) (Please X the appropriate box) DVISION BOY's BELT Red BELT Red Under 30 kg 25 kg - 29.9 kg Under 26 kg 23 kg - 25.9 kg Under 37 kg 33 kg - 36.9 kg Under 29 kg 26 kg - 28.9 kg Under 37 kg 33 kg - 36.9 kg Under 37 kg 33 kg - 36.9 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 41 kg 37 kg - 40.9 kg Under 44 kg 41 kg - 43.9 kg Under 47 kg 44 kg - 46.9 kg Under 57 kg 53 kg - 56.9 kg Under 47 kg 44 kg - 46.9 kg Under 57 kg 53 kg - 66.9 kg Under 55 kg 51 kg - 54.9 kg Under 65 kg 61 kg - 64.9 kg Under 55 kg 51 kg - 54.9 kg Under 55 kg 51 kg -	Others Martial A	Art:	Le	vel:	Years Pract	ice:		
DVISION BOY's BELT Red BELT Red Under 30 kg 25 kg - 29.9 kg Under 33 kg 30 kg - 32.9 kg Under 37 kg 33 kg - 36.9 kg Under 49 kg 41 kg - 44.9 kg Under 45 kg 41 kg - 44.9 kg Under 47 kg 37 kg - 48.9 kg Under 47 kg 44 kg - 46.9 kg Under 57 kg 53 kg - 56.9 kg Under 57 kg 53 kg - 56.9 kg Under 55 kg 51 kg - 54.9 kg Under 65 kg 61 kg - 64.9 kg Under 55 kg 51 kg - 54.9 kg Under 55 kg Un	Medical History	(year):			Medical	Letter:	Yes / No	
BELT Red Under 30 kg 25 kg – 29.9 kg Under 26 kg 23 kg – 25.9 kg Under 27 kg 33 kg – 36.9 kg Under 29 kg 26 kg – 28.9 kg Under 28 kg 41 kg – 44.9 kg Under 41 kg 37 kg – 40.9 kg Under 41 kg 41 kg – 43.9 kg Under 41 kg – 46.9 kg Under 57 kg 53 kg – 56.9 kg Under 51 kg 47 kg – 50.9 kg Under 55 kg 51 kg – 54.9 kg Under 65 kg 61 kg – 64.9 kg Under 65 kg 61 kg – 64.9 kg Under 55 kg 51 kg – 54.9 kg Under 56 kg Under 57 kg – 50.9 kg Under 57 kg – 50.9 kg Under 51 kg – 50.9 kg Under 50 k	CADET CATEG	ORY (12 to 14 years o	ld) (boi	rn on year 2013	to 2011) (Please	X the app	oropriate box)	
Under 30 kg	DVISION	BOY's		DIVISION	GIRL's			
Under 33 kg 30 kg – 32.9 kg Under 29 kg 26 kg – 28.9 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 41 kg 37 kg – 40.9 kg Under 53 kg 49 kg – 52.9 kg Under 47 kg 41 kg – 43.9 kg Under 61 kg 57 kg – 60.9 kg Under 55 kg 61 kg – 64.9 kg Under 55 kg 51 kg – 54.9 kg Under 55 kg 51 kg – 56.9 kg Under 55 kg 51 kg – 56.9 kg Under 55 kg 51 kg – 56.9 kg Under 41 kg 37 kg – 40.9 kg Under 41 kg 41 kg – 43.9 kg Under 41 kg 41 kg – 46.9 kg Under 50.9 kg Under 50.9 kg Under 50.9 kg Under 50.9 kg Un	BELT	Red		BELT	Red		Actual Weight Must Fill In	
Under 33 kg 30 kg – 32.9 kg Under 29 kg 26 kg – 28.9 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 41 kg 37 kg – 40.9 kg Under 41 kg 37 kg – 40.9 kg Under 53 kg 49 kg – 52.9 kg Under 47 kg 41 kg – 43.9 kg Under 57 kg 53 kg – 56.9 kg Under 57 kg 57 kg – 60.9 kg Under 55 kg 61 kg – 64.9 kg Under 55 kg 51 kg – 54.9 kg Under 55 kg 51 kg – 56.9 kg Under 55 kg 51 kg – 56.9 kg Under 47 kg 44 kg – 48.9 kg Under 50.9 kg Under 50.9 kg Un	Under 30 kg	25 kg – 29.9 kg		Under 26 kg	23 kg – 25.9 k	(g		
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 45 kg 45 kg - 48.9 kg Under 45 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 55 kg 51 kg - 54.9 kg Under 55 kg 51 kg - 54.9 kg Under 56 kg 61 kg - 64.9 kg Signature of participant below 21 years old) I, Mr/Mrs/Ms					<u> </u>			
Under 41 kg 37 kg - 40.9 kg Under 45 kg 41 kg - 44.9 kg Under 45 kg 41 kg - 44.9 kg Under 45 kg 45 kg - 48.9 kg Under 47 kg 41 kg - 43.9 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 55 kg 51 kg - 54.9 kg Under 55 kg 51 kg - 50.9 kg Un						-		
Under 45 kg		0				_		
Under 49 kg								
Under 57 kg	Under 49 kg						1	
Under 61 kg	Under 53 kg	49 kg – 52.9 kg		Under 47 kg				
Signature of participal Completed by parent / guardian of participant below 21 years old	Under 57 kg	53 kg – 56.9 kg		Under 51 kg	47 kg - 50.9	kg		
(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 2025 Pesta Sukan Taekwondo and acknowledge an 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 2025 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				Under 55 kg	51 kg - 54.9	kg		
(To be completed by parent / guardian of participant below 21 years old) I, Mr/Mrs/Ms	Under 65 kg	61 kg - 64.9 kg						
I, Mr/Mrs/Ms						\$	Signature of participant	
consent to his / her participating in GetActive! Singapore 2025 Pesta Sukan Taekwondo and acknowledge an accept the risks associated with participation in the competition and waive all rights against and release SportSC 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 2025 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility. Name of Parent / Guardian Signature. Contact No.	(To be complet	ted by parent / guardi	an of pa	articipant below	/ 21 years old)			
consent to his / her participating in GetActive! Singapore 2025 Pesta Sukan Taekwondo and acknowledge an accept the risks associated with participation in the competition and waive all rights against and release SportSC 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 2025 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility. Name of Parent / Guardian Signature. Contact No.				_, the parent /	guardian of			
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 2025 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	consent to his / h	ner participating in Get/	Active!	Singapore 2025	Pesta Sukan Ta	aekwondo	and acknowledge and	
connection therewith; and acknowledge that participation in GetActive! Singapore 2025 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								
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								
Name of Parent / Guardian Signature. Contact No. Certify by Team Manager (Name) Signature Club's Stamp					tActive! Singapo	re 2025 P	'esta Sukan	
Certify by Team Manager (Name) Signature Club's Stamp	i aekwondo is e	ntirely at my/our risk ar	nd respo	onsibility.				
	Name of Par	ent / Guardian	;	Signature.	C	ontact No	<u> </u>	
	Certify by Team	Manager (Name)		 Signature	CI	ub's Stam	 ID	
CIECELLINES CHINICALULE ZUZU EENIA CURAU TAERWUUUU U UUUNNAEU AN ZO EEU ZUZU		• , ,		•			•	





COMPETITION RULES & REGULATION REGISTRATION FORM E - Cadet

NAME :(in full)			Gender:D.O.B:		де (as y	ear 2025)
Last 4 digit NRI	C/Passport No:		Contact No.:	Ra	ice:	
Nationality:	Email:			Employment St	atus:	
Address:				(S)		
Zone: North, No	orth East, East, West,	Central	(Select one)	Name of Next of K	in:	
Next of Kin Con	tact No		N	lext of Kin Relation	ıship:	
Grade:	_ Date Obtained:		Name of Coach:		HP:	
Club:		Nar	ne of Manager: _	Н	P:	
	Art:					
Medical History	(year):			Medical Lett	ter:Yes	/ No
CADET CATEG	ORY (12 to 14 years o	ıld) (boı	<u>n on year 2013 t</u>	t o 2011) (Please X t	the appropriat	te box)
DVISION	BOY's		DIVISION	GIRL's		
BELT	Poom		BELT	Poom		Actual Weight Must Fill In
Under 30 kg	25 kg – 29.9 kg		Under 26 kg	23 kg – 25.9 kg		
Under 33 kg	30 kg – 32.9 kg		Under 29 kg			
Under 37 kg	33 kg – 36.9 kg		Under 33 kg	29 kg – 32.9 kg		
Under 41 kg	37 kg – 40.9 kg		Under 37 kg	33 kg – 36.9 kg	+	
Under 45 kg	41 kg – 44.9 kg		Under 41 kg	37 kg – 40.9 kg		
Under 49 kg	45 kg – 48.9 kg		Under 44 kg	41 kg – 43.9 kg		
Under 53 kg	49 kg – 52.9 kg		Under 47 kg	44 kg – 46.9 kg		
Under 57 kg	53 kg – 56.9 kg		Under 51 kg	47 kg - 50.9 kg		
Under 61 kg	57 kg - 60.9 kg		Under 55 kg	51 kg - 54.9 kg		
Under 65 kg	61 kg -64.9 kg		Under 59 kg	55 kg - 58.9 kg	1	
Under 70 kg	65 kg <i>–</i> 69.9 kg		Under 63 kg	59 kg – 62.9 kg		
					Signatu	ıre of participant
(To be complet	ted by parent / guardia	an of pa	articipant below	21 years old)		
I, Mr/Mrs/Ms			, the parent / g	uardian of		
	ner participating in Get/	Active!	Singapore 2025	Pesta Sukan Taek		
	associated with particip					
	ect of any loss of life ar					
	with; and acknowledge			Active! Singapore 2	2025 Pesta S	ukan
l aekwondo is e	ntirely at my/our risk ar	nd respo	nsibility.			
					(N	_
Name of Par	ent / Guardian	,	Signature.	Cont	act No.	
Certify by Team	Manager (Name)		Signature	Club's	s Stamp	_





COMPETITION RULES & REGULATION

REGISTRATION FORM F - Junior (To be completed by All RED Belt participants)

NAME :(in full) _		Gender:[D.O.B:	Age	_ (as year 2025)
Last 4 digit NRIC/Passport No:		Contact No.: _		Race: _	
Nationality:	Email: _		Employm	ent Status:	
Address:		· · · · · · · · · · · · · · · · · · ·		_(S)	
Zone: North, No	rth East, East, West, (Central (Select one)	Name of Nex	kt of Kin:	
Next of Kin Cont	tact No		Next of Kin R	elationship:	
Grade:	Date Obtained:	Name of Coac	h:	HP:	
Club:		Name of Manager	. :	HP:	
Others Martial A	rt:	Level:	Years Pra	actice:	
Medical History	(year):		Medic	al Letter: _	Yes / No
JUNIOR CATEG	ORY (15 to 17 years o	old) (born on year 201 DIVISION	10 to 2008) (Ple	ase X the a	ppropriate box)
BELT	Red	BELT	Red		Actual Weight
Under 48 kg					Must Fill In
	45 kg – 47.9 kg	Under 44 kg	42 kg – 43.9	_	
Under 51 kg Under 55 kg	48 kg – 50.9 kg	Under 46 kg	44 kg – 45.9		
Under 59 kg	51 kg – 54.9 kg	Under 49 kg Under 52 kg	46 kg – 48.9 49 kg – 51.9		
Under 63 kg	55 kg – 58.9 kg 59 kg – 62.9 kg	Under 55 kg			
Under 68 kg		 	52 kg – 54.9		
Under 73 kg	63 kg - 67.9 kg 68 kg - 72.9 kg	Under 59 kg	55 kg - 58.9	g kg	
					Signature of particip
(To be complete	ed by parent / guardia	ın of participant belo	w 21 years old)	
I. Mr/Mrs/Ms		the parent	/ guardian of		
consent to his / h	er participating in GetA	active! Singapore 202	5 Pesta Sukan	Taekwondo	and acknowledge a
accept the risks a	associated with particip	ation in the competition	n and waive all	rights agains	st and release Sports
	ect of any loss of life and				
	with; and acknowledge		etActive! Singa	pore 2025 I	² esta Sukan
I aekwondo is er	ntirely at my/our risk an	d responsibility.			
Name of Pare	ent / Guardian	Signature.		Contact No).
				0.11.0	
Certified by Tea	ım Manager (Name)	Signature		Club's Star	np



REGISTRATION FORM G - Junior



COMPETITION RULES & REGULATION

NAME :(in full) _			Gender:	D.O.B:	Age	(as year 2025)
	C/Passport No:					
	Email:					
Zone: North, Nor	th East, East, West, 0	Cent	ral (Select one)	Name of Next	of Kin:	
Next of Kin Cont	act No			_ Next of Kin Rel	ationship:	
Grade:	Date Obtained:		Name of Coad	ch:	HP:	:
Club:		N	lame of Manage	r:	HP:	
Others Martial A	rt:		Level:	Years Pra	ctice:	
Medical History (year):			Medica	l Letter:	Yes / No
JUNIOR CATEGO DIVISION	ORY (15 to 17 years o	<u>ld</u>) ((born on year 20 DIVISION	10 to 2008) (Plea GIRL's	se X the a	ppropriate box)
BELT	BOY's Black		BELT	Black		Actual Weight Must Fill In
Under 48 kg	45 kg – 47.9 kg		Under 44 kg	42 kg – 43.9	kg	Mustriii
Under 51 kg			Under 46 kg			
Under 55 kg	51 kg – 54.9 kg		Under 49 kg	46 kg – 48.9		
Under 59 kg	55 kg – 58.9 kg		Under 52 kg	49 kg – 51.9	kg	
Under 63 kg	59 kg - 62.9 kg		Under 55 kg	52 kg – 54.9		
Under 68 kg	63 kg - 67.9 kg		Under 59 kg	55 kg - 58.9	kg	
Under 73 kg	68 kg - 72.9 kg		Under 63 kg	59 kg - 62.9	kg	
Under 78 kg	73 kg <i>–</i> 77.9 kg		Under 68 kg	63 kg - 67.9		
						Signature of participant
(To be complete	ed by parent / guardia	n of	participant belo	w 21 years old)		
I Mr/Mrs/Ms			the parent	/ guardian of		
						o and acknowledge and
accept the risks a	ssociated with particip	atior	in the competition	n and waive all ri	ghts agains	st and release SportSG
	ct of any loss of life an					
	with; and acknowledge			etActive! Singap	ore 2025 I	Pesta Sukan
i aekwoildo is en	tirely at my/our risk an	u res	sponsibility.			
Name of Parent / Guardian			Signature.		Contact No	D.
Certified by Tea	 m Manager (Name)		Signature		Club's Stan	 np





COMPETITION RULES & REGULATION

REGISTRATION FORM H - SENIOR

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

NAME :(in full)			Gender:D.	.O.B: A	.ge	_ (as year 2025)		
Last 4 digit NRIC/	/Passport No:		Contact No.:	R	ace:			
Nationality:	Email:		Employment Status:					
Address:				(S)_				
Zone: North, Nort	h East, East, West, (Centra	I (Select one)	Name of Next of K				
Next of Kin Conta	ict No		Ī	Next of Kin Relatior	nship:			
	Date Obtained:							
	t:							
	/ear):							
DIVISION	RY (18 to 40 years ol	a) (bol	DIVISION	FEMALE	ne appi	ropriate box)		
BELT	Red		BELT	Red		Actual Weight Must Fill In		
Under 58 kg	49 kg - 57.9 kg		Under 49 kg	46 kg - 48.9 kg				
Under 68 kg	58 kg - 67.9 kg		Under 57 kg	49 kg - 56.9 kg				
Under 80 kg	68 kg – 79.9 kg		Under 67 kg	57 kg – 66.9 kg				
Over 87 kg	80 kg – 100 kg		Over 73 kg	67 kg – 85 kg				
				,		Signature of participa		
(To be completed	d by parent / guardia	n of p	articipant below	21 years old)				
		ctive!		Pesta Sukan Taek		and acknowledge and tand release SportSG		
and STF in respec	t of any loss of life an	d injur	y to persons, or lo	oss of or damage to	propert	y, suffered in		
	ith; and acknowledge irely at my/our risk an		•	Active: Singapore A	2023 P	esta Sukan		
Name of Parent / 0	Guardian / Participant		Signature	Cont	tact No.	<u>. </u>		
Certify by Team	Manager (Name)		Signature	Club	's Stam			





COMPETITION RULES & REGULATION

REGISTRATION FORM J - SENIOR

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

NAME :(in full) _		Gender:D).O.B: A	ge (as yea	r 2025)			
Last 4 digit NRIC	/Passport No:	Contact No.:	Ra	ace:				
Nationality:	Email:	Employment Status:						
Address:			(S)_					
Zone: North, Nor	th East, East, West, Ce	entral (Select one)	Name of Next of K	(in:				
Next of Kin Conta	act No		Next of Kin Relation	nship:				
Grade:	Date Obtained:	Name of Coacl	າ:	HP:				
Club:		_Name of Manager:	H	IP:				
Others Martial Ar	t:	Level:	Years Practice	:				
	year):							
	RY (18 to 40 years old)							
DIVISION	MALE	DIVISION	FEMÁLE		,			
BELT	Red	BELT	Red		ual Weight ust Fill In			
Under 58 kg	49 kg - 57.9 kg	Under 49 kg	46 kg - 48.9 kg					
Under 68 kg	58 kg - 67.9 kg	Under 57 kg	49 kg - 56.9 kg					
Under 80 kg	68 kg – 79.9 kg	Under 67 kg	57 kg – 66.9 kg					
Over 87 kg	80 kg – 100 kg	Over 73 kg	67 kg – 85 kg					
				Signature	e of participar			
(To be complete	ed by parent / guardian	of participant below	v 21 years old)					
accept the risks a and STF in respec connection therew	er participating in GetAc ssociated with participat ct of any loss of life and vith; and acknowledge th tirely at my/our risk and	ion in the competitior injury to persons, or l aat participation in Ge	Pesta Sukan Taek and waive all rights oss of or damage to	against and rele property, suffere	ase SportSG ed in			
Name of Parent /	Guardian / Participant	Signature	Con	tact No.				
Certify by Team	 Manager (Name)	Signature	- Club	's Stamp				





COMPETITION RULES & REGULATION

REGISTRATION FORM K - SENIOR

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

NAME :(in full) _		Gender:D.	.O.B: A	ge (as yea	ar 2025)			
Last 4 digit NRIC	/Passport No:	Contact No.:	Ra	ace:				
Nationality:	Email:	Employment Status:						
Address:			(S)_					
Zone: North, Nor	th East, East, West, Cer	ntral (Select one)	Name of Next of K	in:				
Next of Kin Conta	act No.		Next of Kin Relatior	nship:				
	Date Obtained:							
	t:	-						
	year):							
DIVISION	RY (18 to 40 years old) (MALE	DIVISION	FEMALE	ne appropriate	DOX)			
BELT	Black	BELT	Black		tual Weight lust Fill In			
Under 54 kg	49 kg – 53.9 kg	Under 46 kg	41 kg – 45.9 kg		1400 1 111 111			
Under 58 kg	54 kg - 57.9 kg	Under 49 kg	46 kg - 48.9 kg					
Under 63 kg	58 kg - 62.9 kg	Under 53 kg	49 kg - 52.9 kg					
Under 68 kg	63 kg - 67.9 kg	Under 57 kg	53 kg - 56.9 kg					
Under 74 kg	68 kg - 73.9 kg	Under 62 kg	57 kg - 61.9 kg					
Under 80 kg	74 kg – 79.9 kg	Under 67 kg	62 kg – 66.9 kg					
Under 87 kg	80 kg - 86.9 kg	Under 73 kg	67 kg - 72.9 kg					
Over 87 kg	87 kg – 100 kg	Over 73 kg	73 kg – 85 kg					
				Signatur	e of participa			
(To be complete	d by parent / guardian d	of participant below	21 years old)					
I, Mr/Mrs/Ms		, the parent / o						
	er participating in GetActi ssociated with participatio							
	ct of any loss of life and ir							
	vith; and acknowledge that							
	tirely at my/our risk and re		5 1					
Name of Parent /	Guardian / Participant	Signature	Cont	tact No.				
Certify by Team	 Manager (Name)	 Signature	Club	's Stamp				





COMPETITION RULES & REGULATION

REGISTRATION FORM L - SENIOR

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

NAME :(in full)			Gender:D.	O.B: A	ge	₋ (as year 2025)			
Last 4 digit NRIC/	Passport No:		Contact No.:	ace:					
Nationality:	Email:		Employment Status:						
Address:				(S)					
Zone: North, Nort	h East, East, West, Ce	entra	l (Select one)	Name of Next of K	in:				
	ct No.								
Next of Nill Conta				VEXT OF THIS INCIDENCE	13111P				
Grade:[Date Obtained:		Name of Coach:	i	HP: _				
Club:		_Na	me of Manager: _.	H	P:				
Others Martial Art	: :	Le	evel:	Years Practice:	:				
Medical History (y	/ear):			Medical Let	ter:	Yes / No			
SENIOR CATEGOR	RY (18 to 40 years old)	(hoi	rn on vear 1985 t	o 2007) (Please X t	he anni	ronriate hov)			
DIVISION	MALE	1001	DIVISION	FEMALE	пс аррі	opriate box)			
BELT	Black		BELT	Black		Actual Weight Must Fill In			
Under 54 kg	49 kg – 53.9 kg		Under 46 kg	41 kg – 45.9 kg					
Under 58 kg	54 kg - 57.9 kg		Under 49 kg	46 kg - 48.9 kg					
Under 63 kg	58 kg - 62.9 kg		Under 53 kg	49 kg - 52.9 kg					
Under 68 kg	63 kg - 67.9 kg		Under 57 kg	53 kg - 56.9 kg					
Under 74 kg	68 kg - 73.9 kg		Under 62 kg	57 kg - 61.9 kg					
Under 80 kg	74 kg – 79.9 kg		Under 67 kg	62 kg – 66.9 kg					
Under 87 kg	80 kg - 86.9 kg		Under 73 kg	67 kg - 72.9 kg					
Over 87 kg	87 kg – 100 kg		Over 73 kg	73 kg – 85 kg					
					;	Signature of participant			
(To be completed	d by participant 21 yea	ars o	ld and above)						
1	_			-4 4b - wieleeie4	حافانین ام ح	mantiainatian in the			
competition and w	, a aive all rights against a	ckiio ad re	wieuge and accep lease SportSG ar	of the fisks association	eu wiiii anv los	participation in the			
	or damage to property								
	ore 2024 Pesta Sukai								
						·			
Certify by Team I	Manager (Name)		Signature	Club'	s Stam	ip			





COMPETITION RULES & REGULATION

REGISTRATION FORM - M

POOMSAE PARTICIPANT FORM

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

NAME (in full):			D.O.B:		Age:	(as year 2025)		
oort No:	С	Contact No.:				Race:		
Nationality: Email:				Employmer				
Address:						Postal Co	ode:	
Zone: North, North East, East, West, Central					lext of K	íin:		
:			Next	of Kir	n Relatio	onship:		
ite Obtained:		Name of Coa	ch:			HP:		
Club:					HP:			
Others Martial Art:					Years I	Practice:		
					Medical Letter: Yes / No			
	Pare	ental/Guardian	Conse	ent				
I consent to the participation of the above-named applicant, who is my *child/ward, to participate in GetActive! Singapore 2025 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 2025 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.								
Parent Name / Contact No (Mobile) :				Signature/Date				
			Sig	gnatu	ıre/Date			
Contact No (Mobile) : Signature Signature Club's Stamp								
t : 1	Email: ation of the above Sukan Taekwond we all rights agains of or damage to e! Singapore 202	Email: Level Pare ation of the above-nare Sukan Taekwondo. I ave all rights against as of or damage to prope! Singapore 2025 Pere	Email: Ite Obtained: Name of Coal Name of Man Level: Parental/Guardian ation of the above-named applicant, Sukan Taekwondo. I acknowledge arve all rights against and release Spots of or damage to property, suffered at Singapore 2025 Pesta Sukan Tae	Parental/Guardian Consection of the above-named applicant, who is Sukan Taekwondo. I acknowledge and acceve all rights against and release SportSG as of or damage to property, suffered in conrect Singapore 2025 Pesta Sukan Taekwondo. Signapore 2025 Pesta Sukan Taekwondo.	Parental/Guardian Consent Et ation of the above-named applicant, who is my * Sukan Taekwondo. I acknowledge and accept the consent action of damage to property, suffered in connectice et Singapore 2025 Pesta Sukan Taekwondo is et Signatu. Signatu	Parental/Guardian Consent Level: Parental/Guardian Consent ation of the above-named applicant, who is my *child/wasukan Taekwondo. I acknowledge and accept the risks a cof or damage to property, suffered in connection there all Signature/Date Signature/Date Signature/Date	Port No: Contact No.: Race: Email: Employment Status: Postal C It, East, West, Central (Select one) Name of Next of Kin: Next of Kin Relationship: Ite Obtained: Name of Coach: HP: Name of Manager: HP: Level: Years Practice: Medical Parental/Guardian Consent ation of the above-named applicant, who is my *child/ward, to particulan Taekwondo. I acknowledge and accept the risks associated as of or damage to property, suffered in connection therewith; and a sel Singapore 2025 Pesta Sukan Taekwondo is entirely at my/our in Signature/Date Signature/Date	





COMPETITION RULES & REGULATION

REGISTRATION FORM - N

POOMSAE PARTICIPANT FORM

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

NAME (in full):			G	Gender:	D.O.B:			Age: (a	as year 2025)
Last 4 digit NRIC/Pa	asspor	rt No:	С	Contact No.:				Race:	
Nationality:	Nationality: Email:					Er	nployme	nt Status:	
Address:					Postal Code:				
Zone: North, North E	ntral	(Select one)	Nam	e of l	Next of K	in:			
Next of Kin Contact	No.:				Next	of K	in Relatio	onship:	
Grade:	Date	Obtained:		Name of Coa	ch:			HP:	
Club:	Club:				ager:		HP:		
Others Martial Art:			Leve	evel: Years				Practice:	
Medical History (yea	ar):						Medical Letter: Yes / No		
				Consent					
I acknowledge and accept the risks associated with participation in the GetActive! Singapore 2025 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 2025 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.								pect of any th; and	
Name / Contact No (Mobile) :					Signature/Date				
Witnessed By									
Team Manager / Contact No (Mobile)		Si	ignat	ure/Date					
Certify by Team Manager (Name) Signature Club's Stamp									





COMPETITION RULES & REGULATION

REGISTRATION FORM - P

PARA POOMSAE PARTICIPANT FORM

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

NAME (in full):			C	Gender: D.O.B:			Age:	(as year 2025)		
Last 4 digit NRIC/Pa	ısspor	t No:	C	Contact No.:				Race:		
Nationality: Email:						En	nploymeı	nt Status:		
Address:								Postal Cod	e:	
Zone: North, North E	East, I	East, West, Ce	ntra	l (Select one)	Name	of N	Next of K	in:		
Next of Kin Contact	No.:				Next	of Ki	n Relatio	onship:		
Grade:	Date Obtained:			Name of Coa	ch:			HP:		
Club:				Name of Man	ager:			HP:		
Others Martial Art:			Lev	el:			Years I	Practice:		
Medical History (Spo	ort Cla	asses):					Medical Letter: Yes / No			
Indicate Performing	Poom	nsae:								
			Pare	ental/Guardian	Conse	ent				
I consent to the participation of the above-named applicant, to participate in GetActive! Singapore 2025 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 2025 Pesta Sukan Taekwondo is entirely at my/our risk and responsibility.								competition and y to persons, or cipation in		
Name / Contact No (Mobile):					Signature/Date					
Witnessed By	<u> </u>									
Team Manager / Contact No (Mobile)			Sig	gnatı	ure/Date					
Certify by Team Manager (Name) Signature Club's Stamp										