

SINGAPORE TAEKWONDO FEDERATION- SAFETY



SINGAPORE TAEKWONDO FEDERATION- SAFETY



1. While the Singapore Taekwondo Federation will be ensure, as far as reasonable practical, that participants and spectators are not exposed to unnecessary risks/hazards at the competition venue, the teacher-in-charge (Education Officer) and the coach must play their part. They have to
 - be present to supervise the students,
 - be observant of risks/hazards,
 - ensure that the participants are eligible medically and fit for competition,

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- draw the attention of the Tournament Chairman to participants who have been given medical clearance, obtained not more than 3 months before the competition, to participate in the event despite having pre-existing medical conditions – for example, asthma, diabetes, epilepsy, back/kneel/hip/ankle problems, blood clotting disorders and heart conditions,
- Declare if any of them has other martial arts background or is extraordinarily talented,
- stop participants and supporters at the competition venue immediately from engaging in dangerous acts – for example, playing the fool while going up or down the staircase, leaning against the railings and warming up in a limited space or a place which is overcrowded,

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- inform the Tournament Chairman if there is any furniture or objects, which can be hazardous, at competition venue,
- make sure that participants understand the rules and wear the required WTF or STF-approved protective equipment, which is in good condition, of the right sizes and worn properly, for the competition,
- see to it that the participants remove all hard/sharp objects and accessories (for example, necklaces, ear studs, watches, rings, bracelets, anklets and piercings) and have their finger and toe neails trimmed,

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- Ensure that the participants are properly warmed up for the competition and have appropriate cooling down exercises after the competition,
- leave the medical officers to attend to the injured participants,
- ensure that participants who sustain accidental blow/knock to the head follow the instructions of the medical officers strictly,
- withdraw his or her player from participation if the opponent is too strong,



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- inform participants that it is alright for them **NOT** to compete when they are not prepared for the competition or well on that day,
- accept the decision of any authorized official or the referee to stop his or her player from participating and continuing to compete because of safety reasons and
- act responsibly and in the best interest of participants.

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Safety can **NOT**
happen
By **Accident**



Guidelines

This information is only highlight the more important aspects of the competition.

Competition outline is available on
www.stf.sg

IMPORTANT NOTICE

Please ensure that the particulars of the athletes are correct such as;

- Name
- Age
- Grade
- Weight / Belt Category

Fundamentals

- **Safety**
- **Sportsmanship**

Safety

The Singapore Taekwondo Federation (STF) will;

- Ensure that the participants and spectators are not exposed to unnecessary risks/hazards at the competition venue

Safety

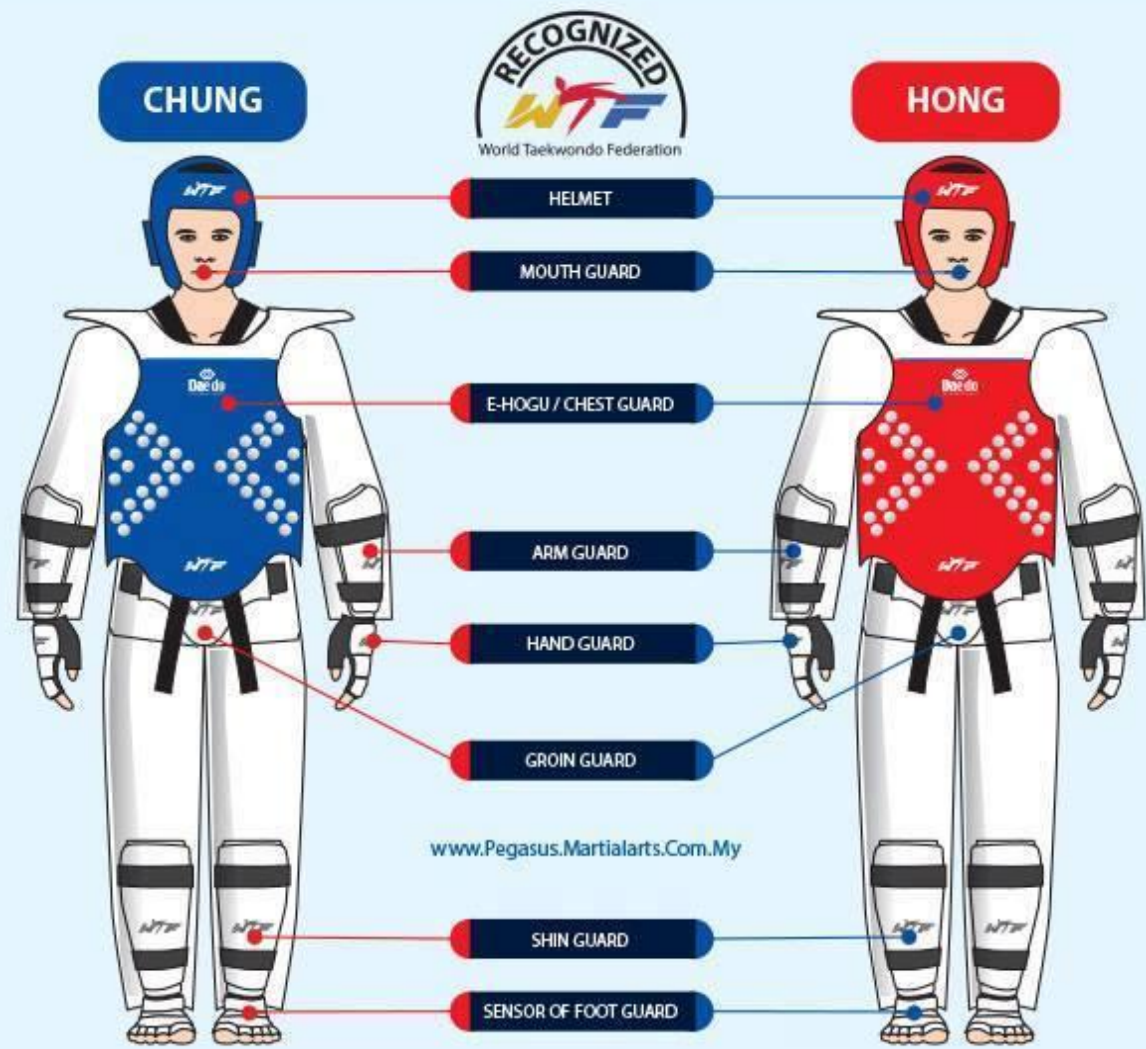
The teacher-in-charge (Education Officer) and the coach must ;

- Be present to supervise the students
- Ensure that the participants are fit for competition (e.g asthma, diabetes, epilepsy, back/knee/hip/ankle problem, heart condition)
- Declare if any of them has other martial arts background or is extraordinary talented

- Control participants and supporters at the competition venue (going up and down the staircase, leaning against the railings).
- Withdraw if the opponent is too strong
- Make sure that participants understand the rules and regulations

- Ensure they wear the approved WTF or STF-approved protective equipment and the sizes.
- Ensure they remove hard/sharp objects and have their finger and toe nails trimmed.
- Accept the decision of any authorized official or the referee.

TAEKWONDO W.T.F.
RECOGNIZED PROTECTORS / SPARRING GEARS



- Inform them that it is alright for them NOT to compete when they are not prepared or well.
- Act responsibly and in their best interest.

- During the Championships, if the Air Quality Health Advisory reflects unhealthy level, the competition will be cancelled.

Sportsmanship

All participants are expected to

- Compete with spirit, win with humility and lose with grace.
- Observe the competition ritual.
- Conform to the rules of the game.

- Apologize if prohibited act is accidentally committed.
- Show concern to injured opponent.
- Appreciate the opponent and leave the arena in a respectable and dignified manner.

- Help create an enjoyable sporting experiences.
- Shake hands with or hug the opponent after the declaration of the results.
- Accept the decisions of refereeing officials.

- Bow to their coach before entering the arena, walk to the starting point with the head gear tucked under the arm.



GENERAL GUIDELINES

Guideline (1)

Competition Requirements

- A minimum of 3 players or performers from 3 different schools are required for the competition to be carried out.
- Make sure that the individual weight is in the correct division for the Kyrougi event.

- Competition for two players or performers will NOT be carried out
- The same will apply for four players from two schools.

Guideline (2)

Awards

Medals will be awarded to the top 4 positions in both 'poomsae' and 'kyorugi'.



Trophies will be awarded to the top 2 schools in each division for boys' and girls' categories if there are 3 participating schools based on the total points collected for both the 'kyorugi' or 'poomsae' competitions which shall be assessed separately.



Trophies will be awarded to the top 3 schools in each division for boys' and girls' categories if there are 4 participating schools and top 4 schools if there are 5 or more participating schools.

Scoring system

- 5 points for each gold medal won
- 3 points for each silver medal won
- 1 point for each bronze medal won
- 1 additional point for every match won in kyorugi
- 1 additional point for shortlisted performers for the finals in poomsae

Guideline (3)

Uniform

A player or performer will be barred from participating in the competition if his or her uniform does not comply with STF standard uniform.





He or she shall also be barred from participation if the STF logo or wordings are faded or the logo is not sewn on the uniform. Using double sided tape to hold the logo will also attract the same penalty.

Guideline (4)

Coach Attire

Coaches shall be appropriately attired in accordance with STF standard.





Only Level 2
Coaches are
allowed to
accompany their
players to the
arena.

Among other things, a coach shall be given a 'Kyong-go' (Kyorugi) or 'Gam-jeom' (Poomsae) if he or she is not appropriately attired.

This will result in his / her player being declared loser by punitive declaration.

A player or performer will be considered as having withdrawn if he / she does not report at the holding area 5 minutes after calling.

A player shall lose by referee's punitive declaration if his / her coach is given two 'Kyong-go' or one 'Gam-jeom' for Kyorugi event or one 'Gam-jeom' in Poomsae event for any reason.



Guideline (6)

A player shall not be allowed to compete without his / her coach at the arena.

The game is considered over if the coach is not available when the player is called to enter the arena (waiting will cause the delaying of ending time) *unless the coach is engaged in another court,*

Guideline (8)

Player's Conduct

A player will lose by referee's punitive declaration with a **YELLOW** card if he or she displays any unsporting behavior during the competition.



Guideline (9)

Prize Presentation

Recipients
must be in
'dobok' or
school track
suits.



They must be ready to collect their prizes.

Representatives must be appropriate and appropriately attired.

Trophies for the top schools may be collected by the **teachers-in-charge** or **the students assigned by them.**



They must observe the following prize collection procedure

- Approach the prize presenter
- Bow
- Receive the medal
- Shake hands
- Have picture taken
- Bow
- Go back to the holding area

TECHNICAL GUIDELINES

'POOMSAE' COMPETITION

Poomsae Guideline (1)

Belt Colours

For the poomsae competition, performers shall wear the colour belts for the respective categories they are competing.

Each school may field a maximum of 3 male and 3 female for individual and 1 team for male and 1 team for female.

PARTICIPANTION

A performer may participate in both the individual and team events and is allowed to compete in a maximum of two categories – his or her grade and another higher grade up to Red 1 (Black stripe) or any two grades higher than his or her present grade up to Red 1.

Poomsae Guideline (2)

Competition Poomsae

White 9 - Preliminary Taegeuk

Yellow 8 - Taegeuk Il-Jang

Yellow 7 - Taegeuk E-Jang

Green 6 - Taegeuk Sam-Jang

Green 5 - Taegeuk Sa-Jang

Blue 4 - Taegeuk O-Jang

Blue 3 - Taegeuk Yuk-Jang

Red 2 - Taegeuk Chil-Jang

Red 1 - Taegeuk Pal-Jang

Black/Poom - Poomsae Koryo

Poomsae Guideline (3)

Performance Order

The order of performance shall be decided by ballot for both the individual and team events in the poomsae competition.

Poomsae Guideline (4)

Method of Competition

The **modified** cut-off system will be used for the competition.

It means that there will be only two phases – **semi-final and final**. If there are 10 performers and fewer, all of them will compete in the final. If there are 11 performers and more, the top 8 performers in the semi-final will compete for the top 4 positions in the final.

Poomsae Guideline (5)

Judging System

The three-judge or five-judge system will be used for the competition.

Poomsae Guideline (6)

Scoring Criteria

Accuracy (4 points)

- Basic Poomsae Movements
- Balance



Presentation (6 points)

- Speed & power
- Strength and rhythm
- Expression of energy



Judge's Score Sheet

Poomsae Judge's Score Sheet

Court	Bout
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Scoring Criteria	Details of Scoring Criteria	Point	Score Allocation														
Accuracy (4.0)	Accuracy of details of each Poomsae	4.0															
	Other accuracy including basic movements & balance																
Presentation (6.0)	Speed and Power	6.0	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5
	Strength / speed / rhythm		2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5
	Expression of energy (Ki)		2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5

Player Name & Club: _____

Judge's No & Name: _____

Scoring Guidelines

- ***0.5 – 0.8 Poor***
- ***0.9 – 1.2 Average***
- ***1.3 – 1.5 Good***
- ***1.6 – 1.8 Very Good***
- ***1.9 – 2.0 Excellent***



Poomsae Guideline (7)

Decision

The performer will be declared loser by penalties if he or she is given two 'Gam-jeom' by the referee.

'KYORUGI' COMPETITION

Kyorugi Guideline

Each school is allowed to submit a maximum of 2 players per weight category.

No changing of weight category is allowed after the drawing of lot.

Single elimination tournament system will be adopted for the competition.

Kyorugi Guideline (1)



Weigh-in

Weigh-in shall be conducted on the competition day at the inspection desk.

Players will be disqualified if they do not make the weight.

Only one official weigh-in will be conducted.

No weight allowance will be given

A similar weigh-in machine will be provided for weight check.

The referee has the right to require a contestant to have his or her weight checked again if he or she deems that a contestant is too light or too heavy for his or her weight class.

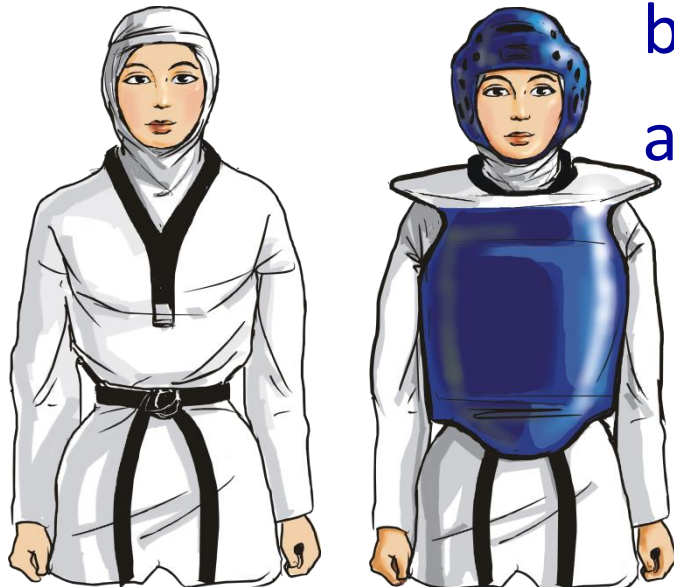
If a player is disqualified at the weigh-in or does not turn up for weigh-in, his or her opponent does not have to report at the competition area for the match.

If a player makes the weigh-in but fails to report at the holding area, his or her opponent must report for the match to be declared the winner by the referee.

Kyorugi Guideline (2)

Contestant Uniform and Protective Equipment

Religion-related items shall be worn beneath the head protector and inside the dobok.



Kyorugi Guideline (3)

Equipment

STF will provide the following equipment

- Headgear
- Body Protector / (PSS)



Participants may use their own head gear and body protector for the competition but the equipment must be STF-approved.

Participants must bring the following compulsory personal equipment

- Mouth Guard
- Groin Guard





- Shin and Forearm Guards (Instep guard – optional)



- Gloves

Contestant without groin guard, shin guard or forearm guard when entering the arena shall be declared loser by referee's punitive action.



The color of the mouthpiece is limited to white or transparent.





A contestant shall lose by referee's punitive declaration if he or she refuses to wear or does not have his or her mouth piece.



A contestant shall be given a 'Kyong-go' the second time he or she forgets to wear his or her mouth piece when he or she enters the arena for competition.

Kyorugi Guideline (4)

Duration of Kyorugi Contest

The duration shall be 1 minute of 3 rounds with 30 seconds break in between rounds. ***The number of rounds and duration may be adjusted to meet the schedule for the day.*** Announcement will be made.

Kyorugi Guideline (5)

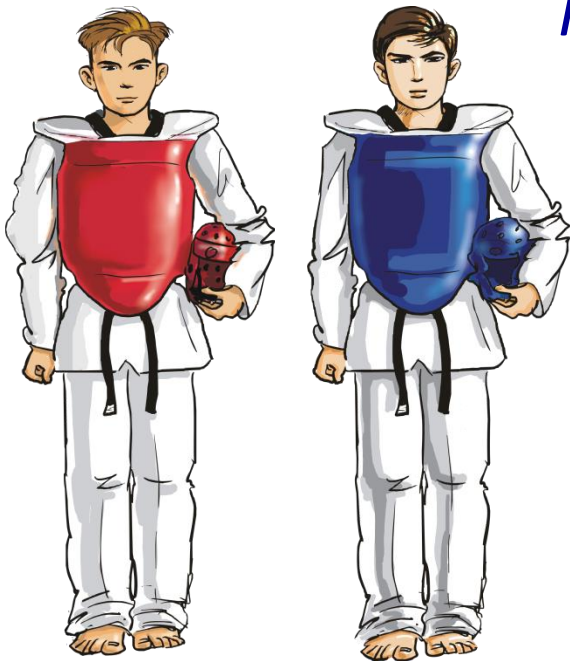
Call for Contestants

The names of the contestants shall be announced three (3) times for reporting at the announcer's table. The names will be called in order of the fixtures.

If a player or his or her coach is not present or if a player is present without being fully ready (uniform, equipment, etc) for competition at the coach zone by the time the referee calls for the contestants to enter the arena he/she shall be regarded as withdrawn from the contest.

Kyorugi Guideline (6)

Contestants shall walk smartly to their starting position with their headgear under their left arms.





A 'Kyong-go' shall be given to a contestant who fails to observe the procedure for the entering of the competition area.

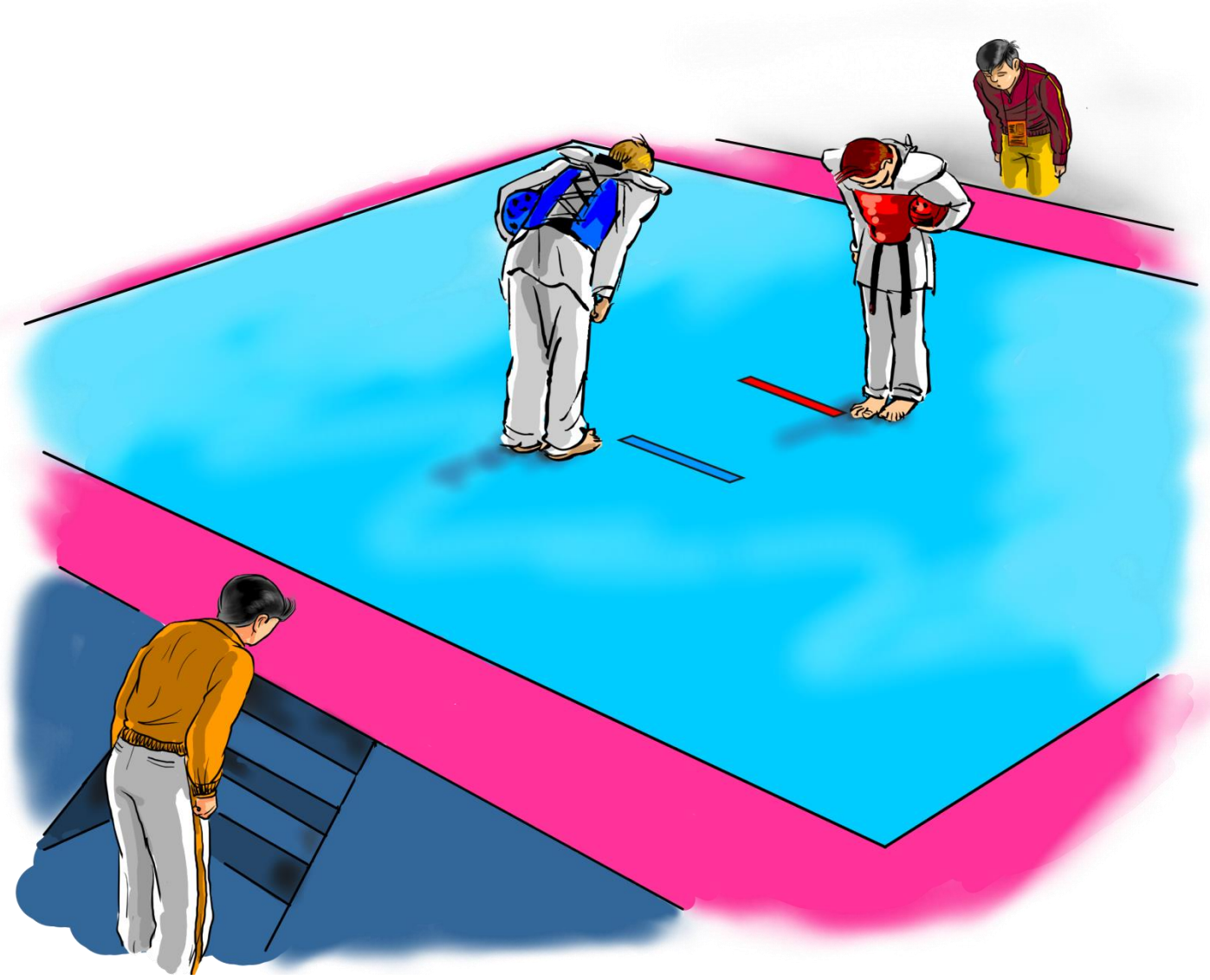
Kyorugi Guideline (7)

A 'Kyong-go' shall also be given to any contestant or coach who fails to observe the bowing procedure before the start of the competition.









Kyorugi Guideline (8)

The contestants shall wear their headgear immediately after the command of 'Charyeot' and 'Kyong-rye' given by the referee.

Kyorugi Guideline (9)

The contestants shall remove their headgear at the end of the match before the referee gives the command, 'Charyeot' and 'Kyong-rye'.

Kyorugi Guideline (10)

If there is no action after 5 seconds, the referee shall give the command 'fight!' If this continues after 10 seconds from the command given, hand a 'Kyong-go' penalty to both contestants if they do not show any intention to engage or to the retreating contestant.

Kyorugi Guideline (11)

The valid points are divided as follows.

One point: Successful attack on the red or blue colored area of the body protector by the electronic system.



Three points: Valid turning kick to the legal scoring area of the body.





Points Gap

Win by Point Gap: When there is a *12-point difference at the end of the 2nd round or any time during the 3rd round*, the referee shall stop the contest and declare the winner.

Golden Points Round

- In the event the winner cannot be decided after 3 rounds, a 4th round will be conducted.

Kyorugi Guideline (12)

Head kicks are strictly prohibited.



The player who lands a kick to the head shall be given a one-point ('Gam-jeom') deduction and shall be declared as loser.



- Delivers kicks to the head without hitting the head is not permitted. A “Gam-jeom” will be given. Second miss head kick will lead to punitive disqualification.



Head kicks are strictly prohibited.



The only exception is when it is clearly evident, based on the referee's judgment, that the opponent lowers his or her head or deliberately keeps his or her head low.

The referee, after consulting the commission medical officer, shall have the sole discretion to decide if there is any injury or not. The same penalty will be given if it is his or her second offence for head kick.

Kyorugi Guideline (13)



The referee shall signal the coach to refrain from giving loud and excessive coaching. If he or she persists, a 'Kyong-go' shall be given to his or her player.

Coaches are allowed to show their emotion when their players score a point or knockout. But they are not allowed to leave the coach's zone.

A 'Kyong-go' or "Gam-jeom" shall be given if the coach gets out of the coach's zone.

Kyorugi Guideline (14)

Lifting a knee to avoid a valid attack or impede the progress of an attack shall be considered a prohibited act – that is, lifting the knee to block or executing a ‘check’ or ‘cut’ kick is a ‘Kyong-go offence’.

Kyorugi Guideline (15)

A 'Kyong-go' will be given if the contestant stops the match or asks the referee to stop the match to adjust his or her shin or forearm guards.

Kyorugi Rules

- The referee must call the Commission Doctor for the second 1-minute treatment *for the same injury* and ask him whether the injured player is able to continue with the match.



Kyorugi Guideline (16)



A contestant shall lose by referee's punitive declaration if he or she throws his or her head gear in disgust or display any unsporting behavior during the competition. If the act is committed after the match, disciplinary action will be taken by the Competition Supervisory Board.

Kyorugi Guideline (17)

A 'Kyong-go' shall be declared when both feet of a contestant cross the boundary line. A contestant has not committed a violation if one foot is outside and the other is still within the air space of the competition area.

Kyorugi Guideline (18)

Prohibited Acts and Penalties

Two “Kyong-go” shall be counted as an additional point for the opposing contestant. However, the final odd-numbered “Kyong-go” shall not be counted in the grand total.

A “Gam-jeom” shall be counted as an additional point for the opposing contestant.

When a contestant receives 10 “Kyong-go” or 5 “Gam-jeom”, or when he or she receives a combination of “Kyong-go” and “Gam-jeom” adding up to minus 5 points, the referee shall declare the contestant loser by penalties.

Kyorugi Guideline (19)

Procedures for Suspending the Match

It is the decision of the centre referee, after consultation with the commission medical officer, whether or not it is possible for the contestant to resume the match.

Kyorugi Guideline (20)

Video Review

Video Replay system shall be used for this competition unless the equipment is faulty.

Kyorugi Guideline

Video Review

Whether video replay system is used or not, the decision made by the refereeing officials shall be final unless the decision was made on a faulty premise. Under the circumstances, the aggrieved party may file an appeal with the CSB..

Kyorugi Guideline (21)

Protest

Team official – that is the teacher-in-charge **MUST** submit an appeal application to the Competition Supervisory Board within ten (10) minutes of the end of the match.

The appeal submission must be accompanied by the appeal fee of S\$150. It will be refunded if the protest is upheld.

Kyorugi Guideline

Sanctions

The CSB shall also act as on-site Sanctions Committee is a Yellow card is being awarded.

A player or coach will face the Sanctions Committee is he or she displays unsporting behavior during the event whether during or end of match.

Kyorugi Guideline (22)

The authority for the interpretation of the rules rests with the any qualified International Referee at the tournament. If there is more than one International Referee, the interpretation shall be based on consensus

Compete with Spirit

Win with Humility

Lose with Grace

END OF
PRESENTATION

Have a memorable and rewarding
Championships!

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THANK YOU!