SINGAPORE NATIONAL POOMSAE CHAMPIONSHIPS 2026 OUTLINE

1. ORGANIZER : SINGAPORE TAEKWONDO FEDERATION (STF)

Address :	Singapore Taekwondo Federation Office 7 Bedok North Street 2 Bedok Sports Complex, Singapore 469646
Telephone :	+65 6345 1491
Email :	stkdf@mail.com (Grade and payment matters) Tournament.stf@gmail.com (All registration Related Matters)
Website:	www.stf.sg

2. COMPETITION DETAILS

Date :	15th & 16th August 2026
Time :	0800 onward
Venue :	Jurong East Sports Complex 21 Jurong East Street 31, Singapore 609517

Organizer reserves the right to amend competition schedule, any changes will be posted on STF website.

3. REGISTRATION INFORMATION

Registration Period:	6th July to 16th July 2026
Registration Mode:	Fitofan Tournament Management System Online Registration (View link under Clause 8. Registration)
Registration Fee: (Inclusive of 9% GST)	$76.30 **per participant** for individual, pair & team $152.60 per sibling & family category

3. COMPETITION RULES

STF Competition Rules in force as of 1st March, 2024 shall be apply. (Available on STF website)

4. QUALIFICATIONS

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

Non-STF grade holders must be either STF invited parties or are under respective National Sports Association (NSA).* ***Special circumstances and request should be directed to Organizing Tournament Committee email and subjected to approval on a case-by-case basis.*

5. CLASSIFICATION OF COMPETITION

EVENTS	AGE DIVISION	GRADE*
• Individual • Mixed Pair • Team of 3 • Siblings • Family • Para Poomsae	• A (4 to 6 Years Old) • B (7 to 9 Years Old) • C (10 & 11 Years Old) • D (12 to 14 Years Old) • E (15 to 17 Years Old) • F (18 to 30 Years Old) • G (31 to 40 Years Old) • H (41 to 50 Years Old) • J (51 Years Old & above)	• White**** • Yellow-Tip • Yellow • Green-Tip • Green • Blue-Tip • Blue • Red-Tip • Red • Black-Tip • Poom 1 (1st Poom)** • Poom 2 (2nd Poom)** • Poom 3 (3rd Poom)** • Black***

****Based on highest grade obtained on or before 16th July 2026***

*****Poom belt recognized event (Individual, pair and team) only open for Age Division A, B and C***

******Black belters only allowed to compete in siblings and family event***

*******White Belt event only open for Age Division A***

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Event	Age / Div Gender	A (4-6)	B (7-9)	C (10&11)	D (12-14)	E (15-17)	F (18-30)	G (31-40)	H (41-50)	J (51& older)
Individual	Male (M)	-								
	Female (F)	-								
Mixed Pair	1M & 1F	Both members holding same grades								
Team of 3 (Color Belters: Same grade)**	All Male	Team members holding same grades								
	All Female	Team members holding same grades								
	Mixed Gender	Team members holding same grades								
Siblings* **	M/F	Team members can hold different grades								
Family* **	M/F	Team members can hold different grades								
Para** **	Male (M)	Annex A								
	Female (F)	Annex A								

Team of 3 (Poom Belters)**	All Male	Team members holding same grades
	All Female	Team members holding same grades
	Mixed Gender	Team members holding same grades
	All Male	Mixed Grade Team
	All Female	Mixed Grade Team
	Mixed Gender	Mixed Grade Team

Individual events: Participant may participate in only one individual colour category of their belt category.

****Team events (Color): shall comprise of three (3) participants holding the same grade for color belt events.***

****Team events (Poom): Poom belt mixed grade team event will be registered based upon highest poom level within team. Each participant is allowed to participate in ONLY one poomsae team event.***

***** Sibling & Family events: Participants can be of different grade (i.e., parent can be a black belt while the child is a yellow belt). Poomsae performed shall be of their choice.***

*****Para events: Please view annex A for more information***

6. LIST OF POOMSAE TO BE PERFORMED

Category	Belt level	Performing Poomsae
Individual / Pair / Team	White 10*	Introductory Poomsae*
	White 9	Preliminary Poomsae
	Yellow 8	Taeguek Il Jang
	Yellow 7	Taeguek E Jang
	Green 6	Taeguek Sam Jang
	Green 5	Taeguek Sa Jang
	Blue 4	Taeguek O Jang
	Blue 3	Taeguek Yuk Jang
	Red 2	Taeguek Chil Jang
	Red 1	Taeguek Pal Jang
	1st Poom**	Koryo
	2nd Poom**	Keumgang
	3rd Poom**	Taebaek

White 10 event only for age division A (4 to 6 years old)

****Poom events only for age Division A, B & C (4 to 11 years old)***

7. METHOD OF COMPETITION

i. Cut-Off system – Direct Finals (Top 8 medallists)

ii. Duration of Contest – Up to 90 seconds

iii. Number of courts: 4

iv. Competition Flow: The sequence of performance* for competitors shall be

- Recognized Individual
- Recognized Pair / Team / Siblings / Family
- Para Taekwondo

**Computer generated sequencing for all categories*

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

8. REGISTRATION

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

ii. Team Managers **must** register through the Fitofan Tournament Management System (TMS) **and complete payment** by 16th July 2026.

iii. Step by Step registration process can be view on the registration PDF

iv. Organiser reserves the rights to disqualify club submission if teams fail to complete registration by 16th July 2026.

It is the responsibility of the Team Managers to verify and ensure that the submission is accurate, and information of the participants are valid. Wrong submission will result in disqualification of registration.

v. Competition Schedule and Bout will be released by 31st July 2026.

Registration of participants in a different grade from grading document can result in up to 1-year debarment of team participation from STF organized competitions and relevant parties called up for sanction, such incidents would be regarded as a breach of integrity.

9. EQUIPMENT AND UNIFORM

i. Only STF approved uniforms should be worn, participants who wears unapproved uniform will not be permitted to compete. The latest STF approved uniform list can be viewed at www.stf.sg under Guidelines.

ii. Taping (if any) must be inspected and signed by STF on-site medical team before competing.

10. COACH REQUIREMENTS

i. Only Poomsae Level 2 coaches wearing coach pass will be allowed to enter the Field of Play (FOP) and coach their participants.

ii. Team Manager and Poomsae level 1 coaches (wearing coach pass) are not allowed to enter the FOP with participants.

iii. Non-qualified coaches or coaches holding the wrong coach pass entering the FOP will result in immediate disqualification with follow-up disciplinary action taken against the affected coach and team, following the STF Rules and Regulations.

iv. All coaches must attire in either track pants/business pants **and FORMAL jackets** only covered shoes will be allowed.

v. Teams must provide sufficient coaches to accompany participants into the FOP when their bouts are called to ensure flow of the competition. Insufficient coaches causing a delay in competition flow may result in disqualification of affected participant.

vi. Participant entering the FOP without their coach will result in disqualification of affected participant.

11. WORKFORCE VOLUNTEERS REQUIREMENTS

i. Volunteer: Each team must provide 1 volunteer per competition day *(minimum 15 years old)* for the full competition duration

ii. Teams that do not fulfil Volunteer requirement on any competition day may be barred from STF organized competition for a period of 1 year *(from debarment date)*

12. AWARD & CLASSIFICATION OF RESULTS

i. The following prizes will be awarded

1st Placing:	1 Gold Medal
2nd Placing:	1 Silver Medal
3rd ~ 8th Placing:	6 Bronze Medal

ii. All medallists must be attired in full uniform during prize presentation.

iii. Default medallist (participants with no opponent) need not perform their pattern and can be awarded the gold medal by reporting to the registration counter on their competing event day.

13. DRAWING OF LOT

i. Competition bout list will be finalized via Tournament Management System random draw

Organizing Committee reserves the right to separate and re-allocate competing categories dependent on registration numbers (e.g Splitting family event further into Father and Son/ Mother and Son)

ii. Team Managers may write in to Organizing Committee at Tournament.stf@gmail.com for competition related matters.

iii. All form of communication from Organizing Committee will be done through Fitofan Tournament Management System.

iv. Competition schedule and bout list will be released by 31st July, **strictly no request for amendment** will be allowed afterwards.

14. ARBITRATION & PROTEST MATTERS

i. Protest with regards to competition matters must be made by registered Team Manager or Coach on competition day within 10 minutes of pertinent bout.

ii. Any protest made against a judgment shall be made on the arbitration form and submitted together with the fee of $327.00 (GST inclusive) to the Competition Supervisory Board within 10 minutes of the pertinent contest.

iii. Arbitration form may be found in Annex B

15. DECLARATION & INDEMNITIES

i. Team Manager must ensure that all participants (parents of participants under 21 years old) agrees to all Terms and Conditions on the indemnity form.

ii. Team Manager / Coach(es) to ensure that their participants are prepared and fit for the competition. Team Manager / Coach (es) should withdraw any participant who is not feeling well on the day of the competition.

iii. Team Manager must ensure all team members* shall have their own medical insurance coverage, including first aid and personal accident insurance.

*Team members refer to all member that identifies with the Team, including but not limited to Team Manager, Coaches, Participants, Volunteers and Supporters.

Annex A – PARA TAEKWONDO

Para Taekwondo Sport Classes

P10 – Visual Impairments (blind and visually impaired)

P20 – Intellectual Impairments (mentally challenged individuals including Autism)

P30 – Neurological Impairments (neurological condition caused by damage to the brain includes Hypertonia/Spasticity, Athetosis & Dystonia and Ataxia)

P40 – Physical Impairments (limitation affecting movement and strength due to neuromuscular conditions, joint stiffness or deformities like ankyloses or contractures, limb loss or malformation (dysmelia) and leg length differences caused by growth disturbances or trauma)

P50 – Assistive Technology (lower limb or truncal impairments that affect their ability to stand and would need an assistive device to support movement)

P60 – Hearing Impairments

- Deaf, defined as a hearing loss of at least 55dB in the better ear (3 tone frequency average of 500, 1000 and 2000 Hertz, ANSI 1969 standard)
- No using hearing aids or external cochlear implant aids during competition event

Para Taekwondo Age Divisions : Super Junior (8 years old and below),
Young Junior (9 to 11 years old),
Cadet (12 to 14 years old),
Junior (15 to 17 years old),
Senior (18 to 30 years old)

Competition Flow : The sequence of performance* for competitions shall be

- Recognized Individual
- Recognized Pair / Team / Siblings / Family
- Para Taekwondo

**Computer generated sequencing for all categories*

Division (Age)	Gender	Super Junior (8 & Below)	Young Junior (9 - 11)	Cadet (12 - 14)	Junior (15 - 17)	Senior (18 - 30)
Individual	Male	No Limit				
	Female	No Limit				

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Annex A – Para Poomsae (LIST OF POOMSAE TO BE PERFORMED)

	Category	Compulsory Poomsae
Individual	White 9	Preliminary Poomsae
	Yellow 8	Taeguek Il Jang
	Yellow 7	Taeguek E Jang
	Green 6	Taeguek Sam Jang
	Green 5	Taeguek Sa Jang
	Blue 4	Taeguek O Jang
	Blue 3	Taeguek Yuk Jang
	Red 2	Taeguek Chil Jang
	Red 1	Taeguek Pal Jang
	1st Poom / 1st Dan	Koryo
	2nd Poom / 2nd Dan	Keumgang

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COMPETITION TIMELINE & IMPORTANT DATES
(Subject to changes)

Date	Time	Detail	Venue
6th July 2026 (Monday)	-	Competition Registration Opens	Submission*: Online – Fitofan Tournament Management System (TMS) *Registration only confirmed upon completing full registration process as per Clause 8
16th July 2026 (Thursday)	-	Competition Registration Closes	
31st July 2026 (Friday)	-	Competition Schedule and Bout Published	STF Website and Fitofan TMS
15th August 2026 (Saturday)	0800 Hr to 2200 Hr	Day 1 Competition	Jurong East Sports Complex
16th August 2026 (Sunday)	0800 Hr to 2200 Hr	Day 2 Competition	Jurong East Sports Complex

Annex B – Arbitration Form

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TAEKWONDO COMPETITION ARBITRATION FORM

EVENT :

For Treasurer's Use

Administrative amount of **S$ 327.00** paid by: Cash / Paynow

Official Receipt No. : _____

Protest Lodged On : _____ (Date) _____ (Time)

Protestee's Particulars

Affiliate : _____

Name of Protestee : _____ Position: Coach / Team Manager

Information of Protest Concerned

Bout No. : _____ Court No. : _____ Time: _____

Category* : _____

Name of Player Concerned : _____

Detailed Description of Protest : _____

_____

_____

_____

_____

I declare that :

1. All the information provided in this form is accurate and true to the best of my knowledge.
2. I fully understand that any false or inaccurate data or wilful omission of information will render my protest invalid by the Competition Supervisory Board
3. I fully understand and will authorise the Competition Supervisory Board to obtain further information from me or any parties involved in relation to my protest where necessary.
4. I have read and fully understand the arbitration procedure and will abide by the decision of the Competition Supervisory Board.

_____ _____

Signature of Protestee (Name) Date

For Competition Supervisory Board Use

Findings :

Conclusion :

Action :

Protestee informed of conclusion / action taken at : _____ (Date & Time)

_____ _____

Signature of Competition Supervisory Board (Representative) Date

* Please delete, where appropriate