

**FREQUENTLY ASKED QUESTIONS**  
**INTRACLUB KYORUGI TRAINING COMPETITION 2025**  
**MOMENTUM TAEKWONDO**

**Can parents or spectators watch the competition?**

Yes, parents and other guests are welcome to watch the competition. However, seating may be limited as the event is being held in an indoor hall.

**Will food and drinks be available on-site?**

No food or drinks will be sold on-site. However, there are many eateries nearby, such as Tiong Bahru Market, where you can grab lunch or snacks during the competition. Participants are advised to bring their own snacks and sufficient water.

**What time should participants arrive?**

Competitors in **Groups A, B, C, D, E, F, G & Z**: Arrive by **10:30 AM**.

Competitors in **Groups H, I, J, K, L, X, Y and Z**: Arrive by **3:30 PM**.

Participants should be fully geared up and ready at least 15 minutes before their match time. Participants who do not show up by their match time will result in automatic disqualification.

**How can participants check their match schedule?**

Match schedules and group tables will be printed and displayed around the competition area. An online version will also be accessible via this link: <https://linktr.ee/MTKDEvents>.

**Can participants borrow gear if theirs is damaged or forgotten?**

Yes, rental arm and shin guards will be available on-site. However, for hygiene reasons, groin guards will not be available for rent, and all participants must bring their own.

**Is there a warm-up area?**

Yes, a dedicated area will be available for competitors to warm up and prepare before their matches.

**What should participants bring besides their gear?**

We recommend bringing sufficient water, some light snacks, a small towel, and a spare change of clothes.

**What happens if a participant gets injured during the competition?**

First aid will be available on-site, and most of the coaches are first-aid certified. In the case of severe injuries, the event organisers will call for paramedics.

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**Will participants receive certificates or medals?**

Yes, medals will be awarded to the 1st place (Gold) and 2nd place (Silver) winners.

**How will tie situations in matches be resolved?**

In the event of a tie after three rounds, competitors will compete in a sudden-death fourth round. The first person to score 2 points in this round will be declared the winner.

**Is photography or videography allowed?**

Yes, we encourage guests to take photos and videos of their child during the event.

**Are there changing rooms available?**

Yes, there are washrooms near the competition hall.