

**SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL
RULES AND REGULATIONS FOR SEPAKTAKRAW 2023
JUNIOR DIVISION**

PREAMBLE

This document outlines the rules and regulations for the conduct of and participation in the National School Games (NSG). This is subject to possible changes in prevailing national posture. Updates will be communicated to participating schools when required.

These rules and regulations should be interpreted and implemented in alignment to the spirit of the SPSSC's Mission, Aspirations and Motto (Ref Annex A).

SECTION A – ADMINISTRATIVE RULES & REGULATIONS

1 ORGANISATION STRUCTURE AND GOVERNING BODIES

1.1. The National School Games (NSG) Sepaktakraw Junior Division shall be conducted:

1.1.1 as governed by the General Rules and Regulations of the Singapore Primary Schools Sports Council.

1.1.2 according to the laws/rules established by International Sepaktakraw Federation (ISTAF), Asian Sepaktakraw Federation (ASTAF) and Singapore Sepaktakraw Federation (PERSES)/ governing bodies.

1.1.3 with modifications for safety and developmental reasons to suit the level of our school pupils and it is clearly stated in this rules and regulations.

1.1.4 In the absence of a set of recognised rules to govern the occurrence of situations during the competitions, the Sepaktakraw Games Organising Committee shall make the final decision.

1.1.5 adhering to the Baseline Safety Standards for NSG.

2 NATIONAL SCHOOL GAMES ORGANISING COMMITTEE (NSGOC)

2.1 COMPOSITION

2.1.1 The National School Games Organizing Committee for Sepaktakraw shall consist of the following:

2.1.1.1.1 The Lead Convenor,

2.1.1.1.2 The Game Advisor,

2.1.1.1.3 The Convenors

2.1.1.1.4 Organizing Secretaries and

2.1.1.1.5 Any other co-opted members deemed necessary.

2.1.2 The NSGOC is empowered to appoint sub-committees and individual members to assist in the organization and running of the championship as and when required.

2.2 **DUTIES**

The NSGOC shall have the following roles and responsibilities:

- 2.2.1 to draw fixtures
- 2.2.2 to fix venues, dates and times
- 2.2.3 to arrange for equipment and facilities, and perform any other tasks for conducting the championships
- 2.2.4 to conduct RAMS for the championships
- 2.2.5 to ensure that venue managers conduct RAMS for the respective championship venues
- 2.2.6 to appoint Official referees and linesmen
- 2.2.7 to incur expenditure within the allocated budget approved by the SPSSC
- 2.2.8 to deal with matters pertaining to discipline, protest and other aspects of the championship; and
- 2.2.9 to source for coaching and officiating courses to upgrade the technical knowledge and expertise of team manager.
- 2.2.10 to implement the Baseline Safety Standards in the organization of the National School Games.

3 DIVISION (age group to follow the year of birth)

3.1 For all team games, the following age group divisions apply:

Division	Age	Year/Date of Birth
Junior Division	9, 10 and 11 years old	1 Jan 2015 1 Jan 2014 --- 31 Dec 2014 1 Jan 2013 --- 31 Dec 2013 2 Jan 2012 --- 31 Dec 2012 1 Jan 2012 (<i>subject to conditions laid out in para 3.5</i>)

3.2 Students aged 9 and 10 years old will represent the school in the Junior Division.

3.3 Students aged 11 can play in either the Senior or Junior Division depending on their level of competency. Schools will make the decision based on what they deem to be the appropriate level of play for each 11-year old concerned.

3.4 All students can only compete in one division within the same year.

3.5 All students shall compete in the respective divisions set out in 3.1 *with the exception of those born on 1st Jan who have been given approval for deferment by MOE during P1 registration. These students will compete in the division with the cohort that they are studying with.

3.5.1 With effect from 2021, students who are born on 1st Jan and have participated in NSG previously shall follow the rules stated in Para 3.5. This rule will supersede all previous decisions.

3.5.2 This exception in Para 3.5 does not apply to students who are born on 1st Jan and have repeated a year of study.

4 ENTRIES

4.1 Each school is eligible to enter:

- 4.1.1 Up to **THREE** Regus in the Boys Junior Division and each regu of not less than five (5) and not more than seven (7) players to represent it in the competition.
- 4.1.2 Once registered, players may only play for the regu that he is registered for and shall not play for another regu throughout the competition.
- 4.2 All entries must be submitted through the SPSSC e-Registration portal at <https://nsg.moe.edu.sg/nis/#!/login> on or before the stipulated closing date. This includes details of players along with the necessary supporting documents.
 - a) Baseline Safety Acknowledgement Form
 - b) Supporting documents for Special/Transfer case students
 - c) Other forms as determined by the respective Games Organising Committee

5 REGISTRATION OF PLAYERS

- 5.1 The total number of participants to be registered shall not deviate from that laid down in the Specific Rules and Regulations of Sepaktakraw Junior Division for the competition.
- 5.2 If a school chooses not to register the maximum number of players allowed at the time of registration, the school shall not be permitted to register additional players subsequently.
- 5.3 If a pupil has represented his school in a competition prior to the re-admission, then he shall not be eligible to represent the new school for that particular competition.
- 5.4 Pupils requesting for a transfer after the re-admission exercise may not represent their new school until the transfer has been officially effected.
- 5.5 Only in the event that any of the player(s) registered be transferred or has/have to leave school as a result of re-admission, schools shall be allowed to replace the affected player(s).
- 5.6 However, no replacement of player is allowed once the competition reaches the stage after 2 games have been played by a Regu in a single group round league.
- 5.7 When there is a classification round for tiered competitions, any replacement of players is subject to approval from the NSGOC concerned. Schools must write to the Convenor through the Principal to seek approval for the replacement at least one (1) working day before the next match.
- 5.8 International pupils can only be registered to play for their school **after** they have been issued with the pupil passes from the Immigration and Checkpoints Authority.
- 5.9 International pupils who are in the schools on exchange programme are not allowed to represent the school.
- 5.10 Pupils granted Leave of Absence (LOA) by MOE will be allowed to represent the school (e.g. pupil who is accompanying parents for overseas attachment but name is still in school cockpit is allowed to represent school as long as he is in Singapore).
- 5.11 Registration constitutes representation, that is, once a pupil is registered to play for a school, he or she is deemed to have represented his or her school. Hence, the pupil is not allowed to represent another school in Sepaktakraw in the same year.

- 5.12 The line-up of players must be submitted to the Venue Manager/Referee by the teacher-in-charge at least 15 minutes before the commencement of the day's game.
- 5.13 In the event of postponed games that had commenced, only players from the original registered line-up can be used.

SECTION B – COMPETITION RULES & REGULATIONS

6 COMPETITION FORMAT

- 6.1 For the Inter-Regu Games, there must be a minimum of three (3) registered regu teams from three (3) different schools before the competition can be organised.
- 6.2 The competition format shall be that as approved by the SPSSC's Standing committee and stated in the Sepaktakraw Junior Division's rules and regulations.
- 6.3 For Sepaktakraw Junior Division, each regu will play a minimum of 6 games unless otherwise approved by the SPSSC's Standing Committee.
- 6.4 For tiered-competition, a classification round will be used to determine the tier that the regu will be playing in based on their competency. The classification competition and tiered competition will be considered as two (2) different competitions. Different competition tiers will also be considered as different competitions.
- 6.5 Forming of Groups in the League
 - a) Entries will be grouped randomly by drawing of lots and the play shall be organized in round robin format for two rounds.
 - b) Based on the result from the first round, all Regus will be placed in a new group in the second round: The champion & runner-up of each group from the preliminary round shall be grouped together; the 3rd & 4th of each group shall be grouped together and so forth. For those groupings with 5 regus, the regu with the 5th position will be grouped either into 4th position groups in the second round or will be grouped in an additional 5th position group.

For the Grouping for first round and second round, please refer to Annex B for more information.

7 AWARD OF LEAGUE POINTS

- 7.1 The award of league points shall be that as approved by the SPSSC's Standing committee. The following scoring system shall apply:

Win	2 points
Loss	1 point
Walkover	0 point

- 7.2 The winner shall be the Regu with the highest number of league/group points awarded from all matches played. The event of two or more Regus equal in points at the end of the league, a tie shall be broken in the following order:

- 7.2.1 The set difference between the total scored “for” and “against” shall be decisive.
- 7.2.2 The score difference of all the matches played by the Regus shall be decisive. Score difference is obtained by deducting the total score “against” from the total score “for”.
- 7.2.3 If these two alternatives are all found to be the same, then the results of the match played previously between the two regus shall decide.

8 PRIZES

8.1 The number of prizes to be awarded for each tier shall be as follows:

No. of Participants/Teams	Position/Medals Awarded
3-4	2
5-6	3
7-8	4
9-10	5
11-12	6
13-14	7
15 and more	8

8.2 The form of the medals awarded shall be as follows:

Position	Form of Medals
1 st	Gold
2 nd	Silver
3 rd	Bronze
4 th	
5 th	
6 th	
7 th	
8 th	

8.3 Achievement Pins can be awarded up to 50% of the participating Regus at Round One and medals can be awarded up to top 4 Regus (follow Para 7.1) in each tiered group at Round Two.

9 REPORTING AND GRACE PERIOD

9.1 Fifteen minutes (15 min) grace is allowed. The Convenor or his/her appointed representative may at their discretion extend this grace period if he/she thinks the extension of grace period is justifiable (e.g. in special cases when delay may be caused by traffic jams, etc). However, the Regu concerned must contact the Convenor or his/her appointed representative at the venue concerned to inform him/her of the delay. Regus must abide by the decision of the Convenor or his/her appointed representative.

10 POSTPONEMENT

- 10.1 The Convenor and the appointed Venue Manager shall, at his/her discretion, decide to postpone a match if he/she thinks the venue is unsuitable for play, or for any other valid reasons for which he/she deems a postponement is in order (e.g. safety concerns). Regus must abide by the decision of the Convenor and their appointed Venue Manager.

11 WITHDRAWAL AND WALK-OVER

- 11.1 Any withdrawal or walk-over is considered contrary to the spirit of the game.
- 11.2 Schools participating in the competition should not withdraw or give walk-over.
- 11.3 A Regu which fails to turn up, turn up late or turn up with less than **four (4) players** after the grace period, shall concede a walk-over to the opposing regu. For each withdrawal or walk-over, a written explanation duly endorsed by the Principal shall be submitted to the Convenor and the Game Advisor within two (2) working days.
- 11.4 A Regu that concedes a walkover will get (0 point). The opposing Regu will be awarded (2 points). The set difference is (0-3) and the score difference is (0-15) per set between the walkover regu and the opposing regu.
- 11.5 In the play-off for top 4 placing, any walk-over will disqualify the regu from being placed.

12 ABANDONED GAME

- 12.1 The Official Referee and Venue Manager are required to submit a written report to Convenor on an abandoned game within one (1) working day.
- 12.2 For decision on abandoned game, refer to Para 20 on disqualification.

13 PROTEST

- 13.1 Any clarification on points of laws/rules, must be lodged immediately by the Team Manager (TM) to the Referee. The decision taken by the Referee will be final.
- 13.2 All protests shall be referred to the NSGOC. The protest(s) must reach the Committee within one (1) working day following the match to which it relates unless stipulated otherwise in the respective games rules. The protest must be in writing and duly signed by the principal. A protest fee of **one hundred and fifty-dollars (\$150), inclusive of GST**, will be deducted from the protesting school's account, via IFAAS if the protest is overruled.
- 13.3 The NSGOC will deliberate on the protest within three (3) working days unless stipulated otherwise in the respective games rules. The decision will then be made known in writing to the school concerned by the next day.
- 13.4 When there is conflict of interest, the school involved will not sit in the committee considering the protest.

14 APPEAL

- 14.1 Upon the release/disclosure of the decision of the NSGOC, only schools may appeal to the Council.
- 14.2 Notices of appeal shall be lodged with the Secretariat of the Central Council within two (2) working days upon receiving the NSGOC's decision. An appeal fee of three hundred dollars (\$300) will be deducted from the appealing school's account, via IFAAS if the appeal is overruled.
- 14.3 The Board of Appeal will deliberate on the appeal. The decision of the Board of Appeal shall be final. (Please refer to Annex C)

15 SUSPENSION

- 15.1 Player(s) suspended by any one of the following bodies is barred from participating in SPSSC competition for that sport/game for the period of suspension:
- a) The School
 - b) The Zone Council
 - c) The SPSSC
 - d) The Singapore Sepaktakraw Federation (PERSES)

16 TEAM MANAGER (TM)

- 16.1 Each participating regu must be accompanied by a TM who shall remain with the regu throughout the duration of play and shall only leave the venue after the departure of the regus. Failure to comply shall lead to the disqualification of the regu (Please refer to Annex D).
- 16.2 TMs are expected to conduct themselves with decorum during competitions.
- 16.3 TMs are not allowed to interfere with the final decision taken by the Official Referee on points of laws/rules after clarification has been sought. If such interference results in disruption of any match/game, a report shall be made by the Convenor and the matter brought to the attention of the NSGOC for appropriate action.

17 REFEREE/ OFFICIAL

17.1 Venue Officials:

The game shall be managed and officiated by the following Officials:-

- a) The Convenor or their appointed Venue Manager
- b) 1 or 2 Official Referees (Please refer to Annex A for official's oath)

17.2 Team Officials:

- a) Each school can register a min of 1 and maximum number of 5 team officials. The names and designations are to be submitted together through the SPSSC eRegistration Portal.
- b) Team officials shall be managed by the teacher in-charge of the school regus.

18 COACHES

- 18.1 Coaches are expected to conduct themselves with decorum during games (Refer to Annex E).
- 18.2 Coaches are not allowed to approach the officials to query their decisions. Only TMs are allowed to approach officials to seek clarifications.
- 18.3 Schools must ensure that their coaches adhere to the SPSSC Rules and Regulations and the Code of Conduct (Please refer to Annex A for coaches' oath). The following regulations also apply:
- a) Coaches will not make any representation on behalf of the school in any capacity. (Only the TM shall sign and endorse the Regu Line-up Form and submit it to the Convenor or their appointed Venue Manager).
 - b) Coaches will not stand in as the TM of the Regu.
 - c) Coaches must not interfere with the organisation of the competition.

19 SUPPORTERS

- 19.1 Schools sending supporters to the competition shall ensure that their students are in proper school uniform and that there is sufficient number of teachers on duty to maintain discipline.
- 19.2 All supporters are required to remain within the stipulated area for supporters throughout the competition. They are not allowed to be in the competition arena.
- 19.3 Participating schools must ensure that their supporters and spectators attending the game(s) conduct themselves to the best of their abilities (Refer to Annex A). In the event that unsportsmanlike behaviour is observed, the Convenor may, at his discretion, issue an eviction of the spectator from the training/competition venue.

20 BREACH OF CODE OF CONDUCT BY TMS / PLAYERS / OFFICIALS / COACHES

- 20.1 Disciplinary Panel comprising members of the NSGOC will be formed to investigate the breach, presided by a Principal, who is the Chairman of the Discipline and Recognition Sub-Committee. The Panel may co-opt members outside the NSGOC, including personnel from the national sports association, to provide technical advice.
- 20.2 Appeal against the decision of the Disciplinary Panel may be submitted by the school (for players, coaches, and TMs) and/or the official, to the Council, whose decision shall be final (Please refer to Para 13 with regards to the Appeal process).
- 20.3 Any individuals suspended / barred by any one of the following bodies is barred from the NSG for that sport for the period of suspension:
- a) The School
 - b) The Zone Council
 - c) The SPSSC
 - d) The NSA of the sport

21 DISQUALIFICATION

21.1 A school regu will be disqualified if it commits any of the following:

21.1.1 if it fields an ineligible participant who is:

- i. an overaged player
- ii. an underage player
- iii. an unregistered player
- iv. a suspended player
- v. a participant without a valid student pass
- vi. a non-bona-fide student
- vii. a regu not accompanied by a TM
- viii. a regu/player which caused a game/match to be abandoned

21.2 All results involving the regu which has been disqualified will be considered null and void.

22 PLAYER'S ATTIRE

22.1 The players shall wear jerseys/T-shirts, shorts and sports shoes with rubber soles. Players are forbidden to wear anything that endanger themselves or the opponents during the game. In case of cold weather, the players are permitted to use track-suits.

22.2 The entire apparel of a player is regarded as part of his body. All jerseys/T-shirts shall be tucked in.

22.3 Anything that helps to speed the ball or helps the movement of a player is not allowed.

22.4 The Captain of each "Regu" shall wear an arm band on the left arm.

22.5 All jerseys/T-shirts shall be numbered on the back. A player shall be assigned with a permanent number throughout the competition. Only numbers (1-99) are allowed to be used by each participating regu. The size of the number shall not be less than 19 cm in height. The jerseys/T-shirts shall be numbered on both sides. The size of the number in front should be 10cm in height (centre chest area).

22.6 The jerseys/T-shirts shall display the school's name on the back.

SECTION C – GAME RULES & REGULATIONS

23 THE PLAYERS

23.1 The game is played between two "Regus" consisting of

22.1.1 Quad (4) player Regu Event.

22.1.2 One of the four players serving shall be positioned at the service circle of the court and is called a "Tekong" (Server).

22.1.3 **Any one of the four players can execute the serve.** The other three players shall be in their respective court. The Tekong will execute a self-serve into the opposing court.

24 THE COIN TOSS AND WARM UP

24.1 Immediately before the start of a Regu, the Referee will toss a coin or disc in the presence of the opposing captains. The captain who calls correctly may elect to either (i) serve or (ii) choose which side of the court to start the match from. The loser makes the remaining choice. Both sides will abide with the Referee's instructions.

24.2 The side winning the toss shall 'warm-up' first for 2 minutes followed by the opposing Regu.

25 POSITION OF PLAYERS DURING SERVICE

25.1 At the start of play, the players of both "Regus" shall be in their respective courts in ready position.

25.1.1 The Tekong shall have one of his feet inside the service circle. The other foot may be placed anywhere to kick the self-toss ball.

25.1.2 The other players in the court shall be within their side of the court and must remain stationary while the serve is being made, facing their opponents.

25.1.3 To prevent any deliberate attempts to obscure or impede the receiving side's view of the server, players from the serving side are not permitted to raise their arms above shoulder height, or to make deliberately distracting movements, until the serve has been delivered. Two players are to stand at the arcs near the net and the third player is to stand behind or next to the Tekong.

25.2 The opponent or receiving Regu is free to be anywhere within its court.

26 SERVICE AND PLAY

26.1 The side that chooses to start the game, shall start the first set.

26.2 The Tekong shall execute the self-toss after the referee calls the score. If the Tekong tosses the ball before the call is made, a re-throw shall be called, and a warning shall be given to the Tekong.

26.3 During the service, as soon as the ball is kicked by the Tekong, all the players are allowed to move about in their respective courts.

26.4 The service is valid if the ball passes over the net, whether it touches the net or not and falls inside the opposite court.

26.5 A re-serve will be given to the Tekong by the referee if the ball failed to cross the net in the first serve with no penalty. A point is lost only if the Tekong failed to kick the ball over the net on the second serve.

26.6 The execution of the serve by the Tekong can be kicked in any manner, provided one of his feet does not leave the ground in the service circle.

26.7 The serve will be conducted by alternate Regu regardless of which side wins a point.

26.8 The serve must not be executed by the same player until all players from the regu on court has completed the serve.

26.9 The Regu which receives first in any set shall serve first in the subsequent set.

26.10 Regus shall change sides at the end of each set (refer Para 29.6).

27 SUBSTITUTION

- 27.1 Any “Regu” having less than **4 (four) players** shall not be allowed to continue the game and will be considered as having lost (refer to 15-0 loss and considered as a walkover game – Para 11).
- 27.2 Substitution of a player is allowed at any time on request made by the TM to the Official Referee when the ball is not in play.
- 27.3 In addition to the four starting players, each “Regu” is allowed to nominate a maximum of three reserve players, to be substituted at any set.
- 27.4 In any set, each Regu may make up to a maximum of two (2) substitutions. The player who has been substituted earlier shall be allowed to re-enter the same set. One or two substitutions may be made at the same time.
- 27.5 A player who is sent off by referee during the game shall be allowed to be substituted, even if the regus has already made 2 substitutions.
- 27.6 Any player having played in any “Regu” whether in the starting line-up or as a substitute shall not be allowed to play in another “Regu”.

28 FAULTS

28.1 The Serving Side During Service

- a) The tekong plays with the ball (e.g. throwing/bumping, giving to other player, etc) after the call of score has been made by the Official Referee.
- b) The tekong jumps off the ground to execute the service or standing footsteps on the service circle line before and during the service.
- c) The ball is considered served once it leaves the Tekong’s hand.
- d) The ball touches a player from the same Regu before crossing over to the opponent’s court.
- e) The ball goes over the net but lands outside the court.
- f) **The ball does not cross over to the opponent side after the second serve**

28.2 Receiving Side During Service

- a) To distract opponents through disruptive behaviours (e.g. loud noise or shouting).

28.3 For Both Sides During the Game

- a) Stepping on the centre line.
- b) Any player who touches the ball on the opponent’s court.
- c) Any part of player’s body crossing over the opponent’s court whether above or under the net except during the follow-through ball.
- d) Playing the ball more than three (3) times in succession.
- e) The ball touches the arm of a player.
- f) Stopping or holding the ball using any body parts (e.g. under the arm, between the legs).
- g) Any part of the body or player’s outfit (e.g. shoes, head band etc.) touches the net, the post, the referee chairs or falls into the opponent’s court.
- h) The ball touches the ceiling roof, the wall or any objects outside the playing court.

- i) Any player who delays the game unnecessarily.
- j) Any player who uses the aid of any external object as a form of support to facilitate the execution of a kick.

29 TIME OUT

- 29.1 Each side will be entitled to one (1) time-out in each set, each such time-out to last a maximum of one (1) minute.
- 29.2 Time-outs may only be called by the team manager or coach between points, when the ball is not in play.
- 29.3 Only 7 persons (5 players and 2 officials) from each side are allowed at the baseline during the time-outs
- 29.4 There will be no automatic time-out.

30 SCORING SYSTEM

- 30.1 One (1) point is awarded to the Regu when the ball lands on the opponent's court or when the opponent commits a fault.
- 30.2 Each Regu will be determined on the basis of a best-of-3-sets format, with 2-minute breaks between sets. Sets will be referred to as the first, second and third sets.
- 30.3 The first and second sets are won by the side which scores fifteen (15) points with a minimum lead of two (2) points.
- 30.4 In the event of a 14-14 tie, the set shall be won by the side which gets a lead of two (2) points, or when a side reaches 17 points (whichever occurs first).
- 30.5 When the score is tied at 15-15, the Official Referee will announce "setting up to 17 points".
- 30.6 During the third set, Regus will change ends when one Regu reaches 8 points.

31 TEMPORARY SUSPENSION OF PLAY

- 31.1 The Official Referee can suspend play temporarily in the event of obstructions, disturbances or any injury to player which need immediate treatment, for not more than five (5) minutes.
- 31.2 If after five (5) minutes and the player is unable to continue, a substitution shall be made, provided that substitution has not been made by the Regu.
- 31.3 In the course of such suspension, all players are not allowed to leave the court to receive drinks or any form of assistance.

32 PENALTY

32.1 Misconduct by an athlete/officials towards officials, opponents, team-mates or spectators may be classified in three categories according to the seriousness of the offence.

- a) Rude conduct: action contrary to good manners or moral principles
- b) Offensive conduct: defamatory, insulting words or rude gestures or any action expressing contempt
- c) Aggression: actual physical attack or aggressive or threatening behaviour

According to the judgment of the referee and depending on the seriousness of the offence, the referee may issue

- Verbal Warning OR
- YELLOW CARD OR
- RED CARD to player concerned

32.2 RED CARD shall be given to the following offences committed "INTENTIONALLY".

- a) Persist in misconduct after receiving a caution.
- b) Violent conduct (e.g. striking, kicking, spitting, etc.)
- c) Using foul or abusive language.

Note: Any player who is shown a red card shall be sent off the court and disciplinary action shall be taken against him. The player concerned shall not be allowed to play in any game until the NSGOC has met and decide on the action to be taken.

32.3 The following are examples of misconduct:

- a. Showing dissent by words or action towards any officials, with regard to any decision and to any players or spectators.
- b. Using foul or abusive language.
- c. To take any improper step or action in order to influence any decision made by the officials.
- d. To leave the court without the permission of the Official Referee.
- e. To give the ball to his opponent with his feet.
- f. To display unsportsmanlike conduct, gesture or any action towards the officials, opponents, team-mates or spectators.
- g. To disobey orders.

33 COACHING DURING THE GAME

33.1 Team Officials are allowed to coach while play is in progress. A technical box, measuring 1.5m by 0.5m, will be situated opposite the team's bench for the coach/teacher to do so. There should only be one person in the technical box at any time. Other teacher(s) or the Coach will remain at the team bench and are not allowed to carry out any form of coaching from the bench. They are to ensure that the remaining students are seated and do not cause disruption to the on-going game. There should not be coaching from other areas than the stipulated technical box. (Please refer to Annex A for officials' oath).

34 EQUIPMENT

34.1 Height of Takraw Post : 1.45m

34.2 Height of net measured at centre : 1.42m

34.3 For competition Ball : ISTAF-approved Sepaktakraw 160g balls

SECTION D – AMENDMENTS AND MATTERS NOT PROVIDED FOR

35 MATTERS NOT PROVIDED FOR

- 35.1 All matters not provided for in these Rules and Regulations shall be dealt with by the Organising Committee.

36 AMENDMENTS

- 36.1 The Singapore Primary Schools Sports Council shall have the right to delete, add or amend the rules and regulations laid down herein.

SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL (SPSSC)
AND SINGAPORE SCHOOLS SPORTS COUNCIL (SSSC)

Mission, Motto and Aspirations

Mission Statement

“To provide quality competition experience to our school athletes to support character development through the pursuit of sporting excellence”

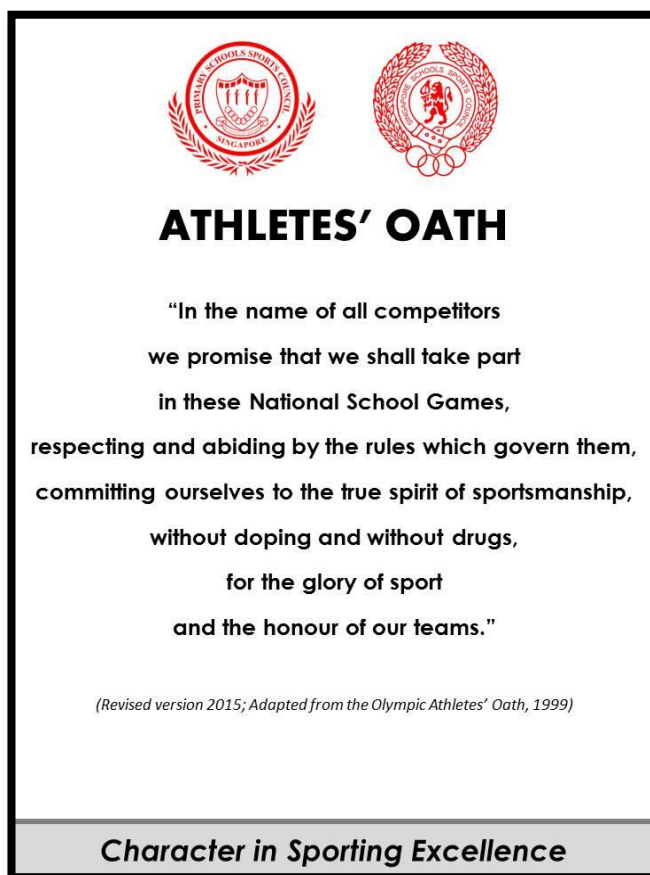
Motto

“Character in Sporting Excellence”

Aspiration 1: *Every athlete an honourable sportsman*

Guiding Principle:

The athlete abides by the rules of the game, gives his best in training and competitions, wins humbly and loses graciously. He participates actively and is committed to the skills development in his sport. He respects his opponents, teammates, coaches, teachers and officials, and displays exemplary conduct both on and off court.



Aspiration 2: *Every teacher and coach an inspiring role model and mentor*

Guiding Principle:

The teacher/coach endeavours to develop each athlete to his fullest potential. He focuses on student-centric and values-driven coaching. He maintains a professional relationship with the athletes and ensures their safety and well-being at all times. As a positive role model, he inspires and motivates the athletes towards greater heights.



COACHES' OATH

*In the name of all the coaches,
we promise to respect all athletes,
officials and coaches in these
National School Games.*

*We shall act in the best interest of the
athletes and schools,
without doping and without drugs.*

*We commit ourselves to ensure that the
spirit of sportsmanship and fair play is
fully adhered to and upheld always."*

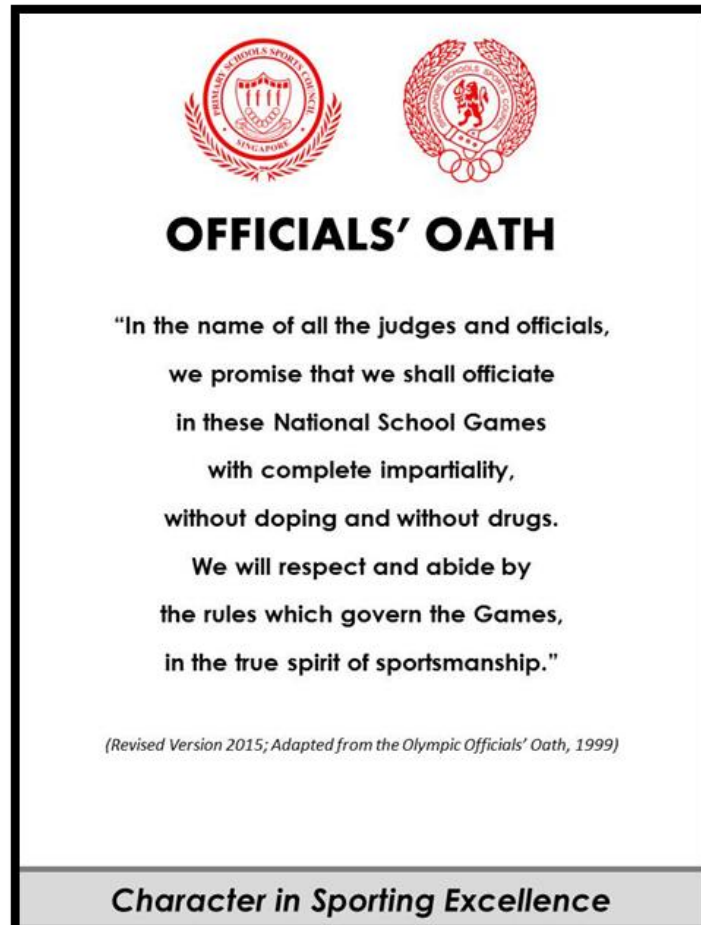
(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)

Character in Sporting Excellence

Aspiration 3: *Every official a fair, respectable and competent authority*

Guiding Principle:

The official is well-versed in the rules of the sport, and enforces the laws of the game with impartiality. He is alert and acts decisively when required. He ensures safety for all athletes and explains the rules when required. He upholds the professionalism of the sport.



Aspiration 4: *Every parent a supportive partner*

Guiding Principle:

The parent takes interest in his child's training and competitions. He ensures proper nutrition and rest, and actively enquires on his child's progress and development. He works with the teacher and coach, attends games and respects the referee's decisions.

Aspiration 5: *Every spectator a respectful, responsible and caring motivator*

Guiding Principle:

The spectator makes the effort to applaud excellence and fair play. The spectator shows appreciation for the efforts of all athletes, teachers, coaches, officials and organisers. He should cheer to encourage and motivate as well as care for the athletes' well-being. The parent takes interest in his child's training and competitions. He is responsible and keeps the venue safe and comfortable for all.



SPECTATORS' CREED

Be a Respectful Supporter

- Applaud excellence and fair play
- Appreciate the efforts of all athletes, teachers, coaches, officials and organisers

Be a Caring Motivator

- Cheer to encourage and motivate
- Care for athletes' well-being

Be a Responsible Spectator

- Keep the venue safe and comfortable for all
- Keep the venue clean

Character in Sporting Excellence

Aspiration 6: *Every game a safe and enriching learning experience*

Guiding Principle:

The format of competition is developmental and age-appropriate. The games provide athletes with the opportunity to display their sporting prowess, and be recognised for their achievements. Athletes enjoy the competitions, which are conducted under safe and conducive environments.

JUNIOR DIVISION COMPETITION FORMAT

In determining the format for the competition, National School Games Organising Committees should aim to provide meaningful¹ competition experiences for participating regus, following the suggested competition format in this Annex.

2 Rounds Tiered-Competition Format

First Round

Preliminary and grouping

In the first round, entries will be grouped and play shall be organised in a round robin format. The groups shall be determined by drawing of lots. The regus from the same school shall be placed in different groups in preliminary round. All regus of each group will advance to the Tiered Round. The Convenor may determine the number of regus per group by drawing of lots.

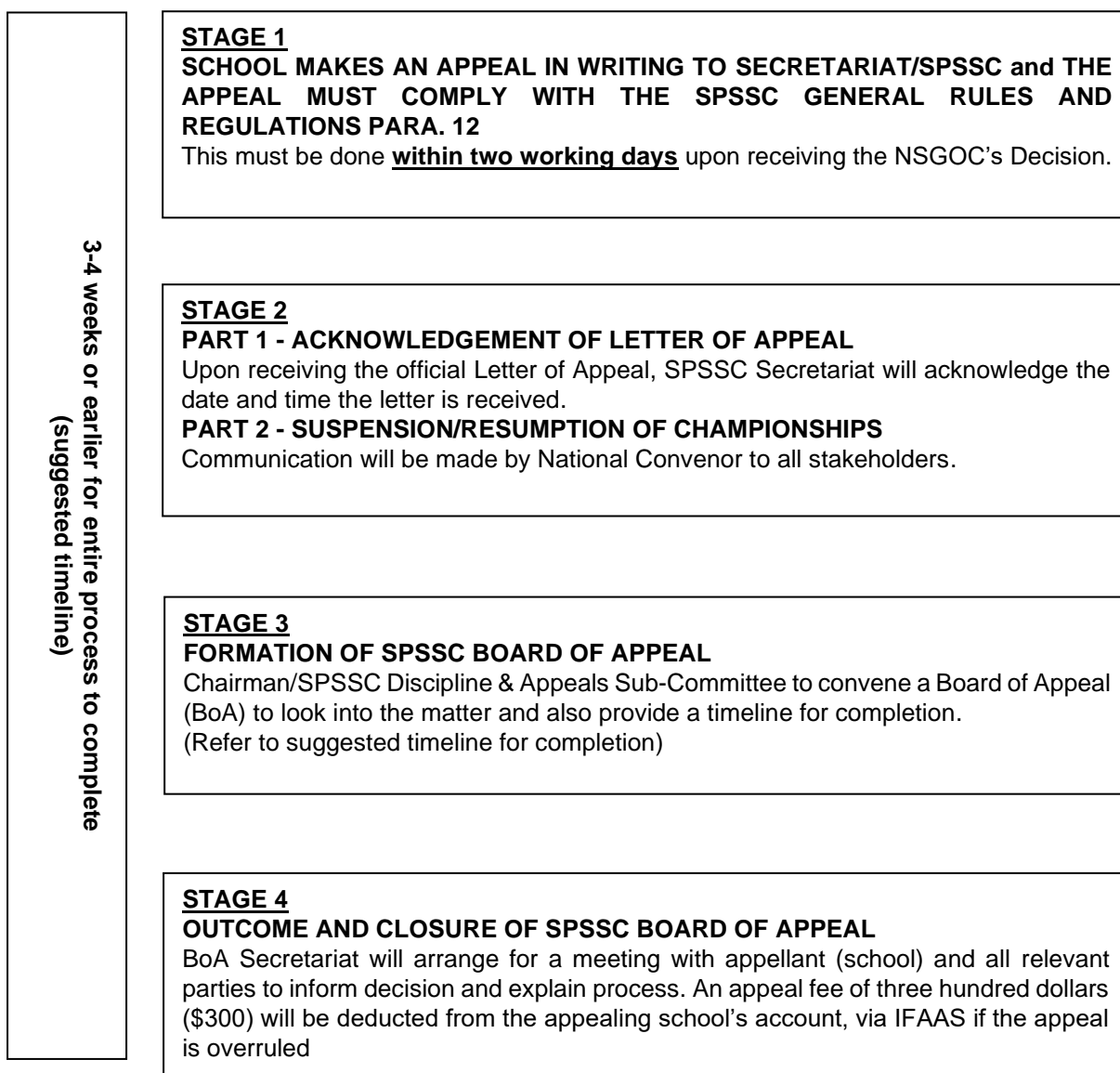
Second Round

The second round be played in round robin groups format. For example Gold group shall consist of top two regus from each group from Preliminary round. Silver Group shall consist of the 3rd and 4th position regus etc. The group champion and runner-up shall be placed in different groups in tiered round.

Number of Regus	First Round (Preliminary)					Second Round (Final)					
	Group A	Group B	Group C	Group D	Group E	Gold 1	Gold 2	Silver 1	Silver 2	Bronze 1	Bronze 2
16 regus	4	4	4	4		4	4	4	4		
17 regus	4	4	4	5		4	4	4	5		
18 regus	4	4	5	5		4	4	5	5		
19 regus	4	5	5	5		4	5	5	5		
20 regus	5	5	5	5		4	4	4	4	4	
21 regus	4	4	4	4	5	5	5	5	6		
22 regus	4	4	4	5	5	5	5	4	4	4	
23 regus	4	4	5	5	5	5	5	4	4	5	
24 regus	4	5	5	5	5	5	5	4	5	5	
25 regus	5	5	5	5	5	5	5	5	5	5	
26 regus	5	5	5	5	6	5	5	5	5	6	
27 regus	5	5	5	6	6	5	5	5	6	6	
28 regus	5	5	6	6	6	5	5	5	5	4	4
29 regus	5	6	6	6	6	5	5	5	5	5	4

¹ Each participating regu should **minimally play 6 matches** (i.e. cumulative throughout the competition) for in the course of competition and has been provided with more even distribution of competition opportunities.

SPSSC PROCEDURE FOR APPEALS
WORKFLOW



As in accordance with the SPSSC General Rules and Regulations under rule 13.4, the decision of the Board of Appeal or the Standing Committee shall be final.

SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL

Role of The Team Manager

The team manager(TM) will represent the school on all matters pertaining to the administration and organisation of the competition. He/she must be good role models for the participants and are expected to conduct themselves well in carrying out their duties. He/she will do the following:

Terms of Reference	
1	To liaise between the NSGOC (convenor school) and the Principal (school)
2	Must attend all briefings and/or meetings called by the respective game organising committees
3	To check the fixtures and schedules
4	To be responsible for the accuracy of the participants' particulars in the registration and ensure that the students are not placed in the wrong division.
5	To make transport arrangements for the teams
6	To chaperone participant(s) to and from the competition venue and remain with the participant(s) throughout the duration of play.
7	Must cooperate with official authorities and abide by the rules and regulations of the competition
8	To submit team list
9	Must manage the coach, participant(s) and supporter(s), if any, to ensure that they adhere to the Code of Conduct as provided in SPSSC Rules & Regulations
10	Must contact the school immediately to arrange for a replacement, in the event that he/she is not able to perform his/her duty, including when it is halfway through the competition
11	To be responsible for the participant(s) safety and well-being and to ensure that the participant(s) is/are medically covered e.g. first aid kit.
12	Must contact the school immediately in the event of an injury or emergency
13	Must not speak to the media unless with permission from the school
14	To represent the school in matters pertaining to formal appeals/protests (as required by the sport/game)
15	To accompany participant(s) at disciplinary board meeting

Code of Conduct for Coaches

- 1) Coaches must be good role models for the student athletes and are expected to conduct themselves well in carrying out their duties.
- 2) They are to observe the rules and regulations of the National School Games and honour the Coaches' Oath.
- 3) They should not replace the role of the team manager.
- 4) They are to prepare the training schedule for the team, in consultation with the Principal and the teacher in-charge (i.e. 30-week programme)
- 5) They are not allowed into the competition area except where the rule of the sport requires the presence of the coach e.g. Softball and Gymnastics.
- 6) They cannot represent the school in any matter.
- 7) They must not interfere with the organisation of the competition.
- 8) They are not allowed to approach the game officials to query their decisions. Only team managers are allowed to approach game officials to seek clarifications.
- 9) Coaches violating the rules will be asked to leave the competition arena.
- 10) Action will be taken against the school if the coaches fail to comply with the competition rules.
- 11) The onus is on the coaches to adhere to the rules and to be well versed with the competition rules amended to meet the needs of the student athletes lies with the school concerned.
- 12) They must ensure that the student athletes have adequate rest and given water breaks.
- 13) Coaches should refrain from using foul language or in a tone not becoming of proper behaviour.