

1st Briefing to Schools of Rhythmic Gymnastics 2024

6 Feb 2024
1500 – 1630 hrs
via Zoom

Please Scan Your
Attendance



Character in Sporting Excellence



Agenda

1. Welcome and Introduction
2. Contact, Important Links
3. Venue
4. Calendar of Events
5. Registration
6. Judges Workshop
7. School Adult Representative
8. Safety
9. Rules and Regulations 2024
10. SG's National Programme for RG 2025
11. A.O.B
 - Sportsmanship Award

1. Welcome & Introduction



NSG RG Organising Committee

SPSSC Gymnastics			
	School	Principal/Convenor	PE KP/Org Sec
Lead /South	Marymount Convent	Ms Cheong Hwee Khim	Ms Susan Tham <i>Mr Phua Yu Jim</i>
North	Jiemin Primary	Mr Andy Mickey Choong Tek Choy	Ms Koh Siew Tiang Anne
South	Cantonment Primary	Mrs Manokara Sugunavathi	Mr Wilbert Tan
East	Paya Lebar Methodist Girls' (Primary)	Mdm Lee Soo May Joyce	Mr Lim Wei Sheng <i>Ms Yeo Wei San Karine</i>
West	Henry Park Primary	Mr Charles Chan	Ms Chin Lian Mei
West	St Anthony's Primary	Mdm Goh Lung Eng (Mrs Esther Choo)	Mr Christopher Sagaram

SSSC Gymnastics			
	School	Principal/Convenor	PE KP/Org Sec
Lead /South	Whitley Secondary	Mrs Anba Saroja	Mr Subramaniam <i>Miss Pearly Sim</i>
North	Riverside Secondary	Ms Tham Yoke Chun	Ms Cheoh Pin
East	East Spring Secondary	Ms Ho Susie	Mr Prabaakaran
South	Queenstown Secondary	Mr Sim How Chong	Mr Koa Chee Meng

Games Advisor	Ms Tan Yuen Yuen	PSOEB
Games Manager	Mr Toh Chun Hoe	PSOEB, NSGO

The National School Games (NSG)

The NSG provides opportunities to build character, resilience & discipline among our student-athletes, as they pursue sporting excellence.

The spirit of the NSG is premised on the '*gotong royong*'* approach.

**'Gotong Royong':
Refers to cooperation, especially among family members, friends, and villagers.*

Character Development through Sports

MOTTO

“Character in Sporting Excellence”

Focus



Character
Development



Sporting
Excellence



Quality
Sporting
Experiences

MISSION

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

Character Development through Sports

ASPIRATIONS









- *Every athlete an honourable sportsman*
- *Every teacher and coach an inspiring role model and mentor*
- *Every official a fair, respectable and competent authority*
- *Every parent a supportive partner*
- *Every spectator a respectful, responsible and caring motivator*
- *Every game a safe and enriching learning experience*



Character Development through Sports

- Translating the Councils' Aspirations into action...

The athletes', coaches' and officials' oaths as well as the spectators' creed were developed to emphasize the important role each of the stakeholders plays in the National School Games.

  <h3>ATHLETES' OATH</h3> <p>"In the name of all competitors we promise that we shall take part in these National School Games, respecting and abiding by the rules which govern them, committing ourselves to the true spirit of sportsmanship, without doping and without drugs, for the glory of sport and the honour of our teams."</p> <p><small>(Revised version 2015; Adapted from the Olympic Athletes' Oath, 1999)</small></p> <p>Character in Sporting Excellence</p>	  <h3>COACHES' OATH</h3> <p><i>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."</i></p> <p><small>(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)</small></p> <p>Character in Sporting Excellence</p>	  <h3>OFFICIALS' OATH</h3> <p>"In the name of all the judges and officials, we promise that we shall officiate in these National School Games with complete impartiality, without doping and without drugs. We will respect and abide by the rules which govern the Games, in the true spirit of sportsmanship."</p> <p><small>(Revised Version 2015; Adapted from the Olympic Officials' Oath, 1999)</small></p> <p>Character in Sporting Excellence</p>	  <h3>SPECTATORS' CREED</h3> <p>Be a Respectful Supporter</p> <ul style="list-style-type: none">• Applaud excellence and fair play• Appreciate the efforts of all athletes, teachers, coaches, officials and organisers <p>Be a Caring Motivator</p> <ul style="list-style-type: none">• Cheer to encourage and motivate• Care for athletes' well-being <p>Be a Responsible Spectator</p> <ul style="list-style-type: none">• Keep the venue safe and comfortable for all• Keep the venue clean <p>Character in Sporting Excellence</p>
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Spectatorship Matters



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

- Spectatorship is about recognising and supporting the efforts of all athletes who have trained hard and are trying their best in the competition arena and not just be about cheering for their schoolmates and team.
- Schools should share the above points with coaches, student athletes and student supporters as part of the learning of sportsmanship and competition etiquette.

2. Contact and Useful Links



Useful Contact

Primary School Participation Matters

Ms Susan Tham

Lead Organising Secretary, Marymount Convent

susan_tham_miew_peng@schools.gov.sg

Secondary School Participation Matters

Mr Subramanian S/O Kaliappan

Lead Organising Secretary, Whitley Secondary School

subramaniam_kaliappan@schools.gov.sg

Rhythmic Gymnastics, Artistic Gymnastics & Trampoline Judging Matters

Ms Tan Yuen Yuen

AG Advisor, PSOEB

TAN_yuen_yuen@moe.gov.sg

NSGO Games Manager: Mr Toh Chun Hoe

Important Links for Gymnastics

Website

<https://nsg.moe.edu.sg>

- Source of information for Announcements, Rules & Regulations, Communication Slides, Instructions, Schedules, Programme, Results, Contacts, etc.

Registration

<https://nsg.moe.edu.sg/nis/#!/login>

3. Venue



Competition Venue

Rhythmic Gymnastics

Venue(s)	Bishan Sports Hall 5 Bishan Street 14, Singapore 579783 (Air-Conditioned)
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4. Calendar of Events



NSG Gymnastics Calendar for 2024

Trampoline (TRA) · Artistic Gymnastics (MAG/WAG) · Rhythmic Gymnastics (RG)

Updated
1.2.2024

T/W	Date	ITEM/EVENT	VENUE/TIME
T1 W6 T1 W9	6 - 28 Feb	Registration for TRA, AG & RG competitions (including school registration for respective Judges' course)	NIS Registration (School access only)
T1 W6	6 Feb (Tue)	1 st RG Briefing to Schools (Online)	Zoom, 1500-1700h
T1 W6	7 Feb (Wed)	1 st TRA & AG Briefing to Schools (Online)	Zoom, 1500-1700h
T1 W9	29 Feb - 1 Mar (Thu - Fri)	Publication of School Registration Summary and School Verification of Registration for TRA, MAG, WAG, RG	https://nsg.moe.edu.sg/home
T1 W10	5 Mar (Tue)	Email Notification of Judging workshops	
Mar Hol	12 Mar (Tue)	Projected release of TRA "School Rotation Order"	https://nsg.moe.edu.sg/home
T2 W1	18 Mar (Mon)	Deadline for school submission of team participants' "Event Performance Order" for TRA	<i>Submission by School through FormSG Link</i>
T2 W1	18 Mar (Mon) <i>Date tbc</i>	NSG TRA Judges Workshop and Meeting (1- day workshop)	MOE (Evans Rd), 0830-1800h
T2 W1 <i>Updated</i>	<i>Date to be confirmed</i>	NSG MAG Judges Workshop and Meeting (1-day F2F workshop)	MOE (Evans Rd), 0830-1800h
T2 W2	26 Mar (Tue)	Projected release of RG and AG "School Rotation Order"	https://nsg.moe.edu.sg/home

T/W	Date	ITEM/EVENT	VENUE/TIME
T2 W2	26 Mar (Tue)	Trampoline Podium Training for Competitors and Collection of Tag Numbers	Bishan Sports Hall, 1200-1800h
T2 W2	27 Mar (Wed)	NSG Trampoline Championships 2024	Bishan Sports Hall, 0730-1800h
T2 W3	1 Apr (Mon)	2 nd RG Briefing to Schools (Team Managers) (F2F)	MOE (Evans Rd), 1500-1700h
T2 W3 <i>Updated</i>	2 – 3 April (Tue – Wed)	NSG RG Judges Workshop and Meeting (2-day F2F workshop)	MOE (Evans Rd), 0830-1800h
T2 W3	4 – 5 April (Thu – Fri)	NSG WAG Judges Workshop and Meeting (2-day F2F workshop)	MOE (Evans Rd), 0830-1800h
T2 W4	8 Apr (Mon)	Deadline for school submission of team participants' "Event Performance Order" for AG	<i>Submission by School through FormSG Link</i>
T2 W4	8 Apr (Mon)	2 nd AG Briefing to Schools (Team Managers) (F2F)	MOE (Evans Rd), 1500-1700h
T2 W4	11 - 12 Apr (Thu - Fri)	RG Podium Training for Competitors	Bishan Sports Hall, 0730-1800h
T2 W5	15 - 18 Apr (Mon - Thu)	NSG Rhythmic Gymnastics Championships 2024	Bishan Sports Hall, 0730-1800h
T2 W5 T2 W6	19 & 22 Apr (Fri & Mon)	AG Podium Training for Competitors	Bishan Sports Hall, 0730-1800h
T2 W6	23 - 26 Apr (Tue – Fri)	NSG Artistic Gymnastics Championships 2024	Bishan Sports Hall, 0730-1800h

5. Registration



Registration

Registration: 6 – 28 Feb 2024

Check registration completion before closing date.

Print report to check registration.

- Registration by CCA Teacher-in-charge
- Role assignment by your school's PE/CCA HOD
- All necessary registration documents can be downloaded from the website.

6. Judges' Workshop



NSG RG Judging Workshop for Teachers/Coaches

- For Gymnastics, all participating schools more than 2 registered participants **must** provide at least one (1) teacher to be trained as judge and to serve on the judging panel **for the duration of the championship.**
- Schools with 2 and less participants will automatically be exempted from judging but must submit School Coordinator's or a School Staff's name at Registration.
- Teacher representation from all eligible participating schools is expected at the Judging Workshop.
- Nomination of Teacher Judge together with **Registration** by closing date of entry submission.
- Schools may submit coaches name for the workshop for their learning. During submission, the coach's email address and contact details should be entered in the NIS registration portal.

7. School Adult Representative SAR



SAR

- The SAR must be the legal guardian of the gymnast.
- The SAR is the appointed representative of the school during the competition.
- Official communication on NSG matters is still through the school coordinator (EO).
- The SAR takes on the role of team manager of the gymnast, and is expected to abide by the code of conduct expected.
- The SAR must report and/or seek approval from school with regards to incidents or appeals that may occur at the competition.
- SAR are encouraged to be trained in first aid.
- School to arrange and conduct a briefing for the SAR on their duties.
- School to issue the SAR Letter of Appointment endorsed by the School Principal.

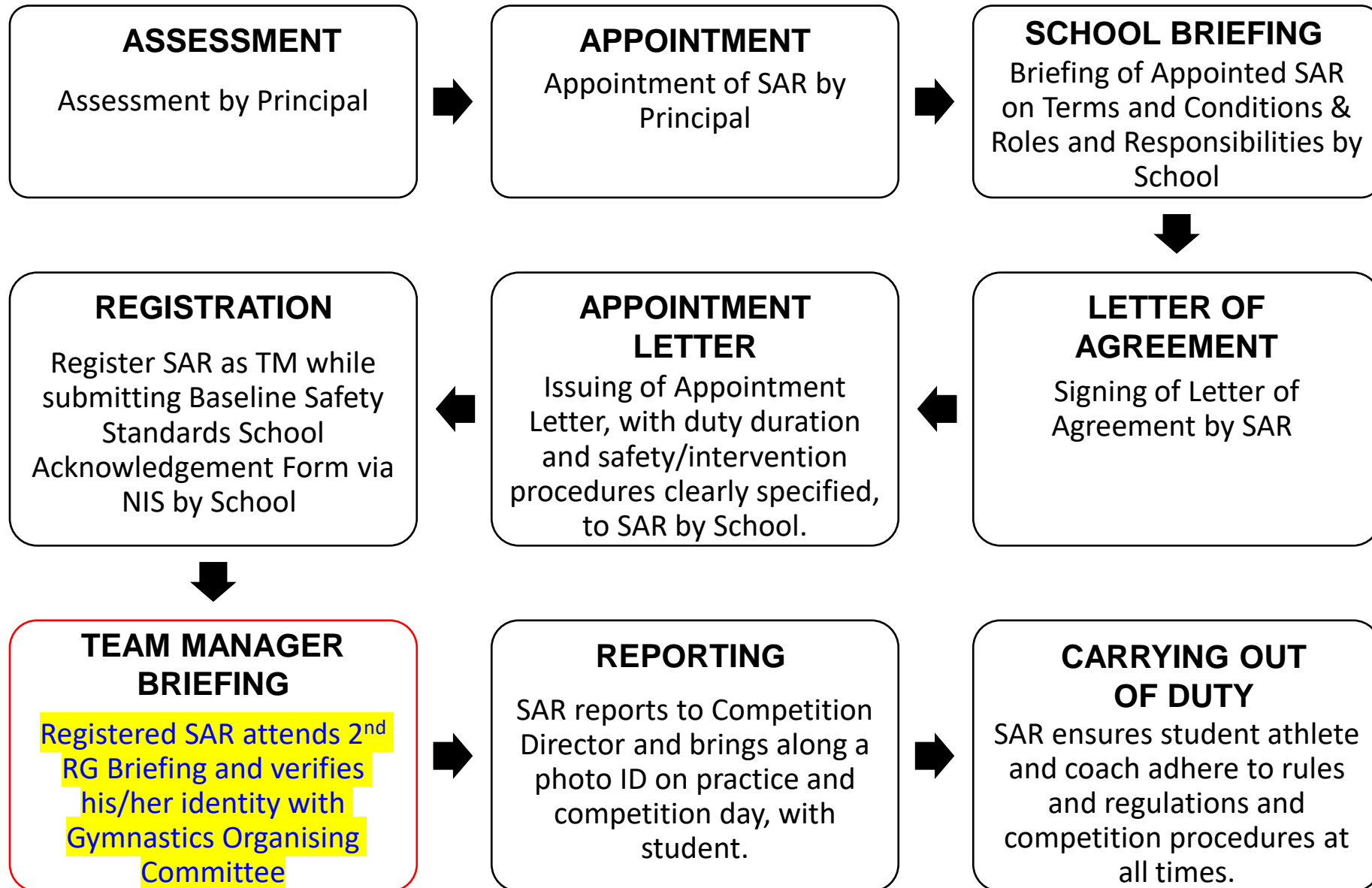
SAR Implementation for Gymnastics

- 1. For Rhythmic Gymnastics (RG), SAR may be appointed by schools to manage up to a maximum of 3 student-athletes for each session of the sport.**
- 2. Each school is to be represented by 1 SAR per session only** (session as defined by Division Category).
3. When there is more than one student-athlete in a session, SAR should be supported by parent chaperones (PC) who should be parents / legal guardians of the participating student-athletes. PC should accompany their own children to and from the competition venue and be responsible for their children's safety and well-being throughout the competition.
- 4. For RG, the appointed SAR must have attended the mandatory post-registration pre-competition briefing (2nd Briefing to Schools) by the NSGOC to be allowed to serve as TM at the competition.** In the event the SAR is not able to attend the briefing, or be present at the competition, the school must send a school staff to serve as TM.

*SAR for Rhythmic Gymnastics

- The NIS registered SAR(P) **must** attend the 2nd Briefing to Schools (Team Managers). The meeting is conducted face-to-face at MOE Evans Road.
- SAR(P) to collect Access Pass at the briefing to the competition, upon verification with letter of appointment and NRIC.
- If SAR(P) cannot attend the 2nd Briefing, please inform Org Sec beforehand. In that case, a school staff would be required to attend.
- In the event that school is unrepresented by the registered SAR(P) at the 2nd briefing, the school **must** send a school staff to take on the TM role at the competition.

Flow Chart for School's Appointment of SAR for Rhythmic Gymnastics



8. Safety

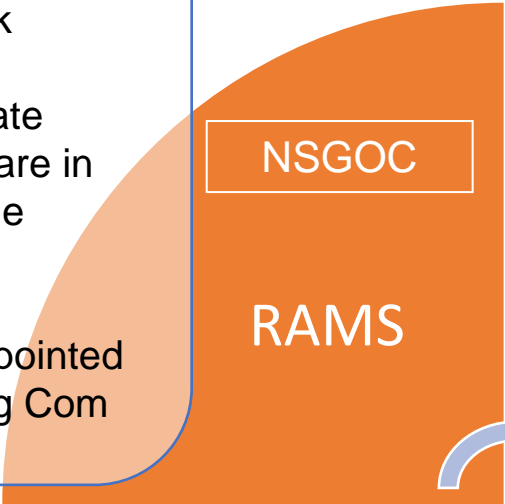


Safety is Everyone's Responsibility

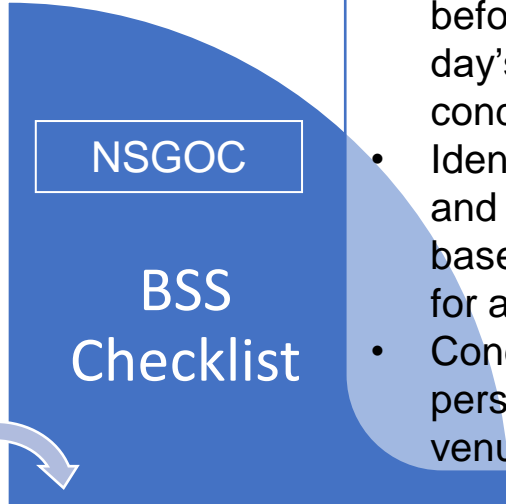
Reminder that participating schools should have a first aid trained personnel or chaperon to be present at the competitions.

RAMS and BSS for the NSG

- Pre-Championship Planning and Risk Assessment
- To ensure adequate safety measures are in place for the whole duration of the Championship.
- Conducted by appointed team from the Org Com



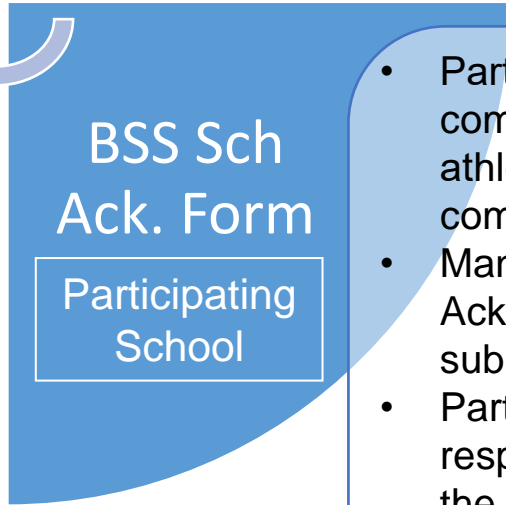
- Day-to-day on the ground baseline safety check before the start of the day's competition, as conditions may vary.
- Identifies games generic and game specific baseline safety standards for all sports under NSG.
- Conducted by appointed personnel in-charge at the venue on match day



- Dipstick Safety Audits for all NSG sports



- Participating schools' commitment to student-athletes' readiness to compete
- Mandatory BSS Acknowledgement to be submitted by through NIS.
- Participating school is responsible for submitting the correct BSS Acknowledge Form that has been endorsed by Principal



Everyone has a part to play

BSS School Acknowledgement Form

TMs, including School Appointed Representatives (SAR) who are non-school staff should be briefed or provided with a copy of the P-endorsed BSS S.A. Form so that they are aware of the safety items under the care of the participating school.

(Unofficial content change not permitted) Updated Nov 2023

NATIONAL SCHOOL GAMES
School Acknowledgement of Baseline Safety Standards

Section A:

Sport: BADMINTON

Division: Choose an item Level: Choose an item

School: Click or tap here to enter text.

Section B:
The school acknowledges that the following checks will be made in all National School Games:

Domain	Safety Item	Description
Personnel	Safe Management for COVID-19 <i>(Adherence required in event of Covid-19 national advisory)</i>	<input type="checkbox"/> Team Manager is aware of and adheres to guidelines and SMM for the event
	GEN-PER-3.1	<input type="checkbox"/> Team Manager is present to supervise the students.
	GEN-PER-3.2	<input type="checkbox"/> Team Manager is aware of venue evacuation plan
	GEN-PER-3.3	<input type="checkbox"/> Team Manager is aware of injury care and management plan
	GEN-PER-3.4	<input type="checkbox"/> Team Manager is aware of the medical history of participants.
	GEN-PER-3.5	<input type="checkbox"/> Team Manager checks and monitors physical well-being of participants.
	GEN-PER-3.6	<input type="checkbox"/> Team Manager goes through rules of sport/game and ensure that students have basic competency.
	GEN-PER-3.7	<input type="checkbox"/> Team Manager (verbally) checks that students have trained under the same duration and intensity in local climate/weather conditions for at least 10 days prior to the competition.
	GEN-PER-3.8	<input type="checkbox"/> Coach or chaperon who is trained in first aid is present to render basic care to students in the event of injury.
Participants	GEN-PAR-4.1	<input type="checkbox"/> Participants remove all hard/sharp objects and accessories (e.g. necklaces, ear studs, rings).
	GEN-PAR-4.2	<input type="checkbox"/> Participants do warm up exercises before the competition.
	GEN-PAR-4.3	<input type="checkbox"/> Participants hydrate before, during and after activity.
	GEN-PAR-4.4	<input type="checkbox"/> Participants do cooling down exercises after activity.
	GEN-PAR-4.5	<input type="checkbox"/> Participants conduct regular checks on personal equipment (e.g. shoes / boots, shin guards, personal floatation device, sports equipment).
	GEN-PAR-4.6	<input type="checkbox"/> Participants do not hang or climb onto any equipment not meant for such purposes (e.g. goal posts or any attachments to goal posts – crossbar, goal ring).

*: New or updated items

Name and Signature of Principal & Date: _____

Note: All completed forms are to be scanned and submitted during registration to the convenor.
Schools need only submit 1 acknowledgement form for each registration.

OFFICIAL (CLOSED) \ SENSITIVE NORMAL

Post Covid Vigilance

- Post Covid infection – MC and doctor's clearance
- Post Vaccination – 14 Days Lay off period
- Encourage personal hygiene practices (i.e. wipe down process)

Baseline Safety School Acknowledgement Form (For compliance)

- Participating schools' commitment to student-athletes' readiness to compete. (download from Registration module)
- **Must be uploaded onto Registration Module with Principal's endorsement** during registration in order for the registration to be considered complete.
- Should be shared with TMs of your school, including appointed SAR(P).

9. Rules and Regulations 2024



RULES AND REGULATIONS 2024

Secondary

SSSC Specific Rules and Regulations for Rhythmic
Gymnastics 2024

<https://nsg.moe.edu.sg/sssc/gymnastics#rules>



<https://go.gov.sg/ssscrules>

Primary

SPSSC Specific Rules and Regulations for Rhythmic
Gymnastics 2024

<https://nsg.moe.edu.sg/spssc/gymnastics#rules>



<https://go.gov.sg/spsscrules2024>

Clarification and Protest (Para. 12)

Previous	From NSG 2024
NSGOC will form protest panels to rule on all protests submitted by schools.	NSGOC will form protest panels to rule on all protests submitted by schools except for those relating to the accuracy of judgement on the part of an umpire / referee / judge.

- Good and bad calls are part of any competition at any level involving officials' judgement.
- Where Video Assisted Refereeing (VAR) is not part of the official provision of that competition, the judgement of the officials are final and should be respected by all involved.
- Respecting officials' calls, good or otherwise is competition etiquette that TMs and coaches should role model and all student athletes should learn.
- **Schools should share the above points with coaches and student athletes as part of the learning of sportsmanship and competition etiquette.**

Music

1. Team Managers must complete the online submission of **Stage 1, Stage 2, and 'Optional Event' participants' competition music**, in mp3 format only, via the official link shared by the 2nd Briefing to Schools.
2. The deadline for submission is [4 April 2024](#).
3. Team Managers should prepare and bring **backup** copies of their gymnast's music for the podium and competition sessions in one of the following options:
 - Option 1:** Each piece of music recorded on a single, high-quality CD, with the following information written on each CD:
 - Name of gymnast
 - School
 - Division
 - Event/Apparatus
 - Option 2:** A thumb drive with each piece of music in mp3 format, and each file named in the following format: "Session_Number_Name_Event", e.g., *2_140_Sarah Ann_Ball*.

10. SG's National Programme for RG 2025: what does it mean for schools and the NSG

1. Unified developmental pathway and competition program for all RG gymnasts in Singapore.
2. SG's Proposition
 - More developmental friendly for gymnasts
 - Reduced number of apparatus/events for each Level
 - Smooth transition from current routines to new routines with mapping of skills
 - Alignment to FIG direction for RG with more focus on artistry than on technical skills
 - Rubrics based evaluation of artistry
3. SG's timeline (projected)
 - Finalised programme by June 2024
 - Resource development in July/August 2024
 - Full release of Program and Resources in September 2024
 - SG's Implementation of Programme at National Championships 2025

SG's National Programme for RG 2025: what does it mean for schools and the NSG

4. Implications on NSG Gymnastics

- Preference on concurrent implementation at NSG 2025 (one/similar programme for students, schools, coaches, judges)
- Feb-Mar: School Sensing
- Apr-May: Seek Recommendation Approval
- Sep-Oct: Engagement and Clarification Session with Schools



<https://go.gov.sg/rg2025survey>

<https://go.gov.sg/rg2025survey>

AOB



SPORTSMANSHIP AWARD

This award is given to the athlete of each sports team who best exemplifies the attributes of character, integrity and sportsmanship.

Characteristics

- **Team focus** – unselfish and committed to the team over individual performance. Willing to help out in any way that benefits the team and its members.
- **Sportsmanship** – Displays good sportsmanship, respect to officials and opposing teams, even in the face of adverse outcomes. Demonstrates co-operation and respect in dealing with coaches and teammates
- **Attitude** – Positive Attitude
- **Role model** – Good role model
- **Integrity** – Committed to do what is right.

- School to nominate 1 gymnast per division per discipline (RG/MAG/WAG/TRA) even in cases whereby schools do not have any teams.
- Nomination to be submitted vis NIS portal between 26 April to 17 May 2024
- Mandatory free text entry.



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Thank You