

**SINGAPORE PRIMARY SCHOOLS COUNCIL (SPSSC)
NATIONAL SCHOOL GAMES TRACK & FIELD
RULES AND REGULATIONS 2024**

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**SINGAPORE PRIMARY SCHOOLS COUNCIL (SPSSC)
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PREAMBLE

This document outlines the rules and regulations for the conduct of and participation in the SPSSC National School Games (NSG) Track and Field Meet. These rules and regulations should be interpreted and implemented in alignment to the spirit of the SPSSC's Mission, Aspirations and Motto (Refer to Annex A).

SECTION A – ADMINISTRATIVE RULES AND REGULATIONS

1. ORGANISATION STRUCTURE AND GOVERNING BODIES

- 1.1 The National School Games (NSG) shall be conducted:
- 1.1.1 as governed by the General Rules and Regulations of the Singapore Primary Schools Sports Council (SPSSC).
 - 1.1.2 according to the rules and regulations of the SPSSC NSG Track and Field, which have been modified to suit the level of our school students for safety / developmental reasons.
 - 1.1.3 in adherence to the Baseline Safety Standards for the NSG.
 - 1.1.4 according to the laws / rules established by World Athletics.
- 1.2 In the absence of a set of recognised rules to govern the situations that arise during the competition, the National School Games Organising Committee (NSGOC) shall make a decision, with reference to World Athletics' Competition Rules.

2 AGE GROUPS / DIVISIONS

- 2.1 All students shall compete in the respective divisions set out in the Para. 2.2 **with the exception of those born on 1 January 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.
- 2.1.1 With effect from 2021, students who are born on 1 January and have participated in NSG previously shall follow the rules stated in Para 2.2. This rule will supersede all previous decisions.
 - 2.1.2 This exception in Para 2.2 does not apply to students who are born on 1 January and have repeated a year of study.
- 2.2 The Competition shall be run in the following 4 divisions for Boys and Girls:

SENIOR 2 (S2)	1 Jan 2012 (subject to conditions laid out in para 2.1)
DIVISION:	2 Jan 2011 - 31 Dec 2011
(former A Division)	1 Jan 2011 (<i>subject to conditions laid out in para 2.1</i>)
SENIOR 1 (S1)	1 Jan 2013 (subject to conditions laid out in para 2.1)
DIVISION:	2 Jan 2012 - 31 Dec 2012
(former B Division)	1 Jan 2012 (subject to conditions laid out in para 2.1)
JUNIOR 2 (J2)	1 Jan 2014 (subject to conditions laid out in para 2.1)
DIVISION:	2 Jan 2013 - 31 Dec 2013
(former C Division)	1 Jan 2013 (<i>subject to conditions laid out in para 2.1</i>)
JUNIOR 1 (J1)	1 Jan 2016 (subject to conditions laid out in para 2.1)
DIVISION:	1 Jan 2015 - 31 Dec 2015
(former D Division)	2 Jan 2014 - 31 Dec 2014
	1 Jan 2014 (subject to conditions laid out in para 2.1)

2.3 Competitors must compete in his/her own division only.

2.4 Age Dispensation (Applicable for J1 Division only)

2.4.1 7-year olds (born from 1 Jan 2017 to 31 Dec 2017 and on 1 Jan 2018 subject to conditions laid out in para 2.1) and 8-year olds (born from 2 Jan 2016 to 31 Dec 2016) may choose to participate in the Junior 1 Division subjected to provisions laid out in Para 2.1.

2.4.2 Application has to be put forth by parents / guardians, endorsed by school Principals and submitted to respective NSGOCs for follow-up (**Refer to [Annex B](#)**).

2.4.3 Age dispensation is only applicable in the year of application.

3. ENTRIES

3.1 For J1 Division,

3.1.1 Each competitor shall be allowed to enter (Refer to Para. 5):

- the **Required** individual multi-skill event which all individual Junior 1 Division athletes must participate in.
- up to **2 other Optional** individual events which must be from 2 different event groups.
- the Junior 1 Division relay event.

3.1.2 Each school shall be allowed a maximum of **2 ENTRIES** per optional event subject to a maximum of 18 individual competitors per sex.

3.1.3 A school shall be eligible to enter only 1 Team per sex in **EITHER** the 8 x 50m Relay, **OR** the 4 x 50m Relay. Any registered competitor from the school can represent the school in the relay.

3.2 For J2 Division

3.2.1 Each competitor shall compete in a combined event that includes **3 individual** events with 1 event from each event group (Run, Jump, Throw) (Refer to Para. 5).

3.2.2 Any registered competitor may compete in the Junior 2 Division relay events.

3.2.3 Each school shall be allowed a **maximum of 6 entries per event per school except for Scissors Jump (maximum 2 entries per school)** subject to a maximum of 18 individual competitors per sex.

- 3.2.4 A school shall be eligible to enter only 1 Team per sex in **EITHER** the 8 x 50m Relay, **OR** the 4 x 50m Relay. Any registered competitor from the school can represent the school in the relay.
- 3.3 For Senior Divisions (S1 and S2)
- 3.3.1 Each competitor shall compete in a combined event that includes **3 individual** events with 1 event from each event group (Run, Jump, Throw) (Refer to Para. 5).
- 3.3.2 Any registered competitor may compete in the relay event(s) for his / her division.
- 3.3.3 Each school shall be allowed a **maximum of 6 entries per event per school except for High Jump (maximum 2 entries per school)** subject to a maximum of 18 individual competitors per sex.
- 3.3.4 A school shall be eligible to enter only 1 Team per sex in the 5 x 80m Relay, **AND** the 4 x 200m Relay. Any registered competitor from the school can represent the school in the relays.
- 3.5 For All Divisions
- 3.5.1
- Reserves may be registered and deployed in competition subject to the following guidelines:
 - Registered reserves may replace competitors who are no longer able to participate in the competition subject to the approval of the NSGOC.
 - All reserves must be registered and tagged as reserves.
 - Schools must inform the NSGOC via email before 12 noon of the day before the affected event (to Lead Organising Secretary, cc to Lead Convenor and the participating school's Principal).
 - Registered competitors who are already registered for their own events cannot be used as reserves to replace another registered competitor.
 - For combined events (applicable to J2, S1 and S2 Divisions), any replacement(s) made shall replace the competitor(s) to be replaced completely for all events that the competitor is registered for. Replacements will not be allowed if the competitor to be replaced has already competed in any of the events he / she is registered for.
 - For J1 Division, reserves must also have participated in the multi-skill event to be eligible to replace a competitor.
- 3.6 All competitors are to produce valid identification documents with photos e.g. EZlink card for verification when required.

4. REGISTRATION OF PARTICIPANTS

4.1 Eligibility

- 4.1.1 Only official students of the school can represent the school.
- 4.1.2 Students requesting for a transfer may only represent their new school when the transfer has been officially effected.
- 4.1.3 International students can only be registered to compete for their school **after** they have been issued with the student passes from the Immigration and Checkpoints Authority (ICA).
- 4.1.4 Students who are in the schools on exchange programmes are not allowed to represent the school.
- 4.1.5 Students granted Leave of Absence (LOA) by MOE are allowed to represent the school.

- 4.1.6 Registration constitutes representation, that is, once a student is registered to compete for a school, he or she is deemed to have represented his or her school. Hence, the student is not allowed to represent another school in the same sport in the same year.
- 4.1.7 The fielding of unregistered competitor will result in a forfeiture of the events concerned (Refer to [Para. 10](#)).

4.2 Registration Process

- 4.2.1 All registration must be submitted through the NSG Integrated system (NIS) Registration Module at <https://nsg.moe.edu.sg/nis/#!/login> by the stipulated closing date. This includes details of participants along with the necessary supporting documents including:
- a. Baseline Safety Standards Acknowledgement Form
 - b. Supporting documents for Special / Transfer case students
 - c. Other forms as determined by the respective NSGOCs
- 4.2.2 No changes will be allowed to the list of registrants (includes both competitors and reserves) beyond the registration deadline.
- 4.2.3 The registration is deemed to have been endorsed by the Principals once the registration form is submitted online. Schools are advised to print the summary of the registration for checking before submission.
- 4.2.4 Appeals for late / erroneous entries submitted by schools will only be accepted on a case-by-case basis with the consensus of the NSGOC.
- 4.2.4.1 Schools must write through the Principal, to inform the NSGOC of the change at least 1 working day before the start lists are issued¹.
- 4.2.4.2 No late / erroneous entries will be accepted once the start list has been published.

4.3 Replacement and addition of participants in registered list after registration closes

- 4.3.1 Replacement of a registered participant is only allowed when that participant is no longer an official student of the school and if the school has maximised their registration numbers.
- 4.3.2 Addition of participants is only allowed for students who have joined the school after registration has closed and if schools have not maximised their registration numbers.
- 4.3.3 Any request for replacement (Para. 4.3.1) or addition (Para. 4.3.2) after registration has closed, must be sent via email through the Principal to the Lead Convenor at least 1 working day before the start list is published.

- 4.4 Following registration, number tags can be collected from the respective Convenors between 15 to 17 April 2024 from 0800 hrs to 1700 hrs. Teachers collecting the number tags are advised to verify the tags before leaving the convenors' schools.

¹ The start list should not be issued more than 10 working days before the start of competition.

SECTION B – COMPETITION RULES & REGULATIONS

5. COMPETITION FORMAT

5.1 For events to be conducted:

5.1.1 There must be a minimum of three (3) registered teams from three (3) different schools for relay events.

5.1.2 There must be a minimum of three (3) registered participants from two (2) different schools for individual events².

5.2 Events to be contested

5.2.1 J1 DIVISION EVENTS (BOYS AND GIRLS)
EVENTS
REQUIRED EVENT – MULTI-SKILL EVENT
OPTIONAL RUN EVENTS
40 METRES
60 METRES
80 METRES
1000 METRES
60 METRES HURDLES (5 HURDLES, 52CM)
OPTIONAL JUMP EVENTS
SCISSORS JUMP
LONG JUMP WITH 80CM TAKE OFF ZONE
STANDING LONG JUMP
OPTIONAL THROW EVENTS
OVERHAND BEANBAG THROW
MEDICINE BALL THROW (1kg)
RELAY EVENT
4 X 50 METRES OR 8 X 50 METRES RELAY

Note:

- For J1 Division:
 - All individual participants must participate in the required multi-skill event.
 - Each school shall be allowed a maximum of **2 ENTRIES** per optional event.
 - All participants can take up to 2 optional events which must be from 2 different event groups.

5.2.2 J2 DIVISION EVENTS (COMBINED EVENT BOYS AND GIRLS)
EVENTS
RUN EVENTS
25 METRES
60 METRES
80 METRES
120 METRES

²Such events will **NOT** be included in the calculation for Divisional Titles

1000 METRES
60 METRES HURDLES (5 HURDLES, 52CM)
JUMP EVENTS
SCISSORS JUMP
VERTICAL JUMP
LONG JUMP WITH 80CM TAKE OFF ZONE
STANDING LONG JUMP
THROW EVENTS
LONG IMPLEMENT THROW (TURBO-JAV 300GM)
MEDICINE BALL THROW (2KG)
SHOT PUT (2KG)
RELAY EVENT
4 X 50 METRES OR 8 X 50 METRES RELAY

Note:

- For J2 Division:
 - Each school shall be allowed a maximum of **6 ENTRIES** per event except for Scissors Jump where each school shall be allowed a maximum of 2 ENTRIES.
 - Each competitor participating in the individual events shall participate **in 3 events with 1 event from each event group (Run, Jump, Throw).**

5.2.3 S1 and S2 DIVISION EVENTS (COMBINED EVENT BOYS AND GIRLS)		
EVENTS	S1	S2
RUN EVENTS		
30 METRES	✓	
80 METRES	✓	✓
120 METRES	✓	
200 METRES	✓	
1000 METRES	✓	✓
1600 METRES	✓	
80 METRES HURDLES (7 HURDLES, 60 CM)	✓	
JUMP EVENTS		
HIGH JUMP	✓	
VERTICAL JUMP	✓	
LONG JUMP WITH 50CM TAKE OFF ZONE	✓	✓
STANDING LONG JUMP	✓	✓
THROW EVENTS		
LONG IMPLEMENT THROW (TURBO-JAV 400gm)	✓	✓
MODIFIED DISCUS	✓	
SHOT PUT (Girls – 2KG; Boys – 3KG)	✓	✓
RELAY EVENTS		
5 X 80 METRES RELAY	✓	✓
4 X 200 METRES	✓	✓
Total	16	8

Note:

- **For S1 and S2 Divisions:**
 - Each school shall be allowed a maximum of **6 ENTRIES** per event except for High Jump where each school shall be allowed a maximum of 2 ENTRIES.
 - Each competitor participating in the individual events shall participate **in 3 events with 1 event from each event group (Run, Jump, Throw).**

6. CHAMPIONSHIP POINTS

6.1 DIVISIONAL CHAMPIONSHIPS

6.1.1 The top 4 teams of the following S1 Boys and Girls Divisions shall be awarded with Divisional championship titles³.

6.2 Points awarded for the top 8 placings for tabulation of the divisional championships in the Finals are as follows:

1st	2nd	3rd	4th	5th	6th	7th	8 th
9	7	6	5	4	3	2	1

7. AWARDS

7.1 Up to the top 8 competitors of each event shall be awarded subject to the number of competitors in the event as given in the following table.

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

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

Position	Medals / Trophies
1 st	Gold
2 nd	Silver
3 rd to 8 th	Bronze

7.3 Medals for track events will be presented upon completion of the event.

7.4 Medals for field events will be available for collection from the Announcers' table the day following the completion of the event.

7.5 Achievement Pins (Individual Multi-skill Event Junior 1 Division only)

7.5.1 Achievement pins shall be awarded for the Individual Multi-skill event (J1 only).

7.5.2 Based on the total points scored in the Individual Multi-skill event, each competitor will be awarded based on the following criteria:

- ❖ Gold Medal – 22 points
- ❖ Gold Achievement Pin – 20 & 21 points

³ Only events with a minimum of three (3) competitors from three (3) different schools will contribute to the calculation for Divisional Titles.

- ❖ Silver Achievement Pin – 18 & 19 points
- ❖ Bronze Achievement Pin – 15 to 17 points

7.7 Achievement pins will be delivered to respective schools after the event.

8. REPORTING FOR EVENTS

8.1 All competitors whose events are due must report for clearance. It shall be the duty of the Team Manager (TM) to ensure that their competitors report to the call room at least **30 MINUTES BEFORE THE EVENTS' SCHEDULED TIME TO THE DESIGNATED AREAS EVEN IF NO ANNOUNCEMENTS HAVE BEEN MADE AS FOLLOWS:**

8.1.1 All track events: Call Room

8.1.2 All field events: Respective Jump and Throwing Areas

8.2 A competitor who is late in reporting can be barred from his/her event. (TMs may report on behalf of their athletes provided the latter are already in the Arena.)

8.3 A competitor may be barred from his/her event if his/her TM has not signed in to register the TM's presence for the session.

8.4 As far as possible, all events will commence as scheduled. It may sometimes be necessary to run off an event ahead of or behind schedule. In all such cases announcements to this effect will be made over the main public-address system.

8.5 After clearance by the Competitor Stewards, competitors must remain in the designated competitors' area and **wait to be ushered into the competing arena** by the Marshals.

8.6 No competitor is allowed to report directly to the Start for all Track events.

9. POSTPONEMENT

9.1 Any postponement or abandonment of an event shall be determined by the NSGOC only.

10. WITHDRAWAL AND FORFEITURE

10.1 Any withdrawal⁴ or forfeiture⁵ without valid reason is considered contrary to the spirit of the NSG. A competitor shall be excluded from participation in all further events in the competition, including relays unless a medical certificate (MC) issued by a doctor, or a letter of explanation with a valid reason endorsed by the Principal is submitted. This would include all cases where the competitor:

- a) has been registered to start in an event but then failed to participate;
- b) qualified in a preliminary round of an event for further participation in that event but then failed to participate further.

10.2 For each withdrawal or forfeiture, a written explanation duly endorsed by the Principal shall be submitted to the Lead Convenor and copied to the Game Advisor within one (1) working day. The TM of a school is responsible for the submission of this MC or letter of explanation to the Lead Organising Secretary before the start of the athlete's competition. Failure to do so will render the athlete unable to compete in further events.

10.3 For withdrawals, all results involving the team / participant will be null & void.

⁴ Withdrawal refers to discontinuing participation in the competition.

⁵ Forfeiture refers to inability to start or complete an event.

- 10.4 In the competition for top 8 placing, a withdrawal will disqualify the competitor or team from being placed.

11. WALKOUT⁶

- 11.1 Staging a walkout is considered a serious breach of conduct and contrary to the spirit of NSG.
- 11.2 Participants that stage a walkout shall be subject to disciplinary action (Refer to Para 19).
- 11.3 A written explanation from the school(s) duly endorsed by the Principal shall be submitted to the Lead Convenor and copied to the Game Advisor within one (1) working day.
- 11.4 The competition officials shall submit a written report to the NSGOC within one (1) working day.

12. CLARIFICATION AND PROTEST

- 12.1 Clarification
- 12.1.1 For any disagreement to or objection against the conduct, eligibility or placing of another competitor or team in any event, a clarification shall be lodged with members of the Technical Committee within 15 minutes after the official announcement / publication of the results of that event by the TM concerned. No other person(s) shall lodge any protest.
- 12.1.2 If the clarification were to result in any disruption / interference of the competition, the matter shall be brought to the attention of the NSGOC for follow up action.
- 12.2 Competing Under Protest
- 12.2.1 If the TM has strong justification against the decision of the competition officials / NSGOC and the event has yet to be conducted, the TM shall indicate their intention to compete under protest to the Technical Committee, who will inform all necessary Competition officials and TMs involved in the affected match / event. These shall be done as soon as possible without disrupting the competition.
- 12.2.2 The competition can also be conducted under protest at the NSGOC's discretion if there are issues that cannot be resolved satisfactorily prior to/or during the competition.
- 12.3 An official protest against the Technical Committee's decision can be made to the Competition Jury of Protest by the **TM** only. The protest must fulfil all the following conditions:
- a) Be sent through the Principal.
 - b) Reach the NSGOC within one (1) working day after the match / event unless stipulated otherwise in the respective sport-specific rules.
 - c) Provide reasons and evidence for the protest.
- 12.4 Protests based solely on a decision involving the accuracy of judgement on the part of an umpire / referee / judge shall not be considered by the NSGOC.

⁶ Wilful refusal to compete against the NSGOC's advice.

- 12.5 A protest panel chaired by a Convenor will be formed within the NSGOC to deliberate on protests that have met all conditions in 12.3. Where there may be potential conflict of interest, the schools involved will not sit in the panel.
- 12.6 The protest panel shall comprise the following:
- a. National T & F Convenor (or another T & F Convenor as appointed by the Lead Convenor)
 - b. SPSSC T&F Advisor
 - c. Organising Secretary(ies)
 - d. Meet Manager
 - e. Meet Referee
- 12.7 The decision of the protest panel will be made known in writing to the schools concerned within five (5) working days.
- 12.8 A protest fee of \$150 will be paid by the school that raised the protest (within 30 days from notification of outcome) if the protest is overruled.

13. APPEAL

- 13.1 Schools may appeal against the outcome of a protest to the Council. The appeal must fulfil all the following conditions:
- a. Be sent through the Principal
 - b. Reaches the Secretariat of the Track and Field main council within two (2) working days upon receiving the protest sub-committee's decision
 - c. Provides reasons and evidence for the appeal
- 13.2 The Board of Appeal (BoA) will be convened to deliberate on the appeal within ten (10) working days. Where there may be potential conflict of interest, the schools involved will not sit in the BoA. The decision of the BoA shall be final.
- 13.3 An appeal fee of \$300 will be paid by the schools that raised the appeal (within 30 days from notification of outcome) if the appeal is overruled.

14. BARRED PARTICIPANTS

- 14.1 Participants barred by any one of the following bodies are not allowed to participate in the NSG for that sport:
- a. School
 - b. Singapore Primary Schools Sports Council (SPSSC)
 - c. The Singapore Athletics Association, with endorsement from SPSSC

15. TEAM MANAGER (TM)

- 15.1 The Team Manager (TM) will represent the school on all matters pertaining to the duty of care, student management and competition matters relating to the participants / teams from their school (**Refer to [Annex C](#)**).
- 15.2 Participants / teams must be accompanied by a TM who shall remain with the team throughout the duration of play. The absence of a TM will result in a forfeiture of the events concerned (**Refer to [Para. 10](#)**).
- 15.3 The TM shall be a school staff⁷ or School Adult Representative (SAR) (**Refer to [Annex D](#)**) appointed by the participating school.

⁷ For TMs, MOE employed staff such as Education Officer, Contract Adjunct, Flexi Adjunct, EAS (AM, OM and CSO) and AED can be deployed.

- 15.4 TMs are expected to conduct themselves with decorum at all times and strive towards Aspiration 2 (Refer to [Annex A](#)).
- 15.5 TMs must ensure that their coaches adhere to the rules and regulations and the Code of Conduct (Refer to [Annex E](#)).
- 15.6 TMs are not allowed to interfere with the final decision taken by the referee/umpire/judge/official on points of laws/rules after clarification has been sought. If such interference results in disruption of the meet, a report shall be made by the Convenor and the matter brought to the attention of the NSGOC for appropriate action.
- 15.7 All TMs should remain within their stipulated area throughout the competition and are not allowed to interfere with competition proceedings.

16. COACHES

- 16.1 Coaches are expected to conduct themselves with decorum in alignment to the Code of Conduct (Refer to [Annex E](#)) and strive towards Aspiration 2 at all times (Refer to [Annex A](#)).
- 16.2 Coaches are not allowed to approach the officials to query their decisions. Only TMs are allowed to approach officials to seek clarifications and lodge a protest.
- 16.3 All coaches should remain within their stipulated area throughout the competition and are not allowed to interfere with competition proceedings.

17. COMPETITION OFFICIALS

- 17.1 All meet officials will be arranged for by the NSGOC.
- 17.2 All competition officials should declare any potential conflict of interest to the NSGOC before the start of the competition.

18. SPECTATORS

- 18.1 Participating schools must ensure that spectators from their school attending the competitions are aligned to Aspiration 5 (Refer to [Annex A](#)) and cooperate with the officials.
- 18.2 Schools sending spectators to the competition shall ensure that their students are in proper school attire and that there are sufficient teachers present to be responsible for their management and well-being.
- 18.3 Spectators may not be allowed to enter the competition venue if they fail to comply with the venue's SOP.
- 18.4 All spectators should remain within their stipulated area throughout the competition and are not allowed to interfere with competition proceedings.
- 18.5 In the event of disruptive or unsportsmanlike behaviour, the NSGOC or its representatives may at their discretion, stop the disturbance and evict the spectators from the competition venue.

19. SERIOUS BREACH OF CONDUCT

- 19.1 A Disciplinary Panel comprising members of the NSGOC will be formed to investigate the breach.
- 19.1.1 A convenor of the NSGOC shall be appointed as the Chairperson of the panel.
- 19.1.2 The panel may co-opt members from outside the NSGOC, including personnel from the National Federation (NF) to provide technical advice where necessary.
- 19.2 Any individual found guilty of serious breaches of conduct, such as an attempt to inflict, or has inflicted physical harm, or the threat of such on another person, shall be expelled from the NSG, and be banned from it for the calendar year of the NSG. The disciplinary panel can also recommend punishment beyond the calendar year if the breach occurs during the final stages of the competition. This shall also apply to all such behaviours traced to an NSG competition before, during or after the competition.
- 19.3 An appeal against the decision of the Disciplinary Panel can be submitted by the school (for participants, coaches, and TMs) and / or the official to the Council, whose decision shall be final (**Refer to [Para. 13](#)**).

20. COMPETITOR NUMBERS AND ATTIRE

- 20.1 Each competitor is assigned a specific number for the Meet with each Division having a different colour.
- 20.2 The colours and numbers for the different Divisions are:
- | | |
|--------------|---|
| S2 Division: | WHITE BACKGROUND WITH BLACK NUMBERS
BETWEEN 4001 TO 4999 |
| S1 Division: | WHITE BACKGROUND WITH RED NUMBERS
BETWEEN 3001 TO 3999 |
| J2 Division: | WHITE BACKGROUND WITH GREEN NUMBERS
BETWEEN 2001 TO 2999 |
| J1 Division: | WHITE BACKGROUND WITH BLUE NUMBERS
BETWEEN 1001 TO 1999 |
- 20.3 It is the responsibility of the schools and competitors to have the correct number tags and safety pins when reporting to the competitors' steward. However, should the need arise, replacement number tags are obtainable from the Technical Committee's Reporting Table at the competition venue.
- 20.4 Every competitor must wear two number tags bearing his/her assigned number which are displayed visibly at the chest and back of the competitor, **except for competitors in the Scissors/High Jump**. Competitors in the Scissors/High Jump shall wear only one number tag at the chest. Each number tag must be pinned securely at the four corners.
- 20.5 All competitors must be in their school's sports attire which must bear the school logo, badge or name. As far as possible these should be visibly displayed on their attire for easy identification. T-shirts/singlets must be tucked in.
- 20.6 All competitors in a relay team must be attired according to Para. 21.5 and in a uniform manner (same attire and colour).
- 20.7 Competitors must put on proper footwear according to the specific rules and regulations for each event.

- 20.8 Those who do not comply with the above requirements shall forfeit their participation in the affected events.

21. COMPETITION ARENA

- 21.1 Only Officials on duty and competitors competing shall be allowed on the competition arena. All competitors must leave the competition arena upon completion of their events.

22. RESULTS OF THE MEET

- 22.1 All results of the meet shall be posted on the following website and will also be announced whenever possible.
<https://nsg.moe.edu.sg/spssc/track-field#result>
- 22.2 RE-RUNS: All competitors in the track events are advised to remain behind until the heats of their particular event are completed in case of re-runs.

23. STUDENT SAFETY AND MANAGEMENT

- 23.1 The NSGOC reserves the right to stop a competitor from competing should they:
- 23.1.1 detect signs of danger (e.g. heat stroke, heat exhaustion, injury)
 - 23.1.2 notice indications that the competitor is physically unable to compete or;
 - 23.1.3 if advised by the appointed paramedics.
- 23.2 Should the competitor choose to continue competing, the TM must seek approval from the competitors' Principal before the competitor is allowed to continue participation. If the Principal is not contactable, the Vice-Principal covering duties should approve the participation. The NSGOC will decide on the time frame available for the school to obtain the required approval so as not to disrupt the meet proceedings. In the event, that the school is unable to contact the school leaders, the NSGOC will make the final decision.
- 23.3 Schools should ensure that water and suitable refreshments are made available for their own athletes on all competition days.
- 23.4 Schools are advised to monitor their athletes' training programme. Excessive and detrimental training programmes can be harmful to young athletes.
- 23.5 Schools are to remind their pupils to look after their personal belongings at the competition venue. The NSGOC will not be responsible for any loss.
- 23.6 All TMs in charge are to ensure the general discipline and well-being of their athletes at the stadium throughout the competition.
- 23.7 All TMs are to ensure the cleanliness of the stadium before vacating the area that they occupied.

SECTION C – EVENT RULES & REGULATIONS

INDIVIDUAL MULTI-SKILL EVENT (J1 ONLY)

24. All J1 participants must take part in the Individual Multi-Skill Event. Failure to participate in the multi-skill event will render an athlete ineligible to compete in the optional individual events.
25. The event will be conducted on an appropriate field, artificial pitch or other appropriate grounds as arranged by the NSGOC each year. This will be made known to TMs of participating schools at the TMs' briefing.
26. The individual multi-skill event will be run as one continuous event with the following components (Ref [Annex F](#) for the course layout)
 - a. 42 metre timed component that includes:
 - A standing start
 - Running over 3 hurdles
 - Picking up one (1) set of beanbags while running
 - b. Throwing component that includes:
 - 2 x one-handed over-hand throw with two different hands
27. 42 metre timed component
 - 27.1 Two (2) methods of timekeeping shall be recognised as official:
 - Hand Timing;
 - Light Gates
 - 27.2 A standing start will be used for the race.
 - 27.2.1 There shall be three (3) hurdles and 2 sets of beanbags in each lane.
 - 27.2.2 Each competitor shall go over each hurdle. In addition, a competitor should not:
 - at the instant of clearance, have his foot or leg beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or
 - in the opinion of the Referee, deliberately knock down any hurdle.
 - 27.2.3 After clearing the third hurdle, the competitor shall pick up one beanbag before entering the throwing area.
 - 27.2.4 The timing of the competitor shall stop once the competitor crosses the line demarcating the start of the throwing area.
28. 2 x one-handed over-hand throw with two different hands
 - 28.1 The two (2) throws should be done using 2 different hands in an overhand manner. If the first throw was done using the right hand, then the second throw must be done using the left hand and vice versa.
 - 28.2 The competitor will take the two (2) throws **in his/her own time** once he/she enters the throwing area. The time taken to complete the throws will not affect the points awarded to the competitor for the timed component of the race. However, both throws must be completed within 1 minute from the start of the race.
 - 28.3 The first throw shall be taken with the beanbag that the competitor picked up. The second throw shall be taken with the beanbag that has been placed in the throwing area.
 - 28.4 If the competitor fails to pick up the beanbag and enters the throwing area without any beanbag, the competitor may proceed to throw the beanbag that is placed in the throwing area only.

- 28.5 Once the competitor enters the throwing area, the competitor must remain within the throwing area until the completion of the race as indicated by the race official.
- 28.6 In taking the throws, the competitor should not touch the lines that demarcate the throwing area or the ground outside the throwing area with any part of his / her body.
- 28.7 The throws will be valid even if it lands in another lane.
- 28.8 If a competitor fails to use 2 different hands for the throws, points will not be awarded for the 2nd throw.

29. Specifications

	Height	Start to 1st Hurdle	Between Hurdles	Last Hurdle to Beanbag	Weight of Beanbag
Boys	44.0cm	12m	7m	8m	330gm
Girls	44.0cm	12m	7m	8m	220gm

30. Scoring

- 30.1 The total points (maximum 24 points) scored by the competitor will be based on the following tables and will include:
- points awarded for the timed component (maximum 12 points)
 - points awarded for the 1st throw (maximum 6 points)
 - points awarded for the 2nd throw (maximum 6 points)

Points for Timed Component		
Boys	Girls	Points
< 8.5 sec.s	< 9 sec.s	12
8.5 to 8.9x sec.s	9 to 9.4x sec.s	11
9 to 9.4x sec.s	9.5 to 9.9x sec.s	10
9.5 to 9.9x sec.s	10 to 10.4x sec.s	9
10 to 10.4x sec.s	10.5 to 10.9x sec.s	8
10.5 to 10.9x sec.s	11 to 10.4x sec.s	7
11 to 11.4x sec.s	11.5 to 11.9x sec.s	6
11.5 to 11.9x sec.s	12 to 12.4x sec.s	5
12 to 12.4x sec.s	12.5 to 12.9x sec.s	4
12.5 to 12.9x sec.s	13 to 13.4x sec.s	3
13 to 13.4x sec.s	13.5 to 13.9x sec.s	2
13.5 to 13.9x sec.s	14 to 14.4x sec.s	1

Distance (per throw)		
Boys	Girls	Points
Beyond F (>16m)	Beyond E (>14m)	6
F (14m)	E (12m)	5
E (12m)	D (10m)	4
D (10m)	C (8m)	3
C (8m)	B (6m)	2

B (6m)	A (4m)	1
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30.2 Based on the total points scored, each competitor will be awarded based on the following criteria:

- Gold Medal – 22 points
- Gold Achievement Pin – 20 & 21 points
- Silver Achievement Pin – 18 & 19 points
- Bronze Achievement Pin – 15 to 17 points

31. No spiked shoes are allowed for the multi-skill event. Only fully rubber-soled shoes are allowed.

COMBINED EVENT (J2, S1, S2)

32. All J2, S1 and S2 participants must take part in the combined event where each competitor participates in 3 individual events from 3 different event categories (Ref to Para. 5).

33. Ranking and Scoring

33.1 The ranking of a competitor in the combined event shall be determined by the accumulated points attained in each of the three events he / she competed in.

33.2 The points gained for each event shall be equal to the competitor's rank position in that event.

33.3 Should a competitor be unable to participate in any of his / her events (subject to provisions in Para. 10), he / she will be awarded points based on the last position in the event(s).

33.4 The lower a competitor's accumulated points, the higher his / her ranking will be for the combined event.

33.5 The 8 top ranked competitors shall be awarded with medals based on Para. 7.

33.6 In the event of a tie, all tying competitors will be awarded the same rank position.

INDIVIDUAL RUN EVENTS

34. RACE FORMAT AND RULES

34.1 Heats and lanes are drawn by the Organising Committee.

34.2 Competitors shall run in the lanes in which their names appear in the programme.

34.3 A competitor missing his/her Heat may not run in another Heat and there shall be no special Heat for late arrivals.

34.4 For races up to and including 200 METRES, each competitor shall run in his/her own lane.

34.5 Spiked shoes with spike nails no longer than 6mm can be used except for the multi-skill event and running events 600m & above, where only fully rubber-soled shoes are allowed.

34.6 All events will be run as timed finals.

34.7 Starts

34.7.1 The standing or crouch start may be used. No starting blocks will be provided for any of the races.

34.7.2 Any competitor making a false start shall be warned. A competitor who is responsible for two false starts shall be disqualified.

34.8 **Hurdles** – the specifications for hurdle events are as follows:

<u>Division</u>	<u>Distance</u>	<u>Height</u>	<u>No. of Hurdles</u>	<u>Start to 1st Hurdle</u>	<u>Between Hurdles</u>	<u>Last Hurdle to finish</u>
J1 & J2 Boys	60m	52cm	5	12m	7m	20m
J1 & J2 Girls	60m	52cm	5	12m	7m	20m
S1 & S2 Boys	80m	60cm	7	12m	8m	20m
S1 & S2 Girls	80m	60cm	7	12m	8m	20m

RELAY EVENTS

35. 4 X 50 METRES OR 8 X 50 METRES RELAY (J1 AND J2 ONLY)

35.1 A school may send only 1 Boys and 1 Girls team for the relay race. Each team should be registered for **EITHER** the 4 X 50 Metres **OR** the 8 X 50 Metres race only.

35.2 The starting points for the relays will be as follows:

- 4 X 50 Metres – 200m starting point
- 8 X 50 Metres – 400m starting point

35.3 Starts

35.3.1 The standing or crouch start may be used. No starting blocks will be provided for any of the races.

35.3.2 Any competitor making a false start shall be warned. A competitor who is responsible for two false starts shall be disqualified.

35.4 Each team will run the entire race in the assigned lane. All competitors shall keep within his/her assigned lane from start to finish.

35.5 Runners waiting to receive the batons must stand at the 50m mark marked by officials and should not move beyond the mark towards the incoming runner.

35.6 There will be no designated passing zones but the baton must be passed to **ALL** runners in the correct order.

35.7 If dropped, the baton shall be recovered by the competitor who dropped it. He/she may leave his lane to retrieve it provided that, by doing so, he/she does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the competitor who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other competitor is impeded, dropping the baton shall not result in disqualification.

35.8 Both relays will be run as timed finals.

36. 5 X 80 METRES RELAY (S1 AND S2 ONLY)

36.1 A school may send only 1 Boys and 1 Girls team for the relay race.

36.2 The starting point for the relay will be at the 400m starting point.

36.3 Starts

36.3.1 The standing or crouch start may be used. No starting blocks will be provided for any of the races.

36.3.2 Any competitor making a false start shall be warned. A competitor who is responsible for two false starts shall be disqualified.

36.4 Each team will run the entire race in the assigned lane. All competitors shall keep within his/her assigned lane from start to finish.

36.5 Exchange Zone

36.5.1 There shall be a 30m long change-over zone for each baton exchange

36.5.2 During the change-over, both feet of the outgoing competitor should be within the change-over zone.

36.5.3 Competitors may place a maximum of two check-marks (maximum 5 cm x 40 cm) of a distinctive colour on the track within his/her own lane's change-over zone, by using adhesive tape only,

36.6 If dropped, the baton shall be recovered by the competitor who dropped it. He/she may leave his lane to retrieve it provided that, by doing so, he/she does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the competitor who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other competitor is impeded, dropping the baton shall not result in disqualification.

36.7 Both relays will be run as timed finals.

37. 4 X 200 METRES RELAY (S1 AND S2 ONLY)

37.1 A school may send only 1 Boy's and 1 Girl's team for the relay race.

37.2 The starting point for the relay will be at the 400m starting point.

37.3 Starts

37.3.1 The standing or crouch start may be used. No starting blocks will be provided for any of the races.

37.3.2 Any competitor making a false start shall be warned. A competitor who is responsible for two false starts shall be disqualified.

37.4 Each team will run the entire race in their assigned lane for the 1st 500 metres of the race. After the 1st 500 metres, runners (3rd leg) shall be allowed to move to the inner lanes in a safe manner without obstructing other runners.

37.5 Both relays will be run as timed finals.

JUMP AND THROW EVENTS

38. GENERAL FORMAT AND RULES FOR JUMP AND THROW EVENTS

38.1 Competitors shall take their attempts in the order in which their names are printed in the programme, unless the altered by the organisers.

38.2 A competitor may not hold over any of his/her attempt to a subsequent round except in the Scissors Jump or High Jump.

- 38.3 If a competitor misses his turn in a Jump/Throw event, he shall not be permitted to take the attempt that he / she missed.
- 38.4 If for any reason, a competitor is hampered in an attempt, the Referee or Chief Field Judge shall have the power to award a substitute attempt.
- 38.5 Where the number of competitors is large, the competition may be divided into smaller groups at the discretion of the organisers. Unless there are facilities for the groups to compete simultaneously, subsequent groups shall start the competition immediately after the previous group has finished.
- 38.6 All ties shall be resolved based on World Athletics' competition rules.
- 38.7 All events are conducted in a Direct Final format.

39. STANDING LONG JUMP

- 39.1 The standing long jump will be conducted according to the rules of the standing broad jump in the National Physical Fitness Award test protocol.
- 39.2 The test shall be conducted on a rubber mat with distance markings and a take-off line.
- 39.3 Competitors will be given 3 attempts to register their best effort. All valid attempts will be measured.
- 39.4 The jumper shall take off from a stationary position with both feet just before the take-off line. Any shift in the position of the feet before the take-off shall render the jump an invalid one.
- 39.5 The measurement shall be based on the nearest point in the landing area touched by any part of the jumper's body, or anything that was attached to the body at that time.
- 39.6 Appropriate footwear shall be worn for the event. No spiked shoes (with or without spike nails) or bare feet are permitted for the event.

40. VERTICAL JUMP

- 40.1 The vertical jump shall be conducted using the Vertec.
- 40.2 Competitors will be given 3 attempts to register their best effort. All valid attempts will be measured.
- 40.3 For measurement of the base height, the jumper shall stand with both feet in a level position just before the take-off line with both arms raised straight and against the ears.
- 40.4 The jumper shall take off from a stationary position with both feet just before the take-off line. Any shift in the position of the feet before the take-off shall render the jump an invalid one.
- 40.5 Appropriate footwear shall be worn for the event. No spiked shoes (with or without spike nails) or bare feet are permitted for the event.

41. LONG JUMP WITH TAKE-OFF ZONE

41.1 Long Jump with take-off zone shall be conducted according to the World Athletics' competition rules for Long Jump except for the use of a take-off zone instead of the standard take-off board.

41.2 The dimensions for the take-off zones are as follows:

<u>Division</u>	<u>Distance</u>
J1 & J2 Boys	80cm
J1 & J2 Girls	80cm
S1 & S2 Boys	50cm
S1 & S2 Girls	50cm

41.3 If a rubber mat is used as the take-off zone, it will be 3mm (± 2 mm) thick.

41.4 Competitors will be given 3 attempts to register their best effort. All valid attempts will be measured.

41.5 The jump shall be measured:

41.5.1 from the nearest break in the landing area made by any part of the body, or anything that was attached to the body at the time it made a mark,

41.5.2 to the point in the take-off zone nearer to the landing area from which the jumper took off as judged by the official conducting the jump. Should the jumper take off before the take-off zone, the measurement shall be taken from the line of the take-off zone further away from the landing area.

41.6 Spiked shoes with spike nails no longer than 6mm can be used.

42. SCISSORS AND HIGH JUMP

42.1 Competitors will be given 3 attempts to clear the qualifying height decided based on the trial jump by the Field Referee and Chief Judge for High Jump in consultation with the Technical Committee. The starting height set will be equal or lower than the Reference Point⁸ as follows:

<u>Division</u>	<u>Reference Point</u>
J1 Boys	95cm
J1 Girls	89cm
J2 Boys	105cm
J2 Girls	100cm
S1 Boys	115cm
S1 Girls	103cm

42.2 Subsequently, the heights will be raised between 3cm to 5cm as decided by the Field Referee and Chief Judge for High Jump in consultation with the Technical Committee. Competitors will be given up to 3 attempts to clear each height.

⁸ The reference point is based on the average results of the 20th position for the past 3 years. In the event that the data is not available for 3 years, the reference point is based on results of the lowest height achieved for the past 3 years' or the most recent reference point.

- 42.3 No number tags shall be worn on the back for Scissors and High Jumpers.
- 42.4 Spiked shoes with spike nails no longer than 6mm can be used.
- 42.5 For scissors jump, the jumper must contact the mattress with the lower half of the body first. Failure to do so will render the jump invalid.

43. OVERHAND BEANBAG THROW (J1 ONLY)

- 43.1 The overhand beanbag throw shall be conducted from a L200cm x W200cm box marked on the ground.
- 43.2 The weights of the beanbags are as follows:
- Boys – 330gm
 - Girls – 220gm
- 43.3 Throwing Action – The throw must be performed in an overhand manner:
- 43.3.1 The beanbag shall be held with one hand only. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.
- 43.3.2 Until the implement has been thrown, a competitor shall not at any time turn completely around.
- 43.3.3 **The entire throw must be performed within the throwing area.** The thrower should not touch the lines that demarcate the throwing area or the ground outside the throwing area with any part of his / her body.
- 43.4 The distance shall be measured from the edge of the throwing area to the mark made by the beanbag nearest to the throwing area when it first lands.
- 43.5 Competitors will be given 3 attempts to register their best effort. All valid attempts will be measured.
- 43.6 Spiked shoes with spike nails no longer than 6mm can be used.

44. MEDICINE BALL THROW (J1 AND J2 ONLY)

- 44.1 **The medicine ball throw shall be conducted at the Long Jump pit with a throwing area of L100cm x W122cm stepping area, 3m away from the nearer edge of the Long Jump Pit.**
- 44.2 A 1kg (Junior 1) and 2kg (Junior 2) medicine ball will be used.
- 44.3 Starting position – The thrower starts in a standing position with **both feet in a level position** within the throwing area and the medicine ball held at chest level in both hands.
- 44.4 Throwing Action – The throw must be performed in a chest-pass like action:
- 44.4.1 From the start of the throw, the ball must not go lower than the waist of the thrower.
- 44.4.2 The ball must be released with both hands.
- 44.4.3 During the throw, the thrower's feet are allowed to push off from the ground, but the medicine ball must be released before the feet are re-grounded.
- 44.4.4 The thrower should not touch the lines that demarcate the throwing area or ground outside the throwing area with any part of his / her body.
- 44.5 The distance shall be measured from the edge of the stepping areas (further from sand pit) to the mark made by the medicine ball nearest to the stepping area.

44.6 Competitors will be given 3 attempts to register their best effort. All valid attempts will be measured.

44.7 Spiked shoes with spike nails no longer than 6mm can be used.

45. LONG IMPLEMENT THROW (J2, S1 AND S2 ONLY)

45.1 The long implement throw shall be conducted from a L500cm x W200cm area marked on the ground.

45.2 The implements used for the competition shall be as follows:

<u>Division</u>	<u>Weights</u>
J2 Boys	Tom Petroff Turbo Javelin 300gm
J2 Girls	Tom Petroff Turbo Javelin 300gm
S1 & S2 Boys	Tom Petroff Turbo Javelin 400gm
S1 & S2 Girls	Tom Petroff Turbo Javelin 400gm

45.3 Throwing Action – The throw must be performed in an overhand manner:

45.3.1 The Implement shall be held with one hand only. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.

45.3.2 Until the implement has been thrown, a competitor shall not at any time turn completely around.

45.3.3 The thrower should not touch the lines that demarcate the throwing area or ground outside the throwing area with any part of his / her body.

45.4 A throw shall be valid only if the front tip of the implement strikes the ground before any other part of the implement.

45.5 The distance shall be measured from the edge of the throwing area to the mark made by the implement nearest to the throwing area when it first lands.

45.6 Competitors will be given 3 attempts to register their best effort. All valid attempts will be measured.

45.7 Spiked shoes with spike nails no longer than 6mm can be used.

46. SHOT PUT (J2, S1 AND S2 ONLY)

46.1 The weights for the competition shall be as follows:

<u>Division</u>	<u>Weights</u>
J1 & J2 Boys	2kg
J1 & J2 Girls	2kg
S1 & S2 Boys	3kg
S1 & S2 Girls	2kg

46.2 Competitors must use the equipment provided.

46.3 All implements must be thrown only from the ring and must be returned by hand and not thrown back to the starting area. The referee or other authorised official shall disqualify any competitor who wilfully disobeys the above instruction from the competition.

- 46.4 Competitors will be given 3 attempts to register their best effort. All valid attempts will be measured.
- 46.5 The thrower should not touch the lines that demarcate the throwing area or ground outside the throwing ring with any part of his / her body.
- 46.6 Spiked shoes with spike nails no longer than 6mm can be used.

47. MODIFIED DISCUS (S1 ONLY)

- 47.1 The throw shall be conducted from a circle with a diameter of 2.5m.
- 47.2 The discus used for the competition shall be the multi-grip rubberised discus (500gm).
- 47.3 Throwing Action – The discus shall be thrown using a standing rotational throw:
 - 47.3.1 At least one foot remains grounded throughout the whole throw.
 - 47.3.2 The discus may not be held using the handle.
- 47.4 The thrower should not touch the lines that demarcate the throwing area or ground outside the throwing area with any part of his / her body.
- 47.5 Competitors will be given 3 attempts to register their best effort. All valid attempts will be measured.

SECTION D – AMENDMENTS AND MATTERS NOT PROVIDED FOR

48. MATTERS NOT PROVIDED FOR

- 48.1 All matters not provided for in these Rules & Regulations shall be dealt with by the SPSSC National School Games Organising Committee for Track and Field.

49. AMENDMENTS

- 49.1 The Singapore Primary Schools Sports Council reserves 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**

“To provide quality competition experiences for our student-athletes to support character development through the pursuit of sporting excellence”

Motto

“Character in Sporting Excellence”

Aspiration 1: *Every athlete an honourable sportsperson*

Guiding Principle:

Athletes abide by the rules of the sport, gives their best in training and competitions, wins with integrity and humility, and loses with confidence and grace. They participate actively and are committed to being better in their sport. They respect their opponents, teammates, coaches, teachers and officials, and displays exemplary conduct both on and off court.

**ATHLETES' OATH**

**“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.”**

(Revised version 2015; Adapted from the Olympic Athletes' Oath, 1999)

Character in Sporting Excellence

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

Guiding Principle:

The teacher / coach endeavours to develop all athletes to their fullest potential. He focuses on student-centric and values-driven coaching. Teachers / coaches maintain a professional relationship with the athletes and ensure their safety and well-being at all times. As positive role models, they inspire and motivate 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."*

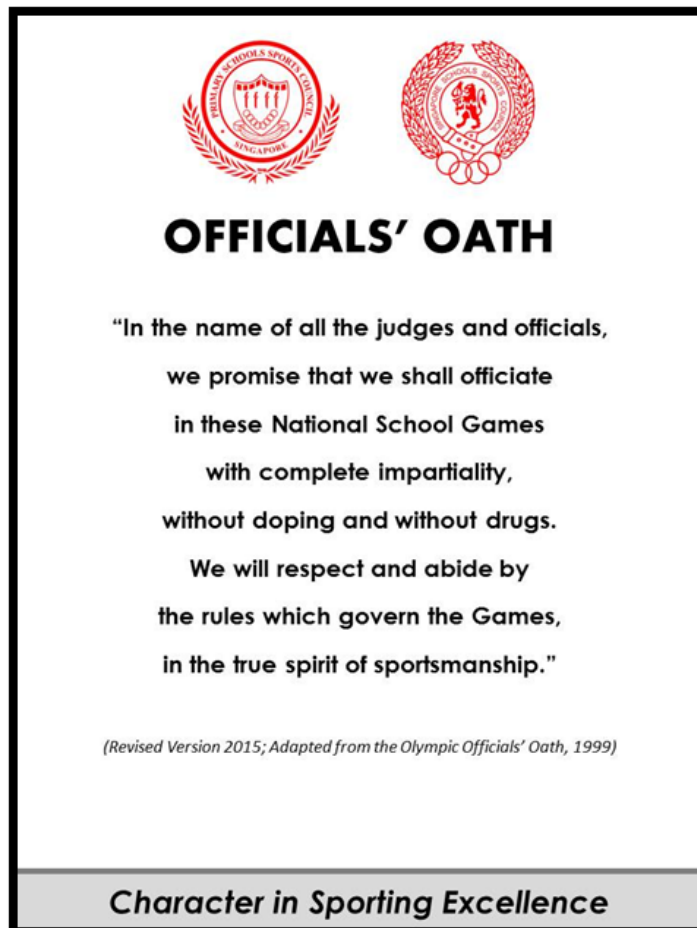
(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)

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 sport with impartiality. They are alert and acts decisively when required. They ensure safety for all athletes and explains the rules when required. They uphold



the professionalism of the sport.

Aspiration 4: *Every parent a supportive partner*

Guiding Principle:

Parents take interest in their child's, training and competitions and prioritises their long-term development over winning competitions. They ensure proper nutrition and rest for their children, and actively enquires on their progress and development. They work with the teacher and coach, attends competitions and respects the decisions of competition officials.

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

Guiding Principle:

Spectators applauds excellence and fair play from all athletes regardless of which team they represent. Spectators shows appreciation for the efforts of all athletes, teachers, coaches, officials and organisers. They should cheer to encourage and motivate as well as care for the athletes' well-being. Spectators are responsible and keep 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 abilities, and be recognised for their achievements. Athletes enjoy the competitions, which are conducted under safe and conducive environments.

APPLICATION FOR AGE DISPENSATION

1. Age Dispensation refers to the approval given to 7 and 8-year-old students to participate in the Junior Division competitions organised by the Singapore Primary Schools Sports Council (SPSSC).
2. Age dispensation is only granted for that year of application in a specific-sport where the student can only compete in the applicable division as stated in the sport-specific rules and regulations.
3. The Age Dispensation Application Form is to be submitted by parents / guardians to the school Principal for endorsement. The endorsed application form must be submitted together with the school's registration through the NSG Integrated System (NIS) Registration Module on or before the stipulated closing date.

Age Dispensation Application Form

PART 1: TO BE COMPLETED BY PARENT / GUARDIAN

**Please indicate (X) accordingly.*

1. Sport Information							
(a) Select the Sport: (<u>only 1</u>)							
<input type="checkbox"/>	Badminton	<input type="checkbox"/>	Bowling	<input type="checkbox"/>	Golf	<input type="checkbox"/>	Gymnastics
<input type="checkbox"/>	Rope Skipping	<input type="checkbox"/>	Sailing	<input type="checkbox"/>	Swimming	<input type="checkbox"/>	Table Tennis
<input type="checkbox"/>	Taekwondo (Poomsae)	<input type="checkbox"/>	Tennis	<input type="checkbox"/>	Track and Field	<input type="checkbox"/>	Wushu
(b) Year of Application (YYYY): ____ _ _ _ _							
2. Student's Information							
Name:		Sex*:	<input type="checkbox"/>	Male	<input type="checkbox"/>	Female	
NRIC:		Date of Birth (DD/MM/YYYY):		____	/	____	/
School:							
3. Parent's/ Guardian's Information							
Name:							
Contact No.		Relation*:	<input type="checkbox"/>	Father	<input type="checkbox"/>	Mother	<input type="checkbox"/>
Email:							

Terms and Conditions of Application
<ol style="list-style-type: none"> 1. Parents / guardians have assessed that the child / ward is physically and mentally ready and deemed him / her to be suitable and ready to compete in the above-stated sport. 2. Parents / guardians are to keep the school informed of any changes to personal information. The school is to follow-up with NSGOC of the change promptly. 3. Child / Ward is only allowed to compete in the applicable sport and division as stated in the sport-specific rules and regulations for the year of application. 4. This application is subject to the school's endorsement.

By signing below, I acknowledge that I have read, understood, and will adhere to the terms and conditions as stated above.

Name of Parent/ Guardian:		Signature:	
		Date:	

FOR OFFICIAL USE ONLY

PART 2: TO BE COMPLETED BY SCHOOL

1. School's Information	
School:	
Name of Principal:	
Email of Principal:	<i>(CES email)</i>
Name of Team Manager/ School Coordinator (NSG):	
Email of Team Manager/ School Coordinator (NSG):	<i>(CES email)</i>
2. Rationale for Support by School²	

Name of Principal:		Signature:	
		Date:	

² Application not supported / endorsed by school is not required to be submitted to NSGOC. School to ensure that student-athlete and parents / guardians are informed of the decision.

ROLE OF THE TEAM MANAGERS

Team Managers (TMs) will represent the school on all matters pertaining to the duty of care, student management and competition matters relating to the participants from their school. They must be a good role model for the participants and are expected to conduct themselves well in carrying out their duties. They will:

No	Terms of Reference
1	Be the point of contact between the National School Games Organising Committee (NSGOC) and the Principal (school).
2	Perform all necessary administrative duties and attend all briefings and / or meetings called for by the respective NSGOCs.
3	Check, verify and keep updated the fixtures and schedules involving the school.
4	Ensure: <ul style="list-style-type: none"> • Accuracy of participants' particulars in the registration and that participants are not placed in the wrong division. • All participants are adequately prepared for safe participation in the NSG in accordance with the Baseline Safety Acknowledgement Form.
5	Check and comply with the hosting venue's Standard Operating Procedures (SOPs) and communicate all related the information to all the stakeholders associated with the participating schools.
6	Make transport arrangements for the participants.
7	Chaperone participants to and from the competition venue. TMs who are SAR need only chaperone their own child as Parent Chaperones are responsible for chaperoning their own children.
8	Remain with the participants throughout the duration of play.
9	Arrange for a replacement, in the event that they are not able to perform their duty during the entire competition duration. TMs who are SAR should contact the school for assistance in such situations.
10	Cooperate with NSGOC & officials and abide by the rules and regulations of the competition to facilitate the smooth conduct of the competition and be a good role model for the participants.
11	Submit participant / team list and other necessary documents when required.
12	Manage the coaches, participants and spectators, if any, to ensure that they adhere to the General and sport-specific and rules and regulations Code of Conduct given in the rules and regulations.
13	Perform the duty of care for the participants' safety and well-being including: <ul style="list-style-type: none"> • Checking that participants are well enough to compete, • Reminding students to remain hydrated. • Having a first aid kit available. • For long duration competitions where students will need to consume a meal, the SAR should ensure that students have sufficient time for their meal.
14	Contact the school immediately in the event of an injury or emergency.
15	Consult school leaders for all media related matters.
16	Represent the school in matters pertaining to clarifications / protests / appeals (as required by the sport).

17	Accompany participants at disciplinary board meetings if the occasion arises.
18	Attend to any other matters pertaining to the duty of care, student management and competition matters relating to the participants from their school.

SCHOOL ADULT REPRESENTATIVE (SAR)

1. The School Adult Representative (SAR) scheme aims to support schools in balancing the numerous competition opportunities for students and managing staff resources. SAR should be parents/legal guardians of one of the participating student-athletes in the session.
2. Schools may appoint suitable SAR as Team Managers for the sports listed.

a) Badminton (Junior Div)	g) Swimming
b) Bowling	h) Table Tennis (Junior Div)
c) Golf	i) Taekwondo
d) Gymnastics ¹	j) Tennis (Senior and Junior Div)
e) Rope Skipping	k) Track & Field
f) Sailing	l) Wushu

¹ For Artistic Gymnastic, SAR may only be appointed by schools that do not offer Gymnastics as a CCA. They may be deployed to manage up to a maximum of 3 student athletes for each distinct competition of the sport.

3. SAR may be deployed to manage up to a maximum of 3 student-athletes for each session of the sport.
4. 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.
5. SAR are encouraged to be trained in first aid.
6. When appointing SAR, schools should:
 - Appoint an Education Officer (EO) as the **School Coordinator**, to serve as liaison between the SAR and the NSGOC.
 - Arrange and conduct a briefing for the SAR on their duties including:
 - SPSSC General and Sport-Specific Rules and Regulations
 - Safety protocols
 - Roles of TMs (Refer to [Annex C](#))
 - Other school-specific SOPs or requirements
 - Be represented by 1 SAR per session only.
 - Ensure that PC are present to oversee their own children's / ward's safety and well-being when the SAR is on duty.
 - Issue the SAR Letter of Appointment ([Annex D1](#)) endorsed by the School Principal.

Frequently Asked Questions

1. Can grandparents, siblings, helpers or other relatives be appointed as SAR?

No. Only a parent or legal guardian of the student athlete can be appointed as the SAR.

2. Can schools send an SAR for a team sport or event at the SPSSC NSG?

No. For all team sports or events, schools must send a **school staff** to be the Team Manager.

3. What happens when an appointed SAR is not able to be present for duty or needs to leave before the end of a competition?

The SAR should follow the school's current standard operating procedure for managing such situations and contact the school immediately to arrange for a replacement. An appropriate replacement should be provided by the participating school.

4. If the SAR needs to accompany his/her child to the hospital before the end of the competition, what are the standard procedures?

Please refer to Q3.

5. If any of the parent chaperones does not turn up or needs to leave before the competition ends, what are the standard procedures?

The SAR should call the School Coordinator to seek advice and assistance. The student whose parent is absent, may not be allowed to compete.

6. Is there a different set of Baseline Safety Standards (BSS) School Acknowledgement Form for schools represented by SAR?

The same form will be used. The School Coordinator should brief the SAR on the requirements and implications of the BSS Acknowledgement Form. SAR should also be familiar with the respective sports safety requirements and practices and is encouraged to be trained in first aid.

<School Letter Head>

**SCHOOL ADULT REPRESENTATIVE (SAR)
LETTER OF APPOINTMENT**

School:	
Sport:	
Full Name of SAR: (as in NRIC / Passport)	
NRIC / Passport No.: (last 4 characters e.g. 234A)	
Name of Child / Ward:	
Mobile No.:	

Terms and Conditions

1. The above-mentioned is appointed as the SAR who shall represent the school in the National School Games competition for the sport and dates given only.
2. The SAR shall believe in and support the Council's mission, motto and aspirations and support the involvement of the students under their charge in the competitions and events with a strong educational focus.
3. The SAR shall perform the roles and responsibilities of the SAR including:
 - a. Representing of the school as a Team Manager (TM) (Refer to Annex E for the main roles and responsibilities of a TM.)
 - b. Attending all briefings and meetings conducted by the school for SAR.
 - c. Work and coordinate with PC, if any, to facilitate a good participation experience for all participants including:
 - Establishing contact with PC and keeping them informed on the competition schedules and other necessary information.
 - Ensuring that all participants are present and PC are present to oversee their own children's/ward's safety and well-being. SAR should contact the school coordinator for assistance immediately if they are unable to contact the PC and/or the participant.

- d. Being professional in the discharge of their duties. They should not bring along any other students or children who are not involved in the competition for that day so that they can more effectively discharge their duties.
 - e. Observing and complying with all rules, policies, procedures, expectations, and codes of conduct of the School, Singapore Primary Schools Sports Council (SPSSC) and the applicable sporting body as may be issued from time to time.
 - f. Take all necessary precautions to ensure the safety, security, health and wellbeing of the students under their charge.
4. The SAR shall declare to the school if he/she is under investigation for any criminal offence by any authority in Singapore or elsewhere or is facing disciplinary proceedings by any sporting body in Singapore or elsewhere.
 5. Except with the written consent of the school, the SAR shall not disclose any information or material furnished by the school or make any statement or representation on behalf of the school to any media or any person not related to the NSG Organising Committee.
 6. The SAR shall not make use of any information obtained directly or indirectly from the course of his/her duty, other than for the conduct of the NSG, unless prior written approval has been given by the school.
 7. The SAR declares that, at the date of entering into this Agreement, there is no conflict of interest in the performance of this service, and of its obligations under this Agreement.
 8. The appointment is subject to the meeting of the above terms and conditions and may be revoked by the school or SPSSC if they are breached.

Name & Signature of SAR

Date

Name & Signature of Principal

School Stamp

Date

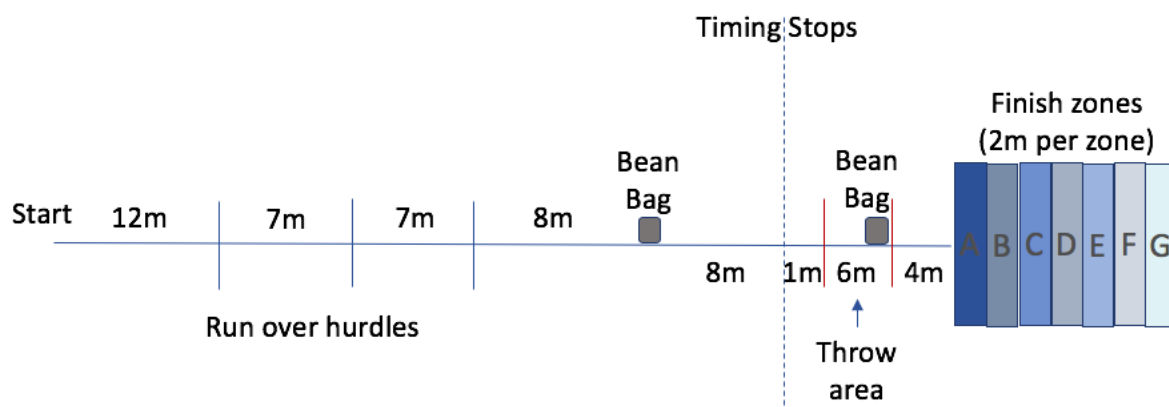
CODE OF CONDUCT FOR COACHES

No	Description
1	Coaches must be good role models 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 Head of Department (HOD) and the teacher-in-charge (i.e., Student Development Programme).
5	It is the responsibility of coaches to adhere to the rules and to be well versed with the competition rules.
6	They are not allowed into the field of play except where the rule of the sport requires the presence of the coach.
7	They cannot represent the school in any matters.
8	They must not interfere with the organisation of the competition.
9	They are not allowed to approach the officials to query their decisions. Only Team Managers are allowed to approach officials to seek clarifications.
10	They must ensure that the student participants have adequate rest and are given water breaks.
11	Coaches should refrain from using foul language or speak in a tone not becoming of proper behaviour.
12	Coaches violating the rules will be asked to leave the competition arena.
13	Action will be taken against the school if the coaches fail to comply with the competition rules.

Multi-skill Event Course Layout

4 main segments:

- Standing Start (Reaction)
- Run over hurdles (Coordination + Speed + Rhythm)
- Pick up bean bag + acceleration (Coordination + Dynamic balance + Speed)
- Overhand throw with master + non-master hands (Bilateral Development + Coordination)



Scoring: points given based on time range* + finish zone

*Time stops when athlete enters throwing area.