

2nd Briefing to Schools of Artistic Gymnastics 2024

8 April 2024
1500 – 1630 hrs
MOE (Evans Rd)
Auditorium

Please Scan Your
Attendance



Character in Sporting Excellence



2nd Briefing of NSG Artistic Gymnastics 2024 to Team Managers (Teachers & School Adult Reps)

8 April 2024, 1500 – 1630 hrs

TO-DO UPON ARRIVAL

SAR (PARENT) to...

1. Verify ID
2. Collect SAR(P)TM Pass
3. 1 SAR per School (WAG & MAG each)

ALL TEAM MANAGERS to...

1. Scan QR Code attendance
2. Collect and sign out for TM & Coach Passes
3. Check competitors' events and performance order if you have not done so. (Competition Programme is available on <https://nsg.moe.edu.sg/>)

Agenda

1. Introduction
2. School Adult Representative (Parent)
3. Competition Matters
 - a) Safety
 - b) Useful Contacts
 - c) Important Links & The Competition Programme
 - d) Calendar
 - e) Venue
 - f) Rules and Regulations
 - g) Floor Plan: Reporting and Warm Up
 - h) Instructions for Competitors
 - i) Music
 - j) Videography and Photography
4. A.O.B
 - a) Sportsmanship Award

NSG Gymnastics Organising Committee

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

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 Prmary	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

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.
- It is a part of the learning of sportsmanship and competition etiquette.

2. School Adult Representative (Parent) SAR (P)

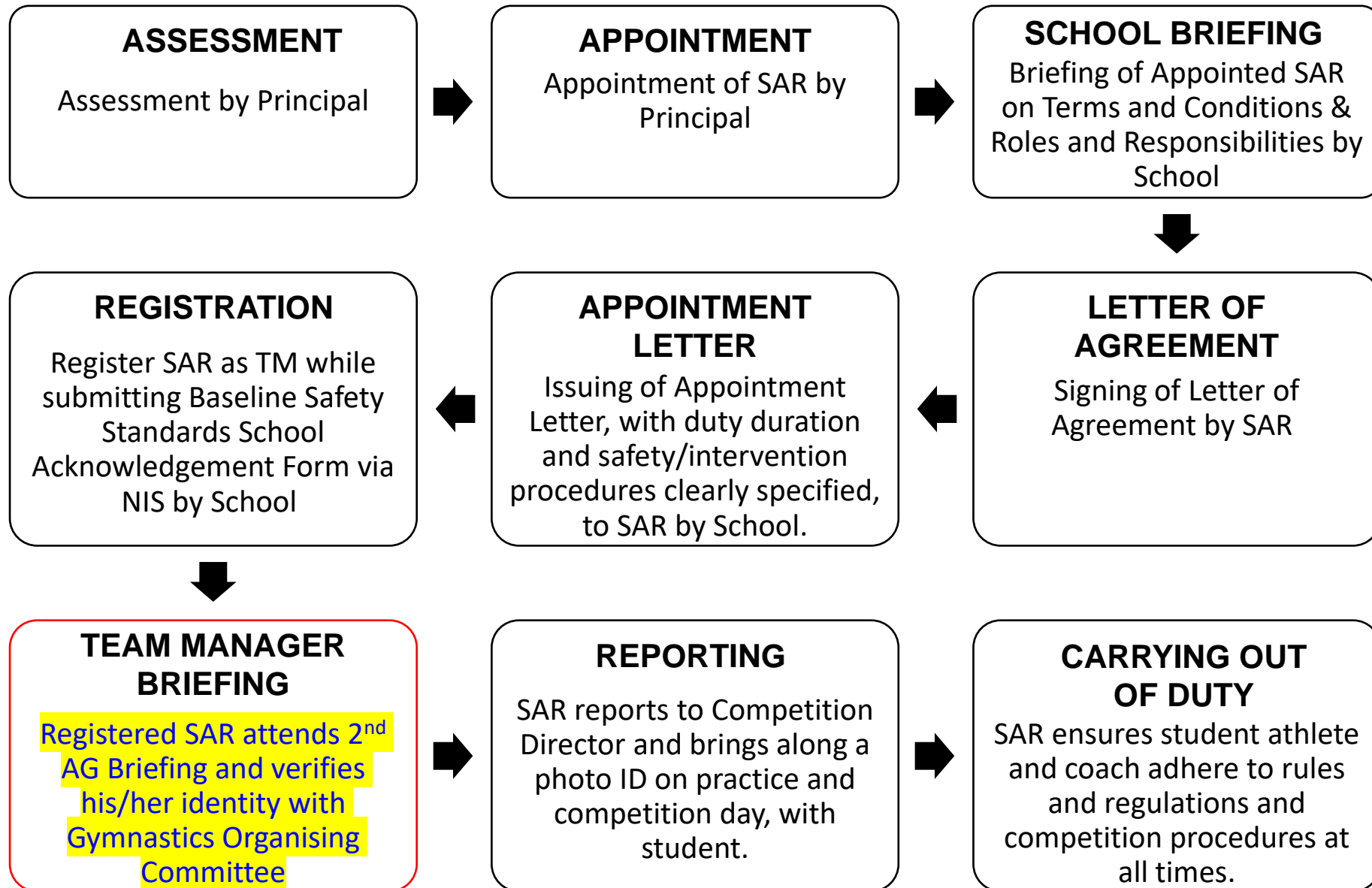
SAR

- 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 Artistic Gymnastics (AG), 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 either of the MAG or WAG competitions
2. **Each school is to be represented by 1 SAR per for MAG and 1 SAR for WAG only.**
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 AG, 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.

Flow Chart for School's Appointment of SAR for Gymnastics



3. Competition Matters

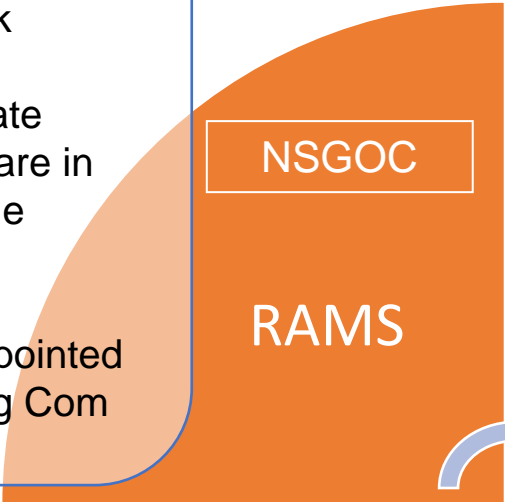


Safety is Everyone's Responsibility

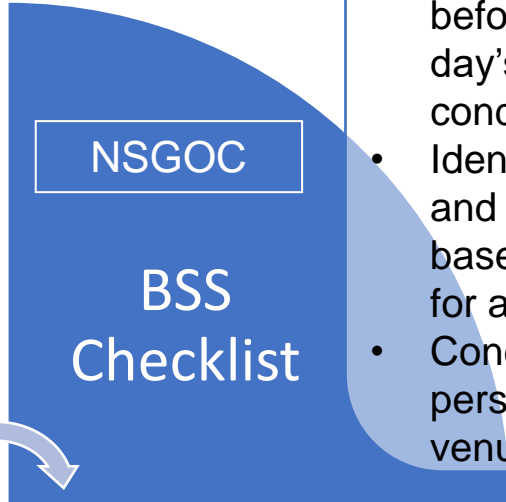
Reminder that participating schools should have a first aid trained personnel or chaperon to be present at the competitions.

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



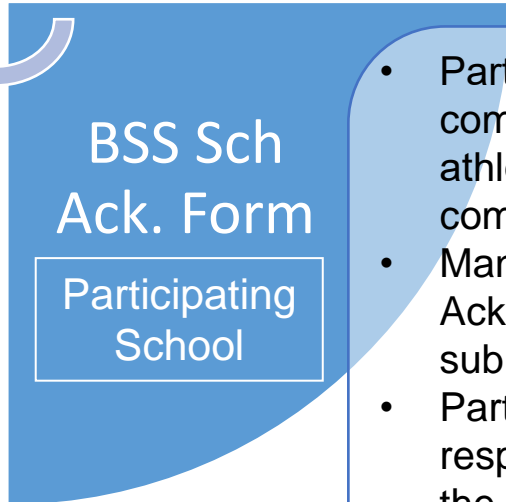
- Day-to-day on the ground baseline safety check before the start of the day's competition, as conditions may vary.
- Identifies games generic and game specific baseline safety standards for all sports under NSG.
- Conducted by appointed personnel in-charge at the venue on match day



- 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)

Useful Contact

Primary School Participation Matters

Ms Susan Tham

Lead Organising Secretary, Marymount Convent

susan_tham_miew_peng@moe.edu.sg

Secondary School Participation Matters

Mr Subramanian S/O Kaliappan

Lead Organising Secretary, Whitley Secondary School

subramaniam_kaliappan@moe.edu.sg

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.

The Competition Programme

- NSG Website for Primary
[PRI Gymnastics \(moe.edu.sg\)](https://nsg.moe.edu.sg/PRI)
- NSG Website for Secondary
[SEC/JC/CI Gymnastics \(moe.edu.sg\)](https://nsg.moe.edu.sg/SEC/JC/CI)

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

Competition Venue

Artistic Gymnastics

	Details
Competition Period	19 & 22 Apr (Podium Training, 0830-1830) 23 – 26 Apr (All Divisions, 0730-1900)
Venue(s)	Bishan Sports Hall 5 Bishan Street 14, Singapore 579783 (Air-Conditioned)
Competition Timings	<ul style="list-style-type: none">• Earliest Start Time: 0800 hr• Latest End Time: 1750 hr (planned)

RULES AND REGULATIONS 2024

Secondary

SSSC Specific Rules and Regulations for Artistic
Gymnastics 2024

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



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

Primary

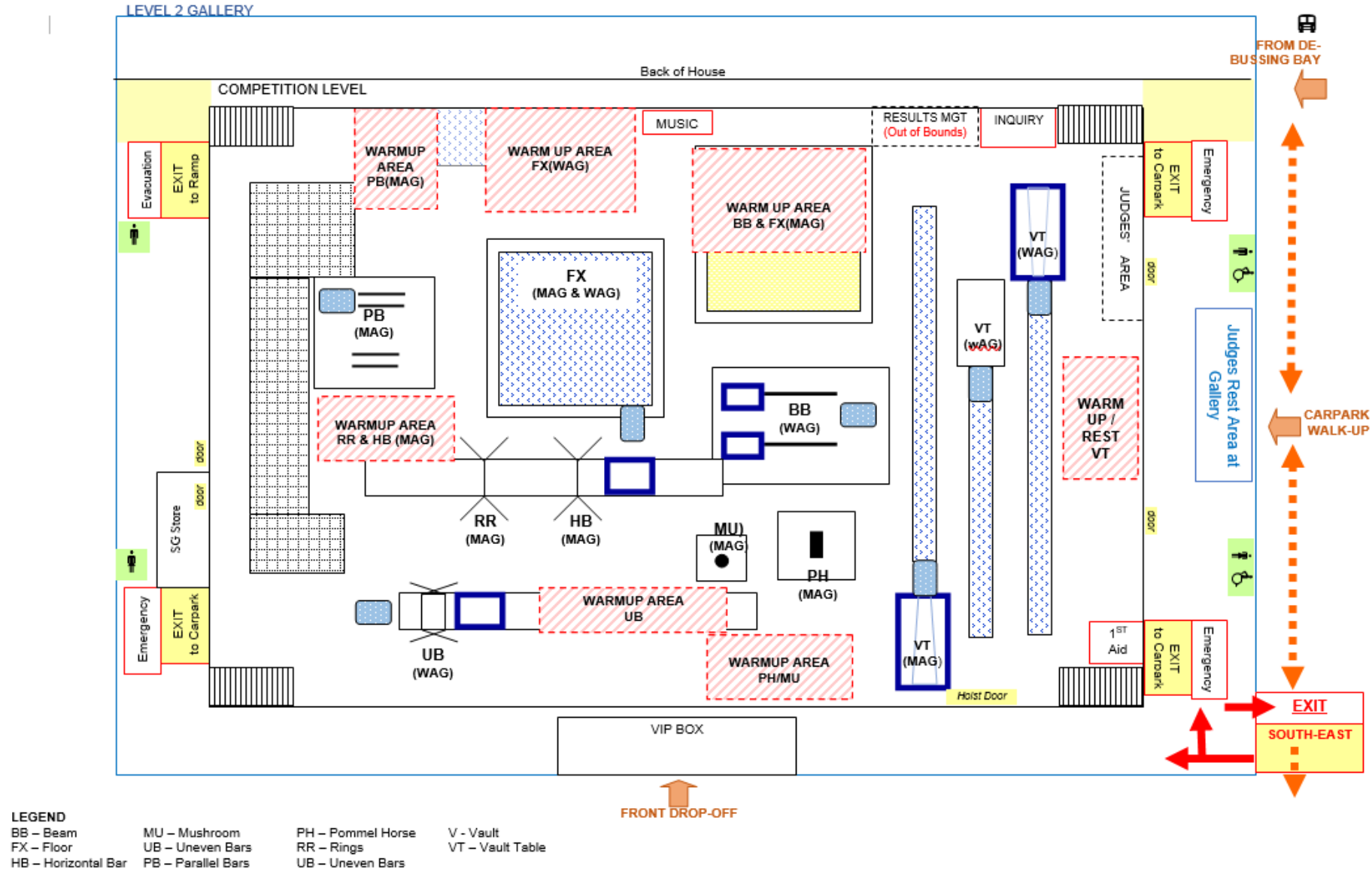
SPSSC Specific Rules and Regulations for Artistic
Gymnastics 2024

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



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

COMPETITION FLOOR PLAN: REPORTING AND WARM UP



INSTRUCTIONS FOR COMPETITORS

1. Arrival

- Schools to arrive at least 15 minutes before their scheduled General Warm Up time.

2. Toilets and Changing Rooms

- Schools are to use the toilets at the Gallery Level (Level 2), and each school to monitor the number of persons going to the toilets at any one time to avoid overcrowding.

INSTRUCTIONS FOR COMPETITORS

3. Socially Responsible Practice and Personal Hygiene

- Practice hand washing and use of hand sanitisers after and in between events.
- Bring along a personal carrier to keep mask, personal gear, belongings and personal drinking water at the competition area.
- Personal gear and equipment should not be shared
- Refrain from stepping on mats and carpets with shoes on.
- Competitors wipe down PVC / Vinyl mat surfaces after use.

INSTRUCTIONS FOR COMPETITORS

4. **Accompanying Coaches at the Competition Level (L1)**

- a. Each school must be accompanied by one (1) coach in the competition arena.
- b. A school can only be accompanied up to a maximum of 1 TM and 2 coaches for teams, at the competition level. A 3rd coach may be at the competition level if he/she has been approved by the NSGOC.
- c. All Team Managers and approved coaches must wear their passes to be allowed at the competition level.
- d. Other team personnel shall not accompany the participants when warming up or competing at the Competition Level, and instead should remain at the Gallery Level.
- e. Team Managers may deposit their schools' TM or Coach passes at the Inquiry Desk for the next school personnel to pick up at a subsequent competition session.

INSTRUCTIONS FOR COMPETITORS

5. General Warm Up

- Competitors may proceed to the Warmup area of their first apparatus for podium training rotation (see Venue Floor Plan) for General Warm Up (stretching and limbering) according to their scheduled reporting time.

6. Podium Training Rotation and Competition Rotation

- Competitors are to move in their Rotation Groups at all times.
- Competitors may proceed to train on the apparatus during their scheduled podium training time and upon the signal by the organizer.
- Rotation Groups should move on to the warmup area of the next apparatus for podium training and competition only upon the announcement or signal by the organizer.

INSTRUCTIONS FOR COMPETITORS

7. Chalk Management

- For Artistic Gymnastics, magnesium carbonate (chalk) will not be provided at the competition; competitors are to bring their personal supply.

8. After Competition

- Collect belongings and equipment and proceed to seating area.

COMPETITION PROCEDURE

1. Reporting

- Competitors to line-up according to their order of performance and report to the Apparatus Judges at their scheduled time or upon instruction by the competitor steward.

2. One-touch Warm Up

- Duration of Touch Warm Up is stated in the “Order of Performance”. Where One-Touch Warm Up is allocated, each gymnast will be allowed (max.) 30 seconds one-touch warm up on the competition apparatus for Floor, Beam, Mushroom, and Pommel Horse; 50 seconds for Uneven Bars and Parallel Bars; and 3 attempts for Vault. A signal will be given at the end of the 30/50 seconds.

3. Start of Competition

- The competition will begin after all in the team / group completes their Touch Warm Up.

Music

Team Managers must prepare and bring copies of their **Level 6** and **Level 8** 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:

- School
- Name of gymnast
- Division Category

Option 2: A thumb drive with each piece of music in mp3 format, and each file named clearly with the Gymnasts' school, name and division category. (e.g., "ABC School, Sarah Ann, Senior Division")

Submission of Event Performance Order for Teams

- Team Managers must complete the online submission of team participants' **Event Performance Order** via this FormSG link: <https://go.gov.sg/ag-perforder2024>.
- **The submission period is**
 - AG : 26 March - **8 April** 2024.
- No submission is required if your school's entry for the division event is:

<u>2 or less students for</u> <ul style="list-style-type: none">• Pri Boys• Pri Girls Junior I• Pri Girls Junior II• Sec Boys A, B and C Novice	<u>3 or less students for</u> <ul style="list-style-type: none">• Pri Girls Junior III• Pri Girls Senior• Sec Girls A, B and C Novice
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PHOTOGRAPHY AND VIDEOGRAPHY

- Photography and videography are not allowed at the competition level.
- Flash photography is not allowed.



National School Games Photography & Video Recording Notice



The Ministry of Education (MOE), its authorized photographers and videographers, and approved media broadcasters will be conducting photography and video recording at this event. The photographs and videos may be used by MOE for internal publication or publicity materials. Video footage of the event may be live-streamed on MOE's and the broadcasters' media platforms.

By entering this venue and taking part in this event, you consent to the collection, use, and/or disclosure of photographs and videos containing your personal data by MOE and the approved media broadcasters for the above purposes.

COACH AND TEAM MANAGERS BEHAVIOUR

- Coaches are not allowed to approach the officials to query their decisions. Only TMs are allowed to approach officials to seek clarifications.
 - Failure to comply with this rule may lead to a deduction of 0.50 point from the gymnast's final score or total team score,
- During the performance of the exercise, coaches, teachers, officials and any other members of the team may not communicate with their gymnast(s) in any manner.
 - Violation of this rule will lead to a deduction of 0.50 (1st time) and 1.00 point (2nd time) from the final score of the gymnast.

Clarification and Protest (Para. 12)

From NSG 2024

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.
- 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.
- This is part of the learning of sportsmanship and competition etiquette.

Clarification at NSG AG

1. For AG, Team Managers (TMs) are allowed to seek clarification at the NSOGC Inquiry Table on points of laws / rules and the difficulty score **if there is a cause to do so.**
2. This must be lodged immediately after the publication of the score or at the very latest before the end of the exercise of the next gymnast by the Team Manager to the Inquiry Table in a professional and friendly manner.
 - An inquiry is allowed only for the school's own gymnast.
 - Only inquiries for Difficulty Score and Neutral Deductions (penalties) are allowed.
 - Inquiries for all other scores (Execution, Artistry) are not allowed.
 - Late verbal inquiries will be rejected.
3. The decision taken by the D-Jury will be final, and the Meet Director and Gymnastics Advisor shall be informed of such clarification.
4. If the clarification was to result in any disruption/interference of the competition or in the case of multiple inquiries deemed to cause disruption to the organisers by a school or a coach, the matter shall be brought to the attention of the NSGOC for follow up action.

Clarification at NSG AG

In case of obvious errors concerning calculation or flashing of scores, a Judge, Team Manager or other official, who recognise this, should promptly approach the **Inquiry Table** in a professional and friendly manner before the end of the actual round to allow the D-Jury to clarify the situation before the next round starts.

Lodging a Protest at NSG AG

1. If the TM has strong justification against the decision of the competition officials / NSGOC, the TM shall indicate their intention to compete under protest to the NSGOC. This shall be done as soon as possible without disrupting the competition **before the end of the day's event.**
2. Any intent to lodge an official protest shall be officially recorded.
3. Following this, the TM concerned may submit an official protest to the NSGOC via email. The protest must fulfil all the following conditions:
 - a) Be sent through the Principal.
 - b) Reach the NSGOC latest within one (1) working day after the event or before the final prize ceremony on the last day of the discipline's competitions, whichever is earlier.
 - c) Provide reasons and evidence for the protest.
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.
5. Protests without having recorded an intent to lodge an official protest during the event shall not be considered by the NSGOC.

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