



**SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL
SEPAKTAKRAW (SENIOR DIVISION)
RULES AND REGULATIONS FOR
NATIONAL SCHOOL GAMES 2025**

(Updated as of 5 November 2024)

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PREAMBLE

This document outlines the rules and regulations for the conduct of and participation in the National School Games (NSG) 2025. 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 sepaktakraw rules and regulations that are 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 International Sepaktakraw Federation (ISTAF), Asian Sepaktakraw Federation (ASTAF) and Singapore Sepaktakraw Federation (PERSES).

1.2 National School Games Organising Committee (NSGOC)

1.2.1 The NSGOC shall consist of the following:

- a) Lead Convenor
- b) Convenors
- c) Lead Organising Secretary
- d) Organising Secretaries
- e) Game Advisor
- f) Game Manager / Game Executive
- g) Technical Committee
- h) Any other co-opted members deemed necessary

1.2.2 The NSGOC are empowered to appoint sub-committees and individual members to assist in the organisation and running of the NSG competitions as and when required.

1.2.3 The NSGOCs shall have sub-committees to perform the following roles and responsibilities (**Refer to Annex B**):

- a) Competitions: Organise and conduct the competition according to the rules and regulations, and established safety standards.
- b) Technical: Establish, review and update competition rules and regulations for the competitions and other matters necessary to provide for safe and developmentally appropriate NSG competitions.
- c) Recognition, Protest and Discipline: Manage recognition and discipline structures to support the desired outcomes of the NSG.
- d) Other functions necessary for the successful completion of the NSG sport that the NSGOC is in charge of.

2 AGE GROUPS / DIVISIONS/ NSG SPORTS CATEGORIES

- 2.1 All students shall compete in their respective divisions as stated in **Annex C**.
- 2.2 All students shall compete in the respective divisions set out in the Para. 2.1 **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.
 - 2.2.1 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.
 - 2.2.2 This exception in Para 2.2 does not apply to students who are born on 1 January and have repeated a year of study.
- 2.3 All students can only be registered in one division of a sport within the same year.
- 2.4 Students aged 11 can play in either the Senior or Junior Division depending on their level of competency¹ for the following sports:
 - 2.4.1 Schools will make the decision based on what they deem to be the appropriate level of play for each 11-year-old concerned.
- 2.5 Age Dispensation
 - 2.5.1 Age Dispensation is not applicable to Sepaktakraw Senior Division
- 2.6 Categories of NSG Sports
 - 2.6.1 Match-based (Team) Sports: Sepaktakraw

3 ENTRIES

- 3.1 Each school is eligible to enter only one team² per division per gender.
- 3.2 All entries for Match-based (Team) Sports must be submitted by the PE/CCA Key Personnel via FormSG by 2 January 2025.
 - 3.2.1 Senior Division by 2 January 2025.
 - 3.2.2 Junior Division by 28 February 2025.
 - 3.2.3 Requests for late / withdrawal of entries must be sent via email through the Principal to the Lead Convenor by the Team Managers' (TMs) Briefing.
- 3.3 Each school is eligible to enter:
 - 3.3.1 A team of not less than twelve (12) and not more than eighteen (18) players to represent it in the championship.

4 REGISTRATION OF PARTICIPANTS

- 4.1 Eligibility
 - 4.1.1 Only official students of the school can represent the school.

¹ Participating Schools should register their students for the Senior or Junior Division based on the students' level of competency and readiness.

- 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 participants will result in a forfeiture of the matches 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> for:
 - 4.2.1.1 Match-based (Team) Sports: 2 working days before the start³ of competition
 - 4.2.1.2 Match-based (Individual) Sports: by the stipulated date
 - 4.2.1.3 Event-based Sports: by the stipulated date
- 4.2.2 Registration through the NIS must include the 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
- 4.2.3 Registrations for all match-based sports will commence on 2 January 2025 for Senior Division and 28 February 2025 for Junior Division.
- 4.2.4 Any requests for amendments or late registration after the closing date must be sent via email through the Principal to the Lead Convenor no later than:
 - 4.2.4.1 Match-based (Team) Sports: 2 working days before the team's next match
 - 4.2.4.2 Match-based (Individual) Sports: before the draw is conducted
 - 4.2.4.3 Event-based Sports: 2 working days before issue of start (or equivalent⁴) lists⁵

4.3 Replacement and addition of participants

³ The start of the competition refers to the first match day in the competition calendar.

⁴ Examples of equivalent lists are the Participants List in Gymnastics, Rope Skipping and TKD (Poomsae) or Bout List in Judo and TKD (Kyorugi).

⁵ The start (or equivalent) list should not be issued more than 10 working days before the start of competition.

- 4.3.1 Replacement of a registered participant is only allowed at the end of the Pool Round, before the start of the League / Tier round, when 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 Replacement of a registered participant is only allowed at the end of the Pool Round, before the start of the League / Tier round, when the school has maximised their registration numbers.

SECTION B – COMPETITION RULES & REGULATIONS

5 COMPETITION FORMAT (Refer to Annex E)

- 5.1 All sports competition formats shall be that as approved by the SPSSC’s Standing Committee and stated in the specific sport’s rules and regulations.
- 5.2 The competition can be organised in the following formats:
 - a) Direct National Round Robin Format
- 5.3 For a competition to be organised:
 - 5.3.1 There must be a minimum of three (3) registered teams from three (3) different schools for Team Sports.
- 5.4 For Match-based sports:
 - 5.4.1 Each participant / team will play a minimum of six (6) matches⁶ except in sports where there are 5 or fewer participants / teams competing.
 - 5.4.2 Where entries are grouped, each group may have a minimum of 3 participants / teams for all divisions.

6 AWARD OF LEAGUE POINTS

- 6.1 Senior Division
 - 6.1.1 The following scoring system shall apply:

Result	Point
Win	2
Loss	1
Walkover	0

- 6.2 Tie-break

⁶ Except for sparring sports and sports with only 3 participating teams

- 6.2.1 In the event that teams have equal league points, their positions shall be determined by the tie-breaker sequences stated in 6.2.2 to 6.2.4. If any team involved in the tie had forfeited any match, it shall be placed last among the tied teams before the tie-breaking sequence is applied to the remaining teams.
- 6.2.2 In the event of a tie in league points between two (2) teams, the winner of the match that was played between them shall be ranked higher.
- 6.2.3 In the event of a tie in league points between three (3) or more teams, the tie shall be resolved by considering the results amongst the tied teams first before considering the results of the group. The tie-break rules are stated below:
 - 6.2.3.1 The Regu difference (team) between the total Regu won and lost shall be decisive.
 - 6.2.3.2 The set difference between the total scored “for” and “against” shall be decisive.
 - 6.2.3.3 The score difference of all the matches played by the Teams shall be decisive. Score difference is obtained by deducting the total score “against” from the total score “for”.
 - 6.2.3.4 If these three alternatives are all found to be the same, then rank order from results of all remaining eligible teams in the group will be considered and tie-break will apply using rules 6.2.3.1 to 6.2.3.3.
- 6.2.4 If only two (2) teams remain tied after applying 6.2.3, the winner of the match winner between the two (2) teams will be placed higher.
- 6.3.1 For round-robin format of matches, all three (3) Regus must play in order to apply rule 6.2.3.1.

7 AWARDS

7.1 Divisional Awards

- 7.1.1 There should be only one (1) Divisional Title⁷ per division / gender for each sport⁸.
- 7.1.2 The number of divisional trophies to be awarded shall be as follows:

No. of Schools / teams in the competition	Positions Awarded
3 to 4	2
5 to 6	3
7 or more	4

- 7.1.3 No individual award will be given to each participant.

- 7.2 The number of prizes to be awarded for Direct National Competitions shall be as follows:

⁷ Only events with a minimum of three (3) competitors from three (3) different schools will contribute to the calculation for Divisional Titles.

⁸ Three (3) disciplines for Gymnastics are considered as three (3) individual sports.

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

7.6 The prizes awarded for all competitions shall be as follows:

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

8 REPORTING AND GRACE PERIOD

8.1 Participants are to report punctually according to the time stated by the NSGOC.

8.2 Participants who are unable to report on time, must inform the NSGOC or their representatives at the competition venue of the delay. Where applicable, specific sports can allow for a grace period of fifteen (15) minutes. The NSGOC may extend this grace period if deemed justifiable.

9 POSTPONEMENT AND ABANDONMENT

9.1 Any postponement or abandonment⁹ of a match shall be determined by the NSGOC only.

10 WITHDRAWAL AND FORFEITURE

10.1 Any withdrawal¹⁰ or forfeiture¹¹ can be considered contrary to the spirit of the NSG and can result in a walkover when the fixtures / competition schedule has been issued.

10.1.1 In the event that the withdrawal causes unevenness in the fixtures / competition, the NSGOC may conduct a full / partial re-draw.

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.

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

10.4 For forfeitures, the team / participant will concede a walkover and the results of a match shall be based on the rules and regulations.

⁹ Abandonment refers to any match / event that has started but cannot reach a natural conclusion and may be postponed or cancelled.

¹⁰ Withdrawal refers to discontinuing participation in the competition.

¹¹ Forfeiture refers to inability to start or complete a match / event.

11 WALKOUT¹²

- 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 (Refer to Annex F)

12.1 Clarification

- 12.1.1 Team Managers (TMs) are allowed to seek clarification with the competition officials / NSGOC during intervals or appropriate times as stated in the sport-specific rules. Upon completion of clarification, the match / event shall proceed based on the decision of the competition officials / NSGOC.
- 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, the TM shall indicate their intention to compete under protest to the NSGOC or their representatives, who will inform all 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 Any competition under protest and / or intent to lodge an official protest shall be officially recorded according to the sport-specific rules and regulations.

12.3 Protest

- 12.3.1 Following from Para. 12.2, 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 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.
 - d) Meets the requirements as stated in Para. 12.2.2.
- 12.3.2 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.

¹² Wilful refusal to compete against the NSGOC's advice.

- 12.3.3 A protest panel chaired by a Convenor will be formed within the NSGOC to deliberate on protests that have met all conditions in 12.3.1. Where there may be potential conflict of interest, the schools involved will not sit in the panel.
- 12.3.4 The decision of the protest panel will be made known in writing to the schools concerned within five (5) working days.
- 12.3.5 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 (Refer to Annex F)

- 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 respective Honorary Secretary for zonal competitions, or Secretariat of the main council for national competitions 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) National Federation (NF) of the sport, 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 G**).
- 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 matches / events concerned (**Refer to Para. 10**).
- 15.3 The TM shall be a school staff¹³ appointed by the participating school.
- 15.4 TMs are expected to conduct themselves with decorum at all times and strive towards Aspiration 2 (**Refer to Annex A**).

¹³ For TMs, MOE employed staff such as Education Officer, Contract Adjunct, Flexi Adjunct, EAS (AM, OM and CSO) and AED can be deployed.

- 15.5 TMs must ensure that their coaches adhere to the rules and regulations and the Code of Conduct (**Refer to Annex I**).

16 COACHES

- 16.1 Coaches are expected to conduct themselves with decorum in alignment to the Code of Conduct (**Refer to Annex I**) 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.
- 16.3 Coaches are allowed to coach while play is in progress. All coaching must be performed at the team bench only.
- 16.4 Coaches will not make any representation on behalf of the school in any capacity. (Only the TM shall sign and endorse the Team Line-up Form and submit it to the Convenor or their appointed Venue Manager).
- 16.5 Coaches are not allowed stand in as the TM of the team.

17 COMPETITION OFFICIALS

- 17.1 Where required, participating schools shall provide competition officials based on the requirements of the sport-specific rules.
- 17.2 School staff¹⁴ and students can serve as officials when required by Para. 17.1.
- 17.3 Schools should ensure that the appointed competition officials are present to fulfil their duties as scheduled by the Convenor and in alignment to Aspiration 3 (**Refer to Annex A**).
- 17.4 Where required by the rules and regulations, 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.

¹⁴ For competition officials, Education Officers, Contract Adjunct teachers, Flexi-adjunct teachers, Allied Educators, Relief teachers and Untrained teachers can be deployed.

- 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 ATTIRE

- 20.1 The participants shall wear identical jerseys/T-shirts, shorts and sports shoes with rubber soles. Participants are forbidden to wear anything that endanger themselves or the opponents during the game. In case of cold weather, the participants are permitted to use track-suits.
- 20.2 The entire apparel of a participant is regarded as part of his body. All jerseys/T-shirts shall be tucked in.
- 20.3 Anything that helps to speed the ball or helps the movement of a participant is not allowed.
- 20.4 The Captain of each "Regu" shall wear an arm band on the left arm.
- 20.5 A participant shall be assigned with a permanent number throughout the competition. Only numbers (1-99) are allowed to be used by each participating team. The size of the number shall not be less than 19 cm in height. The jerseys/T-shirts shall be numbered on both sides. The size of the number in front should be 10cm in height (centre chest area).
- 20.6 The jerseys/T-shirts shall display the school's name on the back.
- 20.7 The participants shall not wear any form of head gear, head band, bandana, etc.

21 THE PARTICIPANTS

- 21.1 The game is played between two teams consisting of three participants on each side.

21.2 One of the three participants shall be at the back, and he is called "Tekong/ Server.

21.3 The other two participants (Feeder and Striker) shall be in front, one on the left and the other on the right. The participant on the left is called "Left Inside" and the participant on the right is called "Right Inside".

22 THE COIN TOSS AND WARM UP

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

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

23 POSITION OF PARTICIPANTS DURING SERVICE

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

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

23.1.2 Both Feeder and Striker of the serving side, shall be in their respective quarter circles.

23.1.3 To prevent any deliberate attempts to obscure or impede the receiving side's view of the server, participants from the serving side are not permitted to raise their arms above shoulder height, or to make deliberately distracting movements, until the serve has been delivered.

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

24 SERVICE AND PLAY

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

24.2 The throw shall be executed as soon as the Referee calls the score. If any of the "Inside" participant throws the ball before the call is made, it shall be a re-throw and a warning shall be given to the thrower.

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

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

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

- 24.6 The serve will be conducted by alternate Regu regardless of which side wins a point.
- 24.7 The Regu which receives first in any set shall serve first in the subsequent set.
- 24.8 Regus shall change sides at the end of each set

25 SUBSTITUTION

- 25.1 Any "Regu" having less than **three (3)** participants shall not be allowed to continue the game and will be considered as having loss resulting in a walkover. The set difference is (0-3) and the score difference is (0-15) per Regu between the walkover Regu and the opposing Regu.
- 25.2 Substitution of a participant is allowed at any time on request made by the TM to the Official Referee when the ball is not in play.
- 25.3 In addition to the three (3) starting participants, each "Regu" is allowed to nominate a maximum of two reserve participants, to be substituted at any set.
- 25.4 In any set, each Regu may make up to a maximum of two (2) substitutions. The participant who has been substituted earlier shall be allowed to re-enter the same set. One or two substitutions may be made at the same time.
- 25.5 A participant who is sent off by referee during the game shall be allowed to be substituted, even if the Regus has already made 2 substitutions
- 25.6 Any participant having played in any "Regu" shall not be allowed to play in another "Regu".
- 25.7 Substitute participant not fielded in the earlier "Regu" can be fielded in the subsequent "Regu"

26 FAULTS

The Serving Side During Service

- 26.1 The thrower of the serving Regu plays with the ball (e.g. throwing/bumping, giving to other participant, etc) after the call of score has been made by the Official Referee.
- 26.2 The thrower lifts his feet, steps on/crosses the line or touches the net while throwing the ball.
- 26.3 The Thrower of the serving Regu throws the ball before the referee calls the score, for the second or subsequent time during the match.
- 26.4 The tekong jumps off the ground to execute the service or standing footsteps on the service circle line before and during the service.
- 26.5 The tekong does not kick the ball on the service throw.

- 26.6 The ball touches a participant from the same Regu before crossing over to the opponent's court.
- 26.7 The ball goes over the net but lands outside the court.
- 26.8 The ball does not cross over to the opponent side.
- 26.9 A participant uses his hand or hands, or any other part of his arms to facilitate the execution of a kick even if the hand or arm does not directly touch the ball, but it touches other objects or surfaces instead when doing so.

Receiving Side During Service

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

For Both Sides During the Game

- 26.11 Stepping on the centre line.
- 26.12 Any participant who touches the ball on the opponent's court
- 26.13 Any part of participant's body crossing over the opponent's court whether above or under the net except during the follow-through ball.
- 26.14 Playing the ball more than three (3) times in succession.
- 26.15 The ball touches the arm of a participant.
- 26.16 Stopping or holding the ball using any body parts (e.g. under the arm, between the legs).
- 26.17 Any part of the body or participant's outfit (e.g. shoes, head band etc.) touches the net, the post, the referee chairs or falls into the opponent's court.
- 26.18 The ball touches the ceiling roof, the wall or any objects outside the playing court.
- 26.19 Any participant who delays the game unnecessarily.
- 26.20 Any participant who uses the aid of any external object as a form of support to facilitate the execution of a kick.

27 TIME OUT

- 27.1 Each side will be entitled to one (1) time-out in each set, each such time-out to last a maximum of one (1) minute.
- 27.2 Time-outs may only be called by the team manager or coach between points, when the ball is not in play.
- 27.3 Only 5 persons (3 participants and 2 officials) from each side are allowed at the base-line during the time-outs
- 27.4 There will be no automatic time-out.

28 SCORING SYSTEM

- 28.1 One (1) point is awarded to the Regu when the ball lands on the opponent's court or when the opponent commits a fault.
- 28.2 Each Regu will be determined on the basis of a best-of-three(3)-sets format, with two(2)-minutes breaks between sets. Sets will be referred to as the first, second and third sets. The Regu which wins two sets first, shall ne declared the winner of the match.
- 28.3 The first and second sets are won by the side which scores fifteen (15) points with a minimum lead of two (2) points.
- 28.4 In the event of a 14-14 tie, the set shall be won by the side when a side reaches seventeen (17) points.
- 28.5 During the third set, Regus will change ends when one Regu reaches 8 points.

29 TEMPORARY SUSPENSION OF PLAY

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

30 PENALTY

- 30.1 Participants/Officials disobeying Rule 20 shall be penalised by the Official Referee or NSGOC.
- 30.2 Misconduct by an participant/official towards officials, opponents, team-mates or spectators may be classified in three categories according to the seriousness of the offence.
 - 30.2.1 Rude conduct: action contrary to good manners or moral principles
 - 30.2.2 Offensive conduct: defamatory, insulting words or rude gestures or any action expressing contempt
 - 30.2.3 Aggression: actual physical attack or aggressive or threatening behaviour

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

- a) Verbal Warning OR
- b) Yellow Card OR
- c) Red Card to participant concerned

30.3 Red Card shall be given to the following offences committed "INTENTIONALLY".

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

30.4 The following are examples of misconduct:

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

31 COACHING DURING THE GAME

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

32 EQUIPMENT

- 32.1 Height of takraw post: 1.45m
- 32.2 Height of net measured at centre: 1.42m
- 32.3 Competition ball: ISTAF-approved - 160g

SECTION C – AMENDMENTS AND MATTERS NOT PROVIDED FOR

33 MATTERS NOT PROVIDED FOR

33.1 All matters not provided for in these Rules and Regulations shall be dealt with by the respective NSGOCs.

34 AMENDMENTS

34.1 The SPSSC shall have the right to delete, add or amend the rules and regulations laid down herein.

35 LIST OF ANNEXES

A	SPSSC Mission, Aspirations and Motto
B	NSGOC Terms of Reference
B1	PDPA Notification
C	Age Group
D	Age Dispensation – Not Applicable
E	Competition Format
F	Clarification, Protest and Appeal Overview
G	Role of Team Managers
H	School Adult Representative (SAR) – Not Applicable
H1	SAR Letter of Appointment – Not Applicable
I	Code of Conduct for Coaches

Annex A

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."*

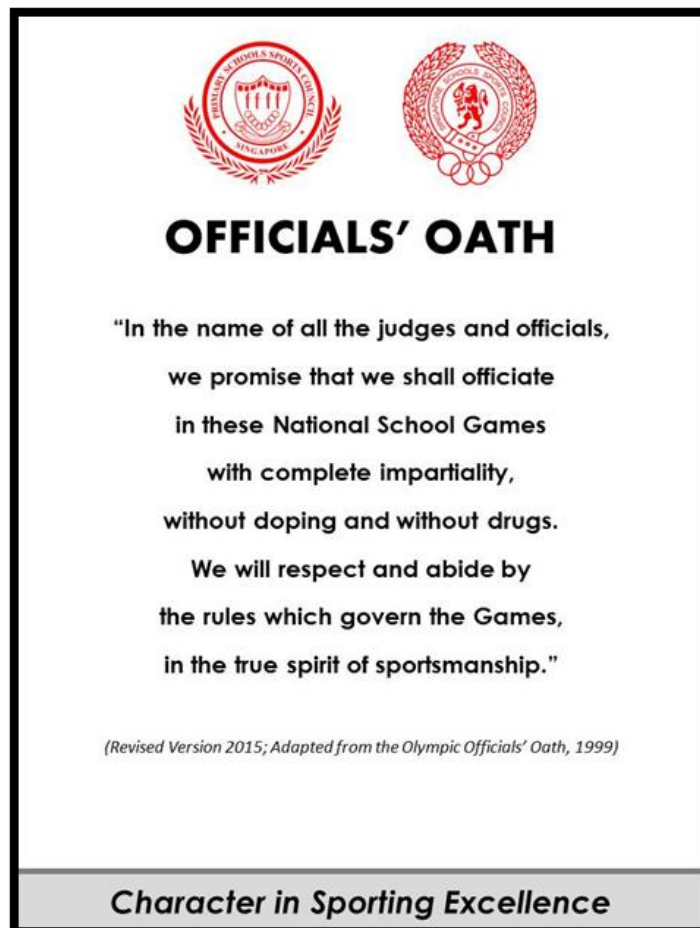
(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)

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.

TERMS OF REFERENCE FOR SPSSC / SSSC NATIONAL SCHOOL GAMES ORGANISING COMMITTEES (NSGOCS)

The NSGOCS shall have sub-committees to ensure the successful organising and completion of their respective sports that includes but is not limited to the following functions:

1. COMPETITION

Organise the competition according to the rules and regulations, and established safety standards, including:

- a. Planning and Execution:
 - i. Work out the competition schedules, fixtures and venues required.
 - ii. Communicate with participating teams on all competition matters, including, but not limited to rules, dates, fixtures, venue, etc.
 - iii. Identify and appoint Competition Director (if applicable) for deployment of officials.
 - iv. Manage competition officials, venues, equipment, medical cover and logistics for effective and efficient conduct of the competition.

- b. Risk Assessment and Management:
 - i. Carry out risk assessment and management planning for each venue, including adherence to the baseline safety standards.
 - ii. Communicate relevant parts of the risk assessment and management plan to all relevant parties.
 - iii. Monitor and manage safety and security issues at the competition venue.

- c. Venue Management:
 - i. Ensure competition venues (including hosting schools and external venues) have the following in good condition to support the competition:
 - o Equipment
 - o Line Drawings (if applicable)
 - o Consumables
 - ii. Inform hosting Schools of competition schedule.
 - iii. Disseminate competition fixtures to all hosting and participating schools once fixtures are confirmed.
 - iv. Inform hosting and participating schools at least three (3) working days before should there be any changes in venue or fixtures.
 - v. Ensure that competition officials and medical support (if applicable) arrive at stipulated time at the competition venue.
 - vi. Remind TMs during briefing:
 - o To check the latest hosting venues' SOPs before each competition
 - o To inform their fellow colleagues and SAR who may be accompanying their students for the competitions on their behalf
 - vii. Prepare the competition venue, such as display of PDPA notifications (**Refer to Annex B1**), proper allocation of spaces for assembly, warm-up, match, rest areas, spectators, where necessary.

- d. Results Processing:
 - i. Ensure competition results are promptly and accurately sent to the NSGO for uploading to the NSG website.

- e. Protest Management:
 - i. Respond to clarifications / protests from participating schools during the competition.
 - ii. Conduct investigations and resolve the clarifications / protests relating to the competition.

2. TECHNICAL

- a. Establish competition rules and regulations for the sport to ensure age appropriateness and opportunities for skills development, including, but not restricted to:
 - o Age grouping / division
 - o Format of competition
 - o Permitted equipment
 - o Field of play
 - o Duration of play; intervals
 - o Number of participants
 - o Substitution rules, etc.
- b. Identify and appoint the technical director and officials for each competition.
- c. Monitor and review baseline safety standards for the competition.
- d. Review and update competition rules and regulations annually and submit Games Recommendations to NSGOC or Council Standing Committee for approval, where necessary.

3. RECOGNITION, PROTEST AND DISCIPLINE

- a. Recognition
 - i. Develop and implement appropriate recognition (including recognition criteria), to support the desired outcomes of the National School Games (NSG), such as Sportsmanship Award.
 - ii. Collect and communicate good stories to relevant parties, including participating schools, MOE HQ and the media where appropriate.
 - iii. Plan and organise prize presentations for the competition.
- b. Protest
 - iv. Conduct investigations with all parties involved, in consultation with the Game Advisor and Lead Convenor.
 - v. Resolve all protests and respond to relevant parties on the outcome within a week of incident reported.
 - vi. Update SPSSC / SSSC Standing Committee on the outcome of the clarifications / protests, where necessary.
- c. Discipline
 - i. Conduct investigations pertaining to disciplinary cases with all parties involved, in consultation with the Game Advisor.
 - ii. Resolve all disciplinary cases and respond to relevant parties in a timely manner.

- iii. Develop disciplinary policies and systemise processes to manage students, teachers and coaches and competition officials for alignment to the Councils' mission, motto and aspirations.



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.

AGE GROUP FOR NSG

** For students in this group, please refer to General Rules and Regulations (subject to para 2.2)*

No	Sport	Senior Division	Junior Division	Age Dispensation	Remark
1	Badminton	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for Junior Div	11-Years-Old Overlap
2	Basketball	1 Jan 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	Not applicable	
3	Bowling	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for Junior Div	11-Years-Old Overlap
4	Floorball	1 Jan 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	Not applicable	
5	Football	1 Jan 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	Not applicable	
6	Golf	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017	

No	Sport	Senior Division	Junior Division	Age Dispensation	Remark
7	Artistic Gymnastics	<u>Boys Senior Optional</u> 1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012* <u>Girls Senior I (L3&L4) & Girls Senior II (L5&L6)</u> 1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	<u>Boys Junior Novice & Boys Junior Optional</u> 1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014* <u>Girls Junior I (L3)</u> 1 Jan 2017 2 Jan 2016 - 31 Dec 2016 1 Jan 2016* <u>Girls Junior II (L3)</u> 1 Jan 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014* <u>Girls Junior III (L4)</u> 1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for: <u>Boys Junior Novice & Boys Junior Optional;</u> <u>Girls Junior I (L3) & Girls Junior III (L4)</u> (Not applicable for Girls Junior II)	A competitor from the Junior Division age group may opt to participate in <u>Boys Senior Optional;</u> <u>Girls Senior II (L5&L6)</u>
	Rhythmic Gymnastics	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for Junior Div	A competitor from the Junior Division age group may opt to participate in the Senior Division.

No	Sport	Senior Division	Junior Division	Age Dispensation	Remark
8	Hockey	1 Jan 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	<u>Junior 1</u> 1 Jan 2017 1 Jan 2016 - 31 Dec 2016 2 Jan 2015 - 31 Dec 2015 1 Jan 2015* <u>Junior 2</u> 1 Jan 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	Not applicable	
9	Netball (Girls Only)	1 Jan 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	Not applicable	
10	Rope Skipping	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for Junior Div	11-Years-Old Overlap
11	Rugby (Boys Only)	1 Jan 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	Not applicable	
12	Sailing	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for Junior Div	11-Years-Old Overlap
13	Sepaktakraw (Boys Only)	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	Not applicable	11-Years-Old Overlap
14	Softball	1 Jan 2015	1 Jan 2017	Not applicable	11-Years-Old Overlap

No	Sport	Senior Division	Junior Division	Age Dispensation	Remark
		1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*		
15	Swimming	<u>Senior 1</u> 1 Jan 2014 2 Jan 2013 - 31 Dec 2013 1 Jan 2013* <u>Senior 2</u> 1 Jan 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	<u>Junior 1</u> 1 Jan 2017 1 Jan 2016 - 31 Dec 2016 2 Jan 2015 - 31 Dec 2015 1 Jan 2015* <u>Junior 2</u> 1 Jan 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for Junior 1 Div only	
16	Table Tennis	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for Junior Div	11-Years-Old Overlap
17	Taekwondo	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for Junior Div	11-Years-Old Overlap
18	Tennis	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for Junior Div	11-Years-Old Overlap

No	Sport	Senior Division	Junior Division	Age Dispensation	Remark
19	Track and Field	<u>Senior 1</u> 1 Jan 2014 2 Jan 2013 - 31 Dec 2013 1 Jan 2013* <u>Senior 2</u> 1 Jan 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	<u>Junior 1</u> 1 Jan 2017 1 Jan 2016 - 31 Dec 2016 2 Jan 2015 - 31 Dec 2015 1 Jan 2015* <u>Junior 2</u> 1 Jan 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for Junior 1 Div only	
20	Volleyball	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	Not Applicable	11-Years-Old Overlap
21	Wushu	1 Jan 2015 1 Jan 2014 - 31 Dec 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*	1 Jan 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 2014 1 Jan 2014*	1 Jan 2019 1 Jan 2018 - 31 Dec 2018 2 Jan 2017 - 31 Dec 2017 Applicable for Junior Div	11-Years-Old Overlap

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). It is only allowed for the following sports:
 - a) Badminton
 - b) Bowling
 - c) Golf
 - d) Gymnastics¹
 - e) Rope Skipping
 - f) Sailing
 - g) Swimming (Junior 1 only)
 - h) Table Tennis
 - i) Taekwondo (Poomsae)
 - j) Tennis
 - k) Track and Field (Junior 1 only)
 - l) Wushu
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.

¹Boys Junior Under 9, Boys Junior Novice and Boys Junior Optional; Girls Junior I and Girls Junior III (Not applicable for Girls Junior II)

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:		Gender*:	<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"/>	Guardian
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.

COMPETITION FORMAT

In determining the format for the competition, NSGOC should aim to provide meaningful¹ competition experiences for participating teams. The suggested competition formats highlighted in this Annex are options that the NSGOC can consider when drawing up their fixtures. The selected competition format should be standardised within the same sport (i.e., across zones; and from year to year).

1. Grouping

The grouping approach should be determined based on the number of participants / teams in the competition, with the aim to allow teams to have sufficient playing opportunities while optimising resources (venue, officials, time, workload). Each group should comprise **3 to 5 teams** with the exception of a single round robin for 7 teams.

2. Seeding

Seeding is done based on the preceding year’s results and the seeding approach will differ according to the competition format chosen based on the following table:

Table 1: Recommended seeding approaches for different competition formats

Zonal / Direct National Competitions	Pool – League Competitions	Pool – Tiered Competitions	Other Competitions
<p>Objectives of Seeding:</p> <ul style="list-style-type: none"> To evenly distribute the top teams from the preceding year into different groups 	<p>Objectives of Seeding:</p> <ul style="list-style-type: none"> To group teams to increase opportunities for them to play with teams of relatively similar abilities 	<p>Objectives of Seeding:</p> <ul style="list-style-type: none"> To group teams to increase opportunities for them to play with teams of relatively similar abilities 	<p>Event-based Competitions / Individual Match-based Competitions (e.g. Table Tennis Junior Division)</p> <ul style="list-style-type: none"> Adopt sports specific seeding approach that would meet the competition needs.

¹ Each participating team should minimally play 3 matches (i.e., cumulative across Zonal and National competitions; where applicable) in the course of competition. For Tiered and League competitions, teams should minimally play 6 matches. This is to allow for more equitable playing opportunities for all teams.

<ol style="list-style-type: none"> 1. The top 4 teams from preceding year's National results will be seeded and distributed to different groups. 2. The remaining quarterfinalists will then be seeded and drawn into the different groups. 3. The remaining teams will be drawn / placed into groups. 	<p><u>Pool</u></p> <ol style="list-style-type: none"> 1. Using preceding year's result, snake seeding will be used for Pool groupings. 2. The remaining teams will be drawn / placed into different Pool groups. 3. Refer to the table below which illustrates snake seeding. <table border="1" data-bbox="600 459 1039 845"> <thead> <tr> <th>Group One</th> <th>Group Two</th> <th>Group Three</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> <td>3</td> </tr> <tr> <td>6</td> <td>5</td> <td>4</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>12</td> <td>11</td> <td>10</td> </tr> </tbody> </table> <p><i>*The number indicates the ranking position.</i></p>	Group One	Group Two	Group Three	1	2	3	6	5	4	7	8	9	12	11	10	<p><u>Pool</u></p> <ol style="list-style-type: none"> 1. Using preceding year's result, the top teams will be seeded in Pool groupings. 2. The remaining teams will be drawn / placed into different Pool groups. 	
Group One	Group Two	Group Three																
1	2	3																
6	5	4																
7	8	9																
12	11	10																
	<p><u>League</u></p> <ul style="list-style-type: none"> • Using Pool's result, the top teams will be seeded in different groups within each League. • The remaining teams will be drawn / placed into different groups. • Teams from the same group in the Pool Round will not be drawn / placed into the same group in League Round. 	<p><u>Tiered</u></p> <ul style="list-style-type: none"> • Using Pool's result, the top teams will be seeded in different groups within each Tier. • The remaining teams will be drawn / placed into different groups. • Teams from the same group in the Pool Round will not be drawn / placed into the same group in Tiered Round. 																

SUGGESTED CHAMPIONSHIP FORMATS FOR POOL-LEAGUE COMPETITION

Multiple-Groups Championship Format

NSGOCs should leverage on existing competition structures and mechanisms to implement a consistent seeding approach to seed and place them in different groups in the Pool Round using preceding year's results. Teams of similar ability are grouped together in all stages of the competition while ensuring porosity between leagues every year through promotion and relegation.

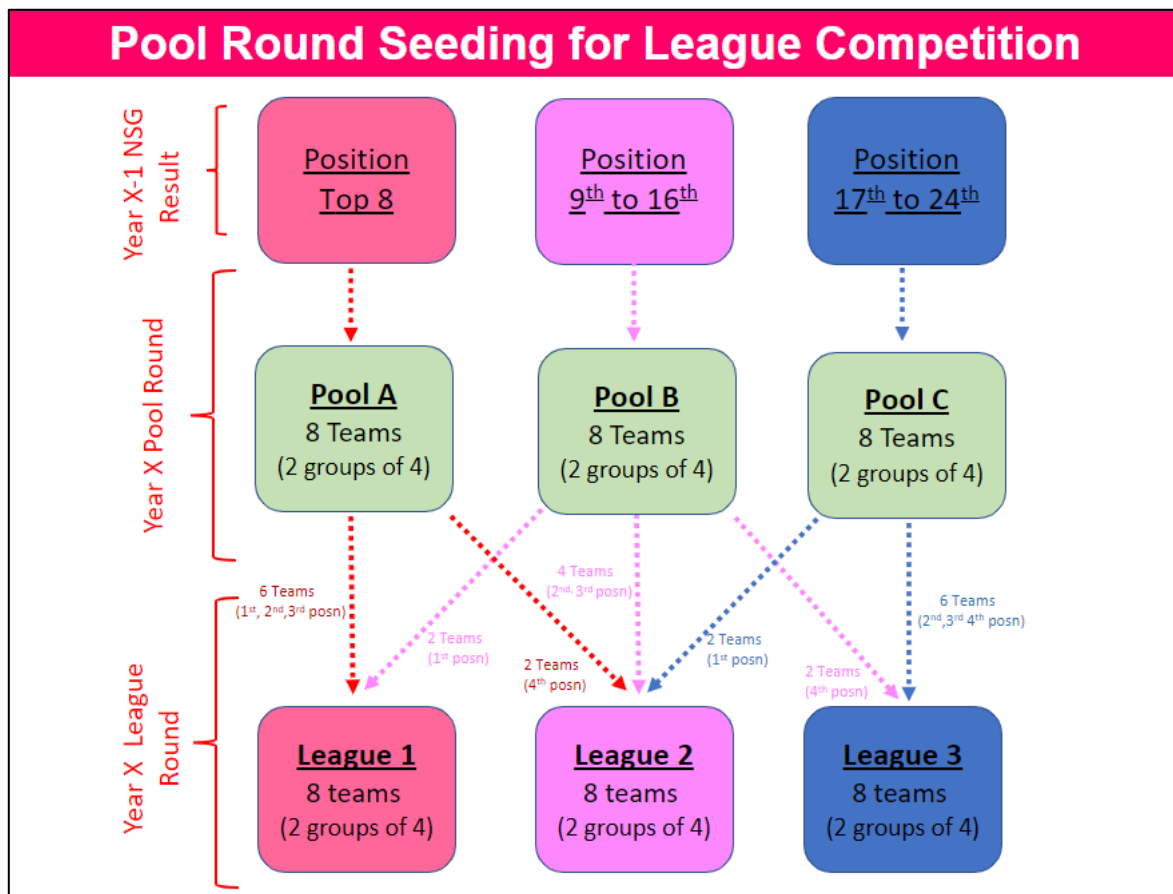
Examples to illustrate for League Competition

Example 1: For sports that are moving from Zonal-National to the Pool-League format

Using preceding year's National Competition result for seeding. *(This example will be removed in 2025)*

Pool A	<ul style="list-style-type: none">• The National Top 8 will be placed in Pool A.• The top 4 teams will be seeded and placed in 2 different groups within Pool A.• No more than two seeded teams shall be drawn into the same group.• The remaining 4 teams will be randomly drawn into groups within Pool A.
Pool B	<ul style="list-style-type: none">• The next 8 teams (Position 9th to 16th) will be placed in Pool B and will be randomly drawn into the groups.
Pool C	<ul style="list-style-type: none">• The remaining teams (Position 17th to 24th) will be placed in Pool C and will be randomly drawn into the groups.

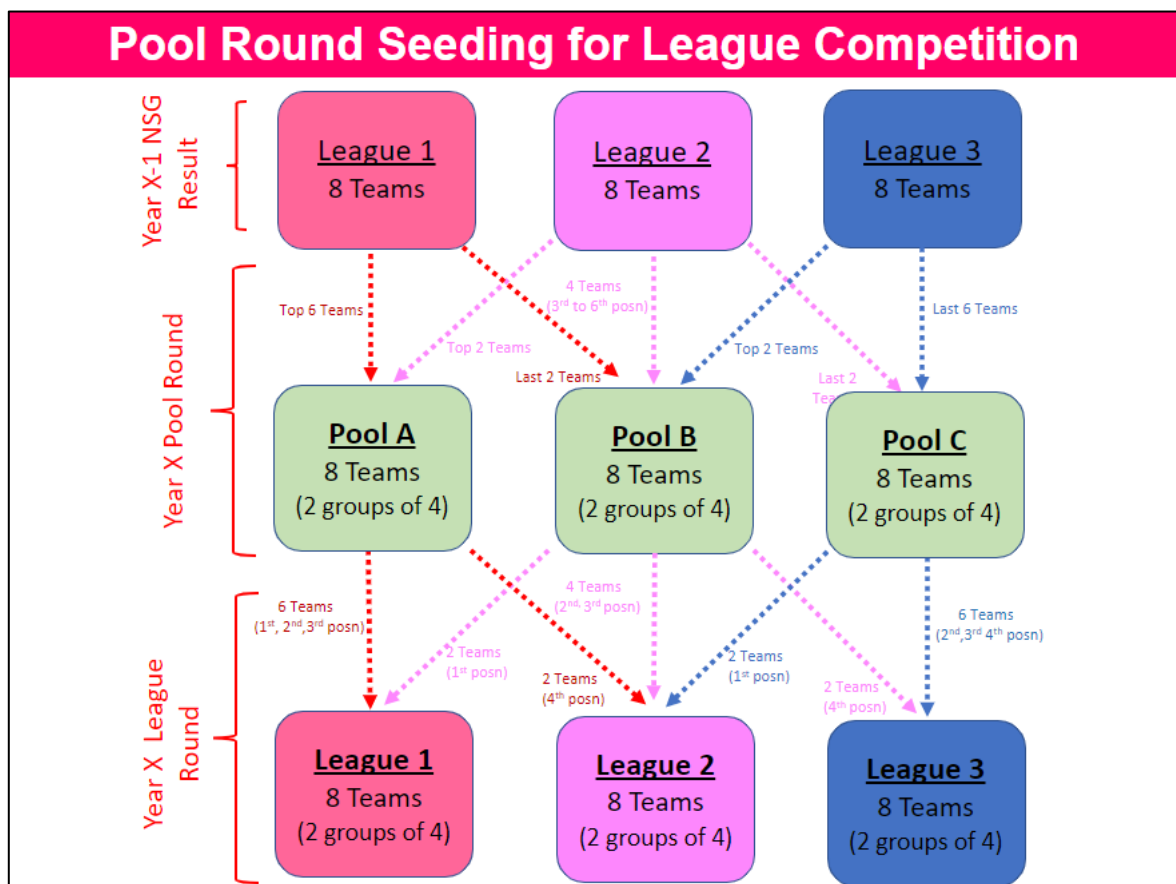
For a National Competition with 24 teams, seeding in the Pool round should be as shown below.



Example 2: For sports which have adopted the League system

Using preceding year's League result for seeding

For a competition with 3 Leagues of 24 teams, porosity to Pool round should be in place as shown below.



In determining the competition format after the Pool Round, NSGOCs should refer to the suggested competition format based on the number of teams in each league.

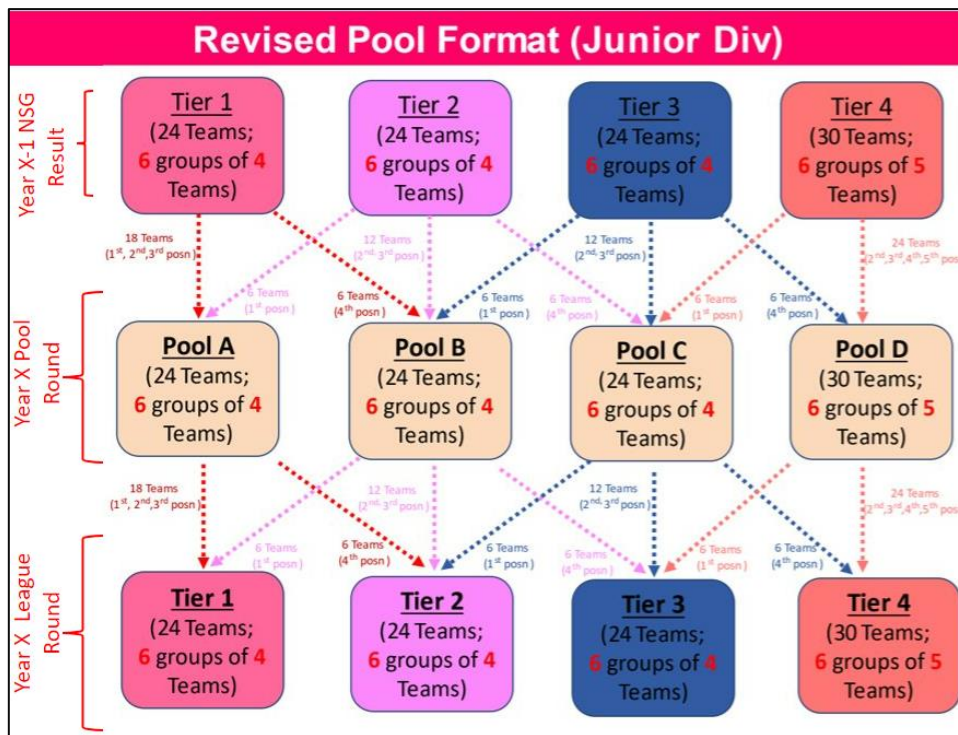
SUGGESTED COMPETITION FORMATS FOR POOL-TIERED COMPETITION

Multiple-Groups Competition Format

NSGOCs should leverage on existing competition structures and mechanisms to implement a consistent seeding approach to seed and place them in different groups in the Pool Round using preceding year's results. Teams of similar ability are grouped together in all stages of the competition while ensuring porosity between leagues every year through promotion and relegation.

Example: To illustrate using preceding year's Tiered result for seeding

For a competition with 4 Tiers, porosity to Pool round should be in place as shown below.



In determining the competition format after the Pool Round, NSGOCs should refer to the suggested competition format based on the number of teams in each tier.

CLARIFICATION, PROTEST AND APPEAL OVERVIEW

	Clarification (Formal & Informal)	Competing Under Protest (Some Sports Only)	Protest	Appeal
Handled by:	NSGOC Rep and/or Competition Officials	NSGOC Rep and/or Competition Officials	NSGOC	BOA (Council and Zone Vice-Chairpersons)
Who must be Informed:	NSGOC Rep, Competition Officials	NSGOC Rep, Competition Officials, Affected TMs as determined by NSGOC	Principal, Lead Convenor, Lead Org Sec, Game Advisor	Principal, Lead Convenor, Lead Org Sec, Game Advisor and Honorary Secretary (for Zonal), Council Secretariat (for National)
How to Inform:	At competition venue, during appropriate interval without disrupting the game	At competition venue, during appropriate interval without disrupting the game	Indicate intent to protest on scoresheet at end of match and followed by an email sent through the Principal	Sent through the Principal via email
Fees if Overruled:	Nil	Nil	\$150	\$300
Approval Required From:	Nil	Nil	Principal	Principal

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, (SAR or School Staff), 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 the Artistic Gymnastic discipline, 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 period 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 G)
 - 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 H1) endorsed by the School Principal to parent/legal guardian and remind the SAR to bring a copy of the letter and produce a photo identification for verification at the competition.

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 Q6.
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 and should be provided to the SAR. 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 School Adult Representative (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 G 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 Parent Chaperones (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 SAR declares that he or she is a parent or legal guardian of the student athlete.
 9. 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.