

Clarification Session for Schools on National School Games (NSG) Rhythmic Gymnastics Technical Program from 2025 onwards

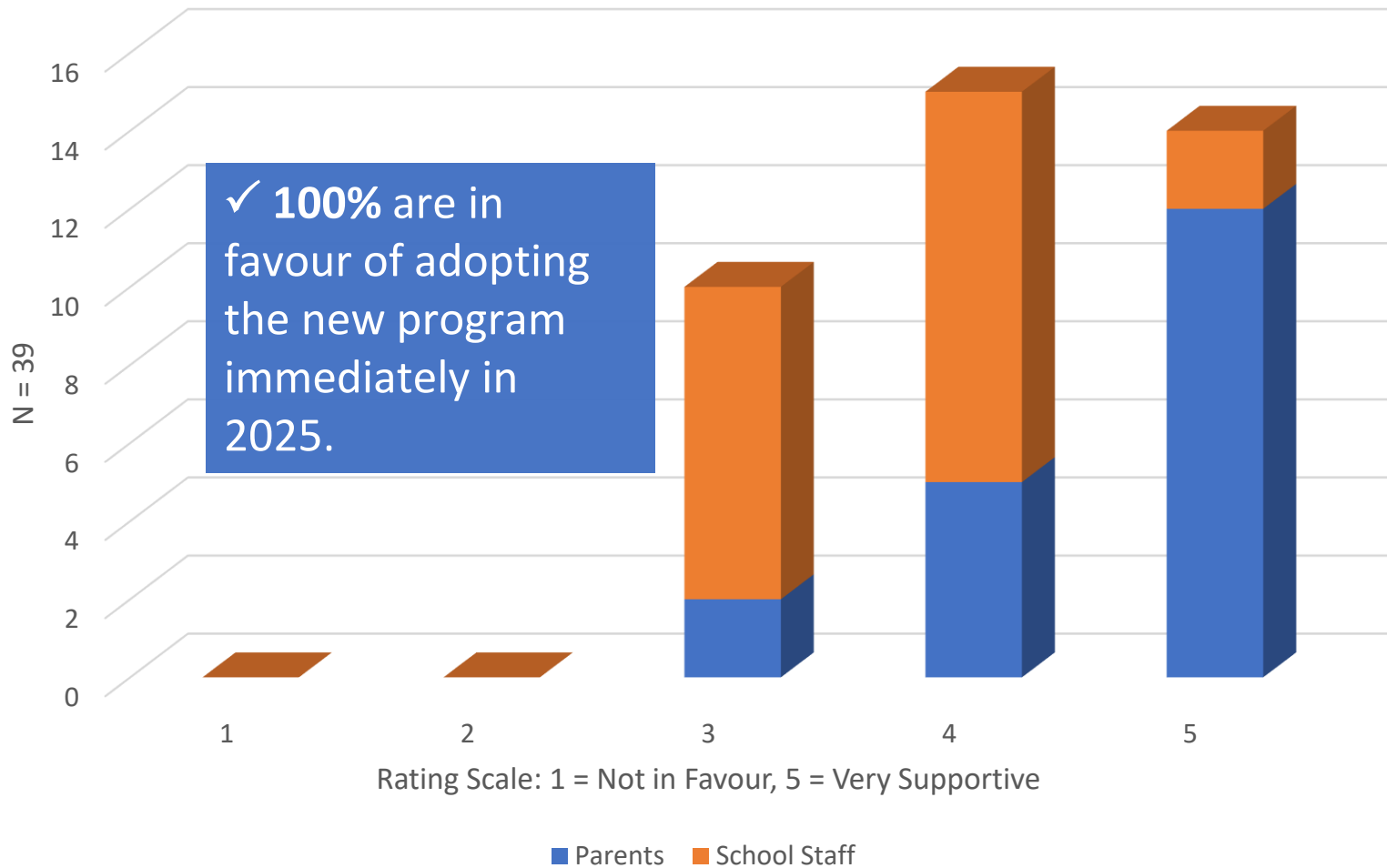
28 August 2024

Microsoft Teams Meeting

Introduction

- The recently finalised (July /Aug 2024) Singapore Gymnastics' *Rhythmic Gymnastics National Program* have been approved for implementation and incorporation into the NSG competitions from 2025 onwards, for individual events.
- An overview of NSG RG events with new RG individual events requirements can be found in the “Notification – NSG RG Competition Technical Program 2025 (with Apparatus Specs)” dated 2024.8.28.

Survey of NSG Rhythmic Gymnastics (RG) Team Managers (School Staff and SARs) on Implementation of New RG National Program at NSG 2025



Summary of Reasons from Survey

Focus

- 1 program and 1 set of routines for better apparatus mastery and time management

Ability Driven

- More developmentally friendly, flexible and transferable program for athletes of different ability levels

Alignment

- Coherent National and NSG program allows for better athlete growth and development

Balance

- Move away from over-emphasis on technical skills that may not be healthy for athletes to one that balances between artistry elements and technical elements

The Updated RG National Program

1. Developmental friendly for gymnasts

- progressive levels to accommodate gymnasts' ongoing development.
- allowance for flexibility between developmental and elite pathway.

2. A single judging system

- will reduce the complexity for all judges (including MOE staff judges).

3. More focus on artistry

- will reduce overall training time that overly focus on perfecting technical skills and drills.
- alignment to FIG direction for RG.



NSG Primary

Junior and Senior Divisions Events from 2025

Primary RG Individual Program for NSG 2025

Revised Primary Developmental Category

NSG Division Category	NSG IAA Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry (see Annex C)	Execution
Junior Developmental (Level 3) Max. 7 pax/sch (SG Age 8-11)	2 apps	1:00 – 1:15 (↓ 15s)	Freehand	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves 1 fixed risk combination	NA	2 dance steps 1 dynamic change and effect	As per FIG
			Rope	Fixed 4 (2 jumps/leaps, 1 balance, 1 rotation) 2 Full body waves	4 fixed DA 1 fixed modified risk 4 fixed apparatus element	1 dance steps 2 dynamic change and effect	
Senior Developmental (Level 4) Max. 7 pax/sch (SG Age 9-12)	2 apps	1:15 – 1:30	Hoop	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	4 Fixed DA 1 fixed modified risk 4 fixed apparatus elements	2 dance steps 2 dynamic change and effect	
			Clubs	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	4 Fixed DA 1 fixed modified risk 4 fixed apparatus elements	2 dance steps 2 dynamic change and effect	

Revised Primary Elite Category

NSG Division Category	NSG IAA Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry	Execution
Junior Elite Max. 3 pax/sch (SG Age 9)	FH + 2 apps	1:15 – 1:30	Freehand	Min 3, Max 5 (max value 0.5; no CBD; 1 of each BDG) 2 full body waves 1 set pre-acrobatic moves	NA	As per FIG	As per FIG
			Hoop	Min 3, Max 4	Min 1, max 10		
			Ball	(max value 0.5; no CBD; 1 of each BDG)			
			Clubs (N.A. for NSG)	2 full body waves Risk: max 2			
Senior Elite Max. 3 pax/sch (SG Age 11)	3 apps (↓ 1 app)	1:15 – 1:30	Hoop	DB: Min 3, Max 6	Min 1, max 12		
			Ball	(max value 0.6; no CBD; 1 of each BDG)			
			Clubs	2 full body waves			
			Ribbon (N.A. for NSG)	Risk: max 3			

Comparison of Revised & Current **Primary** RG Individual Program

Revised Primary **Developmental** Category

NSG Division Category	NSG IAA Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry (see Annex C)	Execution
Junior Developmental (Level 3) Max. 7 pax/sch (SG Age 8-11)	2 apps	1:00 – 1:15 (↓ 15s)	Freehand	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves 1 fixed risk combination	NA	2 dance steps 1 dynamic change and effect	As per FIG
			Rope	Fixed 4 (2 jumps/leaps, 1 balance, 1 rotation) 2 Full body waves	4 fixed DA 1 fixed modified risk 4 fixed apparatus element	1 dance steps 2 dynamic change and effect	
Senior Developmental (Level 4) Max. 7 pax/sch (SG Age 9-12)	2 apps	1:15 – 1:30	Hoop	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	4 Fixed DA 1 fixed modified risk 4 fixed apparatus elements	2 dance steps 2 dynamic change and effect	
			Clubs	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	4 Fixed DA 1 fixed modified risk 4 fixed apparatus elements	2 dance steps 2 dynamic change and effect	

Current Primary **Developmental** Category

NSG Division Category	NSG IAA Scoring	Routine Length (min)	Apparatus	Requirements and Scoring	
				Difficulties and Execution	Artistry
Junior Developmental Level 1 (7-8 yo only)	NA	1:30	Rope	Level 1 compulsory routine as per SG National Program	As per SG National Program from max. 2.0 pts <ul style="list-style-type: none"> • Connections 0.1-0.5 • Music/Rhythm 0.1-0.5 • Presentation/Expression 0.1-0.5 • Route 0.1-0.2 • Legs Feeling 0.1-0.3
Junior Developmental (Level 2)	2 apps	1:15 – 1:30	Rope	Level 2 compulsory routine as per SG National Program	
			Ball		
Senior Developmental (Level 3)	2 apps	1:15 – 1:30	Hoop	Level 3 compulsory routine as per SG National Program	
			Clubs		

Comparison of Revised & Current **Primary** RG Individual Program

Revised Primary **Elite** Category

NSG Division Category	NSG IAA Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry	Execution
Junior Elite Max. 3 pax/sch <i>(SG Age 9)</i>	FH + 2 apps	1:15 – 1:30	Freehand	Min 3, Max 5 (max value 0.5; no CBD; 1 of each BDG) 2 full body waves 1 set pre-acrobatic moves	NA	As per FIG	As per FIG
			Hoop	Min 3, Max 4	Min 1, max 10		
			Ball	(max value 0.5; no CBD; 1 of each BDG)			
			Clubs (N.A. for NSG)	2 full body waves Risk: max 2			
Senior Elite Max. 3 pax/sch <i>(SG Age 11)</i>	3 apps (↓ 1 app)	1:15 – 1:30	Hoop	DB: Min 3, Max 6	Min 1, max 12		
			Ball	(max value 0.6; no CBD; 1 of each BDG)			
			Clubs	2 full body waves			
			Ribbon (N.A. for NSG)	Risk: max 3			

Current Primary **Elite** Category

NSG Division Category	NSG IAA Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry	Execution
Junior Elite (Stage 1)	3 apps	1:15 – 1:30	Freehand	Min 3, Max 4 (0.1-0.4 each, min 1 each BDG) Min 1 dance step Max 3 dynamic ele. with rotation 5x compulsory skills (0.2 each) 3x large body waves (0.2 each)	NA	As per FIG	As per FIG
			Hoop	Min 3, Max 4 (0.1-0.4 each, min 1 each BDG)			
			Ball	Min 1 dance step Max 1 dynamic ele. with rotation 8x compulsory skills (0.2 each)			
Senior Elite (Stage 2)	4 apps	1:15 – 1:30	Freehand	Min 3, Max 4 (0.1-0.5 each, min 1 each BDG) Min 1 dance step Max 3 dynamic ele. with rotation 3x compulsory skills (0.3 each) 3x large body waves (0.3 each)			
			Hoop	Min 3, Max 4 (0.1-0.5 each, min 1 each BDG)			
			Ball	Min 1 dance step			
			Clubs	Max 2 dynamic ele. with rotation 8x compulsory skills (0.3 each)			



NSG Secondary

A, B and C Divisions Events from 2025

Proposed Secondary RG Individual Program for NSG 2025

Revised Secondary Developmental Category

NSG Division Category	NSG IAA Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry (see Annex C)	Execution
C Division Developmental (Level 5) Max. 6 pax/sch (SG Age 11-14)	2 apps (↓ 1 app)	1:15 – 1:30	Ball	Fixed 5 (1 jumps/leaps, 2 balances, 2 rotations) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	As per FIG
			Clubs	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	
B Division Developmental (Level 6) Max. 6 pax/sch (SG Age 13-16)	2 apps (↓ 1 app)	1:15 – 1:30	Hoop	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	
			Ribbon	Fixed 5 (1 jump/leaps, 2 balances, 2 rotations) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	

Secondary Optional Category

(no change except for adoption of latest FIG Code of Points 2025-2028)

NSG Division Category	NSG IAA Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry	Execution
C Division Optional: FIG Junior Max. 6 pax/sch (SG Age 14-15)	4 apps	1:15 – 1:30	Hoop	As per FIG Junior	As per FIG Junior	As per FIG	As per FIG
			Ball				
			Clubs				
			Ribbon				
B Division Optional: FIG Junior Max. 6 pax/sch (SG Age 16+)	4 apps	1:15 – 1:30	Hoop	As per FIG Junior	As per FIG Junior	As per FIG	As per FIG
			Ball				
			Clubs				
			Ribbon				
A Division Optional: FIG Senior Max. 6 pax/sch (SG Age 16+)	4 apps	1:15 – 1:30	Hoop	As per FIG Senior	As per FIG Senior	As per FIG	As per FIG
			Ball				
			Clubs				
			Ribbon				

Comparison of Revised & Current **Primary** RG Individual Program

Revised Secondary **Developmental** Category

NSG Division Category	NSG IAA Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry (see Annex C)	Execution
C Division Developmental (Level 5) Max. 6 pax/sch (SG Age 11-14)	2 apps (↓ 1 app)	1:15 – 1:30	Ball	Fixed 5 (1 jumps/leaps, 2 balances, 2 rotations) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	As per FIG
			Clubs	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	
B Division Developmental (Level 6) Max. 6 pax/sch (SG Age 13-16)	2 apps (↓ 1 app)	1:15 – 1:30	Hoop	Fixed 5 (2 jumps/leaps, 2 balances, 1 rotation) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	
			Ribbon	Fixed 5 (1 jump/leaps, 2 balances, 2 rotations) 2 Full body waves	5 Fixed DA 1 fixed risk 4 fixed app elements	2 dance steps 2 dynamic change and effect	

Current Secondary **Developmental** Category

NSG Division Category	NSG IAA Scoring	Routine Length (min)	Apparatus	Requirements and Scoring	
				Difficulties and Execution	Artistry
C Division Developmental (Level 4)	3 apps	1:15 – 1:30	Rope	Level 4 compulsory routine as per SG National Program	As per SG National Program from max. 2.0 pts
			Ball		
			Ribbon		
B Division Developmental (Level 5)	3 apps	1:15 – 1:30	Hoop	Level 5 compulsory routine as per SG National Program	<ul style="list-style-type: none"> • Connections 0.1-0.5 • Music/Rhythm 0.1-0.5 • Presentation/Expression 0.1-0.5 • Route 0.1-0.2 • Legs Feeling 0.1-0.3
			Clubs		
			Ribbon		

Group Events

No change to group events for all divisions.

- Evaluation of the exercise will be as spelt out in the current NSG RG Rules and Regulations (i.e., routines and criteria spelt out in the program for 2021).

Primary Event	Routine(s)	Apparatus
Junior 'Novice' Group	Level 1 set (2021)	Group Freehand
Junior Group	Level 2 set (2021)	Group Freehand
Senior Group Event	Level 3 set (2021)	Group Freehand

Secondary Event	Routine(s)	Apparatus
C Division Group	Level 4 set	5 Ropes
B Division Group	Level 5 set	3 Hoops & 2 Balls
A Division Group	FIG Senior	3 Hoops & 2 Balls, or 5 Same Apparatus

Apparatus Specifications

Item/Apparatus	1	2	3*	4*
	Participants with 'Age Dispensation'	Junior & Senior Divisions	B & C Divisions	A Division
Performance Area	1300 cm x 1300 cm			
Rope	N.A.			
Hoop (Min int dia / min wt)	<u>60 cm</u> / 180 g	70 cm / <u>230 g</u>	<u>70 cm</u> / 260 g	80 cm / 300 g
Ball (Min dia / min wt)	<u>15 cm</u>	16 cm / 320 g	18 cm / 400 g	
Clubs (Min lth / min wt)		35 cm / 100 g	40 cm / 150 g	
Ribbon (Min s. lth / min r. lth)		50 cm / 4 m	50 cm / 5 m	50 cm / 6 m

All Around and Team Scores

NSG Division Category	AA Scoring	Team Scoring
Junior Developmental	FH+1app	3 best scores in each app (6 scores)
Senior Developmental	2 apps	3 best scores in each app (6 scores)
Junior Elite	FH+2apps	N.A.
Senior Elite	3 apps	N.A.
C Division Developmental	2 apps	3 best scores in each app (6 scores)
B Division Developmental	2 apps	3 best scores in each app (6 scores)
C Division Optional	4 apps	N.A.
B Division Optional	4 apps	N.A.
A Division Optional	4 apps	2 best scores in each app + 2 best scores from any app (10 scores)

Division Championship Tabulation

- **Primary Senior Division Championship**

Position Ranking that derived from the scores of the following:	Weighting (Position Rank)
Group Event	20%
Developmental Team Competition	50%
Sum of the best score of each apparatus in the Elite category	30%

- **Secondary Division Championship**

Div	Division Championship Tabulation
C	Sum total of the scores of the Group Event, Developmental Team Competition, and 2 best scores from any Optional category (FIG Junior) routines performed.
B	Sum total of the scores of the Group Event, Developmental Team Competition, and 2 best scores from any Optional category (FIG Junior) routines performed.
A	Sum total of the scores of 10 routines comprising 2 best scores in each apparatus and 2 best scores from any apparatus

NSG Website

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

Thank you