



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

(Updated as of 3 February 2025)

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PREAMBLE

This document outlines the rules and regulations for the conduct of and participation in the National School Games (NSG). 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 sport-specific 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 the International Hockey Federations (FIH) and Singapore Hockey Federation (SHF).

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**.

	Year/ Date of Birth
Senior	1 Jan 2014 1 Jan 2013 - 31 Dec 2013 2 Jan 2012 - 31 Dec 2012 1 Jan 2012*

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 Categories of NSG Sports

2.4.1 Hockey is categorized as a Match-based (Team) Sports

3. ENTRIES

3.1 Each school is eligible to enter only one team¹ per division per sex.

3.2 All entries for Match-based (Team) Sports must be submitted by the PE/CCA Key Personnel via FormSG for:

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.

4. REGISTRATION OF PARTICIPANTS

4.1 Eligibility

4.1.1 Only official students of the school can represent the school.

4.1.2 Students requesting for a transfer may only represent their new school when the transfer has been officially effected.

4.1.3 International students can only be registered to compete for their school **after** they have been issued with the student passes from the Immigration and Checkpoints Authority (ICA).

¹ Schools can send up to three (3) teams for Sepaktakraw (Junior Division).

- 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 players will result in a forfeiture of the matches / events concerned (**Refer to Para. 10**).

4.2 Registration Process

- 4.2.1 All registration must be submitted 2 working days before the start² of competition through the NSG Integrated system (NIS) Registration Module at <https://nsg.moe.edu.sg/nis/#!/login>. This includes details of participants along with the necessary supporting documents including:
 - a) Baseline Safety Standards Acknowledgement Form
 - b) Supporting documents for Special / Transfer case students
 - c) Other forms as determined by the respective NSGOs
- 4.2.2 Registrations for all match-based sports will commence on 2 January 2025 for Senior Division and 28 February 2025 for Junior Division.
- 4.2.3 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:
 - 4.2.3.1 Match-based (Team) Sports: 2 working days before the team's next match

4.3 Replacement and addition of participants

- 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 Any request for changes that do not meet the conditions stated in 4.3.1 or 4.3.2 after registration has closed, must be sent via email through the Principal to the Lead Convenor at least 1 working day before the next match.

- 4.4 In competitions where there is a Classification / Pool Round for Tier / League Competitions, participants / teams will progress automatically to the Tier / League round with no further registration required.

² The start of the competition refers to the first match day in the competition calendar.

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) Classification / Pool to League (Senior Division)

5.3 For a competition / event to be organised:

5.3.1 There must be a minimum of three 3 registered teams from 3 different schools for Team Sports.

5.3.2 There must be a minimum of 3 registered participants from 2 different schools for Individual Sports.

5.4 For Match-based sports:

5.4.1 Each participant / team will play a minimum of 6 matches, 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.

5.5 Seeding and Placing

5.5.1 The preceding year's results shall be used for seeding in the first round of all competition formats.

5.5.2 The seeding and placing approaches for Classification / Pool to Tier and Classification / Pool to League Competitions in these scenarios shall be as follows:

a) Barred / Withdrawn Teams

If any team discontinues participation in the competition during Classification / Pool Round, they will be placed last in the group. The team will be treated as a "ghost" entry in the next lower Tier / League and placed last there.

b) Missing Teams

Where there are any missing teams in the Pool Round prior to the draw, additional team(s) will be drawn from the next lower Pool based on the preceding year's Tier / League position.

c) New Teams

The placement of new teams will be done as follows:

New Team	Placement
One new school	Lowest Pool
Two new schools (Combined Teams)	Lowest Pool
Current school + new school (Combined Teams)	Based on the current school's Tier / League placing
Two current schools (Merging / Combined Teams)	Based on the school with the higher Tier / League placing

6. AWARD OF LEAGUE POINTS

6.1 Senior Division

- 6.1.1 The following scoring system shall apply:
For games which can end in a draw:

Result	Point
Win	3
Draw	1
Loss / Walkover	0

- 6.1.2 For games which cannot end in a draw:

Result	Point
Win	2
Loss	1
Walkover	0

6.2 Tie-break

- 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 2 participants / teams, the winner of the match that was played between them shall be ranked higher, followed by the next levels of tie-break rules as stated in the sport-specific rules and regulations.
- 6.2.3 In the event of a tie in league points between 3 or more participants / teams, the tie shall be resolved by considering the results amongst the tied teams first before considering the results of the group.
- 6.2.4 If only 2 participants / teams remain tied after applying 6.2.3, the winner of the match between the 2 participants / teams will be placed higher, followed by the next levels of tie-break rules as stated in the sport-specific rules and regulations.
- 6.2.5 The results of any participant / team that is not involved in a tie in league points and has forfeited a match shall be disregarded in the calculation of tie-breaks.

7. AWARDS

7.1 Divisional Awards

7.1.1 There should be only one (1) Divisional Title³ per division per sex for each sport⁴.

7.1.2 The number of divisional trophies to be awarded shall be as follows:

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

7.1.3 For league competitions, divisional trophies are awarded only up to the top 4 League 1 teams.

7.1.4 There will be no individual prize given to each participant for Division Title.

7.1.5 There will be no Divisional Titles awarded to the Junior Division.

7.2 Individual prizes for Direct National competitions

7.2.1 The number of positions to be awarded for Direct National Competitions shall be as follows:

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

³ Only events with a minimum of 3 participants from 3 different schools will contribute to the calculation for Divisional Titles.

⁴ The 3 disciplines for Gymnastics are considered as 3 individual sports.

7.3 Prizes for League competitions

7.3.1 The number of individual prizes to be awarded for League Competitions (Senior Division) shall be as follows:

No. of Participants / Teams in League 1	Positions Awarded for League 1
4 - 8	4
9 - 12	6
13 or more	8

For remaining leagues, the number of individual prizes to be awarded shall be as follows:

No. of participants / teams in remaining leagues	Positions awarded for each league
4 - 8	2
9 or more	4

7.3.2 The top 2 teams in all leagues except League 1 will be awarded team trophies.

7.4 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 15 minutes. The NSGOC may extend this grace period if deemed justifiable.

9. POSTPONEMENT AND ABANDONMENT

9.1 Any postponement or abandonment⁵ of a match shall be determined by the NSGOC only.

⁵ Abandonment refers to any match / event that has started but cannot reach a natural conclusion and may be postponed or cancelled.

10. WITHDRAWAL AND FORFEITURE

- 10.1 Any withdrawal⁶ or forfeiture⁷ 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 1 working day.
- 10.3 For withdrawals, all results involving the team / participant will be null & void.
- 10.4 For forfeitures, the team / participant will concede a walkover and the results of a match / event shall be based on the sports specific rules and regulations.
- 10.5 In any play-off for top 8 placings, schools involved in a withdrawal or forfeiture without a valid reason will not be placed.

11. WALKOUT⁸

- 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 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.

⁶ Withdrawal refers to discontinuing participation in the competition.

⁷ Forfeiture refers to inability to start or complete a match / event.

⁸ Wilful refusal to compete against the NSGOC's advice.

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 hockey 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 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.

12.3.3 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 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 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) Singapore Hockey Federation (SHF), 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 The team 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 staff⁹ or School Adult Representative (SAR) (**Refer to Annex H**) 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**).
- 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.

17. COMPETITION OFFICIALS

- 17.1 Where required, participating schools shall provide competition officials based on the requirements of the sport-specific rules.

⁹ For TMs, MOE employed staff such as Education Officer, Contract Adjunct, Flexi Adjunct, EAS (AM, OM and CSO) and AED can be deployed.

- 17.2 School staff¹⁰ 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 sport-specific 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.
- 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**).

¹⁰ For competition officials, Education Officers, Contract Adjunct teachers, Flexi-adjunct teachers, Allied Educators, Relief teachers and Untrained teachers can be deployed.

20. ATTIRE

- 20.1 All participants must be in suitable attire bearing the school crest / name where possible and in accordance with the sport-specific rules and regulations.
- 20.2 All jerseys shall be numbered clearly on the back. All participants shall wear uniform jerseys but numbered differently from 1-99. No accessories (watches, bangles, jewellery, plastic hairbands etc) are allowed to be worn by participants. Spectacles must be worn with straps.
- 20.3 Participants shall be attired as follows:
- 20.3.1 Boys: Jersey / Shirt and Shorts
20.3.2 Girls: Jersey / Shirt and Skirts / Skorts / Shorts
- Participants may choose to wear tights beneath their shorts or skirts / skorts. For such participants, their tights must be:
- a) a solid colour (no multi-colour or patterned tights), and
 - b) same colour as the jersey colours or black in colour
- Participants from the same team / school using tights should coordinate such that their tights are of the same colour.
- 20.4 Any additional items of clothing worn by a player during a match must be the same colour as the adjoining piece of clothing
- 20.5 The Home team (first named team) shall wear its primary kit. The Away team (second named team) is entitled to wear either its primary kit or secondary kit unless there is a clash. In the case of a colour clash, the Home team must change its kit. Goalkeepers must wear colours that do not clash with those of either the Home or Away teams.
- 20.6 No team is allowed to play without the proper attire. It is advisable for teams to bring both kits to the competition venue in case they are required to change. All jerseys and bibs must be clearly numbered and failure to adhere to this rule will result in the team conceding a walkover. The attire should bear the school logo/badge or name.
- 20.7 Use of shin-guards or shin-pads is compulsory. Failing which a participant cannot participate in the game. Shin pads must be covered by socks. Team socks must be of a uniform colour.
- 20.8 Use of mouth guard is compulsory. Failing which, a participant shall not be allowed to participate in the game.
- 20.9 Players are permitted to wear a soft face and head protection throughout a match for medical reasons subject to an appropriate medical certificate being submitted and approved by the National Convenor/Adviser before the match/tournament.

- 20.10 Players who have been registered using a certain number must use the same number throughout the competition. Schools must ensure that all participants wear correct numbered jerseys as reflected on the team sheet on the match day. Schools / players that do not comply will be referred to discipline committee and may be disqualified from the competition.
- 20.11 Footwear is compulsory for all participants. Boots with metal studs are not permitted.
- 20.12 The Home team must provide two regulation balls for each game.
- 20.13 Each team must have a Captain, on the field of play or on the team bench during the match. The Captain is responsible for the behaviour of his/her team players on the field of play.
- 20.14 Goalkeepers must be completely protected, and must wear a helmet, gloves, chest guard, leg guard and kickers. In the interest of safety, no kicking back will be allowed.

GAME FORMAT

- 21.1 A match between 2 participating schools shall consist of 5 outfield participants and one goalkeeper per school. Up to 6 reserves may be named in the team list.

DURATION OF GAME:

- 22.1 Each match shall consist of four (4) equal periods of TEN (10) minutes,

Time (Half)	Period	Duration (mins)
First Half	1	10
	Break	3
	2	10
Half Time (Change sides)		5
Second Half	3	10
	Break	3
	4	10
Total Match Time		51

There will be a five (5) minutes break between each half. Teams will change scoring sides after the second period (half time).

- 22.2 In the event of inclement weather (including haze) or other reasons acceptable by the Organising Committee, if 75% or more of the game duration/match is played, (this amounts to at least 30 minutes out of 40 minutes, based on umpires' time) the result of the match will stand as the final result. This would only apply to the preliminary round and second round games (if any).
- 22.3 The 75% rule will not be applied at the National Championships Semi-final, 3rd/4th placing & Final.

- 22.4 For Semi-finals, 3rd & 4th and Finals, all games that end with a tie shall be decided by a 3 Penalty Shootout Competition as para 29.2.
- 22.5 The maximum waiting time for the game to resume is 15 minutes failing which the game shall be postponed and the remaining time to be played at the next convenient date/time in the schedule. The umpire has the right to stop time if the game is delayed due to technical reasons and serious injury. The 15 minutes includes any time taken from the grace period.

PLAYING AREA

- 23.1 The size of the pitch is 55m by 45.7 m. It is generally using half of the full-sized hockey pitch. The goal post used will be a modified version 3 metres wide and 0.5 metres high.

MINIMUM NUMBER OF PLAYERS

- 24.1 The minimum number of participants required before a match can start is SEVEN (7). If a team fails to field the required number within fifteen (15) minutes of the scheduled starting time, the Umpires shall call off the match and report the matter to the Pitch Manager/National Convenor. If the number of participants falls below this required minimum (during the start and throughout the game), the team concerned shall be taken to have conceded the match with a 0 – 3 score line. 3 points will be awarded to the opposing team.
- 24.1 The signed and stamped team sheet must be submitted to the officials 10 minutes before the start of every match. All participants in the team sheet must be registered participants.
- 24.3 Schools may bring all registered players to the competition venue. Team Managers are to tick (✓) the first 6 players starting the match. Before the match commences, only the registered 6 reserve players, Team Manager and Coach will be allowed to remain at the team bench area. The other registered players who are not participating may observe the match from a distance apart from those participating in the match.

TEAM BENCH AREA

- 25.1 Only the twelve (12) registered participants (para 24.3), TMs and coaches are allowed within the team bench area (only the names reflected on the team registration form, need to add into team sheet). No unregistered participants, coaches, parents, ex-students or supporters are allowed. Only registered coach or TM are allowed into the field of play during the match to assist and assess injuries to their student athlete(s), if any.

PARTICIPANTS AND SUBSTITUTES

- 26.1 Schools shall register a **MINIMUM of SEVEN (7)** and a **MAXIMUM of SIXTEEN (16)** student participants on NIS.
- 26.2 Each team shall consist of seven (7) players, comprising five (5) outfield players, one (1) goalkeeper with one (1) reserve minimally. It is mandatory for the team to play with a goalkeeper.

- 26.3 All teams shall submit the team sheets to the officials 10 minutes before the start of every match. All participants in the team sheets must be registered participants. Once the team sheets have been submitted to the umpires before the start of the match, no switching of players is allowed.
- 26.4 Substitution: The mode of Rolling Substitutes shall be used.
- 26.4.1 Substitution is permitted at any time except within the period from the award of a Penalty Stroke (refer to para 27.8) arising from a deliberate infringement by a defender within the 12m scoring zone (8 second one-on-one penalty shootout) until after it has been completed; during this period substitution is only permitted for injury to or suspension of the defending goalkeeper.
- 26.4.2 All substitutions shall take place at the halfway line. A suspended goalkeeper must be replaced.
- 26.4.3 In the case of a suspension, the substitute goalkeeper may be one of the remaining players left on the field or a reserve player from the bench. However, the substitute player should not add to the number of players left on the field.
- 26.4.4 Substitution of a player is permitted only after that player has left the field.
- 26.5 No participant, spectator or coach will be allowed to stand behind goal posts at any time or on the playing surface for safety reasons and to avoid distracting players/goalkeepers throughout the duration of the game.

PLAYING THE BALL

- 27.1 The Home team shall provide 2 white/yellow competition grade balls to the umpire before the start of the match.
- 27.2 The start of the game will be dictated by 1 touch bully.
- 27.3 The teams shall change scoring ends at the end of the second period (half time).
- 27.4 Standard FIH rules apply for playing balls from a stationary position.
- 27.5 When the ball is played over the opponent's backline by an attacker, a free hit is awarded to the defending team from the 12 metres scoring zone line, in line with where the ball crossed the backline.
- 27.6 When the ball is played over the backline unintentionally by a defender or goalkeeper, a long corner will be awarded. The long corner will be taken from outside the 12 metres scoring zone, in line with where the ball crossed the backline. For long corners, the ball needs to be moved 3 metres in any direction before it is played into the 12 metres scoring zone.
- 27.7 Goal hits can be taken from the 12 metre mark and the other team must stand 3 metre from the ball.

- 27.8 **Penalty Strokes:** For an intentional breach of the rules within the 12 metres scoring zone (by a defending player), the attacking team will be awarded an 8 seconds one-on-one Penalty Shoot-out. The ball is placed at the middle of the 12 metres scoring zone line and the attacker has 8 seconds to score the goal as per para 29.3. For this tournament, 8 seconds one-on-one Penalty Shoot-out will be referred to as a Penalty Stroke. Umpires will use a Penalty Stroke signal to indicate the award of this penalty. Penalty Shootouts for tied games during the Semi-finals or Finals will be referred to as 3 Penalty Shoot-out Competition.

SCORING

- 28.1 A goal may only be scored when the ball has been touched and is played by an attacker within the 12 metres scoring zone of the pitch and passes completely over the goal line and under the crossbar. For any own goal situation, the attacking team will be awarded a free 'hit' from the 12 metres scoring zone line, in line with where the ball crossed the backline.
- 28.2 If the goalpost has been moved during the match, and the ball, in the umpire's judgement and discretion, completely crosses the goal line at the goal's original position, the goal is still valid.

FOULS AND PENALTIES

- 29.1 **Penalty (for open play infringements)**– A Foul (Free 'Hit') is awarded to the team being impeded by the other team.
- 29.1.1 **For unintentional fouls** by the defender in the 12 metres scoring zone, a free 'hit' (para 27.5) will be awarded to the attacking team taken from just outside the 12 meters scoring zone in line with where the foul was committed. All players other than the player taking the free hit must be 3 meters from the ball. The ball needs to be moved 3 metres in any direction before it is played into the 12 metres scoring zone.
- 29.1.2 **For intentional fouls** by the defender in the 12 metres scoring zone, a Penalty Stroke (8 seconds one-on-one Penalty Shoot-out) will be awarded. Umpires will use a Penalty Stroke signal to indicate the award of this penalty. The rules and procedure of the Penalty Stroke will be taken be as per para 29.3.
- 29.2 **3 Penalty Shoot-out Competition (for tied games)**
- 29.2.1 The 3 Penalty Shoot-out Competition is used to decide the winner if the teams end in a draw in the Semi-finals or Finals.
- 29.2.2 If a tie should result at the end of 3 Penalty Shoot-out, the shoot-out will automatically go into the sudden-death series.
- 29.2.3 The same 3 penalty shoot-out takers but, in any order, would have to take each sudden death penalty until a winner is determined.
- 29.3 The Penalty Stroke / 3 Penalty Shoot-out Competition starts at the 12 metres mark (scoring zone):

- 29.3.1 The goalkeeper starts with his back touching the goalpost,
 - 29.3.2 The designated attacker stands just outside the 12 metres scoring line;
 - 29.3.3 The ball is placed on the 12 metres line spot in the middle of the pitch;
 - 29.3.4 The attacker has 8 seconds to score;
 - 29.3.5 The umpire blows the whistle to start time;
 - 29.3.6 The attacker and the goalkeeper may then move;
 - 29.3.7 The other participants may not interfere at any time of the shoot-out.
 - 29.3.8 All players except the designated attacker and goalkeeper must be behind the halfway line.
 - 29.3.9 Should the time expire or the ball cleared outside the scoring zone during a Penalty Stroke (8 seconds one-on-one Penalty Shoot-out), no goal is scored. It will be a free hit to the defending team taken from the defending team's scoring zone line (applies to Penalty Stroke during open play).
 - 29.3.10 If a goal is scored in those 8 seconds, the game will restart from the middle of the pitch (applies to Penalty Stroke during open play).
 - 29.3.11 During all one-on-one penalties (Penalty Stroke or 3 Penalty Shoot-out Competition), any intentional infringement by the goalkeeper on the attacker will result in a goal being awarded.
- 29.4 For a 3 Penalty Shoot-out Competition, the names of the said three participants (if the three participants do not include a goalkeeper) and one goalkeeper shall be communicated by the teacher-in-charge to the umpires of the match prior to the commencement of the shoot-out competition. The three participants must take the penalty shoot-out in the sequence in which their names are communicated to the umpires.
 - 29.5 The goalkeeper playing in the 3 Penalty Shoot-out Competition shall not be replaced in the course of the said penalty shoot-out competition unless he/she is, to the satisfaction of the match umpires, incapacitated and unable to perform the role.
 - 29.6 If during a 3 Penalty Shoot-out Competition, a penalty shoot-out taker is suspended (indicated by yellow or red card), then that person shall take no further part in the said penalty shoot-out competition. If during a 3 Penalty Shoot-out Competition, a goalkeeper is suspended, that goalkeeper must be substituted with a player on the field or a reserve.
 - 29.7 The match umpires shall choose the goalpost to be used for the 3 Penalty Shoot-out Competition, and the umpire shall toss a coin in the presence of the Captains of the teams to decide which team shall take the first penalty

shoot-out. The team having the highest number of goals shall be the winner, and the 3 Penalty Shoot-out Competition shall cease once a winner is established.

29.8 In the event both teams score equal number of goals, another series of shoot-out shall be taken with the same participants who were nominated to take the penalty shoot-out in the penalty shoot-out competition.

29.8.1 This series shall be played on a “sudden death” basis with the order to attacking or defending the shootout being reversed, i.e. the winner shall be the first team to score more goals after an equal number of shoot-out (no minimum) has been taken by each team.

29.8.2 The teacher-in-charge shall be entitled to alter the sequence of his penalty shoot-out takers from the sequence adopted for the first competition of 3 penalties.

29.8.3 Only the teacher-in-charge, coach, goalkeeper and nominated penalty shoot-out takers may enter the pitch during a shoot-out competition.

29.8.4 Only the penalty shoot-out taker, goalkeeper (defending the penalty shoot-out) and match umpires shall be entitled to remain within the 12m area of the goalpost where the penalty shoot-out is being taken.

29.8.5 No one who has been shown a red card during a match shall be eligible to participate in a penalty shoot-out competition held at the conclusion of the said match.

29.9 **Suspension of Players**

29.9.1 Green Card – 2 minutes

29.9.2 Yellow Card – Minimum 5 minutes

29.9.4 As an added point to rule, a player receiving the following:

- a. three (3) green cards; or
- b. two (2) yellow cards; or
- c. two (2) green cards and 1 yellow card

will automatically be suspended from playing in the next match.

29.9.5 The responsibility of monitoring the cards received by a listed player in any Championship is that of the School.

29.10 **SENT OFF (RED CARD)**

29.10.1 A participant who is sent off (Red card) will not be allowed to continue the game. A suspension of TWO (2) matches will be imposed. Any participant sent off may not be substituted. Umpires are to report such cases of misconduct to the Pitch Manager & National Convenor.

29.10.2 If a participant receives a Red card for serious breach of conduct (refer to 19.2), he/she cannot play in any more games until the Hockey Discipline Committee has met and decided on the action to be taken. A minimum suspension of TWO (2) matches will be imposed. He/she is to appear before the Discipline Committee with the teacher-in-charge, if required. Umpires are to report such cases of misconduct to the Organising Secretary and Game Advisor.

29.10.3 If a school fields a suspended participant, the participant must continue to serve the original suspension and an additional match suspension. The fielding of suspended players will result in a forfeiture of the match.

SECTION C – AMENDMENTS AND MATTERS NOT PROVIDED FOR

30. MATTERS NOT PROVIDED FOR

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

31. AMENDMENTS

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

32. LIST OF ANNEXES

A	SPSSC Mission, Aspirations and Motto
B	NSGOC Terms of Reference
B1	PDPA Notification
C	Age Group
D	Age Dispensation
E	Competition Format
F	Clarification, Protest and Appeal Overview
G	Role of Team Managers
H	School Adult Representative (SAR)
H1	SAR Letter of Appointment
I	Code of Conduct for Coaches

**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”

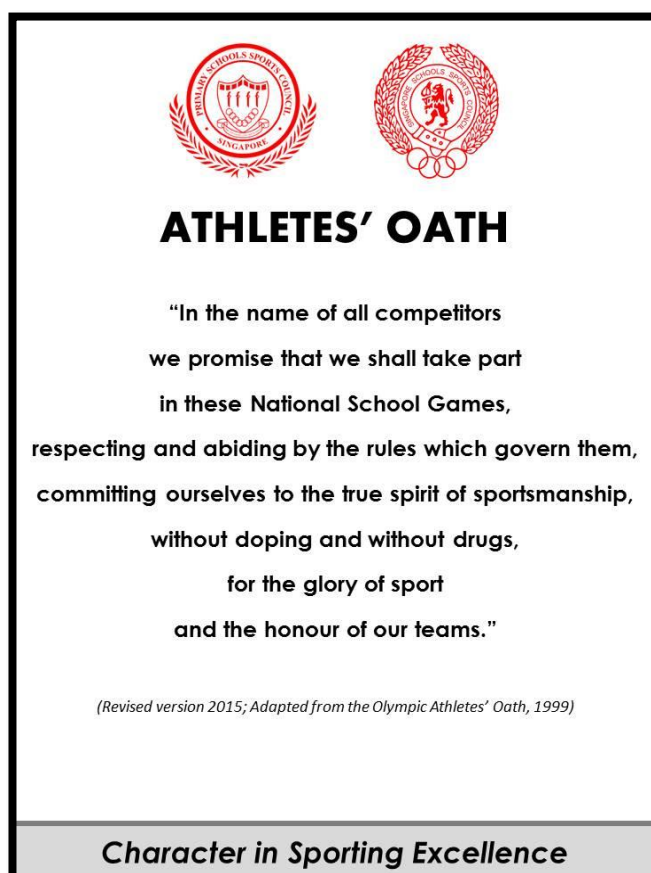
Motto

“Character in Sporting Excellence”

Aspiration 1: *Every athlete an honourable sportsperson*

Guiding Principle:

Athletes abide by the rules of the sport, give their best in training and competitions, win with integrity and humility, and lose 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 display exemplary conduct both on and off court.



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."*

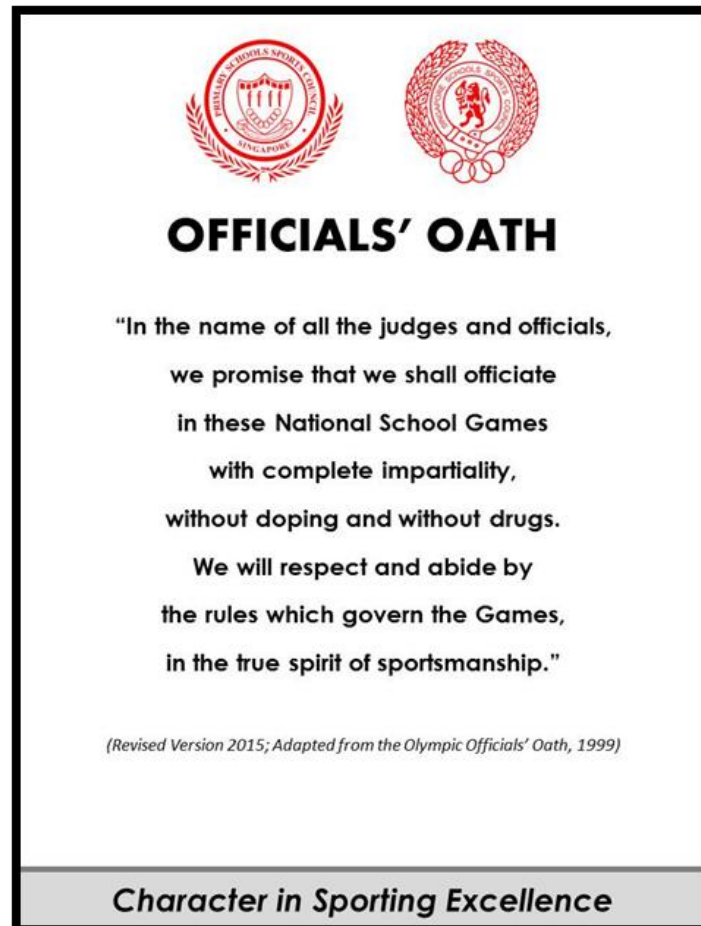
(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)

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 act decisively when required. They ensure safety for all athletes and explain 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 prioritise their long-term development over winning competitions. They ensure proper nutrition and rest for their children, and actively enquire on their progress and development. They work with the teacher and coach, attend competitions and respect the decisions of competition officials.

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

Guiding Principle:

Spectators applaud excellence and fair play from all athletes regardless of which team they represent. Spectators show 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 3 working days before should there be any changes of 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 2017 1 Jan 2016 - 31 Dec 2016 1 Jan 2015 - 31 Dec 2015 2 Jan 2014 - 31 Dec 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
		1 Jan 2012*	1 Jan 2014*		
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

No	Sport	Senior Division	Junior Division	Age Dispensation	Remark
14	Softball	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
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.

¹ For the Women's Artistic Gymnastics discipline under Gymnastics, this is applicable for Girls Junior I and Girls Junior III only, and not applicable for Girls Junior II); Applicable for all Junior Division events of the Men's Artistic Gymnastics and Rhythmic Gymnastics disciplines.

Age Dispensation Application Form

PART 1: TO BE COMPLETED BY PARENT / GUARDIAN

**Please indicate (X) accordingly.*

1. Sport Information								
(a) Select the Sport: (<u>only 1</u>)								
<input type="checkbox"/>	Badminton	<input type="checkbox"/>	Bowling	<input type="checkbox"/>	Golf	<input type="checkbox"/>	Gymnastics	
<input type="checkbox"/>	Rope Skipping	<input type="checkbox"/>	Sailing	<input type="checkbox"/>	Swimming	<input type="checkbox"/>	Table Tennis	
<input type="checkbox"/>	Taekwondo (Poomsae)	<input type="checkbox"/>	Tennis	<input type="checkbox"/>	Track and Field	<input type="checkbox"/>	Wushu	
(b) Year of Application (YYYY): ____ _ _ _								
2. Student's Information								
Name:		Sex*:	<input type="checkbox"/>	Male	<input type="checkbox"/>	Female		
NRIC:		Date of Birth (DD/MM/YYYY):	____ / ____ / ____					
School:								
3. Parent's/ Guardian's Information								
Name:								
Contact No.		Relation*:	<input type="checkbox"/>	Father	<input type="checkbox"/>	Mother	<input type="checkbox"/>	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
Objectives of Seeding: <ul style="list-style-type: none"> To evenly distribute the top teams from the preceding year into different groups 	Objectives of Seeding: <ul style="list-style-type: none"> To group teams to increase opportunities for them to play with teams of relatively similar abilities 	Objectives of Seeding: <ul style="list-style-type: none"> To group teams to increase opportunities for them to play with teams of relatively similar abilities 	Event-based Competitions / Individual Match-based Competitions (e.g. Table Tennis Junior Division) <ul style="list-style-type: none"> Adopt sports specific seeding approach that

¹For Classification/Pool and Tiered/League competitions, teams should minimally play 6 matches (with the exception of sports with 5 teams or fewer). This is to allow for more equitable playing opportunities for all teams.

			would meet the competition needs.															
<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="696 722 1137 1107"> <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. 	
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SUGGESTED CHAMPIONSHIP FORMATS FOR POOL-LEAGUE COMPETITION

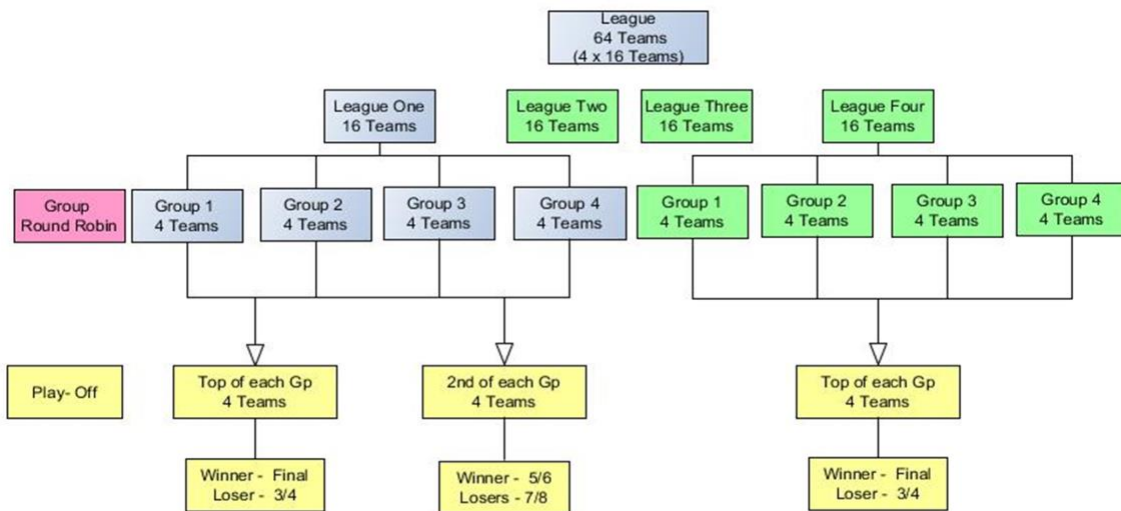
Multiple-Groups Championship Format

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.

Council Approved Championship Structure

League – 64 teams (SPSSC)

Example:

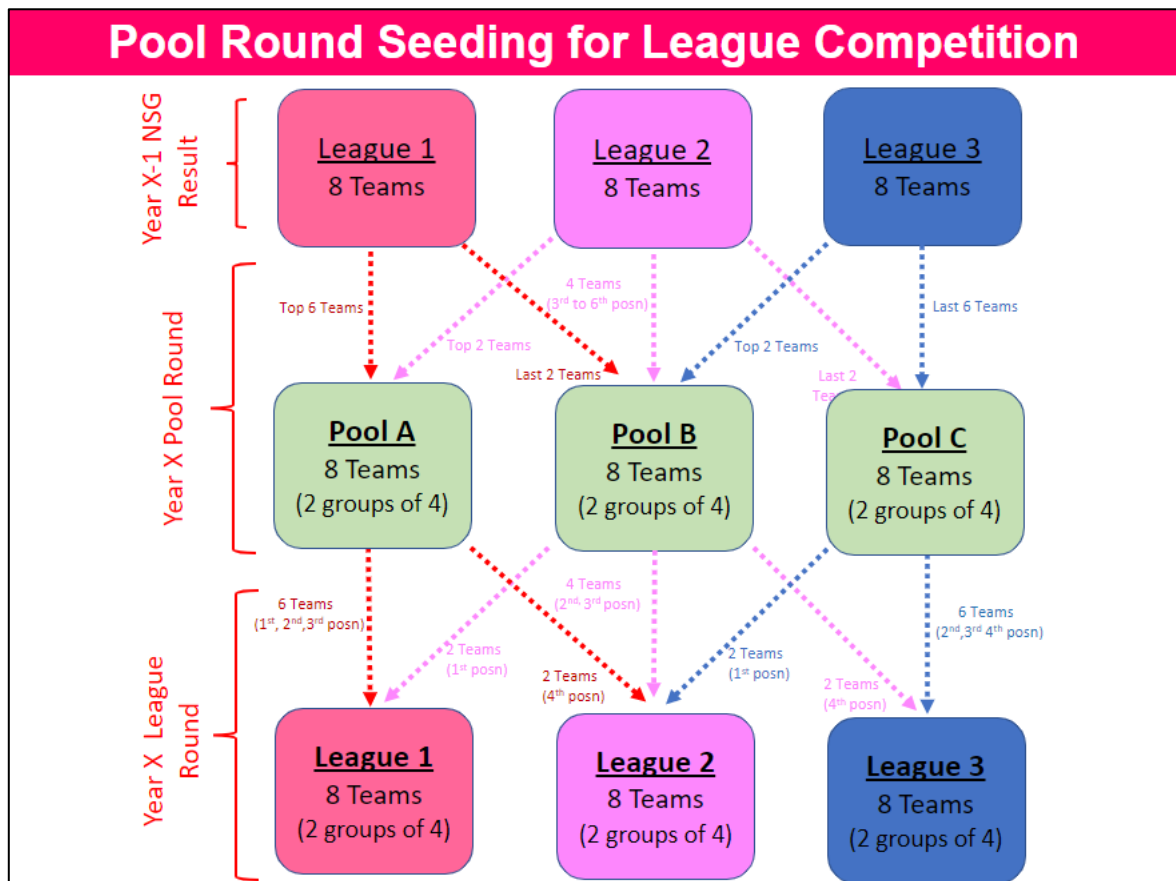


Examples to illustrate for League Competition

Example: 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.

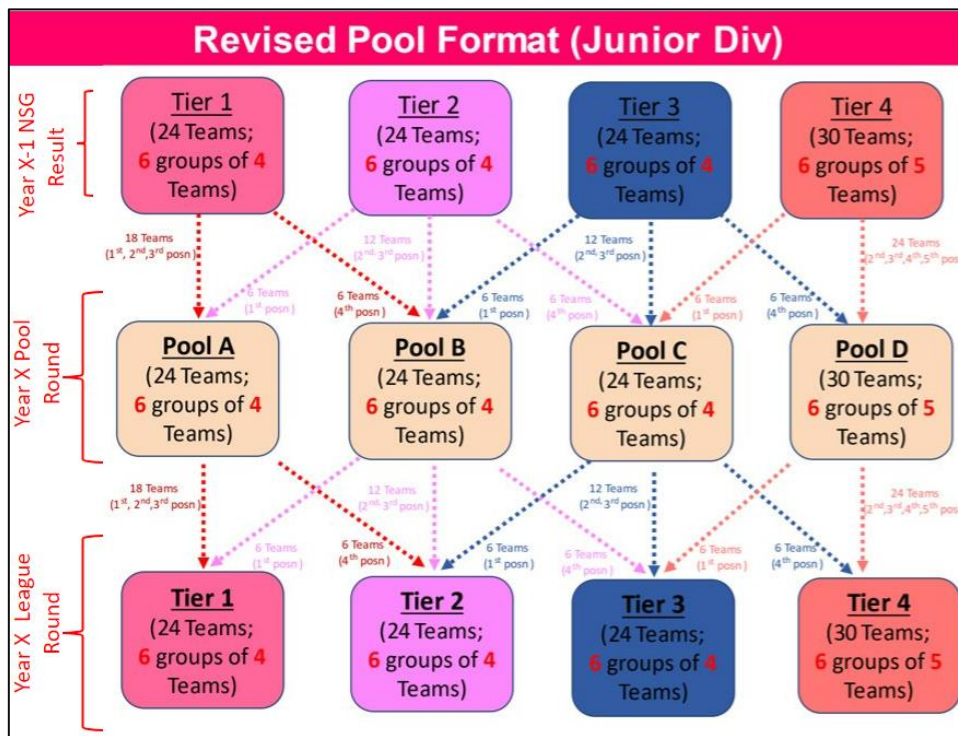
SUGGESTED COMPETITION FORMATS FOR POOL-TIERED COMPETITION

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
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.