



**SINGAPORE SCHOOLS SPORTS COUNCIL  
RHYTHMIC GYMNASTICS RULES AND REGULATIONS FOR  
NATIONAL SCHOOL GAMES 2025**

*(Updated as of 3 February 2025)*

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**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 SSSC's Mission, Aspirations and Motto (**Refer to [Annex B](#)**).

## **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 Schools Sports Council (SSSC).
- 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, *i.e.*, **as stated in [this SPSSC Rhythmic Gymnastics Rules and Regulations](#)**.
- 1.1.3 adhering to the Baseline Safety Standards for the NSG.
- 1.1.4 according to the laws / rules established by the respective International Federations (IFs) / governing bodies, *i.e.*, **the [Federation Internationale de Gymnastique \(FIG\) Code of Points \(CoP\) 2025-2028](#) for Rhythmic Gymnastics (RG)**, and with reference to prevailing Technical Regulations.

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 NSGOCs 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 C](#)**): -

- 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 according to their year of birth\* as follows:

'A' Division\* 1 Jan 2005 (*subject to conditions laid out in para 2.2*)  
2 Jan 2005 - 31 Dec 2005  
1 Jan 2006 - 31 Dec 2006  
1 Jan 2007 - 31 Dec 2007  
1 Jan 2008 - 31 Dec 2008  
1 Jan 2009

'B' Division\* 1 Jan 2008 (*subject to conditions laid out in para 2.2*)  
2 Jan 2008 - 31 Dec 2008  
1 Jan 2009 - 31 Dec 2009  
1 Jan 2010 - 31 Dec 2010  
1 Jan 2011

'C' Division\* 1 Jan 2011 (*subject to conditions laid out in para 2.2*)  
2 Jan 2011 - 31 Dec 2011  
1 Jan 2012 - 31 Dec 2012  
1 Jan 2013

**\* Subject to the following conditions:**

- All students in the Junior Colleges (JC) and Millennia Institute (MI) must compete in the 'A' Division.
- Year 1 to Year 4 students in the Integrated Programme (i.e., Through-Train Programme) and International Baccalaureate Programme will compete in their respective age group. Those in Year 5 (equivalent to JC 1) and Year 6 (equivalent to JC 2) must compete in the 'A' Division.
- All students in Secondary Schools must compete in the 'B' or 'C' Division according to their year of birth.
- All students in Secondary Schools not born in the stipulated year for 'B' or 'C' Division must compete in the 'A' Division.

2.1.1 With effect from 2021, students who are born on 1 January and have participated in NSG previously shall follow the rules stated in Para 2.2. This rule will supersede all previous decisions.

2.1.2 This exception in Para 2.2 does not apply to students who are born on 1 January and have repeated a year of study.

2.2 All students can only be registered in one division of that particular sport within the same year.

2.3 Categories of NSG Sports

2.3.1 Gymnastics is categorised as an Event-based Sport.

### 3. ENTRIES

3.1 Each school is eligible to enter only one team in each of the following divisions:

- a) A Division
- b) B Division
- c) C Division

### 4. REGISTRATION OF PARTICIPANTS

4.1 Eligibility

- 4.1.1 Only official students of the school can represent the school.
- 4.1.2 Students requesting for a transfer may only represent their new school when the transfer has been officially effected.
- 4.1.3 International students can only be registered to compete for their school **after** they have been issued with the student passes from the Immigration and Checkpoints Authority (ICA).
- 4.1.4 Students who are in the schools on exchange programmes are not allowed to represent the school.
- 4.1.5 Students granted Leave of Absence (LOA) by MOE are allowed to represent the school.
- 4.1.6 Students who have qualified for the Polytechnic Foundation Programme (PFP) can represent their school only up till 31 January of the competition year.
- 4.1.7 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.
- 4.1.8 The fielding of unregistered players will result in a forfeiture of the matches / events concerned (**Refer to Para. 10**).
- 4.1.9 Students who have represented their school in Artistic Gymnastics are not allowed to represent their school in Rhythmic Gymnastics in the same year, and vice versa.
- 4.1.10 The same student is not allowed to compete in both Developmental and Optional (FIG) events. However, students registered in the Individual Apparatus Developmental Event (only) are allowed to participate in the Group Event.
- 4.1.11 Students who have represented Singapore Schools at regional ASEAN/Asian Schools competitions shall not be allowed to participate in the Developmental Event.

## 4.2 Registration Process

- 4.2.1 All registration must be submitted through the NSG Integrated system (NIS) Registration Module at <https://nsg.moe.edu.sg/nis/#!/login> for Gymnastics by **28 February 2025**.
- 4.2.1 Registration through the NIS must include the details of participants along with the necessary supporting documents including:
  - a) Baseline Safety Standards Acknowledgement Form
  - b) Supporting documents for Special / Transfer case students
  - c) Other forms as determined by the respective NSGOCs
- 4.2.2 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 2 working days before issue of the participant lists**, is subject to slot availability and NSGOC's considerations. If the request requires disruption to the competition programme, event grouping or event performance order, or is deemed unfair to other participants, the request will be rejected.
  - **For Gymnastics:** The deadline for consideration of any such email requests is **2 working days before the release of the "Performance Order"** of either the Rhythmic Gymnastics (RG) or Artistic Gymnastics (AG), whichever discipline of the gymnastics season is earlier (usually 0-3 days before the Team Managers' pre-competition briefing of the discipline).

*For example, if the competition for RG is scheduled to take place before AG, all such email requests for AG and RG **received less***

than 2 days before the release of the RG "Performance Order" will be rejected, and vice versa.

- 4.3 Replacement and addition of participants
  - 4.3.1 Replacement of a registered participant is not applicable for Gymnastics.
  - 4.3.2 Addition of participants is not applicable for Gymnastics.

4.4 Number of participants for individual and team competitions

- 4.4.1 Each school may enter the following number of gymnasts in each Division team for the respective Division Events:

		Max.	To Perform
<b>A Division</b>			
Group Event	FIG Senior	6	5
Optional Events	FIG Senior	6	All
<b>B Division</b>			
Group Event	Level 5 set	6	5
Developmental Events	Level 6 (2025)	6	All
Optional Events	FIG Junior	6	All
<b>C Division</b>			
Group Event	Level 4 set	6	5
Developmental Events	Level 5 (2025)	6	All
Optional Events	FIG Junior	6	All

- 4.4.2 School is required to submit the names of students to perform for each apparatus at registration.
- 4.4.3 A student registered in the Individual Developmental or Optional event must perform in at least 1 apparatus.

**SECTION B – COMPETITION RULES & REGULATIONS**

**5. COMPETITION FORMAT (Refer to [Annex D](#))**

- 5.1 All sports competition formats shall be that as approved by the SSSC's Standing Committee and stated in the specific sport's rules and regulations.
- 5.2 The competition can be organised in the following format:
  - a) Direct National
- 5.3 For a Gymnastics competition / event to be organised:
  - 5.3.1 There must be a minimum of 3 registered teams from 3 different schools for the Group Event, Developmental Team competition and Division Championship.
  - 5.3.2 There must be a minimum of 3 registered participants from 2 different schools for the Individual competitions, i.e., Individual Apparatus (IA) and All Around (AA).
- 5.4 The following Gymnastics titles are contested at the NSG:
  - 5.4.1 [Division Championship](#)

The title shall be decided from:

Division	Division Championship Tabulation
A	Sum total of the scores of 10 routines comprising 2 best scores in each of the 4 apparatus and 2 best scores from any

	apparatus
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.
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.

#### 5.4.2 Developmental Team Competition

The title shall be decided from:

Division	Team Score
B	The sum total of the 3 best scores in 2 apparatus, namely Hoop and Ribbon.
C	The sum total of the 3 best scores in 2 apparatus, namely Ball and Clubs.

#### 5.4.3 Group Event Competition

The title shall be decided from:

Division	Group Score
A	Score of the Optional Group Event
B	Score of the 3 Hoops & 2 Balls Compulsory Group Event
C	Score of the 5 Ropes Compulsory Group Event

#### 5.4.4 All-Around Competition

The title shall be decided from:

Division	Event	All-Around Score
A	Optional	The sum of the scores of 4 FIG Senior apparatus, namely Hoop, Ball, Clubs and Ribbon.
B	Developmental	The sum of the scores of 2 Level 6 apparatus, namely Hoop and Ribbon.
	Optional	The sum of the scores of 4 FIG Junior apparatus, namely Hoop, Ball, Clubs and Ribbon.
C	Developmental	The sum of the scores of 2 Level 5 apparatus, namely Ball and Clubs.
	Optional	The sum of the scores of 4 FIG Junior apparatus, namely Hoop, Ball, Clubs and Ribbon.

#### 5.4.5. Individual Apparatus Competition

The title shall be decided from:

Division	Event	Individual Apparatus Score
A, B & C	Optional	<ul style="list-style-type: none"> <li>• Hoop</li> <li>• Ball</li> <li>• Clubs</li> <li>• Ribbon</li> </ul>
B	Developmental	<ul style="list-style-type: none"> <li>• Hoop</li> <li>• Ribbon</li> </ul>
C	Developmental	<ul style="list-style-type: none"> <li>• Ball</li> <li>• Clubs</li> </ul>

## 6. AWARD OF LEAGUE POINTS

(Not applicable)

## 7. AWARDS

### 7.1 Divisional Awards

7.1.1 There should be only 1 Divisional Title<sup>1</sup> per division per sex for each sport<sup>2</sup>.

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

### 7.2 Individual prizes for Direct National competitions

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

No. of Participants / Teams	Positions Awarded
3	2
4	3
5 or more	4

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

Position		IAF	AA	GF/TEAM	Division Championship
1 <sup>st</sup>	Gold	Top 4	Top 4	Top 4	Top 4
2 <sup>nd</sup>	Silver	Individual Medals	Individual Medals or Small Trophy	Medals for Team Members	Trophies for School
3 <sup>rd</sup> to 4 <sup>th</sup>	Bronze				

7.4 In the event of a tie, the tie shall remain, and prizes will be awarded to the winners as follow:

- A tie in the 1<sup>st</sup> place - the next best will be placed 3<sup>rd</sup>.
- A tie in the 2<sup>nd</sup> place - there will be no 3<sup>rd</sup> placing.
- 3 gymnasts tying for the 1<sup>st</sup> place - there will be no 2<sup>nd</sup> and 3<sup>rd</sup> placings

## 8. REPORTING AND GRACE PERIOD

8.1 Participants are to report punctually according to the time stated for podium training and competition warmup in the competition programme schedules for attendance taking prior to their event.

8.2 Grace period is not applicable.

## 9. POSTPONEMENT AND ABANDONMENT

<sup>1</sup> Only events with a minimum of 3 competitors from 3 different schools will contribute to the calculation for Divisional Titles.

<sup>2</sup> 3 disciplines for Gymnastics are considered as 3 individual sports.



- 9.1 Any postponement or abandonment<sup>3</sup> of a match / event shall be determined by the NSGOC only.

## 10. WITHDRAWAL AND FORFEITURE

- 10.1 Any withdrawal<sup>4</sup> or forfeiture<sup>5</sup> 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. WALKOUT<sup>6</sup>

- 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 1 working day.

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<sup>3</sup> Abandonment refers to any match / event that started but cannot reach a natural conclusion and may be postponed or cancelled.

<sup>4</sup> Withdrawal refers to discontinuing participation in the competition.

<sup>5</sup> Forfeiture refers to inability to start or complete a match / event.

<sup>6</sup> Wilful refusal to compete against the NSGOC's advice.

## 12. CLARIFICATION AND PROTEST

### 12.1 Clarification

- 12.1.1 Team Managers (TMs) are allowed to seek clarification with the competition officials / NSGOC during intervals or appropriate times as stated in the sport-specific rules. Upon completion of clarification, the match / event shall proceed based on the decision of the competition officials / NSGOC.
- 12.1.2 If the clarification were to result in any disruption / interference of the competition, the matter shall be brought to the attention of the NSGOC for follow up action.
- 12.1.3 [For Rhythmic Gymnastics](#), any clarification on points of laws / rules and the difficulty score must be lodged immediately after the publication of the score or at the very latest before the end of the exercise of the next gymnast by the Team Manager to the Inquiry Table in a professional and friendly manner.
  - a) An inquiry is allowed only for the school's own gymnast.
  - b) Only inquiries for Difficulty Score and Neutral Deductions (penalties) are allowed. Inquiries for all other scores (Execution, Artistry) are not allowed.
  - c) Late verbal inquiries will be rejected.
  - d) The decision taken by the D-Jury will be final, and the Meet Director and Gymnastics Advisor shall be informed of such clarification
- 12.1.4 In case of technical errors concerning calculation or flashing of scores, a Judge, Team Manager or other official, who recognise this, should promptly approach the D1 Judge in a professional and friendly manner before the end of the actual round to allow the D-Jury to clarify the situation.

### 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. This shall be done as soon as possible without disrupting the competition [on the same day of the event](#).
- 12.2.2 Any competition under protest and / or intent to lodge an official protest shall be officially recorded according to the sport-specific rules and regulations.

### 12.3 Protest

- 12.3.1 Following from Para. 12.2, the TM concerned may submit an official protest to the NSGOC via email. The protest must fulfil all the following conditions:
  - a) Be sent through the Principal.
  - b) Reach the NSGOC [latest](#) within 1 working day after the event [or before the final prize ceremony on the last day of the discipline's competitions, whichever is earlier](#)
  - c) Provide reasons and evidence for the protest.
  - 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

- 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 2 working days upon receiving the protest sub-committee's decision.
  - c) Provides reasons and evidence for the appeal.
- 13.2 The Board of Appeal (BoA) will be convened to deliberate on the appeal within ten (10) working days. Where there may be potential conflict of interest, the schools involved will not sit in the BoA. The decision of the BoA shall be final.
- 13.3 An appeal fee of \$300 will be paid by the schools that raised the appeal (within 30 days from notification of outcome) if the appeal is overruled.

### 14. BARRED PARTICIPANTS

- 14.1 Participants barred by any one of the following bodies are not allowed to participate in the NSG for that sport:
- a) School
  - b) Singapore Schools Sports Council (SSSC)
  - c) National Federation (NF) of the sport, with endorsement from SSSC

### 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 his / her school (**Refer to [Annex E](#)**).
- 15.2 Participants / teams must be accompanied by a TM who shall remain with the team throughout the duration of play. The absence of a TM will result in a forfeiture of the matches / events concerned (**Refer to [Para. 10](#)**).
- 15.3 The TM shall be a school staff<sup>7</sup> or School Adult Representative (SAR) (**Refer to [Annex F](#)**) appointed by the participating school.
- 15.3.1 **[For Rhythmic Gymnastics](#), an SAR may be appointed by schools to manage up to a maximum of 3 student-athletes for each session of the sport, namely (Refer to [Annex F](#)):**
- A Division
  - B Division Developmental
  - B Division Elite
  - C Division Developmental
  - C Division Elite
- 15.3.2 **[For Rhythmic Gymnastics](#), the appointed SAR must have attended the mandatory post-registration pre-competition briefing (2<sup>nd</sup> Briefing to Schools) by the NSGOC to be allowed to serve as TM at the competition.**

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<sup>7</sup> MOE employed staff such as Education Officer, Contract Adjunct, Flexi Adjunct, EAS (AM, OM and CSO) and AED.

In the event the SAR is not able to attend the briefing, or be present at the competition, the school must send a school staff to serve as TM.

- 15.4 TMs are expected to conduct themselves with decorum at all times and strive towards Aspiration 2 (Refer to [Annex B](#)).
- 15.5 TMs must ensure that their coaches adhere to the rules and regulations and the Code of Conduct (Refer to [Annex G](#)).

## 16. COACHES

- 16.1 Coaches are expected to conduct themselves with decorum in alignment to the Code of Conduct (Refer to [Annex G](#)) and strive towards Aspiration 2 at all times (Refer to [Annex B](#)).
- 16.2 Coaches are not allowed to approach the officials to query their decisions. Only TMs are allowed to approach officials to seek clarifications.
  - 16.2.1 Failure to comply with this rule may lead to a deduction of 0.50 point from the gymnast's final score or total team score, depending on the time of violation, and action taken against the coach.
  - 16.2.3 All coaches accompanying the gymnasts to the competition must be properly attired (sports attire).
  - 16.2.4 During the performance of the exercise, coaches, teachers, officials and any other members of the team may not communicate with their gymnast(s) in any manner. Violation of this rule will lead to a deduction of 0.50 (1<sup>st</sup> time) and 1.00 point (2<sup>nd</sup> time) from the final score of the gymnast.
  - 16.2.5 Coaches shall abide by the rights and regulation of the coach as described in the FIG Code of Points [2025-2028](#), unless otherwise stated. Penalties for behaviour violations and unsportsmanlike conduct will take reference from the Code of Points.
  - 16.2.6 A coach who has breached any of the rules shall be brought to the attention of the NSGOC for appropriate action.

## 17. COMPETITION OFFICIALS

- 17.1 Where required, participating schools shall provide competition officials based on the requirements of the sport-specific rules.
- 17.2 School staff<sup>8</sup> 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 B](#)).
- 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.
- 17.5 [For Rhythmic Gymnastics](#), all participating schools with **4** and more registered competitors **must provide at least 1 school staff to be trained as judge and to serve on the judging panel for the duration of the competition.**

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<sup>8</sup> Education Officers, Contract Adjunct teachers, Flexi-adjunct teachers, Allied Educators, Relief teachers and Untrained teachers.

- 17.5.1 Nomination of School Staff Judge must be submitted together with student registration through the NSG Integrated System (NIS) Registration Module at <https://nsg.moe.edu.sg/nis/#!/login> by the stipulated registration closing date.
- 17.5.2 School Staff representation from all eligible participating schools is expected at the Judging Workshop.
- 17.5.3 Schools with 3 and less participants will automatically be exempted from judging duties but is required to enter the School Coordinator's or a School Staff's name as a system requirement during student registration on the NIS.

## 18. SPECTATORS

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

## 19. SERIOUS BREACH OF CONDUCT

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

## 20. ATTIRE

- 20.1 All participants must be in suitable attire bearing the school crest / name / colour where possible and in accordance with the sport-specific rules and regulations.
- 20.2 The Rhythmic gymnast must be suitably attired in accordance with the requirement of the sport (refer to para. 5 of FIG Code of Points for RG).
- 20.3 Gymnastics leotard

- a) A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some part in lace will have to be lined (from the trunk to the chest).
- b) The neckline of the front and back of the leotard must be no further down than half of the sternum and the lower line of the shoulder blades.
- c) Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
- d) The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).
- e) The leotard must be skintight to enable the judges to evaluate the correct position of every part of the body.
- f) The leotards of Group gymnasts must be identical (of the same material, style, design and colour). However, if the leotard is made of a patterned material, some slight differences due to the cut may be tolerated.

20.4 It is allowed to wear:

- a) Leotards with or without the school crest.
- b) Long tights down to the ankles, over or under the leotard.
- c) A full-length one-piece leotard (unitard) provided that it is skintight.
- d) The length and colours(s) of the fabric covering the legs must be identical on both legs (the "harlequin" look is forbidden), only the style (cut or decorations) may be different.
- e) A skirt that does not fall further than the pelvic area over the leotard, tights or the unitard.
- f) The style of the skirt (cut or decorations) is free, but the skirt must always fall back on the
- g) hips of the gymnast (the look of "ballet tutu" is forbidden).
- h) Gymnasts may perform their exercises with bare feet or gymnastics slippers.
- i) The hair style must be neat and trim and the make-up clear and light

20.5 Jewellery of all types and piercings, which could jeopardize the security of the gymnast are not allowed.

20.6 Bandages or support pieces cannot be in colours and must be of a beige colour.

20.7 Any violation against the attire stipulation will lead to a deduction of 0.30 points from the gymnast's individual or group or total team score, taken each time one of these rules is not met.

## **SECTION C – AMENDMENTS AND MATTERS NOT PROVIDED FOR**

### **21. MATTERS NOT PROVIDED FOR**

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

### **22. AMENDMENTS**

22.1 The SSSC shall have the right to delete, add or amend the Rules and Regulations laid down herein.

### **23. LIST OF ANNEXES**

A	<a href="#"><u>Events, Evaluation of the Competition Exercise, "Zero-Score" and Conditions of No Score, Apparatus, Music</u></a>
B	<a href="#"><u>SSSC Mission, Aspirations and Motto</u></a>
C	<a href="#"><u>NSGOC Terms of Reference</u></a>
D	<a href="#"><u>Clarification, Protest and Appeal Overview</u></a>
E	<a href="#"><u>Role of Team Managers</u></a>
F	<a href="#"><u>School Adult Representative (SAR)</u></a>
F1	<a href="#"><u>SAR Letter of Appointment</u></a>
G	<a href="#"><u>Code of Conduct for Coaches</u></a>
H	<a href="#"><u>PDPA Notification</u></a>

## EVENTS, EVALUATION OF THE COMPETITION EXERCISE, “ZERO-SCORE” AND CONDITIONS OF NO SCORE, APPARATUS, MUSIC

### 1. Events

#### 1.1 A Division

Event	Requirements /Routine(s)	Apparatus	Competition(s)
Group Event - Optional	FIG Senior (2025-2028)	Choice of: - 5 Ribbon - Ball & 2 Hoop - 5 Ball - 3 Hoop & 2 Clubs	Group Competition
Individual Apparatus Event – Optional	FIG Senior (2025-2028)	Hoop Ball Clubs Ribbon	1. Team Competition 2. All-Around Competition 3. Individual Apparatus Competition

#### 1.2 B Division

Event	Requirements /Routine(s)	Apparatus	Competition(s)
Group Event - Developmental	Level 5 set	3 Hoops & 2 Balls	Group Competition
Individual Apparatus Event – Developmental	Level 6 (2025)	Hoop Ribbon	1. Developmental Team Competition 2. All-Around Competition 3. Individual Apparatus Competition
Individual Apparatus Event – Optional	FIG Junior (2025-2028)	Hoop Ball Clubs Ribbon	1. All-Around Competition 2. Individual Apparatus Competition

#### 1.3 C Division

Event	Requirements /Routine(s)	Apparatus	Competition(s)
Group Event	Level 4 set	5 Ropes	Group Competition
Individual Apparatus Event – Developmental	Level 5 (2025)	Ball Clubs	1. Developmental Team Competition 2. All-Around Competition 3. Individual Apparatus Competition
Individual Apparatus Event – Optional	FIG Junior (2025-2028)	Hoop Ball Clubs Ribbon	1. All-Around Competition 2. Individual Apparatus Competition



## 2. EVALUATION OF THE COMPETITION EXERCISES

2.1 Gymnasts competing in the Developmental and Elite events shall base their exercise requirements spelt out in the following text with modifications as stated in this Rules and Regulations document.

Division	Event	Text
Senior & Junior	Developmental	Singapore Gymnastics' "Rhythmic Gymnastics National Program 2025 & Beyond".
	Elite	

2.2 Evaluation of a competition exercise will be as spelt out in the above text.

2.3 Any other technical deductions not provided for in the above curriculum shall be as spelt out in the FIG Code of Points 2025-2028.

### 2.4 Overview of Secondary Developmental Routine Requirements and Evaluation Criteria

NSG Division Category	NSG Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry (see Annex C)	Execution
<b>C Division Developmental (Level 5)</b> Max. 6 pax/sch	<u>AA:</u> 2 apps  <u>TEAM:</u> 3 best scores in each app (6 scores)	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>B Division Developmental (Level 6)</b> Max. 6 pax/sch	<u>AA:</u> 2 apps  <u>TEAM:</u> 3 best scores in each app (6 scores)	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	





2.5 Overview of Secondary Optional Routine Requirements and Evaluation Criteria


NSG Division Category	NSG Scoring	Routine Length (min)	Apparatus	Requirements and Scoring			
				Body Difficulties	Apparatus Difficulties	Artistry	Execution
<b>C Division Optional</b> ( <i>FIG Junior</i> ) Max. 6 pax/sch	<u>AA:</u> 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>B Division Optional</b> ( <i>FIG Junior</i> ) Max. 6 pax/sch	<u>AA:</u> 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>A Division Optional</b> ( <i>FIG Senior</i> ) Max. 6 pax/sch	<u>AA:</u> 4 apps  <u>TEAM:</u> 2 best scores in each app + 2 best scores from any app (10 scores)	1:15 – 1:30	Hoop	As per FIG Senior	As per FIG Senior	As per FIG	As per FIG
			Ball				
			Clubs				
			Ribbon				

### 3. “ZERO-SCORE” AND CONDITIONS OF NO SCORE

“0”	<ul style="list-style-type: none"> <li>• “Zero-Score” is a score awarded by the judges for infringement outlined in the rules as below: <ul style="list-style-type: none"> <li>• Insufficient movements for any score to be awarded</li> <li>• Invalid movements/routine that renders a Zero-Score</li> <li>• Gymnast performed a routine that was awarded a Zero-Score.</li> <li>• The ‘Zero-Score’ awarded will count towards Team, AA and IAF tabulation and ranking.</li> <li>• This may include ‘Did Not Finish” (DNF) cases.</li> </ul> </li> </ul>
<b>No Score</b>	
WD	<ul style="list-style-type: none"> <li>• “Withdrawal” indicates that the Organising Committee has been formally informed of participant’s withdrawal, duly endorsed by the Principal and with relevant supporting documents.</li> <li>• No score will be awarded.</li> </ul>
DNS	<ul style="list-style-type: none"> <li>• “Did Not Start” indicates that the participant did not perform a routine (included gymnasts who presents to the judges but did not perform).</li> <li>• No score will be awarded.</li> <li>• Schools with inadequate counting scores for Team due to ‘DNS’ shall be ineligible for Team competition.</li> <li>• Gymnasts with inadequate counting scores for All Around due to ‘DNS’ shall be ineligible for AA competition.</li> <li>• Gymnasts with ‘DNS’ for all events shall have his/her name removed from the team, and the school shall follow-up with necessary action as for a withdrawal case.</li> </ul>
DSQ	<ul style="list-style-type: none"> <li>• “Disqualified” is the designation given for serious technical infringements of the rules. E.g., unexcused delay or interruption of competition.</li> <li>• The gymnast’s results are eliminated and removed from that phase of the competition.</li> <li>• The name of the gymnast is removed from the competition.</li> <li>• For the Team event the name of the disqualified individual gymnast is removed from the team.</li> <li>• The results and the ranking of that team are recalculated.</li> <li>• Schools with inadequate counting scores for Team due to ‘DSQ’ shall be ineligible for Team competition.</li> </ul>

### 4. APPARATUS

Item/Apparatus	1	2	3*	4*
	Participants with ‘Age Dispensation’	Junior & Senior Divisions	B & C Divisions	A Division
<b>Performance Area</b>	1300 cm x 1300 cm			
 <b>Rope</b>	N.A.			
 <b>Hoop</b> (Min. internal diameter / min. weight)	<u>60 cm / 180 g</u>	70 cm / <u>230 g</u>	<u>70 cm / 260 g</u>	80 cm / 300 g
 <b>Ball</b> (Min. diameter / min. weight)	<u>15 cm</u>	<b>16 cm / 320 g</b>	18 cm / 400 g	
		<b>35 cm / 100 g</b>	40 cm / 150 g	

<b>Clubs</b> (Min. length / min. weight)				
 <b>Ribbon</b> (Min. stick length / min. ribbon length)		50 cm / 4 m	50 cm / 5 m	50 cm / 6 m

- 4.1 Apparatus not according to specifications will be accorded a penalty of 0.30 points deduction from the gymnast's final score, or from the group score for Group exercises
- 4.2 Apparatus used by a group must all be identical (weight, dimension, and shape); only their colour might be different.
- 4.3 Replacement Apparatus
- 4.3.1 The NSGOC will provide a maximum of 2 replacement apparatus on the designated area on the mat, and the apparatus specifications will be according to that of Group 3\* or 4\* in the 'Apparatus' table.
- 4.3.2 Schools may place a maximum of 2 replacement apparatus on the designated area on the mat, and the replacement apparatus used by schools are required to meet the minimum specifications of the event, recorded/marked by the apparatus official prior to the competition and placement on the mat.
- 4.3.3 A gymnast may use a maximum of 2 replacement apparatus placed on the mat with all applicable penalties.
- 4.3.4 The gymnast may only use a replacement apparatus which has been placed prior to the start of the exercise.
- a) Penalty of 0.50 point for using any apparatus not previously placed.
- 4.3.5 During the exercise, if the apparatus becomes unusable, the use of a replacement apparatus is allowed.
- a) Penalty by the E Judge: 0.70 point for unusable apparatus
- 4.3.6 If the apparatus falls and leaves the floor area, the use of a replacement apparatus is allowed.
- a) Penalty by the E Judge: 0.70 point for loss of apparatus  
b) Penalty by the Coordinator Judge: 0.30 point for apparatus leaving the floor area.  
c) No deduction for body crossing the boundary to retrieve the fallen apparatus
- 4.3.7 If the apparatus falls but does not leave the floor area, the use of a replacement apparatus is not authorised.
- a) Penalty by E Judge: 0.70 point for loss of apparatus  
b) Penalty by the Coordinator Judge: 0.50 point for unauthorised use of a replacement apparatus  
c) No deduction for body crossing the boundary to retrieve the fallen apparatus
- 4.3.8 If the apparatus falls but does not leave the floor area, the use of a replacement apparatus is not authorised.
- a) Penalty by E Judge: 0.70 point for loss of apparatus  
b) Penalty by the Coordinator Judge: 0.50 point for unauthorised use of a replacement apparatus
- 4.4 Broken Apparatus

- 4.4.1 If the apparatus breaks during an exercise or gets caught in the ceiling, the gymnast(s) will not be authorised to start the exercise over.
- 4.4.2 The gymnast(s) will not be penalized for the broken apparatus or the apparatus caught in the ceiling but will only be penalized for the consequences of various technical errors.
- 4.4.3 In such a case, the gymnast(s) may:
- a) Stop the exercise
  - b) Remove the broken apparatus outside the floor area and continue the exercise with a replacement apparatus
- 4.4.4 No gymnast(s) is allowed to continue an exercise with a broken apparatus. The exercise is not evaluated if the gymnast(s) stops or continues the exercise with a broken apparatus.
- 4.4.5 If the apparatus breaks at the end of the exercise (last exercise) and the gymnast(s) ends the exercise with or without the apparatus, the penalty by the E Judge: 1.00 point.

## 5. **MUSIC**

- 5.1 A sound signal may start before the music.
- 5.2 A gymnast/group may repeat an exercise only in the case of a “force major” fault from the organising committee and approved by D-Judge. (Eg. Electricity shut down, sound system error).
- 5.3 In case the incorrect music is played, it is the responsibility of the gymnast/Group to stop the exercise as soon as the gymnast/group realises the music is incorrect; she/they will exit the competition floor and will re-enter and re-start the routine when called to the competition floor.
- 5.4 A protest on the music after the completion of the routine will not be accepted.
- 5.5 Team Managers must complete the online submission of **the participants' competition music**, in mp3 format only, via the official link shared at the 2<sup>nd</sup> Briefing to Schools. **The deadline for submission is 9 April 2025.**
- 5.6 Team Managers should prepare and bring **backup** copies of **their gymnast's** music for the podium and competition sessions in one of the following options:
- Option 1: Each piece of music recorded on a single, high-quality CD, with the following information written on each CD:
    - Name of gymnast
    - School
    - Division
    - Event/Apparatus
  - Option 2: A thumb drive with each piece of music in mp3 format, and each file named in the following format: “Session\_Number\_Name\_Event”, e.g., 2\_140\_Sarah Ann\_Ball.

**SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL (SPSSC)  
AND SINGAPORE SCHOOLS SPORTS COUNCIL (SSSC)**

**MISSION, MOTTO AND ASPIRATIONS**

Mission

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

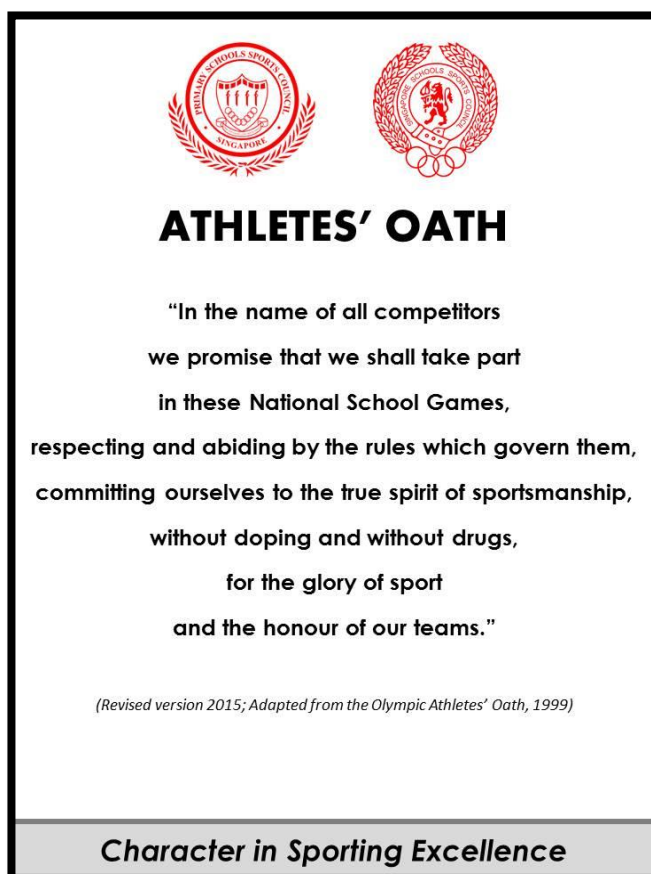
Motto

*“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 athlete to their fullest potential. He focuses on student-centric and values-driven coaching. Teachers / coaches maintains a professional relationship with the athletes and ensures 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."*

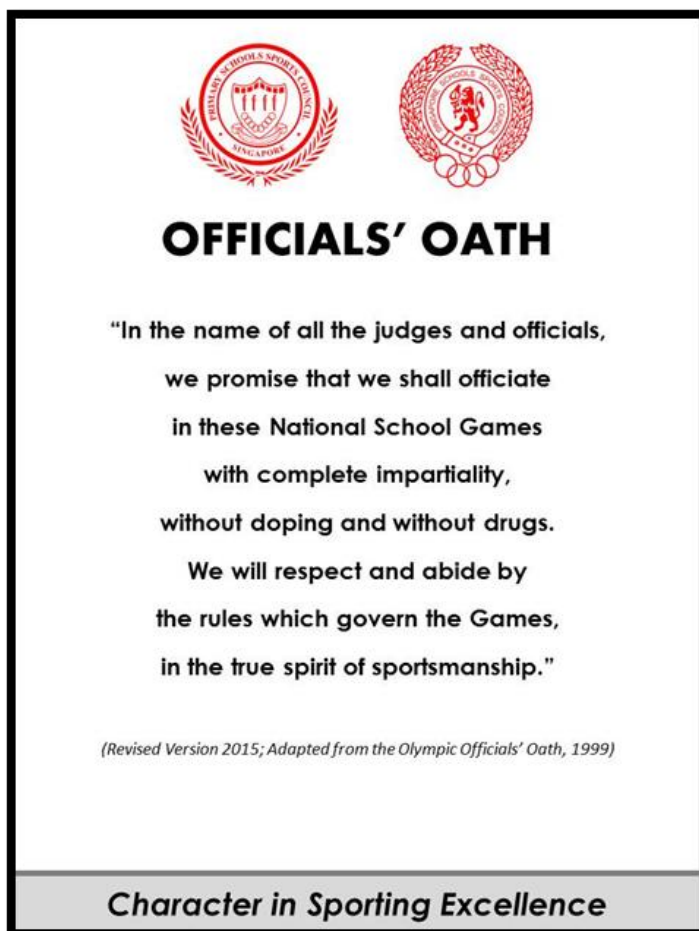
*(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)*

**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 C1](#)**), 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:
  - Age grouping / division
  - Format of competition
  - Permitted equipment
  - Field of play
  - Duration of play; intervals
  - Number of participants
  - 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.

## CLARIFICATION, PROTEST AND APPEAL OVERVIEW

	<b>Clarification (Formal &amp; Informal)</b>	<b>Competing Under Protest (Some Sports Only)</b>	<b>Protest</b>	<b>Appeal</b>
<b>Handled by:</b>	NSGOC Rep and/or Competition Officials	NSGOC Rep and/or Competition Officials	NSGOC	BOA (Council and Zone Vice-Chairpersons)
<b>Who must be Informed:</b>	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)
<b>How to Inform:</b>	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
<b>Fees if Overruled:</b>	Nil	Nil	\$150	\$300
<b>Approval Required From:</b>	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"> <li>• Accuracy of participants' particulars in the registration and that participants are not placed in the wrong division.</li> <li>• All participants are adequately prepared for safe participation in the NSG in accordance with the Baseline Safety Acknowledgement Form.</li> </ul>
5	Check and comply with the hosting venue's Standard Operating Procedures (SOPs) and communicate all related the information to all the stakeholders associated with the participating schools.
6	Make transport arrangements for the participants.
7	Chaperone participants to and from the competition venue. TMs who are SAR need only chaperone their own child as Parent Chaperones are responsible for chaperoning their own children.
8	Remain with the participants throughout the duration of play.
9	Arrange for a replacement, in the event that they are not able to perform their duty during the entire competition duration. TMs who are SAR should contact the school for assistance in such situations.
10	Cooperate with NSGOC & officials and abide by the rules and regulations of the competition to facilitate the smooth conduct of the competition and be a good role model for the participants.
11	Submit participant / team list and other necessary documents when required.
12	Manage the coaches, participants and spectators, if any, to ensure that they adhere to the General and sport-specific and rules and regulations Code of Conduct given in the rules and regulations.
13	Perform the duty of care for the participants' safety and well-being including: <ul style="list-style-type: none"> <li>• Checking that participants are well enough to compete,</li> <li>• Reminding students to remain hydrated.</li> <li>• Having a first aid kit available.</li> <li>• For long duration competitions where students will need to consume a meal, the SAR should ensure that students have sufficient time for their meal.</li> </ul>
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) Bowling	g) Sailing
b) Canoeing	h) Shooting
c) Fencing	i) Swimming
d) Golf	j) Taekwondo
e) Judo	k) Track & Field
f) Gymnastics <sup>1</sup>	l) Wushu

<sup>1</sup> 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:
    - SSSSC General and Sport-Specific Rules and Regulations
    - Safety protocols
    - Roles of TMs (**Refer to Annex F**)
    - 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 (**Refer to Annex F1**) endorsed by the School Principal.

## Frequently Asked Questions

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

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

- 2. Can schools send an SAR for a team sport or event at the SSSC 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.



## &lt;School Letter Head&gt;

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

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

**Terms and Conditions**

1. The above-mentioned is appointed as the SAR who shall represent the school in the National School Games competition for the sport and dates given only.
2. The SAR shall believe in and support the Council's mission, motto and aspirations and support the involvement of the students under their charge in the competitions and events with a strong educational focus.
3. The SAR shall perform the roles and responsibilities of the SAR including:
  - a. Representing of the school as a Team Manager (TM) (Refer to [Annex F](#) 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 Schools Sports Council (SSSC) 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 SSSC if they are breached.

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Name & Signature of SAR

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Date

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Name & Signature of Principal

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School Stamp

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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.



## National School Games Photography & Video Recording Notice



The Ministry of Education (MOE), its authorised 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.