

1st Briefing to Schools of Rhythmic Gymnastics 2025

5 Feb 2025

1500 – 1630 hrs

via Teams



Character in Sporting Excellence



Agenda

1. Welcome and Introduction
2. Contact, Important Links and Venue
3. Calendar of Events
4. Important Dates
5. Judges Workshop
6. School Adult Representative
7. Safety
8. Rules and Regulations 2025
 - New National School Games Rhythmic Gymnastics Technical Program 2025
9. A.O.B
 - Sportsmanship Award
 - Useful Registration Tool for Primary Schools with no Gymnastics CCA: “2025 Entry Form for School's Use”
 - Official Photography and Videography

1. Welcome & Introduction

NSG Gymnastics Organising Committee

		School	Principal/Convenor	PE KP/Org Sec
PRIMARY	Lead/South	Marymount Convent	Ms Cheong Hwee Khim	Ms Susan Tham
	North	Jiemin Primary	Mr Andy Mickey Choong Tek Choy	Ms Koh Siew Tiang Anne
	South	Cantonment Primary	Mdm Foo Yin Ping Grace	Mr Wilbert Tan
	East	Paya Lebar Methodist Girls' (Pri)	Mdm Lee Soo May Joyce	Mr Lim Wei Sheng
	West	Henry Park Primary	Mr Charles Chan	Ms Chin Lian Mei
	West	St Anthony's Primary	Mdm Goh Lung Eng (Mrs Esther Choo)	Mr Christopher Sagaram
SECONDARY	Lead/South	Whitley Secondary	Ms Koh Lin Lynn	Mr Subramaniam
	North	Riverside Secondary	Ms Tham Yoke Chun	Ms Cheoh Pin
	East	East Spring Secondary	Ms Ho Susie	Ms Pey Huey Shan
	South	Queenstown Secondary	Mr Sim How Chong	Mr Koa Chee Meng
			Games Advisor	Games Manager, NSGO
		MOE PSOEB	Ms Tan Yuen Yuen	Mr Toh Chun Hoe

2. Contact, Useful Links, Venue

Useful Contact

Primary School Participation Matters

Ms Susan Tham

Lead Organising Secretary,
Marymount Convent

susan_tham_miew_peng@schools.gov.sg

Secondary School Participation Matters

Mr Subramanian S/O Kaliappan

Lead Organising Secretary,
Whitley Secondary School

subramaniam_kaliappan@schools.gov.sg

Artistic Gymnastics, Rhythmic Gymnastics & Trampoline Judging Matters

Ms Tan Yuen Yuen

Game Advisor, PSOEB

TAN_yuen_yuen@moe.gov.sg

Administration, Logistics and Finance Matters

Mr Toh Chun Hoe

Game Manager, NSGO

TOH_chun_hoe@moe.gov.sg

Important Links and Competition Venue

Website

Source of information for Announcements, Rules & Regulations, Communication Slides, Instructions, Schedules, Programme, Results, Contacts, etc.

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

Registration (by School only)

<https://nsg.moe.edu.sg/nis/#!/login>

Venue

Bishan Sports Hall

5 Bishan Street 14, Singapore 579783

(Air-Conditioned)

3. Calendar of Events

NSG Gymnastics Calendar for 2025

Updated 28.1.2025

Artistic Gymnastics (MAG/WAG) ▪ Rhythmic Gymnastics (RG) ▪ Trampoline (TRA)

T/W	Date	ITEM/EVENT	VENUE/TIME
T1 W5	4 Feb ★ (Tue)	1st TRA & AG Briefing to Schools (Online)	Teams, 1500-1700h
T1 W5	5 Feb ★ (Wed)	1 st RG Briefing to Schools (Online)	Teams, 1500-1700h
T1 W5 T1 W8	5-28 Feb	Registration for AG, RG & TRA competitions (including sch registration for respective Judges' course)	NIS Registration (Sch access only)
T1 W9	3-4 Mar (Mon–Tue)	Publication of Participant List and School Verification of Registration for MAG, WAG, RG, TRA	https://nsg.moe.edu.sg/home
T1 W9	5 Mar (Wed)	Drawing of Lots for Performance Order for AG & RG	
T1 W9	6 Mar (Thu)	Projected release of Drawing of Lots Results for AG, RG and TRA Email Notification of Judging Workshops	https://nsg.moe.edu.sg/home
TBC	Date to be confirmed	NSG WAG Judges Workshop and Meeting (2-day F2F workshop)	MOE (Evans Rd), 0830-1800h
TBC	Date to be confirmed	NSG MAG Judges Workshop and Meeting (1-day F2F workshop)	MOE (Evans Rd), 0830-1800h
T2 W1	24 Mar ★ (Mon)	Release of AG Competition Programme Deadline for submission of participants' "Event Performance Order" for AG Teams 2 nd AG Briefing to Schools (Team Managers) (F2F)	https://nsg.moe.edu.sg/home Sch FormSG submission, 2359h MOE (Evans Rd), 1500-1700h

T/W	Date	ITEM/EVENT	VENUE/TIME
T2 W2	1 Apr ★ (Mon)	Release of RG Competition Programme 2 nd RG Briefing to Schools (Team Managers) (F2F)	https://nsg.moe.edu.sg/home MOE (Evans Rd), 1500-1700h
T2 W2 T2 W3	4 & 7 Apr (Fri&Mon)	AG Podium Training for Competitors	Bishan Sports Hall, 0730-1800h
T2 W3	8-11 Apr (Tue–Fri)	NSG AG Championships 2025	Bishan Sports Hall, 0730-1800h
TBC	Date to be confirmed	NSG RG Judges Workshop and Meeting (2-day F2F workshop)	MOE (Evans Rd), 0830-1800h
TBC	Date to be confirmed	NSG TRA Judges Workshop and Meeting (1-day F2F workshop)	MOE (Evans Rd), 0830-1800h
T2 W4	14 Apr (Mon)	Release of TRA Competition Programme Deadline for school submission of participants' "Event Performance Order" for TRA Teams	https://nsg.moe.edu.sg/home Sch FormSG submission, 2359h
T2 W4	16-17 Apr (Wed-Thu)	RG Podium Training for Competitors	Bishan Sports Hall, 0730-1800h
T2 W5	22-25 Apr (Tue-Fri)	NSG RG Championships 2025	Bishan Sports Hall, 0730-1800h
T2 W6	29 Apr (Tue)	TRA Podium Training for Competitors and Collection of Tag Numbers	Bishan Sports Hall, 1200-1800h
T2 W6	30 Apr (Wed)	NSG TRA Championships 2025	Bishan Sports Hall, 0730-1800h

4. Important Dates

Important Dates

Registration by School

- 5-28 Feb 2025

Verification of Registration

- 3-4 Mar 2025

Projected Release of Drawing of Lots results

- 6 Mar 2025

Released of RG Competition Programme

2nd RG Briefing to Schools – Team Managers(F2F)

- 1 Apr 2025

Submission of RG Floor Music

- 9 Apr 2025

RG Podium Training

- 16 & 17 Apr 2025

NSG RG Competition 2025

- 22-25 Apr 2025

RG Judges Workshop & Meeting

- T2 W1/2/4 tbc)

5. Judges' Workshop

NSG RG Judging Workshops for Teachers/Coaches

- For RG, all participating schools with 4 and more registered participants **must** provide at least 1 teacher to be trained as judge and to serve on the judging panel of the respective discipline **for the duration of the championship.**
- Schools with 3 and less participants will automatically be exempted from judging but must submit School Coordinator's or a School Staff's name at Registration.
- Teacher representation from all eligible participating schools is expected at the Judging Workshop.
- Nomination of Teacher Judge together with **Registration** by closing date of entry submission.
- Schools may submit coaches name for the workshop for their learning. During submission, the coach's email address and contact details should be entered in the NIS registration portal.

6. School Adult Representative

School Adult Representative (SAR)

Refer to Annex of the Rules and Regulations for details on SAR.

- The SAR must be the legal guardian of the gymnast.
- The SAR is the appointed representative of the school during the competition.
- Official communication on NSG matters is still through the school coordinator (EO).
- The SAR takes on the role of team manager of the gymnast and is expected to abide by the code of conduct expected.
- The SAR must report and/or seek approval from school with regards to incidents or appeals that may occur at the competition.
- SAR are encouraged to be trained in first aid.
- School to arrange and conduct a briefing for the SAR on their duties.
- School to issue the SAR Letter of Appointment endorsed by the School Principal.

School Adult Representative (SAR)

- 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/SSSC General and Sport-Specific Rules and Regulations
 - Safety protocols
 - Roles of TMs
 - Other school-specific SOPs or requirements
 - Be represented by 1 SAR per session only.
 - Ensure that Parent Chaperons (PC) are present to oversee their own children's / ward's safety and well-being when the SAR is on duty.

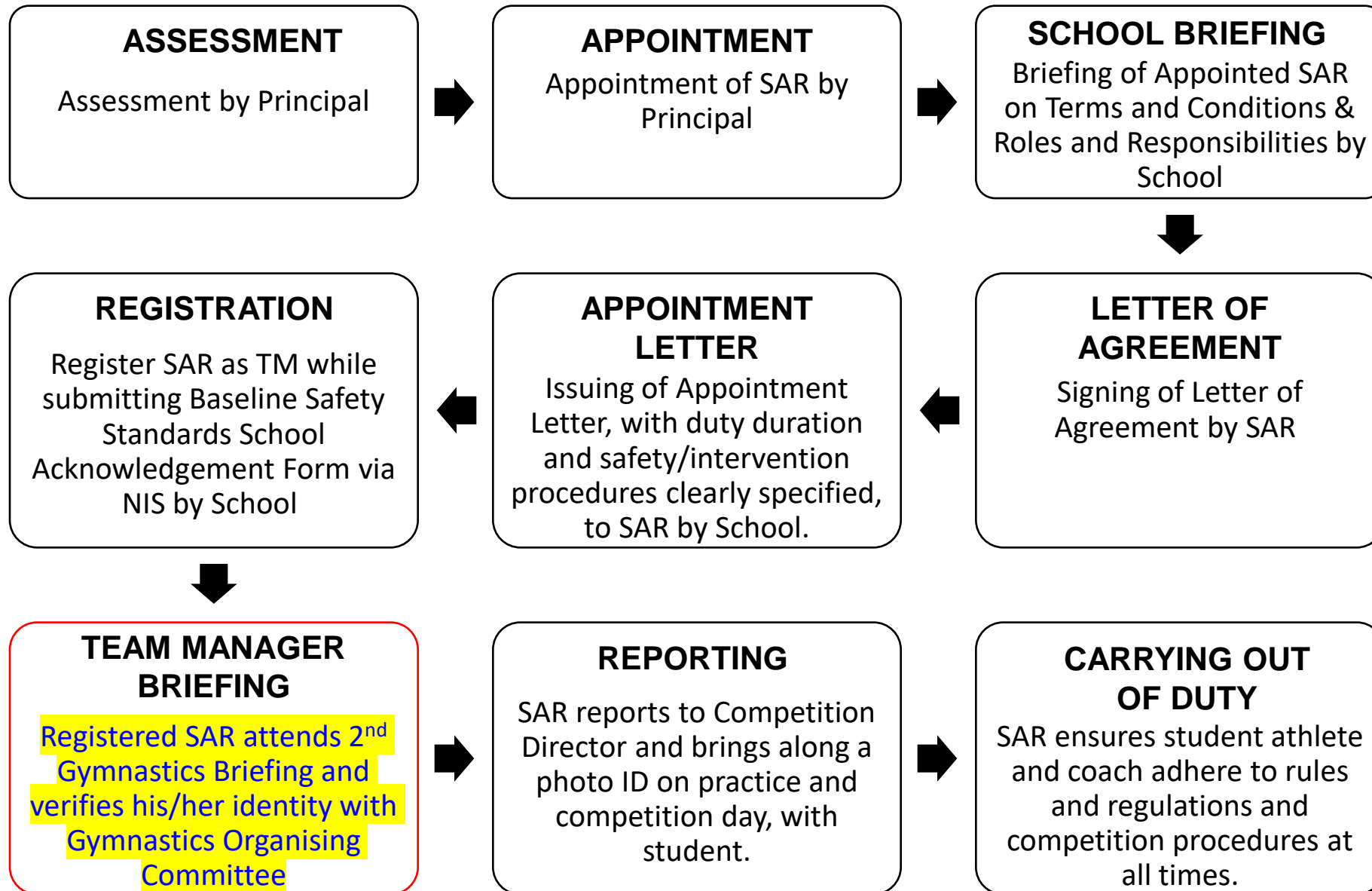
SAR Implementation for Gymnastics

- For Rhythmic Gymnastics, an SAR may only be appointed by schools to manage up to a **maximum of 3 student-athletes** for **each session** of the sport, namely MAG Junior Division
 - Junior Developmental
 - Junior Elite
 - Senior Developmental
 - Senior Elite
 - A Division
 - B Division Developmental
 - B Division Elite
 - C Division Developmental
 - C Division Elite
- For Rhythmic Gymnastics, the appointed SAR **must have attended the mandatory post-registration pre-competition briefing (2nd Briefing to Schools) by the NSGOC to be allowed to serve as TM** at the competition. In the event the SAR is not able to attend the briefing, or be present at the competition, the school must send a school staff to serve as TM.

SAR for Rhythmic Gymnastics

- The NIS registered SAR **must** attend the 2nd Briefing to Schools (Team Managers). The meeting is conducted face-to-face at MOE Evans Road.
- SAR to bring a copy of the SAR Letter of Appointment and produce a photo identification for verification at the 2nd Briefing to Schools.
- Upon verification at the Briefing, the SAR Access Pass to the competition venue will be issued to the SAR.
- **If SAR cannot attend the 2nd Briefing, please inform Org Sec beforehand. In that case, a school staff would be required to attend.**
- In the event that school is unrepresented by the registered SAR at the 2nd briefing, the school **must** send a school staff to take on the TM role at the competition.

Flow Chart for School's Appointment of SAR for Rhythmic Gymnastics



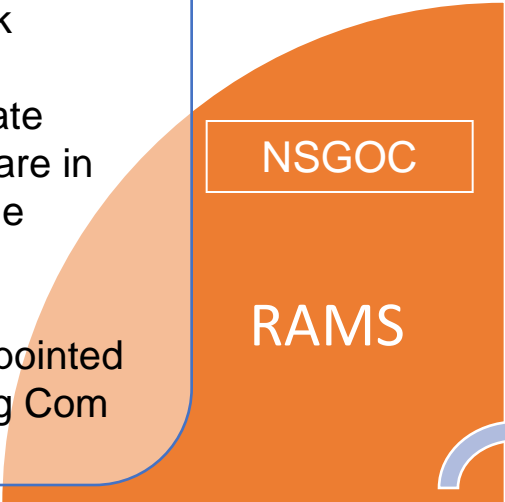
7. Safety

Safety is Everyone's Responsibility

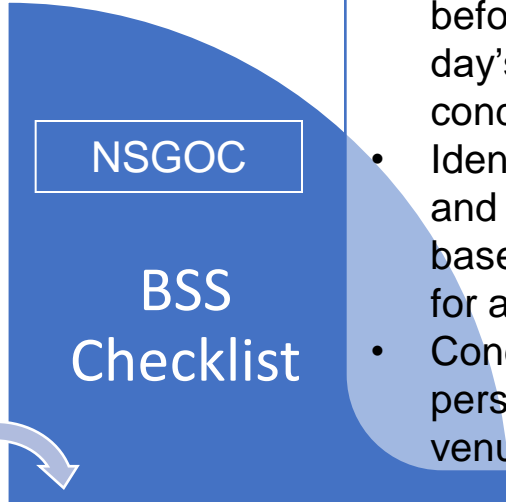
Reminder that participating schools should have a first aid trained personnel or chaperon to be present at the competitions.

RAMS and BSS for the NSG

- Pre-Championship Planning and Risk Assessment
- To ensure adequate safety measures are in place for the whole duration of the Championship.
- Conducted by appointed team from the Org Com



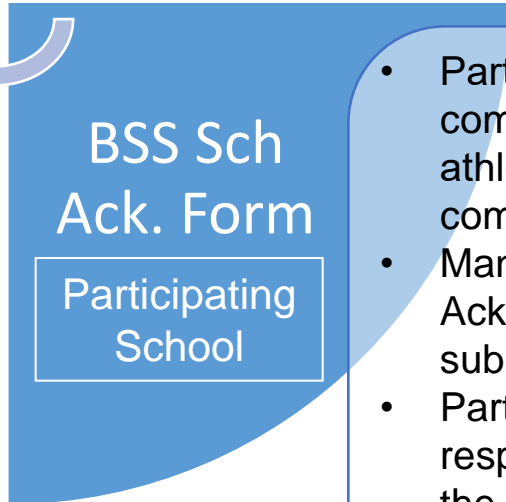
- Day-to-day on the ground baseline safety check before the start of the day's competition, as conditions may vary.
- Identifies games generic and game specific baseline safety standards for all sports under NSG.
- Conducted by appointed personnel in-charge at the venue on match day



- Dipstick Safety Audits for all NSG sports



- Participating schools' commitment to student-athletes' readiness to compete
- Mandatory BSS Acknowledgement to be submitted by through NIS.
- Participating school is responsible for submitting the correct BSS Acknowledge Form that has been endorsed by Principal



Everyone has a part to play

Baseline Safety Standards School Acknowledgement Form

Participating schools' commitment to student-athletes' readiness to compete. (download from Registration module)

Must be uploaded onto Registration Module with Principal's endorsement during registration in order for the registration to be considered complete.

Should be shared with TMs of your school, including appointed SAR.

TMs, including School Appointed Representatives (SAR) who are non-school staff should be briefed or provided with a copy of the P-endorsed BSS S.A. Form so that they are aware of the safety items under the care of the participating school.

(Unofficial content change not permitted) Updated Dec 2024

NATIONAL SCHOOL GAMES

School Acknowledgement of Baseline Safety Standards

Section A:

Sport: **RHYTHMIC GYMNASTICS** Sex: Choose an item.
 Division: Choose an item. Level: Choose an item.
 School: [Click or tap here to enter text.](#)

Section B:
 The school acknowledges that the following checks will be made in all National School Games:

Domain	Safety Std	Description
Safe Management for		
	Emerging Infectious Disease <i>(Adherence required in event of national advisory)</i>	<input type="checkbox"/> Team Manager is aware of and adheres to guidelines and SMM for the event
Personnel	GEN-PER-3.1	<input type="checkbox"/> Team Manager is present to supervise the students.
	GEN-PER-3.2	<input type="checkbox"/> Team Manager is aware of venue evacuation plan.
	GEN-PER-3.3	<input type="checkbox"/> Team Manager is aware of injury care and management plan.
	GEN-PER-3.4	<input type="checkbox"/> Team Manager is aware of the medical history of participants.
	GEN-PER-3.5	<input type="checkbox"/> Team Manager checks and monitors physical well-being of participants.
	GEN-PER-3.6	<input type="checkbox"/> Team Manager go through rules of sport/game and ensure that students have basic competency.
	GEN-PER-3.7	<input type="checkbox"/> Team Manager (verbally) checks that students have trained under the same duration and intensity in local climate/weather conditions for at least 10 days prior to the competition.
	GEN-PER-3.8	<input type="checkbox"/> Coach or chaperon who is trained in first aid is present to render basic care to students in the event of injury.
Participants	GEN-PAR-4.1	<input type="checkbox"/> Participants remove all hard/sharp objects and accessories (e.g. necklaces, ear studs, rings).
	GEN-PAR-4.2	<input type="checkbox"/> Participants do warm up exercises before the competition.
	GEN-PAR-4.3	<input type="checkbox"/> Participants hydrate before, during and after activity.
	GEN-PAR-4.4	<input type="checkbox"/> Participants do cooling down exercises after activity.
	GEN-PAR-4.5	<input type="checkbox"/> Participants conduct regular checks on personal equipment (e.g. shoes / boots, shin guards, personal floatation device, sports equipment)
	GEN-PAR-4.6	<input type="checkbox"/> Participants do not hang or climb onto any equipment not meant for such purposes (e.g. goal posts or any attachments to goal posts – crossbar, goal ring).

Acknowledgement by School Staff Signature _____ Name _____ Date _____ Designation* : <input type="checkbox"/> TIC <input type="checkbox"/> KPCCA <input type="checkbox"/> Sch Coordinator <i>(*Pls indicate one)</i>	Acknowledgement by Principal Signature _____ Name _____ Date _____
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Note: All completed forms are to be submitted to the convener during registration by uploading onto the NIS Registration Module. Schools need only submit 1 acknowledgement form for each registration.

OFFICIAL (CLOSED) \ SENSITIVE NORMAL

8. Rules and Regulations 2025

RULES AND REGULATIONS 2025

Secondary

SSSC Specific Rules and Regulations for Rhythmic Gymnastics 2025

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

Primary

SPSSC Specific Rules and Regulations for Rhythmic Gymnastics 2025

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



<https://go.gov.sg/ssscgymrules2025>



<https://go.gov.sg/spsscgyrules2025>

New National School Games (NSG) Rhythmic Gymnastics Technical Program 2025

New Artistry Judging Criteria for ALL Category Routines (summary) (Based on FIG)

INDIVIDUAL ARTISTRY Faults										
Penalties	0.1	0.2	0.3	0.5						
Guiding Idea and Character of Movement	Present in the majority of the exercise		Present in parts of the exercise	Not prioritized						
Dance Steps			For each missing Dance steps combination in rhythm and with character							
Body Expression	Fully developed in parts of the exercise		Momentarily developed or not developed in the exercise							
Facial Expression		Momentarily developed or not developed in the exercise								
Dynamic Changes and Effects			For missing 1 Dynamic change/Effect present as per Levels' requirement	For missing 2 Dynamic change/Effect present as per Levels' requirement						
Use of Floor Area		Insufficient use of the entire floor area								
Interruption of Continuity		The continuity of the composition is broken for 4 or more seconds due to a severe technical interruption (penalty 1 time per exercise)								
Music-movement at the end of the exercise			Lack of harmony between the music and movement at the end of the exercise							
Music not conforming to regulations		Music not conforming to the rules								
Penalties (each time up to 1.00)										
Connection	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
Rhythm	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0

AOB

- Sportsmanship Award
- Useful Registration Tool for School with no Gymnastics CCA: “2025 Entry Form for School's Use”
- Official Photography and Videography

SPORTSMANSHIP AWARD

This award is given to the athlete of each sports team who best exemplifies the attributes of character, integrity and sportsmanship.

Characteristics

- **Team focus** – unselfish and committed to the team over individual performance. Willing to help out in any way that benefits the team and its members.
- **Sportsmanship** – Displays good sportsmanship, respect to officials and opposing teams, even in the face of adverse outcomes. Demonstrates co-operation and respect in dealing with coaches and teammates
- **Attitude** – Positive Attitude
- **Role model** – Good role model
- **Integrity** – Committed to do what is right.

School to nominate 1 gymnast per division per discipline (RG/MAG/WAG/TRA) even in cases whereby schools do not have any teams.

Nomination to be submitted vis NIS portal between **26 April to 16 May 2025**

Mandatory free text entry.

Useful Registration Tool for Primary Schools with no Gymnastics CCA: “2025 Entry Form for School's Use”

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



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Thank You