



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

(Updated as of 9 January 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 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 Schools Sports Council (SSSC).
 - 1.1.2 according to the rugby rules and regulations that are modified to suit the level of our school students for safety / developmental reasons.
 - 1.1.3 adhering to the Baseline Safety Standards for the NSG.
 - 1.1.4 according to the laws / rules established by the World Rugby rules.
- 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 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 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 Match-based (Team) Sports: Badminton, Basketball, Cricket, Floorball, Football, Hockey, Netball, Rugby, Sepaktakraw, Softball, Squash, Table Tennis, Tennis, Water Polo and Volleyball.

2.3.2 Match-based (Individual) Sports: Fencing, Taekwondo (Kyorugi) and Judo.

2.3.3 Event-based Sports: Bowling, Canoeing, Cross-Country, Golf, Gymnastics, Sailing, Swimming, Shooting, Taekwondo (Poomsae), Track & Field and Wushu.

3. ENTRIES

- 3.1 Each school is eligible to enter only one boys' team per division.
- 3.2 All entries for Rugby must be submitted by the PE/CCA Key Personnel via FormSG for:
- 3.2.1 'B' Division (including 'C' Division Water Polo¹) by 2 January 2025.
 - 3.2.2 'A' and 'C' Divisions (Excluding 'C' Division Water Polo) 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).
 - 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 participants 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 through the NSG Integrated system (NIS) Registration Module at <https://nsg.moe.edu.sg/nis/#!/login> for:
 - 4.2.1.1 Match-based (Team) Sports: 2 working days before the start² of competition
 - 4.2.1.2 Match-based (Individual) Sports: by the stipulated date
 - 4.2.1.3 Event-based Sports: by the stipulated date
 - 4.2.2 Registration through the NIS must include the details of participants along with the necessary supporting documents including:
 - a) Baseline Safety Standards Acknowledgement Form
 - b) Supporting documents for Special / Transfer case students
 - c) Other forms as determined by the respective NSGOs

¹ 'C' Division Water Polo will start earlier in 2025 to avoid conflict in venues with World Aquatics Championships 2025. In subsequent years, it will be aligned to other similar 'C' Division sports.

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

- 4.2.3 Registrations for all match-based sports will commence on 2 January 2025 for 'B' Division and on 28 February 2025 for 'A' and 'C' Divisions.
- 4.2.4 Any requests for amendments or late registration after the closing date must be sent via email through the Principal to the Lead Convenor no later than:
 - 4.2.4.1 Match-based (Team) Sports: 2 working days before the team's next match
 - 4.2.4.2 Match-based (Individual) Sports: before the draw is conducted
 - 4.2.4.3 Event-based Sports: 2 working days before issue of start (or equivalent³) lists⁴
- 4.3 Registration Numbers
 - 4.3.1 Each school may register up to a maximum of 30 participants and a minimum of 18 participants in the NIS system. There must be a minimum of 5 front rows.
 - 4.3.2 The trained front rows must be registered in first 5 rows of the team registration sheet and the NIS system.
- 4.4 Replacement and addition of participants
 - 4.4.1 Replacement of a registered participant is only allowed at the end of the Pool/Zone Round, before the start of the League/National round, when the school has maximised their registration numbers.
 - 4.4.2 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.
 - 4.4.3 Any request for replacement that do not meet the conditions stated in 4.4.1 or 4.4.2 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.
- 4.5 In competitions where there is a Classification / Pool Round for League Competitions, participants / teams will progress automatically to the subsequent round with no further registration required.

SECTION B – COMPETITION RULES & REGULATIONS

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

- 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 is organised in the following formats:
 - a) Direct National ('A' and 'B' Divisions)
 - b) Pool to League ('C' Division)
- 5.3 For a competition / event to be organised:
 - 5.3.1 There must be a minimum of three (3) registered teams from three (3) different schools for Team Sports.
- 5.4 For Rugby (match-based sport):

³ Examples of equivalent lists are the Participants List in Gymnastics, Rope Skipping and TKD (Poomsae) or Bout List in Judo and TKD (Kyorugi).

⁴ The start (or equivalent) list should not be issued more than 10 working days before the start of competition.

- 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 (For 'C' Division only).
- 5.4.2 Where entries are grouped, each group shall have a minimum of **three (3)** participants / teams⁵ for all divisions.
- 5.4.3 'A' Division
- 5.4.3.1 The competition is played in a round-robin format. At the end of the round-robin, the top 4 teams will play off in the semi-finals where the 1st placed team plays the 4th placed team and the 2nd placed team plays the 3rd placed team in the semi-finals. The winners of each semi-final will play for the 1st and 2nd placing in the finals. The teams that lose in the semi-finals will contest for the 3rd and 4th placing.
- 5.4.4 'B' Division
- 5.4.4.1 The competition is divided into 2 tiers (Cup and Bowl). Cup tier will consist of 5 to 6 teams playing in a round-robin format. At the end of the round-robin, the top 4 teams will play off in the semi-finals where the 1st placed team plays the 4th placed team and the 2nd placed team plays the 3rd placed team in the semi-finals. The winners of each semi-final will play for the 1st and 2nd placings in the Cup finals. The teams that lose in the semi-finals will contest for the 3rd and 4th placing.
- 5.4.4.2 Bowl tier will consist of 8 to 9 teams playing in in 2 groups. In the event there are 9 teams, the 9th team will be drawn into group A. At the end of 1st round, the first and the runner-up of each of the two groups shall enter into a criss-cross semi-finals. The winner of group A shall meet the runner-up of group B and vice-versa. The winner of each semi-final will play for the 1st and 2nd placings in the Bowl finals. The teams that lose in the semi-finals will contest in the 3rd and 4th placing. In the event if Bowl tier has 7 teams or less, the teams will play in a round-robin format and will move to the semi-finals and finals.
- 'C' Division
- 5.4.5
- 5.4.5.1 The competition is divided into 2 pools (A and B). Pool A will consist of 5 teams playing in a round-robin format. At the end of the round-robin, the top 4 teams will play off in League 1 semi-finals where the 1st placed team plays the 4th placed team and the 2nd placed team plays the 3rd placed team in the semi-finals. The winners of each semi-final will play for the 1st and 2nd placings in the Cup finals. The teams that lose in the semi-finals will contest for the 3rd and 4th placing. The 5th placed team in Pool A will move to League 2.
- 5.4.5.2 Pool B will consist of 8 teams playing in 2 groups of 4 teams each (B1 and B2). Top team of groups B1 and B2 and the winner of the match between the 2nd placed teams of groups B1 and B2 will join League 2 with the 5th placed team from Pool A to play round-robin format. The teams will be ranked after the round-robin.

⁵ The rule is **NOT** applicable for National Competition when a zone has less than four teams advancing to the National Competition.

- 5.4.5.3 The remaining teams in Pool B will join League 3 to play round-robin format. The teams will be ranked after the round-robin.
- 5.4.5.4 In the event if Pool B has 7 teams or less, the teams will play in a round-robin format and will move to the semi-finals and finals, similar to League 1 format. Top 3 teams will move to League 2 and the remaining teams will move to League 3.

5.5 Seeding and Placing (**Refer to [Annex C](#)**)

- 5.5.1 The preceding year’s results shall be used for seeding in the first round of all competition formats.
- 5.5.2 For Pool to League Competitions, the following seeding and placing approaches shall be adopted for the three scenarios below.

- a) **Barred / Withdrawn Teams**
If any team discontinues participation in the competition during the Pool Round, they will be placed last in the group. The team will be treated as a “ghost” entry in the next lower 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 brought up from the next lower Pool based on the preceding year’s results.
- c) **New Teams**
The placement of new teams will be done as follow:

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 League placing
Two current schools (Merging / Combined Teams)	Based on the school with the higher League placing

6. AWARD OF LEAGUE POINTS

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

Result	Point
Win	3
Draw	1
Loss / Walkover	0

This is applicable to the preliminary/pool rounds only.

- 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 two (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 NSG Rugby rules and regulations. In the case of a **two-team tie**, the positions shall be established by the following sequence:

6.2.2.1 Head-to-Head (The winner of the match between these two teams shall be awarded the higher placing)

6.2.2.2 Match Points Difference (all teams in the group)

6.2.2.3 Match Points Scored (all teams in the group)

6.2.2.4 Drawing of Lots (between these two teams)

6.2.3 In the event of a tie in league points between three (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. If **three or more teams** have equal league points, the positions shall be established by the following sequence*:

6.2.3.1 Match Points Difference (**only** among the tied teams)

6.2.3.2 Match Points Scored (**only** among the tied teams)

6.2.3.3 Match Points Difference (all teams in the group)

6.2.3.4 Match Points Scored (all teams in the group)

6.2.3.5 Drawing of Lots (**only** among the remaining tied teams)

*If only two teams remain tied after applying 6.2.3.1 to 6.2.3.4, the winner of the match between these two teams shall be awarded the higher placing (Head-to-Head). If these two teams remain tied after applying Head-to-Head, the tie-breaker sequence (6.2.3) shall continue.

6.2.4 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.

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.

6.3 Tie in Match Points (Semi-finals & Finals)

6.3.1 When there is a tie at the expiration of regular time in the semi-finals or finals, extra-time shall be played. The extra-time shall be played in two periods of 10 minutes each when teams change ends. There will be a 2-minute interval between the periods. The side that kicks off first at the start of the match will also do so in extra-time. The kick-off will alternate to the other side for the second period of extra-time.

6.3.2 The team scoring first in extra-time shall be declared the winner and the match shall end.

6.3.3 In the event if the match is still tied after extra time, 'sudden death' penalty kicks will be taken from the 22m line (centre) to decide the winner.

7. AWARDS

7.1 Divisional Awards

- 7.1.1 There should be only one (1) Divisional Title⁶ per division per sex for each sport⁷.
- 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.

7.2 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 Prizes for League competitions

- 7.3.1 The number of individual prizes to be awarded for League Competitions ('C' 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 prizes to be awarded shall be as follows:

Number 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.

8. REPORTING AND GRACE PERIOD

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

⁶ Only events with a minimum of three (3) competitors from three (3) different schools will contribute to the calculation for Divisional Titles.

⁷ Three (3) disciplines for Gymnastics are considered as three (3) individual sports.

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

9. POSTPONEMENT AND ABANDONMENT

- 9.1 Any postponement or abandonment⁸ of a match / event shall be determined by the NSGOC only.
- 9.2 If the match is delayed due to weather, the following protocol shall take place:

Summary of Game start time and cut off time.

Reporting Time	Game	Kick Off Latest By:	Complete Game Latest By:
2.30pm	1 (3.00pm)	3.30 PM	4.45 PM
4.00pm	2 (4.30pm)	5.00 PM	6.15 PM

- 9.3 If 75% or more of the game duration/match is played, (this amounts to at least 45 minutes out of 60 minutes) the result of the match will stand as the final result. This would only apply to the preliminary/pool round matches.

10. WITHDRAWAL AND FORFEITURE

- 10.1 Any withdrawal⁹ or forfeiture¹⁰ can be considered contrary to the spirit of the NSG and can result in a walkover when the fixtures / competition schedule has been issued.
- 10.1.1 In the event that the withdrawal causes unevenness in the fixtures / competition, the NSGOC may conduct a full / partial re-draw.
- 10.2 For each withdrawal or forfeiture, a written explanation duly endorsed by the Principal shall be submitted to the Lead Convenor and copied to the Game Advisor within one (1) working day.
- 10.3 For withdrawals, all results involving the team / 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 rugby 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. WALKOUT¹¹

- 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](#)**).

⁸ Abandonment refers to any match / event that started but cannot reach a natural conclusion and may be postponed or cancelled.

⁹ Withdrawal refers to discontinuing participation in the competition.

¹⁰ Forfeiture refers to inability to start or complete a match / event.

¹¹ Wilful refusal to compete against the NSGOC's advice.

- 11.3 A written explanation from the school(s) duly endorsed by the Principal shall be submitted to the Lead Convenor and copied to the Game Advisor within one (1) working day.
- 11.4 The competition officials shall submit a written report to the NSGOC within one (1) working day.

12. CLARIFICATION AND PROTEST

- 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 rugby rules. Upon completion of clarification, the match / event shall proceed based on the decision of the competition officials / NSGOC.
- 12.1.2 If the clarification were to result in any disruption / interference of the competition, the matter shall be brought to the attention of the NSGOC for follow up action.
- 12.2 Competing Under Protest
- 12.2.1 If the TM has strong justification against the decision of the competition officials / NSGOC, the TM shall indicate their intention to compete under protest to the NSGOC or their representatives, who will inform all Competition officials and TMs involved in the affected match / event. This 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 rugby rules and regulations.
- 12.3 Protest
- 12.3.1 Following from Para. 12.2, the TM concerned may submit an official protest to the NSGOC via email. The protest must fulfil all the following conditions:
- a) Be sent through the Principal.
 - b) Reach the NSGOC within one (1) working day after the match / event unless stipulated otherwise in the rugby 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 five (5) working days.
- 12.3.5 A protest fee of \$150 will be paid by the school that raised the protest (within 30 days from notification of outcome) if the protest is overruled.

13. APPEAL

- 13.1 Schools may appeal against the outcome of a protest to the Council. The appeal must fulfil all the following conditions:
- a) Be sent through the Principal.
 - b) Reaches the respective Honorary Secretary for zonal competitions, or Secretariat of the main council for national competitions within two (2) working days upon receiving the protest sub-committee's decision.
 - c) Provides reasons and evidence for the appeal.
- 13.2 The Board of Appeal (BoA) will be convened to deliberate on the appeal within ten (10) working days. Where there may be potential conflict of interest, the schools involved will not sit in the BoA. The decision of the BoA shall be final.
- 13.3 An appeal fee of \$300 will be paid by the schools that raised the appeal (within 30 days from notification of outcome) if the appeal is overruled.

14. BARRED PARTICIPANTS

- 14.1 Participants barred by any one of the following bodies are not allowed to participate in the NSG for that sport:
- a) School
 - b) Singapore Schools Sports Council (SSSC)
 - c) National Federation (NF), Singapore Rugby Union (SRU) 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 2 TMs who shall remain with the team throughout the duration of play. The absence of the TMs will result in a forfeiture of the matches / events concerned (**Refer to [Para. 10](#)**).
- 15.3 The TMs shall be a school staff¹² 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 G](#)**).
- 15.5 TMs will be required to help the MDCs with their own substitution. The Process of substitution will be as follows.
- 15.5.1 Ensure that substitutes are well conditioned for the game.
 - 15.5.2 Send the substitutes to the MDCs to enter the match.
 - 15.5.3 Ensure that the substitute leaves the field without delay.
 - 15.5.4 Ensure that the jersey numbers of the participants substituting and being substituted are accurate.

¹² MOE employed staff such as Education Officer, Contract Adjunct, Flexi Adjunct, EAS (AM, OM and CSO) and AED.

- 15.5.5 Update team registration sheet on match day (10 minutes before the start of their match).
- 15.6 When there is an injury, one of the two TMs on site will tend to their injured participant/s at the paramedic station during injury treatment and assessment and the TMs will have to ensure that there are no outsiders from their team around the station. Only when the participant/s has been officially discharged by the paramedic from the station, the participant/s is allowed to return to their team.
- 15.7 If the school decides to engage additional medical help, schools are allowed **two** medical personnel (doctor/ sports trainer) at the pitch side technical box.
- 15.8 TMs shall be the main school representatives to manage the following areas.
- 15.8.1 Substitution
 - 15.8.2 Assessing injuries
 - 15.8.3 Communication between officials and their instructors
 - 15.8.4 Ensure that their stakeholders abide by the code of conduct
- 15.8 When TMs are unsure on any matters related to 15.8, they may seek help from the following personnel.

Substitution matters	MDCs, ARs, 4 th Official & School coaches who must be officially contracted to the school
Assessing Injuries	Paramedic on site, any medical help they have appointed prior and registered with the MDCs
Stakeholders	They can engage their School Leaders to help by deploying more teachers on site.

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 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 The referee is the deciding authority on the field of play and the sole judge of time. The referee may be assisted by the assistant referees, the 4th officials and the MDCs during the match.
- 17.2 Where required, participating schools shall provide competition officials based on the requirements of the rugby rules.
- 17.2.1 Each team is required to provide a competent touch judge for the match. It is recommended that the appointed Touch Judge has completed a Level 1 Match official Course.
- 17.3 School staff¹³ and students can serve as officials when required by **Para. 17.2**.

¹³ Education Officers, Contract Adjunct teachers, Flexi-adjunct teachers, Allied Educators, Relief teachers and Untrained teachers.

- 17.4 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](#)**).
- 17.5 Where required by rugby 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](#)**).

20. ATTIRE

- 20.1 All participants must wear numbered jerseys and mouth guards are mandatory. Dangerous articles such as rings, pendants shall not be worn on the field of play. Fingernails are to be cut short.

21. GAME FORMAT

21.1 Playing Area

21.1.1 All matches can either be played on natural or artificial turf (**Refer to [Annex H](#)**).

21.2 Duration of Game

21.2.1 All Divisions:

Each match shall consist of two (2) equal periods of thirty (30) minutes. The half-time interval will be 8 minutes. There will be a water break at 15 minutes interval for each half.

Time (Half)	Period	Duration (mins)
First Half	1	15
	Break	1
	2	15
Change scoring ends (half time)		8
Second Half	3	15
	Break	1
	4	15
Total Match Time		1 hour 10 mins

In high temperature and high ultraviolet (UV) conditions, NSGOC may arrange the match as shown below. This will be communicated to TMs 10 minutes before the commencement of the match.

Time (Half)	Period	Duration (mins)
First Half	1	10
	Break	1
	2	10
	Break	1
	3	10
Change scoring ends (half time)		8
Second Half	4	10
	Break	1
	5	10
	Break	1
	3	10
Total Match Time		1 hour 12 mins

21.2.2 60-Point Cap In Score

21.2.2.1 When there is a 60 points difference in the score, the match will end.

21.3 Minimum Number of Participants

21.3.1 The minimum number of participants needed to start a match is 15. There must be 5 trained front rows through the duration of the match. If a team is unable to field the minimum number of participants (15 with 3 front rows) within 5 minutes after kick-off time, the team shall forfeit the game. If the number of participants to continue the match

falls below 13, the match will end. For the non-offending team, they will be awarded a walk over (win) of 3 points and a score of 30 – 0 or the score with a higher point difference.

21.3.2 TMs present must submit the team registration list to the MDCs prior to the start of the match.

21.3.3 There must be sufficient trained front row during the whole match. TMs present must report to the MDCs prior to the start of the game that they are not able to field enough trained front row for the match. An uncontested scrum shall be called and in accordance to Law 3.6 of the World Rugby rules and regulations (see item 9 'Withdrawal and Walk-over').

21.4 Substitution of Participants

21.4.1 Substitution is allowed in the match if the names are in the team registration list. A maximum of 9 (+1; front row) participants may be substituted in any match. A participant who has been substituted may not play again in the same match (exception: blood injury). A front row participant (+1) may play again after the 9th substitution should there be an injury of a front row participant.

21.4.2 The 'blood Injury' rule shall apply. It will be in accordance with Law 3.25 of the World Rugby rules and regulations.

21.4.3 In accordance to Law 3.24 of the World Rugby rules and regulations: "If, at any point during a match, a participant is concussed or has suspected concussion, that participant must be immediately and permanently removed from the playing area by our official NSG paramedics. This process is known as "**Recognise and Remove**". The match officials may issue a Blue card for any unnoticed concussion or suspected concussion situations.

21.5 Pitch Side Technical Box

21.5.1 A maximum of **6 officials** are allowed to be stationed in the pitch side technical box. They may include the TMs, coaches and/or team doctors/sports trainers who are part of the school entourage.

21.6 Issuance of Yellow/Red Card

21.6.1 A participant will have to sit out for 10 minutes when issued a yellow card. Time will only start when the participant is in the designated area.

21.6.2 If a participant receives 2 yellow card offenses, this equates to a RED CARD. He will be out for the whole match and **may** face suspension in the subsequent matches as stipulated by National Schools Games Rugby Disciplinary Committee chaired by Convenors. If a disciplinary hearing is required, the participant will not be allowed to participate in any more NSG matches until the disciplinary committee convenes.

A participant ordered off by the referee (RED CARD) for breach of the Laws of the Game will be out for the whole match and **will** face suspension in the subsequent matches as stipulated by National Schools Games Rugby Disciplinary Committee chaired by Convenors. If a disciplinary hearing is required, the participant will not be allowed to participate in any more NSG matches until the disciplinary committee convenes.

22. RUGBY LAWS GUIDANCE (Refer to [Annex H](#))

- 22.1 Scrum Engagement Law
 - 22.1.1 The call for engagement in scrums will be 'Crouch-Bind-Set'. Bind denotes front row players are to Bind on to their opposite number and their ears must be in line.
- 22.2 Offside Line For Scrum-Half At Scrums
 - 22.2.1 The offside line for the scrumhalf is the tunnel for all age groups.

23. PARAMEDICS

- 23.1 NSG appointed paramedics must be on site before any NSG rugby match can commence.
- 23.2 Paramedics may enter the field while the game is ongoing to tend to the injuries and ensure the well-being of any participants that may have been injured/ unwell.
- 23.3 Paramedics have the right to not allow any participant they deem unfit to carry on the match. A permanent substitution will have to be made by the TM. The participant cannot return to the match.
- 23.4 However, a paramedic may take in the feedback if there is a trained medical officer present during the match. This trained medical officer must make known about their qualifications before the start of any matches to the MDCs and the paramedics.
- 23.5 The list of treatment and emergencies protocol is in Concussion Management Protocol (Refer to [Annex I](#)).

24. CONCUSSION MANAGEMENT

- 24.1 In the event of a concussion, as determined by the Level 2 Pitch-side Management certified Paramedics, the participant will not be allowed to continue playing and will be substituted. His involvement in the match shall end.
- 24.2 All participants who suffered from concussion, will be sent to the hospital for further assessment.
- 24.3 On confirmation of suspected concussion by the Level 2 Pitch-side Management certified Paramedics or a medical doctor, the participant must observe a rest period (Refer to Concussion Management Protocol – [Annex I](#)) and abide by the instructions given by the Physician before returning to the game.
- 24.4 The participant(s) who suffered the concussion will be required to seek the medical opinion of a Concussion Specialist, as recommended by the Committee, to be further examined. The recommendations of the Specialist must be adhered to strictly.

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	SSSC Mission, Aspirations and Motto
B	NSGOC Terms of Reference
B1	PDPA Notification
C	Competition Format
D	Clarification, Protest and Appeal Overview
E	Role of Team Managers
F	School Adult Representative (SAR) – Not Applicable for Rugby
F1	SAR Letter of Appointment – Not Applicable for Rugby
G	Code of Conduct for Coaches
H	Rugby Laws Guidance Summary
I	Concussion Management Protocol – Updated 2022

**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”

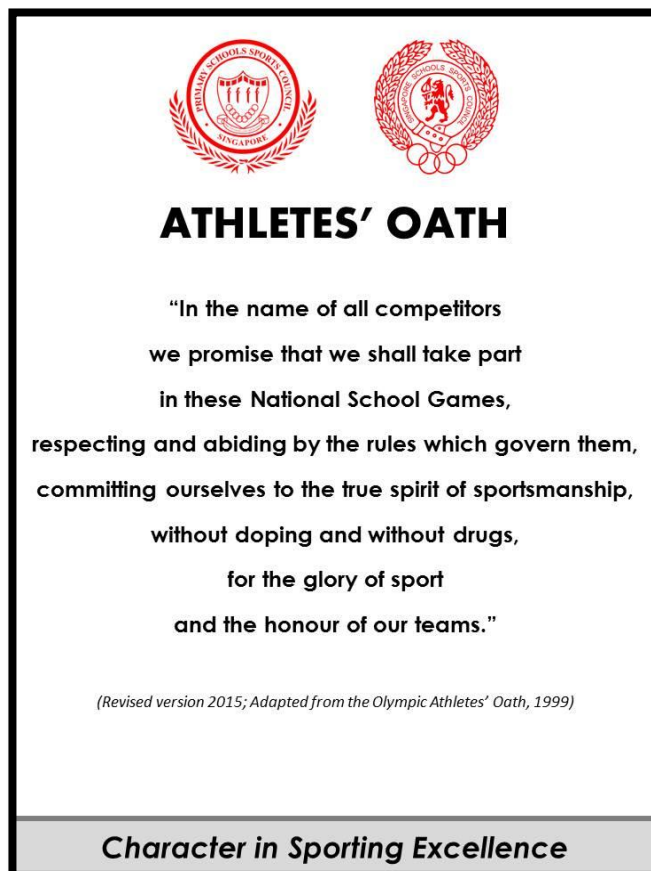
Motto

“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."*

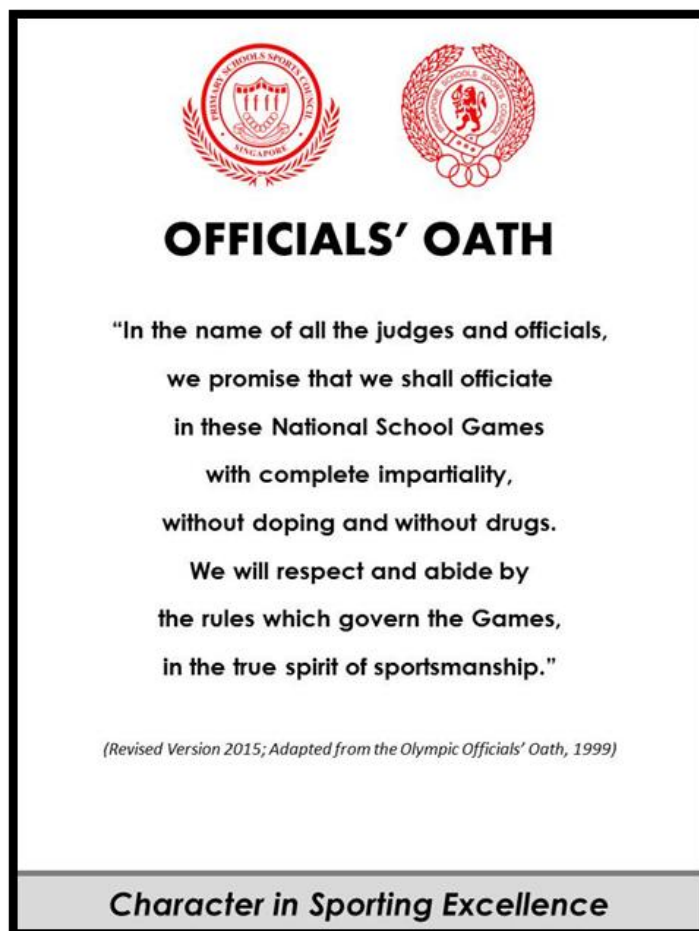
(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)

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 three (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:
 - 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.



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.

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 6 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	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 	Event-based Competitions / Individual Match-based Competitions_(e.g. Taekwondo (Kyorugi)) <ul style="list-style-type: none"> Adopt sports specific seeding approach that would meet the competition needs.

¹ Each participating team should minimally play 3 matches (i.e., cumulative across Zonal and National competitions; where applicable) in the course of competition. For Pool and League competitions, team 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.

<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="913 459 1346 847"> <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	
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. 																

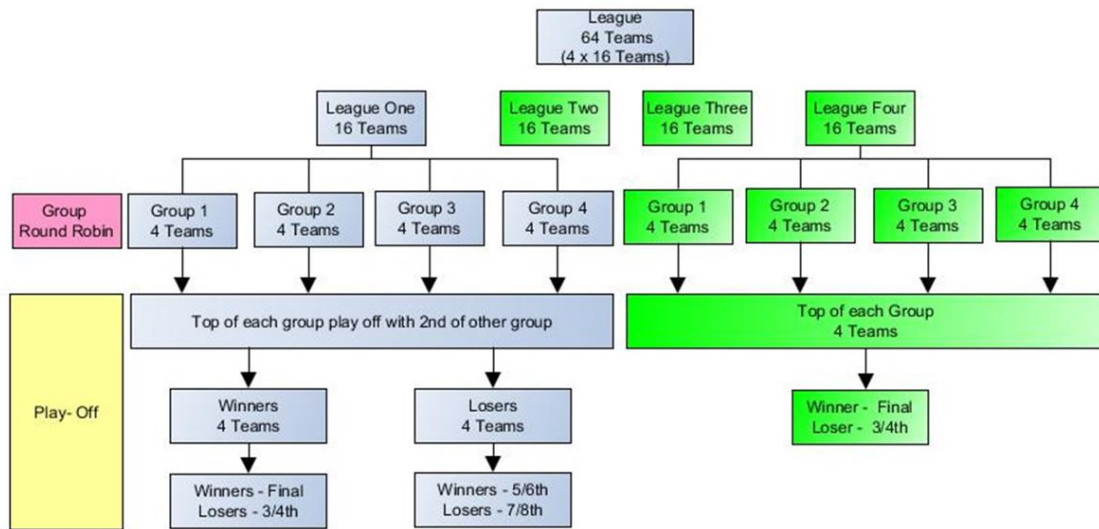
SUGGESTED CHAMPIONSHIP FORMATS FOR POOL-LEAGUE COMPETITION

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

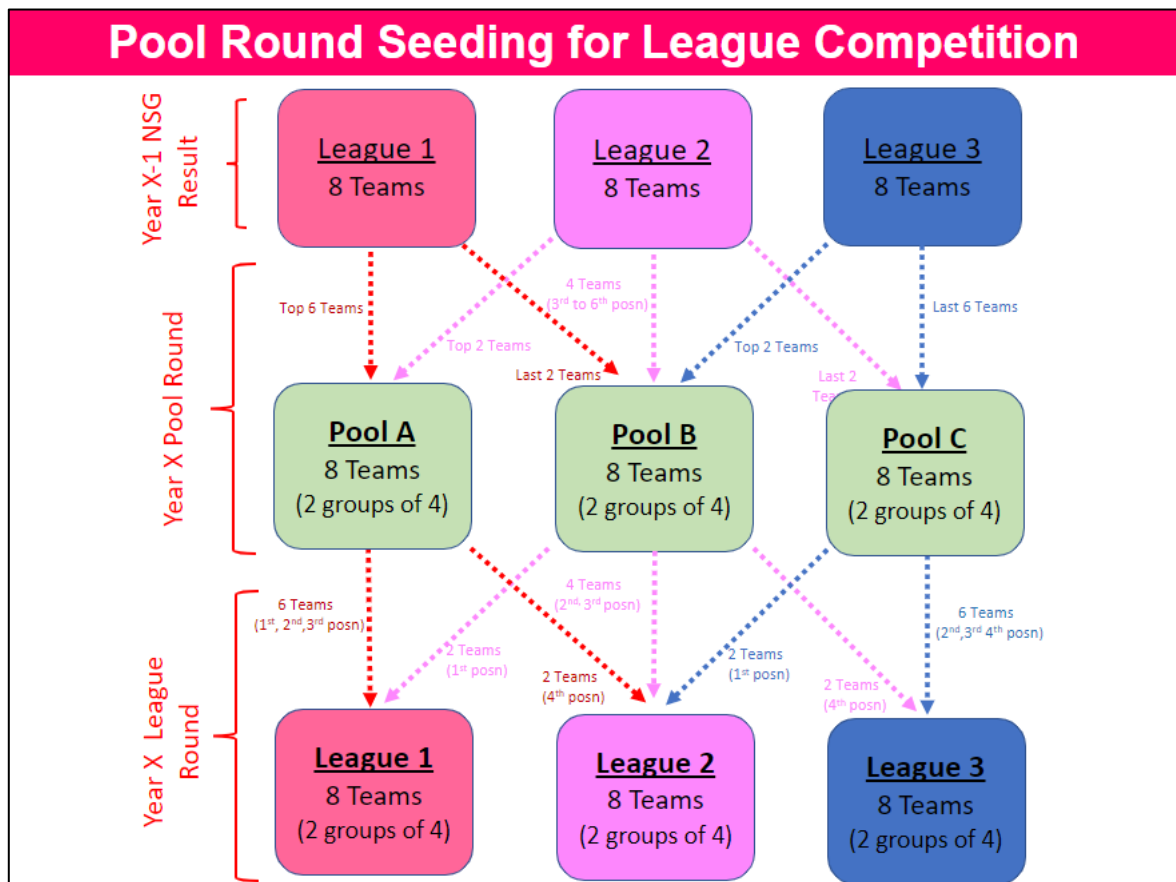
League – 64 teams (SSSC)



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.

**CHAMPIONSHIP FORMAT FOR RUGBY C DIVISION
POOL-LEAGUE COMPETITION**

Competition Format (C Division)

5 Teams in Pool A, 8 Teams in Pool B
 All teams in League 1 will move to Pool A.
 Top team from League 2 will move to Pool A.
 2nd, 3rd & 4th team from League 2 and all teams from League 3 will move to Pool B.

Pool A
 (5 Teams)
 Round Robin
 Format

Pool B
 (8 Teams)

B1 - 4 Teams

B2 - 4 Teams

No of Matches Per School
 Lowest no. of matches – 6
 Highest no. of matches – 8

Based on prelim results, teams will play off in 3 leagues

Top 4 Teams

5th Team

Top Team (B1, B2) +
 Winner of match bet
 2nd teams of B1 & B2

Loser of match between 2nd teams
 of B1 & B2 + 3rd & 4th teams

League 1
 1A vs 4A
 2A vs 3A

League 2
 (4 Teams)
 Round Robin
 Format

League 3
 (5 Teams)
 Round Robin
 Format

Finals
 3rd & 4th

Top 3 prizes in
 League 1
 Colours award
 awarded to top 4
 schools in league 1
 Top 2 prizes in
 League 2
 Top 2 prizes in
 League 3

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 Rugby 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) Bowling	g) Sailing
b) Canoeing	h) Shooting
c) Fencing	i) Swimming
d) Golf	j) Taekwondo
e) Judo	k) Track & Field
f) Gymnastics ¹	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:
 - SSSSC 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 (**Refer to [Annex F1](#)**) endorsed by the School Principal to parent/legal guardian and remind the SAR to bring a copy of the letter and produce 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 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.

<School Letter Head>

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

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

Terms and Conditions

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

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.

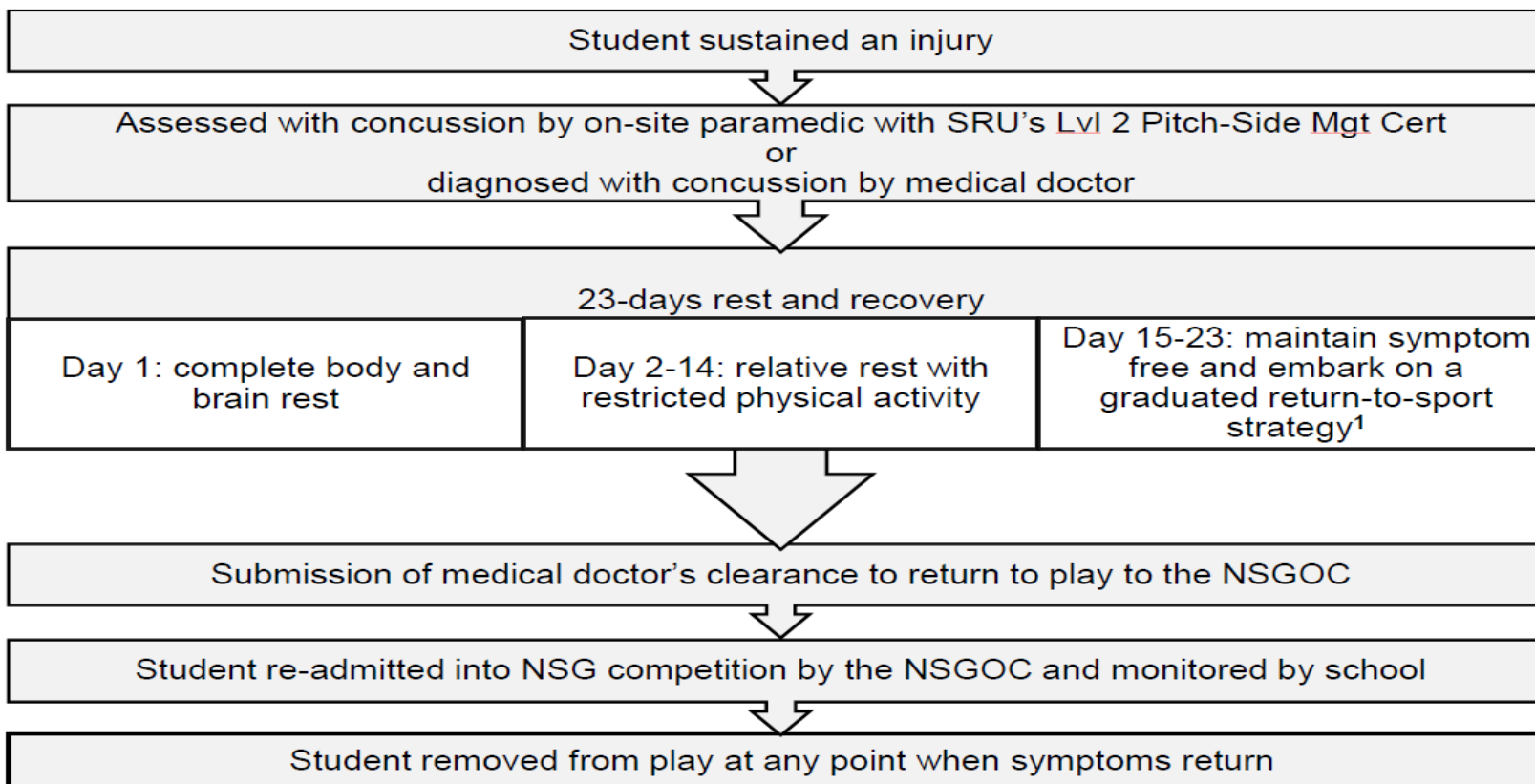
Annex H

SINGAPORE RUGBY UNION & NATIONAL SCHOOL GAMES RUGBY LAWS GUIDANCE SUMMARY- 15-A-SIDE MATCHES

Age group	U10 & 11	U12 & U13	U13-U14 (C Division)	U15-U17 (B Division)	U18-U20 (A Division)	POL-ITE
Ball size	4	4	5	5	5	5
Match duration	2X20 mins	2 x 25 mins	2 x 30 mins	2 x 30 mins	2 x 30 mins	2 x 35 mins
Time off for injury	No	No	Yes	Yes	Yes	Yes
Players on field	12	15	15	15	15	15
Max squad size	23 Rolling subs	23 Rolling subs	30incl. 6 front row 9 substitutions	30 incl. 6 front row 9 substitutions	30incl. 6 front row 9 substitutions	23 incl. 6 front row 8 substitutions
Pitch size	Full Field (minus 5m) 90m x 60m	Full Field 100m x 70m	Full Field 100m x 70m	Full Field 100m x 70m	Full Field 100m x 70m	Full Field 100m x 70m
Scrum	6 Players. Uncontested 3-2-1 formation	8 Players. Contested hook. 1.5m max push Ball must be released from scrum once hooked (1.5m drive only to secure the ball	8 Players. Contested hook. 1.5m max push Ball must be released from scrum once hooked (1.5m drive only to secure the ball	8 Players. Contested hook. 1.5m max push Ball must be released from scrum once hooked (1.5m drive only to secure the ball	8 Players. Contested hook. 1.5m max push Ball must be released from scrum once hooked (1.5m drive only to secure the ball	8 Players. Contested hook. 1.5m max push Ball must be released from scrum once hooked (1.5m drive only to secure the ball
Scrum half	Tunnel	Tunnel	Tunnel	Ball line until flanker's foot	Ball line until flanker's foot	Ball line until flanker's foot
Offside distance from scrum	5m	5m	5m	5m	5m	5m
Kick off	Place/Drop	Place/Drop	Drop	Drop	Drop	Drop
Restart after a try	Scoring side	Non Scoring side	Non Scoring side	Non Scoring side	Non Scoring side	Non Scoring side
Conversions	Yes. Fixed position in front of post	Yes. Inside 15m lines	Yes	Yes	Yes	Yes
Kicking in general play	Only in defending 22m	Only in defending 22m	Yes	Yes	Yes	Yes
Hand off (fend)	Brush off only. No hand off	Hand off below shoulder	Hand off below shoulder	Hand off below shoulder	Yes	Yes
Tackle	Yes					
Line out	All 'forwards' in the lineout Contested No lifting	All 'forwards' in the lineout Contested No lifting	Min 2 players Contested Lifting	Min 2 players Contested Lifting	Min 2 players Contested Lifting	Min 2 players Contested Lifting

Jan 2020

Concussion Management Workflow for NSG



¹ Refer to "Example graduated return-to-sport (RTS) strategy"