



**SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL
GENERAL RULES AND REGULATIONS FOR
NATIONAL SCHOOL GAMES SENIOR AND JUNIOR
DIVISIONS ROPE SKIPPING COMPETITIONS 2025**

(Updated as of 18 February 2025)

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PREAMBLE

This document outlines the rules and regulations for the conduct of and participation in the National School Games (NSG). These rules and regulations should be interpreted and implemented in alignment to the spirit of the SPSSC's Mission, Aspirations and Motto (**Refer to Annex A**).

SECTION A – ADMINISTRATIVE RULES AND REGULATIONS

1. ORGANISATION STRUCTURE AND GOVERNING BODIES

1.1 The National School Games (NSG) shall be conducted:

- 1.1.1 as governed by the General Rules and Regulations of the Singapore Primary Schools Sports Council (SPSSC).
- 1.1.2 according to the sport-specific rules and regulations that are modified to suit the level of our school students for safety / developmental reasons.
- 1.1.3 in adherence to the Baseline Safety Standards for the NSG.
- 1.1.4 according to the laws / rules established by the respective International Federations (IFs) / governing bodies.

1.2 National School Games Organising Committee (NSGOC)

1.2.1 The NSGOC shall consist of the following:

- a) Lead Convenor
- b) Convenors
- c) Lead Organising Secretary
- d) Organising Secretaries
- e) Game Advisor
- f) Game Manager / Game Executive
- g) Technical Committee
- h) Any other co-opted members deemed necessary

1.2.2 The NSGOC are empowered to appoint sub-committees and individual members to assist in the organisation and running of the NSG competitions as and when required.

1.2.3 The NSGOCs shall have sub-committees to perform the following roles and responsibilities (**Refer to Annex B**):

- a) Competitions: Organise and conduct the competition according to the rules and regulations, and established safety standards.
- b) Technical: Establish, review and update competition rules and regulations for the competitions and other matters necessary to provide for safe and developmentally appropriate NSG competitions.
- c) Recognition, Protest and Discipline: Manage recognition and discipline structures to support the desired outcomes of the NSG.
- d) Other functions necessary for the successful completion of the NSG sport that the NSGOC is in charge of.

2 AGE GROUPS / DIVISIONS/ NSG SPORTS CATEGORIES

- 2.1 All students shall compete in their respective divisions as stated in the table below:

Senior Division	Junior Division
1 Jan 2015	1 Jan 2017
1 Jan 2014 - 31 Dec 2014	1 Jan 2016 - 31 Dec 2016
1 Jan 2013 - 31 Dec 2013	1 Jan 2015 - 31 Dec 2015
2 Jan 2012 - 31 Dec 2012	2 Jan 2014 - 31 Dec 2014
1 Jan 2012*	1 Jan 2014*

* For students in this group, please refer to para 2.2

- 2.2 All students shall compete in the respective divisions set out in the Para. 2.1 **with the exception of those born on 1 January who have been given approval for deferment by MOE during P1 registration.** These students will compete in the division with the cohort that they are studying with.

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

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

- 2.3 All students can only be registered in one division of a sport within the same year.

- 2.4 Students aged 11 can play in either the Senior or Junior Division depending on their level of competency¹. Schools will make the decision based on what they deem to be the appropriate level of play for each 11-year-old concerned.

- 2.5 Age Dispensation

2.5.1 For Rope Skipping, 7-year-olds and 8-year-olds born in 2 Jan 2017 to 1 Jan 2019 may participate in the NSG Junior Division only.

2.5.2 Application has to be put forth by parents / guardians, endorsed by school Principals and submitted to respective NSGOCs for follow-up (**Refer to Annex C**).

2.5.3 Age dispensation is only applicable to the year of application.

- 2.6 Categories of NSG Sports

2.6.1 Rope Skipping is an event-based sport.

3. ENTRIES

- 3.1 Senior and Junior Division

3.1.1 Each school is eligible to enter only one team² in each of the following divisions:

a) Boys Senior Division

¹ Participating Schools should register their students for the Senior or Junior Division based on the students' level of competency and readiness.

² Schools can send more than 1 team in each division if approval to form a combined team with another school has been given.

- b) Girls Senior Division
- c) Boys Junior Division
- d) Girls Junior Division

3.2 Senior Division Team and Individual Entries

3.2.1 Each school is eligible to register the number of participants for individual and team events following the table as follows:

	Events	Number of Participants To Be Registered
Individual	Speed	3
	Double Under	3
	Freestyle	1
Team	Pair Freestyle	2 participants + 1 reserve
	Double Dutch	3 participants + 1 reserve
	Freestyle	4 participants + 1 reserve
	Speed Relay	4 participants + 1 reserve

3.3 Each participant will only be allowed to register in a **maximum of 2 individual and 2 team events**.

3.4 Junior Division Speed and Artistic Entries

		Events	Number of Participants To Be Registered
Speed	Individual	Speed	3
		Double Under	3
	Team	Double Dutch	3 participants + 1 reserve
		Speed Relay	4 participants + 1 reserve
Artistic	Individual	Individual	3
	Team	Pair	4 participants (2 teams of 2) + 1 reserve

3.5 Each participant will only be allowed to register in a **maximum of 2 individual and 2 team events**.

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 Registration constitutes representation, that is, once a student is registered to compete for a school, he or she is deemed to have

represented his or her school. Hence, the student is not allowed to represent another school in the same sport in the same year.

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

4.2 Registration Process

4.2.1 All registration must be submitted through the NSG Integrated system (NIS) Registration Module at <https://nsg.moe.edu.sg/nis/#!/login> by the stipulated closing date. This includes details of participants along with the necessary supporting documents including:

- a) Baseline Safety Standards Acknowledgement Form
- b) Supporting documents for Special / Transfer case students
- c) Other forms as determined by the respective NSGOs

4.2.2 Any requests for amendments or late registration after the closing date must be sent via email through the Principal to the Lead Convenor 2 working day before issue of the start lists³.

4.3 Replacement and addition of participants

4.3.1 Replacement of a registered participant is only allowed when that participant is no longer an official student of the school and if the school has maximised their registration numbers.

4.3.2 Addition of participants is only allowed for students who have joined the school after registration has closed and if schools have not maximised their registration numbers.

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

SECTION B – COMPETITION RULES & REGULATIONS

5. COMPETITION FORMAT

5.1 The following title will be contested at the NSG Rope Skipping competitions 2024:

- Senior Division Boys and Girls Divisional Championships (School Title)

5.2 **Senior Division**

5.2.1 For the Senior Division Championship, there must be a **minimum of three (3) registered teams from three (3) different schools** before a Divisional Championship can be organised.

5.2.2 For the Team competitions, there must be a **minimum of three (3) registered teams from three (3) different schools** before the Team competition can be organised.

³ The start (or equivalent) list should not be issued more than 10 working days before the start of competition.

5.2.3 For the Individual competitions, there must be a **minimum of three (3) registered individuals from three (3) different schools** before the Individual competition can be organised. Otherwise, the event shall be cancelled. Schools affected by the cancellation of events will be informed and they are allowed to re-register their participants in other available events.

5.2.4 The following categories are eligible for the Divisional Championship:

- Individual Speed (Senior Boys and Girls)
- Speed Double Under (Senior Boys and Girls)
- Speed Double Dutch (Senior Boys and Girls)
- Speed Relay (Senior Boys and Girls)
- Individual Freestyle (Senior Boys and Girls)
- Pair Freestyle (Senior Boys and Girls)
- Team Freestyle (Senior Boys and Girls)

5.3 Junior Division

5.3.1 For the Team competitions, there must be a **minimum of three (3) registered teams from three (3) different schools** before the Team competition can be organised.

5.3.2 For the Individual competitions, there must be a **minimum of three (3) registered individuals from three (3) different schools** before the Individual competition can be organised.

5.3.3 For the Individual competitions, there must be a **minimum of three (3) registered individuals from three (3) different schools** before the Individual competition can be organised. Otherwise, the event shall be cancelled. Schools affected by the cancellation of events will be informed and they are allowed to re-register their participants in other available events.

5.3.4 The following events will be contested in the Junior competitions:

- Individual Speed (Junior Boys and Girls)
- Speed Double Under (Junior Boys and Girls)
- Speed Double Dutch (Junior Boys and Girls)
- Team Double Dutch (Mixed Gender)
- Speed Relay (Junior Boys and Girls)
- Individual Artistic (Junior Boys and Girls)
- Pair Artistic (Junior Boys and Girls)

6. AWARDS

6.1 Senior Divisional Championship: The title shall be decided by all the results of the Team and Individual events organised in the Senior Division competition.

6.2 The tabulation of the point system for the Senior Divisional Championship will be as follows for the Speed and freestyle events:

Event/Position	1st	2nd	3rd	4th	5th	6th	7th	8th
Speed	9	7	6	5	4	3	2	1
Freestyle	18	14	12	10	8	6	4	2

6.3 For Speed and Double Under events, only points from the top 2 achievers will be used for calculation towards the Divisional Championships. The points from 3rd achiever onwards from the same school will not be used.

6.4 In the event of a tie in the Senior Divisional Championship, a tie breaker will be used to determine the eventual winner of the title. This tie breaker will be determined by counting the number of achieved placings (ie. 1st to 8th placings for each event) in all the events.

7. PRIZES

7.1 The number of prizes to be awarded at the National competition shall be as follows:

No. of Participants / Teams	Positions Awarded
3 - 4	2
5 - 6	3
7 - 8	4
9 - 10	5
11 - 12	6
13 - 14	7
and more	8

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

- A tie in the 1st place – the next best will be placed as 3rd placing
- A tie in the 7th place – there will be no 8th placing

7.3 Achievement Pins (for Junior Division only)

7.3.1 Achievement pins will be awarded to non-medallists who are the top 50% achievers in Speed events as follows:

Individual Speed

Award	Junior Boys	Junior Girls
Gold	60 and above	65 and above
Silver	55 - 59	60 - 64
Bronze	50 - 54	55 - 59

Double Under

Award	Junior Boys	Junior Girls
Gold	70 and above	70 and above

Silver	60 - 69	60 - 69
Bronze	50 - 59	50 - 59

Double Dutch

Award	Junior Boys	Junior Girls / Mixed
Gold	100 and above	105 and above
Silver	85 – 99	90 - 104
Bronze	65 - 84	70 - 89

Speed Relay

Award	Junior Boys	Junior Girls
Gold	235 and above	245 and above
Silver	215 - 234	230 - 244
Bronze	185 - 214	200 - 229

7.3.2 For Artistic events, achievement pins will be awarded to non-medallists who are the top 50% achievers.

8. REPORTING AND GRACE PERIOD

8.1 Participants must report with the Team Manager to the competitor steward punctually for attendance taking and warm up prior to their event according to the warmup and competition timings in the competition programme schedules. Grace period is not applicable.

9. POSTPONEMENT AND ABANDONMENT

9.1 Any postponement or abandonment⁴ of a match / event shall be determined by the NSGOC only.

10. WITHDRAWAL AND FORFEITURE

10.1 Any withdrawal⁵ or forfeiture⁶ 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.

⁴ Abandonment refers to any match / event that has started but cannot reach a natural conclusion and may be postponed or cancelled.

⁵ Withdrawal refers to discontinuing participation in the competition.

⁶ Forfeiture refers to inability to start or complete a match / event.

- 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.

11. WALKOUT⁷

Not applicable

12. CLARIFICATION AND PROTEST (Refer to Annex D)

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.

12.2 Competing Under Protest

- 12.2.1 If the TM has strong justification against the decision of the competition officials / NSGOC, the TM shall indicate their intention to compete under protest to the NSGOC or their representatives, who will inform all Competition officials and TMs involved in the affected match / event. These shall be done as soon as possible without disrupting the competition.
- 12.2.2 Any competition under protest and / or intent to lodge an official protest shall be officially recorded according to the 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 within one (1) working day after the match / event unless stipulated otherwise in the respective sport-specific rules.
 - c) Provide reasons and evidence for the protest.
 - d) Meets the requirements as stated in Para. 12.2.2.
- 12.3.2 Protests based solely on a decision involving the accuracy of judgement on the part of an umpire / referee / judge shall not be considered by the NSGOC.
- 12.3.3 A protest panel chaired by a Convenor will be formed within the NSGOC to deliberate on protests that have met all conditions in 12.3.1. Where there may be potential conflict of interest, the schools involved will not sit in the panel.

⁷ Wilful refusal to compete against the NSGOC's advice.

- 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 (Refer to Annex D)

- 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 Primary Schools Sports Council (SPSSC)
 - c) National Federation (NF) of the sport, with endorsement from SPSSC

15. TEAM MANAGER (TM)

- 15.1 The Team Manager (TM) will represent the school on all matters pertaining to the duty of care, student management and competition matters relating to the participants / teams from their school (**Refer to Annex 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 staff⁸ or School Adult Representative (SAR) (**Refer to Annex F**) 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**).

⁸ For TMs, MOE employed staff such as Education Officer, Contract Adjunct, Flexi Adjunct, EAS (AM, OM and CSO) and AED can be deployed.

- 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 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 All participating schools must provide judges based on the following criteria:

Number of Judges	Number of events participated
1	3 or less events
2	more than 3 events

- 17.2 School staff⁹ can serve as officials when required by Para. 17.1.
- 17.3 Schools should ensure that the appointed competition officials are present to fulfil their duties as scheduled by the Convenor and in alignment to Aspiration 3 (**Refer to Annex A**).
- 17.4 Where required by sport-specific rules and regulations, competition officials should declare any potential conflict of interest to the NSGOC before the start of the competition.
- 17.5 Registration and attendance of the nominated judges/officials for the Rope Skipping Judging Workshops are compulsory. Non-attendance would result in school not being able to participate in the Rope Skipping Competition.
- 17.6 The names of the officials / judges have to be registered through the submission link provided by the convenor.
- 17.7 The Organising Committee reserves the right to deploy the officials / judges accordingly to the needs of the competition. Though priority of the judges/officials is to serve as judges for Freestyle Events, they may also be deployed to serve as judges for both Speed and Freestyle Events.

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.

⁹ For competition officials, Education Officers, Contract Adjunct teachers, Flexi-adjunct teachers, Allied Educators, Relief teachers and Untrained teachers can be deployed.

- 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 where possible and in accordance with the sport-specific rules and regulations.

21. DANGEROUS MOVES, FALSE STARTS AND FALSE SWITCHES

21.1 Dangerous Moves

The following moves will be removed for safety reasons:

- a. Round Off
- b. Forward Handspring
- c. Backward Handspring

As such, these moves will be removed from the difficulty judging.

21.2 False Start

- 21.2.1 A 'False Start' occurs when the skipper starts to turn or move the rope(s) before the word "Go".
- 21.2.2 If a skipper commits a false start there will be a **5-point deduction** from the skipper's raw score.
- 21.2.3 If a false start is detected, the judges will not stop the skipper(s) and they will be allowed to complete the event.
- 21.2.4 In the event that there is a technical error (i.e. wrong song played, song is not played from the start), the skipper should not skip, or should stop skipping immediately. Should the skipper continue to skip more than 5 seconds into the song, the pupil is considered to have skipped and the skip would be judged. No restart would be allowed.

21.3 False Switch

- 21.3.1 A False Switch occurs when a skipper enters the ropes and starts skipping before the call of "Switch".
- 21.3.2 Single Rope Speed Relay: The second, third as well as the fourth skippers must not start before the call of "Switch".
- 21.3.3 If a skipper commits a false switch there will be a 5-point deduction from the skipper's score.
- 21.3.4 If more than 1 false switch is committed, there will be 5-point deduction from each false switch.
- 21.3.5 If a false switch is detected the judges do not stop the skipper(s), they will be allowed to complete the event. All judges will have to agree on the false switch.

22. EQUIPMENT AND AREA

- 22.1 Participants must have their own individual ropes.
- 22.2 All types of ropes can be used **except for metal ropes which are not encased with rubber or plastic.**
- 22.3 If a rope or handle breaks, a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However, a team or skipper may only have a maximum of two (2) attempts at the same event. The last attempt determines the score.
- 22.4 Schools must provide their own music in a thumb drive for the zone and national championships. The music (mp3/wma) files must be labelled with the name of the competitor/team, event and school. (e.g. JB_IND/PA/CRE_SCH).
- 22.5 The performance area is designated to be 12 metres by 12 metres for Freestyle events and 6 metres by 6 metres for Speed events. Routine completed outside the performance area will not be judged. For the safety of skippers, they must stay within the performance area.

23. TIMING OF EVENTS

23.1 The following are the timings for the events:

Individual Freestyle	45s – 75s
Double Under	30s
Speed	30s
Double Dutch	60s
Pair Freestyle	45s – 75s
Team Freestyle	45s – 75s
Speed Relay	2 minutes (30s per skipper)
Individual Artistic	<75s
Pair Artistic	<75s

23.2 Timing begins only when the skipper starts moving for Freestyle and Artistic events.

23.3 No penalty will be imposed on skippers who do not meet the minimum time requirement.

23.4 'Time' will be called at 75 seconds for Individual Freestyle, Pair Freestyle, and Team Freestyle for the Senior competition. 'Time' will be called at 75 seconds for Individual Artistic and Pair Artistic for the Junior competition.

23.5 No judging will be permitted after "Time" is called.

SECTION C – AMENDMENTS AND MATTERS NOT PROVIDED FOR

24. MATTERS NOT PROVIDED FOR

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

25. AMENDMENTS

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

26. LIST OF ANNEXES

A	SPSSC Mission, Aspirations and Motto
B	NSGOC Terms of Reference
B1	PDPA Notification
C	Age Dispensation
D	Clarification, Protest and Appeal Overview
E	Role of Team Managers
F	School Adult Representative (SAR)
F1	SAR Letter of Appointment
G	Code of Conduct for Coaches

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

MISSION, MOTTO AND ASPIRATIONS

Mission

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

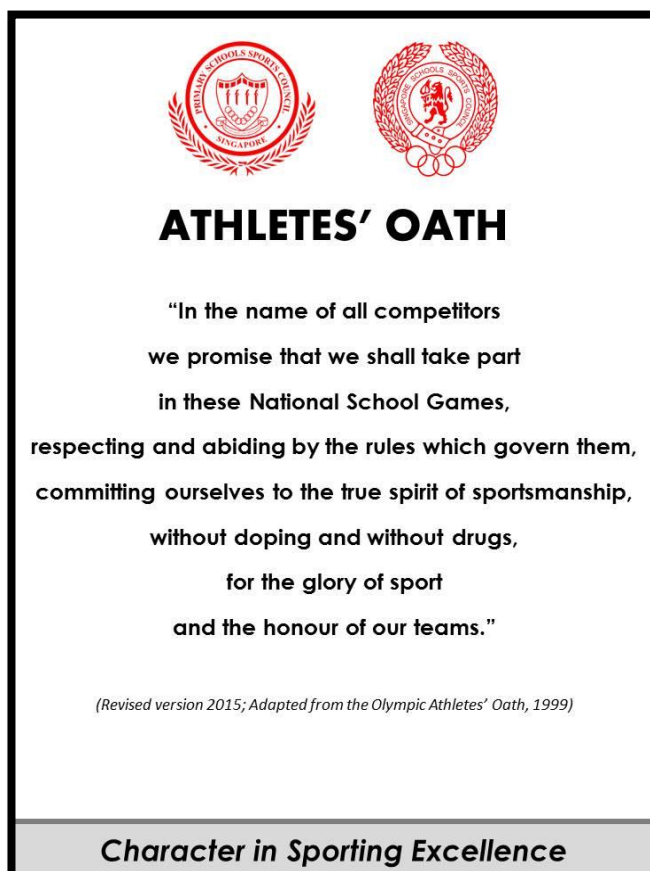
Motto

“Character in Sporting Excellence”

Aspiration 1: *Every athlete an honourable sportsperson*

Guiding Principle:

Athletes abide by the rules of the sport, give their best in training and competitions, win with integrity and humility, and lose with confidence and grace. They participate actively and are committed to being better in their sport. They respect their opponents, teammates, coaches, teachers and officials, and display exemplary conduct both on and off court.



Aspiration 2: *Every teacher and coach an inspiring role model and mentor*

Guiding Principle:

The teacher / coach endeavours to develop all athletes to their fullest potential. He focuses on student-centric and values-driven coaching. Teachers / coaches maintain a professional relationship with the athletes and ensure their safety and well-being at all times. As positive role models, they inspire and motivate the athletes towards greater heights.



COACHES' OATH

*In the name of all the coaches,
we promise to respect all athletes,
officials and coaches in these
National School Games.*

*We shall act in the best interest of the
athletes and schools,
without doping and without drugs.*

*We commit ourselves to ensure that the
spirit of sportsmanship and fair play is
fully adhered to and upheld always."*

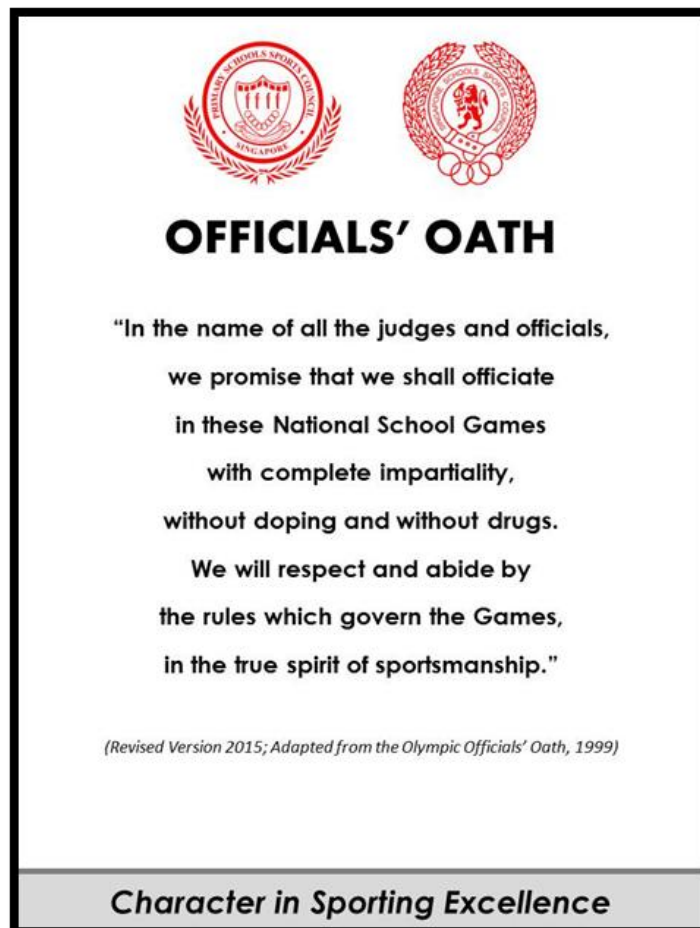
(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)

Character in Sporting Excellence

Aspiration 3: *Every official a fair, respectable and competent authority*

Guiding Principle:

The official is well-versed in the rules of the sport, and enforces the laws of the sport with impartiality. They are alert and act decisively when required. They ensure safety for all athletes and explain the rules when required. They uphold the professionalism of the sport.



Aspiration 4: *Every parent a supportive partner*

Guiding Principle:

Parents take interest in their child's training and competitions and prioritise their long-term development over winning competitions. They ensure proper nutrition and rest for their children, and actively enquire on their progress and development. They work with the teacher and coach, attend competitions and respect the decisions of competition officials.

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

Guiding Principle:

Spectators applaud excellence and fair play from all athletes regardless of which team they represent. Spectators show appreciation for the efforts of all athletes, teachers, coaches, officials and organisers. They should cheer to encourage and motivate as well as care for the athletes' well-being. Spectators are responsible and keep the venue safe and comfortable for all.



SPECTATORS' CREED

Be a Respectful Supporter

- Applaud excellence and fair play
- Appreciate the efforts of all athletes, teachers, coaches, officials and organisers

Be a Caring Motivator

- Cheer to encourage and motivate
- Care for athletes' well-being

Be a Responsible Spectator

- Keep the venue safe and comfortable for all
- Keep the venue clean

Character in Sporting Excellence

Aspiration 6: *Every game a safe and enriching learning experience*

Guiding Principle:

The format of competition is developmental and age-appropriate. The games provide athletes with the opportunity to display their sporting abilities, and be recognised for their achievements. Athletes enjoy the competitions, which are conducted under safe and conducive environments.

TERMS OF REFERENCE FOR SPSSC / SSSC NATIONAL SCHOOL GAMES ORGANISING COMMITTEES (NSGOCS)

The NSGOCS shall have sub-committees to ensure the successful organising and completion of their respective sports that includes but is not limited to the following functions:

1. COMPETITION

Organise the competition according to the rules and regulations, and established safety standards, including:

- a. Planning and Execution:
 - i. Work out the competition schedules, fixtures and venues required.
 - ii. Communicate with participating teams on all competition matters, including, but not limited to rules, dates, fixtures, venue, etc.
 - iii. Identify and appoint Competition Director (if applicable) for deployment of officials.
 - iv. Manage competition officials, venues, equipment, medical cover and logistics for effective and efficient conduct of the competition.

- b. Risk Assessment and Management:
 - i. Carry out risk assessment and management planning for each venue, including adherence to the baseline safety standards.
 - ii. Communicate relevant parts of the risk assessment and management plan to all relevant parties.
 - iii. Monitor and manage safety and security issues at the competition venue.

- c. Venue Management:
 - i. Ensure competition venues (including hosting schools and external venues) have the following in good condition to support the competition:
 - o Equipment
 - o Line Drawings (if applicable)
 - o Consumables
 - ii. Inform hosting Schools of competition schedule.
 - iii. Disseminate competition fixtures to all hosting and participating schools once fixtures are confirmed.
 - iv. Inform hosting and participating schools at least 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:
 - o Age grouping / division
 - o Format of competition
 - o Permitted equipment
 - o Field of play
 - o Duration of play; intervals
 - o Number of participants
 - o Substitution rules, etc.
- b. Identify and appoint the technical director and officials for each competition.
- c. Monitor and review baseline safety standards for the competition.
- d. Review and update competition rules and regulations annually and submit Games Recommendations to NSGOC or Council Standing Committee for approval, where necessary.

3. RECOGNITION, PROTEST AND DISCIPLINE

- a. Recognition
 - i. Develop and implement appropriate recognition (including recognition criteria), to support the desired outcomes of the National School Games (NSG), such as Sportsmanship Award.
 - ii. Collect and communicate good stories to relevant parties, including participating schools, MOE HQ and the media where appropriate.
 - iii. Plan and organise prize presentations for the competition.
- b. Protest
 - iv. Conduct investigations with all parties involved, in consultation with the Game Advisor and Lead Convenor.
 - v. Resolve all protests and respond to relevant parties on the outcome within a week of incident reported.
 - vi. Update SPSSC / SSSC Standing Committee on the outcome of the clarifications / protests, where necessary.
- c. Discipline
 - i. Conduct investigations pertaining to disciplinary cases with all parties involved, in consultation with the Game Advisor.
 - ii. Resolve all disciplinary cases and respond to relevant parties in a timely manner.

- iii. Develop disciplinary policies and systemise processes to manage students, teachers and coaches and competition officials for alignment to the Councils' mission, motto and aspirations.



National School Games Photography & Video Recording Notice



The Ministry of Education (MOE), its authorized photographers and videographers, and approved media broadcasters will be conducting photography and video recording at this event. The photographs and videos may be used by MOE for internal publication or publicity materials. Video footage of the event may be live-streamed on MOE's and the broadcasters' media platforms.

By entering this venue and taking part in this event, you consent to the collection, use, and/or disclosure of photographs and videos containing your personal data by MOE and the approved media broadcasters for the above purposes.

APPLICATION FOR AGE DISPENSATION

1. Age Dispensation refers to the approval given to 7 and 8-year-old students to participate in the Junior Division competitions organised by the Singapore Primary Schools Sports Council (SPSSC). It is only allowed for the following sports:
 - a) Badminton
 - b) Bowling
 - c) Golf
 - d) Gymnastics¹
 - e) Rope Skipping
 - f) Sailing
 - g) Swimming (Junior 1 only)
 - h) Table Tennis
 - i) Taekwondo (Poomsae)
 - j) Tennis
 - k) Track and Field (Junior 1 only)
 - l) Wushu
2. Age dispensation is only granted for that year of application in a specific-sport where the student can only compete in the applicable division as stated in the sport-specific rules and regulations.
3. The Age Dispensation Application Form is to be submitted by parents / guardians to the school Principal for endorsement. The endorsed application form must be submitted together with the school's registration through the NSG Integrated System (NIS) Registration Module on or before the stipulated closing date.

¹Boys Junior Under 9, Boys Junior Novice and Boys Junior Optional; Girls Junior I and Girls Junior III (Not applicable for Girls Junior II)

Age Dispensation Application Form

PART 1: TO BE COMPLETED BY PARENT / GUARDIAN

**Please indicate (X) accordingly.*

1. Sport Information								
(a) Select the Sport: (<u>only 1</u>)								
<input type="checkbox"/>	Badminton	<input type="checkbox"/>	Bowling	<input type="checkbox"/>	Golf	<input type="checkbox"/>	Gymnastics	
<input type="checkbox"/>	Rope Skipping	<input type="checkbox"/>	Sailing	<input type="checkbox"/>	Swimming	<input type="checkbox"/>	Table Tennis	
<input type="checkbox"/>	Taekwondo (Poomsae)	<input type="checkbox"/>	Tennis	<input type="checkbox"/>	Track and Field	<input type="checkbox"/>	Wushu	
(b) Year of Application (YYYY): _____								
2. Student's Information								
Name:		Sex*:	<input type="checkbox"/>	Male	<input type="checkbox"/>	Female		
NRIC:		Date of Birth (DD/MM/YYYY):	_____ / _____ / _____					
School:								
3. Parent's/ Guardian's Information								
Name:								
Contact No.		Relation*:	<input type="checkbox"/>	Father	<input type="checkbox"/>	Mother	<input type="checkbox"/>	Guardian
Email:								

Terms and Conditions of Application
<ol style="list-style-type: none"> 1. Parents / guardians have assessed that the child / ward is physically and mentally ready and deemed him / her to be suitable and ready to compete in the above-stated sport. 2. Parents / guardians are to keep the school informed of any changes to personal information. The school is to follow-up with NSGOC of the change promptly. 3. Child / Ward is only allowed to compete in the applicable sport and division as stated in the sport-specific rules and regulations for the year of application. 4. This application is subject to the school's endorsement.

By signing below, I acknowledge that I have read, understood, and will adhere to the terms and conditions as stated above.

Name of Parent/ Guardian:		Signature:	
		Date:	

FOR OFFICIAL USE ONLY

PART 2: TO BE COMPLETED BY SCHOOL

1. School's Information	
School:	
Name of Principal:	
Email of Principal:	<i>(CES email)</i>
Name of Team Manager/ School Coordinator (NSG):	
Email of Team Manager/ School Coordinator (NSG):	<i>(CES email)</i>
2. Rationale for Support by School²	

Name of Principal:		Signature:	
		Date:	

² Application not supported / endorsed by school is not required to be submitted to NSGOC. School to ensure that student-athlete and parents / guardians are informed of the decision.

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, in the event that they are not able to perform their duty during the entire competition duration. TMs who are SAR should contact the school for assistance in such situations.
10	Cooperate with NSGOC & officials and abide by the rules and regulations of the competition to facilitate the smooth conduct of the competition and be a good role model for the participants.
11	Submit participant / team list and other necessary documents when required.
12	Manage the coaches, participants and spectators, if any, to ensure that they adhere to the General and sport-specific and rules and regulations Code of Conduct given in the rules and regulations.
13	Perform the duty of care for the participants' safety and well-being including: <ul style="list-style-type: none"> • Checking that participants are well enough to compete, • Reminding students to remain hydrated. • Having a first aid kit available. • For long duration competitions where students will need to consume a meal, the SAR should ensure that students have sufficient time for their meal.
14	Contact the school immediately in the event of an injury or emergency.
15	Consult school leaders for all media related matters.

16	Represent the school in matters pertaining to clarifications / protests / appeals (as required by the sport).
17	Accompany participants at disciplinary board meetings if the occasion arises.
18	Attend to any other matters pertaining to the duty of care, student management and competition matters relating to the participants from their school.

SCHOOL ADULT REPRESENTATIVE (SAR)

1. The School Adult Representative (SAR) scheme aims to support schools in balancing the numerous competition opportunities for students and managing staff resources. SAR should be parents/legal guardians of one of the participating student-athletes in the session.
2. Schools may appoint suitable SAR as Team Managers for the sports listed.

a) Badminton (Junior Div)	g) Swimming
b) Bowling	h) Table Tennis (Junior Div)
c) Golf	i) Taekwondo
d) Gymnastics ¹	j) Tennis (Senior and Junior Div)
e) Rope Skipping	k) Track & Field
f) Sailing	l) Wushu

¹ For Artistic Gymnastic, 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 of the sport.

3. SAR may be deployed to manage up to a maximum of 3 student-athletes for each session of the sport.
4. When there is more than one student-athlete in a session, SAR should be supported by parent chaperones (PC) who should be parents / legal guardians of the participating student-athletes. PC should accompany their own children to and from the competition venue and be responsible for their children's safety and well-being throughout the competition.
5. SAR are encouraged to be trained in first aid.
6. When appointing SAR, schools should:
 - Appoint an Education Officer (EO) as the **School Coordinator**, to serve as liaison between the SAR and the NSGOC.
 - Arrange and conduct a briefing for the SAR on their duties including:
 - SPSSC General and Sport-Specific Rules and Regulations
 - Safety protocols
 - Roles of TMs (Refer to Annex G)
 - Other school-specific SOPs or requirements
 - Be represented by 1 SAR per session only.
 - Ensure that PC are present to oversee their own children's / ward's safety and well-being when the SAR is on duty.
 - Issue the SAR Letter of Appointment (Annex H1) endorsed by the School Principal.

Frequently Asked Questions

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

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

2. Can schools send an SAR for a team sport or event at the SPSSC NSG?

No. For all team sports or events, schools must send a **school staff** to be the Team Manager.

3. What happens when an appointed SAR is not able to be present for duty or needs to leave before the end of a competition?

The SAR should follow the school's current standard operating procedure for managing such situations and contact the school immediately to arrange for a replacement. An appropriate replacement should be provided by the participating school.

4. If the SAR needs to accompany his/her child to the hospital before the end of the competition, what are the standard procedures?

Please refer to Q6.

5. If any of the parent chaperones does not turn up or needs to leave before the competition ends, what are the standard procedures?

The SAR should call the School Coordinator to seek advice and assistance. The student whose parent is absent, may not be allowed to compete.

6. Is there a different set of Baseline Safety Standards (BSS) School Acknowledgement Form for schools represented by SAR?

The same form will be used. 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 SAR who shall represent the school in the National School Games competition for the sport and dates given only.
2. The SAR shall believe in and support the Council's mission, motto and aspirations and support the involvement of the students under their charge in the competitions and events with a strong educational focus.
3. The SAR shall perform the roles and responsibilities of the SAR including:
 - a. Representing of the school as a Team Manager (TM) (Refer to Annex G for the main roles and responsibilities of a TM.)
 - b. Attending all briefings and meetings conducted by the school for SAR.
 - c. Work and coordinate with PC, if any, to facilitate a good participation experience for all participants including:
 - Establishing contact with PC and keeping them informed on the competition schedules and other necessary information.
 - Ensuring that all participants are present and PC are present to oversee their own children's/ward's safety and well-being. SAR should contact the school coordinator for assistance immediately if they are unable to contact the PC and/or the participant.
 - d. Being professional in the discharge of their duties. They should not bring along any other students or children who are not involved in the competition for that day so that they can more effectively discharge their duties.

- e. Observing and complying with all rules, policies, procedures, expectations, and codes of conduct of the School, Singapore Primary Schools Sports Council (SPSSC) and the applicable sporting body as may be issued from time to time.
 - f. Take all necessary precautions to ensure the safety, security, health and wellbeing of the students under their charge.
4. The SAR shall declare to the school if he/she is under investigation for any criminal offence by any authority in Singapore or elsewhere or is facing disciplinary proceedings by any sporting body in Singapore or elsewhere.
 5. Except with the written consent of the school, the SAR shall not disclose any information or material furnished by the school or make any statement or representation on behalf of the school to any media or any person not related to the NSG Organising Committee.
 6. The SAR shall not make use of any information obtained directly or indirectly from the course of his/her duty, other than for the conduct of the NSG, unless prior written approval has been given by the school.
 7. The SAR declares that, at the date of entering into this Agreement, there is no conflict of interest in the performance of this service, and of its obligations under this Agreement.
 8. The appointment is subject to the meeting of the above terms and conditions and may be revoked by the school or SPSSC if they are breached.

Name & Signature of SAR

Date

Name & Signature of Principal

School Stamp

Date

CODE OF CONDUCT FOR COACHES

No	Description
1	Coaches must be good role models and are expected to conduct themselves well in carrying out their duties.
2	They are to observe the rules and regulations of the National School Games and honour the Coaches' Oath.
3	They should not replace the role of the Team Manager.
4	They are to prepare the training schedule for the team, in consultation with the Head of Department (HOD) and the teacher-in-charge (i.e., Student Development Programme).
5	It is the responsibility of coaches to adhere to the rules and to be well versed with the competition rules.
6	They are not allowed into the field of play except where the rule of the sport requires the presence of the coach.
7	They cannot represent the school in any matters.
8	They must not interfere with the organisation of the competition.
9	They are not allowed to approach the officials to query their decisions. Only Team Managers are allowed to approach officials to seek clarifications.
10	They must ensure that the student participants have adequate rest and are given water breaks.
11	Coaches should refrain from using foul language or speak in a tone not becoming of proper behaviour.
12	Coaches violating the rules will be asked to leave the competition arena.
13	Action will be taken against the school if the coaches fail to comply with the competition rules.