



**SINGAPORE SCHOOLS SPORTS COUNCIL
GENERAL RULES AND REGULATIONS FOR
NATIONAL SCHOOL GAMES CROSS COUNTRY 2025**

(Updated as of 17 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 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 sport-specific 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 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 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 There must be a minimum of three (3) registered individual entries from three (3) different schools before a Championship can be organized.

3.2 Each school is eligible to enter only one team per division per sex.

4. REGISTRATION OF PARTICIPANTS

4.1 Eligibility

- 4.1.1 Only official students of the school can represent the school.
- 4.1.2 Students requesting for a transfer may only represent their new school when the transfer has been officially effected.
- 4.1.3 International students can only be registered to compete for their school **after** they have been issued with the student passes from the Immigration and Checkpoints Authority (ICA).
- 4.1.4 Students who are in the schools on exchange programmes are not allowed to represent the school.
- 4.1.5 Students granted Leave of Absence (LOA) by MOE are allowed to represent the school.
- 4.1.6 Students who have qualified for the Polytechnic Foundation Programme (PFP) can represent their school only up till 31 January of the competition year.
- 4.1.7 Registration constitutes representation, that is, once a student is registered to compete for a school, he or she is deemed to have represented his or her school. Hence, the student is not allowed to represent another school in the same sport in the same year.
- 4.1.8 The fielding of unregistered players will result in a forfeiture of the matches / events concerned (**Refer to [Para. 10](#)**).

4.2 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 NSGOCs
- 4.2.2 Any late or amendments to the registration after the closing date must be sent via email through the Principal to the Lead Convenor
 - 4.2.2.1 The request by schools to register after the closing date of the registration period will be managed on a case-by-case basis.
 - 4.2.2.2 No late or amendments to the registration will be considered after the date reserved for number tag collections by schools (TMs).

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 replacement (Para. 4.3.1) or addition (Para. 4.3.2) after registration has closed, must be sent via email through the Principal to the Lead Convenor at least one (1) working day before the event.
- 4.4 The registration period is from **Monday 19 February (2:00pm) to Monday 5 April (11:59pm) 2024**
- 4.4.1 Schools (TMs) are required to check registration completion before the closing date and print the Summary Report of the registration.

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 can be organised in Direct National format.
- 5.3 A maximum of six (6) athletes are allowed to run per division per sex and only four (4) finishers will be counted for division placings.
- 5.4 Schools who field more than six (6) athletes at the start line may result in the disqualification of all results available at the competition.
- 5.5 Runners will be flagged off in a Staggered Start format in waves per division per sex.
- 5.6 The running distance for the A and B Division Boys is approximately 4.6-4.8km.
- 5.7 The running distance for the C Division Boys and All Divisions Girls is approximately 3.6-3.8km.
- 5.8 There will be a U-Turn (intermediate check point) section for both race distances.

6. AWARD OF LEAGUE POINTS (NOT APPLICABLE)

7. AWARDS

- 7.1 Individual Medals
- 7.1.1 The First Twenty (20) Individual Winners in each division & sex shall receive medals.
- 7.1.2 At the conclusion of the race, the First Twenty (20) finishers for each division & sex having the lowest personal finishing timing shall be declared Individual Winners (from lowest to highest timing).
- 7.2 Division Trophy
- 7.2.1 The First Four (4) Divisional Winners for each division & sex shall receive a trophy
- 7.2.2 At the conclusion of the race, the SCHOOL with the First Four (4) finishers having the lowest aggregate finishing timing shall be declared the first Divisional Winner for each division & sex. The SCHOOL's four (4) finishers, with the next lowest aggregate shall be declared the second Divisional Winner and so on.
- If a **SCHOOL** has less than four (4) finishers, it will not be in contention for the divisional winner.
 - In the event of a tie between 2 or more SCHOOLS, it shall be resolved in favour of the SCHOOL whose last positioned member finishes lowest

in the ranking of individual finishing timing for runners of that race category (per division & sex).

8 REPORTING AND GRACE PERIOD (NOT APPLICABLE)

9. POSTPONEMENT AND ABANDONMENT

9.1 Any postponement or abandonment¹ of a match / event shall be determined by the NSGOC only.

9.1.1 The default postponement plan is to conduct the competition on the following day (Reserve Date) using the same time flow.

10. WITHDRAWAL AND FORFEITURE

10.1 Any withdrawal² or forfeiture³ can be considered contrary to the spirit of the NSG and can result in a walkover when the fixtures / competition schedule has been issued.

10.2 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 sports specific rules and regulations.

11. WALKOUT⁴

11.1 Staging a walkout is considered a serious breach of conduct and contrary to the spirit of NSG.

11.2 Participants that stage a walkout shall be subject to disciplinary action (**Refer to [Para 19](#)**).

11.3 A written explanation from the school(s) duly endorsed by the Principal shall be submitted to the Lead Convenor and copied to the Game Advisor within 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 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

¹ Abandonment refers to any match / event that started but cannot reach a natural conclusion and may be postponed or cancelled.

² Withdrawal refers to discontinuing participation in the competition.

³ Forfeiture refers to inability to start or complete a match / event.

⁴ Wilful refusal to compete against the NSGOC's advice.

- 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 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.
- 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) of the sport, with endorsement from SSSC

15. TEAM MANAGER (TM)

- 15.1 The Team Manager (TM) will represent the school on all matters pertaining to the duty of care, student management and competition matters relating to the participants / teams from his / her school (**Refer to [Annex E](#)**).

- 15.2 Participants / teams must be accompanied by a TM who shall remain with the team throughout the duration of play. The absence of a TM will result in a forfeiture of the matches / events concerned (**Refer to [Para. 10](#)**).
- 15.3 The TM shall be a school staff⁵ 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](#)**).
- 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 Where required, participating schools shall provide competition officials based on the requirements of the sport-specific rules.
- 17.2 School staff⁶ and students can serve as officials when required by **Para. 17.1**.
- 17.3 Schools should ensure that the appointed competition officials are present to fulfil their duties as scheduled by the Convenor and in alignment to Aspiration 3 (**Refer to [Annex A](#)**).
- 17.4 Where required by sport-specific rules and regulations, competition officials should declare any potential conflict of interest to the NSGOC before the start of the competition.

18. SPECTATORS

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

19. SERIOUS BREACH OF CONDUCT

⁵ MOE employed staff such as Education Officer, Contract Adjunct, Flexi Adjunct, EAS (AM, OM and CSO) and AED.

⁶ Education Officers, Contract Adjunct teachers, Flexi-adjunct teachers, Allied Educators, Relief teachers and Untrained teachers.

- 19.1 A Disciplinary Panel comprising members of the NSGOC will be formed to investigate the breach.
- 19.1.1 A convener 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.
- 20.2 All registered runners will be given a personalized (school and name of runner) number tag that is embedded with a timing chip.
- 20.3 Schools (TMs) will also be given numbered stickers to assign the runners at the appropriate and corresponding running waves.

21. SAFETY

- 21.1 Participating schools are to ensure that a First Aid Trained / Certified staff or chaperone is present at the competition.
- 21.2 The following areas are for strict compliance for all participating schools.
- 21.2.1 Baseline Safety Standards (BSS) Must be uploaded onto NIS (Cross Country) Registration Module with Principal's endorsement during registration for the registration to be considered as complete.
- 21.2.2 Participating schools' commitment to ensure student-athletes' readiness to compete.
- 21.3 Participating schools may refer to the online access of NSG's Sports Management info and resources on MOE Intranet - [SSMNSG](#)

22. KEY DATES, VENUES AND RACE SCHEDULE

- 22.1 The key dates for the competition and Race Day schedule are listed at Table 1 and 2 respectively below:

Table 1

Date	Area	Time	Location	Remarks
Friday 24 Jan	Email Notice to schools	NA	NA	Schools Admin Managers, NIS based Key Personnels and Team Managers) SPED schools to be notified separately
	Information for all	NA	NA	2025 NSG Cross Country Championships Guide
Friday 14 Feb	Team Manager (TM) Meeting	3:30pm to 5:00pm	St. Joseph's Institution 38 Malcolm Rd S308274 LT 2 (L3)	Visiting TMs, if driving may park within the school premise at first come first serve basis Sign in at Security Office Proceed to LT2 via Lift following direction signs
18 Feb (2:00pm) to 14 Apr (6:00pm)	Registration Period for 2025 NSG Cross Country Championships	NA	NIS LINK	For registration related changes that are tracked after the Registration Period, the student athlete will only receive a generalized Number Bib
Tue 18 Mar	Confirmation of Race Route and Details of TM Race Route Recce	NA	NA	2025 NSG Cross Country Championships Guide
Tue 25 Mar	Decision Point for Race Route venue Race Route Recce for TMs	7:45am to 10:00am	To be Confirmed	In view of race route changes, a recce will be planned to familiarize all TMs Refer to Point 22.2 for updates
Thurs 8 May	Number Bib Collection by TMs or Sch Rep	1:00pm to 5:00pm	PSOEB	21 Evans Road S259366 MERSC Lounge
Tue / Wed 13 / 14 May	Race Day	7:30am to 11:30am	To be Confirmed depending on Race Route	Wed 14 May is the Backup Race Day in the event of cancellation or disruption on 13 May e.g. inclement weather Race route to be updated
15 – 22 May	Sportsmanship Award Nomination	NA	NIS LINK	Team Managers to nominate deserving student athletes

22.2 The dates, timings and location may be subjected to changes – schools will be notified via updates placed at Cross Country Section of [NSG NIS Portal](#) and/or [2025 NSG Cross Country Championships Guide](#) and/or [NSG MOE](#)

22.3 The competition will be held at OCBC Square (Stadium Walk, beside Kallang Wave Mall) / Sports Hub vicinity OR Temasek Polytechnic / Bedok Reservoir.

23. RACE ROUTE

23.2 The following factors are considered with regards to the NSG Cross Country Competition Race Route. Changes to the race route remain possible and all schools will be updated.

23.2.1 Overall safety for all participants

- 23.2.2 Simple and direct route as far as possible
- 23.2.3 Facilitates the setup of areas for First Aid Post and Officials and proximity to key amenities.
- 23.2.4 Consultation with various external personnel e.g. coaches, runners, vendors etc
- 23.2.5 Clearance and feedback from various external agencies e.g. NParks LTA, SLA etc
- 23.3 The key supporting and administrative features of the race route include the following:
 - 23.3.1 All runners must adhere strictly to the designated route and direction of run.
 - 23.3.2 All runners should stay on the left section of the route as much as possible.
 - 23.3.3 All schools are to be always mindful of the shared usage and etiquette of PCN and should avoid the race route as much as possible.
 - 23.3.4 Directional signs and marshals will assist to direct runners at turns and intersections required on the route.
 - 23.3.5 The First Aid Posts, along the route will be manned by trained school staff from the convening schools.
 - 23.3.4 A medical suite comprising a doctor, paramedics, roving first aiders and emergency vehicles is included.

SECTION C – AMENDMENTS AND MATTERS NOT PROVIDED FOR

24. MATTERS NOT PROVIDED FOR

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

25. AMENDMENTS

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

26. LIST OF ANNEXES	
A0	NSG Cross Country Competition specific Information and Rules & Regulations
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)
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 school-athletes to support character development through the pursuit of sporting excellence”

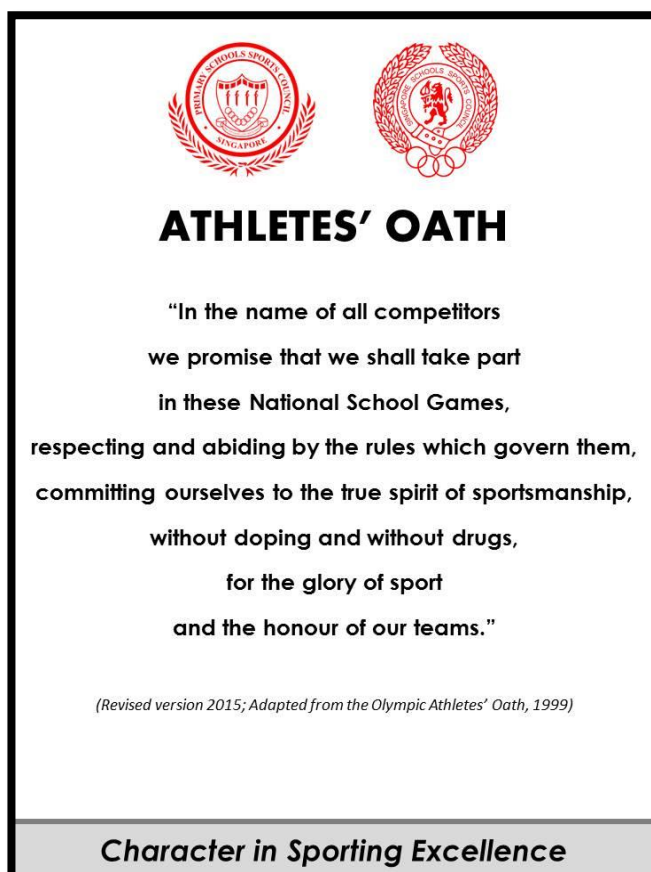
Motto

“Character in Sporting Excellence”

Aspiration 1: *Every athlete an honourable sportsperson*

Guiding Principle:

Athletes abide by the rules of the sport, gives their best in training and competitions, wins with integrity and humility, and loses 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 displays 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."*

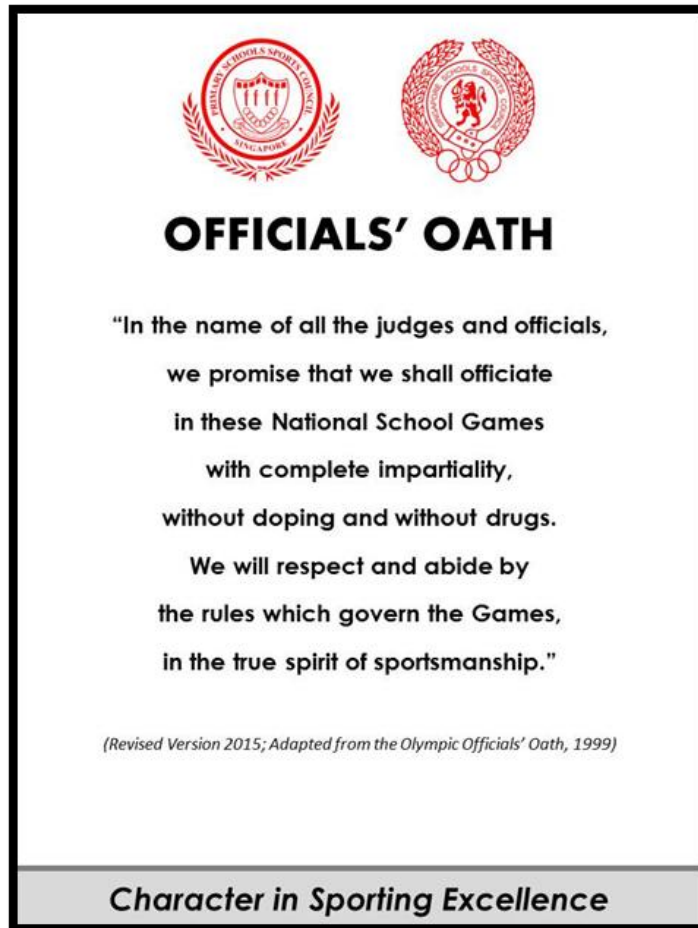
(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)

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 acts decisively when required. They ensure safety for all athletes and explains 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 prioritises their long-term development over winning competitions. They ensure proper nutrition and rest for their children, and actively enquires on their progress and development. They work with the teacher and coach, attends competitions and respects the decisions of competition officials.

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

Guiding Principle:

Spectators applauds excellence and fair play from all athletes regardless of which team they represent. Spectators shows 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 in 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 4 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 Tiered and League competitions, team should minimally play 6 matches. 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="913 432 1348 817"> <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.

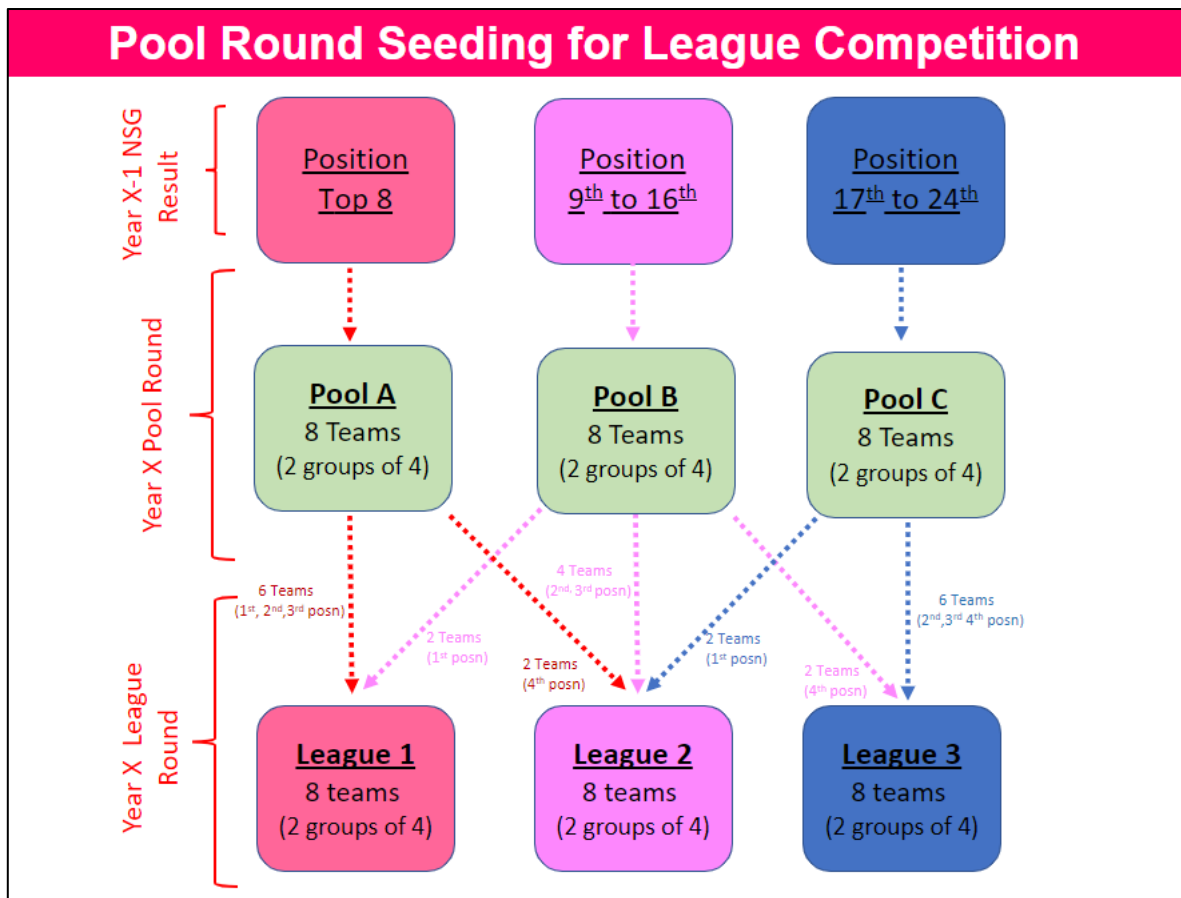
Examples to illustrate for League Competition

Example 1: For sports that are moving from Zonal-National to the Pool-League format.

Using preceding year's National Competition result for seeding. (*This example will be removed in 2025*)

Pool A	<ul style="list-style-type: none">• The National Top 8 will be placed in Pool A.• The top 4 teams will be seeded and placed in 2 different groups within Pool A.• No more than two seeded teams shall be drawn into the same group.• The remaining 4 teams will be randomly drawn into groups within Pool A.
Pool B	<ul style="list-style-type: none">• The next 8 teams (Position 9th to 16th) will be placed in Pool B and will be randomly drawn into the groups.
Pool C	<ul style="list-style-type: none">• The remaining teams (Position 17th to 24th) will be placed in Pool C and will be randomly drawn into the groups.

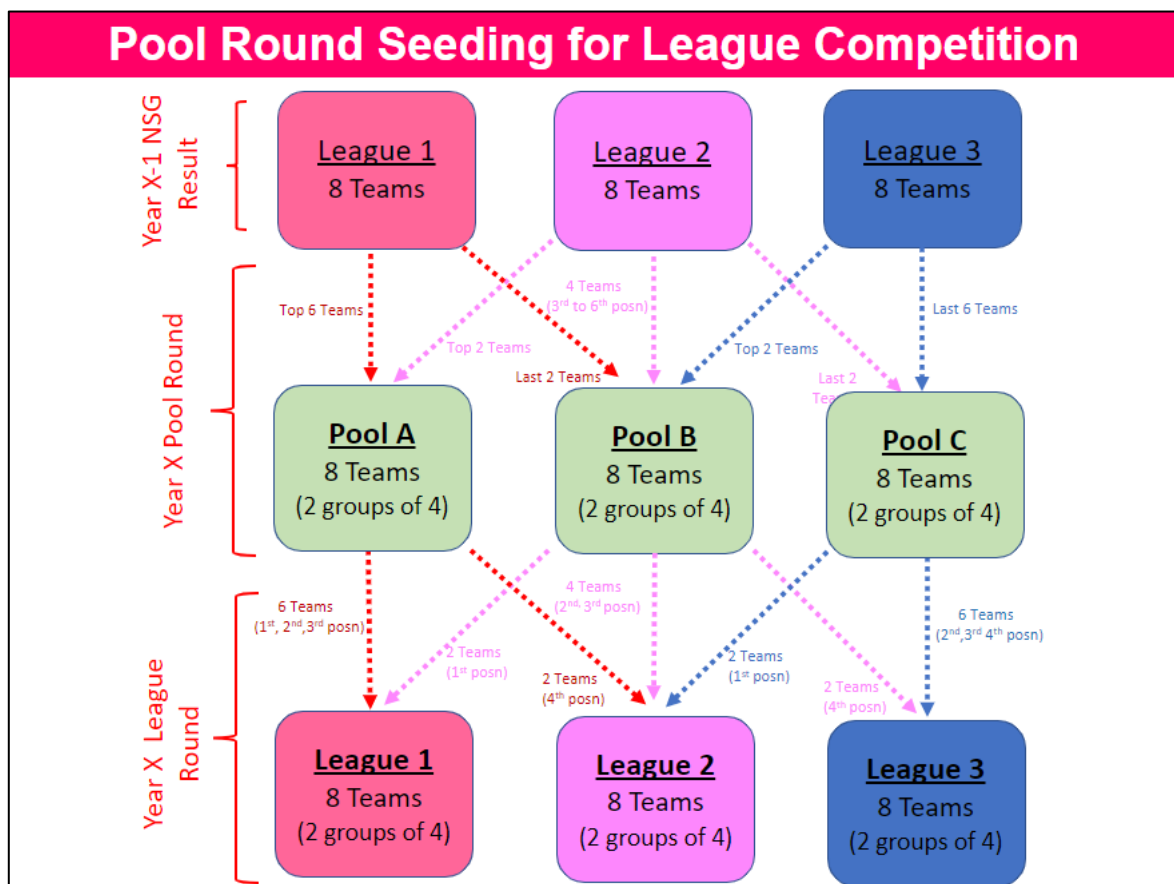
For a National Competition with 24 teams, porosity to Pool round should be in place as shown below.



Example 2: 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.

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) 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 Artistic Gymnastic and Trampoline, 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:
 - 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.

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. 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 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 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 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.