

**SINGAPORE SCHOOLS SPORTS COUNCIL
SPECIFIC RULES AND REGULATIONS FOR TRAMPOLINE 2022**

A, B & C DIVISIONS 2022

PREAMBLE

This document outlines the rules and regulations for the conduct of and participation in the National School Games (NSG) 2022. This is subject to possible changes in prevailing national posture. Updates will be communicated to participating schools when required.

(Items not relevant to the competitions for NSG A, B & C Divisions 2022 are shown as strikethrough items.)

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SECTION A – ADMINISTRATIVE RULES & REGULATIONS

1. ORGANISATION STRUCTURE AND GOVERNING BODIES

1.1 The NSG shall be conducted:

- 1.1.1 as governed by the Rules and Regulations of the Singapore Schools Sports Council.
- 1.1.2 according to the laws/rules established by the Federation Internationale de Gymnastique (FIG) Code of Points 2022-2024 for Trampoline.
- 1.1.3 adhering to the Baseline Safety Standards for National School Games.
- 1.1.4 In the event that the rules and regulations are modified for safety /developmental reasons to suit the level of our students, it **will** be clearly stated in the respective sport rules and regulations,
- 1.1.5 In the absence of a set of recognised rules to govern the occurrence of situations during the competitions, the respective National School Games Organising Committee shall make **the final decision.** ~~with reference to the rules of the prevailing International Federations.~~

1.2 NATIONAL SCHOOL GAMES ORGANISING COMMITTEE

- 1.2.1 The National School Games Organising Committee (NSGOC) shall consist of the following:
 - a) The National Convenor,
 - b) The Game Advisor,
 - c) The Zonal Convenors,
 - d) Organising Secretaries and
 - e) Any other co-opted members deemed necessary.
- 1.2.2 The NSGOC is empowered to appoint sub-committees and individual members to assist in the organisation and running of the Championship as and when required.
- 1.2.3 The NSGOCs shall have sub-committees to perform (but is not limited to) the following functions (Terms of Reference for NSGOCs can be found in SSSC General R&R):-
 - a) Technical: Establish, review and update competition rules and regulations for the competitions and other matters necessary to provide for developmentally appropriate NSG competitions
 - b) Competitions: Organise and conduct the competition according to the rules and regulations, and established safety standards
 - c) Recognition, Appeal 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 / DIVISION

2.1. All students shall compete in their respective divisions according to their year of birth* as follows:

A Division*	1 Jan 2002 <i>(subject to conditions laid out in para 2.2)</i> 2 Jan 2002 - 31 Dec 2002 1 Jan 2003 - 31 Dec 2003 1 Jan 2004 - 31 Dec 2004 1 Jan 2005 - 31 Dec 2005 1 Jan 2006
B Division*	1 Jan 2005 <i>(subject to conditions laid out in para 2.2)</i> 2 Jan 2005 - 31 Dec 2005 1 Jan 2006 - 31 Dec 2006 1 Jan 2007 - 31 Dec 2007 1 Jan 2008
C Division*	1 Jan 2008 <i>(subject to conditions laid out in para 2.2)</i> 2 Jan 2008 - 31 Dec 2008 1 Jan 2009 - 31 Dec 2009 1 Jan 2010

*** Subject to the following conditions:**

- All students in the Junior Colleges and Centralised Institute 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.

2.2. 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 2.1. This rule will supersede all previous decisions.

2.2.2. This exception in Para 2.1 does not apply to students who are born on **1 January** and have repeated a year of study

3. ENTRIES

3.1. Each school is eligible to enter one boys' and one girls' team for the following Divisions:

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

3.2. All entries must be submitted through the SSSC e-Registration portal at <https://nsg.moe.edu.sg/nis/#!/login> on or before the stipulated closing date. This includes details of competitor(s) along with the necessary supporting documents.

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

3.3. Appeals for late/ erroneous entries submitted by schools will be accepted on a case-by-case basis with consensus from the Organising Committee. (Please refer to Annex B).

3.3.1 Schools must write in through the Principal, to inform the Convenors of any appeal. Appeals for late/erroneous entries will not be entertained once the lots are drawn for Gymnastics.

3.4. Special Provision for C+/Ag+ Cases

3.4.1. For **Trampoline**, in the event of a C+/Ag+ case, a school may call in a reserved gymnast who is not registered for the competition, up to a maximum of four (4) persons per division/team, by application in writing (email or physical submission of the application form) to the National Convenor, c/o the National Organising Secretary and Games Advisor, prior to the reporting time of the event session as follows:

- a) latest by 1800h of the day prior to the morning event session
- b) latest by 0830h on the day of the afternoon event session

3.4.2. The school must have already registered the maximum number of participants for the division (refer to para. 3 'Entries') to be eligible for the application to call in the reserved gymnast(s).

3.4.3. Team Manager is to ensure the replacement gymnast has adequate competency and training for the event and has gone through the rules of the game (as reflected in the BSS School Acknowledgement).

3.4.4. Team Manager/School Coordinator may be called upon to assist with post-event registration administration.

4. REGISTRATION OF COMPETITORS

4.1. The total number of competitor(s) to be registered shall not deviate from that laid down in the Rules and Regulations of Trampoline for the National School Games.

4.1.1. Each team shall comprise a minimum of 4 and a maximum of 6 gymnasts. In this case, **6 to perform and 4 best scores to count.**

4.1.2. A school which is unable to enter a team may be represented by individual gymnasts (up to a maximum of 3 only).

4.2. The date of posting in the Joint Admission Exercise (JAE) of students announced by MOE shall be the day in which a student would be deemed as a bona fide member of the school or JC or CI.

- 4.3. Students requesting for a transfer after the Joint Admission Exercise may not represent their new school until the transfer has been officially effected.
- 4.4. Only in the event that any of the competitor(s) registered is/are transferred or has/have to leave school during the preliminary rounds, schools shall be allowed to replace the affected competitor(s).
 - 4.4.1. Schools must write in to inform the Convenors of the replacement at least one (1) working day before the commencement of the championship.
 - 4.4.2. No replacement of competitor(s) is allowed once the Championship begins.
- 4.5. If a school chooses not to register the maximum number of competitor(s) allowed by the sports/game, at the time of submitting the registration, the school shall not be permitted to register additional competitor(s) subsequently, except when these students are repeating their course of study after the release of national examination results.
- 4.6. International students can only be registered to play for their school **after** they have been issued with the student passes by the Immigration and Checkpoints Authority (ICA).
- 4.7. International students who are in the schools/junior colleges/centralised institute on exchange programme are not allowed to represent the school.
- 4.8. Students granted Leave of Absence (LOA) by MOE will be allowed to represent the school.
- 4.9. Registration constitutes representation, that is, once a student is registered to play for a school/junior college/centralized institute, he or she is deemed to have represented his or her school /junior college/centralized institute. Hence, the student is not allowed to represent another school/junior college /centralized institute in the same sports / games.
- 4.10. Team Managers must complete the online submission of participants' performance order before 11 April 2022.**

SECTION B – COMPETITION RULES & REGULATIONS

5. COMPETITION FORMAT

- 5.1. For Team Competition, there must be a minimum of **three (3)** registered **teams** from **three (3) different schools** before a team competition can be organised.
- 5.2. For Individual Competition, there must be a minimum of **three (3) registered individuals** from **three (3) different schools** before a Championship can be organised.

6. AWARD OF PLACINGS

- 6.1. Division Championship: The Division title shall be decided from the Team Competition
- 6.2. Team Competition: The placings shall be decided from the sum of best four (4) scores in each team.
- 6.3. Individual Competition: The placings shall be decided from the score of each Compulsory set performance of the respective Division category.

7. PRIZES

7.1. The number of prizes and plaques (for team Championships only) to be awarded at the SSSC Trampoline Competition shall be as follows:

3 teams/ individual prizes	: 2 team prizes/ individual prizes
4 teams/ individual prizes	: 3 team prizes/ individual prizes
5 or more teams	: 4 team prizes

7.2. For the Individual competition, prizes will be awarded to the best three (3) individuals in each division.

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

7.3.1 A tie in the 1st place - the next best will be placed 3rd.

7.3.2 A tie in the 2nd place - there will be no 3rd placing.

7.3.3 Three (3) gymnasts tying for the 1st place - there will be no 2nd and 3rd placings.

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 warm up and competition timings in the competition programme schedules. Grace period is not applicable.

9. POSTPONEMENT

9.1. The Convenor or his representative shall, at his/her discretion, decide to postpone an event if he/she thinks the venue is unfit for play, or for any other valid reasons for which he/she deems a postponement is in order. Teams must abide by the decision of the Convenor or his/her representative.

10. WITHDRAWAL AND WALKOVER

10.1. Any withdrawal or walkover is considered to be contrary to the spirit of the game.

10.2. Schools participating in the Championship should not withdraw or give a walkover.

10.3. For each withdrawal¹ or walkover, a written explanation duly endorsed by the Principal shall be submitted to the Convenor and the Game Advisor within two (2) working days.

11. ABANDONED GAME

Not applicable.

12. PROTEST

12.1. Any clarification on points of laws / rules must be lodged immediately by the Team Manager (TM) **only** to the referee / umpire / judge. Any decision taken by the referee / umpire / judge will be final.

12.2. All protests shall be referred to the NSGOC. The protest(s) must reach the Committee within **one (1)** working day following the match to which it relates **unless** stipulated otherwise in the respective sport's rules. The protest must be in writing and duly signed by the principal. A protest fee of \$150 to be paid by school (within 30 days from notification of outcome) if the protest is overruled.

12.3. The NSGOC will meet to deliberate on the protest within **five (5)** working days. The decision will then be made known in writing to the school concerned.

12.4. When there is any conflict of interest, the school(s) involved will not sit in the committee considering the protest.

13. **APPEAL** (Refer to Annex B)

13.1. Upon the release/disclosure of the decision of the Championship Organising Committee, **only** schools may appeal to the Council.

13.2. Notice of appeal shall be lodged with the Secretary of the Zonal / Main Council within **two (2)** working days upon receiving the NSGOC's decision. The appeal must be in writing and duly signed by the principal. The appeal must be in writing and duly signed by the Principal or via email sent by the Principal.

13.3. An appeal fee of \$300 to be paid by the school (within 30 days from notification of outcome) if appeal is overruled.

13.4. The Board of Appeal will deliberate on the appeal. The decision of the Board of Appeal shall be final-

14. **SUSPENSION**

14.1. A competitor(s) suspended by any one of the following bodies is barred from participating in the NSG for that sport for the period of suspension:

- a) the School
- b) the Zonal Council
- c) the Schools Sport Council
- d) the National Association of the sport/game

15. **TEAM MANAGER (TM)**

15.1. Each participating team must be accompanied by a TM who shall remain with the team throughout the duration of play (Refer to **Annex C**).

15.2. The TM shall be a teacher or School Adult Representative² (SAR) appointed by the participating school. The appointment of an SAR as a TM should be based on the conditions and considerations given in **Annex D**.

15.3. The TM must check and comply with the game organisers and game venue's Standard Operating Procedures (SOPs) and communicate all the information to all stakeholders associated with the participating school.

15.4. TMs are expected to conduct themselves with decorum during competitions

² SAR option is only available for the following individual sports: Cross-Country, Fencing, Golf, Gymnastics, Judo, Sailing, Shooting, Swimming, Taekwondo, Tenpin Bowling, Track & Field and Wushu

15.5. TMs are not allowed to interfere with the final decision taken by the D1 Judge/ Coordinator judge on points of laws/rules after clarification has been sought. If such interference results in disruption of any competition/event, a report shall be made by the Convenor and the matter brought to the attention of the NSGOC for appropriate action.

16. REFEREES / JUDGES / OFFICIALS

16.1. For Gymnastics (including Trampoline), all participating schools with more than three (3) registered competitors **must** provide at least one (1) teacher to be trained as judge and to serve on the judging panel for the duration of the championship.

16.2. Education Officers, Contract Adjunct teachers, Flexi-adjunct teachers and Allied Educators can serve as officials.

16.3. Schools should ensure that their referees / judges / officials are present to fulfil their duties as scheduled by the Convenor and in alignment to the spirit of the Officials' Oath (Refer to **Annex A**).

17. COACHES

17.1. Coaches are expected to conduct themselves with decorum and in alignment to the code of conduct (Refer to **Annex E**) and spirit of the Coaches Oath (Refer to **Annex A**) during competitions.

17.2. Coaches (and any other members of the team) are not allowed to approach the game officials to query their decisions. Only TMs are allowed to approach game officials to seek clarifications.

17.2.1. Failure to comply with this rule may lead to a deduction of 0.50 point from the gymnast's final score, and action taken against the coach.

17.3. Schools must ensure that their coaches adhere to the SSSC Rules and Regulations and the code of conduct.

Trampoline

17.4. Each team or individual participants (registered as a school group in the same category) must be accompanied by one (1) coach in the competition arena.

17.4.1. Each school group in the same category (team or individuals) can only be accompanied by a maximum of one (1) coach and one (1) other assistant coach or Team Manager in the competition arena (i.e. competition level). Any 3rd team official (i.e. TM) at the competition venue shall not accompany the participants when warming up or competing in the competition arena, and instead should remain at the gallery.

17.5. All coaches accompanying the gymnasts to the competition must be properly attired (sports attire).

17.6. Coaches shall abide by the rights and regulation of the coach as described in the FIG Code of Points 2022-2024, unless otherwise stated. Penalties for behaviour violations and unsportsmanlike conduct will take reference from the Code of Points.

17.7. A coach who has breached any of the rules shall be brought to the attention of the NSGOC for appropriate action.

17.8. Penalties for coach behaviour at the NSG

Behaviour of Coach with direct impact on the result / performance of the gymnast / team	
Unsportsmanlike conduct <i>i.e.</i> unexcused delay or interruption of competition, speaking to active judges during the competition except to D1 Judge, inquiry only permitted, - speak directly to the gymnast, give signals, shouts (cheers) or similar during the exercise. etc.	– 0.60 (<i>from gymnast/team at event</i>) and Yellow card for coach (<i>warning</i>)
Behaviour of Coach with or without direct impact on the result / performance of the gymnast / team	
– Other flagrant, undisciplined and abusive behaviour <i>i.e.</i> incorrect presence of the prescribed persons in inner circle during competition, etc.	Immediate Red card and removal of coach from the competition floor

18. SUPPORTERS

- 18.1. ~~Schools sending supporters to any competition shall ensure that their students are in proper school attire and that there are sufficient teachers present who would be responsible for the management of and well-being of their students.~~
- 18.2. ~~All supporters are required to remain within the stipulated area for supporters throughout the competition. They are not allowed to be in the competition arena or participate in any form of sideline coaching and/or interference during the game.~~
- 18.3. ~~Participating schools must ensure that their supporters attending the game(s) conduct themselves properly (Refer to **Annex A**). In the event that unsportsmanlike behaviour is observed, the Convenor may, at his discretion, issue an eviction of the spectator from the training/competition venue.~~

19. BREACH OF CODE OF CONDUCT BY COMPETITORS / TMs / OFFICIALS /COACHES

- 19.1. A Disciplinary Panel comprising members of the NSGOC will be formed to investigate the breach, presided by a Principal, who is the Chairman of the Discipline and Recognition Sub-Committee. The Panel may co-opt members outside the NSGOC, including personnel from the national sports association, to provide technical advice.
- 19.2. Any athlete, coach, official, or spectator found guilty of aggressive behaviour through a fight / assault at the NSG, shall be expelled from the NSG, and be banned from it, for the calendar year of the NSG. This shall also apply to all fights / assaults traced to an NSG competition, either immediately, before, during or after the competition.
- 19.3. An appeal against the decision of the Disciplinary Panel may be submitted by the school (for competitor(s), coaches, and TM) and/or the official, to the Council, whose decision shall be final. (Please refer to Para. 13 with regards to the Appeal process).

20. DISQUALIFICATION

- 20.1. A school will be disqualified if:

- a) it fields an ineligible participant who is:
 - i. overaged
 - ii. underaged
 - iii. unregistered
 - iv. suspended (with reference to para 14)
 - v. without a valid student pass
 - vi. not a bona-fide student of the school
- b) its participant(s) are not accompanied by a TM
- c) its participant(s) caused a game/match to be abandoned

20.2. All results involving the team which has been disqualified will be considered null and void.

21. ATTIRE

- 21.1. Boys must be suitably attired in sleeveless leotard/singlet with single coloured gymnastics trousers. Trampoline shoes and/or white foot covering or foot covering of the same colour as the gym trousers is compulsory.
- 21.2. Girls must be suitably attired in skin tight leotard with or without sleeves. Long tights or a full length one piece leotard may be worn. Any other “dress” which is not skin tight is not allowed. Trampoline shoes and/or white foot covering is compulsory. The wearing of jewellery or watches is not permitted during the competition. Long hair must be neatly tied up.
- 21.3. The correct number tag must be sewn and prominently displayed at the back of the competition attire on the upper body.
- 21.4. Members of the same team must wear uniform attire.
- 21.5. Any violation against the attire stipulation will lead to a deduction of 0.30 points from the gymnast’s final score or total team score, depending on when the violation was first recognised.

22. EVENTS

22.1. BOYS

- Boys A Division – Compulsory A1 or Compulsory A2
- Boys B Division – Compulsory B
- Boys C Division – Compulsory C

22.2. GIRLS

- Girls A Division – Compulsory A1 or Compulsory A2
- Girls B Division – Compulsory B
- Girls C Division – Compulsory C

23. EVALUATION OF THE COMPETITION EXERCISES

23.1. Evaluation of a trampoline compulsory exercise is based on the following factors:

- Performance of the exercise as according to the written text. (Refer to **Annex F**)
- Execution based on technical requirements and form for Trampoline.

A) DIFFICULTY SCORE (D)

- All compulsory routines shall comprise of 10 required elements and shall be evaluated for a Difficulty Score (D) determined by the total sum value of the required elements performed, with a maximum score of 8.5 points for the Compulsory A1 routine, and 10.0 points for the Compulsory A2, B and C routines.

B) EXECUTION SCORE (E)

- Execution deductions are subtracted from the maximum mark, i.e. 10.0 points for 10 required elements performed, 9.0 points for 9 required elements performed and so on, or the mark decided by the Chair of the Judges' Panel.
- The two (2) median scores of the Execution Judges are added together to give the gymnast's execution score for the routine (E+E).

C) HORIZONTAL DISPLACEMENT SCORE (H)

- Horizontal displacement deductions for each element is subtracted from the maximum mark, i.e. 10.0 points for 10 required elements performed, 9.0 points for 9 required elements performed and so on, or the mark decided by the Chair of the Judges' Panel.
- Where two (2) H-judges are available, the average of the two (2) scores will give the gymnast's horizontal displacement score for the routine.

D) FINAL SCORE

- The D-Score shall be added to the E-Score and H-Score for the gymnast's Final Score as illustrated:

$$(E+E) + (D) + (H) - (\text{Penalties}) = \text{Final Score}$$

23.2. Required Positions During an Element

- 23.2.1. In all positions, the feet and legs should be kept together (except straddle jumps), and the feet and toes pointed.
- 23.2.2. Depending on the requirements of the element, the body should be tucked, piked or straight.
- 23.2.3. In the tucked and piked positions the thighs should be close to the upper body.
- 23.2.4. In the tucked position the hands should touch the legs below the knees except in the twisting phase.
- 23.2.5. The arms should be straight and/or held close to the body whenever possible.

24. "ZERO-SCORE" AND CONDITIONS OF NO SCORE

"0"	<ul style="list-style-type: none"> • "Zero-Score" is a score awarded by the judges for infringement outlined in the rules as below: <ul style="list-style-type: none"> • Insufficient movements for any score to be awarded • Invalid movements/routine that renders a Zero-Score • Gymnast performed a routine that was awarded a Zero-Score.
<u>No Score</u>	

WD	<ul style="list-style-type: none"> • “Withdrawal” indicates that the Organising Committee has been formally informed of participant’s withdrawal, duly endorsed by the Principal and with relevant supporting documents. • No score will be awarded.
DNS	<ul style="list-style-type: none"> • “Did Not Start” indicates that the participant did not perform a routine (included gymnasts who presents to the judges but did not perform). • No score will be awarded. • Schools with inadequate counting scores for Team due to ‘DNS’ shall be ineligible for Team competition. • Gymnasts with inadequate counting scores for All Around due to ‘DNS’ shall be ineligible for AA competition. • Gymnasts with ‘DNS’ for all events shall have his/her name removed from the team, and the school shall follow-up with necessary action as for a withdrawal case.
DSQ	<ul style="list-style-type: none"> • “Disqualified” is the designation given for serious technical infringements of the rules. • The gymnast’s results are eliminated and removed from that phase of the competition. • The name of the gymnast is removed from the competition. • For the Team event the name of the disqualified individual gymnast is removed from the team. • The results and the ranking of that team are recalculated. • Schools with inadequate counting scores for Team due to ‘DSQ’ shall be ineligible for Team competition.

25. COMPETITION PROCEDURE

25.1. WARM UP

Each gymnast will be allowed (max.) 30 seconds one-touch warm up on the competition apparatus.

25.2. START OF A ROUTINE

25.2.1. After the signal has been given by the Chair of Judges Panel to start the routine, the gymnast must initiate the first element within one minute. Otherwise, there will be a deduction of 0.1 point from the gymnast’s score.

25.2.2. Gymnasts are allowed to take as many straight jumps as needed before initiating the first element of the routine. However, once the first element is executed, no other intermediate jumps (extra bounces) will be allowed unless it is spelt out in the prescribed text. (See *para.25.3 for management of intermediate jumps at this competition.*)

25.3. INTERMEDIATE JUMPS

A routine will not be considered interrupted if a gymnast executes an intermediate jump (extra bounce) not spelt out in the prescribed text for this competition. However, there will be a deduction of 0.50 point for every intermediate jump (extra bounce) taken during the routine.

25.4. INTERRUPTIONS OF A ROUTINE

- 25.4.1. A routine will be considered interrupted if a gymnast:
- i. Touches anything other than the trampoline bed with any part of the body
 - ii. Is touched by a spotter or spotter mat.
 - iii. Leaves the trampoline due to insecurity.
 - iv. Obviously does not land simultaneously on both feet on the trampoline bed.
 - v. Does not use the elasticity of the bed after landing for the immediate continuation of the next element.
 - vi. Lands on any part of the body except feet, seat, front or back.
 - vii. *Does not perform the prescribed compulsory routine using the required elements and/or in the sequence written.
- 25.4.2. A gymnast will be judged only on the number of elements completed on the trampoline bed. (The trampoline bed being the webbed area excluding the suspension springs).
- i. No credit will be given for the element in which the interruption occurs.
 - ii. The Chair of Judges' Panel will decide the maximum mark.

25.5. TERMINATION OF THE ROUTINE

- 25.5.1. After the final landing on the bed, the gymnast must stand upright and show stability for approximately three (3) seconds, otherwise there will be a deduction for lack of stability.
- 25.5.2. The gymnast is allowed to do one (1) more jump in a stretched position (out bounce) after the last element in the prescribed text, using the elasticity of the bed.

26. SAFETY REQUIREMENTS

- 26.1. A gymnast must have four (4) spotters positioned at each corner of the trampoline, or opposite corners and ends of the trampoline during warm-up and competition. Failure to comply may lead to the disqualification of the team.
- 26.2. A spotter mat may only be used by the gymnast's own spotter (coach).

27. APPARATUS HEIGHTS AND SETTINGS

Item	Specification / Provision
Trampoline Bed:	
- Length	3.60 m – 4.30 m
- Width	1.80 m – 2.15 m
- Web construction (width)	3 mm – 15 mm
Safety pad for frame and springs	Yes
Safety Platforms	Yes, at both ends of trampoline

Trampoline with other specifications may be allowed with the permission of the Director of Meet.

SECTION C – AMENDMENTS AND MATTERS NOT PROVIDED FOR**28. MATTERS NOT PROVIDED FOR**

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

29. AMENDMENTS

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

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

Mission, Motto and Aspirations

Mission Statement

“To provide quality competition experience to our school athletes to support character development through the pursuit of sporting excellence”

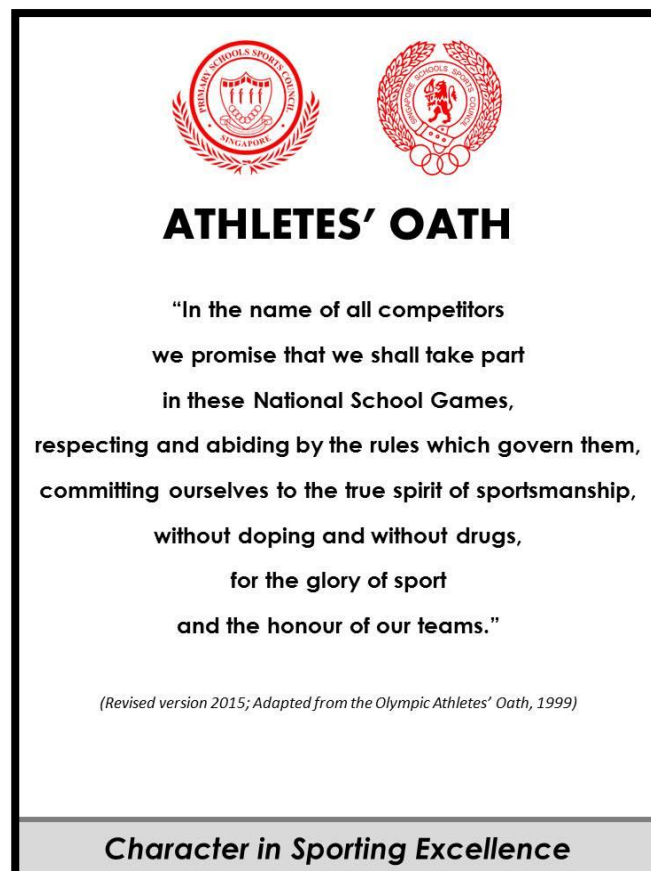
Motto

“Character in Sporting Excellence”

Aspiration 1: *Every athlete an honourable sportsman*

Guiding Principle:


The athlete abides by the rules of the sport, gives his best in training and competitions, wins humbly and loses graciously. He participates actively and is committed to the skills development in his sport. He respects his 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 each athlete to his fullest potential. He focuses on student-centric and values-driven coaching. He maintains a professional relationship with the athletes and ensures their safety and well-being at all times. As a positive role model, he inspires and motivates 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."*

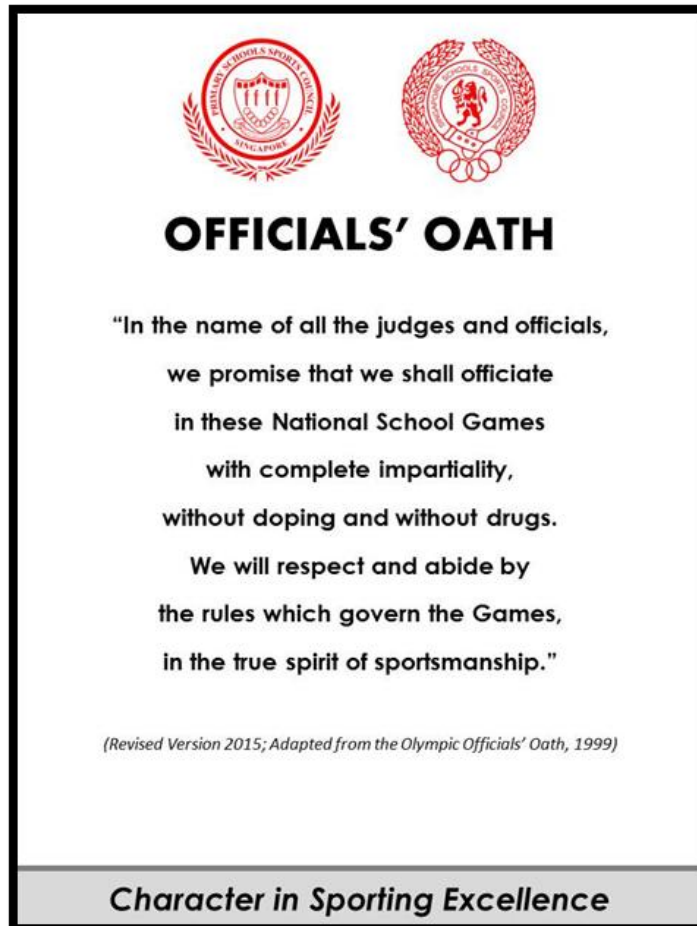
(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)

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. He is alert and acts decisively when required. He ensures safety for all athletes and explains the rules when required. He upholds the professionalism of the sport.



Aspiration 4: *Every parent a supportive partner*

Guiding Principle:

The parent takes interest in his child's training and competitions. He ensures proper nutrition and rest, and actively enquires on his child's progress and development. He works with the teacher and coach, attends competitions and respects the referee's decisions.

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

Guiding Principle:

The spectator makes the effort to applaud excellence and fair play. The spectator shows appreciation for the efforts of all athletes, teachers, coaches, officials and organisers. He should cheer to encourage and motivate as well as care for the athletes' well-being. The parent takes interest in his child's training and competitions. He is responsible and keeps 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

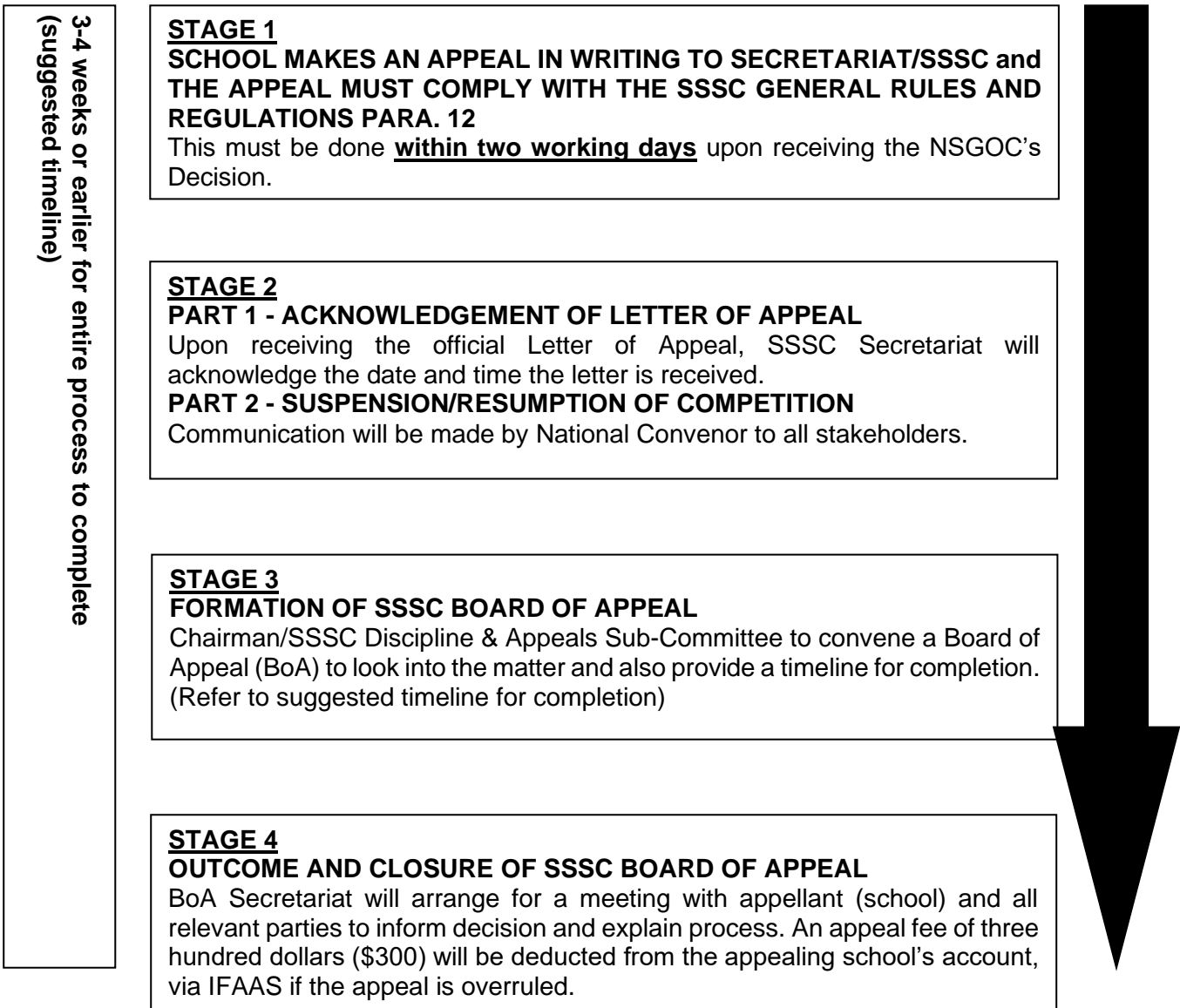
Character in Sporting Excellence

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 prowess, and be recognised for their achievements. Athletes enjoy the competitions, which are conducted under safe and conducive environments.

SSSC WORKFLOW FOR APPEALS



As in accordance with the SSSC General Rules and Regulations under rule 13.4, the decision of the Board of Appeal or the Standing Committee shall be final.

SINGAPORE SCHOOLS SPORTS COUNCIL

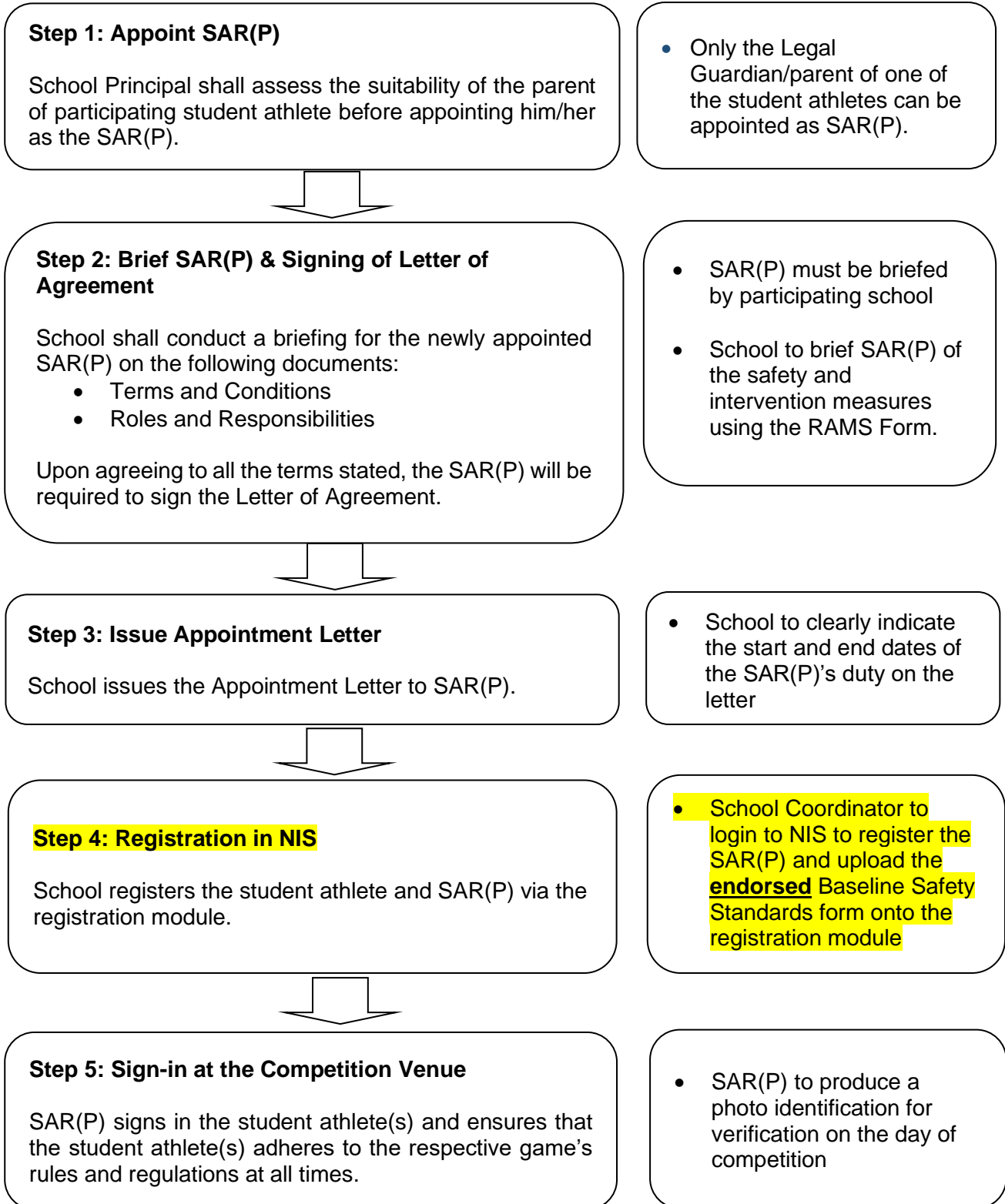
Role of the Team Manager

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 from his / her school. He/she must be a good role model for the participants and are expected to conduct themselves well in carrying out their duties. He/she will do the following:

	Terms of Reference
1	Point of contact between the National School Games Organising Committee (NSGOC) and the Principal (school).
2	Attend all briefings and/or meetings called for by the respective NSGOCs.
3	Check & verify the fixtures and schedules involving the school.
4	Ensure the accuracy of participants' particulars in the registration and that students are not placed in the wrong division.
5	Make transport arrangements for the participant(s).
6	To chaperone participant(s) to and from the competition venue and remain with the participant(s) throughout the duration of play.
7	Check and comply with the hosting school's Standard Operating Procedures (SOPs) and communicate all the information to all the stakeholders associated to the team attending the match.
8	Cooperate with NSGOC & officials and abide by the rules and regulations of the competition.
9	Submit team list & other necessary documents when required to.
10	Manage the coach, participant(s) and supporter(s), if any, to ensure that they adhere to the Code of Conduct as provided in SSSC Rules & Regulations.
11	Arrange for a replacement, in the event that he/she is not able to perform his/her duty, including when it is halfway through the competition
12	Duty of care for the participant(s) safety and well-being and to ensure that the participant(s) is/are medically covered e.g. first aid kit.
13	Contact the school immediately in the event of an injury or emergency.
14	Do not speak to the media unless with permission from the school
15	Represent the school in matters pertaining to formal appeals/protests (as required by the sport)
16	Accompany participant(s) at disciplinary board meetings if the occasion arises.
17	Any other matters pertaining to the duty of care, student management and competition matters relating to the participants from his / her school.

Flow Chart for appointing School Adult Representative (Parent) [SAR(P)]

To take note of:



Code of Conduct for Coaches

- 1) Coaches must be good role models for the student athletes 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 Principal and the teacher in-charge (i.e. 30-week programme)
- 5) They are not allowed into the competition area except where the rule of the sport requires the presence of the coach e.g. Softball and Gymnastics.
- 6) They cannot represent the school in any matters.
- 7) They must not interfere with the organisation of the competition.
- 8) They are not allowed to approach the officials to query their decisions. Only team managers are allowed to approach officials to seek clarifications.
- 9) Coaches violating the rules will be asked to leave the competition arena.
- 10) Action will be taken against the school if the coaches fail to comply with the competition rules.
- 11) It is the responsibility of coaches to adhere to the rules and to be well versed with the competition rules.
- 12) They must ensure that the student athletes have adequate rest and are given water breaks.
- 13) Coaches should refrain from using foul language or speak in a tone not becoming of proper behaviour.

Annex F1

National School Games Trampoline Compulsory Routines**'C' Division**

Compulsory C	Value
1. Full twist jump	1.0
2. Pike straddle jump	1.0
3. Seat drop	1.0
4. ½ twist to seat drop	1.0
5. ½ twist to feet	1.0
6. Piked jump	1.0
7. Back drop	1.0
8. ½ twist to feet	1.0
9. Tuck jump	1.0
10. Forward somersault tucked	1.0
Optional out bounce	0.0
Maximum Difficulty Score	10.0 pts

'B' Division

Compulsory B	Value
1. Backward somersault tucked	1.0
2. Tucked jump	1.0
3. Full twist jump	1.0
4. Pike straddle jump	1.0
5. ½ twist to front drop	1.0
6. To feet	1.0
7. Back drop	1.0
8. ½ twist to feet	1.0
9. Piked jump	1.0
10. Forward somersault piked	1.0
Optional out bounce	0.0
Maximum Difficulty Score	10.0 pts

'A' Division

Compulsory A1	Value	Compulsory A2	Value
1. Backward somersault tucked	1.0	1. Backward somersault stretched	1.0
2. Pike straddle jump	1.0	2. Pike straddle jump	1.0
3. Full twist jump	0.5	3. Forward somersault piked/stretched with ½ twist	1.0
4. Tucked jump	1.0	4. Tucked jump	1.0
5. ½ twist to seat drop	1.0	5. Backward somersault piked	1.0
6. ½ twist to feet	1.0	6. ½ twist to seat	1.0
7. Back drop	0.5	7. ½ twist to feet	1.0
8. ½ twist to feet	1.0	8. Piked jump	1.0
9. Piked jump	1.0	9. ¾ forward somersault stretched (to back)	1.0
10. Forward somersault tucked	0.5	10. To feet	1.0
Optional out bounce	0.0	Optional out bounce	0.0
Maximum Difficulty Score	8.5 pts	Maximum Difficulty Score	10.0 pts

c/o **PHYSICAL AND SPORTS EDUCATION BRANCH**Trampoline Technical Review Committee: Tan Yuen Yuen, Eleonora Klidzia, Khoo Kim Heng, Jia Lu Hong, Teng Yu Yan, Subramaniam s/o Kaliappan
Special thanks to Mr Jack Kelly, National Development Coach for Trampoline, British Gymnastics

APRIL 2012

