



SINGAPORE SCHOOLS SPORTS COUNCIL

NATIONAL SCHOOL GAMES

63rd INTER-SCHOOL TRACK & FIELD CHAMPIONSHIPS 2022

RULES AND REGULATIONS

The rules and regulations stipulated in this document are subject to modification and changes to the NSG arising from COVID-19 and any prevailing COVID-19 Safe Management Measures at the time of competition. Updates will be communicated to participating schools when required.

PREAMBLE

This document outlines the **competition and technical rules and regulations** of the National School Games Track & Field Championships 2022.

(21 March 2022 updates highlighted in blue)

1 ORGANISATION STRUCTURE AND GOVERNING BODIES

1.1 The NSG Track & Field Championships shall be conducted:

- 1.1.1 As governed by the Rules and Regulations for all sports and games 2022 of the Singapore Schools Sports Council (SSSC).
- 1.1.2 Adhering to the Baseline Safety Standards for National School Games.
- 1.1.3 The Championships shall mainly be conducted with reference to the World Athletics Competition Rules, dated 15 Dec 2021 (World Athletics Website).
- 1.1.4 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 a decision, with reference to the Book of Rules of the World Athletics.

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.

National Convenor (National Competition)	Tanglin Secondary School
South Zone Convenor	
North Zone Convenor	CHIJ St Nicholas Girls' School
North Zone Convenor	Fuchun Secondary School
East Zone Convenor	Changkat Changi Secondary School
West Zone Convenor	Zhenghua Secondary School
West Zone Convenor	Hwa Chong Institution
Games Advisor	PSOEB

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 NSGOC has appointed the following sub-committees to perform the respective roles and responsibilities:
- 1.2.3.1 Track and Field Technical Sub-Committee,
 - 1.2.3.2 Track and Field Competition Sub-Committee, and
 - 1.2.3.3 Track and Field Recognition, Appeal and Discipline Sub-Committee.

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 allowed approval for deferment by MOE during P1 registration.*** These students will compete in the same 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.

3 ENTRIES

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

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

3.2 Appeals for late/erroneous entries submitted by schools will be accepted on a case-by-case basis with consensus from the NSGOC Secretariat.

3.2.1 Schools must write in through the Principal, to inform the Convenors of any appeal before the publishing of the start lists.

4 REGISTRATION OF ATHLETES

4.1 Each athlete shall be allowed to register up to **TWO (2) INDIVIDUAL EVENTS**, inclusive of the Open event **and as reserve(s) for individual event(s)**.

4.2 Each school shall be allowed to register up to **THREE (3) ENTRIES** per event per Division (inclusive of the Open event).

4.2.1 In addition, each school shall be allowed to register up to three (3) reserves per event per Division (inclusive of the Open event).

4.2.2 During the registration, all athletes **must be ranked**.

4.2.3 For clarity, a school shall not register anyone as a reserve for an event if the school has not maximised the registration quota of three (3) entries for the event.

4.3 Each school shall be eligible to enter **ONE (1) TEAM PER RELAY** per division.

4.3.1 All registered athletes in the NIS could be part of the relay team, they may only participate in the Division that they are registered in accordance with Rule 2.

4.3.2 A registered athlete for relay-only does not need to indicate any individual event. For clarity, all registered reserves with individual events can also take part in the relay events.

4.4 All registration must be submitted online on or before the following **closing date: 2359hr Thursday, 31 March 2022**. The confirmed registration is deemed to be cleared by the school's Principal once the registration form is submitted in the Registration Module.

4.5 Schools should print draft entries, then verify on Registration Module before submission.

4.6 After the closing date, **substitutions** in an event shall be allowed if any of the top three (3) ranked athletes in the event are C+ or AG+ cases. **For clarity, substitutions shall not be allowed due to injuries or other illnesses**.

4.6.1 The fourth (4th) ranked athlete could replace any of the top three (3) athletes who are C+/AG+; if two (2) of the top three (3) athletes are C+/AG+, then the fourth (4th) and fifth (5th) ranked athletes could be substituted in, and so on.

4.6.2 Substitution(s) shall only be allowed if the event's Heats or Qualifying Rounds have not begun. **Substitutions will NOT be allowed in Semi-Finals or Finals**.

4.6.3 A substituted athlete shall be allowed to participate in the relay, or his/her subsequent event if the subsequent event's Heats or Qualifying Rounds have not begun. **Team Managers (TM) shall check on the tolerance of recovering students with reference to the latest CCA and school activities guidelines**.

4.6.4 Substitution submission is to be done via email by the **TM or HOD (CCA)**, to the NSGOC Secretary (Tham_Kin_Loong@schools.gov.sg) and Technical Committee Secretary (Terng_Yew_Lian@schools.gov.sg) **by 1200 hours of the previous day of the scheduled event**.

5 LIST OF EVENTS AND QUALIFYING STANDARDS

- 5.1 The events and qualifying standards for the Championships shall be as follows. Please note that the qualifying standards are for reference, for athletes to gauge their ability to match or better these qualifying standards in order to have a meaningful competition.

Events	Boys			Girls		
	A Division	B Division	C Division	A Division	B Division	C Division
100m	11.8	11.8	12.5	13.6	13.8	14.1
200m	23.5	24.0	25.4	28.5	28.5	29.6
400m	52.1	54.7	58.4	67.0	67.0	69.0
800	2:04.7	2:10.0	2:20.0	2:50.0	2:42.0	2:48.0
1500m	4:28.0	4:31.0	4:51.0	5:55.0	5:47.0	5:50.0
3000m		10:14.0	11:00.0	13:12.0	13:25.0	13:30.0
5000m	18:00.0					
2000m S/C		7:30.00		8:30.00		
3000m S/C	12:00.0					
1500m Walk			10:30.0		10:30.0	11:30.0
3000m Walk		21:00.0		22:00.0		
5000m Walk	32:00.0					
80m Hurdles						17.0
100m Hurdles			16.5	20.0	20.0	
110m Hurdles	17.6	17.6				
200m Hurdles			30.0			35.0
400m Hurdles	60.0	63.2		76.0	80.0	
High Jump	1.60m	1.55m	1.45m	1.25m	1.25m	1.20m
Pole Vault	2.65m	2.20m	1.85	1.60m	1.60m	1.60m
Long Jump	5.50m	5.50m	4.80m	3.80m	3.80m	3.60m
Triple Jump	11.50m	11.50m	9.50m	9.00m	9.00m	8.00m
Shot put	10.50m	10.00m	9.00m	6.50m	6.50m	6.50m
Discus	29.00m	28.00m	26.00m	20.00m	18.00m	15.00m
Javelin	35.00m	34.00m	26.00m	20.00m	18.00m	15.00m

6. COMPETITION AND TECHNICAL RULES

6.1 Track Events

- 6.1.1 A Qualifying Round shall be held in Track Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (Final).
- 6.1.2 In the event programme, the first named in each race is Lane 1, the second in Lane 2, and so on.
- 6.1.3 **100m, 200m, 400m and 4x100m Relay**
- 6.1.3.1 A crouch-start and the use of starting blocks is compulsory except during the Heats. Only starting blocks provided by the organisers may be used.
- 6.1.3.2 From the Heats, the twenty-four (24) fastest athletes/teams by timing shall qualify for the Semi-Final. They will be assigned into three (3) Semi-Finals according to their rank order.

Semi-Final	Ranking from Heats' results								
A	1	6	7	12	13	18	19	24	
B	2	5	8	11	14	17	20	23	
C	3	4	9	10	15	16	21	22	

- 6.1.3.3 From the Semi-Finals, the first two (2) (by placing, Q) in each Semi-Final, and the fastest two (2) losers (by timing, q) shall qualify for the Final. These eight (8) athletes'/teams' rank order will be:

Rank Order	From three (3) Semi-Finals
1 (Q)	Fastest Semi-Finals winner
2 (Q)	2 nd fastest Semi-Finals winner
3 (Q)	3 rd fastest Semi-Finals winner
4 (Q)	Fastest 2 nd place in Semi-Finals
5 (Q)	2 nd fastest 2 nd place in Semi-Finals
6 (Q)	3 rd fastest 2 nd place in Semi-Finals
7 (q)	Fastest qualifier after rank 1-6 above
8 (q)	2 nd fastest qualifier after rank 1-6 above

- 6.1.3.4 Where there are twenty-four (24) or less **registered / reported** athletes/teams in the Heats, the fastest eight (8) athletes/teams from the Heats shall qualify for the Finals.

6.1.4 Hurdles races (80mH, 100mH, 110mH, 200mH, 400mH) and 4x400m Relay

- 6.1.4.1 A crouch-start and the use of starting blocks is compulsory except during the Heats. Only starting blocks provided by the organisers may be used.

- 6.1.4.2 From the Heats, the eight (8) fastest athletes/teams by timing, shall qualify for the Finals.

- 6.1.4.3 Hurdles – Distance of race, number of hurdles & hurdle heights:

	Boys			Girls		
	A Div	B Div	C Div	A Div	B Div	C Div
Hurdles (400m)						
Distance (m)	400	400		400	400	
No. of Hurdles	10	10		10	10	
Height (m)	0.914	0.840		0.762	0.762	
Start to 1 st Hurdle (m)	45.00	45.00		45.00	45.00	
Distance between Hurdles (m)	35.00	35.00		35.00	35.00	
Last Hurdle to Finish (m)	40.00	40.00		40.00	40.00	
Hurdles (200m)						
Distance (m)			200			200
No. of Hurdles			5			5
Height (m)			0.762			0.762
Start to 1 st Hurdle (m)			20			20
Distance between Hurdles (m)			35.00			35.00
Last Hurdle to Finish (m)			40.00			40.00
Hurdles (80m, 100m, 110m)						
Distance (m)	110	110	100	100	100	80
No. of Hurdles	10	10	10	10	10	8
Height (m)	0.991	0.914	0.840	0.840	0.762	0.762
Start to 1 st Hurdle (m)	13.72	13.72	13.00	13.00	13.00	12.00
Distance between Hurdles (m)	9.14	9.14	8.50	8.50	8.50	8.00
Last Hurdle to Finish (m)	14.02	14.02	10.50	10.50	10.50	12.00

6.1.5 For the events listed in 6.1.3 and 6.1.4, lane assignments for Semi-Finals and Finals will be as follows:

Rank Order within each Semi-Final or Final	<i>Lane assignment 2022</i>
1	4
2	5
3	3
4	6
5	2
6	7
7	1
8	8

6.1.6 800m, 1500m, 2000m Steeplechase, 3000m Steeplechase, 1500m Race Walk

6.1.6.1 Heats may be held to select athletes for the Finals. The number of athletes in the Finals will be dependent on prevailing Safe Management Measures (SMM) governing sports competitions.

6.1.6.2 There may be a possibility of having timed Finals, where athletes shall be placed in difference races, and their final rank shall be decided by their timings.

6.1.6.3 There shall be cut-off times for the following races which shall be implemented at the last lap:

- B Boys 2000m steeplechase – 7 minutes 30 seconds
- A Girls 2000m steeplechase – 8 minutes 30 seconds
- A Boys 3000m steeplechase – 12 minutes 0 seconds
- C Boys, B Girls & C Girls 1500m Race Walk – 10 minutes 0 seconds

6.1.6.4 Steeplechase hurdles – distance of race, number of hurdles & hurdle heights:

	Boys			Girls		
	A Div	B Div	C Div	A Div	B Div	C Div
Steeplechase hurdles						
Distance (m)	3000	2000		2000		
No. of hurdles	5	5		5		
Height (m)	0.914	0.840		0.762		

6.1.7 3000m, 5000m, 3000m Race Walk & 5000m Race Walk

6.1.7.1 Heats may be held to select athletes for the Finals. The number of athletes in the Finals will be dependent on prevailing Safe Management Measures (SMM) governing sports competitions.

6.1.7.2 There may be a possibility of having timed Finals, where athletes shall be placed in difference races, and their final rank shall be decided by their performance timings.

6.1.7.3 There shall be cut-off times for the following races which shall be implemented at the last lap:

- A, B and C Girls 3000m – 13 minutes 0 seconds
- C Boys 3000m – 12 minutes 0 seconds
- B Boys 3000m – 11 minutes 30 seconds
- A Boys 5000m – 18 minutes 0 seconds

6.1.8 Race Walk Events

6.1.8.1 A Penalty Zone shall be used for the 3000m Race Walk and 5000m Race Walk. The applicable period in the Penalty Zone shall be 15 seconds (3000m Race Walk) and 30 seconds (5000m Race Walk).

6.1.8.2 There shall be NO Penalty Zone for the 1500m Race Walk. When three (3) Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete will be disqualified and he/she shall be notified of this disqualifying by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

6.1.9 Ties (in accordance with World Athletics Rule 21)

6.1.9.1 If the Judges or Photo Finish Judges are unable to separate the athletes for any place, it shall be determined to be a tie and the tie shall remain.

Tie for ranking position

6.1.9.2 If there is a tie for any ranking position under Rule 6.1.3.3, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to 0.001 second and if it is equal, it shall be determined to be a tie and lots shall be drawn to determine the higher ranking position.

Tie for last qualifying position based on place

6.1.9.3 If there is a tie for a last qualifying position based on place, if there are lanes or positions available the tying athletes shall be placed in the next round. If that is not practicable lots shall be drawn to determine which athlete(s) shall be placed in the next round.

6.1.9.4 Where qualifying for the next round is based on place and time (e.g., the first three in each of two heats plus the next two fastest), and there is a tie for the last qualifying position based on place, placing the tied athletes in the next round shall reduce the number of athletes qualifying based on time.

Tie for last qualifying position based on time

6.1.9.5 If there is a tie for a last qualifying position based on time, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to 0.001 second and if it is equal, it shall be determined to be a tie. If there are lanes or positions available the tying athletes shall be placed in the next round. If that is not practicable lots shall be drawn to determine which athlete(s) shall be placed in the next round.

6.2 Field Events

6.2.1 A Qualifying Round shall be held in Field Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (Final).

Horizontal Distance Field Events

6.2.2 Take-off board (horizontal jump)

	Boys			Girls		
	A Div	B Div	C Div	A Div	B Div	C Div
Triple Jump						
Take-off Board (m)	9, 10 & 11	9, 10 & 11	7, 8 & 9	7, 8 & 9	7, 8 & 9	6, 7 & 8

- 6.2.3 In the event programme, the first named athlete shall be the first person to start the competition with the first trial, the second named athletes shall be the second person to trial, and so on.
- 6.2.4 In the event that twelve (12) or less athletes registered for an event:
- 6.2.4.1 All athletes shall be allowed six (6) trials, and ALL legal trials will be measured.
- 6.2.4.2 The competing sequence will be reordered for the additional three (3) trials, in the reverse order of the ranking recorded after the initial three (3) trials.
- 6.2.5 If there are more than **thirty (30)** registered athletes, a qualifying round shall be held.
- 6.2.5.1 In the qualifying round, each athlete shall be allowed up to three (3) trials. Once an athlete has achieved the qualifying standard, they shall not continue in the qualifying round, and will qualify for the Final.
- 6.2.5.2 In the event that there are **thirty (30)** or less athletes **reported** for the qualifying round, the qualifying round shall be cancelled, all reported athletes shall proceed to the Finals. In such a case, please refer to rule 6.2.6 for the competition format.
- 6.2.6 In the event that there are **thirty (30)** or less athletes registered for an event, the event shall be a direct Final.
- 6.2.6.1 During the Final, all athletes shall be allowed three (3) trials.
- 6.2.6.2 Only trials equal to or better than the stipulated qualifying standard will be measured.
- 6.2.6.3 Results from these three (3) trials will determine the top twelve (12) ranked athletes, who shall be allowed three (3) additional trials.
- 6.2.6.4 The competing sequence for the additional three (3) trials will be reordered, in the reverse order of the ranking recorded after the initial three (3) trials.
- 6.2.6.5 In the event that twelve (12) or less athletes reported for the Finals, all athletes shall be allowed six (6) trials, and ALL legal trials will be measured.

Ties (in accordance with World Athletics Rule 25.22)

6.2.6.6 The second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this Rule 6.2.6.6, it shall be determined to be a tie.

Throwing Events

6.2.7 Weight implements (throwing events)

	Boys			Girls		
	A Div	B Div	C Div	A Div	B Div	C Div
Shot Put						
Weight (kg)	5.00	5.00	4.00	4.00	3.00	3.00
Discus						
Weight (kg)	1.50	1.50	1.00	1.00	1.00	1.00
Javelin						
Weight (g)	700	700	600	600	500	500

- 6.2.8 Athletes must use the equipment provided by the NSGOC Secretariat.

- 6.2.9 Athletes may also submit their personal equipment for the competition's use, subject to approval by the Technical Manager. In this case, the said equipment shall be available for use by all other athletes in the competition.
- 6.2.9.1 The submission of personal throws-event equipment shall be done at least one day before if the event is in the AM session, or before 9.00am on the same day if the event is in the PM session.
- 6.2.9.2 Equipment shall be submitted directly to the Technical Manager at the Equipment Room.
- 6.2.9.3 The equipment shall be collected from the Equipment Room after the Finals has concluded.
- 6.2.10 **In order to avoid accidents, all equipment must be thrown during practice/competition only from the circles or scratch lines, and must be returned by hand (not thrown back) to the circles or scratch lines area.** The Referee or Technical Official may disqualify any athlete who willfully disobeys this instruction.

Vertical Jump Events

- 6.2.11 In the vertical jump events (High Jump and Pole Vault), an athlete may commence his/her trial at any height previously announced by the Referee or Chief Judge, and may trial at their own discretion at any subsequent height.
- 6.2.12 Three consecutive failures, regardless of the height at which any of such failures occur, disqualify the athlete from further trials, except in the case of a tie for first place.

In the High Jump event, the starting heights and height increments shall be:

Divisions	Height progression	Practice heights
Girls (C Division)	1.20m, 1.25m, 1.30m, 1.35m, 1.40m, 1.43m, 1.46m, 1.48m, 1.50m, and so on.	1.20m, 1.35m
Girls (B Division)	1.25m, 1.30m, 1.35m, 1.40m, 1.43m, 1.46m, 1.48m, 1.50m, and so on.	1.25m, 1.40m
Girls (A Division)	1.25m, 1.30m, 1.35m, 1.40m, 1.43m, 1.46m, 1.48m, 1.50m, and so on.	1.25m, 1.40m
Boys (C Division)	1.40m, 1.45m, 1.50m, 1.55m, 1.60m, 1.63m, 1.66m, 1.69m, 1.72m, 1.75m, 1.78m, and so on.	1.40m, 1.55m
Boys (B Division)	1.55m, 1.60m, 1.65m, 1.70m, 1.73m, 1.76m, 1.78m, 1.80m, and so on.	1.55m, 1.70m
Boys (A Division)	1.60m, 1.65m, 1.70m, 1.75m, 1.78m, 1.81m, 1.84m, 1.87m, 1.89m, 1.91m, and so on.	1.60m, 1.75m

In the Pole Vault event, the starting heights and height increment shall be:

Divisions	Height progression
Girls Open	1.60m, 1.85m, 2.10m, 2.30m, 2.50m, 2.65m, 2.80m, 2.90m, 3.00m, 3.05m, 3.10m, and so on
Boys (C Division)	1.85m, 2.10m, 2.30m, 2.50m, 2.65m, 2.80m, 2.90m, 3.00m, 3.05m, 3.10m, 3.15m, and so on
Boys (B Division)	2.20m, 2.45m, 2.70m, 2.90m, 3.10m, 3.25m, 3.40m, 3.50m, 3.60m, 3.65m, 3.70m, and so on
Boys (A Division)	2.65m, 2.90m, 3.15m, 3.35m, 3.55m, 3.70m, 3.85m, 3.95m, 4.05m, 4.10m, 4.15m, and so on

Placings – for vertical jump events

6.2.13 If two or more athletes clear the same final height, the procedure to decide the places will be the following:

6.2.13.1 The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place.

6.2.13.2 If the athletes are equal following the application of Rule 6.2.13.1 of the Technical Rules, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.

6.2.13.3 If the athletes are still equal following the application of Rule 6.2.13.2, the athletes concerned shall be awarded the same place unless it concerns the first place.

6.2.13.4 If it concerns the first place, a jump-off between these athletes shall be conducted in accordance with Rule 6.2.14, unless otherwise decided, either in advance according to the regulations applying to the competition, or during the competition but before the start of the event by the Technical Officials. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.

Jump-off – for vertical jump events

6.2.14 Athletes concerned must jump at every height until a decision is reached or until all of the athletes concerned decide not to jump further.

6.2.15 Each athlete shall have one jump at each height.

6.2.16 The jump-off shall start at the next height determined in accordance with Rule 6.2.12 after the height last cleared by the athletes concerned.

6.2.17 If no decision is reached the bar shall be raised if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm for the High Jump and 5cm for the Pole Vault.

6.2.18 If an athlete is not jumping at a height, they automatically forfeit any claim to a higher place. If only one other athlete then remains, they are declared the winner regardless of whether they attempt that height.

General rules for field events

6.2.19 An athlete may not hold over any of his/her trials to a subsequent round.

6.2.20 If for any reason, an athlete is hampered in a trial or the trial cannot be correctly recorded, the referee shall have the discretion to award the athlete a substitute trial.

6.2.21 If an athlete is entered in both a track event and a field event, or in more than one field event taking place simultaneously, the referee may allow the athlete to take his trial in an order different from that is decided upon prior to the start of the competition. **THE ATHLETE CANNOT DEMAND TO TAKE ALL HIS TRIALS.**

6.2.22 If an athlete misses his/her turn in a field event, he/she will not be permitted to take the trial so missed.

Time allowed for trials

6.2.23 The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period allowed for this trial shall commence from that moment.

For the Pole Vault, the time shall begin when the crossbar has been adjusted according to the previous wishes of the athlete. No additional time will be allowed for further adjustment.

If the time allowed elapses after an athlete has started their trial, that trial should not be disallowed.

If after the time for a trial has begun, an athlete decides not to attempt that trial, it shall be considered a failure once that period allowed for the trial has elapsed.

The following times shall not be exceeded. If the time is exceeded, unless a determination is made under Rule 25.18 of the Technical Rules, the trial shall be recorded as a failure:

	High Jump	Pole Vault	Other
More than 3 athletes (or for the very first trial of each athlete)	1 min	1 min	1 min
2 or 3 athletes	1.5 min	2 min	1 min
1 athlete	3 min	5 min	-
Consecutive trials	2 min	3 min	2 min

7. RESULTS

7.1 All results of events shall be published on the results management portal, and will be announced over the Public Address (PA) system.

8. AWARD OF CHAMPIONSHIP POINTS

8.1 There must be a minimum of **three (3) registered individuals** from **three (3) different schools** before Championship points can be awarded to the athletes in that event.

8.1.1 If the event has athletes from three (3) or more different schools registered, but less than three (3) schools' athletes report on event day, the event will carry on but **NO** Championships points will be awarded.

8.1.2 When no Championship points are awarded for an event, the event will still carry on and medals will be awarded.

8.2 The following table shows the Points that shall be awarded for each of the top 8 positions in the Finals.

Position	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points	9	7	6	5	4	3	2	1

8.3 The full points based on the position will be awarded to all athletes tying at that position.

8.4 Points scored in the OPEN CATEGORY will count toward the DIVISION which the athlete is participating in. For e.g. a "C" Division girl pole-vaulter who gets a gold medal will have the 9 points included in the Girls "C" Division for her school.

8.5 In the event of a tie in Divisional Championship points, the team with the most number of Gold medals will be declared as the winner. If the tie persists, the number of Silver medals shall break the tie, followed by the number of Bronze medals, and so on.

9. PRIZES

- 9.1 Medals will be awarded to the top four (4) athletes/teams in each event.
- 9.2 Prizes for the completed events will be presented based on the prize presentation schedule. (TBC)

10. STADIUM GALLERY AND COMPETITION ARENA

- 10.1 Only registered TMs, School Adult Representatives (SAR), coaches, and athletes for the session shall enter the Stadium. **For clarity, TMs, SARs and coaches, athletes shall not enter the stadium if they are not involved in any event in the session.** This is to allow the Organising committee to adhere to the SMM stipulated by the Stadium.
- 10.2 The stadium will only be open for check-in for NSG T&F Championships from 7.15am for morning sessions, and from 1.00pm for afternoon sessions.
- 10.3 Only officials on duty and athletes competing shall be allowed in the competition arena (with the exception of rule 10.5). After their events they shall exit the competition arena immediately.
- 10.4 To prevent accidents, all TMs, SARs and coaches must ensure that their student athletes warm up at the area designated by the NSGOC Secretariat.
- 10.5 There will be a stipulated Coaches' Area within the competition arena during field events.
- 10.6 Field events coaches must display their accreditation passes at all times in the Coaches' Area, and retire from the Coaches' Area immediately after their respective athletes' event is completed, or as instructed by the Technical Officials.

11. REPORTING AND GRACE PERIOD

- 11.1 All athletes whose events are due must report to the Call Room thirty (30) minutes (for track events), forty (40) minutes (for field events except pole vault) and ninety (90) minutes (for pole vault) before the scheduled start of each event, and wait to be ushered into the competition arena.
- 11.2 As far as possible all events will commence as scheduled. It may sometimes be necessary to run off an event ahead of or behind schedule. In all such cases, announcements to this effect will be made over the Stadium's PA system.
- 11.3 Please note that except for matters mentioned in 11.2, announcement will **NOT** be made over the main public address system for athletes to report for their events.
- 11.4 Athletes are not allowed to report directly to the Competition Arena, unless permission has been granted by the Meet Referee.
- 11.5 The NSGOC or its representatives may at their discretion provide a grace period if they think the reason for lateness is justifiable (e.g. in special cases when delay may be caused by public transport breakdowns, floods, etc.). However, the school concerned must contact the NSGOC or its representatives at the competition venue to inform them of the delay. Schools must abide by the decision of the NSGOC or its representatives.

12. POSTPONEMENT

- 12.1 The NSGOC or its representatives shall, at their discretion, decide to postpone a race if they think the competition venue is unfit for competition, or for any other valid reasons for which they deem a postponement is in order.
- 12.2 Schools must abide by the decisions of the NSGOC or its representatives.
- 12.3 It is the responsibility of the school to check the event schedule for postponed events.

13. WITHDRAWAL AND WALKOVER

- 13.1 Any withdrawal is considered to be contrary to the spirit of the sport.
- 13.2 Schools participating in the Championships shall not withdraw their athletes without a compelling reason.
- 13.3 An athlete shall be excluded from participating in all subsequent events in the Championships (including relays), unless a valid medical certificate or written explanation from the Principal is submitted to the NSGOC or its representatives and the Call Room at the earliest opportunity, before the subsequent events.

14. PROTEST

- 14.1 Any clarification on points of laws/rules must be lodged immediately by the TM or SAR to the Meet Manager. Any decision taken by the Meet Manager will be final.
- 14.2 Any protest shall be referred to the NSGOC Secretariat verbally within **30 minutes** after the official announcement of the results of that event. (see 7.1 for results announcement)
- 14.3 The protest(s) must reach the NSGOC Secretariat within **one (1)** working day following the verbal protest. 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.
- 14.4 The NSGOC will deliberate on the protest within **five (5)** working days. The decision will then be made known in writing to the school concerned.
- 14.5 When there is any conflict of interest, any representative from the affected school(s) will not be part of the Appeals Committee.

15. Coaches

- 15.1 Coaches are expected to conduct themselves with decorum and in alignment to the code of conduct and spirit of the Coaches Oath during competitions. (Refer to the SSSC General Rules & Regulations).
- 15.2 Coaches shall not approach the track and field officials to query their decisions. Only TMs or SARs are allowed to approach game officials to seek clarifications.
- 15.3 Schools must ensure that their coaches adhere to the code of conduct stipulated in the SSSC Rules and Regulations.
- 15.4 All coaches engaged by the schools must be registered in NIS through the school for the Championships. This is to facilitate the issuance of coaches' passes for access to the competition arena.

16. ATHLETE'S ATTIRE AND ALLOCATED NUMBER

- 16.1 All school athletes must be suitably attired in accordance with the requirement of the sport. The school logo, badge, name or initials of the school should be visibly displayed on the attire.
- 16.2 Athletes should wear their attire in a dignified and modest manner. The athletes' attire should not bear inappropriate messages or images that will put the school and the Championships into disrepute.
- 16.3 Athletes who do not comply with the above requirements may be disqualified.
- 16.4 All registered athletes will be assigned a number and issued a pair of number tags. The colour of the numbers for each Division are:
- | | |
|------------|----------------------------|
| A Division | BLACK Number on White Base |
| B Division | RED Number on White Base |
| C Division | GREEN Number on White Base |
- 16.5 Only the official numbers tags issued by the NSGOC Secretariat shall be used in this Championships.
- 16.6 Replacements for numbers tags are available at the Call Room. Athletes who wish to obtain replacement number tags **MUST be accompanied by the school's TM / SAR.**
- 16.7 The number tags must be displayed prominently, with each number tag being pinned securely at the four corners.

17. MATTERS NOT PROVIDED FOR

- 17.1 All matters not provided for in these Rules and Regulations shall be dealt with by the NSGOC or its representatives.

18. AMENDMENTS

- 18.1 The NSGOC shall have the right to delete, add or amend the rules and regulations laid down herein. Such amendments shall be publicised when they happen.

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