

**SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL
SPECIFIC RULES AND REGULATIONS FOR RHYTHMIC GYMNASTICS 2017**

1 RULES AND REGULATIONS

Rhythmic Gymnastics shall:

- 1.1 be conducted according to the Federation Internationale de Gymnastique (FIG) Code of Points Rhythmic Gymnastics 2017-2020;
- 1.2 in the event that the rules and regulations are modified for safety reasons to suit the level of our school pupils, it shall be clearly stated in the Specific Rules and Regulations for Rhythmic Gymnastics 2017;
- 1.3 be governed by the Rules and Regulations of the Singapore Primary Schools Sports Council.
- 1.4 in the absence of a set of recognised rules to govern the occurrence of situations during the competitions, the rules of the prevailing International Federations will be applied.
- 1.5 be organised, adhering to the Baseline Safety Standards for National School Games.

2 CHAMPIONSHIP ORGANISING COMMITTEE

2.1 COMPOSITION

2.1.1 The Championship Organising Committee shall consist of the following:

The National Convenor,
The Games Adviser,
The Zone Convenors,
Organising Secretaries and
Any other co-opted members deemed necessary

2.1.2 The Championship Organising Committee and the Zone Convenors are empowered to appoint sub-committees and individual members to assist in the organisation and running of the championships as and when required.

2.2 DUTIES

The Championship Organising Committee shall have the following roles and responsibilities:-

- 2.2.1 to draw fixtures (competition programmes);
- 2.2.2 to fix venues, dates and times;
- 2.2.3 to arrange for equipment and facilities, and perform any other tasks for conducting the championships;
- 2.2.4 to conduct RAMS for the championships;
- 2.2.5 to ensure that court/pitch/venue¹ managers conduct RAMs for the respective games venues;

¹ Court/Pitch Managers will be responsible for the safety for the field of play for the competition. Venue Manager will take care of the area beyond the field of play. Venue Manager may also take charge of the entire competition venue including the field of play depending where the competition is held.

- 2.2.6 to appoint judges/auxiliary personnel/officials;
- 2.2.7 to incur expenditure within the allocated budget approved by the SPSSC;
- 2.2.8 to select players to represent SPSSC in approved local and overseas championships, to appoint coaches to take charge of the teams;
- 2.2.9 to deal with matters pertaining to discipline, protest and other aspects of the championships;
- 2.2.10 to source and organise coaching and officiating courses to upgrade the technical knowledge and expertise of teachers; and
- 2.2.11 to implement the Baseline Safety Standards in the organising of National School Games.

3 DIVISION

3.1 For 2015

3.1.1 The following divisions apply to Gymnastics with effect from 2017.

Division	Year/Date of Birth
Senior Division	1 Jan 2006
	2 Jan 2005 --- 31 Dec 2005
	2 Jan 2004 --- 31 Dec 2004
Junior Division	1 Jan 2009
	1 Jan 2008 --- 31 Dec 2008
	1 Jan 2007 --- 31 Dec 2007
	2 Jan 2006 --- 31 Dec 2006

3.1.2 A competitor from the Junior Division may opt to participate in a higher Division.

3.1.3 The Senior Division Team shall comprise at least 2 gymnasts who are born on 1 Jan 2006 and 2 Jan 2004 - 31 Dec 2005. (Conditions in 5.1 prevails).

3.1.4 Age Dispensation Policy

- a) For Gymnastics, gymnasts born in 1 Jan 2011, 1 Jan 2010 - 31 Dec 2010, and 2 Jan 2009 - 31 Dec 2009 may choose to participate in the Junior Division (only).
- b) Application has to be put forth by parents, endorsed by school Principals and submitted to respective games organising committee for follow-up. (Refer to Annex A).

3.1.4 All pupils can only compete in one division of that particular sport/game within the same year.

3.1.5 Age dispensation policy is only applicable to the year of application.

3.1.6 In the event that there are less than 3 schools with gymnasts registered in either the Senior or Junior Optional Division, or when there are less than 3 schools eligible for the Team competition, the Championship Organising Committee has the right to merge the two Divisions into a single Primary Optional Division.

4 ENTRIES

4.1 Each school is eligible to enter only one Divisional team in each of the following divisions:

- Girls **Senior** Division
- Girls **Junior** Division

4.2 **All entries must be submitted through the SSSC e-Registration portal** on or before the stipulated closing date. This includes details of players along with the necessary supporting documents.

- a) Baseline Safety Acknowledgement Form
- b) Supporting documents for Special/Transfer case students
- c) Age Dispensation Application Form
- d) Other forms as determined by the respective Games Organising Committee

5 REGISTRATION OF COMPETITORS

5.1 The total number of competitors to be registered shall not deviate from that laid down in the Specific Rules and Regulations of Rhythmic Gymnastics for the National Championships.

5.2 Each school may enter the following number of gymnasts in each Division team for the respective Division Events:

Junior and Senior Divisions

- **Group Event** : The group shall comprise a minimum of 5 and a maximum of 7 gymnasts. In this case, any 5 to perform.
- **Developmental Event** : A minimum of 1 or a maximum of **5** gymnasts (All to perform).
- **Elite Event** : A minimum of 1 or a maximum of 3 gymnasts. (All to perform).

Junior Division Additional Event

- **Level 1 Group Event** : The group shall comprise a minimum of 5 and a maximum of 7 gymnasts. In this case, any 5 to perform.

5.2.1 The same gymnast shall not be allowed to compete in both Developmental and Elite events. However, gymnasts participating in the Individual Apparatus Developmental Event (only) may choose to participate in the Group Event.

5.2.2 Gymnasts who have won individual medals in the Developmental event the previous year shall not be allowed to participate in the same Developmental level again this year, although they may still qualify by age. They must

instead participate in a higher Developmental level, or in the Elite event (e.g. individual medallist who competed in Level 2 must participate in Stage 1(2012) the following year).

- 5.2.3 Pupils who have represented their school in Artistic Gymnastics are not allowed to represent their school in Rhythmic Gymnastics in the same year, and vice versa.
- 5.3 Only in the event that any competitor(s) registered be transferred or has/have to leave school during the period before commencement of the championship, the school shall be allowed to replace the affected competitor(s).
 - 5.3.1 Schools must write in to inform the Convenors of the replacement at least one (1) working day before the commencement of the championship.
 - 5.3.2 No replacement of competitor is allowed once the championship begins.
- 5.4 If a school chooses not to register the maximum number of competitors allowed by the sport/game, at the time of submitting the entry/registration form to the Convenor, the school shall not be permitted to register additional competitors subsequently.
- 5.5 International pupils can only be registered to play for their school after they have been issued with the student passes from the Immigration and Checkpoints Authority (ICA).
- 5.6 International pupils who are in the schools on exchange programme are not allowed to represent the school.
- 5.7 Pupils granted Leave of Absence (LOA) by MOE will be allowed to represent the school.
- 5.8 Registration constitutes representation, that is, once a pupil is registered to play for a school, he or she is deemed to have represented his or her school. Hence, the pupil is not allowed to represent another school in the same sports/games.

6 PRIZES

- 6.1 The number of prizes and plaques (for team championships only) to be awarded at the National Championship shall be as follows:

3 team/individuals	-	Prizes and plaques for 1 st & 2 nd
4 team/individuals	-	Prizes and plaques for 1 st , 2 nd & 3 rd
5 or more teams	-	Prizes and plaques for 1 st , 2 nd , 3 rd & 4 th
- 6.2 For the Group Freehand Competition, All-around Competition and Individual Apparatus Competition, prizes will be awarded to the best three (3) groups/individuals in each division, with conditions as stated in para.8.1.
- 6.3 In the event of a tie, the tie shall remain and prizes will be awarded to the winners as follow:
 - A tie in the 1st place - the next best will be placed 3rd.
 - A tie in the 2nd place - there will be no 3rd placing.
 - Three (3) pupils tying for the 1st place - there will be no 2nd and 3rd placing.

7 POSTPONEMENT

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

8 WITHDRAWAL AND WALK-OVER

- 8.1 Any withdrawal or walk-over is considered contrary to the spirit of the game.
- 8.2 Schools participating in the championship should not withdraw or give a walk-over.
- 8.3 For each withdrawal² or walk-over, a written explanation duly endorsed by the Principal shall be submitted to the Convenor and the Game Adviser within two (2) working days.
- 8.4 When competing for top 4 placing, any walk-over will disqualify the team from being placed.

9 ABANDONED GAME

- 9.1 The referee/umpire/competition manager is required to submit a written report on an abandoned game within one (1) working day.
- 9.2 For decision on abandoned game, refer to Para 20 on disqualifications.

10 PROTEST

- 10.1 All protests shall be referred to the Championship Organising Committee. The protest(s) must reach the Committee within one (1) working day following the match to which it relates. The protest must be in writing and duly signed by the principal. All protests must also be accompanied by a protest fee of **one hundred and fifty-dollars (\$150)**³.
- 10.2 For events on the final day of the Championship, the written intention to protest, duly signed by the teacher-in-charge with acknowledgement from the principal, should reach the Committee before the start of the prize presentation. This shall be followed-up immediately with the written protest duly signed by the principal within one (1) working day following the event to which it relates.
- 10.3 The Championship Organising Committee will deliberate on the protest within three (3) working days. The decision will then be made known in writing to the school concerned by the next day.
- 10.4 The Championship Organising Committee may appoint a Jury of Protest to deliberate on the protest. The Jury shall comprise of:

The National Convenor;
4 Zonal Convenors;

² All results will be null and void.

³ Amount is inclusive of GST.

1 or 2 Technical Official(s)
Gymnastics Adviser

- 10.5 If the protest is upheld, the protest fee will not be required. If it is overruled, the protest fee of \$150 will be deducted from the protesting school's account, via IFAAS.
- 10.6 When there is conflict of interest, the school involved will not sit in the committee considering the protest.

11 APPEAL

- 11.1 Upon the release/disclosure of the decision of the Championship Organising Committee, only schools may appeal to the Council.
- 11.2 Notices of appeal shall be lodged with the Secretary of the Zone/Central Council within two (2) working days upon receiving the Championship Organising Committee's Decision. The appeal must be in writing and duly signed by the Principal and accompanied by an administrative fee of **three hundred dollars (\$300)**.
- 11.3 Upon receiving the notice of appeal from the school, the appeal fee of \$300 shall be deducted from the school's account via IFAAS. Regardless of the outcome of the appeal, there will be no refund.
- 11.4 The Board of Appeal will deliberate on the appeal. The decision of the Board of Appeal shall be final. (Please refer to Annex B)

12 SUSPENSION

- 12.1 A player suspended by any one of the following bodies is barred from participating in SPSSC championships for that sport/game for the period of suspension:
- a) The School
 - b) The Zone Council
 - c) The Singapore Primary Schools Sports Council
 - d) The National Association of the sport/game

13 TEACHER-IN-CHARGE OF TEAM

- 13.1 Each participating team must be accompanied by a teacher who shall remain with the team throughout the duration of play. (Please refer to Annex C.)
- 13.2 Teachers-in-charge are not allowed to interfere with the final decision taken by the D1 Judge Coordinator 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 Championship Organising Committee for appropriate action.

14 REFEREES / UMPIRES / OFFICIALS

- 14.1 For Gymnastics, all participating schools with at least 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.
- 14.2 Education Officers, Contract Adjunct teachers, Flexi-adjunct teachers and Allied Educators can serve as officials.
- 14.3 Schools have to ensure that their referees/umpires/officials are present to fulfil their duties as scheduled by the convenor.

15 EXTERNAL INSTRUCTORS / COACHES

- 15.1 External Instructors are expected to conduct themselves with decorum during competitions. (Please refer to Annex C)
- 15.2 All external instructors accompanying the gymnasts to the competition must be properly attired (sports attire).
- 15.3 During the performance of the exercise, external instructors, teachers, officials and any other members of the team may not communicate with their gymnast(s) in any manner. Violation of this rule will lead to a deduction of 0.5 (1st time) and 1.0 point (2nd time) from the final score of the gymnast.
- 15.4 Rights and regulation of the coach as described in the FIG Code of Points 2017-2020 applies to this championship, unless otherwise stated. Penalties for behaviour violations and unsportsmanlike conduct will take reference from the Code of Points.
- 15.5 External instructors are not allowed to approach the game officials to query their decisions. Only teachers-in-charge are allowed to approach game officials to seek clarifications. Failure to comply with this rule may lead to a deduction of 0.5 point from the gymnast's final score or total team score, and action taken against the coach.
- 15.6 Schools must ensure that their external instructors adhere to the SPSSC Rules and Regulations.
- 15.7 An external instructor who has breached any of the rules and the schools which engaged him/her, will be referred to the respective Championship Organising Committees by the respective convenors for appropriate action to be taken.

16 SUPPORTERS

- 16.1 Schools sending supporters to any championship shall ensure that their pupils are in proper school uniform and that there is sufficient number of teachers on duty to maintain discipline.
- 16.2 All supporters are required to remain within the stipulated area for supporters throughout the championship. They are not allowed to be in the championship arena.
- 16.3 Participating schools must ensure that their supporters and spectators attending the game(s) conduct themselves to the best of their abilities (Refer to Annex D).

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.

17 DISQUALIFICATION

17.1 A school team will be disqualified if it commits any of the following:

- A) if it fields an ineligible player who is:
- i. an overage player
 - ii. an underage player
 - iii. an unregistered player
 - iv. a suspended player
 - v. a player without a valid student pass
 - vi. a non bona fide pupil
- B) team/player not accompanied by a teacher
 C) team/player which caused the game/match to be abandoned

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

18 CHAMPIONSHIP FORMAT

18.1 For Division Championship, there must be a minimum of three (3) registered teams for the Developmental Team Competition from three (3) different schools before a division championship can be organised.

18.1.1 The Division title shall be decided from:

Division	Division Championship Tabulation		
Senior	: The sum total of the scores of Level 3 and Stage 2 (2012) events with corresponding percentage weighting as shown in the table.		
	Event Score	Maximum Score	Percentage Weighting
	Score of the Level 3 Group Freehand	10.0pts	10%
	Team score of the Level 3 Team Competition	60.0pts	60%
	Sum of Individual Apparatus score of the best Stage 2 (2012) Freehand, Rope, Hoop, Ball, Clubs and Ribbon routines	60.0 pts x ½	30%

Junior	: The sum total of the scores of Level 2 and Stage 1 (2012) events with corresponding percentage weighting as shown in the table.		
	Event Score	Maximum Score	Percentage Weighting
	Score of the Level 2 Group Freehand	10.0pts	10%
	Team score of the Level 2 Team Competition	60.0pts	60%
	Sum of Individual Apparatus score of the best Stage 1 (2012) Freehand, Rope, Hoop, Ball, Clubs and Ribbon routines	60.0 pts x ½	30%

18.2 For Developmental Team Competition, there must be a minimum of three (3) registered teams from three (3) different schools before a team championship can be organised.

6.2.1 The Team title shall be decided from:

Division	Developmental Team Score
Senior	: The sum total of the three (3) best scores in two (2) Level 3 apparatus, namely Hoop and Clubs.
Junior	: The sum total of the three (3) best scores in two (2) Level 2 apparatus, namely Rope and Ball.

18.3 For Group Freehand Competition, there must be a minimum of three (3) registered groups from three (3) different schools before a group competition can be organised.

7.3.1 The Group Freehand title shall be decided from:

Division	Group Freehand Score
Senior	: Score of the Level 3 Group Freehand Event.
Junior	: Score of the Level 2 Group Freehand Event.

18.4 For All-Around Competition, there must be a minimum of three (3) registered individuals from three (3) different schools competing in all required apparatus of the Division Event before the All-Around title can be recognised.

6.4.1 The All-Around title shall be decided from:

Division	Event	All-Around Score
Senior	Developmental	: The sum of the scores of two (2) Level 3 apparatus, namely Hoop and Clubs.
	Elite	: The sum of the scores of six (6) Stage 2 (2012) apparatus, namely Freehand, Rope, Hoop, Ball, Clubs and Ribbon.
Junior	Developmental	: The sum of the scores of two (2) Level 2 apparatus, namely Rope and Ball
	Elite	: The sum of the scores of six (6) Stage 1 (2012) apparatus, namely Freehand, Rope, Hoop, Ball, Clubs and Ribbon.

18.5 For Individual Apparatus Competition, there must be a minimum of three (3) registered individuals from three (3) different schools competing in the relevant apparatus of the Division Event before the Individual Apparatus title can be recognised.

6.5.1 The Individual Apparatus title will be decided from:

Division	Event	Individual Apparatus Score
Senior	Developmental	: Score of each Level 3 apparatus performance, namely Hoop and Clubs.
	Elite	: Score of each Stage 2 (2012) apparatus performance, namely Freehand, Rope, Hoop, Ball, Clubs and Ribbon.
Junior	Developmental	: Score of each Level 2 apparatus performance, namely Role and Ball.
	Elite	: Score of each Stage 1 (2012) apparatus performance, namely Freehand, Rope, Hoop, Ball, Clubs and Ribbon.

18.6 Any deviation from the championship format requires approval from the Council or the Standing Committee and must be clearly stated in the respective sports/games rules and regulations.

19 DIVISION EVENTS

19.1 Senior Division

Event	Routine(s)	Apparatus	Competition(s)
Group Event	Level 3 set	<ul style="list-style-type: none"> Group Freehand 	Group Freehand Competition
Individual Apparatus Event – Developmental	Level 3 set	<ul style="list-style-type: none"> Hoop Clubs 	<ol style="list-style-type: none"> Developmental Team Competition All-Around Competition Individual Apparatus Competition
Individual Apparatus Event – Elite	Stage 2 (2012) set	<ul style="list-style-type: none"> Freehand Rope Hoop Ball Clubs Ribbon 	<ol style="list-style-type: none"> All-Around Competition Individual Apparatus Competition <p><i>2018 onwards: New SG Stage 2 routines will be used and gymnasts will perform 4 routines from Freehand, Rope, Clubs, and a choice between Hoop or Ball.</i></p>

19.3 Junior Division

Event	Routine(s)	Apparatus	Competition(s)
Group Event	Level 2 set	<ul style="list-style-type: none"> Group Freehand 	Group Freehand Competition
Individual Apparatus Event – Developmental	Level 2 set	<ul style="list-style-type: none"> Rope Ball 	<ol style="list-style-type: none"> Developmental Team Competition All-Around Competition Individual Apparatus Competition

Individual Apparatus Event – Elite	Stage 1 (2012) set	<ul style="list-style-type: none"> • Freehand • Rope • Hoop • Ball • Clubs • Ribbon 	1. All-Around Competition 2. Individual Apparatus Competition <i>2018 onwards: New SG Stage 1 routines will be used and gymnasts will perform 3 routines from Freehand, Rope, and a choice between Hoop or Ball.</i>
Additional Event (* For competitors born in years 2009 & 2010 only)	Level 1 set	<ul style="list-style-type: none"> • Group Freehand 	Level 1 Group Freehand Competition

* Age Dispensation Policy applies (refer to para. 3.1.7)

20 ATTIRE

20.1 The Rhythmic gymnast must be suitably attired in accordance with the requirement of the sport (refer to para. 5 of FIG Code of Points for RG).

20.2 Gymnastics leotard

- a) A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some part in lace will have to be lined (from the trunk to the chest).
- b) The neckline of the front and back of the leotard must be no further down than half of the sternum and the lower line of the shoulder blades.
- c) Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
- d) The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum).
- e) The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body.
- f) The leotards of Group gymnasts must be identical (of the same material, style, design and color). However, if the leotard is made of a patterned material, some slight differences due to the cut may be tolerated.

20.3 It is allowed to wear:

- a) Leotards with or without the school crest.
- b) Long tights down to the ankles, over or under the leotard.
- c) A full-length one-piece leotard (unitard) provided that it is skin tight
- d) The length and colors(s) of the fabric covering the legs must be identical on both legs (the “harlequin” look is forbidden), only the style (cut or decorations) may be different.
- e) A skirt that does not fall further than the pelvic area over the leotard, tights or the unitard.
- f) The style of the skirt (cut or decorations) is free, but the skirt must always fall back on the
- g) hips of the gymnast (the look of “ballet tutu” is forbidden).
- h) Gymnasts may perform their exercises with bare feet or gymnastics slippers.
- i) The hair style must be neat and trim and the make-up clear and light.

20.4 Jewellery of all types and piercings, which could jeopardize the security of the gymnast are not allowed.

20.5 Bandages or support pieces cannot be in colors and must be of a beige color.

20.6 For violation against the dress code,

- a) a deduction of 0.30 pts from the individual/group gymnast will be taken each time one of these rules is not met.

21 EVALUATION OF THE COMPETITION EXERCISES

Level and Stage Sets

21.1 Gymnasts competing in the Level and Stage events shall base their exercises on the sets spelt out in the following texts, with modifications as stated in this Rules and Regulations document.

Division	Event	Text
Senior & Junior	Developmental	"Singapore Rhythmic Gymnastics Technical Curriculum (dated April 2009)", and relevant supplements and updates.
	<u>Elite</u>	"Singapore Gymnastics' National Program Rhythmic Gymnastics Stages 1-4 (released <u>July 2012</u>)"

21.2 Evaluation of a Level and Stage exercise will be as spelt out in the relevant prescribed text.

21.3 Any other technical deductions not provided for in the above curriculum shall be as spelt out in the FIG Code of Points 2017-2020.

22 CLARIFICATION AND INQUIRY OF SCORE

22.1 Any clarification on points of laws/rules and the difficulty score must be lodged immediately after the publication of the score, or at the very latest before the end of the exercise of the next gymnast, by the **teacher-in-charge** to the **Inquiry Table** in a professional and friendly manner. The decision taken by the D-Jury will be final.

22.2 Only inquiries for difficulty scores are allowed provided the verbal inquiry is made in accordance to para. 22.1. Inquiries for all other scores (Execution, Artistry) are not allowed.

22.3 Late verbal inquiries will be rejected. An inquiry is allowed only for the school's own gymnast.

22.4 In case of obvious errors concerning calculation or flashing of scores, a Judge, teacher-in-charge or other official, who recognise this, should promptly approach the D1 Coordinator Judge in a professional and friendly manner before the end of the actual round to allow the D-Jury to clarify the situation before the next round starts.

23 APPARATUS SPECIFICATIONS

Item/Apparatus	Specifications
Performance Area	13m x 13m
Rope	N.A.

Hoop	70cm (diameter) / 200g (min); or 80–90cm (diameter) / 300g (min)
Ball	16 cm – 20 cm (diameter) / 300g (min)
Clubs	36cm (diameter) / 100g (min); or 40-50cm (diameter) / 150g (min)
Ribbon	5 m (length) (min) / 4-6 cm (width) / 35g (min) / 50-60cm (stick length)

- 23.1 Apparatus not according to specifications will be accorded a penalty of 0.30 point deduction from the gymnast's final score, or from the group score for Group exercises.
- 23.2 Apparatus used by a group must all be identical (weight, dimension, and shape); only their colour might be different.

24 MATTERS NOT PROVIDED FOR

All matters not provided for in these Rules and Regulations shall be dealt with by the respective Championship Organising Committees.

25 AMENDMENTS

The Singapore Primary Schools Sports Council shall have the right to delete, add or amend the rules and regulations laid down herein.

ABBREVIATIONS**Games, Committees and Organisations**

NSG	National School Games
ASG	ASEAN Schools Games
SSSC	Singapore Schools Sports Council
SPSSC	Singapore Primary Schools Sports Council
MOE	Ministry of Education
PSOEB	Physical Sports and Outdoor Education Branch
NSGO	National School Games Office
FIG	Federation of International Gymnastics
SG	Singapore Gymnastics
GOC	Games Organising Committee
NGOC	National Games Organising Committee
Org Com	Organising Committee
TC	Technical Committee
Org Secy	Organising Secretary
ASSC	ASEAN Schools Sports Council
SSST	Singapore Schools Sports Team
Sch	School
JC/CI	Junior College/Centralised Institution
Pri	Primary
Sec	Secondary

Documents

R&R	Rules and Regulations
TR	Technical Regulations
BSS	Baseline Safety Standards
CoP	Code of Point
Gen	General
Spec	Specific; Specification

Disciplines

Gym	Gymnastics
AG	Artistic Gymnastics
MAG	Men's Artistic Gymnastics
WAG	Women's Artistic Gymnastics
RG	Rhythmic Gymnastics
TRA	Trampoline

Judging and Results

Pts; P	Points
D-Score	Difficulty Score
E-Score	Execution Score
A-Score	Artistry Score
R-Score	Reference Score
F-Score	Final Score
SV	Start Value
DV	Difficulty Value
CV	Connection Value
CR	Composition Requirement
SB	Series Bonus
Min	Minimum
Max	Maximum
Req	Requirement
SupJ	Supervisory Judge
DJ	Difficulty Judge
EJ	Execution Judge
TJ	Time Judge
LJ	Line Judge
SECJ	Secretary Judge
AuxJ	Auxiliary Judge

Gymnastics Competitions

Div	Division
DC	Divisional Championship
Team	Team <i>Competition</i>
AA	All Around
IA	Individual Apparatus
IAF	Individual Apparatus Final
IAQ	Individual Apparatus Qualification
Cship	Championship
Comp	Competition
Qltn	Qualification

Apparatus and Events

App	Apparatus
FX	Floor
VT	Vault
BB	Beam
UB	Bars; Uneven Bars
PH	Pommel <i>Horse</i>
PH(M)	Pommel (Mushroom)
PB	Parallel <i>Bars</i>
HB	Horizontal <i>Bar</i>
RR	Rings
B	Ball
Rp	Rope
Rb	Ribbon
H	Hoop
C	Clubs
5Rp	5 Ropes
3H2B	3 Hoops 2 Balls
Indv	Individual
Grp	Group
FH	Freehand
GFH	Group Freehand
L1	Level 1
S1	Stage 1
SJnr	Singapore Junior
Snr	Senior
Jnr	Junior
Nov	Novice
Devt	Developmental
Opt	Optional

Technical Terms

DMT	Dismount
MT	Mount
Acro	Acrobatic
Hstd	Handstand
Fwd	Forward
Bwd	Backward
Swd	Sideward
Ht	Height

AGE DISPENSATION POLICY FOR SPSSC

1. BACKGROUND

Age Dispensation Policy refers to the approval for a pupil to participate in a sport/game recognised by the Singapore Primary Schools Sports Council (SPSSC).

This policy **only** applies to 7 and 8 years old who wish to participate in the 'Junior' Division competitions organised under the auspices of the SPSSC (except the 5 identified sports⁴ with higher risks). Poomsae event for Taekwondo is allowed.

2. APPLICATION PROCESS

Eligible students (listed in para 1) are to apply for age dispensation with their respective games organising committees using the application form in Annex B2. This form has to be submitted by their parent and endorsed by their school Principal.

The application form has to be submitted together with the school's registration form for the competition.

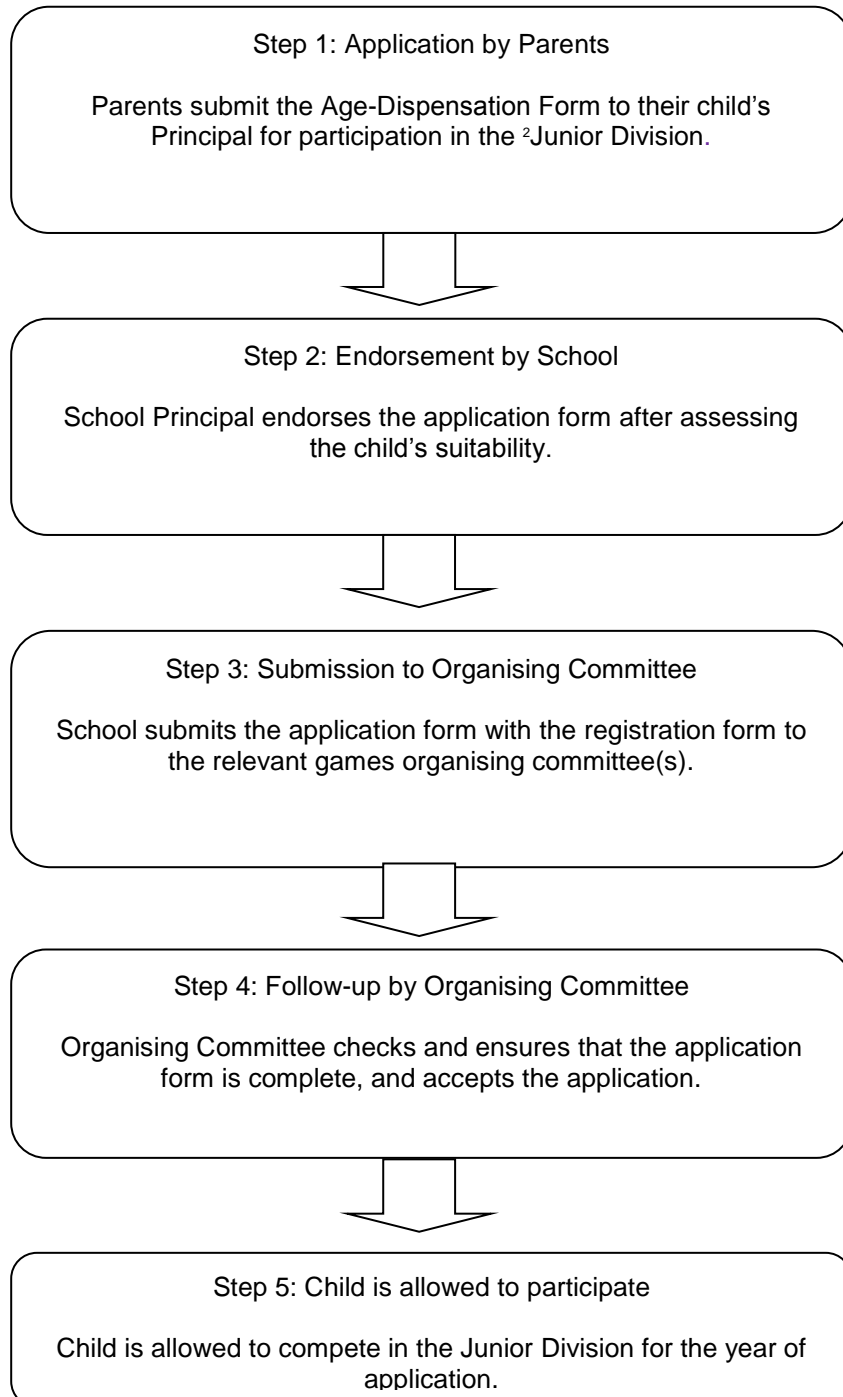
Any application submitted after the closing date stipulated by the respective games convenors will not be considered.

3. TERMS AND CONDITIONS

- a. Age dispensation for 7 and 8 years old is allowed for all sports; except the 5 identified sports with higher risks. Poomsae event for taekwondo is allowed.
- b. Age dispensation is only granted for the year of application.
- c. Once approved, pupil can only compete in the Junior division, i.e. for both individual and team events for the approved year.

⁴ The 5 identified sports are rugby, football, basketball, hockey and taekwondo (Kyurugi). Taekwondo (Poomsae) is a non-contact segment, hence it is not classified as a sport with higher risk.

**SPSSC FIVE STEP FLOWCHART FOR
AGE DISPENSATION**



**SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL
APPLICATION FOR AGE DISPENSATION**

Sport:			
Student's Particulars			
Name :		Gender:	
NRIC:		Date of Birth:	
Parent's Particulars			
Name:		* Father/Mother/Guardian	
Contact Number		Alt Contact Number :	
School's Particulars			
School:			
Principal:			
Teacher in charge:			
Contact Number		Alt Contact Number :	
Rationale Supporting the Request for Age Dispensation			

Acknowledgement by Parent:

I, _____, parent/guardian of _____ would like to request for my child to represent the school in the SPSSC ⁵Junior division competition for the above-mentioned sport in _____ (Year).

I have assessed his/her physical and mental readiness and deem him/her to be suitable and ready to compete in the above-stated category.

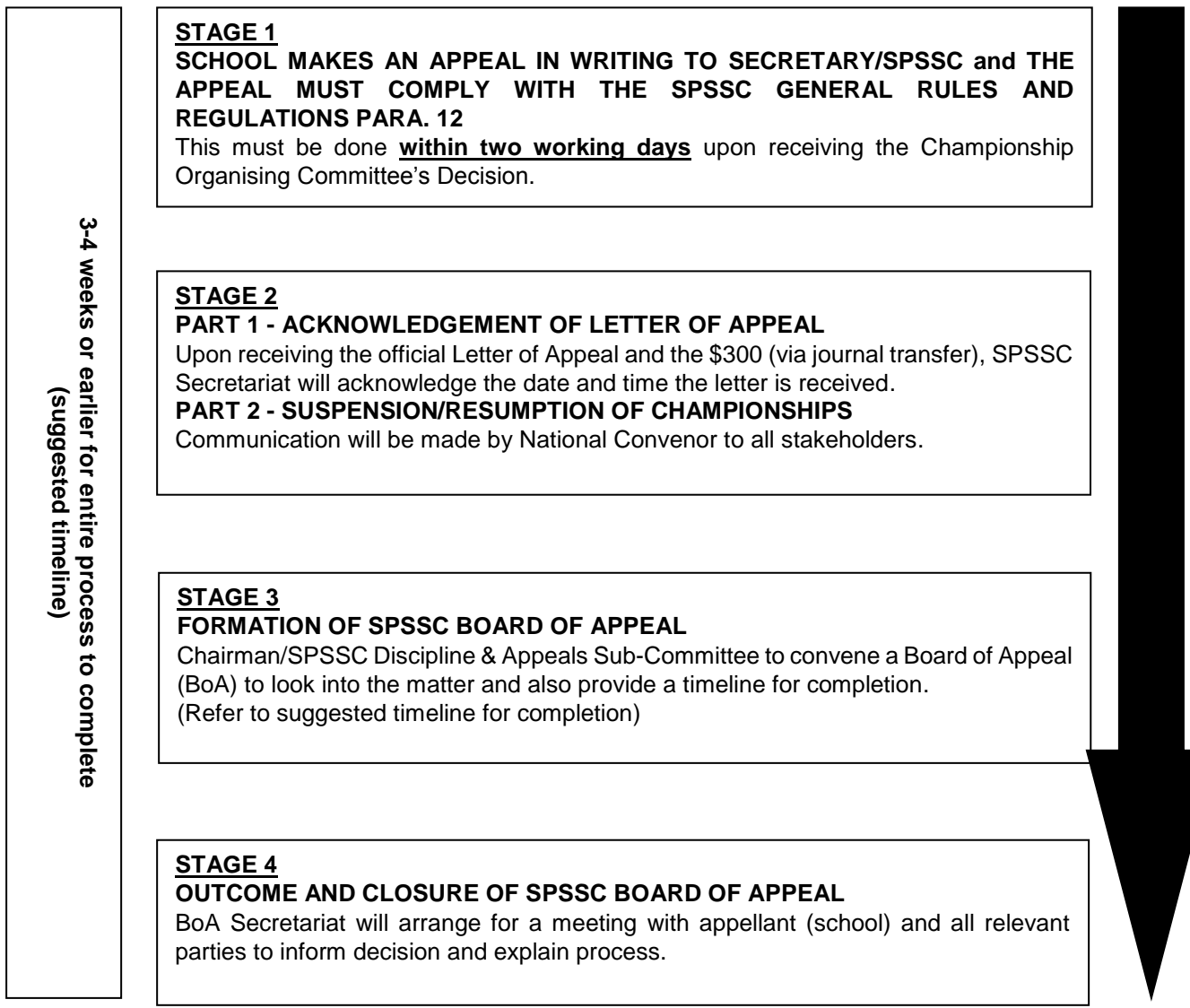
	Parent's/Guardian's Signature and Date

Principal's Endorsement:

	Principal's Signature and Date

⁵ The Junior Division is the equivalent of the C Division in Gymnastics.

SPSSC PROCEDURE FOR APPEALS
WORKFLOW



As in accordance with the SPSSC General Rules and Regulations under rule 12.4, the decision of the Board of Appeal or the Standing Committee shall be final.

SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL

ROLE OF THE TEACHER IN-CHARGE

(Please also refer to **Handbook of the Co-Curricular: Role of CCA Teacher and Role of the CCA Coach / Instructor Chapter 2, Annex B & C**


<http://library.opal.moe.edu.sg/cos/o.x?c=/library/reslib&uid=&ptid=84&func=prop2&id=255107>)

The teacher in-charge will represent the school on all matters pertaining to the administration and organisation of the tournament. He/She will do the following:

- to ensure good attendance during practice
- to take follow-up actions on absenteeism of members
- to co-ordinate training sessions with the external instructor
- to monitor and take stock of sports equipment
- to attend meetings called by the game convenor
- to submit team list
- to be responsible for the accuracy of the players' particulars in the entry forms and ensure that the pupils are not placed in the wrong division.
- to liaise between the Organising Committee (convenor school) and the Principal (school)
- to check the fixtures and schedules
- to make transport arrangements for the teams
- to accompany the schools teams for all competitions
- to remain with the team throughout the duration of play
- to be responsible for the conduct and behaviour of the external instructor, players and supporters
- to represent the school in matters pertaining to appeals/protests (as required by the sport/game)
- to accompany pupils at disciplinary board meeting
- to ensure that the team is medically covered e.g. first aid kit

External Instructors Employed by Schools

- External instructors are expected to conduct themselves well in carrying out their duties.
- They are to observe the rules and regulations of the school.
- They should not replace the role of the teacher in-charge.
- They will prepare the training schedule for the team, in consultation with the Principal and the teacher in-charge (i.e. 30-week programme)
- They are not allowed into the competition area except where the rule of the game requires the presence of the instructor e.g. Softball.
- They cannot represent the school in any matters.
- They must not interfere with the organisation of the tournament.
- They are not allowed to approach the game officials to query their decisions. Only teachers-in-charge are allowed to approach game officials to seek clarifications.
- External instructors violating the above rules will be asked to leave the competition arena.
- Action will be taken against the school if the external instructors fail to comply with the tournament rules.
- The onus for the external instructors to adhere to the above rules and to be well versed with the competition rules amended to meet the needs of our pupils' lies with the school concerned.
- Ensure that the team has adequate rest and given water breaks.
- Instructors should refrain from using foul language or in a tone not becoming of proper behaviour.



ATHLETES' OATH

"In the name of all competitors
 we promise that we shall take part
 in these National School Games,
 respecting and abiding by the rules which govern them,
 committing ourselves to the true spirit of sportsmanship,
 without doping and without drugs,
 for the glory of sport
 and the honour of our teams."

(Revised version 2015; Adapted from the Olympic Athletes' Oath, 1999)

Character in Sporting Excellence




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

Character in Sporting Excellence



OFFICIALS' OATH

"In the name of all the judges and officials,
 we promise that we shall officiate
 in these National School Games
 with complete impartiality,
 without doping and without drugs.
 We will respect and abide by
 the rules which govern the Games,
 in the true spirit of sportsmanship."

(Revised Version 2015; Adapted from the Olympic Officials' Oath, 1999)

Character in Sporting Excellence



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

ADDENDUM**New implementation in 2018:**

1. New SG Stage 2 routines will be used and gymnasts will perform 4 routines from Freehand, Rope, Clubs, and a choice between Hoop or Ball.
2. New SG Stage 1 routines will be used and gymnasts will perform 3 routines from Freehand, Rope, and a choice between Hoop or Ball.
 - a) The All Around title for these Senior and Junior gymnasts in the Elite events will be decided by the sum of the score of 4 Stage 2 apparatus, and the sum of score of 3 Stage 1 apparatus, respectively.
 - b) The Division title will be decided by sum tabulation with corresponding percentage weighting as shown in the table.

Event Score	Maximum Score	Percentage Weighting
Group Freehand	10.0pts	10%
Team score of the Developmental Team Competition	60.0pts	60%
Sum of Individual Apparatus score of the routines 4 best Stage apparatus for Senior, and 3 best Stage apparatus for Junior.	Senior = 40.0 pts x $\frac{3}{10}$ Junior = 30.0 pts	30%