

**SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL  
RULES AND REGULATIONS FOR ROPE SKIPPING 2016**

**1 RULES AND REGULATIONS**

The National Primary Schools Rope Skipping Championship:

- 1.1 shall be conducted according to the laws/rules established by the International Rope Skipping Federation;
- 1.2 in the event that the rules and regulations are modified for safety/developmental reason(s) to suit the level of our school pupils, it will be clearly stated in the SPSSC Rope Skipping rules and regulations;
- 1.3 shall be as governed by the Rules and Regulations of the Singapore Primary Schools Sports Council; and
- 1.4 shall adhere 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:

- a) The National Convenor,
- b) The Games Advisor,
- c) The Zone Convenors,
- d) Organising Secretaries and
- e) 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;
- 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/venue<sup>1</sup> managers conduct RAMs for the respective games venues;

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<sup>1</sup> 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/ officials;
- 2.2.7 to organize training/upgrading officiating courses for judges/officials;
- 2.2.8 to incur expenditure within the allocated budget approved by the SPSSC;
- 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 organisation of National School Games.

**3 DIVISION**

3.1 For Implementation in 2017

3.1.1 The following age group divisions apply to Rope Skipping.

<b>Senior Division</b>	<b>Junior Division</b>	<b>Age Dispensation</b>
1 Jan 2006	1 Jan 2009	1 Jan 2011
1 Jan 2005 --- 31 Dec 2005	1 Jan 2008 --- 31 Dec 2008	1 Jan 2010 --- 31 Dec 2010
2 Jan 2004 --- 31 Dec 2004	1 Jan 2007 --- 31 Dec 2007	2 Jan 2009 --- 31 Dec 2009
	2 Jan 2006 --- 31 Dec 2006	Applicable for Junior Div

- 3.1.2 Age dispensation policy is allowed in Rope Skipping. 7 years old and 8 years old may choose to participate in the Junior Division.
- 3.1.3 Application has to be put forth by parents/guardians, endorsed by school Principals and submitted to respective games organising committee for follow-up (Refer to Annex B).
- 3.1.4 All pupils can only compete in one division of Rope Skipping within the same year.
- 3.1.5 Age dispensation policy is only applicable to the year of application.
- 3.1.6 For Group B (Team Events), age dispensation will be capped at 50% or less per team.

## 4 ENTRIES

4.1 Each school is eligible to enter for the following divisions and events:

Boys Senior (Sr) Division  
Boys Junior (Jr) Division  
Girls Senior (Sr) Division  
Girls Junior (Jr) Division

Group	Events	Category				No. of participants / teams	Max. no. of events per pupil
		Boys		Girls			
		Sr	Jr	Sr	Jr		
A (Individual)	Speed	✓	✓	✓	✓	2 participants	2
	Individual Creative	✓	✓	✓	✓	1 participant	
	Double Under	✓	✓	✓	✓	2 participants <i>(increased from 1 to 2 as of 2017)</i>	
B (Team)	Double Dutch	✓	✓	✓	✓	3 participants + 1 reserve* <i>(Starting from 2018, there will be a stand-alone event for mixed gender competition. The results from this event will not contribute to the divisional points. Of the three performing, both gender must be represented)</i>	2
	Pair Creative	✓	✓	✓	✓	2 participants + 1 reserve*	
	Team Creative	✓	✓	✓	✓	4 participants + 1 reserve*	
	Speed Relay	✓	✓	✓	✓	4 participants + 1 reserve*	

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

- (a) Baseline Safety Standards Acknowledgement Form
- (b) Supporting documents for Special/Transfer case students
- (c) Age Dispensation form for 7 and 8 years old students

TIMELINE	PERIOD	REMARK
Registration	23 Feb 2017	• Register pupils for their respective events

4.3 It is the onus of participating schools to ensure accuracy of submissions of "Registration". Schools are reminded that the fielding of ineligible players may result in disqualification.

- 4.4 The top 4 individuals/teams of each event, in each division, from each zone will proceed to compete in the National Championships.

With effect from 2018, there will no longer be any Zone Championships. All competitions will be held at the National Championships.

## 5 REGISTRATION OF PLAYERS

- 5.1 The total number of players to be registered shall not deviate from that laid down in the Rules and Regulation of Rope Skipping for both the Zone and the National Championships (Refer to 4.1).
- 5.2 Only for Group B (Team) Events, teams which have qualified from the Zone championships to the National championships may register a new team list at the time of registration (Refer to Annex H).
- 5.3 Only in the event that any player(s) registered be transferred, has/have to leave school, or is/are unwell and has/have valid medical certification, the school shall be allowed to replace the affected player(s).
- 5.3.1 For transfer cases, schools must write in to inform the Convenors of the replacement at least one (1) working day before the Championships.
- 5.3.2 For medical certification cases, schools must write in to inform the Convenors before the start of the competition and to submit the medical certification and Principal's endorsement the following day (applicable for Zone Championships).
- 5.3.3 However, replacement is not allowed for Group A (Individual) Events when the competition reaches the National Championships.
- 5.3.4 Replacement is also not allowed for Group B (Team) Events if a school chooses not to register the maximum number of players allowed at the time of submitting the registration form to the Convenor.
- 5.3.5 The replacement player is competent and ready to compete in the events which he/she is replacing.
- 5.3.6 The number of events in which the replacement skipper(s) is/are competing in is compliance with point 4.1.
- 5.4 International pupils can only be registered to compete for their school after they have been issued with the student passes from the Immigration and Checkpoints Authority (ICA).
- 5.5 International pupils who are in the schools on exchange programme are not allowed to represent the school.
- 5.6 Pupils granted Leave of Absence (LOA) by MOE will be allowed to represent the school.
- 5.7 Registration constitutes representation, that is, once a pupil is registered to compete 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 Rope Skipping in the same year.

## 6 CHAMPIONSHIP FORMAT

- 6.1 For all events, there must be a minimum of three (3) registered individuals/teams from three (3) different schools before a competition can be organised.
- 6.2 The Zone championships for Rope Skipping will be used as qualifying round for the National championships.

With effect from 2018, there will no longer be any Zone Championships. All competitions will be held at the National Championships.

- 6.3 For events that have less than three (registered) individuals/teams from three (3) different schools, the teams will be advanced to national rounds directly. These events would be deemed as demonstration events in the zone championship and no points shall be awarded.
- 6.4 Any deviation from the championship format requires approval from the Council or the Standing Committee and must be clearly stated in the Rope Skipping rules and regulations.

## 7 DANGEROUS MOVES, FALSE STARTS AND FALSE SWITCHES

### 7.1 Dangerous Moves

The following moves will be removed for safety reasons:

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

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

### 7.2 False Start

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

### 7.3 False Switch

- 7.3.1 A False Switch occurs when a skipper enters the ropes and starts skipping before the call of "Switch".

- 7.3.2 Single Rope Speed Relay: The second, third as well as the fourth skippers must not start before the call of "Switch".
- 7.3.3 If a skipper commits a false switch there will be a 5 point deduction from the skipper's score.
- 7.3.4 If more than 1 false switch is committed, there will be 5 point deduction from each false switch.
- 7.3.5 If a false switch is detected the judges do not stop the skipper(s), they will be allowed to complete the event. All judges will have to agree on the false switch.

## 8 GRACE PERIOD

- 8.1 Fifteen minutes (15 min) grace is allowed. The Convenor or his/her representative may at his/her discretion extend this grace period if he/she thinks the extension of grace period is justifiable (eg. in special cases when delay may be caused by traffic jams, etc). However, the team concerned must contact the Convenor or his/her representative at the venue concerned to inform him/her of the delay. Teams must abide by the decision of the Convenor or his/her representative (refer to 10.1).

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## 9 POSTPONEMENT

- 9.1 The Convenor or his/her representative shall, at his/her discretion, decide to postpone a championship 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/WALKOVER

- 10.1 In the event of a competitor or a team failing to appear on the competition floor within 1 minute after being call, it will be considered as a "Withdrawal/Walkover".
- 10.2 Any withdrawal/walkover is considered contrary to the spirit of the game.
- 10.3 Schools participating in the championship should not withdraw or give walkover.
- 10.4 For each withdrawal/walkover<sup>2</sup>, a written explanation duly endorsed by the Principal shall be submitted to the Convenor and the Game Adviser within two (2) working days.

## 11 ABANDONED COMPETITION

- 11.1 The organising committee is required to submit a written report on an abandoned competition within one (1) working day.
- 11.2 For decision on abandoned championship, refer to Para 21 on disqualifications.

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<sup>2</sup> All results involving the team will be null and void.

## 12 PROTEST

- 12.1 Any clarification on points of laws/rules must be lodged immediately by the teacher-in-charge to the organising committee. The decision taken by the organising committee will be final.
- 12.2 All protests shall be referred to the Championship Organising Committee. The protest(s) must reach the Committee within one (1) working day following the competition to which it relates. The protest(s) must be in writing and duly signed by the principal. All protests must be accompanied by a protest fee of one hundred and fifty-dollars (\$150)<sup>3</sup>.
- 12.3 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.
- 12.4 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.
- 12.5 When there is conflict of interest, the school involved will not sit in the committee considering the protest.

## 13 APPEAL

- 13.1 Only upon the release/disclosure of the decision of the Championship Organising Committee, schools may appeal to the Council.
- 13.2 Notices of appeal shall be lodged with the Secretary of the Council within two (2) working days on 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)<sup>4</sup>.
- 13.3 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.
- 13.3 The Board of Appeal will deliberate on the appeal. The decision of the Board of Appeal shall be final (Refer to Annex D).

## 14 SUSPENSION

- 14.1 A player suspended by any one of the following bodies is barred from participating in SPSSC competition for rope skipping for the period of suspension:
  - a) The School
  - b) The Zone Council
  - c) The Singapore Primary Schools Sports Council

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<sup>3</sup> Amount is inclusive of GST.

<sup>4</sup> Amount is inclusive of GST.

## 15 AWARD OF POINTS

15.1 The following scoring system shall apply:

Placing	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Points	9	7	6	5	4	3	2	1

15.2 At zone level, points would only be added to division champion if there is a minimum of 3 registered teams/individuals from 3 different schools in the event.

## 16 PRIZES

16.1 The number of prizes to be awarded at the Zone and National Championship shall be as follows:

- |                              |   |  |
|------------------------------|---|--|
| 3 team/participants          | - | Prizes for 1 <sup>st</sup> & 2 <sup>nd</sup>                                     |
| 4 team/participants          | - | Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup>                   |
| 5 or more teams/participants | - | Prizes for 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup> |

16.2 Prizes for the reserved skippers will be included for all Group B (Team) Events.

## 17 TEACHER-IN-CHARGE OF TEAM

17.1 Each participating team must be accompanied by a teacher who shall remain with the team throughout the duration of play (Refer to Annex E).

17.2 Teachers-in-charge are not allowed to interfere with the final decision taken by the judge/official on points of laws/rules after clarification has been sought. If such interference results in disruption of any championship, a report shall be made by the Convenor and the matter brought to the attention of the Championship Organising Committee for appropriate action.

## 18 JUDGES / OFFICIALS

18.1 All participating schools must provide at least two officials regardless of the number of registered divisions of whom one must be an education officer.

18.2 Registration and attendance of the nominated teacher-officials for the Rope Skipping Judging Workshops are compulsory. Non-attendance would result in school not being able to participate in the Rope Skipping Championships.

18.3 The names of the Teacher-Officials have to be registered through the e-registration portal.

18.4 The Organising Committee reserves the right to deploy the teacher-officials accordingly to the needs of the competition. Priority of the Teacher-officials is to serve as judge for creative event. Teacher-officials may also be deployed to serve as judges for both speed and creative events.

18.5 Schools have to ensure that their judges/officials are present to fulfil their duties as scheduled by the Convenor. If the teacher is identified to be in the panel of the creative team, he/she is required to fulfil his/her duties throughout the championship.



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

18.7 Only Education Officers can serve as Judges for the events (i.e. Creative).

## 19 EXTERNAL INSTRUCTORS

19.1 External instructors are expected to conduct themselves with decorum during competitions. (Refer to Annex E)

19.2 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.

19.3 Schools must ensure that their external instructors adhere to the SPSSC Rules and Regulations and the Code of Conduct (please refer to Annex G for Coaches' Oath).

19.4 An external instructor who has breached the Rules and Regulations and the Code of Conduct will be referred to the respective Championship Organising Committee by the respective convenors or the schools which engaged him/her for appropriate action to be taken.

## 20 SUPPORTERS

20.1 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.

20.2 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.

20.3 Participating schools must ensure that their supporters and spectators attending the game(s) conduct themselves to the best of their abilities (Refer to Annex F). 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.

## 21 DISQUALIFICATION

21.1 A school 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

- 21.2 All results involving the team/individual which has been disqualified will be considered null and void.

## 22 ATTIRE

- 22.1 All school athletes must be suitably attired in accordance with the requirement of Rope Skipping.

## 23 EQUIPMENT AND AREA

- 23.1 Participants must have their own individual ropes.
- 23.2 There are no restrictions on the types of ropes to be used **except for metal ropes which are not encased with rubber or plastic.**
- 23.3 If a rope or handle breaks, a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However, a team or skipper may only have a maximum of two (2) attempts at the same event. The last attempt determines the score.
- 23.4 Schools must provide their own music in a thumb drive for the zone and national championships. The music (mp3/wma) files must be labelled with the name of the competitor/team, event and school. (e.g. JB\_IND/PA/CRE\_SCH).
- 23.5 The performance area is designated to be 12 metres by 12 metres for Creative events and 6 metres by 6 metres for Speed events. Routine completed outside the performance area will not be judged. For the safety of skippers, they must stay within the performance area.

## 23 TIMING OF EVENTS

- 23.1 The following are the timings for the events:

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

- 23.2 Timing begins only when the skipper starts moving.
- 23.3 No penalty will be imposed on skippers who do not meet the minimum time requirement.
- 23.4 ‘Time’ will be called at 75 seconds for Individual Creative, Pair Creative and Team Creative.
- 23.5 No judging will be permitted after “Time” is called.

## **24 MATTERS NOT PROVIDED FOR**

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

## **25 AMENDMENTS**

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

**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 sports<sup>5</sup> 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 parents/guardians 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.

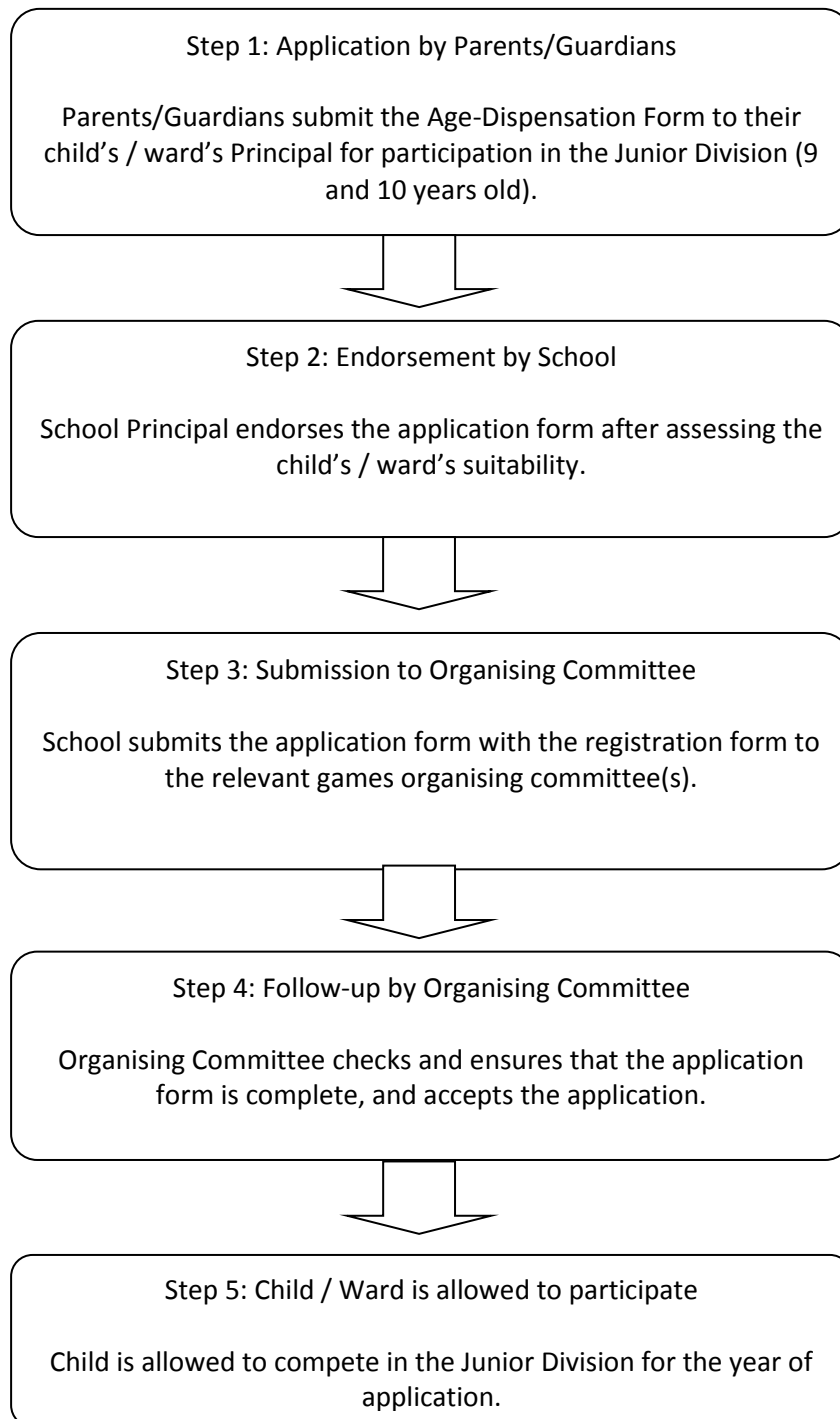
**3. TERMS AND CONDITIONS**

- 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.

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<sup>5</sup> The 5 identified sports are rugby, football, basketball, hockey and taekwondo (Kyrugi). 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**



**Annex B2**

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

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

**Acknowledgement by Parent/Guardian:**

I, \_\_\_\_\_, parent/guardian of \_\_\_\_\_ would like to request for my child/ward to represent the school in the SPSSC Junior 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

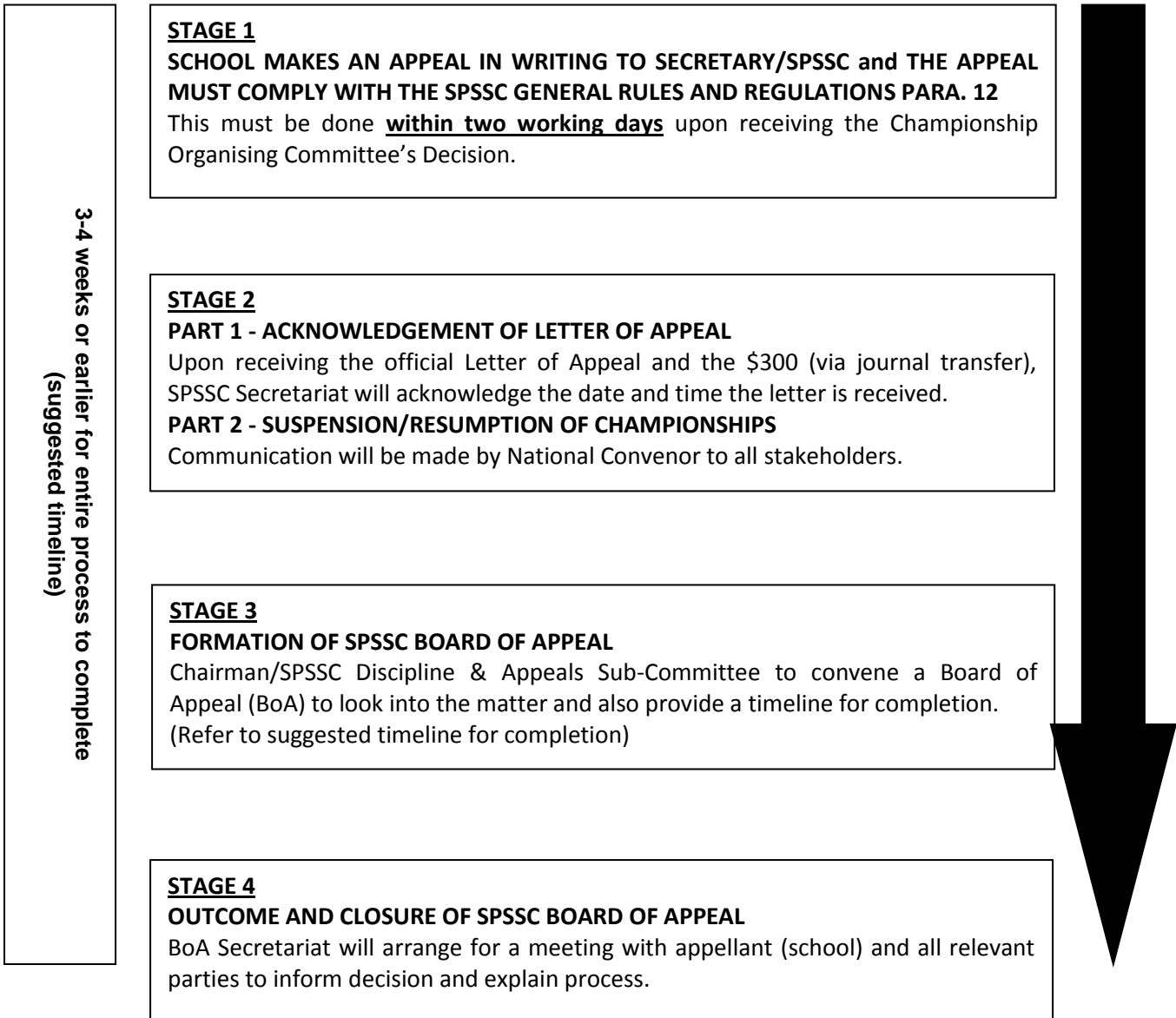
\_\_\_\_\_  
Date

Principal's Endorsement:

\_\_\_\_\_  
Principal's Signature

\_\_\_\_\_  
Date

**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 CCA Handbook: 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 (refer to Annex F & G)
- 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



### **Code of Conduct for External Instructors**

- 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. student development plan)
- 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.


## **Expected Behaviour for Spectators**

### Spectators' Creed

- Be a Motivator– Cheer to motivate. Never shout at or ridicule players/officials.
- Be a Supporter – Focus on players/teams' efforts and well-being; not just the results.
- Be a Role Model – Show respect and appreciation to players, teachers, officials and all other individuals/organisations.

**Athletes, Officials and Coaches' Oaths**

  <p><b>ATHLETES' OATH</b></p> <p><b>"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."</b></p> <p><small>(Revised version 2015; Adapted from the Olympic Athletes' Oath, 1999)</small></p> <p><b>Character in Sporting Excellence</b></p>	  <p><b>OFFICIALS' OATH</b></p> <p><b>"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."</b></p> <p><small>(Revised Version 2015; Adapted from the Olympic Officials' Oath, 1999)</small></p> <p><b>Character in Sporting Excellence</b></p>
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**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**

**Rope Skipping Workflow of Registration with Windows for Replacement**

