

**SINGAPORE 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 /developmental reasons to suit the level of our students, 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 Schools Sports Council;
- 1.4 in the absence of a set of recognised rules to govern the occurrence of situations during the competitions, take reference with the rules of the prevailing International Federations;
- 1.5 be organized, adhering to the Baseline Safety Standards for National School Games.

2 CHAMPIONSHIP ORGANIZING COMMITTEE

2.1 COMPOSITION

2.1.1 The Championship Organizing Committee shall consist of the following:-

The National Convenor,
The Game Adviser,
The Zone Convenors,
Organizing Secretaries and
Any other co-opted members deemed necessary.

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

2.2 DUTIES

The Championship Organizing 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 competition managers¹ conduct RAMS for the respective championships venues;
- 2.2.6 to appoint judges/auxiliary personnel/officials;
- 2.2.7 to organize training / upgrading officiating courses for judges/auxiliary personnel/officials (where applicable);
- 2.2.8 to incur expenditure within the allocated budget approved by the SSSC;
- 2.2.9 to select players to represent SSSC in approved local and overseas championships; and also to appoint coaches to take charge of the teams;
- 2.2.10 to nominate players for SSSC's Colours Award;
- 2.2.11 to deal with matters pertaining to discipline, protest and other aspects of the championship; and
- 2.2.12 to source for coaching and officiating courses to upgrade the technical knowledge and expertise of teachers;
- 2.2.13 to implement the Baseline Safety Standards in the organization of the National School Games.

3 DIVISION

- 3.1 All students shall compete in their respective divisions according to their year of birth as follows:

A Division*	2 Jan 1997 --- 31 Dec 1997 1 Jan 1998 --- 31 Dec 1998 1 Jan 1999 --- 31 Dec 1999 1 Jan 2000 --- 31 Dec 2000 1 Jan 2001
B Division*	2 Jan 2000 --- 31 Dec 2000 1 Jan 2001 --- 31 Dec 2001 1 Jan 2002 --- 31 Dec 2002 1 Jan 2003
C Division*	2 Jan 2003 --- 31 Dec 2003 1 Jan 2004 --- 31 Dec 2004 1 Jan 2005

Except for the following conditions:

- 3.1.1 All students in the Junior Colleges and Centralized Institute must compete in the 'A' Division.
- 3.1.2 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.

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.

- 3.1.3 All students in Secondary Schools must compete in the 'B' or 'C' Division according to their year of birth.
- 3.1.4 All students in Secondary Schools not born in the stipulated year for 'B' or 'C' Division must compete in the 'A' Division.
- 3.1.5 All students in the 'C' Division will not be able to opt to represent the school in the 'B' Division, in all individual and team sports/games from 2012.

4 ENTRIES

- 4.1 Each school is eligible to enter one girls' team for:
- i the A Division
 - ii the B Division
 - iii the C Division
- 4.2 All entries and registration forms must be received by the Convenor concerned on or before the stipulated closing date.
- 4.3 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) 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 Rules and Regulation 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:

Div	Event	Number of Competitors
A, B & C	Group	: The group shall comprise a minimum of 5 and a maximum of 6 gymnasts. (In this case, any 5 to perform).
A	Optional	: A minimum of 1 or a maximum of 6 gymnasts. (All to perform) Each gymnast must perform in at least 1 out of the 4 apparatus. (School is required to submit the gymnasts to perform for each apparatus at registration).

B & C	Optional	: A minimum of 1 or a maximum of 4 gymnasts. (All to perform).
	Developmental	: A minimum of 1 or a maximum of 5 gymnasts. In this case, up to 4 to perform for each apparatus. (School is required to submit the gymnasts to perform for each apparatus at registration). <i>2018 onwards: (All to perform). Each gymnast must perform in at least 1 out of the 3 apparatus.</i>

- 5.2.1 The same gymnast shall not be allowed to compete in both Developmental and Optional events.
- 5.2.2 Gymnasts participating in the Developmental Event and A Division Optional Event may choose to participate in the Group Event.
- 5.2.3 Gymnasts who have represented Singapore Schools at regional Asean/Asian Schools competitions shall not be allowed to participate in the Developmental Event.
- 5.2.4 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 The date of posting in the Joint Admission Exercise (JAE) of students announced by MOE shall be the day in which a student would be deemed as a bona fide member of the school or JC or CI.
- 5.4 Students requesting for a transfer after the Joint Admission Exercise may not represent their new school until the transfer has been officially effected.
- 5.5 **Only** in the event that any of the competitor(s) registered is/are transferred or has/have to leave school before commencement of the championship, schools shall be allowed to replace the affected competitor(s).
- 5.5.1 Schools must write in to inform the Convenors of the replacement at least one (1) working day before the commencement of the championship.
- 5.5.2 No replacement of competitor is allowed once the championship begins.
- 5.6 If a school chooses not to register the maximum number of competitors allowed by the sports/game, at the time of submitting the entry/registration form to the Convenor, the school shall not be permitted to register additional competitors subsequently.
- 5.7 International students can only be registered to play for their school **after** they have been issued with the student passes by the Immigration and Checkpoints Authority (ICA).

- 5.8 International students who are in the schools/junior colleges/centralized institute on exchange programme are not allowed to represent the school.
- 5.9 Students granted Leave of Absence (LOA) by MOE will be allowed to represent the school.
- 5.10 Registration constitutes representation, that is, once a student is registered to play for a school/junior college/centralized institute, he or she is deemed to have represented his or her school/junior college/centralized institute. Hence, the student is not allowed to represent another school/junior college/centralized institute in the same sports/games.

6 PRIZES

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

i	3 teams	-	2 team prizes
ii	4 teams	-	3 team prizes
iii	5 or more teams	-	4 team prizes
iv	3 individuals	-	2 individual prizes
v	4 individuals	-	3 individual prizes
vi	5 individuals	-	4 individual prizes
vii	6 individuals	-	5 individual prizes
viii	7 or more individuals	-	6 individual prizes
ix	3 groups	-	2 group prizes
x	4 or more groups	-	3 group prizes

- 6.2 For the Divisional Team and Developmental Team competition, prizes will be awarded to the best four (4) teams; For Group competition, prizes will be awarded to the best three (3) groups; For All-around competition and Individual Apparatus competition, prizes will be awarded to the **best six (6) individuals** in each division, with conditions as stated in para. above.

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

- i A tie in the 1st place - the next best will be placed 3rd.
- ii A tie in the 2nd place - there will be no 3rd placing.
- lii Three (3) gymnasts tying for the 1st place - there will be no 2nd and 3rd placings.

7 POSTPONEMENT

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

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 an abandoned game, refer to Para 20 on disqualification.

10 PROTEST

- 10.1 All protests shall be referred to the Championship Organizing Committee. The protest(s) must reach the Committee within **one (1)** working day following the match to which it relates unless stipulated otherwise in the respective games rules. The protest must be in writing and duly signed by the principal. A protest fee of one hundred and fifty dollars plus GST* will be charged. If the protest is upheld, the protest fee will not be required. If it overruled, the protest fee of \$150 plus GST* will be deducted from the protesting school's account, via IFAAS.
- 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 Organizing Committee will meet to deliberate on the protest within **seven (7)** working days. The decision will then be made known in writing to the school concerned.
- 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;
1 or 2 Technical Official(s)
Gymnastics Adviser

² All results will be null and void.

- 10.5 In the event that the National and Zonal Championship Organizing Committees are involved in a protest, the affected school concerned will inform the SSSC Secretary and shall not be involved in any further deliberations on the matter.

11 APPEAL

- 11.1 Upon the release/disclosure of the decision of the Championship Organizing Committee, **only** schools may appeal to the Council.
- 11.2 Notice of appeal shall be lodged with the Secretary of the Zone/Main Council within **two (2)** working days upon receiving the Championship Organizing Committee's Decision. The appeal must be in writing and duly signed by the principal.
- 11.3 Upon receiving the notice of appeal from the school, the appeal fee of three hundred dollars (\$300) plus GST* will be deducted from the school's account via IFAAS.
- 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 A)

12 SUSPENSION

A player suspended by any one of the following bodies is barred from participating in SSSC championships for that sports/games for the period of suspension:

- i the School
- ii the Zone Council
- iii the Schools Sport Council
- iv 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 the CCA Handbook for the role of the teacher in charge)
- 13.2 Teachers-in-charge are not allowed to interfere with the final decision taken by the D1 Judge/Coordinator judge on points of laws/rules after clarification has been sought. If such interference results in disruption of any competition/event, a report shall be made by the Convenor and the matter brought to the attention of the Competition Organizing 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 Schools have to ensure that their referees/umpires/officials are present to fulfill 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 B)
- 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 SSSC Rules and Regulations.
- 15.7 An external instructor who has breached any of the rules and the school which engaged him/her, will be referred to the respective Competition Organizing Committee by the respective convenors for appropriate action to be taken.

16 SUPPORTERS

- 16.1 Schools sending supporters to any competition shall ensure that their students are in proper school uniform and 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 competition 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 C). 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

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

- a) fielding overage player
- b) fielding unregistered player
- c) fielding an ineligible player
- d) fielding player without a valid student pass
- e) fielding a non-bona-fide student
- f) team/player not accompanied by a teacher in charge
- g) team/player which caused a game/match to be abandoned

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 from three (3) different schools before a division championship can be organised.

The Division title shall be decided from:

Division	Division Championship Tabulation
A	: The sum total of the scores of ten (10) routines in the four (4) apparatus. The ten (10) scores will comprise two (2) best scores from each of the four (4) apparatus plus two (2) best scores from the remaining routines.
B	: The sum total of the score of the Group Event, the Team score of the Level 5 Team Competition & two (2) best scores from any of the FIG Junior routines performed. (The IAF scores may not be used).
C	: The sum total of the score of the Group Event, the Team score of the Level 4 Team Competition & two (2) best scores from any of the FIG Junior routines performed. (The IAF scores may not be used)

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

Division	Group Score
A	: Score of the 3 Hoops & 2 Balls, or 5 Same Apparatus Optional Group Event
B	: Score of the 3 Hoops & 2 Balls Compulsory Group Event
C	: Score of the 5 Ropes Compulsory Group Event

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

The Team title shall be decided from:

Division	Team Score
B	: The sum total of the three (3) best scores in three (3) Level 5 apparatus, namely Hoop, Clubs and Ribbon.
C	: The sum total of the three (3) best scores in three (3) Level 4 apparatus, namely Rope, Ball and Ribbon.

- 18.4 For All-Around Competition, there must be a minimum of three (3) registered individuals from three (3) different schools in the Division Event before a championship can be organised.

The All-Around title shall be decided from:

Division	Event	All-Around Score
A	Optional	: The sum of the scores of four (4) FIG Senior apparatus, namely Hoop, Ball, Clubs and Ribbon.
B	Developmental	: The sum of the scores of three (3) Level 5 apparatus, namely Hoop, Clubs and Ribbon.
	Optional	: The sum of the scores of four (4) FIG Junior apparatus, namely Hoop, Ball, Clubs and Ribbon.
C	Developmental	: The sum of the scores of three (3) Level 4 apparatus, namely Rope, Ball and Ribbon
	Optional	: The sum of the scores of four (4) FIG Junior apparatus, namely 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 in the Division Event apparatus before a championship can be organised.

Division	Event	Individual Apparatus Score
A	Optional	: Score of each FIG Senior apparatus performance, namely Hoop, Ball, Clubs and Ribbon.
B	Developmental	: Score of each Level 5 apparatus performance, namely Hoop, Clubs and Ribbon.
	Optional	: Score of each FIG Junior apparatus performance, namely Hoop, Ball, Clubs and Ribbon.
C	Developmental	: Score of each Level 4 apparatus performance, namely Rope, Ball and Ribbon.
	Optional	: Score of each FIG Junior apparatus performance, namely Hoop, Ball, Clubs and Ribbon.

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

19 DIVISION EVENTS

19.1 A Division

Event	Requirements /Routine(s)	Apparatus	Competition(s)
Group Event - Optional	FIG Senior*	3 Hoops & 2 Balls, or 5 Same Apparatus	Group Competition
Individual Apparatus Event – Optional	FIG Senior*	Hoop Ball Clubs Ribbon (2017-2024)	1. Team Competition 2. All-Around Competition 3. Individual Apparatus Competition

19.2 B Division

Event	Requirements /Routine(s)	Apparatus	Competition(s)
Group Event	Level 5 set	3 Hoops & 2 Balls	Group Competition
Individual Apparatus Event – Developmental	Level 5 (2013) set	Hoop Clubs Ribbon	1. Developmental Team Competition 2. All-Around Competition 3. Individual Apparatus Competition
Individual Apparatus Event – Optional	FIG Junior*	Hoop Ball Clubs Ribbon (2017-2018)	1. All-Around Competition 2. Individual Apparatus Competition

19.3 C Division

Event	Requirements /Routine(s)	Apparatus	Competition(s)
Group Event	Level 4 set	5 Ropes	Group Competition
Individual Apparatus Event – Developmental	Level 4 (2013) set	Rope Ball Ribbon	1. Developmental Team Competition 2. All-Around Competition 3. Individual Apparatus Competition
Individual Apparatus Event – Optional	FIG Junior*	Hoop Ball Clubs Ribbon (2017-2018)	1. All-Around Competition 2. Individual Apparatus Competition

* Refer to NSG Apparatus Programme 2015 - 2020 in Annex D

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

21.1 Developmental and Elite Events

- 21.1.1 Gymnasts competing in the Level and Stage events shall base their exercises on the sets spelt out in the "**Singapore Rhythmic Gymnastics Technical Curriculum (dated April 2009)**" and relevant supplements and updates, with modifications as stated in this Rules and Regulations document.

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

21.2 Optional Events

21.2.1 The optional routines will be evaluated according to the **FIG Code of Points 2017-2020**, as follows:

- a) Difficulty - 10.0pts
- b) Execution - 10.0pts
 - Artistic Faults
 - Technical Faults

The final score is calculated as follows:

$$a + b = 20.0pts$$

21.2.2 The time duration for each routine shall be from 1 minute 15 seconds to 1 minute 30 seconds.

21.2.3 The official Difficulty form must be submitted prior to the first day of the Championship, and the composition elements must be written in the order of their execution.

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	80 – 90cm (diameter)
Ball	18 – 20 cm (diameter) / 400g (min)
Clubs	40-50cm (diameter) / 150g (min)
Ribbon	FIG Junior: 5m(length) (min) / 4-6 cm (width) / 35g (min) / 50-60cm (stick length) FIG Senior: 6m (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 0.3 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 Organizing Committees.

25 AMENDMENTS

The Singapore 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

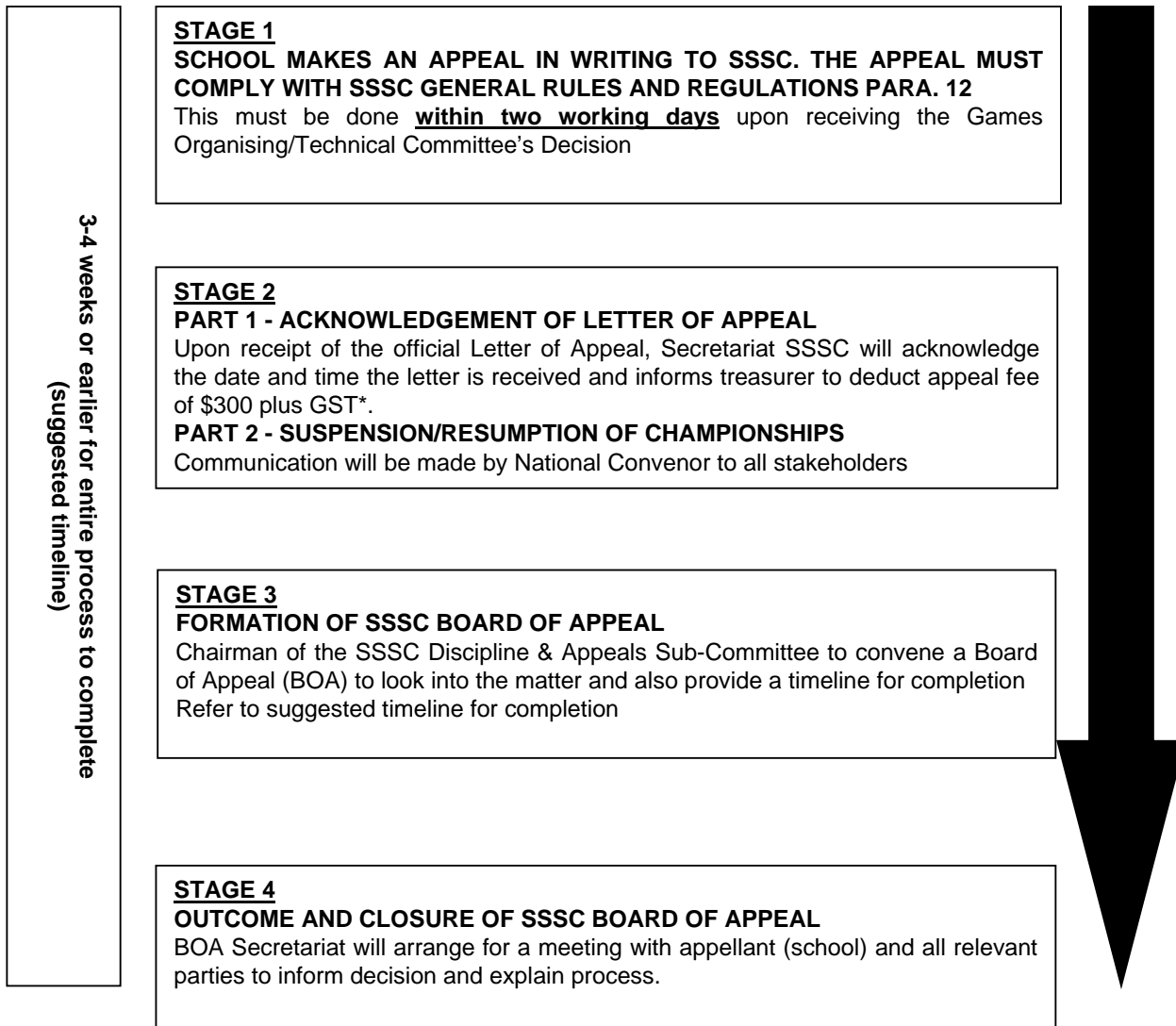
Apparatus and Events

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

SSSC PROCEDURE FOR APPEALS
WORKFLOW



As in accordance with the SSSC General Rules and Regulations under para.12, the decision of the Board of Appeal or the Standing Committee shall be absolute.

Annex B

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. 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

NSG RG Apparatus Programme 2015-2020

A Division FIG Senior - Individual

2015 - 2016				
2017 - 2018				
2019 - 2020				

B & C Division FIG Junior – Individual

2015 - 2016				
2017 - 2018				
2019 - 2020				

ADDENDUM

New implementation in 2018:

1. For Developmental Team competition, schools can enter a minimum of 1 or a maximum of 5 gymnasts, with (All to perform). Each gymnast must perform in at least 1 out of the 3 apparatus. (School is required to submit the gymnasts to perform for each apparatus at registration).