

**NATIONAL SCHOOL GAMES  
SPSSC TRACK & FIELD CHAMPIONSHIPS 2018**

**RULES AND REGULATIONS**

1. The National Primary Schools Track and Field Championship is held in accordance to the rules and regulations of the IAAF and governed by the rules and regulations of the Singapore Primary Schools Sports Council. It shall be conducted also adhering to the Baseline Safety Standards for National School Games. This document should be read in conjunction with the rules and regulations of the Singapore Primary Schools Sports Council & the Baseline Safety Standards for National School Games. In the event of contradiction, if any, the organising committee reserves the right to make the final decision and resolve the conflict for subsequent championships.

2. **DIVISIONS** The Championship shall be run in the following 4 divisions for Boys and Girls:

- 2.1 **A DIVISION** - 1 Jan 2006  
2 Jan 2005 - 31 Jan 2005
- B DIVISION** - 1 Jan 2007  
2 Jan 2006- 31 Dec 2006
- C DIVISION** - 1 Jan 2008  
2 Jan 2007 - 31 Dec 2007
- D DIVISION** - 1 Jan 2010  
1 Jan 2009 - 31 Dec 2009  
2 Jan 2008 - 31 Dec 2008

**Note: Competitors must compete in his / her own division only.**

2.2 Age Dispensation Policy (Applicable for D Division)

2.2.1 7 year olds (born from 1 Jan 2011 to 31 Dec 2011 and on 1 Jan 2012) and 8 year olds (born from 2 Jan 2010 to 31 Dec 2010) may choose to participate in the D Division.

2.2.2 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. **LIST OF EVENTS** The events for the Championships shall be as follows:

EVENTS	BOYS				GIRLS			
	A	B	C	D	A	B	C	D
100 METRES	X	X	X	X	X	X	X	X
200 METRES	X	X	X	X	X	X	X	X
300 METRES	X	X	X	X	X	X	X	X
600 METRES	X	X	X	X	X	X	X	X
1500 METRES	X	X	-	-	-	-	-	-
HURDLES 60 METRES	-	-	-	X	-	-	-	X
HURDLES 80 METRES	-	-	X	-	X	X	X	-
HURDLES 100 METRES	X	X	-	-	-	-	-	-
RELAY 4 X 100 METRES	X	X	X	X	X	X	X	X
RELAY 4 X 300 METRES	X	X	X	-	X	X	-	-
HIGH JUMP	X	X	X	X	X	X	X	X
LONG JUMP	X	X	X	X	X	X	X	X
SHOT PUT	X	X	X	X	X	X	X	X
TOTAL	11	11	10	9	10	10	9	9

**Note: Events shall be run only if there are at least 3 entries from 3 different schools.**

4. **SPECIFICATION** The **weight for shot put** and **height for hurdles** shall be as follows:

4.1	<u>Boys</u>	<u>Shot Put</u>	<u>Hurdles (Distance - Height)</u>
	A Division	3.00 Kg	100m - 68.0 cm
	B Division	3.00 Kg	100m - 68.0 cm
	C Division	2.00 Kg	80m - 60.0 cm
	D Division	2.00 Kg	60m - 52.0 cm

	<u>Girls</u>	<u>Shot Put</u>	<u>Hurdles (Distance &amp; Height)</u>
	A Division	3.00 kg	80m - 60.0 cm
	B Division	3.00 kg	80m - 60.0 cm
	C Division	2.00 kg	80m - 52.0 cm
	D Division	2.00 kg	60m - 52.0 cm

4.2

<u>Boys</u>	<u>Start to 1st Hurdle</u>	<u>Distance between Hurdles</u>	<u>Last Hurdle to finish</u>
A Division (100m)	13.0 m	8.5 m	10.5 m
B Division (100 m)	13.0 m	8.5 m	10.5 m
C Division (80 m)	12.0 m	8.0 m	12.0 m
D Division (60 m)	12.0 m	7.0 m	13.0 m (6 hurdles)

<u>Girls</u>	<u>Start to 1st Hurdle</u>	<u>Distance between Hurdles</u>	<u>Last Hurdle to finish</u>
A Division (80 m)	12.0 m	8.0 m	12.0 m
B Division (80 m)	12.0 m	8.0 m	12.0 m
C Division (80 m)	12.0 m	8.0 m	12.0 m
D Division (60 m)	12.0 m	7.0 m	13.0 m

5. **POINTS AWARDED** Points awarded for the top 8 placings in the Finals are as follows:

5.1 Individual and Team Events:

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

5.2 There shall be a total of 8 Divisional Championships.

6. **RULES AND REGULATIONS GOVERNING ENTRIES**

6.1 Registration

6.1.1 All Entries must be made via the Official SPSSC On-Line Registration : <https://nsg.moe.edu.sg/nis/#!/login>

6.1.2 The date of birth of every competitor must be inserted in the on-line registration form.

6.1.3 No changes will be allowed once the on-line registration form is submitted EXCEPT in the event that a registered competitor be transferred or has to leave school ONE WEEK before the start of competition.

6.1.3.1 Schools through the Principal must write in to inform the National Convenor of the replacement of the affected competitor with documentary evidence ONE WEEK before the start of competition **i.e. 14 March 2018.**

6.1.3.2 No other replacements will be allowed after **5pm, 28 Feb 2018.**

6.1.3.3 Schools are advised to print out the summary of the registration for checking before submission.

6.1.4 The confirmed registration is deemed to be cleared by Principals once the registration form is submitted on-line.

## 6.2 Entries

6.2.1 Each competitor shall be allowed to enter a maximum of Two (2) Individual Events and any number of Relay event(s).

6.2.2 Each school shall be allowed a maximum of TWO ENTRIES per event.

6.2.3 A school shall be eligible to enter only 1 Team for the 4 X 100m and 4 x 300m. Any registered athlete from the school can represent the school in the relays.

6.2.4 All relay representatives must be registered in the on-line registration form.

6.2.5 International students can only be registered to compete for their school after they have been issued with student passes from the Immigration and Checkpoints Authority.

6.2.6 International students who are in the schools on exchange programme are not allowed to represent the school.

6.2.7 Students granted Leave of Absence (LOA) by MOE will be allowed to represent the school.

6.2.8 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.

6.3 All registrations must be submitted on-line by **5 pm on 28 February 2018.**

6.4 Collection of number tags: **15 to 20 March 2018** at the respective Zones from **0800 hrs to 1700 hrs.** Teachers collecting the number tags are advised to check them before leaving the zonal convenors' schools.

## 7. **NOTICE TO COMPETITORS**

### 7.1 Competitors Number and Attire

7.1.1 Each school is allotted a set of numbers for the Championship. **THE SAME SET OF NUMBERS** shall be used for each of the 4 Divisions for Boys and Girls. The only difference is the colour of the number tags used for each division.

7.1.2 The colours for the different Divisions are:

A Division: WHITE BACKGROUND WITH **BLACK** NUMBERS

B Division: WHITE BACKGROUND WITH **RED** NUMBERS

C Division: WHITE BACKGROUND WITH **GREEN** NUMBERS

D Division: WHITE BACKGROUND WITH **BLUE** NUMBERS

**7.1.3 Replacement for number tags is obtainable from the Technical Committee Members in the viewing lounge.**

7.1.4 Every competitor must be provided with two tags bearing the same number and these must be displayed visibly at the chest and back of the competitor. Each number tag must be pinned securely at each of the four corners. The number tags worn must correspond with the competitor's number in the programme.

- 7.1.5 All competitors must be in their school's sports attire and as far as possible the name of their school should be visibly displayed on their attire for easy identification. T-shirts/singlets must be tucked in.
- 7.1.6 Competitors must put on proper footwear for all events.
- 7.1.7 Those who do not comply with the above requirements shall be disqualified.
- 7.1.8 All competitors are required to produce valid identification documents with photos e.g EZlink card when required.

## 7.2 Track Events

- 7.2.1 A competitor missing his/her Heat may not run in another Heat and there shall be no special Heat for late arrivals.
- 7.2.2 The Heats and Lanes are drawn by the Organising Committee. Competitors shall run in the Lanes in which their names appear in the programme.
- 7.2.3 In races up to and including 300 METRES, each competitor shall run in his/her own lane.
- 7.2.4 100 and 200 METRES: In the Heats, the 16 fastest competitors shall qualify for the Semi-Finals where they shall be seeded into 2 Heats. The fastest 3 competitors in each Semi-Final and the fastest 2 losers shall qualify for the Final.
- 7.2.5 600 and 1500 METRES: The 16 fastest timings shall qualify for the final. For 600 Metres, a staggered start will be used.
- 7.2.6 All HURDLES RACES: The 8 fastest competitors shall qualify for the Final. If there is a tie for the 8<sup>th</sup> place, the competitors so tying shall compete again. The results of the tie-breaker will not affect the standing of the other qualifiers.
- 7.2.7 300 METRES, 4 X 100M and 4 x 300M: The 8 fastest competitors/teams shall qualify for the Final. If there is a tie for the 8<sup>th</sup> place, the competitors/teams so tying shall compete again. The results of the tie-breaker will not affect the standings of the other qualifiers.
- 7.2.8 The 4 x 100M relay shall be run according to IAAF Competition Rules 2018-2019. Each take-over zone shall be 30m long with no acceleration zone. An athlete may continue to place a maximum of two check-marks on the track within his/her own lane at a take-over zone, by using adhesive tape only, maximum 5 cm x 40 cm, of a distinctive colour.
- 7.2.9 For any track event up to 300m, if there are 8 or fewer competitors and for the 600m and 1500m, if there are 16 or fewer competitors during the preliminary rounds, the event will be run off as straight finals.
- 7.2.10 Only spike nails no longer than 6mm are to be used on the track at Bishan Stadium.
- 7.2.11 For 600m and 1500m, spike shoes, if used must be fitted with suitable blanks. Otherwise, spike shoes (with or without spike nails) are not allowed.
- 7.2.12 The start Rule based on the 2002 IAAF rules shall be followed:  
Rule 162.7 of The Start  
 "Any competitor making a false start shall be warned. If a competitor is responsible for two false starts, he / she shall be disqualified.

### 7.3 Field Events

- 7.3.1 Competitors shall take their trials in the order in which their names are printed in the programme, unless the Referee decides to alter that order.
- 7.3.2 A competitor may not hold over any of his/her trials to a subsequent round except in the High Jump event.
- 7.3.3 If for any reason, a competitor is hampered in a trial in a field event, the Referee or his Chief Field Judge shall have the power to award him/her a substitute trial.
- 7.3.4 If a competitor is entered in both a track event and a field event, or in more than one field event taking place simultaneously, the Judge may allow the competitor to take his trials in an order different from that decided upon prior to the start of the competition. THE COMPETITOR CANNOT DEMAND TO TAKE ALL HIS TRIALS of the rounds in which he has failed to appear.
- 7.3.5 Subject to the provision in paragraph (7.3.4) above, if a competitor misses his turn in a field event, he shall not be permitted to take the trial so missed.
- 7.3.6 **In any field event, except High Jump, a qualifying competition may be held to decide who shall compete in the competition proper.** Competitors will be given 2 attempts to register their best effort.
- 7.3.7 Where the number of competitors is large, the competition may be divided into two groups at the discretion of the organisers. Unless there are facilities for the two groups to compete simultaneously, the second group should start the competition immediately after the first group has finished.
- 7.3.8 **During the qualifying competition, measurement for the long jump and shot put will be taken only if the competitor does not meet the reference point.**
- 7.3.9 **All competitors who meet the reference point will qualify for the finals. Where there are less than 16 competitors meeting the reference point, competitors with the best recorded distances will qualify for the finals so that there are 16 qualifiers. In the event that there is a tie for the 16<sup>th</sup> qualifying place, all competitors with the same recorded distance will qualify for the finals.**
- 7.3.10 Results from the qualifying competition will not carry over to the final.
- 7.3.11 In the competition proper, except High Jump, where there are more than 8 competitors, each competitor shall be allowed 3 trials, and the 8 competitors with the best valid performances shall be allowed 3 additional trials in the inverse order to the ranking of their performances recorded in the first 3 trials.
- 7.3.12 In the event of a tie, for events where the result is determined by distance, it shall be resolved following the IAAF 2006-2007 rule number 180.20. The second best performance of the athletes tying shall resolve the tie. Then, if necessary, the third best, and so on. If the tie remains and concerns first place, the athletes having achieved the same results will compete again in the same order in a new trial until the tie is resolved.
- 7.3.13 For High Jump, where the result is determined by heights, the tie shall be resolved following the IAAF 2006-2007 rule number 181.8
- (a) The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- (b) If the tie still remains, the athlete with the lowest total of fail jump throughout the competition up to and including the height last cleared shall be awarded the higher place.

- (c) If the tie still remains:
  - (i) If it concerns the first place, the athletes tying shall have one jump at the next height after the height last cleared by the athletes tying, and if no decision is reached, the bar shall be raised if the tying athletes were successful, or lowered if not, 2cm for the High Jump. They shall then attempt one jump at each height until the tie is resolved. Athletes so tying must jump on each occasion when resolving the tie
  - (ii) If it concerns any other place, the athletes shall be awarded the same place in the competition.

#### 7.3.14 Shot Put

7.3.14.1 In order to avoid accidents during practice/competition, all implements must be thrown only from the circles and must be returned by hand and not thrown back to the starting area. The referee or other authorised official shall disqualify from the competition, any athlete who wilfully disobeys the above instruction.

7.3.14.2 Competitors must use the equipment provided. The weight of the implements shall be as laid down in the Track and Field Rules and Regulations Para No. 4.

#### 7.3.15 High Jump

7.3.12.1 **For High Jump, competitors will be given 2 attempts to clear the qualifying height decided based on the trial jump by the Field Referee and Chief Judge for High Jump in consultation with the Technical Committee.**

7.3.12.2 The qualifying height set will be equal or lower than the Reference Point (Refer to ANNEX B).

7.3.12.3 Where there are 2 groups of competitors, the qualifiers from group 1 will be held back till the competitors in group 2 have completed their attempts.

7.3.12.4 If more than 20 athletes qualify after the first 2 attempts, the height shall be adjusted by 3 cm. When necessary, this process will be repeated to shortlist a minimum of 8 and a maximum of 16 competitors for the finals.

#### 7.4 Arena

7.4.1 Only competitors who are competing shall be allowed to enter the Arena.

7.4.2 Only Officials on duty and competitors competing shall be allowed on the track and at the Finish area. They must retire from the Track upon completion of their events.

7.4.3 Each school is only allowed to have a teacher or coach at the designated area for long jump as stipulated by the organising committee. The teacher or coach shall comply with the directives of the officials and shall not interfere with the competition in any way whatsoever. However, in between their trials, athletes may approach the designated area to seek the advice of their teacher or coach.

#### 7.5 Procedures on Reporting to the Competitor Stewards / Marshals

7.5.1 All competitors whose events are due must report for clearance. It shall be the duty of the teachers-in-charge to ensure that their competitors report to the Competitor Stewards at least 20 MINUTES BEFORE THE SCHEDULED TIME OF THE EVENT FOR ALL TRACK EVENTS EXCEPT RELAYS.

- 7.5.2 FOR RELAYS AND ALL FIELD EVENTS, ALL COMPETITORS MUST REPORT TO THE COMPETITOR STEWARDS AT LEAST 30 MINUTES BEFORE THE SCHEDULED TIME OF EVENT.
- 7.5.3 A competitor who is late in reporting or does not report to the competitor steward can be barred from his/her event. (Teachers may report on behalf of their athletes provided the latter are already in the Arena.)
- 7.5.4 As far as possible, all events will commence as scheduled. It may sometimes be necessary to run off an event ahead of or behind schedule. In all such cases announcements to this effect will be made over the main public address system.
- 7.5.5 After clearance by the Competitor Stewards, competitors must remain in the designated competitors' shed and WAIT TO BE USHERED INTO THE COMPETING ARENA by the Marshals.
- 7.5.6 No competitor is allowed to report directly to the Start or Field Event Pit.

## 7.6 Results of the Meet

- 7.6.1 All finalists and results of Finals shall be posted on the Results Noticeboard, and shall be announced whenever possible. Results are also posted on the following website:  
<https://nsg.moe.edu.sg>
- 7.6.2 RE-RUNS: All competitors in the track events are advised to remain behind until the heats of their particular events are completed in case of re-runs.
- 7.6.3 FINAL DAY. In the event of inclement weather, the meet will be postponed if the weather does not clear up by 4.00 pm. **The Make-up Day for the final for all uncompleted events only will be on Wednesday, 11 April 2018 at Bishan Stadium.**

## 7.7 Prize-Giving

- 7.7.1 Prizes for completed events will be presented upon completion of the event.
- 7.7.2 On the Final Day, prize winners for the 100m, 200m, and 600m must report to the Prize Marshals immediately after completion of their events for immediate prize presentations.
- 7.7.3 **For the closing ceremony on the Final Day, all competitors are to assemble at the prize presentation area in an orderly manner with the school flag immediately after the last event of the day.**
- 7.7.4 All participating schools are to send 50 supporters to witness the prize presentation ceremony and lend support to their school athletes.
- 7.7.5 To facilitate the prize presentation process, only 2 representatives are encouraged to come forward to receive the divisional championship trophies.

## 7.8 Failure to Participate

- 7.8.1 An athlete shall be excluded from participation in all further events in the competition, including relays, in cases where:  
(a) he/she has been registered to start in an event but then failed to participate;  
(b) he/she qualified in a preliminary round of an event for further participation in that event but then failed to participate further.
- 7.8.2 **The provision of a medical certificate (MC) issued by a doctor or a letter of excuse from Principal for clash of sports fixture due to rescheduling of fixtures caused by inclement**

weather will be accepted as sufficient reason to accept that the athlete became unable to compete after registration closed or after competing in a previous round but will be able to compete in further events on a subsequent day of the competition.

- 7.8.3 The teacher-in-charge of a school is responsible for the submission of this MC or letter of excuse to the Meet Manager or Organising Secretary of the Track and Field Organising Committee before the start of his/her athlete competition. Failure to do so will render the athlete unable to compete in further events.

## 8 **WITHDRAWAL**

- 8.1 Any withdrawal or walk-over is considered contrary to the spirit of the sport.
- 8.2 Schools participating in the competition should not withdraw.
- 8.3 For each withdrawal, a written explanation duly endorsed by the Principal shall be submitted to the convenor within two (2) working days. A copy is to be sent to the Game Adviser.
- 8.4 In the competition for top 8 placing, any withdrawal will disqualify the competitor or team from placing.

## 9 **PROTESTS**

- 9.1 Any protest or objection against the conduct, eligibility or placing of another competitor or team in any event, a verbal protest shall be made to the members of the Technical Committee within 30 minutes after the official announcement of the result of that event by the teacher in-charge concerned. No other person(s) shall lodge any protest. Any protest shall be resolved by the Manager / Referee. Only video recordings by the organisers are admissible as evidence.
- 9.2 Appeal against the Meet Manager / Referee's decision can be made to the Jury only by the teacher in-charge. An application to the Competition Jury of Appeal must be made on the prescribed form within 1 hour after the Meet Manager / Referee's decision.
- 9.3 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. The protest fee will be forfeited and credited to the SPSSC account if the protest is overruled.

**Note:** *Teacher-in-charge has to get clearance from the school's Principal/Vice Principal before submitting an application.*

- 9.4 When there is conflict of interest, the school involved will not sit in the committee considering the protest.
- 9.5 The Competition Jury of Appeal shall comprise the following:
- a. Schools National T & F Convenor
  - b. SPSSC T&F Advisor
  - c. Organising Secretary
  - d. Meet Manager
  - e. Meet Referee

## 10 **APPEAL** (Please refer to ANNEX C)

- 10.1 Upon the release/disclosure of the decision of the Competition Jury of Appeal, only schools may appeal to the Council.
- 10.2 Notice of appeal shall be lodged with the Honorary Secretary of the Main Council within two (2) working days on receiving the Competition Jury of Appeal 's Decision.



- 10.3 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.
- 10.4 The Board of Appeal will deliberate on the appeal. The decision of the Board of Appeal shall be final.

## 11 **SUSPENSION**

- 11.1 A player suspended by any one of the following bodies is barred from participating in SPSSC competition for Track and Field for the period of suspension:
- i. The School
  - ii. The Zone Council
  - iii. The Singapore Primary Schools Sports Council
  - iv. The National Association of the sport

## 12 **TEACHER-IN-CHARGE OF TEAM**

- 12.1 Each participating team must be accompanied by a teacher who shall remain with the team throughout the duration of competition.
- 12.2 The accompanying teacher should have the EZlink Cards or copies of the cards for all competitors from the school in case they are required for the verification of competitors.

## 13 **EXTERNAL INSTRUCTORS**

- 13.1 External instructors are expected to conduct themselves with decorum during competitions.
- 13.2 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 and lodge a protest.
- 13.3 Schools must ensure that their external instructors adhere to the SPSSC Rules and Regulations.
- 13.4 External instructors who have breached any of the rules and the schools which engaged him/her, will be referred to the Competition Organising Committee for appropriate action to be taken.

## 14 **SUPPORTERS**

- 14.1 Schools sending supporters shall ensure that their pupils are in proper school attire and that there is sufficient number of teachers on duty to maintain discipline.
- 14.2 Participating schools must ensure that their supporters and spectators attending the game(s) conduct themselves to the best of their abilities. 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
- 14.3 All supporters are required to remain within the stipulated area for supporters throughout the competition. They are not allowed to be in the competition arena.

## 15 **DISQUALIFICATION**

- 15.1 A school team will be disqualified if it commits any of the following:
- a) fielding overage pupils
  - b) fielding unregistered athlete
  - c) fielding pupils without a valid student pass
  - d) fielding a non bona fide pupil
  - e) team/participant not accompanied by school's MOE staff
- 15.2 All results involving the team which has been disqualified will be considered null and void.

16 **ATTIRE**

- 16.1 All school athletes must be suitably attired in accordance with the requirement of the game/sport. The attire must bear the school logo, badge or name.

17. **MATTERS NOT PROVIDED FOR**

- 17.1 All matters not provided for in these Rules & Regulations shall be dealt with by the Track and Field Competition Organising Committee.

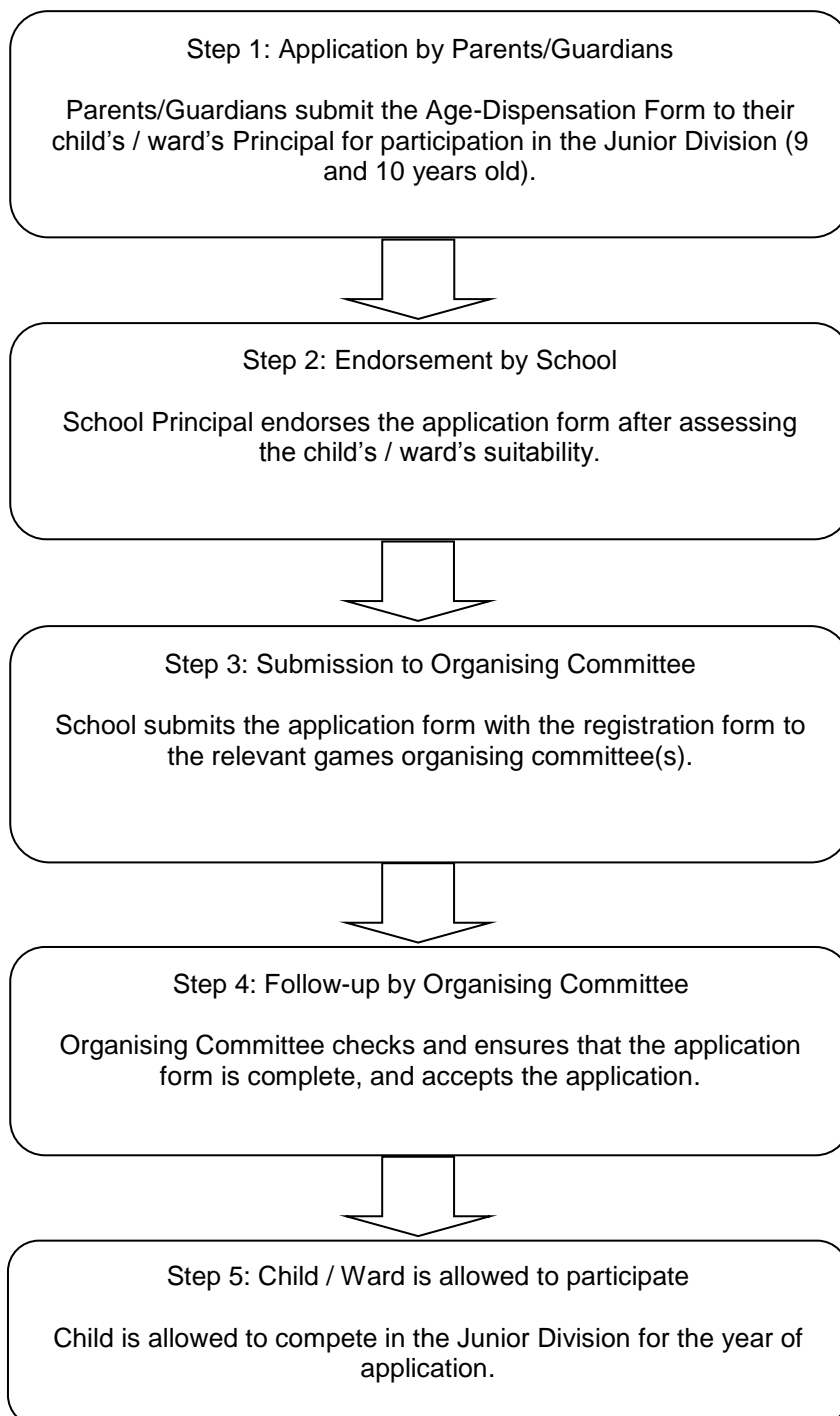
18 **AMENDMENTS**

- 18.1 The Schools Primary Schools Sports Council reserves the right to delete, add or amend the rules and regulations laid down herein.

19. **SAFETY CONSIDERATIONS**

- 19.1 The organising committee reserves the right to stop a competitor from competing should they (i) detect signs of danger (e.g. heat stroke, heat exhaustion, injury) (ii) notice indications that the competitor is physically unable to compete or (iii) if advised by the appointed paramedics. The teacher-in-charge must seek approval from the Principal before the competitor is allowed to continue participation. If the Principal is not contactable, the Vice-Principal covering duties should approve the participation. The organising committee will decide on the time frame available for the school to obtain the required approval so as not to disrupt the championship proceedings. In the event, that the school is unable to contact the school leaders, the organising committee will make the final decision.
- 19.2 Schools should ensure that water and suitable refreshments be made available for their own athletes especially on all competition days.
- 19.3 Schools are advised to monitor their athletes' training programme. Excessive and detrimental training programmes can be harmful to young athletes.
- 19.4 Schools are to remind their pupils to look after their personal belongings at the competition venue. The Track and Field organising and technical committee will not be responsible for any loss.
- 19.5 All teachers in charge are to ensure the cleanliness of the stadium before vacating the area they had occupied.
- 19.6 All teachers in charge are to ensure the general discipline and well-being of their athletes at the stadium throughout the competition.

**SPSSC FIVE STEP FLOWCHART FOR  
AGE DISPENSATION**



**The Reference Point for High Jump shall be as follows:**

<u>High Jump (Girls)</u>	<u>High Jump (Boys)</u>
D Div - 0.95 m	D Div - 1.00 m
C Div - 1.04 m	C Div - 1.12 m
B Div - 1.14 m	B Div - 1.18 m
A Div - 1.00 m	A Div - 1.07 m

(The above shall also be the starting heights in the competition proper. The height increase after the starting round shall be 3 cm).

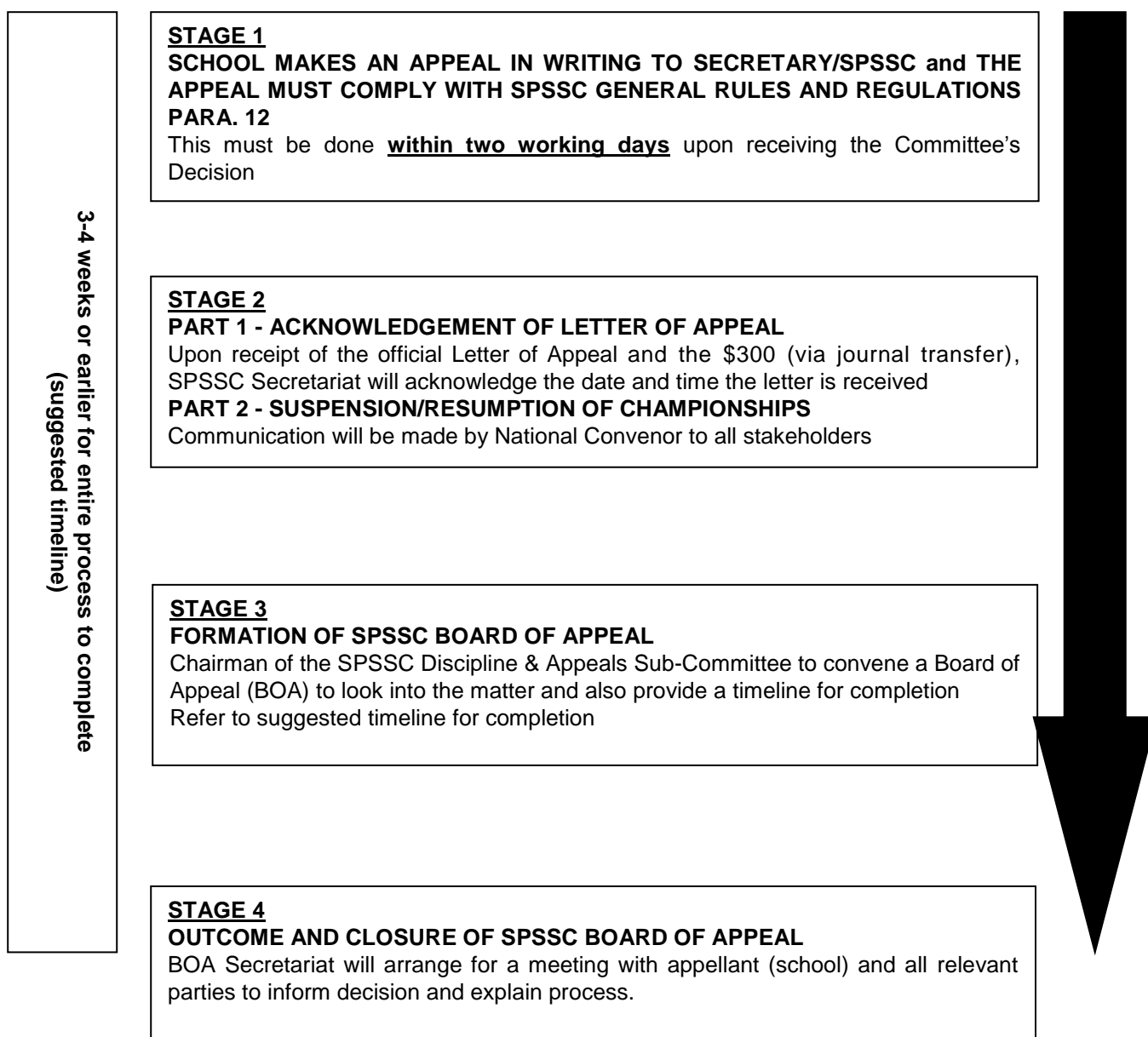
**The Reference point for Long Jump and Shot Put shall be as follows:**

<u>Long Jump (Girls)</u>	<u>Long Jump (Boys)</u>
D Div - 2.86 m	D Div - 3.01 m
C Div - 3.19m	C Div - 3.55 m
B Div - 3.65 m	B Div - 4.06 m
A Div - 2.41 m	A Div - 2.22 m

<u>Shot Put (Girls)</u>	<u>Shot Put (Boys)</u>
D Div - 4.56 m	D Div - 5.64 m
C Div - 5.90 m	C Div - 7.45 m
B Div - 5.80 m	B Div - 7.51 m
A Div - 2.76 m	A Div - 3.63 m

The reference point is based on the average results of the 12<sup>th</sup> position of the above-mentioned events for the past 3 years. In the event which the data is not available for 3 years, the reference point is based on results of the lowest height/distance achieved for the past 3 years' or last year's reference point.

**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 absolute.**

## 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, downloadable from OPAL:

<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. 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.

## **Expected Behaviour for Spectators**

### Spectators' Creed

- Be a Respectful Supporter – Applaud excellence and fair play. Appreciate the efforts of all athletes, teachers, coaches, officials and organisers.
- Be a 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