

**SINGAPORE PRIMARY SCHOOLS COUNCIL
NATIONAL SCHOOL GAMES TRACK & FIELD
RULES AND REGULATIONS 2019**

PREAMBLE

This document outlines the rules and regulations for the conduct of and participation in the National School Games (NSG). These rules and regulations should be interpreted and implemented in alignment to the spirit of the SPSSC's Mission, Aspirations and Motto (Ref Annex A).

SECTION A – ADMINISTRATIVE RULES & REGULATIONS

1 ORGANISATION STRUCTURE AND GOVERNING BODIES

- 1.1 The Singapore Primary Schools Sports Council's (SPSSC's) National School Games (NSG) for Track and Field shall be conducted according to the:
- 1.1.1 General Rules and Regulations of the SPSSC;
 - 1.1.2 with reference to the International Association of Athletics Federations' (IAAF's) Competition Rules 2018-2019; and
 - 1.1.3 the Baseline Safety Standards for National School Games.

2 AGE GROUPS / DIVISIONS

- 2.1 The Championship shall be run in the following 4 divisions for Boys and Girls:
- A DIVISION - 1 Jan 2007
2 Jan 2006 - 31 Jan 2006
 - B DIVISION - 1 Jan 2008
2 Jan 2007- 31 Dec 2007
 - C DIVISION - 1 Jan 2009
2 Jan 2008 - 31 Dec 2008
 - D DIVISION - 1 Jan 2011
1 Jan 2010 - 31 Dec 2010
2 Jan 2009 - 31 Dec 2009

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 2012 to 31 Dec 2011 and on 1 Jan 2013) and 8-year olds (born from 2 Jan 2011 to 31 Dec 2011) 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 B**).

3 ENTRIES

- 3.1 For the A, B and C Divisions
- 3.1.1 Each competitor shall be allowed to enter a maximum of Two (2) Individual Events and any number of Relay event(s).
- 3.1.2 Each school shall be allowed a maximum of **TWO (2) ENTRIES** per event.
- 3.1.3 A school shall be eligible to enter only 1 Team each for the 4 x 100m and 4 x 300m. Any registered competitor from the school can represent the school in the relays.
- 3.2 For D Division,
- 3.2.1 Each competitor shall be allowed to enter the individual multi-skill event and/or the relay event.
- 3.2.2 Each school shall be allowed to register a maximum of 22 competitors per gender (14 individuals + 8 relay runners)
- 3.2.3 A school shall be eligible to enter only 1 Team per gender for the 8 x 50m Shuttle Relay. Any registered competitor from the school can represent the school in the relay.
- 3.3 All relay representatives must be registered in the on-line registration form.
- 3.4 All entries must be submitted through the e-Registration portal at <https://nsg.moe.edu.sg/nis/#!/login> on or before the stipulated closing date. This includes details of athletes along with the necessary supporting documents.
- a) Baseline Safety Standards Acknowledgement Form
 - b) Supporting documents for Special/Transfer case students
 - c) Other forms as determined by the National School Games Organising Committee (NSGOC)
- 3.5 An athlete 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 Singapore Athletics Association (SAA)

4 REGISTRATION

- 4.1 No changes will be allowed once the on-line registration form is submitted EXCEPT in the event that a registered competitor is transferred or has to leave school ONE WEEK before the start of competition.
- 4.2 Schools must write, through the Principal, to inform the National Convenor of the replacement with accompanying documentary evidence at least ONE WEEK before the start of competition i.e. 19 March 2019. No other replacements will be allowed after 28 Feb 2019, 5pm.
- 4.3 The registration is deemed to be cleared by Principals once the registration form is submitted on-line. Schools are advised to print the summary of the registration for checking before submission. International students can only be registered to play for their school **after** they have been issued with the student passes from the Immigration and Checkpoints Authority (ICA).

- 4.4 International students who are in the schools on exchange programme are not allowed to represent the school.
- 4.5 Students granted Leave of Absence (LOA) by MOE will be allowed to represent the school.
- 4.6 Registration constitutes representation, that is, once a student is registered to compete for a school, he or she is deemed to have represented his or her school. Hence, the student is not allowed to represent another school in the same year.
- 4.7 Following registration, number tags can be collected from the respective Zone Convenors between 15 March to 26 March 2019 from 0800 hrs to 1700 hrs (excluding Saturdays and Sundays). Teachers collecting the number tags are advised to check them before leaving the zone convenors' schools.

North - Nan Chiau Primary School	East - Angsana Primary School
South - Kheng Cheng School	West - Nanyang Primary School

SECTION B – MEET RULES & REGULATIONS

5 COMPETITION FORMAT

5.1 Events to be contested

EVENTS	BOYS				GIRLS			
	A	B	C	D	A	B	C	D
100 METRES	X	X	X	-	X	X	X	-
200 METRES	X	X	X	-	X	X	X	-
300 METRES	X	X	X	-	X	X	X	-
600 METRES	X	X	X	-	X	X	X	-
1500 METRES	X	X	-	-	-	-	-	-
HURDLES 60 METRES	-	-	-	-	-	-	-	-
HURDLES 80 METRES	-	-	X	-	X	X	X	-
HURDLES 100 METRES	X	X	-	-	-	-	-	-
MULTI-SKILL EVENT	-	-	-	X	-	-	-	X
RELAY 4 X 100 METRES	X	X	X	-	X	X	X	-
RELAY 4 X 300 METRES	X	X	X	-	X	X	-	-
SHUTTLE RELAY 8 X 50 METRES	-	-	-	X	-	-	-	X
HIGH JUMP	X	X	X	-	X	X	X	-
LONG JUMP	X	X	X	-	X	X	X	-
SHOT PUT	X	X	X	-	X	X	X	-
TOTAL	11	11	10	2	10	10	9	2

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

5.2 DIVISIONAL CHAMPIONSHIPS

5.2.1 The top 4 teams of the following 6 Divisions shall be awarded with Divisional championship titles.

A Division Boys	A Division Girls
B Division Boys	B Division Girls
C Division Boys	C Division Girls

6 CHAMPIONSHIP POINTS

6.1 Points awarded for the top 8 placings in the Finals are as follows:

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

7 PRIZES

7.1 For the A, B and C Divisions, up to the top 8 competitors of each event shall be awarded subject to the number of competitors in the event as given in the following table.

No. of Participants/Teams	Position/Medals Awarded
3-4	2
5-6	3
7-8	4
9-10	5
11-12	6
13-14	7
15 and more	8

7.2 The form of the medals awarded shall be as follows:

Position	Form of Medals
1 st	Gold
2 nd	Silver
3 rd	Bronze
4 th	
5 th	
6 th	
7 th	
8 th	

8 REPORTING TO THE COMPETITOR STEWARDS / CALL ROOM

- 8.1 All competitors whose events are due must report for clearance. It shall be the duty of the Team Manager (TM) 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.**
- 8.2 For relays and all field events, all competitors must report to the competitor stewards at least 30 minutes before the scheduled time of event.
- 8.3 A competitor who is late in reporting or does not report to the competitor steward can be barred from his/her event. (TMs may report on behalf of their athletes provided the latter are already in the Arena.)
- 8.4 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.
- 8.5 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.
- 8.6 No competitor is allowed to report directly to the Start or Field Event Pit.

9 POSTPONEMENT

- 9.1 The NSGOC shall, at their discretion, decide to postpone a race if the conditions are unfit for competition, or for any other valid reasons for where a postponement is in order. Teams must abide by the decision of the NSGOC.

10 WITHDRAWAL

- 10.1 Any withdrawal or walk-over is considered contrary to the spirit of the sport.
- 10.2 Schools participating in the competition should not withdraw.
- 10.3 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 Advisor.
- 10.4 In the competition for top 8 placing, a withdrawal will disqualify the athlete or team from being placed.

11 FAILURE TO PARTICIPATE

- 11.1 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.
- 11.2 The provision of a medical certificate (MC) issued by a doctor or a letter of excuse from the 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 competitor 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.
- 11.3 The TM of a school is responsible for the submission of this MC or letter of excuse to the Meet Manager or Organising Secretary before the start of the athlete's competition. Failure to do so will render the athlete unable to compete in further events.

12 PROTESTS

- 12.1 For 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 TM concerned. No other person(s) shall lodge any protest. Any protest shall be resolved by the Technical Committee. Only video recordings by the organisers are admissible as evidence.
- 12.2 Appeal against the Meet Manager / Referee's decision can be made to the Competition Jury of Protest only by the TM. An application to the Jury must be made on the prescribed form within 1 hour after the Meet Manager / Referee's decision.
- 12.3 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: TM has to seek clearance from the school's Principal/Vice Principal before submitting an application.

- 12.4 When there is any conflict of interest, the school(s) involved will not sit in the committee considering the protest.
- 12.5 The Competition Jury of Protest shall comprise the following:
- a. National T & F Convenor
 - b. SPSSC T&F Advisor
 - c. Organising Secretary
 - d. Meet Manager
 - e. Meet Referee

13 APPEAL (Please refer to ANNEX C)

- 13.1 Upon the release/disclosure of the decision of the Competition Jury of Protest, only schools may appeal to the Council.
- 13.2 Notices of appeal shall be lodged with the Secretary / Secretariat of the Zonal / Central Council within two (2) working days upon receiving the NSGOC's decision. The appeal must be in writing (or email) and duly signed by the Principal.
- 13.3 An appeal fee of three hundred dollars (\$300) will be deducted from the appealing school's account via IFAAS if the appeal is overruled.
- 13.4 The Board of Appeal will deliberate on the appeal. The decision of the Board of Appeal shall be final.

14 SUSPENSION

- 14.1 Athlete(s) suspended by any one of the following bodies is barred from participating in the NSG for that sport for the period of suspension:
- a) The School
 - b) The Zone Council
 - c) The SPSSC
 - d) The Singapore Athletics Association

15 TEAM MANAGER (TM)

- 15.1 Each participating team must be accompanied by a teacher who shall remain with the team throughout the duration of competition.
- 15.2 Each participating team must be accompanied by a TM who shall remain with the team throughout the duration of play (Please refer to **Annex D**).
- 15.3 The TM shall be a teacher or School Adult Representative (SAR) appointed by the participating school. The appointment of an SAR as a TM should be based on the conditions and considerations given in **Annex E**.
- 15.4 TMs are expected to conduct themselves with decorum during competitions.
- 15.5 TMs are not allowed to interfere with the final decision taken by the referee/umpire/judge/official on points of laws/rules after clarification has been sought. If such interference results in disruption of any match, a report shall be made by the Convenor and the matter brought to the attention of the NSGOC for appropriate action.
- 15.6 The TM 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.

16 REFEREES / UMPIRES / OFFICIALS

16.1 All meet officials will be arranged for by the NSGOC.

17 COACHES

17.1 Coaches are expected to conduct themselves with decorum (Ref **Annex F**) during competitions.

17.2 Coaches are not allowed to approach the game officials to query their decisions. Only TMS are allowed to approach game officials to seek clarifications and lodge a protest.

17.3 Schools must ensure that their coaches adhere to the SPSSC Rules and Regulations.

18 SUPPORTERS

18.1 Schools sending supporters shall ensure that their pupils are in proper school attire and that there are sufficient teachers present for student care and management.

18.2 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.

18.3 Participating schools must ensure that their supporters attending the game(s) conduct themselves properly (Ref **Annex G**). 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

19 BREACH OF CODE OF CONDUCT BY TMS / ATHLETES / OFFICIALS / EXTERNAL INSTRUCTORS / COACHES

19.1 A Disciplinary Panel comprising members of the NSGOC will be formed to investigate the breach, presided by a Principal, who is the Chairman of the Discipline and Recognition Sub-Committee. The Panel may co-opt members outside the NSGOC, including personnel from the national sports association, to provide technical advice.

19.2 Appeal against the decision of the Disciplinary Panel may be submitted by the school (for athletes, coaches, and TMs) and/or the official, to the Council, whose decision shall be final (Please refer to para. 13 with regards to the Appeal process).

19.3 Any individuals suspended / barred by any one of the following bodies is barred from the NSG for that sport for the period of suspension:

- a) The School
- b) The Zone Council
- c) The SPSSC
- d) The SAA

20 DISQUALIFICATION

20.1 A school will be disqualified if:

- a) it fields an ineligible participant who is:
 - i. an overaged participant
 - ii. an underaged participant
 - iii. an unregistered participant
 - iv. a suspended participant
 - v. a participant without a valid student pass
 - vi. a non-bona fide student
- b) its participants are not accompanied by a Team Manager
- c) its participants causes a game / match to be abandoned

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

21 COMPETITOR NUMBERS AND ATTIRE

21.1 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.

21.2 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 |

21.3 It is the responsibility of the schools and athletes to have the correct number tags and safety pins when reporting to the competitors' steward. However, should the need arise, replacement for number tags is obtainable from the Technical Committee Operations Office at the Stadium.

21.4 Every competitor must wear two number tags bearing his/her assigned number which are displayed visibly at the chest and back of the competitor. Each number tag must be pinned securely at the four corners.

21.5 All competitors must be in their school's sports attire which must bear the school logo, badge or name. As far as possible these should be visibly displayed on their attire for easy identification. T-shirts/singlets must be tucked in.

21.6 Competitors must put on proper footwear subject to the specific rules and regulations for each event.

21.7 Those who do not comply with the above requirements shall be disqualified.

21.8 All competitors are required to produce valid identification documents with photos e.g. EZlink card when required.

22 ARENA

- 22.1 Only competitors who are competing shall be allowed to enter the Arena.
- 22.2 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.
- 22.3 Each school is only allowed to have a TM or coach at the designated area for long jump as stipulated by the organising committee. The TM 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, competitors may approach the designated area to seek the advice of their TM or coach.

23 RESULTS OF THE MEET

- 23.1 All finalists and results of Finals shall be posted on the Results Noticeboard and will also be announced whenever possible. Results are also posted on the following website:
<https://nsg.moe.edu.sg>
- 23.2 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.
- 23.3 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, 17 April 2019 at Bishan Stadium.
- 23.4 All results involving the team which has been disqualified will be considered null and void

24 STUDENT SAFETY AND MANAGEMENT

- 24.1 The NSGOC 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 TM 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 NSGOC 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 NSGOC will make the final decision.
- 24.2 Schools should ensure that water and suitable refreshments be made available for their own athletes especially on all competition days.
- 24.3 Schools are advised to monitor their athletes' training programme. Excessive and detrimental training programmes can be harmful to young athletes.
- 24.4 Schools are to remind their pupils to look after their personal belongings at the competition venue. The NSGOC will not be responsible for any loss.
- 24.5 All TMs in charge are to ensure the general discipline and well-being of their athletes at the stadium throughout the competition.
- 24.6 All TMs are to ensure the cleanliness of the stadium before vacating the area they had occupied.

SECTION C – EVENT RULES & REGULATIONS

A, B AND C DIVISION RULES

25 EQUIPMENT SPECIFICATIONS

25.1 Shot Put

<u>Boys</u>	<u>Weight</u>
A Division	3.00 Kg
B Division	3.00 Kg
C Division	2.00 Kg

<u>Girls</u>	<u>Weight</u>
A Division	3.00 kg
B Division	3.00 kg
C Division	2.00 kg

25.2 Hurdles

<u>Boys</u>	<u>Height</u>	<u>Start to 1st Hurdle</u>	<u>Between Hurdles</u>	<u>Last Hurdle to finish</u>
A Division (100m)	68.0cm	13.0 m	8.5 m	10.5 m
B Division (100m)	68.0cm	13.0 m	8.5 m	10.5 m
C Division (80m)	60.0cm	12.0 m	8.0 m	12.0 m

<u>Girls</u>	<u>Height</u>	<u>Start to 1st Hurdle</u>	<u>Between Hurdles</u>	<u>Last Hurdle to finish</u>
A Division (80m)	60.0cm	12.0 m	8.0 m	12.0 m
B Division (80m)	60.0cm	12.0 m	8.0 m	12.0 m
C Division (80m)	52.0cm	12.0 m	8.0 m	12.0 m

26 TRACK EVENTS

- 26.1 A competitor missing his/her Heat may not run in another Heat and there shall be no special Heat for late arrivals.
- 26.2 Heats and Lanes are drawn by the Organising Committee. Competitors shall run in the Lanes in which their names appear in the programme.
- 26.3 In races up to and including 300 METRES, each competitor shall run in his/her own lane.
- 26.4 100 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.
- 26.5 600 and 1500 METRES: The 16 fastest timings shall qualify for the final. For 600 Metres, a staggered start will be used.
- 26.6 All HURDLES RACES: The 8 fastest competitors shall qualify for the Final. If there is a tie for the 8th place, the competitors so tying shall compete again. The results of the tie-breaker will not affect the standing of the other qualifiers.
- 26.7 300 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 8th place, the competitors/teams so tying shall compete again. The results of the tie-breaker will not affect the standings of the other qualifiers.

- 26.8 The 4 x 100M relay shall be run according to IAAF Competition Rules 2018-2019. Each takeover zone shall be 30m long with no acceleration zone. Competitors 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.
- 26.9 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.
- 26.10 Only spike nails no longer than 6mm are to be used on the track at Bishan Stadium.
- 26.11 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.
- 26.12 The 2002 IAAF Rule 162.7 of The Start given below shall be followed:
- “Any competitor making a false start shall be warned. If a competitor is responsible for two false starts, he/she shall be disqualified.”

27 FIELD EVENTS

- 27.1 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.
- 27.2 A competitor may not hold over any of his/her trials to a subsequent round except in the High Jump event.
- 27.3 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.
- 27.4 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.
- 27.5 Subject to the provision in para. 27.4 above, if a competitor misses his turn in a field event, he shall not be permitted to take the trial that he / she missed.
- 27.6 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.
- 27.7 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.
- 27.8 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.
- 27.9 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 16th qualifying place, all competitors with the same recorded distance will qualify for the finals.

- 27.10 Results from the qualifying competition will not carry over to the final.
- 27.11 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.
- 27.12 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 competitors tying shall resolve the tie. Then, if necessary, the third best, and so on. If the tie remains and concerns first place, the competitors having achieved the same results will compete again in the same order in a new trial until the tie is resolved.
- 27.13 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 competitor 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 competitor 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 competitors tying shall have one jump at the next height after the height last cleared by the competitors tying, and if no decision is reached, the bar shall be raised if the tying competitors 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. Competitors so tying must jump on each occasion when resolving the tie
 - (ii) If it concerns any other place, the competitors shall be awarded the same place in the competition.
- 27.14 Shot Put
- 27.14.1 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 competitor who wilfully disobeys the above instruction.
- 27.14.2 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.
- 27.15 High Jump
- 27.15.1 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.
- 27.15.2 The qualifying height set will be equal or lower than the Reference Point (Refer to **Annex H**).
- 27.15.3 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.
- 27.15.4 If more than 20 competitors 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.

27.16 Prize-Giving

- 27.16.1 Prizes for completed events will be presented upon completion of the event.
- 27.16.2 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.
- 27.16.3 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.
- 27.16.4 All participating schools are to send 50 supporters to witness the prize presentation ceremony and lend support to their school athletes.
- 27.16.5 To facilitate the prize presentation process, only 2 representatives are encouraged to come forward to receive the divisional championship trophies.

D DIVISION RULES AND REGULATIONS

28 INDIVIDUAL MULTI-SKILL EVENT

- 28.1 The event will be conducted on an appropriate field, artificial pitch or other appropriate grounds as arranged by the NSGOC each year.
- 28.2 This will be made known to teachers in-charge of participating schools at the compulsory briefing for teachers. The individual multi-skill event will be run as one continuous event with the following components (Ref **Annex I** for the course layout)
 - 42 metre timed component that includes:
 - ◆ A standing start
 - ◆ Running over 3 hurdles
 - ◆ Picking up one (1) set of beanbags while running
 - Throwing component that includes:
 - ◆ 2 x one-handed over-hand throw with two different hands

28.3 Specifications

	Height	Start to 1st Hurdle	Between Hurdles	Last Hurdle to Beanbag	Weight of Beanbag
Boys	44.0cm	12m	7m	8m	330gm
Girls	44.0cm	12m	7m	8 m	220gm

28.4 No spiked shoes are allowed for the multi-skill event.

28.5 42 metre timed component

- 28.5.1 Two (2) methods of timekeeping shall be recognised as official:
 - Hand Timing;
 - Light Gates
- 28.5.2 A standing start will be used for the race.

- 28.5.3 There shall be three (3) hurdles and 2 sets of beanbags in each lane, set out in accordance with the table in para. 28.3.
- 28.5.4 Each athlete shall go over each hurdle. In addition, an athlete should not:
- at the instant of clearance, have his foot or leg beside the hurdle (on either side), below the horizontal plane of the top of any hurdle; or
 - in the opinion of the Referee, deliberately knock down any hurdle.
- 28.5.5 After clearing the third hurdle, the athlete shall pick up one (1) set of beanbags before entering the throwing area.
- 28.5.6 The timing of the athlete shall stop once the athlete crosses the line demarcating the start of the throwing area.
- 28.6 2 x one-handed over-hand throw with two different hands
- 28.6.1 The two (2) throws should be done using 2 different hands in an overhand manner. If the first throw was done using the right hand, then the second throw must be done using the left hand and vice versa.
- 28.6.2 The athlete will take the two (2) throws in his/her own time once he/she enters the throwing area. The time taken to complete the throws will not affect the points awarded to the athlete for the timed component of the race. However, both throws must be completed within 1 minute from the start of the race.
- 28.6.3 The first throw shall be taken with the set of beanbags that the athlete picked up. The second throw shall be taken with the set of beanbags that has been placed in the throwing area.
- 28.6.4 If the athlete fails to pick up the beanbags and enters the throwing area without any beanbags, the athlete may proceed to throw only the set of beanbags that is placed in the throwing area.
- 28.6.5 Once the athlete enters the throwing area, the athlete must remain within the throwing area until the completion of the race as indicated by the race official.
- 28.6.6 In taking the throws, the athlete should not touch the ground outside the throwing area with any part of his body.
- 28.6.7 The throws will be valid even if it lands in another lane.
- 28.6.8 If an athlete fails to use 2 different hands for the throws, points will not be awarded for the 2nd throw.

28.7 Scoring

- 28.7.1 The total points (maximum 24 points) scored by the athlete will be based on the following tables and will include:
- points awarded for the timed component (maximum 12 points)
 - points awarded for the 1st throw (maximum 6 points)
 - points awarded for the 2nd throw (maximum 6 points)

Timed Component		
Boys	Girls	Points
< 7 sec.s	< 9 sec.s	12
7 to 7.4x sec.s	9 to 9.4x sec.s	11
7.5 to 7.9x sec.s	9.5 to 9.9x sec.s	10
8 to 8.4x sec.s	10 to 10.4x sec.s	9
8.5 to 8.9x sec.s	10.5 to 10.9x sec.s	8
9 to 9.4x sec.s	11 to 11.4x sec.s	7
9.5 to 9.9x sec.s	11.5 to 11.9x sec.s	6
10 to 10.4x sec.s	12 to 12.4x sec.s	5
10.5 to 10.9x sec.s	12.5 to 12.9x sec.s	4
11 to 11.4x sec.s	13 to 13.4x sec.s	3
11.5 to 11.9x sec.s	13.5 to 13.9x sec.s	2
12 to 12.4x sec.s	14 to 14.4x sec.s	1

Distance Component (points for each throw)		
Boys	Girls	Points
Beyond G (>18m)	Beyond E (>14m)	6
G (16m)	E (12m)	5
F (14m)	D (10m)	4
E (12m)	C (8m)	3
D (10m)	B (6m)	2
C (8m)	A (4m)	1

- 28.7.2 Based on the total points scored, each competitor will be awarded based on the following criteria:
- ❖ Gold Medal – 22 points and above
 - ❖ Gold Achievement Pin – 20 & 21 points
 - ❖ Silver Achievement Pin – 18 & 19 points
 - ❖ Bronze Achievement Pin – 15 to 17 points

29 8 X 50 METRES SHUTTLE RELAY

- 29.1 No spiked shoes will be allowed for the 8 x 50m shuttle relay.
- 29.2 The race will be run by 8 competitors from each school on the straight of the track.
- 29.3 A standing start will be used for the race.
- 29.4 The 8 x 50m shuttle relay shall be run as follows: the 1st, 3rd, 5th and 7th runner shall line up at the finish line. The 2nd, 4th, 6th, and 8th runner shall line up at the 50m mark. The 1st runner shall start off and pass the baton to the 2nd runner at the 50m mark and the 3rd runner then pass the baton to the 4th runner and so on till the 8th runner reaches the finish line
- 29.5 Each team will run the entire race in the assigned lane. All athletes shall keep within his/her assigned lane from start to finish.
- 29.6 If dropped, the baton shall be recovered by the athlete who dropped it. He/she may leave his lane to retrieve it provided that, by doing so, he/she does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification.
- 29.7 The outgoing runner shall not step on or beyond the lines at each end of the 50 metres until he/she has fully gripped the baton.
- 29.8 The number of medals to be awarded will be as follows:

No. of Teams	Position/Medals Awarded
3-4	2
5-6	3
7-8	4
9-10	5
11-12	6
13-14	7
15 or more	8

- 29.9 The form of the medals shall be as follows:

Position	Medals
1 st	Gold
2 nd	Silver
3 rd	Bronze
4 th	
5 th	
6 th	
7 th	
8 th	

SECTION D – AMENDMENTS AND MATTERS NOT PROVIDED FOR

30 MATTERS NOT PROVIDED FOR

- 30.1 All matters not provided for in these Rules & Regulations shall be dealt with by the SPSSC National School Games Organising Committee for Track and Field.

31 AMENDMENTS

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

List of Annexes

- A SPSSC Mission, Aspirations and Motto
- B Age Dispensation for SPSSC
- C SPSSC Appeals Workflow
- D Role of the Team Manager
- E Guidelines for Appointing School Adult Representatives (SAR)
- F Code of Conduct for Coaches & Coaches' Oath
- G Spectators Creed
- H Reference Points for Field Events
- I Multi-skill Event Course Layout

SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL (SPSSC) AND SINGAPORE SCHOOLS SPORTS COUNCIL (SSSC)

Mission, Motto and Aspirations

Mission Statement

“To provide quality competition experience to our school athletes to support character development through the pursuit of sporting excellence”


Motto

“Character in Sporting Excellence”

Aspiration 1: *Every athlete an honourable sportsman*

Guiding Principle:

The athlete abides by the rules of the sport, gives his best in training and competitions, wins humbly and loses graciously. He participates actively and is committed to the skills development in his sport. He respects his opponents, teammates, coaches, teachers and officials, and displays exemplary conduct both on and off court.



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

Aspiration 2: *Every teacher and coach an inspiring role model and mentor*

Guiding Principle:

The teacher/coach endeavours to develop each athlete to his fullest potential. He focuses on student-centric and values-driven coaching. He maintains a professional relationship with the athletes and ensures their safety and well-being at all times. As a positive role model, he inspires and motivates the athletes towards greater heights.



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."*

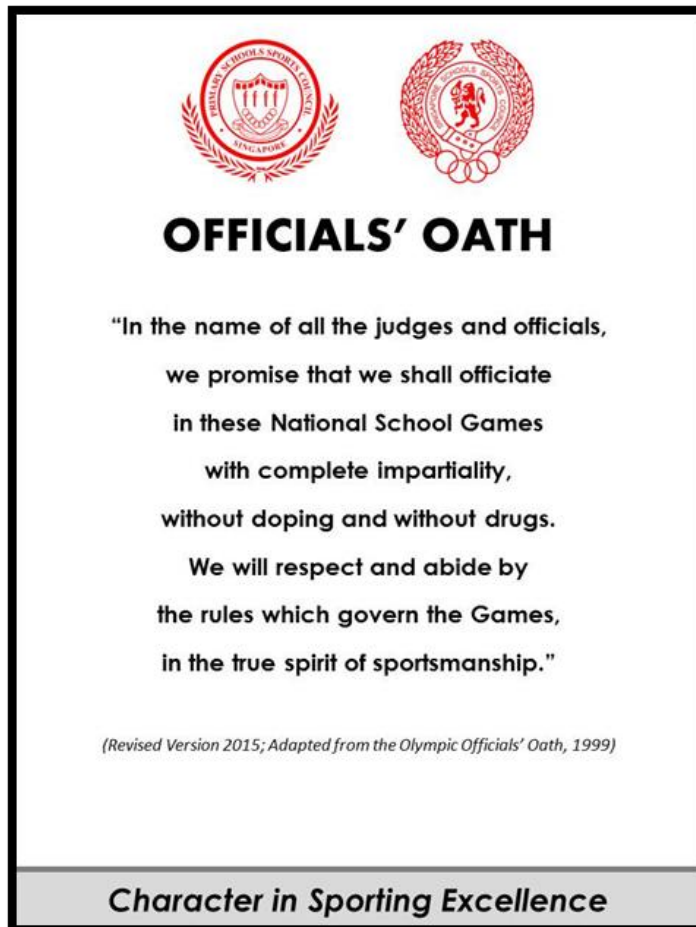
(Revised 2016; Adapted from the Olympic Coaches' Oath, 2012)

Character in Sporting Excellence

Aspiration 3: *Every official a fair, respectable and competent authority*

Guiding Principle:

The official is well-versed in the rules of the sport, and enforces the laws of the sport with impartiality. He is alert and acts decisively when required. He ensures safety for all athletes and explains the rules when required. He upholds the professionalism of the sport.



Aspiration 4: *Every parent a supportive partner*

Guiding Principle:

The parent takes interest in his child's training and competitions. He ensures proper nutrition and rest, and actively enquires on his child's progress and development. He works with the teacher and coach, attends competitions and respects the referee's decisions.

Aspiration 5: *Every spectator a respectful, responsible and caring motivator*

Guiding Principle:

The spectator makes the effort to applaud excellence and fair play. The spectator shows appreciation for the efforts of all athletes, teachers, coaches, officials and organisers. He should cheer to encourage and motivate as well as care for the athletes' well-being. The parent takes interest in his child's training and competitions. He is responsible and keeps the venue safe and comfortable for all.



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

Aspiration 6: *Every game a safe and enriching learning experience*

Guiding Principle:

The format of competition is developmental and age-appropriate. The games provide athletes with the opportunity to display their sporting prowess, and be recognised for their achievements. Athletes enjoy the competitions, which are conducted under safe and conducive environments.

AGE DISPENSATION FOR SPSSC

1. BACKGROUND

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

This **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 sports¹ 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 NSGOC using the application form in Annex D2. 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 for the competition.

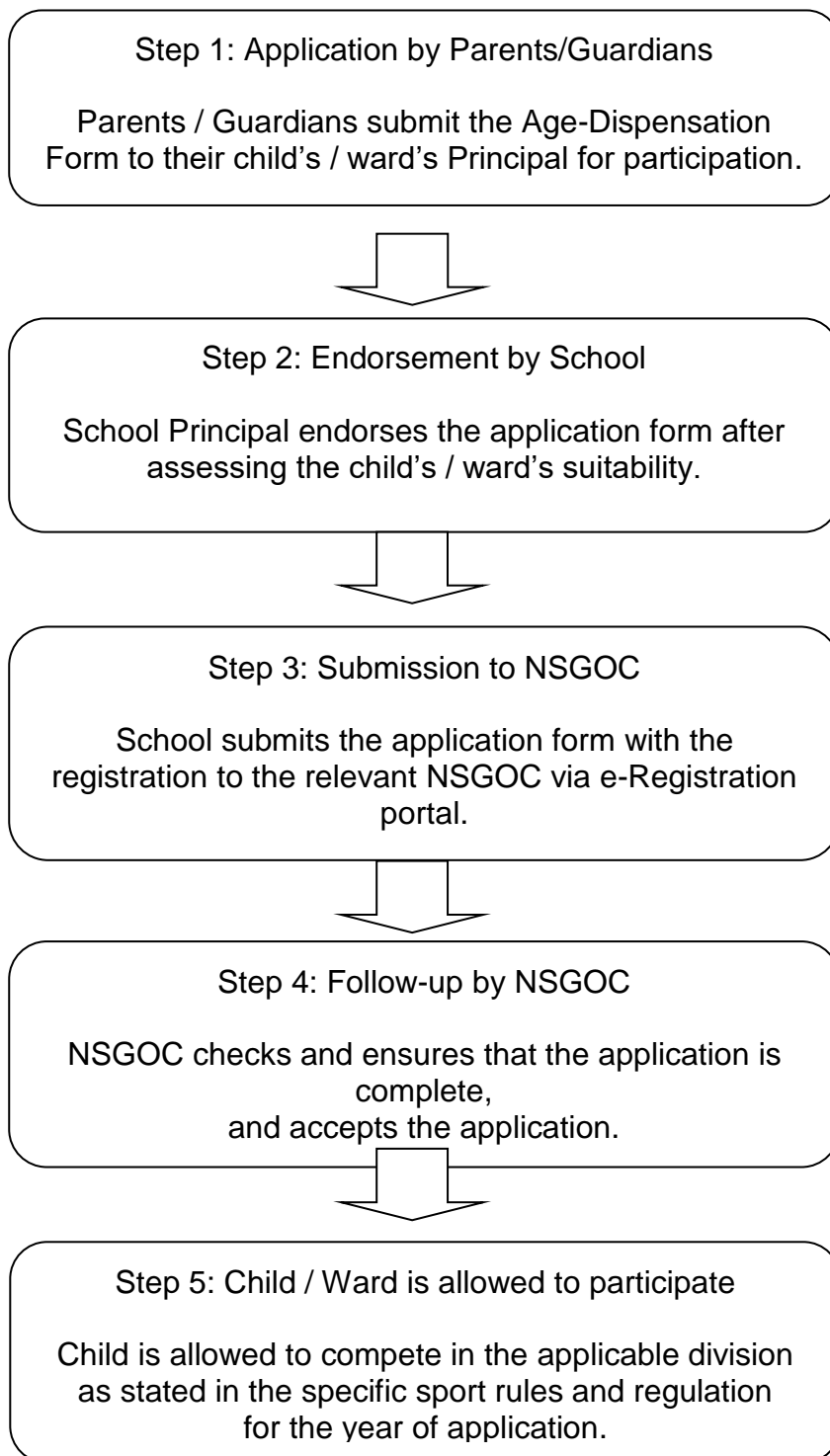
Any application submitted after the closing date stipulated by the respective NSGOC will not be considered.

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, student can only compete in the Junior division, i.e. for both individual and team events for the approved year.

¹ The 5 identified sports are rugby, football, basketball, hockey and taekwondo (Kyurugi). Taekwondo (Poomsae) is a non-contact segment, hence it is not classified as a sport with higher risk.

**SPSSC FIVE STEP FLOWCHART FOR
AGE DISPENSATION**



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

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

Acknowledgement by Parent/Guardian:

I, _____, parent/guardian of _____ would like to request for my child/ward to represent the school in the SPSSC 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.

Principal's Endorsement:

Parent's/Guardian's Signature and Date

Principal's Signature and Date

SPSSC WORKFLOW FOR APPEALS

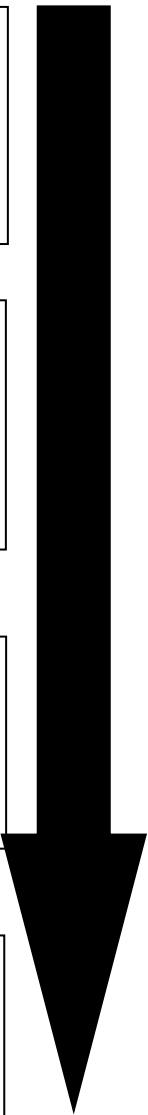
3-4 weeks or earlier for entire process to complete
(suggested timeline)

STAGE 1
SCHOOL MAKES AN APPEAL IN WRITING TO SECRETARIAT/SPSSC and THE APPEAL MUST COMPLY WITH THE SPSSC GENERAL RULES AND REGULATIONS PARA. 12
 This must be done **within two working days** upon receiving the NSGOC’s Decision.

STAGE 2
PART 1 - ACKNOWLEDGEMENT OF LETTER OF APPEAL
 Upon receiving the official Letter of Appeal, SPSSC Secretariat will acknowledge the date and time the letter is received.
PART 2 - SUSPENSION/RESUMPTION OF COMPETITION
 Communication will be made by National Convenor to all stakeholders.

STAGE 3
FORMATION OF SPSSC BOARD OF APPEAL
 Chairman/SPSSC Discipline & Appeals Sub-Committee to convene a Board of Appeal (BoA) to look into the matter and also provide a timeline for completion.

STAGE 4
OUTCOME AND CLOSURE OF SPSSC BOARD OF APPEAL
 BoA Secretariat will arrange for a meeting with appellant (school) and all relevant parties to inform decision and explain process. An appeal fee of three hundred dollars (\$300) will be deducted from the appealing school’s account, via IFAAS if the appeal is overruled.



As in accordance with the SPSSC General Rules and Regulations under rule 13.4, the decision of the Board of Appeal or the Standing Committee shall be final.

SINGAPORE PRIMARY SCHOOLS SPORTS COUNCIL

Role of The Team Manager

The team manager (TM) will represent the school on all matters pertaining to the duty of care, student management and competition matters relating to the participants from his / her school. He/she must be a good role model for the participants and are expected to conduct themselves well in carrying out their duties. He/she will do the following:

	Terms of Reference
1	Point of contact between the National School Games Organising Committee (NSGOC) and the Principal (school).
2	Attend all briefings and/or meetings called for by the respective NSGOCs.
3	Check & verify the fixtures and schedules involving the school.
4	Ensure the accuracy of participants' particulars in the registration and that students are not placed in the wrong division.
5	Make transport arrangements for the participant(s).
6	To chaperone participant(s) to and from the competition venue and remain with the participant(s) throughout the duration of play.
7	Cooperate with NSGOC & officials and abide by the rules and regulations of the competition.
8	To sign in at the call room
9	Submit team list & other necessary documents when required to.
10	Manage the coach, participant(s) and supporter(s), if any, to ensure that they adhere to the Code of Conduct as provided in SPSSC Rules & Regulations.
11	Arrange for a replacement, in the event that he/she is not able to perform his/her duty, including when it is halfway through the competition
12	Duty of care for the participant(s) safety and well-being and to ensure that the participant(s) is/are medically covered e.g. first aid kit.
13	Contact the school immediately in the event of an injury or emergency.
14	Do not speak to the media unless with permission from the school
15	Represent the school in matters pertaining to formal appeals/protests (as required by the sport)
16	Accompany participant(s) at disciplinary board meetings if the occasion arises.
17	Any other matters pertaining to the duty of care, student management and competition matters relating to the participants from his / her school.

Guidelines for Appointing School Adult Representative (Parent)² [SAR(P)]

Introduction

From 2019 onwards, schools may appoint parents as School Adult Representatives to represent their schools as Team Managers for up to 3 athletes per sport* who are representing their schools for the SPSSC competitions. This provision supports schools in balancing provision of competition opportunities for students and the management of staff resources.

**Only for Golf, Rope Skipping, Sailing, Swimming, Taekwondo, Table Tennis, Tennis, Track & Field and Wushu.*

For Tenpin Bowling and Gymnastics, SAR(P) can only be appointed if there is only one athlete participating in the competition.

Roles and Responsibilities of Schools

Schools:

- Should only appoint the **parent/legal guardian** of one of the student athletes as SAR(P).
- Must appoint an Education Officer as the **School Coordinator**, to serve as liaison between the SAR(P) and the game organizing committee
- Can only be represented by one SAR(P) per session.
- Should inform the convenor/organising secretary and send a replacement (i.e., Education Officer or School Staff) in the event that SAR(P) is on medical leave, or is not able to continue his/her duties halfway through the competition
- Must ensure that parent/legal guardian of all participating students are present to oversee their own child/ward's safety and well-being

Roles and Responsibilities of Appointed Parents

The appointed SAR(P):

- Demonstrating support for the Council's mission, motto and aspirations
- Ensuring the children's safety and well-being at the competition venue
- Cooperating with official authorities and abiding by the rules and regulations of the competition
- Being a good role model for student athletes
- Managing the coach/instructor and supporter(s), if any, to ensure that they adhere to the Code of Conduct as provided in Rules & Regulations
- Contacting the school immediately to arrange for a replacement, in the event that he/she is not able to perform his/her duty, including when it is halfway through the competition
- Contacting the school immediately in the event of an injury or emergency

Preparatory and Training Requirements:

1. SAR(P) should have in-depth understanding and knowledge of:
 - His/Her roles and responsibilities
 - The SPSSC General Game Rules and Regulations for all Sports and Games
 - The Specific Game Rules and Regulations for the sport he/she is SAR(P) for
 - School's general Standard Operating Procedures (SOPs) and workflow for safety incident management and communication
2. SAR(P) is encouraged to be first-aid trained.
3. SAR(P) should be familiar with the respective sports safety requirement and practice. He/she can refer to Sport Singapore's safety resources at:

<https://www.sportsingapore.gov.sg/sports-education/sports-safety/safety-resources-and-useful-links>

² SAR shall abide by the Terms and Conditions stated by in the Letter of Agreement

Flow Chart for appointing School Adult Representative (Parent) [SAR(P)]

To take note of:

Step 1: Appoint SAR(P)

School Principal shall assess the suitability of the parent of participating student athlete before appointing him/her as the SAR(P).

- Only Legal Guardian/parent of one of the student athletes is allowed to be appointed

Step 2: Brief SAR(P) & Signing of Letter of Agreement

School shall conduct a briefing for the newly appointed SAR(P) on the following documents:

- Terms and Conditions
- Roles and Responsibilities

Upon agreeing to all the terms stated, the SAR(P) will be required to sign the Letter of Agreement.

- SAR(P) must be briefed by participating school
- School to brief SAR(P) of the safety and intervention measures using the RAMS Form.

Step 3: Issue Appointment Letter

School issues the Appointment Letter to SAR(P).

- School to clearly indicate the start and end dates of the SAR(P)'s duty on the letter

Step 4: e-Registration

School registers the student athlete and SAR(P) via the e-Registration system.

- School Coordinator login to the e-Registration system to register the SAR(P)
- School Coordinator uploads Appointment Letter onto e-Registration system together with the Baseline Safety

Step 5: Sign-in at the Competition Venue

SAR(P) signs in the student athlete(s) and ensures that the student athlete(s) adheres to the respective game's rules and regulations at all times.

- SAR(P) to produce a photo identification for verification on the day of competition



Code of Conduct for Coaches

- 1) Coaches must be good role models for the student athletes and are expected to conduct themselves well in carrying out their duties.
- 2) They are to observe the rules and regulations of the National School Games and honour the Coaches' Oath.
- 3) They should not replace the role of the team manager.
- 4) They are to prepare the training schedule for the team, in consultation with the Principal and the teacher in-charge (i.e. 30-week programme)
- 5) They are not allowed into the competition area except where the rule of the sport requires the presence of the coach e.g. Softball and Gymnastics.
- 6) They cannot represent the school in any matters.
- 7) They must not interfere with the organisation of the competition.
- 8) They are not allowed to approach the officials to query their decisions. Only team managers are allowed to approach officials to seek clarifications.
- 9) Coaches violating the rules will be asked to leave the competition arena.
- 10) Action will be taken against the school if the coaches fail to comply with the competition rules.
- 11) It is the responsibility of coaches to adhere to the rules and to be well versed with the competition rules.
- 12) They must ensure that the student athletes have adequate rest and are given water breaks.
- 13) Coaches should refrain from using foul language or speak in a tone not becoming of proper behaviour.

Aspiration 2: *Every teacher and coach an inspiring role model and mentor*

Guiding Principle:

The teacher/coach endeavours to develop each athlete to his fullest potential. He focuses on student-centric and values-driven coaching. He maintains a professional relationship with the athletes and ensures their safety and well-being at all times. As a positive role model, he inspires and motivates the athletes towards greater heights.



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

Aspiration 5: *Every spectator a respectful, responsible and caring motivator*

Guiding Principle:

The spectator makes the effort to applaud excellence and fair play. The spectator shows appreciation for the efforts of all athletes, teachers, coaches, officials and organisers. He should cheer to encourage and motivate as well as care for the athletes' well-being. The parent takes interest in his child's training and competitions. He is responsible and keeps the venue safe and comfortable for all.



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

Reference Points 2019

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

<u>High Jump (Girls)</u>	<u>High Jump (Boys)</u>
C Div - 1.04 m	C Div - 1.12 m
B Div - 1.04 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>
C Div - 3.19 m	C Div - 3.55 m
B Div - 3.67 m	B Div - 4.01 m
A Div - 2.41 m	A Div - 2.22 m

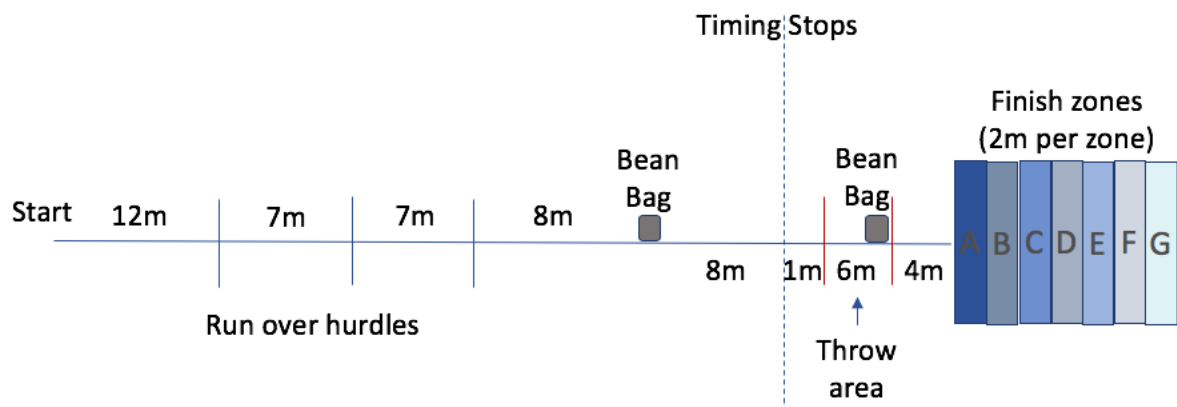
<u>Shot Put (Girls)</u>	<u>Shot Put (Boys)</u>
C Div - 5.91 m	C Div - 7.62 m
B Div - 5.90 m	B Div - 7.50 m
A Div - 2.76 m	A Div - 3.63 m

The reference point is based on the average results of the 12th 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.

Multi-skill Event Course Layout

4 main segments:

- Standing Start (Reaction)
- Run over hurdles (Coordination + Speed + Rhythm)
- Pick up bean bag + acceleration (Coordination + Dynamic balance + Speed)
- Overhand throw with master + non-master hands (Bilateral Development + Coordination)



Scoring: points given based on time range* + finish zone

*Time stops when athlete enters throwing area.