



# Singapore Athletics-Singapore Sports School Primary Schools Invitational Meet 2023 RULES GOVERNING ENTRIES

## 1) ORGANISING STRUCTURE

- a) SA-SSP Primary Schools Invitational Meet shall be conducted according to the:
  - i) General Rules and Regulations of the SPSSC;
  - ii) MOE Baseline Safety Standards for National School Games and;
  - iii) with reference to World Athletics' Competition Rules.

## 2) AGE GROUPS and DIVISIONS

- a) SENIOR 1 (**S1**) Division: Boys/Girls under 13 as of 31<sup>st</sup> Dec 2023 (Born in **2011**)
- b) JUNIOR 2 (**J2**) Division: Boys/Girls under 12 as of 31<sup>st</sup> Dec 2023 (Born in **2012**)
- c) JUNIOR 1 (**J1**) Division: Boys/Girls under 11 as of 31<sup>st</sup> Dec 2023 (Born in **2013 - 2014**)

## 3) ENTRIES

- a) For **S1** Division,
  - i) Each competitor shall compete in **2 Individual events**, which must be **from 2 different event groups**.
  - ii) Each school shall only be allowed a maximum of **5 entries per event** (except **2 entries for Scissor Jump**).
  - iii) Each school shall only be allowed to enter only **1 Team per gender** in the **5 x 80m Relay**. Any registered competitor from the school can represent the school in the Relay.
- b) For **J2** Division,
  - i) Each competitor shall compete in **3 Individual events**, which must be **from 3 different event groups**.
  - ii) Each school shall only be allowed a maximum of **5 entries per event** (except **2 entries for Scissor Jump**).
  - iii) Each school shall only be allowed to enter only **1 Team per gender** in the **4 x 50m Relay**. Any registered competitor from the school can represent the school in the Relay.
- c) For **J1** Division,
  - i) Each competitor shall compete in the Multi-Skill Event (**MSE**), and up to **2 Individual events**, which must be **from 2 different event groups**.
  - ii) Each school shall only be allowed a maximum of **5 entries per event** (except **2 entries for Scissor Jump**).
  - iii) Each school shall only be allowed to enter only **1 Team per gender** in the **4 x 50m Relay**. Any registered competitor from the school can represent the school in the Relay.

## 4) REGISTRATION

- a) Each competitor shall be representing his/her MOE school (in his/her current year of study) **or a Singapore Athletics Member/Club**.
- b) The **registration and Baseline Safety Standards** must be endorsed by the school's Principal / HOD PE/CCA **or the Singapore Athletics Member/Club official representative** and submitted to [jonathan@rjcat.com](mailto:jonathan@rjcat.com) and copied to [joseph\\_soh@sportsschool.edu.sg](mailto:joseph_soh@sportsschool.edu.sg) from the teacher-in-charge's **or Singapore Athletics Member's/Club's** official email. TT to
- c) Payment **by 3 March 2023** via e-invoice will be billed to School (MOE IFAAS) by RJCAT. Alternatively, **bank transfer to RJCAT Consultancy Account OCBC: 515 061588 001** and email receipt to [jonathan@rjcat.com](mailto:jonathan@rjcat.com).
- d) Number tags can be collected from the Singapore Sports School from **8 to 10 March 2023** from 1200 to 1800 hrs, or **at least 1 hr before** the start of the meet on 11 and 12 March 2023.

**5) EVENTS TO BE CONTESTED:**

Event	J1 Girls	J1 Boys	J2 Girls	J2 Boys	S1 Girls	S1 Boys
60m sprint	X	X	X	X		
80m sprint					X	X
1000m run	X	X	X	X		
1600m run					X	X
60m Hurdles (5H 52cm)	X	X	X	X		
80m Hurdles (7H 60cm)					X	X
Scissor Jump	X	X	X	X	X	X
Long Jump (with 80cm Take Off Zone)	X	X	X	X		
Long Jump (with 50cm Take Off Zone)					X	X
Medicine Ball Throw (1kg)	X	X				
Long Implement Throw (Turbo-Jav 300g)			X	X		
Shot Put			2kg	2kg	2kg	3kg
Modified Discus Throw (Rubberised Discus 500g)					X	X
4 x 50m Relay	X	X	X	X		
5 x 80m Relay					X	X

**6) PRIZES**

- Up to the top 8 competitors from each division (S1, J2 and J1 MSE only) shall be awarded medals.
- Schools will also be invited to nominate athletes for the Sportsmanship Award as recognition for the Olympic Value of Respect exemplify during the meet.

**7) REPORTING FOR EVENTS**

- Team Manager shall check in their team **at least 1 hr before** the start of the meet on 11 and 12 March 2023.
- All competitors shall report at least **30 minutes** before their event's scheduled time to:
  - All Track events: **Call Room**
  - All Field events: Respective **Jump / Throw Area**
- A competitor who is late in reporting may be barred from his/her event.
- All events will commence as scheduled. Announcements will made if it is necessary to run off an event ahead or behind schedule.

**8) POSTPONEMENT**



The organisers shall at their discretion, decide to postpone a race if the conditions are unfit for competitions.

#### **9) PROTEST & APPEAL**

- a) For any disagreement or objection against the conduct of any event, a verbal protest shall be made to the Referee or Meet Manager within 30 minutes after the official announcement/publication of the results.
- b) An appeal shall be in writing, accompanied by a deposit of SGD\$150 to Singapore Athletics, which will be forfeited if an appeal is overruled. If the appeal is upheld, the deposit will be returned in full.
- c) The Competition Jury of Protest shall comprise of the following:
  - i) Event Organiser
  - ii) Meet Manager
  - iii) Meet Referee

#### **10) RESULTS**

All results of the meet shall be announced whenever possible, and be posted on <https://www.rjcat.com/>

#### **11) OFFICIALS**

All meet officials will be appointed by Singapore Athletics.

#### **12) TEAM MANAGER (TM)**

- a) Each team must be accompanied by the TM who shall remain with the team throughout the meet.
- b) The TM shall be a MOE Teacher, School Adult Representative (SAR) or Coach appointed by the school.
- c) TMs are expected to conduct themselves with decorum during the meet and not interfere with the final decision taken by the meet officials after clarification has been sought.

#### **13) COACHES**

- a) Coaches are expected to conduct themselves with decorum during the meet.
- b) Coaches are to adhere to SPSSC's Rules and Regulations.

#### **14) PARENTS and SUPPORTERS**

- a) Parents / Supporters are not allowed to be in the competition arena / field of play or participate in any form of sideline coaching and/or interference during the meet.
- b) Parents / Supporters are expected to adhere by SPSSC's Spectators' Creed and cooperate with the officials. In the event of disruptive or unsportsmanlike behaviour, the organiser may at their discretion, stop the disturbances and evict the supporter(s) from the meet venue.

#### **15) NUMBER TAG and ATTIRE**

- a) Each competitor must wear two number tags visibly at the chest and back (except for Jump events, only one number tag is worn at the chest).
- b) All competitors must compete in their school's sports attire bearing the school logo/badge/name. T-shirts/singlets must be tucked in.
- c) Competitors must put on proper footwear, subjected to the specific rules and regulations for each event.

#### **16) COMPETITION ARENA/FIELD OF PLAY**

- a) Only Officials on duty and competitors competing shall be allowed on the competition arena and field of play.
- b) All competitors must leave the competition arena/field of play upon completion of their events.

#### **17) STUDENTS SAFETY**

- a) The organiser and meet officials 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) Are advised by the appointed paramedics.

**18) EVENT RULES & REGULATIONS (Ref SPSSC 2023 Rules & Regulations for details)**

**a) S1 Division**

- i) All S1 competitors must take part in **2 individual events from 2 different event groups**.
- ii) The ranking of a competitor shall be determined by the accumulated points attained in each of the 2 events.
- iii) The points gained for each event shall be equal to his/her rank position in that event.
- iv) Should a competitor be unable to participate in any of his/her events, he/she will be awarded points based on the last position in the event(s).
- v) The 8 top ranked competitors with the lowest accumulated points shall be awarded with medals.

**b) J2 Division**

- i) All J2 competitors must take part in **3 individual events from 3 different event groups**.
- ii) The ranking of a competitor shall be determined by the accumulated points attained in each of the 3 events.
- iii) The points gained for each event shall be equal to his/her rank position in that event.
- iv) Should a competitor be unable to participate in any of his/her events, he/she will be awarded points based on the last position in the event(s).
- v) The 8 top ranked competitors with the lowest accumulated points shall be awarded with medals.

**c) J1 Division**

- i) All J1 competitors must take part in the Individual Multi-Skill Event (**MSE**). Failure to participate in the Multi-Skill Event will render the competitor ineligible to compete in the optional individual events.
- ii) The 8 top ranked competitors with the highest points shall be awarded with medals.
- iii) There will be no awards for the optional individual events.

**19) INDIVIDUAL RUN EVENTS**

**a) Race Format and Rules**

- i) Heats and Lanes are drawn by the organisers.
- ii) For races up to and including 80m, each competitor shall run in his/her own lane.
- iii) Spikes shoes with spike nails no longer than 6mm can be used except for the multi-skill event and running events 1000m and 1600m, where only full rubber-soled shoes are allowed.
- iv) All events will be run/conducted as timed finals/finals.
- v) Starts
  - (1) The standing or crouch start may be used. The use of Starting blocks is optional.
  - (2) Any competitor responsible for a false start shall be warned. A competitor responsible for two false starts shall be disqualified.

**b) Running Events (1000m and 1600m)**

- i) Only full rubber-soled shoes are allowed.
- ii) Cut-off time of 7min, 6:30min, 10min for Girls J1, J2, S1 divisions respectively and 6min, 5:30min, 9min for Boys J1, J2, S1 divisions respectively may be implemented at the discretion of the organisers depending on weather conditions and competition schedule.

**c) Hurdles Specifications**

<u>Division</u>	<u>Distance</u>	<u>Height</u>	<u>No. of Hurdles</u>	<u>Start to 1st Hurdle</u>	<u>Between Hurdles</u>	<u>Last Hurdle to finish</u>
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J1/J2 Boys/Girls	60m	52cm	5	12m	7m	20m
S1 Boys/Girls	80m	60cm	7	12m	8m	20m

d) **Relays**

i) **5 x 80 metres Relay (S1)**

- (1) A school may send only 1 Boys and 1 Girls team for the relay race.
- (2) The starting point for the 5 x 80m relay will be at the 400m starting mark.
- (3) There shall be a 30m changeover zone for each baton exchange.

ii) **4 x 50 metres Relay (J1 and J2)**

- (1) A school may send only 1 Boys and 1 Girls team for the relay race.
- (2) The starting point for the 4 x 50m relay will be at the 200m starting mark.
- (3) Runners waiting to receive the batons must stand at the 50m mark marked by officials and shall not move beyond the mark towards the incoming runner.
- (4) There will be no designated passing zones.

e) **Long Jump with Take-Off Zone (S1 – 50cm, J1 & J2 – 80cm)**

- i) Competitors will be given 3 attempts to register their best effort. All legal attempts will be measured.

f) **Scissor Jump**

- i) The starting height will be set at 0.90m, 1.00m, 1.05m for Girls J1, J2, S1 divisions respectively and 1.00m, 1.10m, 1.20m for Boys J1, J2, S1 divisions respectively. Subsequently, the heights will be raised by 5cm until 3 athletes remains, thereafter heights will be raised by 2cm.
- ii) The jumper must contact the mattress with the lower half of the body first.
- iii) Competitors will be given up to 3 attempts to clear each height.

g) **Medicine Ball Throw (J1 – 1kg)**

- i) Competitors will be given 3 attempts to register their best effort. All legal attempts will be measured.

h) **Long Implement Throw (J2 – Tom Petroff Turbo Javelin 300 grams)**

- i) Competitors will be given 3 attempts to register their best effort. All legal attempts will be measured.

i) **Shot Put (S1 Boys – 3kg, J1, J2 and S1 Girls – 2kg)**

- i) Competitors will be given 3 attempts to register their best effort. All legal attempts will be measured.

j) **Modified Discus Throw (S1 – Multi-Grip Rubberised Discus 500 grams)**

- i) Competitors will be given 3 attempts to register their best effort. All legal attempts will be measured.