



## **Singapore Rollersport Federation Inline Speed Skating Selection Policy**

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# 1. Background

## 1.1 Singapore Rollersports Federation

1.1.1\_\_Singapore RollerSports Federation (SRF) formed in April 1998 was previously known as the Inline Sports and Skating Association of Singapore (InSSAS). Singapore Rollersports Federation is the national governing body of roller sports in Singapore, where roller sports refer to any and all forms of skating, except Ice-Skating. The Federation is supported by SportSingapore.

1.1.2 The SRF remains focused on its key objectives, which are to encourage, promote, organize, develop and control the art and pastime of rollersports in Singapore.

## 1.2 National Federation

1.2.1 The Singapore Rollersports Federation (SRF) is the national federation for roller sports recognized by the world body World Skate (WS) and is affiliated to World Skate Asia (WSA). SRF is thus responsible for licensing of competitive athletes, sanctioning of local roller sports events, and compliance with WS international regulations in competitions world-wide involving Singapore-registered athletes and Singapore-registered teams. SRF thus represents the roller sports disciplines of Inline Aggressive, Inline Freestyle, Inline Hockey, Inline Speed, Skateboard and Scooter.

## 1.3 National Sports Association (NSA)

1.3.1 SRF is the National Sports Association (NSA) recognized by the Singapore Sports Council (SPORTSG). SRF is responsible to SPORTSG on matters ranging from high participation roller sports events that promote the sport, high performance skating including Singapore's national skating teams, and industry development through events, sponsorship and facilities developments. The SPORTSG also oversees the management, administration and operations of SRF in accordance with the Code of Governance for NSAs.

1.3.2 SRF is also recognized by the Singapore National Olympic Committee (SNOC) for the purposes of roller sports representation in international competitions such as the Southeast Asia (SEA) Games and Asian Games. SRF provides information to SNOC on athlete performance related to selection for these major international competitions.

## 1.4 SRF Executive Committee

1.4.1 SRF is a society registered with the Registrar of Societies in Singapore. SRF is thus governed by a constitution approved by ROS. The overall management of SRF activities is currently performed through the volunteer services of the SRF Executive Committee, and a core team of paid staff.

1.4.2 The present SRF Executive Committee was officially appointed on 1 April 2021.

## 2. SRF Vision and Mission

2.1 SRF's vision is to inspire people and uniting communities through roller sports.

2.2 SRF's mission is:

- To promote and develop the roller sports to the community
- To advocate proper level of skating safety and anti-doping policies
- To nurture competitive skaters in Singapore
- To become a regional leader for roller sports

## 3. Introduction

3.1 The development of SRF's Inline Speed Skating Athlete Selection Policy is intended to serve as a robust, transparent and fair document for all stakeholders to ensure the best possible athletes are selected to represent Singapore at international competitions.

## 4. Scope of Policy

4.1 The Policy serves as a guiding document for the selection of national athletes into the National Squad (NS) and their participation in the following competitions:

- A. Major Games – Asian Games, SEA Games (IOC Federation/OCA Federation/SEA Games Federation/SNOC sanctioned regional and international competitions)
- B. WS and WSA sanctioned regional and international competitions – World Championships, World Roller Games, Asian Championships, Asian Cups, regional championships

4.2 This Selection Policy applies to athletes entering the Singapore National and Singapore Development Squads (collectively, the NS) and for athletes seeking selection to the following events (men's and / or ladies') at competitions as highlighted in para 4.1 above.

<b><u>ROAD RACE</u></b>	<b><u>TRACK RACE</u></b>
<b>NA</b>	Time Trial: 1. 200m Dual Time Trial

Sprints: 1. 100m Dash 2. 1 Lap Sprint	Sprints: 1. 500m +distance 2. 1000m
Mass Start: 1. 10,000m Points 2. 15,000m Elimination 3. Marathon	Mass start: 1. 10,000m Points + Elimination 2. 10,000m Elimination
<b>NA</b>	Team Relay: 1. 3000m

4.3 This Selection Policy remains in force until amended or revoked by the SRF's Executive Committee.

## 5. Policy Development

5.1 The Athlete Selection Policy was drafted by the Inline Speed Committee, composed of the Discipline Head and Assistant Discipline Head, appointed by SRF's Executive Committee.

5.2 This policy document will be presented to SPORTSG.

## 6. Policy Implementation

6.1 SRF's Inline Speed Committee will take the lead to implement the Inline Speed Skating Athlete Selection Policy. Members of the SRF Executive Committee, high performance personnel in SRF and national-level coaches will also perform complementary roles to ensure that the SRF deliver and deploy the policy in a fair and transparent manner.

6.2 The primary determinant of the success of the policy would be its general acceptance by stakeholders of its efficacy. However, relevant other key performance indicators can also be identified to measure the effectiveness of the efforts of the "Inline Speed Skating Athlete Selection Policy" Task Force. This would include the management and deployment of the policy through transparent and fair processes and their adherence to stipulated governing rules and guidelines.

6.3 A strong sense of awareness and understanding, by all Executive Committee members, staff and stakeholders will be crucial to underpin SRF's efforts towards the implementation of a fair and transparent policy. In other words, there is a need to ensure that everyone in the skating fraternity takes responsibility and accountability and works towards full compliance.

## 7. Guiding Principles

- 7.1 The Inline Speed Skating Athlete Selection Policy is centred upon the following:
- a. It must be in line with existing WS and SRF Constitutional (and by-laws) requirements.
  - b. It must receive the approval of SPORTSG, SNOC and NYSI and be consistent with the Code of Athlete Management (COAM).
  - c. Where necessary, the Executive Committee will take proactive steps to enhance the policy and ensure it remains robust, fair and transparent.

## 8. Selection Guidelines

- 8.1 The SRF's Executive Committee (ExCo) shall have primary and final responsibility for all selection criteria and individual selection decisions.
- 8.2 The SRF ExCo may appoint, at its discretion, a Discipline Committee of up to five but no less than two National Selectors ("Discipline Heads") whose task will be to select the best possible athletes or teams to represent Singapore in Inline Speed Skating.
- 8.3 Athletes will be recommended to participate in competitions based on their past race results (including but not limited to the National Championships, Asian Championships and Major Games) and technical profiling test. The recommended list of athletes would be presented to the Selection Committee for their endorsement.
- 8.4 The Inline Speed Committee will take into consideration the respective competition's eligibility criteria (including minimum performance standards), event/race quota as well as exceptional circumstances such as but not limited to, an athlete returning to competition after injury, past and on-going behavioural issues and adherence to the SRF's Athlete Agreement.
- 8.5 Selection into the NS will be over a period of one calendar year or training year/season. The tenure will be aligned to the WS calendar and key races of the year. This is also aligned to the SportSG's SportSync Carding System.
- 8.6 Selected athletes must comply with the following WS / WSA / IOC / OCA / SNOC or SPORTSG Rules:
- a. Statement of Anti – Doping Policy
  - b. Equipment Rules - apparel, skates
  - c. Age, minimum performance standards and other entry/eligibility requirements
  - d. SRF Athlete Agreement and SNOC Team Membership Agreement for Major Games
- 8.7 NS athletes should follow the training plan as set out by the coaches, with the approval of the SRF ExCo .

8.8 All athletes in the NS must sign and comply with SRF's Athlete Sponsorship Agreement. A copy of the athlete agreement is distributed to all athletes at the time of their appointment.

## 9. Selection into the National Squad (NS)

9.1 This includes selection into the National Team (Senior: above 19 years of age, Junior: 15 - 18 years of age ) as well as the Developmental Team (Under 14 years of age or did not meet the requirements to enter NS)

9.2 Selection Criteria into the NS

a. Physiological Profiling

- i. Open selection trials (likely a series of trials in the course of the year) will be conducted annually, where athletes will go through a Physical Fitness Profiling Test, Time Trial, and Technical Profiling Test.
- ii. Athletes must have completed SRF's physiological profile test and met with the SRF's stipulated performance benchmarks in order to be selected into SRF's National Squad (NS) for Inline Speed Skating
- iii. The athlete's level of physical fitness and technical ability will help identify discipline and event-specific specialisations and the depth of specialisation like endurance, sprint, and/or time trial.
- iv. The following table shows the minimum benchmarks athletes are expected to meet in order to be in the NS.

	<b>Time Trial</b>			
	<b>Senior Men</b>	<b>Junior Men</b>	<b>Senior Ladies</b>	<b>Junior Ladies</b>
<b>200m</b>	27s	27s	29s	29s
<b>500m</b>	47s	47s	50s	50s
<b>1000m</b>	1:35s	1:35s	1:36s	1:37s

	<b>Physical Fitness Profiling Test</b>			
	<b>Senior Men</b>	<b>Junior Men</b>	<b>Senior Ladies</b>	<b>Junior Ladies</b>
<b>Beep Test VO2</b>	Level 12	Level 10	Level 10.5	Level 9
<b>Standing Board Jump (cm)</b>	242 - 251	245 - 251	195 - 197	186 - 192

<b>Sit and Reach (cm)</b>	47 - 48	47 - 48	43 - 45	>46
<b>Shuttle Run (s)</b>	10.2 - 10.4	<10.2	11.3 - 11.6	<11.3

<b>Technical Ability</b>
<b>Cross Over</b>
<b>Single Leg Glide</b>
<b>Starts</b>
<b>Hawking</b>
<b>Single Leg Side Jump</b>
<b>Wall Squats</b>

- v. Eligible athletes selected into the NS are those athletes who demonstrate the ability or potential to raise their performance to National Team standards and successfully represent Singapore in selected Asian and International WS sanctioned events.
  - vi. Selected athletes will undergo a 3-month probation period before their names are submitted to the Inline Speed Skating Committee and SRF Management Committee for approval.
  - vii. Athletes unable to meet the benchmarks (as indicated in Table 1 above) for their age group may be considered for the Developmental Team. The Developmental Team is meant for:
    - Athletes (below 15 years of age)
    - Athletes (above 15 years of age) who have not to meet all 3 requirements to enter the NS
- b. Commitment
- i. Athletes must be able to commit to the training plan laid out by SRF
  - ii. Attendance at centralised training sessions is compulsory, and a valid medical certificate will have to be submitted if the athlete is unable to attend a session.
  - iii. Athletes who are based overseas or with coaches outside of the national setup will need to discuss their yearly training plan with SRF and submit their weekly training program.
  - iv. For an athlete with coaches outside of the national setup, the onus will be on the athletes to ensure that they submit their weekly training program.
- c. Attitude
- i. Ongoing behavioural issues may be considered when not selecting an athlete into the NS.

- ii. Athletes should adhere to the Athlete Sponsorship Agreement and Code of Conduct.
- iii. All selected athletes are not permitted to bring or air personal or performance-related grievances on selection matters to the press/media or on other forms of social media. Athletes should instead first go through the proper channel of appeal or consult the SRF Executive Committee if they find that they had been aggrieved or been treated unfairly.

9.3 To remain in the NS, athletes are expected to be training and racing regularly. Of particular importance, results at National Championships, other local competitions as well as overseas competitions. In addition,

- i. Athletes are awarded points based on their results as well as the level of competition as stated in the table below (Table 4).

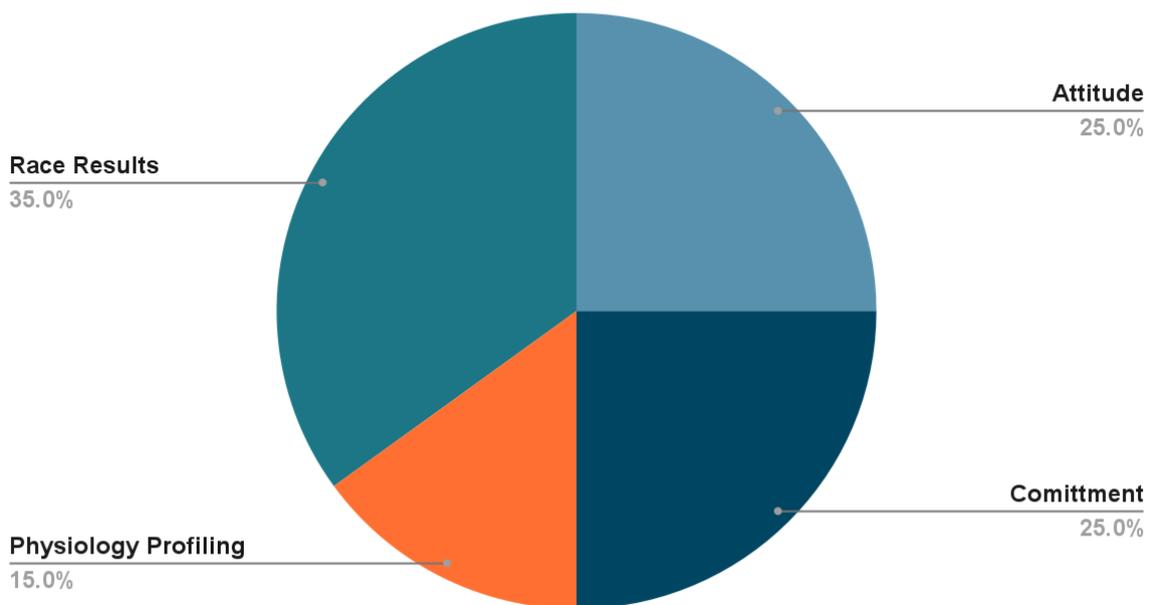
**Table 4**

<b>Events</b>	<b>Points</b>
Local Competitions	1st – 2 points 2nd – 1 point
National Championship	1st – 3 points 2nd – 2 points 3rd – 1 point
Asian Competitions	Top 8 positions 1 st – 10 points 2 nd – 9 points 3 rd – 8 points ... 8 th – 3 points Participation – 2 point
Asian Championship	Top 8 positions 1 st – 10 points 2 nd – 9 points 3 rd – 8 points ... 8 th – 3 points Participation – 2 points
World Championship/ World Roller Games	Top 15 positions 1 st – 18 points 2 nd – 17 points 3 rd – 16 points ... 15 th – 4 points Participation – 3points

9.4 The above mentioned selection criteria will help determine the likelihood or potential of an athlete to successfully represent Singapore i.e. apart from a podium finish, other measures of performance include the athlete's ability to achieve a National record timing, a personal or season best timing or any other pre-agreed goals endorsed by the SRF Executive Committee .

9.5 These four main criteria (Physical Fitness Profiling Test, Commitment, Attitude and Race Results) make up the training expectations. Further to this, percentage weightage points will be accorded to each of the four criterions. With a maximum of 100 points, athletes must score at least 80 points to remain in the NS. Extenuating circumstances like injuries, national level examinations and National Service may be considered.

9.6 The breakdown of the weightage for each criterion is shown below.



9.7 The Inline Speed Committee may also take into account exceptional circumstances such as but not limited to, an athlete returning to competition after injury, ongoing behavioural issues, and adherence to the SRF's Athlete Sponsorship Agreement before making a final decision on the selection of athletes into the National Team, National Squad, and Development Squads.

## 10. Selection for Major Games and Races

- 10.1 Athletes must first be selected into the NS before they can be considered for participation in regional or international competitions (a reference to para 9 above).
- 10.2 All national athletes should have a yearly training plan which includes the Major Games and competitions the athlete intends to participate in.
- 10.3 Non-WS Events and Races
  - a. Such races can be used as training races and athletes may enter these events through a personal application on the condition that the competition is registered and sanctioned by SRF, and participation in the races has been discussed with the Inline Speed Head Coach.
  - b. The races should not contravene any WS Rules on athlete participation.
- 10.4 WS Events and Races
  - a. Athletes for these races will be selected from the NS (Junior/Senior)
  - b. Selected athletes should compete as a national team where possible.
  - c. Selection may be subject to WS/WSA qualification and eligibility requirements.
  - d. Includes WS/WSA sanctioned events such as but not limited to World/Asian Championships, World Roller Games, and ARSC.
- 10.5 Major Games
  - i. Athletes must be Singapore citizens, and should not be holding dual citizenship if they are above 21 years old.
  - ii. Athletes must fulfil the following in order to be considered for the four Major Games (Olympics, Commonwealth Games, Asian Games, SEA Games; including Pre-Games Test events), the Youth Olympic Games, Asian/ASEAN Youth Games:
    - a. WS/IOC/OCA qualification and eligibility requirements
    - b. SNOC qualification and eligibility requirements
  - iii. The minimum performance standards/qualification or eligibility requirements will be set by the respective host country/organising committee in consultation with WS/IOC/OCA/SNOC or any other governing authority. The SRF will endeavour to obtain these as soon as they are available and communicate them to relevant members of the skating fraternity and affiliates. This will minimally be in the form of an SRF Circular.
  - iv. The actual list of events and sports contested at Major Games will be dependent on the decision of the host country, in consultation with relevant governing organisations. The final list of events will be communicated to relevant members of the skating fraternity and affiliates when available. Major Games selection is subject to SNOC's final approval. SRF will submit the names of eligible athletes (following approval by the SRF Athlete Selection Committee), together with appropriate and relevant race results to SNOC for approval. Results used for qualification must be achieved within the qualifying window for the Major Games - typically this is between

12 and 15 months before the Games proper and will be set out by SNOC. Athletes should achieve at least 1 qualifying data points during the qualifying window. In a case where qualifying data points are not achieved due to insufficient competitions, the Executive Committee will arrange an official national time trial as a substitute for the qualifying data points.

- v. Where applicable, SRF may submit the proposed names to SNOC as a “team” submission for Team Relay races. This is where there are three main speed skaters with an addition of 1 reserve speed skater during the race.

10.6 The first individual place will be awarded to the highest-ranked athlete in the NS from the results of the following:

- i. National Championships
- ii. Asian Roller Skating Championships
- iii. Selection trials
- iv. Physical Fitness Profiling Test
- v. Regional Races (where relevant)

The second individual place (and subsequent places) will be selected at the discretion of the Inline Speed Committee after having taken into account results achieved at the above-mentioned races. Race events and competition terrain (in the host country) may also be taken into consideration.

10.7 If a selection trial is needed and an athlete is unable to attend the trial, they must provide documentary evidence of the extenuating circumstances to selectors or penalties and/or sanctions may apply. Discipline Heads will consider any documentary evidence and determine at its discretion whether any penalties or sanctions will be imposed.

10.8 Subject to this Selection Policy, the decision of the Discipline Heads (SRF Inline Speed Skating Athlete Selection Committee) will be final unless compelling reasons or competition data can be presented, and which had been omitted in the first instance. Notwithstanding this, an Appeals process is in place and an athlete may make a decision to consider this (reference to para 13).

10.9 The eventual number of athletes selected for a competition or Major Games is dependent on the event quota and funding available, among other things.

10.10 Upon selection, the onus is on the athlete to keep all information shared by the SRF in confidence. This is especially with regards to the athlete announcing or informing the public or media of his/her participation in a competition or Major Game (e.g. the SEA Games, the Asian Games) without first obtaining any official written confirmation either from the SRF or SNOC.

## 11. Exiting the NS

- 11.1 Selection into the NS is over a period of one calendar year or training year/season. Failure of which to fulfil without reasonable excuse may warrant the athlete being dropped. Athletes intending to leave the NS at the end of the training year/season, will need to inform SRF at least one month prior to the end of the training year/season.
- 11.2 Any athlete may be removed from the National and Development Squads by the SRF Selection Committee in consultation with relevant SRF Executive Committee members, High Performance Executive or coaching staff if the athlete has failed to sustain his or her performance and attitude to a satisfactory level despite ample training opportunities being given to achieve agreed performance goals.

## 12. Selection Committee

- 12.1 The Selection Committee will comprise individuals with the necessary prerequisites as specified above.
- 12.2 Notwithstanding the recommendations of the SRF appointed Athlete Selection Committee, the SRF's Executive Committee shall have primary and final responsibility for all selection criteria and individual selection decisions.
- 12.3 The SRF Executive Committee may appoint, at its discretion, a panel of two to five National Selectors ("Selectors") whose task will be to select the best possible athletes or teams to represent Singapore at the National Senior, National Junior, and Development levels.

## 13. Appeals Process

- 13.1 The Appeals Committee
  - i. The SRF Executive Committee will form an independent appeals committee responsible to deliberate fair queries and appeals/ protests lodged by athletes (the "Athlete Appeals Committee " or "AAC"). The AAC will comprise individuals not involved in the original athlete selection committee, with the following composition:
    - (1) a coach (if any);
    - (2) an Executive Committee member selected by the Executive Committee
    - (3) a representative from an independent body
  - ii. The AAC will formulate a set of criteria to pre-qualify appeals. From the outset, the AAC will assess if the established selection process was implemented fully and properly.

- iii. The AAC will deliberate fair appeals from non-selected athletes as well as athletes injured during selection trials, and submit its findings and recommendations concurrently to SRF's Executive Committee for a decision.
- 13.2 The Appeals Committee of either 3 or 5 members comprised from the above (para 13.1 refers), must be formed before a Selection Committee sits to deliberate on the selection of athletes for a particular competition or event.
- 13.3 For all appeals pertaining to decisions made on the selection of the National or Development Teams, an official appeal must be made in writing and addressed to the President, Singapore Rollersports Federation no more than 3 days following the announcement. In his/her appeal, the athlete will be required to complete a Statement of the Grounds of Appeal which should set out the particulars of any fact, circumstances, reasons that the Athlete is relying on for his/her appeal (including how the relevant selection policy had not been properly followed and/or how the SRF Selection Panel's decision was affected by actual bias). Failing which, no appeal will be entertained
- 13.4 The grounds on which an appeal can be made to SRF are based on:
- i. The relevant policy has not been properly followed and/or implemented;
  - ii. Relevant performance data had been omitted or that compelling and fresh performance data, within the specified window period, is available for assessment; and/or
  - iii. The decision was affected by actual bias.

## 14. Code of Conduct - Members of Selection and Appeals Committee

- 14.1 Members of the ASC and/or the AAC must declare any personal interest, e.g. relation to an athlete. In such instances, that member will abstain from involvement when the particular athlete is being assessed. The Executive Committee will endeavour to disclose any material matter, e.g. selection of coaches, venue providers, equipment suppliers, etc. where there may be potential conflict of interest.

## 15. Communication

- 15.1 The SRF shall clearly communicate details of the SRF Athlete Selection Policy and make it available to all stakeholders through existing platforms e.g. SRF's website, email circular. This will take place ONLY when the Policy document has been approved by SportSG, SNOC and NYSI.
- 15.2 Where appropriate, other methods of communication with specific dates and venue location will be announced e.g. announcement of formation of Selection or Appeals Committee, announcement of Selection or Appeals Committee recommendation.

