

Competition	30th SEA Games Asian Games 2019, Clark- Philippines (30 November- 10 December) WATER POLO
Qualifying Period	
Initial Release Date	5 th March 2019

1. The Event	<p>1.1 Major Games identified by Singapore Swimming Association (Example: Asian Games, SEA Games)</p> <p>1.2 Singapore Swimming Association Water Polo Committee (WPC) intends to nominate athletes to SNOC in the following events;</p> <p style="text-align: center;">Men’s Water Polo Team Event Women’s Water Polo Team Event</p> <p>1.3 In accordance with the WPC selection policy, it has a Selection Panel which comprises both internal and external selectors. The selection panel will consider athletes to be nominated to SNOC for inclusion for the Championships.</p>
2. Eligibility	<p>2.1 To be considered for selection, a water polo athlete must meet all of the following eligibility criteria and maintain through the Championships:</p> <p>2.1.1 Be a Singapore citizen, eligible to represent Singapore.</p> <p>2.1.2 Have a signed current SSA Athlete Agreement.</p> <p>2.1.3 Able to commit to training with minimum of 85% attendance, unless with reason(s) reported to National head coach, Asst coach and/or team manager prior.</p> <p>2.1.4 Able to commit to a regular strength and conditioning and fitness program under the purview of SSI S&C program thrice weekly at SSI gym/AQC gym/Personal gym if schedule does not permit with regular S&C time</p> <p>2.1.5 Able to travel to international competition or training trips in the months following selection and leading to the identified major games.</p> <p>2.1.6 Athletes must start attending the selection squad training from 1.2.2019 onwards to be considered for the selection.</p>

	<p>2.1.7 Not used or administered any substance which, if it had been detected as being present in the athlete's body tissue or fluids, would have constituted doping, or used any prohibited method or committed any other doping offence as defined in ADS's, WADA or FINA's Anti-Doping By-law.</p>
<p>3. Team Commitments</p>	<p>3.1 All water polo athlete and officials must:</p> <p>3.1.1. Comply with the provisions of the SSA and SNOC Athletes Agreement at all times.</p> <p>3.1.2. Conform to SSA requirements regarding team participation. This includes, but may not be limited to, providing an acceptable training plan, attendance at a pre-event camp and wearing team uniform as required.</p> <p>3.1.3. Make themselves available for all team activities designated by SSA.</p> <p>3.1.4. Not act in such a manner as to bring the athlete or SSA into public disrepute.</p> <p>3.1.5. Each athlete (including reserve athlete/s) will be required to sign an athlete agreement with WPC listing responsibilities and requisite behaviours of the athlete leading up to and including the competition.</p> <p>3.1.6. The agreement may contain conditions to contribute part of medal winnings, under the Multi-Million Award Program (MAP), back to the Singapore Swimming Association.</p>
<p>4. Final Nomination and Selection</p>	<p>4.1 At the conclusion, the Selection Panel will consider the performance of the athletes and whether their potential standard is suitable for participation at the Championships.</p> <p>4.2 The Selection Panel[^] will take into consideration from the following criteria (Refer to annex A for assessment rubric) :</p> <p>4.2.1. Position-specific performance</p> <p>4.2.2. Fitness</p> <p>4.2.3. Attendance</p> <p>4.2.4. Injury risk/status</p> <p>4.2.5. Versatility</p> <p>4.2.6. Compatibility</p> <p>4.2.7. Potential</p> <p>4.2.8. Input from Sports Science</p> <p>4.3 These criterions would be announced to the team, and selection should be made at a fixed time before competition so that athletes</p>

	<p>are aware which could create healthy environment amongst the athletes to want to be at their best to be selected for the team.</p> <p><small>^Selection panel will comprise of Vice President, Assistant Secretary-General, National Team Coach, National Team Assistant Coach (If any), and Team Manager (if any).</small></p>
<p>5. Reserve Team Members</p>	<p>5.1 In addition to the nominated athletes for each event, WPC may select 3 to 5 athletes to support the team and act as reserve team members.</p> <p>5.2 In the event that a nominated athlete is unable to attend the Competition for whatever reason, WPC reserves the right to nominate the reserve team member at its sole discretion.</p> <p>5.3 Reserve Team Members may be offered positions in overseas training camps and competitions prior to the competition.</p>
<p>6. Selection and Team Announcement Procedure</p>	<p>6.1 The National Team and any squad are only official and may only be announced after ratification by the Assistant Secretary-General (Water Polo).</p> <p>6.2 Prior to selection of a National Team, the National Coach may nominate a squad from which he will select the team. National Coach retains the right, in appropriate circumstances, to select players in the National Team, who were not nominated in the Squad.</p> <p>6.3 The following process will be followed. The days mentioned are the latest dates on which the steps listed are to be taken, unless otherwise agreed beforehand between the National Coach and the Assistant Secretary-General (Water Polo).</p> <p>6.3.1. Prior to 90 days before the first match day, the National Coach or at his request, the Team Manager, may advise the last 16 players that they are being considered for selection.</p> <p>6.3.2. Prior to 60 days to match day, the National Coach will consult the selection panel and will make his selection decision on the final 13 and 3 reserves.</p> <p>6.3.3. Team Manager will then contact the final 13 selected players and advising them of their selection and team assembly details</p> <p>6.3.4. National Coach and/or Team Manager will contact players who have not been selected and who were considered to have been close to selection to advise them of their non-selection, and the reasons therefore. Wherever possible the contact should be by telephone or in person.</p>

	<p>6.3.5. By agreement, between the National Coach and Assistant Secretary General Water polo, the team will be announced 15 days before the competition date.</p> <p>6.3.6. Any changes to the ratified squad or publicly announced team, due to injury, suspension, withdrawal or other supervening cause, will be immediately notified to the Assistant Secretary General Water polo, prior to any replacement being called up or any announcement thereof.</p> <p>6.3.7. Where there is a preparation camp before a match or competition, a similar procedure will be applied for the selection and naming of players for that camp prior to this procedure applying for the selection of the final team.</p>
<p>7. Unavailability for or withdrawal from selection</p>	<p>7.1 Any player who makes himself unavailable for selection, or, having been selected withdraws from selection for reasons which are not considered by Water Polo Committee to be acceptable (including but not limited to injury, bereavement, important club matches outside FIFA international dates) may be declared by Water Polo Committee to be suspended from consideration for the National Team for a period of its choosing.</p> <p>7.2 In relation to unavailability or withdrawal due to injury, Water Polo Committee shall require a report from the Physiotherapist and/or Physician before making its decision.</p> <p>7.3 The application of this provision will be the responsibility of Vice President water polo and shall be outside of the National Coach's responsibility. The National Head Coach shall however be consulted and will support and implement the Water Polo Committee decision.</p>
<p>8. Appeals Procedure</p>	<p>8.1 Any player who is aggrieved at his non-selection may undertake a grievance procedure.</p> <p>That procedure consists of:</p> <p>8.1.1. The player contacting the Vice President Water polo within 48 hours of the communication to him of his non – selection and notifying of his intention to undertake a grievance procedure.</p> <p>8.1.2. Any public statement by the player, other than that he is undertaking the grievance procedure will immediately terminate the procedure.</p> <p>8.1.3. The Vice President Water polo may ask the player to outline the basis of his grievance and will seek a report from the National Head Coach, within 24 hours of receiving written notification from the player.</p>

	8.1.4. If the panel considers the grievance is justified, he may refer the matter to the National Coach for reconsideration.
9. Panel for selection and Appeals	<p>9.1 The panel of selection will be chaired by Assistant Secretary-General (Water Polo) and the members will consist of the following :</p> <ul style="list-style-type: none"> • Vice President (Water Polo) • Head Coach • Assistant Coach • Team Manager <p>9.2 The appeals committee will consist of the following members:</p> <ul style="list-style-type: none"> • Lee Kok Choy • Bervyn Lee • Ho Mun Wai
Notes	<p>The Singapore National Olympic Council (SNOC) is the body which sets the qualifying standards for all sports. They are also the governing body that selects the athletes for the Games, and considers any appeal cases which the NSAs may submit.</p> <p>Prepared by Ang Ban Leong (Assistant Secretary-General)</p> <p>In consultation with Lee Sai Meng, Dejan Milakovic, Eugene Teo, SSA Secretariat</p> <p>In accordance to selection guidelines endorsed by SNOC</p>
Approved Date	26 July 2018

Annex A (men's) – Assessment Rubrics

Criteria	Details / Requirements	
Position-specific performance	<p>Technical ability:</p> <ul style="list-style-type: none"> - Individual skills in defence - Individual skills in attack <p>Tactical ability:</p> <ul style="list-style-type: none"> - Defence - Attack <p>Psychological toughness</p>	
Fitness	<ul style="list-style-type: none"> - 3 days test (aerobic and anaerobic zone and speed and horizontal leg strength) 15m freestyle, 25m freestyle, 50m freestyle, 100m freestyle, 200m freestyle, 1500m freestyle, 25m freestyle had up, 25m freestyle with the ball, 25m legs freestyle, 25m legs bicycle, 25m legs breaststroke - 10 X 50m freestyle max exit on 1min (test the anaerobic zone) - 10 X 100m freestyle on 1min 30sec exit, target is to swim under 1min 20sec (test the aerobic zone) - Strength and conditioning test - WIST test 	
Attendance	At least 85% attendance at trainings	
Injury risk/status	A player who high risk of injury could affect the team's strategies more.	
Versatility	This refers to the ability to play multiple positional requirements to achieve optimal team balance	
Compatibility	This refers to the athlete's compatibility with the team on and off the field of play	
Potential	This references to the athlete's potential to represent on future national teams	
Input from Sports Science	By observation	
Final Recommendation		
Selected	Yes/No	

Annex B (women's) – Assessment Rubrics

	Selection Criteria	Weightage
A	Tactical performance	30%

	<ul style="list-style-type: none"> Tagging points during major games 	
B	<p>Fitness test (outfield)</p> <ul style="list-style-type: none"> 6X100m with 1:20 reach and go at 1:30 In-water vertical jump (% of jump height) In-water agility test Thread water at sternum level Shooting velocity test MSST <p>Fitness test (goalkeeper)</p> <ul style="list-style-type: none"> 10 Lateral Jump Thread water at sternum level In water vertical jump (% of jump height) Shooting velocity test In-water agility test 	25%
C	<p>Attendance</p> <ul style="list-style-type: none"> At least 85% Only major exams, illness/injury will be exempted 	15%
D	<p>Injury risk/status</p> <ul style="list-style-type: none"> Injury risk to be determined via past injury history, isokinetic testing results etc 	5%
E	<p>Versatility</p> <ul style="list-style-type: none"> Bonus for athletes who are able to play in multiple positions Not applicable for GK 	5%
F	<p>Input from Coaches (10%) and Managers (5%)</p> <ul style="list-style-type: none"> Assessment of athlete's attitude, contribute to team dynamics, potential for future growth etc 	15%
G	Input from Sports Science	5%
	TOTAL	100%