

# spexCarding

*Adapted from FY20 spexCarding Guide - 1st version (Effective 1st April 2020)*

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## 1. Purposes

1.1 Support athletes that the National Sports Associations (NSAs) have selected to contribute to the NSA's high performance sporting goals as documented in their **Multi Year Sports Plan (MYSP)**.

1.2 **Optimising Potential:** Enable athletes realise their potential to represent Singapore and win medals at the Major Games (Olympic, Asian, Commonwealth, South East Asian and Para equivalents) and Major Championships (Asian, World and Para equivalents).

Identify athletes and provide additional support to:

- Assist athletes in their preparation and qualification for major games.
- Access sport science, medicine, performance analysis and athlete life through Singapore Sport Institute (SSI) and National Youth Sports Institute (NYSI).
- Access National Service privileges to enable them to train and compete for Singapore.
- Access other spexGrant programmes such as spexGLOW administered by SSI, which support increased levels of training and competition.

1.3 Facilitate a systematic approach to athlete development by ensuring that the athletes identified and supported through spexCarding have an annual plan i.e. **Yearly Planning Instrument (YPI), Key Performance Indicators (KPIs)**, and a coach to help produce and implement the athlete's YPI and track progress.

**1.4 Targeting Resources:** To provide a framework that defines the level of support to athletes, in terms of spexGrants, Sport Science and Sport Medicine. NSAs, SSI and NYSI should be targeting resources to the same group of athletes in the priority sports.

**1.5 Sustained Success:** To establish waves of athletes who can be groomed towards a particular focus, for example, Olympic Games/Paralympic Games 2020, 2024, 2028 or Asian Games/Asian Para Games 2022, 2026, 2030 or SEA Games/ASEAN Para Games 2021, 2023, 2025.

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## **2. Criterion and support**

### **A. Athlete's Eligibility for spexCarding**

- Either "Singapore citizens", or "Foreign Sports Talents (FSTs) who are Employment Pass (EP) holders or Permanent Residents (PR)" (For Team sports that permit foreign athlete representation, non-Singapore citizens may also apply. A quota of 1.5 times the total number of foreign athletes eligible to compete under the relevant International Federation rules will apply)
- Has an athlete profile in SportSync
- Has an annual training and competition plan (YPI) including key performance indicators (KPIs) in SportSync and with an identified primary coach
- Accepts and adheres to the "spexCardingAthlete Agreement" (Tripartite Agreement between NSA/Athlete/SportSG. This Agreement can be found in SportSync)
- Accepts and adheres to the "Sport-Specific Agreement" between Athlete/NSA
- Has an athlete's performance profile i.e. at least 3 data points, to judge the level of carding rather than a single data point

## B. SpexCarding Framework

	<b>Basic Carding</b>	<b>Enhanced Carding Level</b>	<b>spexScholarship</b>
<b>Criteria</b>	Sports/disciplines <u>not</u> in the Major Games (next 1-4 yrs), or that do not qualify.	Sports/disciplines in Major Games. Athletes/teams not in Major Games but qualify for E1, E1P and E2.	Additional Major Games criteria 2.4.4
<b>Carding Levels</b>	B4/BT4	E1/ET1	S1
		E1P/ET1P	S1P
			S2
		E2/ET2	S2P
		E2P/ET2P	
		E3/ET3	E3P/ET3P
	Y+/YT+		
		Y/YT	

Please see details of the spexCarding framework in [Annex A](#).

Please see details of different carding levels (Basic, Youth, Enhanced & spexScholarship) in [Annex B](#)

Note: In the table above, “T” denotes Team. Athletes are carded as either individuals or as a team. A team is defined for the purpose of carding as a group of players forming as one side in a competitive game or sport who cannot play as individuals. Team results achieved during the assessment window can only be attributed to the team for the purpose of carding if 75% of the team remains and is continuing in the next carding cycle. If less than 75% of the team is continuing, the team will be carded at the level below their current carding level until the next carding submission where they can demonstrate their ability to achieve results that align with a higher carding level. A double-handed team in

Sailing will be carded as individuals, not as a team. Both partners in the double-handed team must have the same carding levels.

### C. Types of Support for Carded Athletes

The level of support for Carded athletes is illustrated in Table A

**Table A: Level of Support**

Carding Level	spexTAG	spexGLOW	spexMedic	NS Privileges	Sport Science Support
E1 E1P	\$6,000 (individual)  \$60,000 (team)	Up to \$3000 per month	Insurance with a capped amount (\$8,000) per injury and limited time period coverage.	Emplacement on SAF or Home Team Sportsmen Schemes.  General support for those not emplaced with lower quota of Full Pay Unrecorded Leave (FPUL)	Full support – SSI/NSA
E2 E2P	\$4,800 (individual)  \$48,000 (team)	Up to \$3000 per month	Sport Medicine Consultation		
E3 E3P	\$2,400 (individual)  \$24,000 (team)	Up to \$3000 per month	Physiotherapy support		Basic with limited overseas support when necessary – SSI/NSA
B4	-	-			Basic - SSI
Y+	\$1,200 (individual)  \$12,000 (team)	-			Individual support – NYSI/NSA
Y	-	-			Programme based support – NYSI

Please see details on the level of supports in [Annex C](#)

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### 3. Carding status and period

SpexCarding is an annual exercise. For carded athletes, in-principle carding level is published in the SportSync system.

Please read below for further instructions to complete and maintain a carding status. SSI reserves the right to drop athletes who have not completed the carding requirements by the stipulated dates. All associated support for a carded athlete will also cease.

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### 4. Criterion for maintenance of carding status

- Attendance records
    - All carded sailors are expected to meet a **minimum of 70%** water training; participation in overseas regattas will also be considered as water training
    - In the event where water training is unable to carry out (e.g. Due to COVID-19, all water training is suspended until further notice), your land training will be used as a replacement until water training resumes
    - For National Training Squad (NTS) sailors, the attendance records from the NTS coaches will be used for review.
    - For Olympic Development Squad (ODS) sailors, training logs will be used for review
    - Attendance review will be done twice during the support period (i.e. Apr - Sep 2020, Oct 2020 - Mar 2021)
  - Updating of ActiveSG and SportSync accounts
    - To continue carding status throughout the year, sailors will need to keep their profiles updated in both the ActiveSG and SportSync accounts.
    - Please log into ActiveSG account <https://members.myactivesg.com> to check and update for any inaccurate / incomplete information in their profile, including their Full Name (as per identification document), Email Address and HP number.
    - If sailors have made any update in ActiveSG, you must also then log in to SportSync <https://www.sportsync.sg> to refresh the system and check if the update is successful in SportSync.
  - Sailors must sail the same class throughout the support period
    - When a sailor officially switches class (via an email to HPE), they will immediately be dropped from the Carding programme.
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## 5. Medical clearance

- The sailor's participation in the *spex*Carding Programme is subject to their being certified medically fit to participate.
  - Sailors are required to be medically cleared if they have not been medically cleared within the last 2 years. Carded sailors can check their SportSync account if there is a need to do a Medical Clearance.
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## 6. Team Singapore Rewards eCard

- The Team Singapore rewards card was launched to provide privileged discounts and cost savings for Team Singapore athletes, so as to support them in their journey towards sporting excellence. Carded athletes can enjoy discounts\* such as 30% discount at adidas Suntec store, 30% off at New Balance stores and 10% off at My Kampung Kallang Wave Mall. Click [here](#) for the full list of participating merchants. \*Terms and conditions apply. Refer to website for details.
- The Team Singapore rewards card will be available as an electronic card (e-Card) via the ActiveSG application (app)
- Athletes who are currently holding the e-Card or physical Team Singapore rewards card can continue to show their e-Cards or physical cards to the merchants.
- Click the link for more information on the [Rewards card](#).

If you would like to enquire further, please email us at [performance@singaporesailing.org.sg](mailto:performance@singaporesailing.org.sg)