



PUBLIC SERVICE INDOOR ROWING CHALLENGE 2026



EVENT INFORMATION

Date	:	Saturday, 1 August 2026
Game Venue	:	Arena @ OTH, 1 Tampines Walk, Singapore 528623
Reporting Venue	:	Arena @ OTH, 1 Tampines Walk, Singapore 528623
Reporting Time	:	By 7.30am
Getting There	:	<u>By MRT</u> Alight at East West Line Tampines MRT Station (EW2). Exit via C. Alight at Down-Town line Tampines MRT Station (DT32). Exit via G <u>By CAR/TAXI/BUS</u> https://tampines-hub.com > Getting There
Registration	:	https://www.csc.sg/stargames (Through sports liaison officers)
Closing Date	:	<u>Monday, 20 July 2026</u>

RULES & REGULATIONS

1 **TOURNAMENT**

- 1.1 The Public Service Indoor Rowing Challenge (PSIRC) is held in conjunction with the Public Service Sports and Family Day 2026 (PSSFD 2026). The PSIRC programme is shown in the Annex.

- 1.2 The PSIRC shall be conducted in accordance with the STAR Games General Rules and Challenge rules as laid down by the Civil Service Club.

2 ELIGIBILITY

- 2.1 The PSIRC is open to all civil servants and officers serving in Statutory Boards, Restructured Hospitals and Government-Aided Schools.
- 2.2 All participants are required to bring along their NRIC and Employment/Office passes for verification by the Tournament Official if required.

3 REGISTRATION

- 3.1 Sports Liaison Officers can register their rowers online at www.csc.sg/stargames.
- 3.2 Participation is free.
- 3.3 Each team is allowed to register a maximum of 6 rowers (4 rowers and 2 reserves).
- 3.4 An agency is allowed to register rowers from other government agencies. The agency registering the mixed-agency team must ensure that all the team members are eligible rowers.
- 3.5 A rower is allowed to row for one agency only. Multiple representation of agencies by a rower is strictly not allowed.
- 3.6 A minimum of six (6) participating ministries/organisations is required for the PSIRC to proceed.
- 3.7 Any agency that withdraws or gives a walkover after the fixtures for the Challenge had been drawn shall be fined \$100.

4 EVENTS AND RACE RULES

- 4.1 The PSIRC 2026 shall comprise the following events:

Events	Distance
Men's Team Challenge (4 males)	1000m
Women's Team Challenge (4 females)	1000m
Mixed Team Challenge (2 males, 2 females)	1000m

- 4.2 There is no age restrictions for team members.
- 4.3 All rowers must remain on their own machines for the entirety of the race.
- 4.4 Resistance (damper) settings can be adjusted before the race begins but must remain fixed throughout the race.
- 4.5 Teams may have a designated technical liaison to manage cable integrity and ensure systems functional before each race.
- 4.6 If a machine malfunctions before the start, race officials may allow a restart.
- 4.7 If a machine fails during a race, the score will stand unless a race official decides a re-race is fair.

5 **EQUIPMENT AND SET UP**

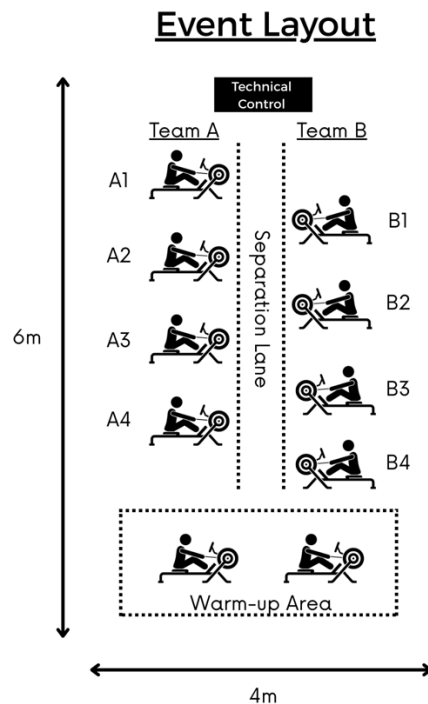
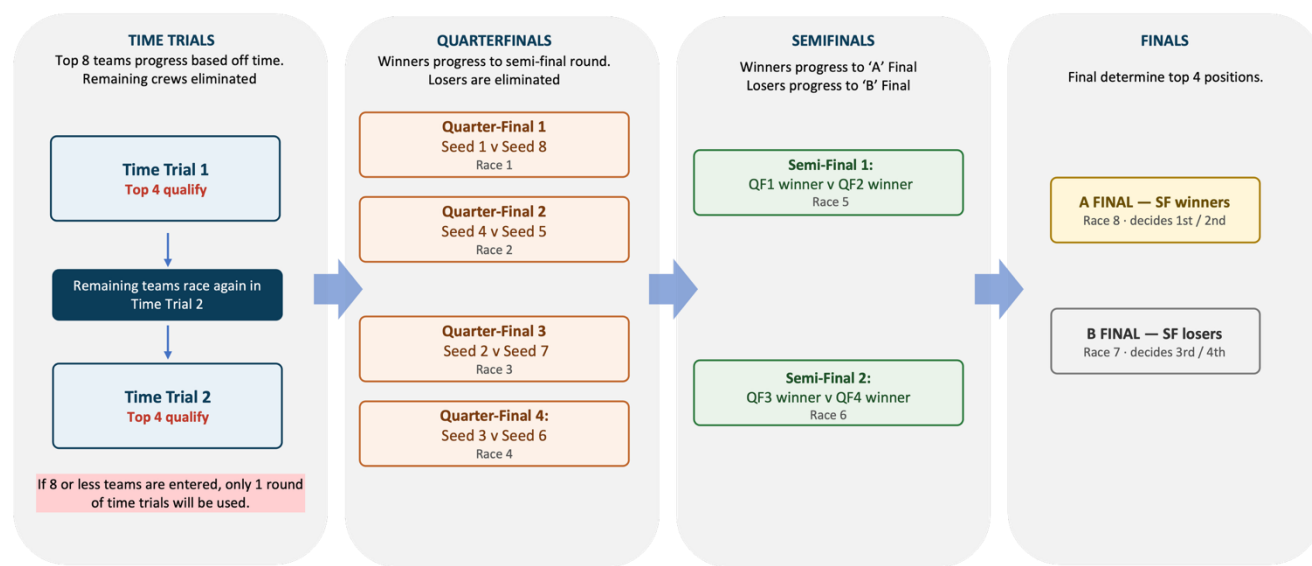


Diagram 1: Event layout

- 5.1 Eight Rowing Machines: Concept2 ergometers, will be set up side-by-side.
- 5.2 Connectivity: All 4 machines will be linked via cables to a central race system and monitor.

Indoor Rowing Event — Racing Format



- 6.1 Each race will cover 1000 meters. The goal will be to cover the distance in the fastest time possible.
- 6.2 Team members row at the same time on separate machines, and the metres they cover are added together until the team total hits 1000 m.
- 6.3 All 8 rowing machines will be electronically connected and synced.
- 6.4 Teams will compete in a 2-stage time-trial qualification round before proceeding to the knockout rounds. The top 4 teams from the first round of racing will progress to the quarterfinals. The remaining teams race again in a second time trial, the top 4 teams from the second round of time trials progress to the quarterfinals.
- 6.5 In the event that there are 8 teams or less entered, only 1 round of time trials will be held to seed the quarter-finals.
- 6.6 In the Knock-out rounds, the top 8 teams will compete in a knockout format starting with a quarterfinal round, then a semi-final round and a 'A/B' final round to determine the best team. The winners of the semi-final round will compete in the 'A' final to determine 1st and 2nd, the losers of the semi-final round will compete in the 'B' final to determine 3rd and 4th.
- 6.7 Each rower uses a dedicated machine; no switching is allowed during the race.

- 7.1 Qualification from the time trails will be based off time covered over 1000m, the top

8 times will progress to the knock-out rounds.

7.2 the 'A/B' Finals will determine the top 4 placings.

8 ATTIRE AND TEAM CONDUCT

8.1 All team members must wear matching coordinated attire for visual cohesion.

8.2 This event emphasizes teamwork, mutual encouragement and fair play.

8.3 Unsporting behavior may result in disqualification.

9 PRIZES

9.1 Cash prizes will be awarded to the top 4 teams as follows:

- a) Champion - 6 medals plus \$350 and trophy
- b) 2nd Place - 6 medals plus \$300
- c) 3rd Place - 6 medals plus \$250
- d) 4th Place - 6 medals plus \$200

9.2 The top 4 teams must be present to collect the prizes from the Guest-of-Honour at the at the Arena Hall at 11:45am otherwise the prizes will be forfeited.

10 WATER BOTTLES

10.1 As part of going green, participants must bring their own water bottles. Drink dispensers are provided at the event.

11 RIGHTS

11.1 The Civil Service Club reserves the right to change the format, rules and regulations of the PSTC if deemed necessary.

11.2 Any rules which are not provided for in these Rules & Regulations in the conduct of the tournament shall be decided by the Tournament Committee whose decisions shall be final.

11.3 The Civil Service Club reserves the right to cancel, postpone or change the venue, date and/or time of the event at its discretion due to unforeseen circumstances.

12 PHOTOGRAPHY

- 12.1 The Civil Service Club reserves the right to use any photographs (including those of Participants), motion pictures, recordings, or any other media records of any STAR Games, for any legitimate purpose, including commercial advertising and distribution to sponsors and partners.
- 12.2 Photography and/or videography will be taken during the event for news and publicity purposes by the official photographer and/or videographer, and may be used for print and on online/electronic platforms of the Civil Service Club. The Organiser owns all rights to the photographs and video recordings. Any participants who do not wish to have their photographs or video recordings taken can notify inform the Organiser at the event site.

13 PERSONAL DATA PROTECTION

- 13.1 All participants consent to their personal data being collected and processed for purposes of administration and communication in a particular event. Participants also agree to receive postings on other events organised by the Civil Service Club.

14 PUBLIC SERVICE SPORTS AND FAMILY DAY (PSSFD) TICKETS

- 14.1 Participants in the PSIRC 2026 must register themselves & their spouses, children and/or parents, to take in the activities at the PSSFD. Click Here: <https://psf-sfd2026.app.entry.gov.sg/form/21edd898-f6b5-49ec-8b9b-11bcf492291f>
- 14.2 Only registered participants and family members will be issued with the PSSFD 2026 QR code tickets for redemption of fun packs and freebies at the event.

15 COVID-19 SAFE MANAGEMENT MEASURES

- 15.1 All participating teams must comply with prevailing COVID-19 Safe Management Measures (SMMs) issued by Ministry of Health and Sport Singapore.
- 15.2 Team members must not show up at the event venues if they are not feeling well or exhibit any symptoms of COVIDS-19 infections.

DISCLAIMERS

16 DISCLAIMERS

- 16.1 Participants take part in the PSIRC 2026 and/or other events held at the PSSFD at their own risk.

- 16.2 Participants especially those with medical conditions, are strongly advised to consult their doctors before taking part in the events.
- 16.3 The Civil Service Club, the Organising Committee, appointed contractors, sponsors, appointed officials and staff shall not be responsible for any mishap, injury or loss of life that may be suffered by participants and/or supporters before, during or after the event.
- 16.4 The Civil Service Club, the Organising Committee, appointed contractors, sponsors, appointed officials and staff shall not be responsible for any loss of personal belongings before, during or after the event.

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PROGRAMME

<u>Time</u>	<u>Programme</u>
7.30am to 8.00am	Teams registration at Arena @ OTH, Our Tampines Hub
8.00am to 8.30am	Join in the GetActiveSG Launch at Festive Plaza
8.30am	Briefing for all participating teams / Warm Up at Arena @ OTH
8.45am	Start of Indoor Rowing Challenge
9.00am to 12.30pm	Collection of fun packs at Community Auditorium
11.00am to 11.45am	Lucky Draw QR code window opens
11.30am	End of Indoor Rowing Challenge
11.45pm	Prize Presentation at Arena @ OTH. Top 4 teams must be present to collect the prizes.
12.00pm	Proceed to Community Auditorium for other PSSFD programme and lucky draw
12.30pm	End