



SSA PISTOL & RIFLE NATIONAL SELECTION PROGRAMME							
			REQUIREMENTS				
STAGE	IDEAL Squad Size		Selection Criteria Highest 2 scores (at least 1 score must be an overseas score) achieved in SSA sanctioned Local Competitions or SSA recognised overseas competition for the year prior to Selection must MEET selection score OR Meet a Major Games achievement as below in the year prior to selection			Training Requirements (exceptions can be made only for National Service, Overseas trips due to work or School Examinations)	Tenure
			MEN Min. SCORES	WOMEN Min. SCORES	OTHER FACTORS		
NATIONAL TEAM (Campaign Based)	Based on allowable entry places and scores in the competition and SSA's Selection Policy for recognised competitions.					1. Min. 20 Training Sessions per month under SSA appointed Coach (Training Sessions should include gym and other activities contributing to performance)	For the period of selection and competition
Elite Team (Olympics)	Rifle: 4 per event Pistol: 4 per event	Rifle: 4 per event Pistol: 4 per event	Air Rifle: 625 50m 3PR: 1169 Air Pistol: 579 25m RFP: 583 OR Achieve Olympic Games Finalist/World Championship Finalist/ World Cup Finalist	Air Rifle: 626 50m 3PR: 1169 Air Pistol: 573 25m SP: 581 OR Achieve Olympic Games Finalist/World Championship Finalist/ World Cup Finalist	1. Consistently be selected for Overseas Competitions 2. Maintain consistent score over at least 2 overseas competitions per year 3. Selection based on Coach and HPE Committee's Recommendations	1. Min. 20 Training Sessions per month under SSA appointed Coach (Training Sessions should include gym and other activities contributing to performance) 2. Participation in SSA sanctioned local competitions	1. 6mthly review 2. Major review in Jan every year
Training Team A (Asian Games & Commonwealth Games)	Rifle: 4 per event Pistol: 4 per event	Rifle: 4 per event Pistol: 4 per event	Air Rifle: 623 50m 3PR: 1160 Air Pistol: 575 25m RFP: 572 OR Achieve Asian Games Finalist/Asian Championship Finalist/Commonwealth Games Indv Medallist	Air Rifle: 624 50m 3PR: 1160 Air Pistol: 568 25m SP: 577 OR Achieve Asian Games Finalist/Asian Championship Finalist/Commonwealth Games Indv Medallist	1. Consistently be selected for Overseas Competitions 2. Maintain consistent score over at least 2 overseas competitions per year 3. Selection based on Coach and HPE Committee's Recommendations	1. Min. 20 Training Sessions per month under SSA appointed Coach (Training Sessions should include gym and other activities contributing to performance) 2. Participation in SSA sanctioned local competitions	1. 6mthly review 2. Major review in Jan every year
	IDEAL Squad Size		Selection Criteria Air Weapons: Highest 3 Scores achieved in SSA sanctioned Local Competitions or SSA recognised overseas competition scores for the year prior to Selection must MEET selection score 50m/25m Events: Highest 2 Scores achieved in SSA sanctioned Local Competitions or SSA recognised overseas competition scores for the year prior to Selection must MEET selection score OR Meet a Major Games achievement as below in the year prior to selection			Training Requirements (exceptions can be made only for National Service, Overseas trips due to work or School Examinations)	Tenure
			MEN Min. SCORES	WOMEN Min. SCORES	OTHER FACTORS		
Training Team B (SEA Games)	Rifle: 4 per event Pistol: 4 per event	Rifle: 4 per event Pistol: 4 per event	Air Rifle: 616 50m 3PR: 1140 Air Pistol: 570 25m RFP: 565 OR Achieve SEA Games Indv Bronze	Air Rifle: 618 50m 3PR: 1140 Air Pistol: 565 25m SP: 572 OR Achieve SEA Games Indv Bronze	Maintain consistent score over a period of 6mths (incl. overseas and local competitions) Overseas Competition Performance will be closely analysed Shows potential to progress further	1. Min. 16 - 20 Training sessions per month under SSA appointed coach (Training Sessions should include gym and other activities contributing to performance) 2. Participation in SSA sanctioned local competitions	1. 6mthly review 2. Major review in Jan every year
Development Team	Rifle: 5 Pistol: 5	Rifle: 5 Pistol: 5	Air Rifle: 614 50m 3PR: 1125 Air Pistol: 567 25m RFP: 563 OR Achieve SEA Games Finalist Place	Air Rifle: 616 50m 3PR: 1125 Air Pistol: 560 25m SP: 569 OR Achieve SEA Games Finalist Place	Consistent improvement in score over a period of 6mths (incl. overseas and local competitions) Overseas Competition performance will be closely analysed Shows potential to progress further	1. Min. 16 - 20 Training sessions per month under SSA appointed coach (Training Sessions should include gym and other activities contributing to performance) 2. Participation in SSA sanctioned local competitions	1. 6mthly review 2. Major review in Jan every year 3. Shooters who drop out may qualify back in again. Up to the age of 30 years with a max. tenure of 4 years in total (after which shooters need to re-enter at the Training Team B and above level)
Junior Team	12 shooters per event	12 shooters per event	Under Review	Under Review	Consistent improvement in score over a period of 6mths (incl. overseas and local competitions) Overseas Competition performance will be closely analysed Shows potential to progress further	1. Min. 16 Training sessions per month under SSA appointed coach (Training Sessions should include gym and other activities contributing to performance) 2. Participation in SSA sanctioned local competitions	1. 6mthly review 2. Major review after MOE-InterSchool every year 3. Shooters who drop out may qualify back in again 21yrs and Below
Trial	-	-	Under Review	Under Review	Consistent improvement in score over a period of 6mths (incl. overseas and local competitions) Overseas Competition performance will be closely analysed Shows potential to progress further	1. Min. 16 Training sessions per month under SSA appointed coach (Training Sessions should include gym and other activities contributing to performance) 2. Participation in SSA sanctioned local competitions	1. 6mthly review 2. Major review after MOE-InterSchool every year 3. Shooters who drop out may qualify back in again Born YR2004-2007

1. If more than the maximum number of shooters are selected, shooters with highest score will be selected
2. If there is a tie in score, international competition score will take priority
3. Coaches recommendations will also be considered
3. All things are subject to available resources.