



EQUESTRIAN FEDERATION OF SINGAPORE

(A Registered Singapore Charity and Institution of Public Character)
Affiliated to Singapore National Olympic Council, Singapore Sports Council,
Fédération Equestre Internationale & Asian Equestrian Federation

Polo Selection Criteria for SEA Games 2025

Prepared by : Singapore Polo Club for Equestrian Federation of Singapore (EFS)
Submitted to : Singapore National Olympic Council (SNOC)

General Overview

As polo is a niche sport in Singapore with limited local and international competitors, our selection criteria are designed to:

- Ensure the team represents Singapore competitively and credibly
- Prioritize fair and transparent selection, taking into account the constraints of the sport and the general selection criteria set by SNOC/NSA

1. Nomination Criteria

1.1 Establishment of Criteria and Standards

- This nomination criteria for polo players is established for the SEA Games 2025
- These criteria are open to all eligible athletes in Singapore
- Polo players must meet the outlined standards through participation in polo tournaments, leagues or competitions acceptable to EFS.

1.2 Eligibility for Nomination

- Athletes must be Singapore Citizens (team must comprise of all Singaporeans)
- Athletes above 22 years of age must not hold dual citizenship at the time of nomination
- Must be registered members of a recognized Polo Club or Association in Singapore
- Have a minimum handicap of 0 goal(s)
- Commit to training and preparation schedules leading up to the SEA Games
- All nominations will be submitted via Sport Sync with justifications no later than six months before the SEA Games

2. Selection Criteria

Given the niche nature of polo and the absence of international team rankings for Singapore (apart from previous SEA Games 2007 & 2017), the following criteria will apply:

2.1 Team and Player Assessment

- **Performance Standards:**
- Players must demonstrate horsemanship, stick/ball control, strategic understanding, and game sense through SPC's sanctioned trials or tournaments



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- Assessments will be conducted through a series of trials, including in-game scenarios and friendly matches
 - Trials will also evaluate teamwork, offensive/defensive tactics, and ability to adapt in dynamic match scenarios
 - Consideration of team synergy and positional adaptability during trials
 - A selection committee will review the ability of players to work together in offensive and defensive strategies
- **Regional Achievements**
 - Achievements in regional polo tournaments.
 - All achievements submitted for consideration should have taken place at International Polo Competitions sanctioned by the International and/or regional controlling body.
 - Only achievements attained with a team comprised of all Singaporeans will be considered.
 - The national polo team players have also competed in multiple polo tournaments each year playing up to seven (+7) goals.
- **International Benchmarking**
 - Qualification benchmarks for Southeast Asia Games will be minimally 3rd placing in Southeast Asian countries or show potential for top 3 placing in Southeast Asia, aligned to SNOC's selection criteria.
 - Subject to confirmation of the Technical Handbook, there would likely be qualifications requirements for team and individual handicaps set by the Games OC.

2.2 Potential to Meet or Surpass Standards

- Players or teams who narrowly miss benchmarks but demonstrate improvement potential in the lead-up to the Games will also be considered.
- Measurement standard for a narrowly missed benchmark:
 - If a team competes against a medalist team from SEA Games and loses by a margin of just two goals, it qualifies as a narrowly missed benchmark.
 - In a series of matches against the same medalist team, securing at least one victory would also be considered a narrowly missed benchmark.



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Achieving this demonstrates that the team is competitive and has the potential to contend for a medal in the upcoming SEA Games.

2.3 Skill and Fitness

- Players must meet physical fitness benchmarks established by certified trainers to ensure readiness for the demands of tournament play (Please see Annex A)

2.4 Relevant Performance Window

- Achievements and performance records must be obtained from the publication of this document up to July 2025 (exact date pending the nomination dateline via SportSYNC)
- Pursuant to the Olympic Charter (By laws to Rules 27 and 28, paragraph 2.1)
- Selection shall be based not only on the sports performance of an athlete, but also on his ability to serve as an example to the sporting youth of his country.

2.5 Development Plan

Recognizing the unique constraints of polo, the following initiatives will support the team's readiness:

- **Training Camps:** Intensive training camps to simulate high-pressure match conditions
- **Friendly Matches:** Friendly games against regional teams to build competitive experience
- **International Exposure:** Organizing international training camps or friendly matches to simulate competitive play and participation in regional tournaments to gain practical experience
- **Collaboration** with regional polo associations to identify training and competitive opportunities leading up to the SEA Games

3. Other Considerations

The following qualities will also be evaluated as part of the selection process:

3.1 Attitude and Behavior

- Respectful and professional behavior towards coaches, teammates, officials, and administrators in both sporting and non-sporting contexts

3.2 General Conduct and Reputation

- Conduct and character must reflect positively on Singapore and the sport of Polo



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3.3 Disciplinary Record

- Past and present disciplinary records will be reviewed

3.4 Team Dynamics and Commitment

- Ability to demonstrate team spirit, work cohesively with teammates, and adapt to different roles within the team
- Commitment to regular attendance at training sessions, camps, and preparation activities
 - To pegged this as 75% attendance for instance, if a player attends 3 out of 4 sessions, it is considered as regular.

3.5 Future Potential

- Players who demonstrate potential for long-term development and contributions to polo in Singapore will be prioritized

4. Extenuating Circumstances

Selectors may consider extenuating circumstances where players are unable to compete in or attend trials, competitions, or training due to:

- Injury or illness
- Travel delays
- Bereavement
- Other significant circumstances deemed relevant by the selection committee

5. Selection and Appeals

5.1 Selection Committee

- A selection committee comprising the National Polo Team Head Coach, National Polo Team Manager and the National Polo Team Advisor, will evaluate players based on the criteria above (See Annex B)
- Any members with conflicts will recuse themselves from relevant positions
- Trials and assessments will be conducted over a specified timeline (e.g, **2–3 months**)
- The final team roster will consist of 7 players (main team and substitutes, aligned with SEA Games rules)
- Final nominations will be submitted to the SNOC Selection Committee in July 2025

5.2 Appeals Process

- Appeal against non-nomination by EFS must be made in writing to the Chairperson of the EFS Appeals Committee (Polo) (See Annex B) within 48 hours of the announcement of the athletes being nominated by EFS for selection for the 2025 SEA Games. Any appeal



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to the EFS Appeals Committee (Polo) must be made in writing with supporting documentation and must be accompanied by a deposit of SGD 200.00. If the appeal is successful, the deposit will be refunded in full. The decision of the EFS Appeals Committee (Polo) will be final and no further correspondence would be entertained.

- If the SNOC Selection Committee does not approve the nomination, appeals may be submitted to the SNOC Appeals Committee.
- Appeals must include new, previously unsubmitted evidence meeting the selection criteria

Conclusion

This selection document integrates the SNOC's requirements with specific considerations for polo as a niche sport. It aims to ensure fair, transparent, and competitive selection while supporting the development of polo in Singapore.



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ANNEX A

SEA Games 2025 Fitness Benchmark

The fitness benchmark for SEA Games Polo should focus on agility, upper body strength, endurance, and coordination.

1. Cardiovascular Endurance—Polo requires repeated sprints on horseback, so endurance and recovery are critical. Regular runs could achieve these. 1km in 5 minutes.

2. Core Strength and Stability- Core strength ensures balance, stability, and strong posture while controlling the horse and swinging the mallet.

Benchmark:

- Plank Hold: Minimum 1 minutes
- Side Plank Hold: Minimum 30 seconds per side

3. Upper Body Strength and Power- Shoulder, arm, and rotational strength for swinging mallet with precision

Benchmark:

- Push-Ups: 10- 15 repetitions
- Pull-Ups: 5 repetitions
- Overhead Dumbbell Press

4. Lower Body Strength and Flexibility: Strong legs help maintain a solid seat

Benchmark:

- Squat (Bodyweight): 20 repetitions
- Wall Sits: Hold for 2 minutes

5. Reaction Time and Agility: Quick reactions and agility are essential for controlling the horse and positioning for shots.

Benchmark:

- 5-10-5 Shuttle Run: Under 7 seconds
- Ball Catch Test (Reaction Time): Minimum 20 catches in 30 seconds

6. Grip Strength

- Benchmark: Dead Hang: Hold for 1 minutes

7. Flexibility and Mobility: Helps prevent injuries

Benchmark: Sit-and-Reach Test: Reach +3-5 cm past toes

Combining these benchmarks with riding skills, mallet swings, and strategy drills will ensure SEA Games readiness.



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ANNEX B

Members of the SEA Games 2025 Selection Committee (Polo)

The national team's selection committee comprises of experienced polo players some of whom had played at SEA Games 2007 and 2017. The Selection Committee comprises of the following:

No	Name	Role
1	Wee Tiong Han	Team Manager
2	Satinder Garcha	Advisor
3	Ravi Rathore	Head Coach

Members of the EFS Appeal Committee (Polo)

The members of the EFS Appeal Committee (Polo) comprises the following;

No	Name	Role
1	Lawrence Khong	President of Singapore Polo Club
2	Stephanie Masefield	Honorary Secretary of Singapore Polo Club
3	Sylvan Braberry	General Manager of Singapore Polo Club

Brief Write-up of the Selection Committee

National Polo Team Manager, Advisor

Mr Wee Tiong Han; a veteran polo player who achieved SEA Games Silver medal for Singapore in 2007 and a 4th place finish in SEA Games 2017 as Team Manager, has been appointed National Team Manager. He will be supported by Satinder Garcha who won a silver medal at the 2007 SEA games and who has a wealth of experience playing competitive polo all over the world including Argentina, UK and India, serving as Advisor leading the national team's SEA Games 2025 preparations.

National Polo Team Head Coach

Colonel (R'td) Ravi Rathore has been appointed the Singapore National Polo Team coach. He has captained the Indian national team at two World Cup championships and a recipient of the Arjuna Awards. Colonel Ravi is currently the head coach at Singapore Polo Club and under his instruction, a number of players have risen through the Club's



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Atoms Polo Academy to be part of a potential pool of polo players to be selected for the Singapore National Polo Team.

Colonel (R'td) Ravi has already planned a comprehensive coaching strategy to equip the national team with the necessary skills and fitness training to prepare for the trilogy of SEA Games tournaments.

Conflict of Interest

Due to the nature of the Club's membership structure, key polo players may make up most of the Clubs Committee however, it can be assured that the selection Committee and/or the Appeals Committee shall carry out its duties without any favour but strictly based on performance and ability. With a line-up of experienced and promising players in the national team, it is crucial that Singapore participates at the coming SEA Games 2025 to kickstart its competitive campaign to win medals in the trilogy of SEA games tournaments in 2025, 2027 and 2029.

Any selection/appeals committee member with a conflict of interest will recuse themselves from relevant positions. For example, if after the deadline of 15 March 2025 for expression of interest, any of the above named from the selection/appeals committee have a direct family member who has submitted an expression of interest for the Polo team for the SEA games they would be required to recuse himself/herself from the selection process.