

SPH FOUNDATION NATIONAL PARA SWIMMING CHAMPIONSHIPS 2015

EVENT INFORMATION

OBJECTIVES

- Creating opportunities for the disabled to compete
- Recruiting potential newcomers to national development or elite training squad
- Selecting best athletes to represent Singapore for major international competitions
- Using the results as selection criteria for Singapore 2015 8th ASEAN Para Games

Venue: OCBC Aquatic Centre (Singapore Sports Hub)

Event Date/Time: 25 July 2015 (Saturday).
7:00 am (Admission). 9:00am (Event Start) – 3:00 pm

(Compulsory)

Team Manager Briefing: 7 July 2015 (Tuesday). 7pm.*Subjected to changes
Singapore Disability Sports Council. 3 Stadium Drive #01-34 S397630

Categories: Open Division. 16 years old and above (Born in the year 1999 and before)

Division A. 13 – 15 years old (Born between the year 2000 – 2002)

Division B. 10 – 12 years old (Born between the year 2003 – 2005)

Division C. 7 – 9 years old (Born between the year 2006 – 2008)

Eligibility: Physical Disability, PD (Classes: S1 – S10)
Visual Impairment, VI (Classes: S11 – S13)
Intellectual Disability, ID (Class: S14)
Hearing Impairment, HI (Class: S15)

Entry Fees: \$10.00 per participant
All cheques should be made payable to “Singapore Disability Sports Council” by **22 June 2015**. (Please write the name of the school/organization, name of individual on the reverse side of the cheque)

To register: **Last day of Entry Forms submission is 22 June 2015**

Submit via:
Email: lohnk@sdsc.org.sg

For any enquires please contact SDSC:

Phone: 6342 3501
Email: lohnk@sdsc.org.sg

SPH FOUNDATION NATIONAL PARA SWIMMING CHAMPIONSHIPS 2015

EVENT CATEGORIES

Physical Disability, PD	(Classes: S1 – S10)
Visual Impairment, VI	(Classes: S11 – S13)
Intellectual Disability, ID	(Class: S14)
Hearing Impairment, HI	(Class: S15)

Open Division Male & Female	Classes
16 years old and above (Born in the year 1999 and before)	We will use the prefix of "S" for all classes and strokes.
Freestyle 200m	S1 – S5 & S14 – S15
Freestyle 100m	S1 – S15
Freestyle 50m	S1 – S15
Butterfly 100m	S8 – S15
Butterfly 50m	S1 – S7 & S14 – S15
Backstroke 100m	S6 – S15
Backstroke 50m	S1 – S5 & S14 – S15
Breaststroke 100m	S4 – S9 & S11 – S15
Breaststroke 50m	S1 – S3 & S14 – S15
4 x 100m (Relay Freestyle)	<p>S1 – S10 (The 4 swimmers' combined classes must not be > than 34 points)</p> <p>S11 – S13 (The 4 swimmers' combined classes must not be > than 49 points)</p> <p>S14 (The 4 swimmers' must be all S14)</p> <p>S15 (The 4 swimmers' must be all S15)</p>
4 x 50m (Relay Freestyle)	<p>S1 – S10 (The 4 swimmers' combined classes must not be > than 20 points)</p> <p>S11 – S13 (The 4 swimmers' combined classes must not be > than 49 points)</p> <p>S14 (The 4 swimmers' must be all S14)</p> <p>S15 (The 4 swimmers' must be all S15)</p>

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Physical Disability, PD	(Classes: S1 – S10)
Visual Impairment, VI	(Classes: S11 – S13)
Intellectual Disability, ID	(Class: S14)
Hearing Impairment, HI	(Class: S15)

Division A Male & Female	Classes
13 – 15 years old (Born between the year 2000 – 2002)	We will use the prefix of “S” for all classes and strokes.
Freestyle 200m	S1 – S5 & S14 – S15
Freestyle 100m	S1 – S15
Freestyle 50m	S1 – S15
Butterfly 100m	S8 – S15
Butterfly 50m	S1 – S7 & S14 – S15
Backstroke 100m	S6 – S15
Backstroke 50m	S1 – S5 & S14 – S15
Breaststroke 100m	S4 – S9 & S11 – S15
Breaststroke 50m	S1 – S3 & S14 – S15
4 x 100m (Relay Freestyle)	<p>S1 – S10 (The 4 swimmers’ combined classes must not be > than 34 points)</p> <p>S11 – S13 (The 4 swimmers’ combined classes must not be > than 49 points)</p> <p>S14 (The 4 swimmers’ must be all S14)</p> <p>S15 (The 4 swimmers’ must be all S15)</p>
4 x 50m (Relay Freestyle)	<p>S1 – S10 (The 4 swimmers’ combined classes must not be > than 20 points)</p> <p>S11 – S13 (The 4 swimmers’ combined classes must not be > than 49 points)</p> <p>S14 (The 4 swimmers’ must be all S14)</p> <p>S15 (The 4 swimmers’ must be all S15)</p>

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Physical Disability, PD	(Classes: S1 – S10)
Visual Impairment, VI	(Classes: S11 – S13)
Intellectual Disability, ID	(Class: S14)
Hearing Impairment, HI	(Class: S15)

Division B Male & Female	Classes
10 – 12 years old (Born between the year 2003 – 2005)	We will use the prefix of “S” for all classes and strokes.
50m Freestyle	S1 – S15
50m Butterfly	S1 – S15
50m Backstroke	S1 – S15
50m Breaststroke	S1 – S15
4 x 100m (Relay Freestyle)	<p>S1 – S10 (The 4 swimmers’ combined classes must not be > than 34 points)</p> <p>S11 – S13 (The 4 swimmers’ combined classes must not be > than 49 points)</p> <p>S14 (The 4 swimmers’ must be all S14)</p> <p>S15 (The 4 swimmers’ must be all S15)</p>
4 x 50m (Relay Freestyle)	<p>S1 – S10 (The 4 swimmers’ combined classes must not be > than 20 points)</p> <p>S11 – S13 (The 4 swimmers’ combined classes must not be > than 49 points)</p> <p>S14 (The 4 swimmers’ must be all S14)</p> <p>S15 (The 4 swimmers’ must be all S15)</p>

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Physical Disability, PD	(Classes: S1 – S10)
Visual Impairment, VI	(Classes: S11 – S13)
Intellectual Disability, ID	(Class: S14)
Hearing Impairment, HI	(Class: S15)

Division C Male & Female	Classes
7 – 9 years old (Born between the year 2006 – 2008)	We will use the prefix of “S” for all classes and strokes.
50m Freestyle	S1 – S15
50m Butterfly	S1 – S15
50m Backstroke	S1 – S15
50m Breaststroke	S1 – S15
4 x 100m (Relay Freestyle)	<p>S1 – S10 (The 4 swimmers’ combined classes must not be > than 34 points)</p> <p>S11 – S13 (The 4 swimmers’ combined classes must not be > than 49 points)</p> <p>S14 (The 4 swimmers’ must be all S14)</p> <p>S15 (The 4 swimmers’ must be all S15)</p>
4 x 50m (Relay Freestyle)	<p>S1 – S10 (The 4 swimmers’ combined classes must not be > than 20 points)</p> <p>S11 – S13 (The 4 swimmers’ combined classes must not be > than 49 points)</p> <p>S14 (The 4 swimmers’ must be all S14)</p> <p>S15 (The 4 swimmers’ must be all S15)</p>

Important Note – All new swimmers with Physical Disability (PD) must be classified to be eligible to compete.

If you do not know your detailed classification, please email to lohnk@sdsc.org.sg and tze.wei@sdsc.org.sg to indicate your interest. SDSC will then arrange for a local classification session.

***Local Classification for new swimmers will be done on the 19 & 22 June 2015. 9am – 12pm**

***Venue: Singapore Disability Sports Council, 3 Stadium Drive #01-34 S397630**

***Subject to changes**

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PRIZE MONEY

1. Highest Number of Participation

Highest Number of Participation	
Special School	\$350
Association / Club	\$350

2. Best Team Performance (Overall)

Best Team Performance (Overall)	
First	\$750
Second	\$500
Third	\$450

3. Best Individual Performance (Male/Female)

Open Division (16 years old and above)	
Best Individual Performance (Male)	\$150
Best Individual Performance (Female)	\$150

Division A (13 – 15 years old)	
Best Individual Performance (Male)	\$100
Best Individual Performance (Female)	\$100

Division B (10 – 12 years old)	
Best Individual Performance (Male)	\$50
Best Individual Performance (Female)	\$50

Division C (7 – 9 years old)	
Best Individual Performance (Male)	\$50
Best Individual Performance (Female)	\$50

The organizing committee reserves the right to determine the winners for all awards.

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RULES AND REGULATIONS

1. Organising Committee

- 1.1 The Championship shall be organized by Singapore Disability Sports Council (SDSC).
- 1.2 Singapore Disability Sports Council (SDSC) shall have jurisdiction over all matters.

2. General Information

- 2.1 All events shall be conducted on a timed finals format.
- 2.2 Minimum age for all competitors is **7 years old (born in the year of 2008)**.
- 2.3 No minimum qualifying standards but all participants should be competent in their respective events.
- 2.4 The Championship shall be run under the latest IPC SWIMMING RULES: except, where appropriate international technical INAS, IWAS, CP-ISRA, IBSA, FINA and IPC rules shall apply.
- 2.5 Eligibility Criteria will be according to IPC Swimming Classification.
- 2.6 Athletes wishing to participate in a higher division must indicate in the registration form. Athletes can compete in ONE DIVISION and ONE CLASS only. Their participation is subject to the approval of the Organising Committee.
- 2.7 The organizing committee reserves the right to combine events dependent on the number of entries.
- 2.8 Please refer to Event Information attached for the complete series of events offered.
- 2.9 Schedule will be available 3 days* prior to the start of championship and will be emailed to the appointed representative. The schedule is prepared after the close of entries and is based strictly on the number of events and competitors.

*Subject to changes

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3. Rules Governing Entries

- 3.1 Only events stated in the official entry forms will be offered.
- 3.2 Each participant is allowed to participate in a maximum of **3 individual events** and **1 relay event** and must represent one organisation only.
- 3.3 The closing date for all entries shall be on **22 June 2015**.
- 3.4 All entries must be submitted via the email address provided.
- 3.5 Officers-in-charge or appointed representatives shall highlight any discrepancies or irregularities in the listed event during the Team Manager Briefing prior to the Championship. There shall be no further change to the start lists after the Team Manager Briefing.

4. Procedure on Reporting to the Competitors' Officials

The 8th ASEAN Para Games organising committee will be using the SPH Foundation National Para Swimming Championships 2015 as a test event for the Games in December. Therefore the procedure will be based on international meet standards.

More details regarding the procedure will be shared at the Team Manager Briefing prior to the Championship.

Team Manager Briefing: 7 July 2015 (Tuesday). 7pm. *Subjected to changes
Singapore Disability Sports Council. 3 Stadium Drive #01-34
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5. The Start

- 5.1 No competitor shall report directly to the starter.
- 5.2 A swimmer may be permitted to start beside the starting platform.
- 5.3 The one start rule shall be applied to all IPC Swimming competitions, (See Annex A, The Start).
- 5.4 IPC Swimming Rules 3.1.1 – At the commencement of each race, the Referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except swimwear, followed by a long whistle indicating that they should take positions on the starting platform (or for backstroke swimming and medley relays to immediately enter the water). A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the Referee shall gesture to the Starter with a stretched out arm, indicating that the swimmers are under the Starter's control. The stretched out arm shall stay in that position until the start is given.

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6. The False Start

6.1 IPC Swimming Rules 3.1.6 – Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer(s) shall be disqualified upon completion of the event. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per 3.1.1.

6.2 See Annex A. The Start.

7. Accreditation

7.1 SDSC and the 8th ASEAN Para Games organising committee will implement strict accreditation access at this championship.

7.2 All personnel (Athletes, Team Officials (Team Managers, Coaches, Caregivers, and Parents)) must apply for accreditation via the entry forms. Personnel without accreditation will be deemed as spectators and may only have access to the spectator's stands.

8. Results of the meet

8.1 The final competition results shall be time-based. Hence, there shall be no heats for all events.

8.2 Two or more events may combine if there are insufficient competitors. Results will be recorded based on each individual's performance in his/hers category.

8.3 Results of the meet will be posted on the results' notice board as and when they become available. No competitor, liaison officer or representative shall approach the meet officials for results.

9. Prizes

9.1 Prizes will be awarded to the first three placing and base on the Start List's number of competitors.

9.1.1 For events with less than four competitors, the 'minus one' rules will apply for prizes to be awarded. No prize for one competitor, one prize for two competitors, two prizes for three competitors and three prizes for four or more competitors.

9.1.2 Prize will be awarded to the only one competitor if he/she breaks previous year's record in the event participated

9.2 In the event of a tie for second placing, no prizes will be awarded for the third placing.

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- 9.3 In the event of a tie for the third placing, prizes will be awarded for all winners.
- 9.4 Prizes for each completed event will be presented soon upon completion of the last event for the day. All medallists are requested to report to the Victory Ceremony holding area immediately after being advised by officers-in-charge or victory ceremony officials. If competitors are unable to report to the victory ceremony officials, a representative shall collect the prize on behalf of the competitor.

10. Prize Money

- 10.1 The Highest Participation Award will be based on the number of participants from the special school, and association or club.
- 10.2 The Best Team Performance Award will be based on the total number of gold medals.
- 10.2.1 In the event of a tie for the award, the team will be awarded based on the total number of silver medals followed by the total number of bronze medals.
- 10.2.2 In the event of a tie by the total number of bronze medals, prize money will be shared among the winners.
- 10.3 The Best Individual Performance Award will be based on the total number of gold medals.
- 10.3.1 In the event of a tie for the award, the individual will be awarded based on the number of events participated and the total number of participants in the events. The athlete that participates in events with more participants will be ranked higher.
- 10.4 The organizing committee reserves the right to determine the winners for all awards.

11. Protest

- 11.1 Any technical protest or objection by a competitor or team shall be made to the Meet Director within thirty [30] minutes following the publication of the official results together with a deposit of **one hundred Singapore dollars [\$100.00]**.
- 11.2 Only the team leader shall lodge the protest by filling the Protest Form. A Jury Panel shall resolve such protests, and its decision shall be final.

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12. Equipment and Attire

12.1 **At this year's championship, the organising committee will adhere to FINA's Laws BL 8.2 and BL 8.3.**

BL 8.2: In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or legs bands shall be regarded as part of a swimsuit.

BL 8.3: From January 1, 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuits shall be made from textile materials. \

13. Anti-Doping

The 8th ASEAN Para Games organising committee will be using the SPH Foundation National Para Swimming Championships 2015 as a test event for the Games in December. Therefore there will be Anti-Doping Protocol implemented.

More details regarding the procedure will be shared at the Team Manager Briefing prior to the Championship.

Team Manager Briefing: 7 July 2015 (Tuesday). 7pm. *Subjected to changes
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SPH FOUNDATION NATIONAL PARA SWIMMING CHAMPIONSHIPS 2015

ANNEX A

IPC SWIMMING RULES 2014 – 2017 THE START

3.1.1 At the commencement of each race, the Referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except swimwear, followed by a long whistle indicating that they should take positions on the starting platform (or for backstroke swimming and medley relays to immediately enter the water). A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the Referee shall gesture to the Starter with a stretched out arm, indicating that the swimmers are under the Starter's control. The stretched out arm shall stay in that position until the start is given.

3.1.2 When starting a race, the Starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the Timekeepers can see and/or hear the starting signal and the swimmers can see and/or hear the signal.

3.1.3 The start in Freestyle, Breaststroke, Butterfly and Individual Medley events [when butterfly is the initial stroke] shall be with a dive. On the long whistle from the Referee (3.1.1) the swimmers shall step onto the starting platform and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platform. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

3.1.3.1 For a swimmer with a visual impairment, on the long whistle from the Referee the swimmer shall be permitted to orientate themselves prior to the Starters command "take your marks".

3.1.3.2 The swimmer, who has balance problems i.e. standing stationary, may have assistance to balance them self on the starting platform i.e. hold at the hips, hand, arm etc., by one Support Staff. Support Staff may aid the swimmer to remain stationary at the start; however the Support Staff shall not allow the swimmer unfair advantage by being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the swimmer at the start is not permitted.

3.1.3.3 A swimmer may be permitted to start beside the starting platform.

3.1.3.4 A swimmer may be permitted to take up a sitting position on the starting platform.

3.1.3.5 A swimmer may be permitted to start in the water but is required to have one hand in contact with the starting place until the starting signal is given. Standing in or on the gutter or on the bottom is prohibited.

3.1.3.6 Sport Class S1-3 swimmers are permitted to have their foot/feet held to the wall, until the starting signal is given. Giving momentum to the swimmer at the start is not permitted.

3.1.3.7 Where a swimmer is unable to grip the starting place in a water start, the swimmer may be assisted by a Support Staff and/or starting device. The device shall be cleared and deemed safe by the IPC Swimming personnel prior to the commencement of the competition. Giving momentum to the swimmer at the start is not permitted. The swimmer shall have some part of the body in contact with the wall until the starting signal is given.

3.1.3.8 To prevent abrasion, one layer of towel, or the like, may be placed on the starting platform.

3.1.4 The start in backstroke and medley relay events shall be from the water. At the Referee's first long whistle (3.1.1), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have taken their starting positions, the Starter shall give the command "take your marks". When all swimmers are stationary, the Starter shall give the starting signal.

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3.1.5 In IPC Competitions and sanctioned competitions the command "take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

3.1.6 Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer(s) shall be disqualified upon completion of the event. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per 3.1.1.

3.1.7 In the case of a S1-10 and S14 swimmer who additionally is deaf, Support Staff shall be permitted to convey the starting signal to the competitor by the use of a nonverbal instruction, when no starting light is available.

3.1.8 In the case of a swimmer with a visual impairment who additionally is deaf, Support Staff shall be permitted to convey the starting signal to the competitor by the use of a non-verbal instruction.