

## **EVENT INFORMATION**

### **OBJECTIVES**

- Creating opportunities for youths with impairment to compete
- Identifying potential athletes for further development
- Using the results as selection criteria for major or international competitions

**Venue:** Singapore Sports School

**Date:** 13 April 2017 (Thursday)

**Time:** 9:00am – 3:00pm

**Categories:** **II - Intellectual Impairment**  
7 – 8 years old (Born in the year 2009 and 2010)  
9 – 10 years old (Born in the year 2007 and 2008)  
11 – 12 years old (Born in the year 2005 and 2006)  
13 – 14 years old (Born in the year 2003 and 2004)  
15 – 16 years old (Born in the year 2001 and 2002)  
17 – 18 years old (Born in the year 1999 and 2000)

**VI – Visual Impairment**  
Junior. 7 – 12 years old (Born in the year 2005 – 2010)  
Senior. 13 – 18 years old (Born in the year 1999 – 2004)

**CP / PI – Cerebral Palsy / Physical Impairment**  
For participants with Cerebral Palsy and/or with Physical Impairment.  
Junior. 7 – 12 years old (Born in the year 2005 – 2010)  
Senior. 13 – 18 years old (Born in the year 1999 – 2004)

**Eligibility:** Youths who are:

- Singaporean or PR
- Student of a SPED School listed on Ministry of Education (MOE) List of Special Education Schools
- Student of Ministry of Education (MOE) registered schools
- With either Intellectual Impairment / Visual Impairment / Cerebral Palsy / Physical Impairment

## HAW PAR NATIONAL YOUTH PARA SWIMMING CHAMPIONSHIPS 2017

**II - Intellectual Impairment** - Defined as having significant limitations in cognitive and adaptive functioning, as expressed in conceptual, social and practical adaptive skills. Therefore, cognitive and adaptive functioning are both important components for a diagnosis of Intellectual Disability.

Eligibility for this category:

- Singaporean or PR
- A person certified by a medical practitioner to have Intellectual Impairment. (please submit a copy together with entry form)
- An IQ of 75 or below,
- Significant Limitations in adaptive behaviour
- Impairment must have been present before the age of 18.

**VI – Visual Impairment** - Refers to significant visual loss that cannot be corrected by means of the use of optical lenses, medication or operation.

Eligibility for this category:

- Singaporean or PR
- A person certified by a medical practitioner to have Visual Impairment. (please submit a copy together with entry form)
- Damage to one or more of the components of the vision system, which can include:
  - Impairment of the eye structure/receptors
  - Impairment of the optic nerve/optic pathways
  - Impairment of the visual cortex

**CP / PI – Cerebral Palsy / Physical Impairment** - Refers to either with a total or partial loss of bodily functions, such as the ability to walk or fine motor skills, or a total or partial loss of a part of the body.

Eligibility for this category:

- Singaporean or PR
- A person certified by a medical practitioner to have Cerebral Palsy / Physical Impairment. (please submit a copy together with entry form)

**Entry Fees:** \$5.00 per participant.

**An invoice will be issued to the schools/organisations upon submission of entry form.**

**To Register:** Last day of Entry Forms Submission is **23 March 2017**. Submit via:

**Email:** [lohnk@sdsc.org.sg](mailto:lohnk@sdsc.org.sg) / [sdsc@sdsc.org.sg](mailto:sdsc@sdsc.org.sg)

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### Events offered:

<b>II - Intellectual Impairment</b> 7 – 8 years old (Born in the year 2009 and 2010)  9 – 10 years old (Born in the year 2007 and 2008)  11 – 12 years old (Born in the year 2005 and 2006)	Boys Girls	<u>Individual</u>  1) 25m Freestyle 2) 25m Backstroke 3) 25m Breaststroke
<b>II - Intellectual Impairment</b> 13 – 14 years old (Born in the year 2003 and 2004)  15 – 16 years old (Born in the year 2001 and 2002)	Boys Girls	<u>Individual</u> 1) 50m Freestyle 2) 50m Butterfly 3) 50m Backstroke 4) 50m Breaststroke  <u>Relay</u> 4x50m Freestyle 13 – 14 years old 4x50m Freestyle 15 – 16 years old
<b>II - Intellectual Impairment</b> 17 – 18 years old above (Born in the year 1999 and 2000)	Boys Girls	<u>Individual</u> 1) 50m Freestyle 2) 50m Butterfly 3) 50m Backstroke 4) 50m Breaststroke  <u>Relay</u> 4x50m Freestyle 17 – 18 years old
<b>VI – Visual Impairment</b> Junior. 7 – 12 years old (Born in the year 2005 – 2010)	Boys Girls	<u>Individual</u>  1) 25m Freestyle See Annex A
<b>VI – Visual Impairment</b> Senior. 13 – 18 years old (Born in the year 1999 – 2004)	Boys Girls	<u>Individual</u>  1) 50m Freestyle See Annex A

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<b>CP / PI – Cerebral Palsy / Physical Impairment</b> Junior. 7 – 12 years old (Born in the year 2005 – 2010)	Boys Girls	<u>Individual</u>  1) 25m Freestyle See Annex A
<b>CP / PI – Cerebral Palsy / Physical Impairment</b> Senior. 13 – 18 years old (Born in the year 1999 – 2004)	Boys Girls	<u>Individual</u>  1) 50m Freestyle See Annex A

### NOTE:

Each swimmer is allowed to participate in a maximum of 2 individual events and 1 relay.

If swimmers are swimming in an event, or has been called to the Call Room, Coach/Teacher in charge is required to inform Call Room Officials.

### **Please take note of Rule 11. Equipment and Attire:**

**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.

Last day of Entry Forms submission is **23 March 2017.**

Submit via:

**Email:** [lohnk@sdsc.org.sg](mailto:lohnk@sdsc.org.sg) / [sdsc@sdsc.org.sg](mailto:sdsc@sdsc.org.sg)



## **HAW PAR NATIONAL YOUTH PARA SWIMMING CHAMPIONSHIPS 2017**

### **Program Outline**

Registration – 0900hrs

Start of 25m Events – 0930hrs

Start of 50m Events – 1100hrs

Prize Presentation – 1300hrs

**\*Timings are subjected to change. A detailed program outline will be available after entry closure.**

## **RULES AND REGULATIONS**

### **1. Organising Committee**

- 1.1 Singapore Disability Sports Council (SDSC) shall organize this Championship.
- 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 time finals format.
- 2.2 Minimum age for all competitors is **7 years old (born in the year of 2010)**.
- 2.3 No minimum qualifying standards but all participants must be competent in their respective events.
- 2.4 The Championship shall be run under the IPC SWIMMING RULES 2014 – 2017: except, where appropriate international technical INAS-FID rules shall apply.
- 2.5 Eligibility Criteria will be youth who are: Singaporean or PR and with either Intellectual Impairment / Visual Impairment / Cerebral Palsy / Physical Impairment
- 2.6 All participants should be competent in their respective events.
- 2.7 There will be no further categorisation / classification for CP / PI Cerebral Palsy / Physical Impairment. All participants with Cerebral Palsy / Physical Impairment will compete in this one category.

### **3. Rules Governing Entries**

- 3.1 Only events stated in the official entry forms and event information will be offered.
- 3.2 Each participant is allowed to participate in a maximum of **2 individual events** and **1 relay event** and must represent one organisation only.
- 3.3 The closing date for all entries shall be on **23 March 2017**.
- 3.4 All entries must be submitted via the email address provided.

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### 4. Procedure on Reporting to the Competitors' Stewards

- 4.1 Officers-in-charge or appointed representatives are responsible for marshalling the competitors to the competitors' stewards / Call Room area.
- 4.2 Competitors must report immediately to the competitors' steward or Call Room area without delay once their events are called.
- 4.3 If swimmers are swimming in an event, or has been called to the Call Room, Coach/Teacher in charge is required to inform the competitors' steward at the Call Room area.
- 4.4 Competitors who do not report after **3** repeated calls for an event would be excluded from the event and shall be indicated as **DNS** (did not start). Competitors who report after the next event is called will not be allowed to compete unless they are involved in another event or in prize giving when the event is announced.

### 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.

### 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.

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### **7. Competition Arena**

- 7.1 Only competitors who are scheduled for a particular event shall be allowed to enter the pool.
- 7.2 Teachers/Coaches shall be allowed in the competition arena with competitors up to the start area, after which, all teachers/coaches are required to leave the arena immediately.
- 7.3 If competitor requires assistance to start, then teachers/coaches are required to leave the arena immediately after the start signal.
- 7.4 Only officials on duty shall be allowed to remain in the arena.

### **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 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 and Overall Best Performance Trophy**

- 9.1 Prizes will be awarded to the first three placing.
- 9.2 In the event of a tie for first, both will be awarded for the first placing. The next placing will be third placing.
- 9.3 In the event of a tie for second placing, no prizes will be awarded for the third placing.
- 9.4 In the event of a tie for the third placing, prizes will be awarded for all winners
- 9.5 Prizes for each completed event will be presented at the prize presentation session. All medallists are requested to report to the Medal Ceremony holding area immediately after being advised by officers-in-charge or Prize Steward. If competitors are required to report to the Competitors Marshall, a representative shall collect the prize on behalf of the competitor.
- 9.6 Overall Best Performance Trophy shall be determined by the team in the ranking order based first on the number of Gold Medals won, then Silver and Bronze. If, after the above, teams are still tied, then equal ranking is given and trophy is shared



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### 10. Protest

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]**.

Only team leader shall lodge the protest by filling Form – Protest Form. A Jury Panel shall resolve such protests, and its decision shall be final.

### 11. Equipment and Attire

11.1 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.

For any enquires please contact Singapore Disability Sports Council:

**Phone:** 6342 3501 / 3505

**Email:** lohnc@sdsc.org.sg



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### ANNEX A

#### **CP / PI – Cerebral Palsy / Physical Impairment**

There will not be any further categorisation or classification of Cerebral Palsy / Physical Impairment.

#### **VI – Visual Impairment**

There will not be any further categorisation or classification of Visual Impairment.

### **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.

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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.

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.