



SPH FOUNDATION NATIONAL INCLUSIVE SWIMMING CHAMPIONSHIPS 2017

1. Competition Information

Date: Saturday, 1st July 2017

Time: 8am (Admission). 9am (Event Start).

Venue: Toa Payoh Swimming Complex (Competition Pool)

301 Lorong 6 Toa Payoh, S(319392)

2. Competition Management

Singapore Disability Sports Council

Singapore Swimming Association

Deaf Sports Association

3. Team Managers Meeting

3pm, Friday, 26 May 2017

Singapore Disability Sports Council

4. Entries

4.1 Entry Fees

\$10.00 per participant (an invoice will be issued upon entry form submission)

All cheques should be made payable to "Singapore Disability Sports Council"
(Please write the name of the school/ organization, name of individual on the reverse side of the cheque)

4.2 To Register

Last day of entry form submission: 5pm, Thursday, 15th June 2017

Submit via: nationalswimming@sdsc.org.sg



5. Classifications

Classification reference from <https://www.paralympic.org/swimming/classification>

- **Physical Impairment, PI (Classes*: S1- S10, SB1- SB9)**
Refers to either a total or partial loss of bodily functions such as the ability to walk or fine motor skills, or a total/ partial loss of a part of the body
Eligibility:
 1. Singaporean or Permanent Resident
 2. A person certified by a medical practitioner to have a Physical Impairment (Please submit a copy together with entry form)
 3. Internationally and/ or locally classified
- **Visual Impairment, VI (Classes*: S11 – S13, SB11- SB13)**
Refers to significant visual loss that cannot be corrected by means of the use of optical lenses, medication or operation.
Eligibility:
 1. Singaporean or Permanent Resident
 2. A person certified by a medical practitioner to have a Visual Impairment (Please submit a copy together with entry form)
 3. 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
- **Intellectual Impairment, II (Classes*: S14, SB14)**
Refers to significant limitations in both cognitive and adaptive functioning, as expressed in conceptual, social and practical adaptive skills.
Eligibility:
 1. Singaporean or Permanent Resident
 2. Certified by a medical practitioner to have an Intellectual Impairment (Please submit a copy together with entry form)
 3. IQ of 75 or below
 4. Significant limitations in adaptive behavior
 5. Impairment must have been present before the age of 18
- **Deaf, (D) (Class*: S15, SB15)**
Eligibility:
 1. Singaporean or Permanent Resident
 2. Certified by a medical practitioner to have a Hearing Impairment (Please submit a copy together with entry form)

**A prefix of "S" is used for Freestyle, Backstroke & Butterfly
A prefix of "SB" is used for Breaststroke*



Important Note

All new swimmers with Physical Impairment (PI) must be classified (internationally or locally) to be eligible to compete.

**For NEW swimmers who need to be classified, please inform Singapore Disability Sports Council for special arrangement for classification

6. Event Categories

Open Division: 15 years old and above (Born on 31st December 2002 and before)

Senior Division: 13 and 14 years old (Born on 1st January 2003 – 31st December 2004)

Junior B Division: 10 to 12 years old (Born on 1st January 2005 to 31st December 2007)

Junior A Division: 7 to 9 years old (Born on 1st January 2008 to 31st December 2010)

ACE Division: Non- Singaporeans and Non- Permanent Residents

<p>Open Division Male & Female 15 years old and above (Born on 31st December 2002 and before)</p>	<p>Classes <i>A prefix of "S" is used for Freestyle, Backstroke & Butterfly</i> <i>A prefix of "SB" is used for Breaststroke</i></p>
Freestyle 200m	S1 – S6 & S14-15
Freestyle 100m	S1 – S15
Freestyle 50m	S1 – S15
Butterfly 100m	S8 – S15
Butterfly 50m	S1 – S10 & S14, S15
Backstroke 100m	S1 – S2, S5 – S15
Backstroke 50m	S1 – S5, S10 & S14, S15
Breaststroke 100m	SB4 – SB9 & SB11 – SB15
Breaststroke 50m	SB1 – SB5, SB7 – SB8, SB11 – SB15

<p>Senior Division Male & Female 13 and 14 years old (Born on 1st January 2003 – 31st December 2004)</p>	<p>Classes <i>A prefix of "S" is used for Freestyle, Backstroke & Butterfly</i> <i>A prefix of "SB" is used for Breaststroke</i></p>
Freestyle 50m	S1 – S15
Butterfly 50m	S1 – S15
Backstroke 50m	S1 – S15
Breaststroke 50m	SB1 – SB15

<p>Junior B Division Male & Female 10 to 12 years old (Born on 1st January 2005 to 31st December 2007)</p>	<p>Classes <i>A prefix of "S" is used for Freestyle, Backstroke & Butterfly</i> <i>A prefix of "SB" is used for Breaststroke</i></p>
Freestyle 50m	S1 – S15
Butterfly 50m	S1 – S15
Backstroke 50m	S1 – S15
Breaststroke 50m	SB1 – SB15

<p>Junior A Division Male & Female 7 to 9 years old (Born on 1st January 2008 to 31st December 2010)</p>	<p>Classes <i>A prefix of "S" is used for Freestyle, Backstroke & Butterfly</i> <i>A prefix of "SB" is used for Breaststroke</i></p>
Freestyle 50m	S1 – S15
Butterfly 50m	S1 – S15
Backstroke 50m	S1 – S15
Breaststroke 50m	SB1 – SB15

<p>ACE Division Male & Female</p>	<p>Classes <i>A prefix of "S" is used for Freestyle, Backstroke & Butterfly</i> <i>A prefix of "SB" is used for Breaststroke</i></p>
Freestyle 50m	S1 – S15
Breaststroke 50m	SB1 – SB15

7. Competition Schedule

Event	Open Division	Senior Division	Junior B Division	Junior A Division	ACE Division
1	Female 200m Freestyle				
2	Male 200m Freestyle				
3	Female 100m Freestyle				
4	Male 100m Freestyle				
5	Female 100m Butterfly				
6	Male 100m Butterfly				
7	Female 100m Backstroke				
8	Male 100m Backstroke				
9	Female 100m Breaststroke				
10	Male 100m Breaststroke				
11				Female 50m Backstroke	
12				Male 50m Backstroke	
13			Female 50m Backstroke		
14			Male 50m Backstroke		
15		Female 50m Backstroke			
16		Male 50m Backstroke			
17	Female 50m Backstroke				
18	Male 50m Backstroke				
19				Female 50m Butterfly	
20				Male 50m Butterfly	
21			Female 50m Butterfly		

22			Male 50m Butterfly		
23		Female 50m Butterfly			
24		Male 50m Butterfly			
25	Female 50m Butterfly				
26	Male 50m Butterfly				
27					50m Breaststroke
28				Female 50m Breaststroke	
29				Male 50m Breaststroke	
30			Female 50m Breaststroke		
31			Male 50m Breaststroke		
32		Female 50m Breaststroke			
33		Male 50m Breaststroke			
34	Female 50m Breaststroke				
35	Male 50m Breaststroke				
36					50m Freestyle
37				Female 50m Freestyle	
38				Male 50m Freestyle	
39			Female 50m Freestyle		
40			Male 50m Freestyle		
41		Female 50m Freestyle			
42		Male 50m Freestyle			
43	Female 50m Freestyle				
44	Male 50m Freestyle				



8. Competition procedures, rules and regulations

8.1 General Information

All events shall be conducted based on a timed finals format.

Minimum age for all competitors is **7 years old** (Born on 31st December 2010 and before).

No minimum qualifying standards are required.

The championship shall be run under the latest IPC SWIMMING RULES (Annex A)
The Organizing Committee may combine events depending on the number of entries.

The competition schedule shall be made available on 28th June 2017 by email.

8.2 Rules Governing Entries

Competitors should report to the competitors' steward or Call Room area once their events are announced. (Coaches/ Teacher-in-charge to ensure this)

8.3 The Start

The one start rule shall be applied.

8.4 The False Start

IPC Swimming Rule 3.1.6 shall be applied (Annex A).

8.5 Competition Arena

Teachers/ Coaches may accompany competitors up to the start area and leave immediately thereafter.

If competitors require assistance to start, teachers/ coaches should leave the start area immediately after the start signal.

8.6 Results of the Meet

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

Results of the meet will be posted on the results' notice board as and when they become available. Please do not approach the meet officials for results.

9. Clothing and equipment

Clothing and equipment used by athletes must comply with IPC Swimming Rule 2.13.5 and 2.13.6. (Annex B)

10. Appeals and protest

Technical appeals and protests must be made to the Meet Director within thirty [30] minutes following the publication of official results by filling in the Protest form, together with **one hundred Singapore dollars [\$100.00]**.



11. Victory Ceremony

Medals will be presented at the Victory Ceremony session. All medalists are requested to report to the Medal Ceremony holding area immediately after being advised by Officers-in-charge or Prize Steward.

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.

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.



ANNEX B

2.13.5 In swimming competitions the swimmer must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

2.13.6 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 shall extend below the knee. All swimsuits shall be made from textile materials.