

NATIONAL PARA SWIMMING CHAMPIONSHIPS 2023

1 **INTRODUCTION**

The Singapore Disability Sports Council (SDSC) is pleased to invite all schools, associations and clubs to participate in the National Para Swimming Championships on 4 March 2023 (Saturday).

1.1 **Objectives:**

- Creating opportunities for youth persons with disability to compete
- Recruiting potential newcomers to the national or national development squads
- Nominating athletes to represent Singapore at major/international competitions
- World Para Swimming (WPS), the governing body for para swimming, will recognise this competition as an approved WPS competition. This will allow licensed swimmers to meet WPS MQS timings. These timings can be considered for regional and world records, as well as inclusion for WPS ranking for respective events for individual sport classes.

1.2 **This document contains:**

- 1 – Introduction
- 2 – General Information
- 3 – Event Information
- 4 – Event Regulations
- 5 – Event Procedures
- 6 – Medals and Awards
- 7 – Protest
- 8 – Risk Management
- 9 – Personal Data Protection
- 10 – Filming and Photography
- 11 – Safe Management Measures

Annex A – World Para Swimming Rules 2018 – 2021 (Abstract on Section 10: General Competition Rules – 10.15 Swimwear)

Annex B – World Para Swimming Rules 2018 – 2021 (Abstract on Section 11: Swimming Rules – 11.1 The Start)

2 **GENERAL INFORMATION**

- 2.1 **Venue:** OCBC Aquatic Centre
- 2.2 **Event Date/Time:** 4 March 2023 (Saturday)
8.30am-3pm
*(Tentative, TBC during TM Meeting)

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- 2.3 Categories:** **For Singaporeans and Permanent Residents (PR)**
- Open Division:** 15 years old and above (Born in 2008 and before)
- Division A:** 13 – 14 years old (Born between 2010 – 2009)
- Division B:** 10 – 12 years old (Born between 2013 – 2011)
- Division C:** 7 – 9 years old (Born between 2016 – 2014)

For Non-Singaporeans and Non-PRs

All Can Enter (ACE): At least 7 years old (Born in 2016)

- 2.4 Eligibility:**
- a) With either Physical Impairment, Visual Impairment, Intellectual Impairment, Deaf/Hard of Hearing or Autism
- b) Holds a valid local- or internationally-recognised classification status

Physical Impairment, PI	(Classes: S1 – S10)
Visual Impairment, VI	(Classes: S11 – S13)
Intellectual Impairment, II	(Class: S14 / II1)
Deaf, Hard of Hearing	(Class: S15)
Autism	(Class: II3)
Significant Intellectual Disability	(Class: II2)

C) Participants who enter in the championship must possess the ability and skills required to complete their events proficiently, i.e. be able and confident to swim at least 50m without buoyancy aid. The Organiser reserves the right to remove participants from their events if they are found not to meet the competency level, or for safety considerations.

- 2.5 Entry Fees:** **SDSC members** – S\$5.00 per Swimmer / TM/ Coach/ Caregiver
- Non-members** – S\$20.00 per Swimmer / TM/ Coach/ Caregiver

Entry fees would entitle the Swimmer / TM/ Coach/ Caregiver to accreditation. Participants would also be provided a certificate of participation.

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Kindly wait for SDSC to issue an invoice to the Team and payment can be made by Bank Transfer & Paynow.
*Entry fees must be paid before entry can be confirmed during TM Meeting.

2.6 Registration Deadline:

15 February 2023

Submit all necessary documents via email to jessica.chua@sdsc.org.sg and tze.wei@sdsc.org.sg

Late entries will not be accepted. Changes of entries will not be allowed after the registration deadline. Start lists will be available on SDSC website from 2 March 2023.

2.7 Local Classification:

Please email to jessica.chua@sdsc.org.sg and tze.wei@sdsc.org.sg to register for a local classification slot by **15 February 2023**, if you belong to the following groups and do not have a valid classification status. Please send in a request for Classification. Information will be announced at a later date.

Do note that slots are limited and offered on a first-come-first-served basis.

a) Intellectual Impairment Participants in Open Division - S14, I12, I13

Psychological report certifying onset impairment before 18 years old is needed for classification

b) Physical Impairment Participants in All Divisions –S1-S10
medical diagnosis report certifying the impairment is needed for classification.

c) Visual Impairment Participants – S11- S13

A Doctor's Memo certifying:

- very low visual acuity and/ or no light perception OR
- low visual acuity and/or a visual field of less than 5 degrees radius OR
- low visual acuity and/or a visual field of less than 20 degrees radius.

d) Deaf or Hard of Hearing Participants –S15

A memo from Deaf Sports Association certifying eligibility
Contact: info@dsa.org.sg



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- 2.8 Team Manager Meeting:** Date: 1 March 2023 (Wednesday)
Time: 12pm
Venue: Conducted via Zoom (meeting link will be sent)
- 2.9 Accreditation:** Only accredited personnel are allowed to access the Pool Deck. Only Athletes would be provided accreditation. Officials such as team managers, teachers, coaches and caregivers are to apply for the accreditations in **Form A**. Passes are non-transferable. Those who abuse or transfer passes shall be voided of their accreditation. Final number of allocated accreditation will be announced during the team manager meeting
- 2.10 For Any other enquiries:** Please contact Jessica at jessica.chua@sdsc.org.sg / tze.wei@sdsc.org.sg



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3 EVENT INFORMATION

Events	Classes	Age Groups			
		7-9	10-12	13-14	15 & Above
Backstroke 50m	S1 – S15, II2, II3				
Butterfly 50m					
Breaststroke 50m					
Freestyle 50m					
Backstroke 100m					
Butterfly 100m				✓	
Breaststroke 100m					
Freestyle 100m					
Freestyle 200m					
IM 200m					
Freestyle 400m					



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3.1 Event Order (Tentative)

Long Course (50m)

- Women's 100m Breaststroke
- Men's 100m Breaststroke
- Women's 100m Backstroke
- Men's 100m Backstroke
- Women's 100m Butterfly
- Men's 100m Butterfly
- Women's 100m Freestyle
- Men's 100m Freestyle
- Women's 50m Breaststroke
- Men's 50m Breaststroke
- Women's 50m Backstroke
- Men's 50m Backstroke
- Women's 50m Butterfly
- Men's 50m Butterfly
- Women's 50m Freestyle
- Men's 50m Freestyle
- Women's 200m Freestyle
- Men's 200m Freestyle
- Women's 400m Freestyle
- Men's 400m Freestyle
- Women's 200m Individual Medley
- Men's 200m Individual Medley



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4 **EVENT REGULATIONS**

4.1 **Organiser**

4.1.1 SDSC, as the championship organiser, shall have jurisdiction over all matters.

4.2 **Sports Entries**

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

4.2.2 Minimum age for all competitors is **7 years old (born in 2015)**.

4.2.3 There are no minimum qualifying standards but all participants **must at least be competent** in their respective events, i.e. able to complete their events without buoyancy aid or external assistance.

4.2.4 2018-2021 World Para Swimming Rules and Regulations shall apply for this championship. They can be found at <http://www.paralympic.org/swimming/rules-and-regulations>.

4.2.5 Eligibility criteria will follow the World Para Swimming Sports Classification January 2018 Rules. (<https://www.paralympic.org/swimming/classification>)

4.2.6 Athletes wishing to participate in a higher division must indicate in the registration form. Athletes can only compete in ONE DIVISION and ONE CLASS. Their participation is subject to the approval of the Organiser.

4.2.7 The Organiser reserves the right to combine events dependent on the number of entries.

4.2.8 Please refer to 3. Event Information for the complete list of events offered.

4.3 **Refund and Cancellation**

4.3.1 There shall be no refund of entry fees after the close of entries, regardless of whether the event proceeds or is cancelled. An event cancellation would only take place should there be a genuine safety or viability concern by the Organiser.

4.4 **World Para Swimming (WPS) recognition**

4.4.1 Only times of WPS events (WPS Rules 10.4.1) will be recognised by World Para Swimming. Only times of licensed athletes will be considered for records and inclusion into the World Para Swimming rankings.



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5 **EVENT PROCEDURES**

5.1 Reporting to competition officials

- 5.1.1 No Call Room for reporting, Persons-in-charge and team managers are responsible for marshalling the participants to the start block.
- 5.1.2 Competitors must report immediately to the race when it's called without delay once their events are due to be called.
- 5.1.4 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 medals giving when the event is announced.
- 5.1.5 Officers-in-charge or appointed representatives must inform the competitor officials if their athletes are involved in another event or medals giving when their names are called.

5.2 The Start

- 5.2.1 No competitor shall report directly to the starter.
- 5.2.2 A swimmer may be permitted to start beside the starting platform.
- 5.2.3 The Start rule (Annex B) shall be applied.
- 5.3.3 The start for all S15 events will be supported by their official for starting purposes.

5.4 Results of the meet

- 5.4.1 The final competition results shall be time-based. Hence, there shall be no heats for all events.
- 5.4.2 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.
- 5.4.3 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.

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6 MEDALS AND AWARDS

- 6.1 Medals will be awarded to the first three placings for competitive events.
- 6.2 In the event of a tie for second placing in competitive events, no medals will be awarded for the third placing.
- 6.3 In the event of a tie for the third placing in competitive events, medals will be awarded for all winners.

7 PROTEST

- 7.1 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]**.
- 7.2 Only the Officers-in-charge or appointed representatives shall lodge the protest by filling the Protest Form. A Jury Panel shall resolve such protests, and its decision shall be final.
- 7.3 If the protest is rejected, the deposit shall be forfeited. If the protest is upheld, the deposit shall be returned.

8.0 RISK MANAGEMENT

- 8.1 All sport activities contain some form of risk. While the Organiser has undertaken all measures deemed necessary to ensure safety at the event, it is the onus of the Participant and / or their Team Manager / Coach / Teacher-in-Charge / Carer to determine whether it is safe for the Participant to take part in the event. The Organiser shall not be responsible or assume liability for any injury to and death of persons, or loss of or damage to property, which may be sustained during the activity arising from any cause in connection with the activity.
- 8.2 The Organiser will be providing paramedic / registered nurse and ambulance services in case of emergencies during the event. However, any hospitalisation, inpatient, outpatient or emergency costs that may be incurred by the Participant shall remain the responsibility of the Participant.



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9.0 **PERSONAL DATA PROTECTION**

9.1 All Participants who are entered in the championship are deemed to have given written permission to the Organiser to collect, analyse and collate any personal information relating to that Participant, as the Organiser may in their sole discretion deem fit, including without any limitation information for the Organiser's programme, planning, data-processing, statistical or risk-analysis, research, fund-raising and/ or, any other purposes in furtherance of the functions or powers of SDSC.

10.0 **FILMING AND PHOTOGRAPHY**

10.1 Photographs and videos will be taken at this event, and be used to promote the sport. This could include the use of photographs and videos on our social media or other public engagement platforms.

10.2 As it may not be viable to administer censorship during the photography or videography procedures, the Organiser shall endeavour to censor individuals, based on their requests, before any use of the photos or videos. Such censorship may be requested by the Participant by completing the Photography and Videography Refusal Form (Form B), or speaking to the Meet Director, who shall then refer the Participant to the event's communications team.

11.0 **SAFE MANAGEMENT MEASURES (SMM)**

11.1 Please do not attend the event and seek testing if you have symptoms or are unwell. If anyone in the group displays COVID-19 symptoms, TMs are to isolate the person and alert the officials immediately

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ANNEX A

World Para Swimming Rules 2018 – 2021 Abstract on Section 10: General Competition Rules – 10.15 Swimwear

10.15.1 Only swimwear approved by World Para Swimming is permitted. The current list of approved male and female swimsuits, caps and goggles can be found on the World Para Swimming website.

10.15.2 Modification of a swimsuit and deviations to the body coverage requirements in Rule 10.15.6 to accommodate an athletes' Impairment, are permissible and must be approved and recorded by WPS management prior to the commencement of each Competition. Swimsuits without a FINA approval label must be approved by WPS. Interpretation: A swimsuit not bearing a valid FINA approval label will be approved provided it evidently fulfils the material requirements set forth in the current FINA Requirements for Swimwear Approval. This is notably the case for swimsuits made of traditional permeable textile (i.e. open mesh) material (such as cotton, Nylon, Lycra and the like) with no application of surface treatment closing the open mesh structure.

10.15.3 The swimwear (swimsuit, cap and goggles) of all athletes shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.

10.15.4 All swimsuits shall be non-transparent. It is permissible to wear a maximum of two (2) caps; both must adhere to the World Para Swimming Advertising Guidelines.

10.15.5 In swimming Competitions the athlete must wear only one (1) swimsuit in one (1) or two (2) pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

10.15.6 Swimsuits for men shall not extend above the navel or below the knee, and for women shall not cover the neck, extend past the shoulder, nor shall extend below the knee. See also Rule 10.15.2. All swimsuits shall be made from textile materials.





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ANNEX B

World Para Swimming Rules 2018 – 2021 Abstract on Section 11: Swimming Rules – 11.1 The Start

11.1.1 At the commencement of each race, the Referee shall signal to the athletes 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 athlete immediately to the starting position. When the athletes and Officials are prepared for the start, the Referee shall gesture to the Starter with a stretched out arm, indicating that the athletes are under the Starter's control. The stretched out arm shall stay in that position until the start is given.

11.1.2 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 (Rule 11.1.1) the athletes 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 (1) foot at the front of the starting platform. The position of the hands is not relevant. When all athletes are stationary, the Starter shall give the starting signal.

11.1.2.1 For an athlete with a Vision Impairment, on the long whistle from the Referee the athlete shall be permitted to orientate themselves prior to the Starters command "take your marks".

11.1.2.2 The athlete, who has balance problems (i.e. standing stationary), may have assistance to balance themselves on the starting platform (i.e. hold at the hips, hand, arm etc.), by one (1) Support Staff. Support Staff may aid the athlete to remain stationary at the start; however the Support Staff shall not allow the athlete unfair advantage by being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the athlete at the start is not permitted.

11.1.2.3 An athlete with only one (1) fully functional leg does not need to have a foot at the front of the starting platform as long as he has one (1) hand or other part of the arm at the front of the starting platform.

11.1.2.4 An athlete may be permitted to start beside the starting platform.

11.1.2.5 An athlete may be permitted to take up a sitting position on the starting platform. An athlete may be permitted to start in the water but is required to have one (1) 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.

11.1.2.7 Sport Class S/SB/SM1-3 athletes are permitted to have their foot/feet or the end of their limb/limbs held to the wall, until the starting signal is given. Giving momentum to the athlete at the start is not permitted.



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

11.1.2.9 To prevent abrasion, one (1) layer of towel, or the like, may be placed on the starting platform.

11.1.3 The start in Backstroke, 75m/150m Individual Medley events and Medley Relay events shall be from the water. At the Referee's first long whistle (Rule 11.1.1), the athletes shall immediately enter the water. At the Referee's second long whistle the athletes shall return without undue delay to the starting position. When all athletes have taken their starting positions, the Starter shall give the command "take your marks". When all athletes are stationary, the Starter shall give the starting signal

11.1.4 In IPC Games, IPC Competitions and WPS 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.

11.1.5 Any athlete 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 athlete(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 athletes 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 Rule 11.1.1.

11.1.6 For athletes with a hearing impairment, a strobe/starting light will be provided. If an athlete requires additional arm signals by the Starter, this must be requested by the responsible Team Leader at the Technical Meeting.

11.1.7 In the case of a Sport Class S1-10/SB1-9/SM1-10 and S/SB/SM14 athlete who additionally has a hearing Impairment, Support Staff shall be permitted to convey the starting signal to the athlete by the use of a non-verbal instruction, when no starting light is available.

11.1.8 In the case of an athlete with a Vision Impairment who additionally has a hearing Impairment, Support Staff shall be permitted to convey the starting signal to the athlete by the use of a non-verbal instruction.