

## SPH FOUNDATION NATIONAL INCLUSIVE SWIMMING CHAMPIONSHIPS 2019

### 1 INTRODUCTION

The Singapore Disability Sports Council (SDSC) is pleased to invite all schools, associations and clubs to participate in the SPH National Inclusive Swimming Championships on 5 May 2019 (Sunday).

#### 1.1 **Objectives:**

- Creating opportunities for persons with disability to compete
- Recruiting potential newcomers to the national or national development squads
- Nominating athletes to represent Singapore at major/international competitions

#### 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

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:** 5<sup>th</sup> May 2019 (Sunday)  
8:30 am (Admission)  
9:30 am (Event starts)  
4:00 pm (Event concludes)

**Optional: Familiarisation on 4 May 2019 (Saturday), 10am to 3pm (See 2.9)**

2.3 **Categories:** For Singaporeans and Permanent Residents (PR)

**Open Division:** 15 years old and above (Born in 2003 or before)

**Division A:** 13 – 14 years old (Born between 2004 – 2005)

**Division B:** 10 – 12 years old (Born between 2006 – 2008)

**Division C:** 7 – 9 years old (Born between 2009 – 2011)

Singaporeans or Permanent Residents (PR) must submit their entries with their NRIC numbers (e.g. SXXXXXXXXG).

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### For Non-Singaporeans and Non-PRs

**ACE:** At least 7 years old (Born in 2011)

Non-Singaporeans and non-PRs must submit their entries with their FIN numbers.

#### 2.4 Eligibility:

a) With either Physical Impairment, Visual Impairment, Intellectual Impairment, Hearing Loss or Autism

b) Holds a valid local- or internationally-recognised classification<sup>1</sup> status

Physical Impairment, PI	(Classes: S1 – S10)
Visual Impairment, VI	(Classes: S11 – S13)
Intellectual Impairment, II	(Class: S14)
Hearing Loss, HL	(Class: S15)
Autism, A	(Class: Autism)
Down Syndrome, DS	(Class: II2)

Participants who do not have a valid classification status are required to attend local classification or complete the indicated steps, if they fall under the groups stated in 2.7.

c) Competent to swim at least 50m without buoyancy aid

#### 2.5 Entry Fees: **\$10.00 per participant**

Payment can be made by:

a) Cheque

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)

b) Bank Transfer

**Bank Name:** DBS Bank

**Bank Address:** DBS Building Tower 2, 6 Shenton Way  
Singapore (068809)

**Swift Code:** DBSSSGSG

**Bank Code:** 7171

**Branch Code:** 033

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<sup>1</sup> Classification References:

PI, VI, II - <https://www.paralympic.org/swimming/classification>

Autism - <https://inas.org/about-us/athlete-eligibility/about-other-eligible-groups>

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**Account Name:** Singapore Disability Sports Council  
**Account Number:** 033-021741-2

(Please indicate your transaction as “NSC <Name of participant/school/club>”)

### 2.6 Registration Deadline:

**31<sup>st</sup> March 2019**

Submit all necessary documents via email to [tze.wei@sdsc.org.sg](mailto:tze.wei@sdsc.org.sg) Payments must also be made by the registration deadline.

After the registration deadline, late entries & entries changes are strictly not accepted

### 2.7 Local Classification:

**Please email to [tze.wei@sdsc.org.sg](mailto:tze.wei@sdsc.org.sg) to register for a local classification slot, if you belong to the following groups and do not have a valid classification status.**

#### a) II and DS Participants in Open Division

Date: 26 & 27 March 2019

Time: 10am – 1pm, 2pm – 6pm

Venue: SDSC, 3 Stadium Drive, #01-34, 397630

#### b) PI Participants in All Divisions

Date: 9 March 2019

Venue: Singapore Sports School

Time: 12pm – 4pm

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

\*Subject to change

**Please submit the following documents with your entry form, if you belong to the following groups and do not have a valid classification status.**

#### c) VI Participants

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) HL Participants

A memo from Deaf Sports Association certifying eligibility

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**2.8 Team Manager Meeting:** Date: 26 Apr 2019 (Friday)  
Time: 6pm to 7pm  
Venue: SDSC, 3 Stadium Drive, #01-34, 397630

**2.9 Familiarisation:** Participants who wish to understand the competition routines or practise in the waters of the event pool can indicate your interest when submitting the entry form.

Date: 4 May 2018 (Saturday)  
Time: 10am to 3pm  
Venue: SDSC, 3 Stadium Drive, #01-34, 397630

The session will be cancelled if no participants register interest by the registration deadline.

**2.10 For enquiries:** Please contact Ms Kang Tze Wei at [tze.wei@sdsc.org.sg](mailto:tze.wei@sdsc.org.sg) or call +65 6343 3564.

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### 3 EVENT INFORMATION

Events	Classes We will use the prefix of "S" for all classes and strokes.	Division				
		Open	A	B	C	ACE
Freestyle 400m	S6 – S15, Autism, Down Syndrome	X	X			
Freestyle 200m	S1 – S15, Autism, Down Syndrome	X	X			
Freestyle 100m	S1 – S15, Autism, Down Syndrome	X	X			
Freestyle 50m	S1 – S15, Autism, Down Syndrome	X	X	X	X	X
Butterfly 100m	S1 – S15, Autism, Down Syndrome	X	X			
Butterfly 50m	S1 – S15, Autism, Down Syndrome	X	X	X		
Backstroke 100m	S1 – S15, Autism, Down Syndrome	X	X			
Backstroke 50m	S1 – S15, Autism, Down Syndrome	X	X	X	X	
Breaststroke 100m	SB1 – SB9 & SB11 – SB15, Autism Down Syndrome	X	X			
Breaststroke 50m	SB1 – SB9 & SB11 – SB15, Autism Down Syndrome	X	X	X	X	X
4 x 100m (Relay Freestyle)	Maximum 34 points for S1-10 Maximum 49 points for S11-13 S14	x	x			
4 x 50m (Relay Freestyle)	Maximum 20 points for S1-10 Maximum 49 points for S11-13) S14 S15	x	x			
4 x 100m (Mixed Relay Freestyle)	S14 (The 4 swimmers' must be all S14) S15 (The 4 swimmers' must be all S15)	X	X			

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### 3.1 Event Order

- Women's 400m Freestyle
- Men's 400m Freestyle
- Women's 200m Freestyle
- Men's 200m Freestyle
- Women's 100m Backstroke
- Men's 100m Backstroke
- Women's 100m Breaststroke
- Men's 100m Breaststroke
- Women's 100m Butterfly
- Men's 100m Butterfly
- Women's 100m Freestyle
- Men's 100m Freestyle
- Women's 50m Backstroke
- Men's 50m Backstroke
- Women's 50m Breaststroke
- Men's 50m Breaststroke
- Women's 50m Butterfly
- Men's 50m Butterfly
- Women's 50m Freestyle
- Men's 50m Freestyle
- Women's 4 X 100m Freestyle Relay
- Men's 4 X 100m Freestyle Relay
- Women's 4 X 50m Freestyle Relay
- Men's 4 X 50m Freestyle Relay
- Mixed 4 X 100m Freestyle Relay

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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 2012)**.

4.2.3 No minimum qualifying standards but all participants **must at least be competent** in their respective events.

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 Event Information for the complete list of events offered.

4.2.9 The \*Event Start List shall be prepared after the close of entries, based strictly on the number of events and competitors. It shall be available for download on the SDSC website ([www.sdsc.org.sg](http://www.sdsc.org.sg)) and emailed to the appointed team representative.

\*Subject to changes

### 5 EVENT PROCEDURES

#### 5.1 **Reporting to competition officials**

5.1.1 Officers-in-charge or appointed representatives are responsible for marshalling the competitors to the competitors' officials / Call Room.

5.1.2 Competitors must report immediately to the competitors' officials or Call Room without delay once their events are due to be called.

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- 5.1.3 Competitors of each event will be called to report to Call Room before their scheduled event commence. Officers-in-charge or appointed representatives may refer to the event notice board for the event that is being 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 prize 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 prize 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 Swimsight starting device.

### **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.

## **6 MEDALS AND AWARDS**

- 6.1 Prizes will be awarded to the first three placings.

For events with less than four competitors, the 'minus one' rule will apply for prizes to be awarded: first placing for two competitors and first two placings for three competitors.

Prize will be awarded to the sole competitor if he/she breaks the previous meet record/National Record or if he/she sets a new meet record.



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- 6.2 In the event of a tie for second placing, no prizes will be awarded for the third placing.
- 6.3 In the event of a tie for the third placing, prizes will be awarded for all winners.
- 6.4 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.
- 6.5 The Best Team Performance Award will be based on the tally of gold medals achieved by clubs/schools/associations.

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.

In the event of a tie by the total number of bronze medals, prize money will be shared among the winners.

- 6.6 The Best Individual Performance Award will be based on the highest Multi Class Points System (MCPS) in the competition.

In the event of a tie for the award, the individual will be awarded based on the next highest MCPS.

- 6.7 The Organiser reserves the right to determine the winners for all awards.

- 6.8 **Award Quantums (provided in NTUC Vouchers)**

<b>Best Team Performance (Overall)</b>	
	\$350

<b>Open Division S1-S14 (15 years old and above)</b>	
<b>Best Individual Performance (Male)</b>	\$50
<b>Best Individual Performance (Female)</b>	\$50

<b>Division A S1-S14 (13 – 14 years old)</b>	
<b>Best Individual Performance (Male)</b>	\$50
<b>Best Individual Performance (Female)</b>	\$50

<b>Division B S1-S14 (10 – 12 years old)</b>	
<b>Best Individual Performance (Male)</b>	\$50
<b>Best Individual Performance (Female)</b>	\$50

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Division C S1-S14 (7 – 9 years old)	
Best Individual Performance (Male)	\$50
Best Individual Performance (Female)	\$50

Autism (7 and above)	
Best Individual Performance (Male)	\$50
Best Individual Performance (Female)	\$50

Hearing Loss S15 (7 and above)	
Best Individual Performance (Male)	\$50
Best Individual Performance (Female)	\$50

Down Syndrome II2 (7 – 9 years old)	
Best Individual Performance (Male)	\$50
Best Individual Performance (Female)	\$50

### 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.

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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.



**SPH FOUNDATION NATIONAL INCLUSIVE SWIMMING CHAMPIONSHIPS 2019****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.

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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.

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.