



NATIONAL PARA SWIMMING CHAMPIONSHIPS 2026
&
INTER-SCHOOL PARA SWIMMING CHAMPIONSHIPS 2026

1 Introduction

The Singapore Disability Sports Council (SDSC) is pleased to invite you to participate in the National Para Swimming Championships and Inter-school Para Swimming Championships. This year, we are transcending borders and extending a warm invitation to our regional para-sport associations to join us in Singapore.

1.1 Objectives

- Creating opportunities for persons with disability to compete
- Providing a platform for inter-school competition
- 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
- 7 – Schools Challenge Trophy
- 8 – Protest
- 9 – Risk Management
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Annex A – World Para Swimming Rules 2023 (Abstract on Section 10: General Competition Rules – 10.16 Swimwear)

Annex B – World Para Swimming Rules 2023 (Abstract on Section 11: Swimming Rules – 11.1 The Start)



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2 General Information

2.1 Venue: Our Tampines Hub Swimming Complex (Level 6)

2.2 Event Date/Time: 11 April 2026 (Saturday)
10am - 4pm
(Timing subject to changes)

2.3 Categories: **National Championships**
Open Division: 15 years old and above (Born in 2011 and before)

Inter-Schools Championships
Under-20 (U20): 17 – 19 years old (Born between 2009 – 2007)
Under-17 (U17): 15 – 16 years old (Born between 2011 – 2010)
Under-15 (U15): 13 – 14 years old (Born between 2013 – 2012)
Under-13 (U13): 10 – 12 years old (Born between 2016 – 2014)
Under-10 (U10): 7 – 9 years old (Born between 2019 – 2017)

2.4 Eligibility: 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.

Has either Physical Impairment, Visual Impairment, Intellectual Impairment, Deaf/Hard of hearing, Down Syndrome or Autism. Refer to 2.7 for classification requirements.

2.5 Entry Fees: **SDSC members – SGD\$10 per participant**
Regional & Non-members – SGD\$30 per participant

Entry fees would entitle the participant to accreditation.

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

2.6 Registration Deadline: **9 March 2026**
Submit all necessary documents via email to nurul.fiona@sdsc.org.sg.

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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 9 April 2026.

2.7 Classification: Holds a valid local or internationally-recognised classification status

Internationally-recognised classified swimmers must provide their SDSM ID in their entry.

Physical Impairment, PI	(Classes: S1 – S10)
Visual Impairment, VI	(Classes: S11 – S13)
Intellectual Impairment, II	(Class: S14)
Deaf, Hard of Hearing, HI	(Class: S15)
Autism	(Class: II3)
Down Syndrome	(Class: II2)

Please email to nurul.fiona@sdsc.org.sg to register for a local classification slot by **13 February 2026**, if you belong to the following groups and do not have a valid classification status.

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

a) Intellectual Impairment Participants - S14, II2, II3
Psychological report certifying onset impairment before 18 years old is needed for classification

b) Physical Impairment Participants – S1 to S10
A medical diagnosis report certifying the impairment is needed for classification.

c) Visual Impairment Participants – S11 to 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.

2.8 Opening Ceremony Singapore Para Sport Championships 2026 Opening Ceremony
Date: 11 April 2026, Saturday
Time: 8.00am to 10.00am
Venue: Our Tampines Hub Community Auditorium (Level 3)

Please refer to the Opening Ceremony Information Deck for more details.



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2.9 Team Manager Meeting: Date: 2 April 2026, Thursday
Time: 12pm
Venue: Conducted via Zoom (meeting link will be sent)

2.10 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. The final number of allocated accreditation will be announced during the team manager meeting.

2.11 For Any other enquiries: Please contact Fiona at nurul.fiona@sdsc.org.sg

3 Events Offered

Events	Classes
25m Finisher event	
Backstroke 50m	
Butterfly 50m	
Breaststroke 50m	
Freestyle 50m	
Backstroke 100m	
Butterfly 100m	
Breaststroke 100m	S1 - S15, II2, II3
Freestyle 100m	
Freestyle 200m	
IM 200m	
Freestyle 400m	
Mixed 4x100m Freestyle Relay	
Mixed 4x100m Medley Relay	

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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
- Mixed 4x100m Freestyle Relay
- 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
- Mixed 4x100m Medley Relay

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 2019)**.

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.

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- 4.2.4 2023 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 August 2022 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 Offered 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.

5 EVENT PROCEDURES

5.1 Reporting to competition officials

- 5.1.1 Persons-in-charge and team managers are responsible for marshalling the participants to the Call Room. Persons-in-charge and team managers are NOT to stay in the Call Room with the participants.
- 5.1.2 Participants of each event must report to the Call Room at least 15 minutes before their scheduled event commences. Persons-in-charge and team managers may refer to the event notice board for the event that is being called.
- 5.1.4 Participants who do not report at the stipulated time for an event would be excluded from the event and shall be indicated as **DNS** (did not start). Participants who report after the next event is called will not be allowed to compete unless they had been involved in another event or in prize giving when the event is announced.
- 5.1.5 Persons-in-charge and team managers must inform the competitor officials if their athletes are involved in another event or prize giving when their names are called.

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5.2 The Start

- 5.2.1 No participant 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/her 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

- 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 PRIZE MONEY (Nationals only)

- 7.1 Prize money in the form of vouchers will be awarded for the National Para Swimming Championships as follows:
 - 1st Place - \$30
 - 2nd Place - \$20
 - 3rd Place - \$10

In the event where there are 3 or fewer competitors, the minus-one rule will apply for vouchers only. Medals will still be awarded.

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8 SCHOOLS CHALLENGE TROPHY

8.1 The following schools are eligible for the Schools Challenge Trophy:

- MOE Mainstream Schools
- Government funded Special Education Schools
(<https://www.moe.gov.sg/special-educational-needs/sped-schools>)

8.2 The school, with the highest points, in each of the following will be awarded the Schools Challenge Trophy.

Impairment - Intellectual, Down Syndrome, Autism	Impairment - Physical, Visual, Deaf
U10 category	U10 category
U13 category	U13 category
U15 category	U15 category
U17 category	U17 category
U20 category	U20 category

In the event of a tie, the school with the highest coefficient will be awarded the Challenge Trophy

coefficient = Total number of medals ÷ Total number of participants

8.3 Challenge Trophy Points

Type	No. of points
Participation	
Every student with disability	1
Performance ('Minus 1' rule apply)	
1st placing	3
2nd placing	2
3rd placing	1

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Bonus for participation	
5 to 9 students w/ disabilities	10
10 to 19 students w/ disabilities	20
20 to 29 students w/ disabilities	30
30 to 39 students w/ disabilities	40
40 or more students w/ disabilities	50

9 PROTEST

9.1 Any technical protest or objection by a participant 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]**. This deposit shall be refunded if the protest or objection is confirmed to be valid by the Meet Director, or else it shall be forfeited.

9.2 Only the Team Manager or Person-in-Charge shall lodge the protest by filling the Protest Form. A Jury Panel shall resolve such protests, and its decision shall be final.

10 RISK MANAGEMENT

10.1 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.

10.2 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.

11 PERSONAL DATA PROTECTION

11.1 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, date-processing, statistical or risk-analysis, research, fund-raising and/ or, any other purposes in furtherance of the functions or powers of SDSC.



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FILMING AND PHOTOGRAPHY

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Photographs and videos will be taken at this event, and be used to promote the sport.

12.1 This could include the use of photographs and videos on our social media or other public engagement platforms.

12.2 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.

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ANNEX A

World Para Swimming Rules 2023

Abstract on Section 10: General Competition Rules – 10.16 Swimwear

10.16.1 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.

10.16.2 Modification of a swimsuit and deviations to the body coverage requirements in Rule 10.16.7 to accommodate an athletes' Impairment, are permissible if they have been approved and recorded by World Para Swimming-appointed officials prior to the commencement of each

10.16.3 A swimsuit not bearing a valid FINA approval label will only be considered approved if it 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.

10.16.4 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.

10.16.5 All swimsuits shall be non-transparent. It is permissible to wear a maximum of two (2) caps (this number includes any hair retaining device or 'soul cap'), both must adhere to the World Para Swimming Uniform and Equipment Advertising Regulations unless otherwise stated in Technical Documentation.

10.16.6 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.

10.16.7 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 10.16.2. All swimsuits shall be made from textile materials.



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ANNEX B

World Para Swimming Rules 2023
Abstract on Section 11: Swimming Rules – 11.1 The Start

11.1.1 Once all Athletes have removed their clothing, except for swimwear, the Referee shall signal the commencement of an event by a short series of whistles inviting them to get ready at the starting end, 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 Athletes immediately to the starting position. When the Athlete 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.

11.1.1.1 Athlete entering the water from the side of the pool are requested to enter the water on the series of short whistle blasts

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", Athlete 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 Athlete with balance problems (i.e. who have difficulty 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.

11.1.2.6 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 Athlete in 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, World Para Swimming Championships 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 initiating a starting before the signal may 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.