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**15<sup>TH</sup> EDITION OF THE USF NATIONAL  
INDEPENDENCE SWIMMING GALA**

**8 – 9 OCTOBER 2016**

**KAMPALA PARENTS SCHOOL**

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**SWIMMING GALA RULES & REGULATIONS**

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**AUGUST 2016**

**15<sup>TH</sup> EDITION OF THE USF NATIONAL INDEPEDENCE SWIMMING GALA  
8 – 9 OCTOBER 2016, KAMPALA PARENTS SCHOOL**

**SWIMMING GALA RULES AND REGULATIONS**

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**SWIMMING GALA RULES AND REGULATIONS**

**1. GENERAL**

- 1.1 The 15<sup>th</sup> Edition of the USF National Independence Swimming Gala will be held under the control of the Uganda Swimming Federation (USF) and the Technical Rules of FINA (the International Swimming Federation), respectively.
- 1.2 In cases of conflict in interpreting these rules, the FINA Technical Rules shall prevail.
- 1.3 In cases where USF does not provide for the rules, FINA Rules will apply.
- 1.4 The USF Executive shall have complete control of all swimming events at the Gala.
- 1.5 The Gala will be used as an additional qualifying Event for the forthcoming **2<sup>nd</sup> CANA Zone III Swimming Championships** due in **Kigali (RWA)** due in **November 2016** and the **13<sup>th</sup> FINA (SC) World Swimming Championships, 2 – 12 December 2016** in **Windsor (CAN)**.

**2. PARTICIPANTS**

- 2.1 The Swimming Gala is only for schools (pre-primary, primary and secondary level), tertiary institutions and any other educational institution. All competitors must be swimmers studying at schools, or other educational institution, which should be a Member of USF in good standing. Clubs will not take part.
- 2.2 All swimmers shall present to the USF Technical Committee their individual passports or birth certificates as proof of their age, this being an age group competition.
- 2.3 The School/educational institution which the swimmer represents must be a fully paid-up bona fide member of USF.
- 2.4 Schools/institutions that are not fully paid-up bona fide members of USF shall not be allowed to enter swimmers to participate in the Gala.

**3. JURY OF APPEAL**

The USF Executive shall act as the Jury of Appeal during the Gala.

#### **4. COMPETITION RULES AND REGULATIONS**

- 4.1 USF is responsible for the technical organization of the Gala, and the management of the Gala shall be under the sole control of the USF Executive and will arrange the Programme of Events.
- 4.2 The USF Executive shall also appoint the officials.
- 4.3 The USF Executive shall appoint judges and referees that will officiate at the Gala.
- 4.4 Where a swimmer or an official has, in the opinion of the Head Coach of a Team or the Referee, committed an act of misconduct, this shall be reported to the USF Secretary General who shall in turn report it to the USF Executive, which shall decide the appropriate action to be taken, including a report to the Team of the offender.

#### **5. NUMBER OF SWIMMERS, EVENTS AND ACCOMPANYING OFFICIALS**

The number of entries for the Swimming Gala and the number of accompanying officials are as follows –

- 5.1 Swimming – Men and Women
  - 5.1.1 In individual events, a maximum of 3 (three) swimmers per Team in each event. In the Relay events, only one team per country per event.
  - 5.1.2 All swimmers entered may be used in Relays and the composition may be changed between heats and finals.
- 5.2 In relation to swimmers entered, a Team may receive accreditation for Team Officials as follows –
  - 1 (one) official for 1 to 2 swimmers
  - 2 (two) officials for 3 to 5 swimmers
  - 4 (four) officials for up to 14 swimmers
  - 5 (five) officials for up to 20 swimmers
  - 6 (six) officials for over 20 swimmers
- 5.3 Each school/institution will only be allowed to field 1 (one) team. B teams will not be permissible.
- 5.4 The Order of the Programme as well as the Order of Competitions shall be determined by the USF Executive Committee, and is attached to the Rules.
- 5.5 All Events will be swum as Timed Finals.
- 5.6 Individual swimmers and Relay Teams shall be seeded for the heats in accordance with the times submitted on the official entry form. A draw will be held for those with individual times but swimmers who do not submit times shall be placed at the end lanes, in alphabetical order.

5.7 Assignment of lanes in heats/finals shall be as follows:

- Lane 3 – fastest time
- Lane 4 – second fastest time
- Lane 2 – third fastest time
- Lane 5 – fourth fastest time
- Lane 1 – fifth fastest time
- Lane 6 – sixth fastest time

5.8 The Events to be swum at the Swimming Gala will be the following –

**10 Years and Under (Male and Female)**

- 1) Freestyle: 50m
- 2) Backstroke: 50m
- 3) Breaststroke: 50m
- 4) Butterfly: 50m
- 5) Medley Relay: 200m
- 6) Relay: 200m Freestyle Relay

**11 – 12 Years (Male and Female)**

- 1) Freestyle: 50m, 100m
- 2) Backstroke: 50m, 100m
- 3) Breaststroke: 50m, 100m
- 4) Butterfly: 50m, 100m
- 5) Medley Relay: 200m
- 6) Relay: 200m Freestyle Relay

**13 – 14 Years (Male and Female)**

- 1) Freestyle: 50m, 100m
- 2) Backstroke: 50m, 100m
- 3) Breaststroke: 50m, 100m
- 4) Butterfly: 50m, 100m
- 5) Medley Relay: 200m
- 6) Relay: 200m Freestyle Relay

**15 Years and Over (Male and Female)**

- 1) Freestyle: 50m, 100m
- 2) Backstroke: 50m, 100m
- 3) Breaststroke: 50m, 100m
- 4) Butterfly: 50m, 100m
- 5) Medley Relay: 200m
- 6) Relay: 200m Freestyle Relay

**Open Events (Male and Female) (For Swimmers of 12 Years and Above only)**

- 1) 200m Freestyle
- 2) 200m Individual Medley
- 3) 400m Freestyle Relay
- 4) 400m Medley Relay

## 6. ENTRIES

- 6.1 Teams wishing to take part in the Swimming Gala shall send Entries with the names of the swimmers in the various events by **30 September 2016** to the USF Competitions Secretary via Email to [akiikirezi@gmail.com](mailto:akiikirezi@gmail.com) with copies to [ugandaswimmingfed@gmail.com](mailto:ugandaswimmingfed@gmail.com) and [ugandaswimmingfed@hotmail.com](mailto:ugandaswimmingfed@hotmail.com)
- 6.2 Each Team may enter only **3 (three) swimmers** in each individual event and one team in each relay event.
- 6.3 There will be no time standards.
- 6.4 Only swimmers entered in swimming events or as Relay only swimmers for the Gala, may be used in Relay teams. The composition of a Relay Team may be changed provided that it is made up from the list of swimmers entered by the School/Educational Institution.
- 6.5 The Names of Swimmers in the relay must be submitted on the official relay entry form in the correct order and in the medley relay, the stroke must be specified, at least one hour before the start of the session in which the relay will be swum.
- 6.6 USF Member Schools/Educational Institutions will pay an Entry Fee of **UGX 300,000/=** whereas USF Non-Member Schools/Institutions will pay **UGX 450,000/=** not later than **Saturday 1 October 2016**. Spectators and fans accompanying teams will each pay a spectator fee of **UGX 5,000/=** per day.
- 6.8 The minimum number of swimmers participating in an individual event shall be **5 (five)**.
- 6.9 The minimum number of teams participating in a Relay Events shall be 4 (four) teams.
- 6.10 If the above conditions are not fulfilled the said event may be cancelled at the discretion of the USF Executive.

## 7. TEAM MANAGERS' MEETING

The Team Leaders Meeting will be held on **Saturday 1 October 2016** starting at **11:00 am** at **the Competition Pool (Kampala Parents School)**, and is subject to confirmation by the USF Executive. It is mandatory for the Team Managers of the Schools/Educational Institutions to take part in the Team Leaders Meeting (GR7.1)

## 8. TECHNICAL OFFICIALS' MEETING

A Meeting for all Technical Officials selected to officiate the Gala will be held on the **7 October 2016** starting at **2.30 pm** at **the Competition Venue (Kampala Parents School)** or such other place and time that may be communicated by a representative of the USF Executive. **Technical Officials who do not attend this Meeting will be automatically dropped and will not be eligible to Officiate the Event.**

## 9. SUBSTITUTION, WITHDRAWAL AND PROTESTS

### 9.1 Substitution

Any entered competitor may be substituted by another entered competitor at the Team Leaders Meeting.

### 9.2 Withdrawal

9.2.1 Swimmers or relay teams not wishing to take part in an Event may withdraw at the Team Managers' Meeting at no fee. Withdrawals on Competition days may be communicated within 30 (thirty) minutes before commencement of the day's session.

9.2.2 The Team of any competitor who withdraws from an event after the Team Managers' Meeting shall pay to the USF the sum of **UGX 200,000/=**, and in the case of a relay, the sum shall be **UGX 400,000/=**.

### 9.3 Protests

9.3.1 Protests are possible (GR 9.2.1):

- a) If the rules and regulations for the conduct of the competition are not observed
- b) If other conditions endanger the competitions and or competitors, or
- c) Against decisions of the referee;

9.3.2 No protest shall be allowed against decisions of fact.

9.3.3 Protest to the referee must be submitted (GR 9.2.2)

- a) In writing on USF Protest Forms;
- b) By the responsible team leader;
- c) Together with a deposit of **UGX 200,000/=** and within 30 minutes following the announcement or publication of the disqualification.

9.3.4 If conditions causing a potential protest are noted prior to the event, a protest must be lodged before the signal to start is given.

## 10. AWARDS

10.1 Medals shall be awarded to the swimmers in each individual and each Relay Event as follows:

First – Gold Medal;  
Second – Silver Medal;  
Third – Bronze Medal;

- 10.2 In the case of equal times, medals shall be awarded as follows:  
 1st place: 2 gold – no silver, 1 bronze  
 2nd place: 1 gold, 2 silver – no bronze  
 3rd place: 1 gold, 1 silver, 2 bronze
- 10.3 In the case of 3 equal times, medals shall be awarded as follows (GR9.11.1):  
 1st place: 3 gold - no silver, no bronze  
 2nd place: 1 gold, 3 silver – no bronze  
 3rd place: 1 gold, 1 silver, 3 bronze
- 10.4 Recipients of Medals will be attired in the Team Uniform and must stand in line at the area designated for receiving medals at least 5 minutes before the award. Not compliant swimmers will forfeit the medals.
- 10.5 Diplomas will be awarded to all participants.

## **11. TROPHIES**

- 11.1 The following trophies will be awarded –
- |                                |                                |
|--------------------------------|--------------------------------|
| Best Team:                     | Point Count (Male and Female)  |
| Best male Team:                | Point Count                    |
| Best female Team:              | Point Count                    |
| Best Swimmers 10 Years & Under | Highest Points (Female & Male) |
| Best Swimmers 11 – 12 Years    | Highest Points (Female & Male) |
| Best Swimmers 13 – 15 Years    | Highest Points (Female & Male) |
| Best Swimmers 15 Years & Over  | Highest Points (Female & Male) |
- 11.2 Where there is a tie in the number of points, the number of gold medals will be used. Likewise if a tie persists, then the number of silver medals will be used to determine the winner, and if the tie persists, the number of bronze medals shall be considered.

## **12. POINTS**

Points will be awarded to competitors as follows:

- 12.1 Swimming only for the first 16 places as follows –  
 Place 1 – 16: 18, 16, 15, 14, 13, 12, 11, 10, 8, 7, 6, 5, 4, 3, 2, 1.
- 12.2 Relays only for the first 8 place as follows –  
 Place 1 – 8: 36, 32, 30, 28, 26, 24, 22, 20.

## **13. MEDICAL AND DOPE TESTING**

- 13.1 A medical officer who shall be present throughout the competition, shall be provided by the Executive Committee.
- 13.2 Facilities for doping control may be provided, in accordance with FINA Rules.



- 13.3 USF, in recognition that the use of substances or practices which artificially enhance a swimmer's performance is illegal, and in recognition that there is a necessity to fight this malpractice, may implement random testing during training and at any time in and out of competition according to the decision of the USF Executive.
- 13.4 The banned substances and practices are those contained in the FINA list.
- 13.5 The doping control if and when carried out, shall be according to FINA Rules and the tests shall be made at laboratories appearing in the International Olympic Committee approved list.
- 12.6 Where a swimmer tests positive, the said swimmer shall be sanctioned by the USF Executive in accordance with FINA Rules.

**14. TECHNICAL EQUIPMENT**

- 14.1 The Organizing Committee shall ensure that automatic officiating equipment is installed at the Swimming Pool in accordance with FINA Rules.
- 14.2 The USF Competitions Secretary shall certify that all technical equipment and electronic timing devices at the venue of the swimming events are correct and in working order before any competition begins.
- 14.3 The competition facility shall be a 25-meter swimming pool.

**15. TRAINING POOL**

The Competition Pool will also double as the Training Pool. The Training shall be provided between 7.00 am to 8.30 am on the competition days.

**16. SWIMWEAR AND ADVERTISING**

**16.1 Swimwear**

- 16.1.1 The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive (GR5.1).
- 16.1.2 All swimsuits shall be non-transparent It is permissible to wear two (2) caps. (GR5.2).
- 16.1.3 The referee of has the authority to exclude any competitor whose swimwear or body symbols do not comply with this Rule (GR5.3).
- 16.1.4 Competitors shall wear only one swimsuit in one or two pieces. No additional items, like armbands, or leg bands shall be regarded as parts of a swimsuit (BL8.2).
- 16.1.5 Strapping will not be permitted.

16.1.6 Swimwear for men shall not extend above the navel or below the knee.

16.1.6 Swimwear 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 (BL 8.3).

## **16.2 Advertising**

### **16.2.1 Swimsuits (BL 7.1.1)**

- a) One (1) manufacturer's logo of a maximum size of 30 square centimetres when worn.
- b) Where one-piece body suits are used, two (2) logos of the manufacturer shall be permitted, one above the waist and one below the waist of a maximum size of 30 square centimetres each when worn.
- c) These two (2) logos of the manufacturer shall not be placed immediately adjacent to each other.
- d) Where two-piece body suits are used, the two (2) logos of the manufacturer shall be placed on one part each.
- e) One (1) flag and one (1) team name or code of a maximum of 50 square centimetres when worn.
- f) One (1) sponsor's logo of a maximum of 30 square centimetres when worn.

### **16.2.2 Caps**

- a) One (1) manufacturer's logo of a maximum size of 20 square centimetres on the front.
- b) One (1) Partner's logo of the size decided by FINA from case to case.
- c) One (1) flag and or country name (code) of the size of 32 square centimetres.
- d) The side on which the team name (code) shall be printed will be advised by USF.
- e) Athlete's name, 20 square centimetre, shall be printed on the same side as the flag and team name (code).

### **16.2.3 General**

- a) One (1) flag and or country name (code) of the size of 32 square centimetres. The side on which the flag and the country name (code) shall be printed will be advised by USF.
- b) Athlete's name, 20 square centimetre, shall be printed on the same side as the flag and country name (code).

### **16.2.4 Goggles (BL 7.1.4)**

Two (2) manufacturer logos of maximum 6 square centimetres are allowed on the goggles, but only on the spectacle frame or band.

### **16.2.5 General**

- a) Towels and bags may carry two advertisements. Tracksuits and officials' uniforms may carry two advertisements, one on the top and two on trousers or skirts.
- b) A manufacturer's or sponsor's logo may be repeated but the same name may only be used once in each article or garment.
- c) Advertising for tobacco or alcohol is prohibited.

## **16.3 Smoking Not Permitted At the Competition Venue**

Smoking shall not be permitted in any area designated for swimmers, either prior to or during competitions.

## **16.4 Impersonation**

Any participant found impersonating another swimmer will be expelled from the Gala, and if found out after the Gala, will be subject to disciplinary action by from USF. Any official of a Team who causes or encourages a competitor to impersonate another competitor will be expelled from the Gala, and if found out after the Gala, will be subject to disciplinary action by from USF. The Team may also suffer a points reduction among other penalties that may be imposed by the USF.

## PROGRAMME OF EVENTS

**Day 1 - Saturday 8 October 2016**

**Warm up Session - 07:00 to 8:30am**

**Morning Session - Start 09:00 am**

Event #	Girls/Boys	Age	Event Name
1	Girls	Open	200 Individual Medley
2	Boys	Open	200 Individual Medley
3	Girls	10 & Under	50 Butterfly
4	Boys	10 & Under	50 Butterfly
5	Girls	11 – 12	50 Butterfly
6	Boys	11 – 12	50 Butterfly
7	Girls	13 – 14	50 Butterfly
8	Boys	13 – 14	50 Butterfly
9	Girls	15 & Over	50 Butterfly
10	Boys	15 & Over	50 Butterfly
11	Girls	11 – 12	100 Freestyle
12	Boys	11 – 12	100 Freestyle
13	Girls	13 – 14	100 Freestyle
14	Boys	13 – 14	100 Freestyle
15	Girls	15 & Over	100 Freestyle
16	Boys	15 & Over	100 Freestyle
<b>Medal Awarding ceremony for Events 1 - 16</b>			
17	Girls	11 – 12	100 Backstroke
18	Boys	11 – 12	100 Backstroke
19	Girls	13 – 14	100 Backstroke
20	Boys	13 – 14	100 Backstroke
21	Girls	15 & Over	100 Backstroke
22	Boys	15 & Over	100 Backstroke
23	Girls	Open	200 Freestyle
24	Boys	Open	200 Freestyle
25	Girls	11 – 12	200 Individual Medley
26	Boys	11 – 12	200 Individual Medley
27	Girls	13 – 14	200 Individual Medley
28	Boys	13 – 14	200 Individual Medley
29	Girls	15 & Over	200 Individual Medley
30	Boys	15 & Over	200 Individual Medley
<b>Medal Awarding ceremony for Events 17 - 30</b>			

**Lunch break: 1:00pm – 2:00pm**

**Day 1**

**Afternoon Session - Start 2:00 pm**

<b>Event #</b>	<b>Girls/Boys</b>	<b>Age</b>	<b>Event Name</b>
31	Girls	Open	4x100 Freestyle Relay
32	Boys	Open	4x100 Freestyle Relay
33	Girls	10 & Under	50 Breaststroke
34	Boys	10 & Under	50 Breaststroke
35	Girls	11 – 12	50 Breaststroke
36	Boys	11 – 12	50 Breaststroke
37	Girls	13 – 14	50 Breaststroke
38	Boys	13 – 14	50 Breaststroke
39	Girls	15 & Over	50 Breaststroke
40	Boys	15 & Over	50 Breaststroke
<b>Medal Awarding ceremony for Events 31 - 40</b>			
41	Girls	10 & Under	4x50 Medley Relay
42	Boys	10 & Under	4x50 Medley Relay
43	Girls	11 – 12	4x50 Medley Relay
44	Boys	11 – 12	4x50 Medley Relay
45	Girls	13 – 14	4x50 Medley Relay
46	Boys	13 – 14	4x50 Medley Relay
47	Girls	15 & Over	4x50 Medley Relay
48	Boys	15 & Over	4x50 Medley Relay
49	Girls	11 – 12	100 Butterfly
50	Boys	11 – 12	100 Butterfly
51	Girls	13 – 14	100 Butterfly
52	Boys	13 – 14	100 Butterfly
53	Girls	15 & Over	100 Butterfly
54	Boys	15 & Over	100 Butterfly
<b>Medal Awarding ceremony for Events 41 – 54</b>			

**Day II – Sunday 9 October 2016****Warm up Session - 07:00 to 8:30am****Morning Session - Start 09:00 am**

<b>Event #</b>	<b>Girls/Boys</b>	<b>Age</b>	<b>Event Name</b>
55	Girls	10 & Under	50 Backstroke
56	Boys	10 & Under	50 Backstroke
57	Girls	11 – 12	50 Backstroke
58	Boys	11 – 12	50 Backstroke
59	Girls	13 – 14	50 Backstroke
60	Boys	13 – 14	50 Backstroke
61	Girls	15 & Over	50 Backstroke
62	Boys	15 & Over	50 Backstroke
63	Girls	11 – 12	100 Breaststroke
64	Boys	11 – 12	100 Breaststroke
65	Girls	13 – 14	100 Breaststroke
66	Boys	13 – 14	100 Breaststroke
67	Girls	15 & Over	100 Breaststroke
68	Boys	15 & Over	100 Breaststroke
69	Mixed	10 & Under	4x50 Freestyle Relay
70	Mixed	11 – 12	4x50 Freestyle Relay
71	Mixed	13 – 14	4x50 Freestyle Relay
72	Mixed	15 & Over	4x50 Freestyle Relay
<b>Medal Awarding ceremony for Events 55 – 72</b>			

**DAY 2****Afternoon Session - start 2:00 pm**

<b>Event #</b>	<b>Girls/Boys</b>	<b>Age</b>	<b>Event Name</b>
73	Girls	Open	4x100 Medley Relay
74	Boys	Open	4x100 Medley Relay
75	Girls	10 & Under	50 Freestyle
76	Boys	10 & Under	50 Freestyle
77	Girls	11 – 12	50 Freestyle
78	Boys	11 – 12	50 Freestyle
79	Girls	13 – 14	50 Freestyle
80	Boys	13 – 14	50 Freestyle
81	Girls	15 & Over	50 Freestyle
82	Boys	15 & Over	50 Freestyle
<b>Medal Awarding ceremony for Events 73 – 82</b>			
<b>Award of Trophies and Closing</b>			