



**1ST EDITION OF THE USF NATIONAL INTER -
UNIVERSITY SWIMMING GALA**

29 OCTOBER 2016

**OLYMPIA HOSTEL SWIMMING POOL,
KINONI – MAKERERE**

SWIMMING GALA RULES & REGULATIONS

OCTOBER 2016

15TH EDITION OF THE USF NATIONAL INDEPEDENCE SWIMMING GALA
8 – 9 OCTOBER 2016, KAMPALA PARENTS SCHOOL

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SWIMMING GALA RULES AND REGULATIONS

1. GENERAL

- 1.1 The 1st Edition of the USF National Inter – University 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.

2. PARTICIPANTS

- 2.1 The Swimming Gala is only for Universities and Tertiary Institutions in Uganda. All competitors must be swimmers studying at the said universities or tertiary institution, which should be a Member of USF in good standing.
- 2.2 All Events will be open, with no age category limitation.
- 2.3 The University/Institution which the swimmer represents must be a fully paid-up bona fide member of USF.
- 2.4 Universities/institutions that are not fully paid-up bona fide members of USF will only be allowed to enter swimmers to participate in the Gala with special leave given by the USF Executive.

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, no limitation to the number of swimmers per Team in each event. In the Relay events, only one team per University/Institution per event.
- 5.1.2 All swimmers entered may be used in Relays and the composition may be changed between heats and finals, where these are allowed.
- 5.2 Each University/Institution will only be allowed to field 1 (one) team. B teams will not be permissible.
- 5.3 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.
- 5.4 All Events will be swum as Timed Finals.
- 5.5 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.
- 5.6 Assignment of lanes in heats/finals shall be as follows:

Lane 6 – sixth fastest time

Lane 4 – fastest time

Lane 5 – second fastest time

Lane 3 – third fastest time

Lane 6 – fourth fastest time

Lane 2 – fifth fastest time

Lane 7 – sixth fastest time

Lane 1 – seventh fastest time

Lane 8 – eighth fastest time

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

Event #	MORNING SESSION	Event #	Event #	AFTERNOON SESSION	Event #
Women	Event	Men	Women	Event	Men
1	400m Freestyle	2	21	200m IM	22
3	100m Breaststroke	4	23	200m Freestyle	24
5	50m Butterfly	6	25	50m Breaststroke	26
7	200m Backstroke	8	27	100m Backstroke	28
9	100m Freestyle	10	29	100m Butterfly	30
11	100m IM	12	31	200m Breaststroke	32
13	200m Butterfly	14	33	50m Freestyle	34
15	50m Backstroke	16	35	4x100m Medley Relay	36
17	4x100m Freestyle Relay	18	37	4x50m Freestyle	38
19	4x50m Medley Relay	20			
	LUNCH BREAK			CLOSING	

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 **Tuesday 25 October 2016** to **The USF Competitions Secretary** via Email to akiikirezi@gmail.com with copies to ugandaswimmingfed@gmail.com and ugandaswimmingfed@hotmail.com
- 6.2 Each Team may enter **any number of 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 **Wednesday 26 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 **Wednesday 26 October 2016** starting at **5:30 am** at **the UOC Offices, Lugogo** or other venue that may be designated 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 at an agreed date. Officials without technical competence to officiate will not be selected.

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 Subject to availability of funding, 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 Subject to availability of funds, 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.
- 13.6 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 day.

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 team name (code) of the size of 32 square centimetres. The side on which the flag and the team 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 the USF Executive. The Team may also suffer a points' reduction among other penalties that may be imposed by the USF.

**UGANDA SWIMMING FEDERATION
PO BOX 29151
KAMPALA – UGANDA.**