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**THE DSTV – USF NATIONAL OPEN SWIMMING  
CHAMPIONSHIPS**

**10 – 12 NOVEMBER 2017**

**GEMS CAMBRIDGE INTERNATIONAL SCHOOL  
KAMPALA**

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**COMPETITION RULES & REGULATIONS**

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**OCTOBER 2017**

**THE DSTV – USF NATIONAL OPEN SWIMMING CHAMPIONSHIPS**  
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# **COMPETITION RULES AND REGULATIONS**

## **1. GENERAL**

- 1.1 **The DStv – USF National Open Swimming Championships** (“the National Open”) will be held on **10 – 11 November 2017** at the **GEMS Cambridge International School Kampala** under the control of the Uganda Swimming Federation (USF) and the Technical Rules of FINA, 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, the FINA Rules will apply.
- 1.4 The USF Executive shall have control of all Swimming Events at the National Open.

## **2. PARTICIPANTS**

- 2.1 The National Open is open to all Swimmers in and outside Uganda who meet the qualifying times.
- 2.2 There will be not age categories for the National Open.
- 2.3 All swimmers must be paid up for 2017 and in good standing.

## **3 JURY OF APPEAL**

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

## **4 COMPETITION RULES AND REGULATIONS**

- 4.1 USF is responsible for the technical organization of the National Open, and its management shall be under the sole control of the USF Executive who 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 National Open.

- 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 National Open and the number of accompanying officials are as follows –

- 5.1 Swimming – Men and Women
- 5.1.1 In individual events, Entries will be open to all Swimmer who make the Qualifying Times.
- 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 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 The Order of the Programme as well as the Order of Competitions shall be determined by the USF Executive Committee.
- 5.4 Except for specific Events, Preliminaries will be swum in the morning whereas Finals will be swum in the afternoon.
- 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.
- 5.7 Assignment of lanes in heats/finals shall be as follows:  
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

## **6**     **ENTRIES**

- 6.1 Teams wishing to take part in the National Open shall send Entries with the names of the swimmers in the various events by **Wednesday 8 November 2017** to the USF Competitions Secretary via Email to [akiikirezi@gmail.com](mailto:akiikirezi@gmail.com) cc [ugandaswimmingfed@gmail.com](mailto:ugandaswimmingfed@gmail.com) and [ugandaswimmingfed@hotmail.com](mailto:ugandaswimmingfed@hotmail.com).
- 6.2 There will be time standards. The Qualifying Times for each Event are the following –

<b>MEN</b>	<b>EVENT</b>	<b>WOMEN</b>
0:32.00	50 Freestyle	0:34.00
1:12.00	100 Freestyle	1:14.00
3:07.00	200 Freestyle	3:13.00
5:50.00	400 Freestyle	6:00.00
12:30.00	800 Freestyle	14:00.00
24:00.00	1500 Freestyle	25:00.00
0:35.00	50 Butterfly	0:38.00
1:24.00	100 Butterfly	1:26.00
3:45.00	200 Butterfly	4:00.00
0:45.00	50 Breaststroke	0:48.00
1:25.00	100 Breaststroke	1:30.00
3:16.00	200 Breaststroke	3:20.00
0:38.00	50 Backstroke	0:42.00
1:23.00	100 Backstroke	1:26.00
3:20.00	200 Backstroke	3:45.00
3:21.00	200 Individual Medley	3:46.00
7:20.00	400 Individual Medley	7:30.00

- 6.3 Only swimmers entered in swimming events or as Relay only swimmers for the National Open 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.
- 6.4 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.
- 6.5 Each Participant will pay **UGX 5,000/=** for each Event whereas **UGX 20,000/=** will be charged per Relay Event. Spectators will each pay a spectator fee of **UGX 5,000/=** per day.

## **7 TEAM MANAGERS' MEETING**

The Team Leaders Meeting will be held on **Thursday 9 November 2017** starting at **5:30 pm** at **the Uganda Olympic Committee (UOC) Offices, Lugogo**, and may be changed with notice. It is mandatory for the Team Managers to attend the Team Leaders Meeting (GR7.1)

## **8 SUBSTITUTION, WITHDRAWAL AND PROTESTS**

### **8.1 Substitution**

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

### **8.2 Withdrawal**

8.2.1 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.

8.2.2 The Team of any competitor who withdraws from an event after the Team Managers' Meeting shall pay the sum of **UGX 100,000/=**, and in the case of a relay, the sum shall be **UGX 400,000/=**.

### **8.3 Protests**

8.3.1 Disqualifications will be announced before the Results are presented.

8.3.2 Protests are possible (GR 9.2.1) only:

- 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;

8.3.3 No protest shall be allowed against decisions of fact.

8.3.4 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.

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

## **9 AWARDS**

9.1 Medals shall be awarded to the swimmers in each Individual Event and each Relay Event as follows:

- First Place – Gold Medal
- Second Place – Silver Medal
- Third Place – Bronze Medal

9.2 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

9.3 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

9.4 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. None-compliant swimmers will forfeit the medals.

9.5 Diplomas will be awarded to all participants.

## **10 POINTS**

Points will be awarded to competitors as follows:

10.1 Swimming only for the first 16 places as follows –

1 <sup>st</sup> place	–	18 points
2 <sup>nd</sup> place	–	16 points
3 <sup>rd</sup> place	–	15 points
4 <sup>th</sup> place	–	14 points
5 <sup>th</sup> place	–	13 points
6 <sup>th</sup> place	–	12 points
7 <sup>th</sup> place	–	11 points
8 <sup>th</sup> place	–	10 points
9 <sup>th</sup> place	–	8 points
10 <sup>th</sup> place	–	7 points
11 <sup>th</sup> place	–	6 points
12 <sup>th</sup> place	–	5 points
13 <sup>th</sup> place	–	4 points
14 <sup>th</sup> place	–	3 points
15 <sup>th</sup> place	–	2 points
16 <sup>th</sup> place	–	1 point.

10.2 Relays only for the first 8 place as follows –

1 <sup>st</sup> place	–	36 points
2 <sup>nd</sup> place	–	32 points
3 <sup>rd</sup> place	–	30 points
4 <sup>th</sup> place	–	28 points
5 <sup>th</sup> place	–	26 points
6 <sup>th</sup> place	–	24 points
7 <sup>th</sup> place	–	22 points
8 <sup>th</sup> place	–	20 points.



## **11 MEDICAL AND DOPE TESTING**

- 11.1 A medical officer who shall be present throughout the competition, shall be provided by the Executive Committee.
- 11.2 Facilities for doping control may be provided, in accordance with FINA Rules.
- 11.3 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.
- 11.4 The banned substances and practices are those contained in the FINA list.
- 11.5 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.
- 11.6 Where a swimmer tests positive, the said swimmer shall be sanctioned in accordance with the FINA Rules.

## **12 TECHNICAL EQUIPMENT**

- 12.1 The Organizing Committee shall ensure that automatic officiating equipment is available at the Swimming Pool in accordance with FINA Rules.
- 12.2 The USF 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.
- 12.3 The competition facility shall be a 25-meter 8-lane swimming pool.

## **13 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.

## **14 WARM-UP PROCEDURE**

- 14.1 Team Managers and Coaches are responsible for Warm Up by their Team Members and shall ensure that their swimmers have been briefed on procedures for their safety during Warm Up.
- 14.2 Warm-up is reserved ONLY for competitors taking part in the National Open.
- 14.3 Swimmers, Coaches and Team Managers MUST follow instructions of the Warm-up Procedure during the warm-up period.
- 14.4 Entry to the pool (except for Sprint Dive Lanes) must be feet first. Swimmers to swim CLOCKWISE in Odd numbered lanes and ANTI-CLOCKWISE in even numbered lanes.
- 14.5 In Sprint/Dive lanes backstrokers must line up to enter the water from the end of the pool when it is their turn. They cannot sit in the water awaiting their turn.

### **Warm-up Times**

#### **Session 1**

<b>General Swimming</b>	<b>Sprint/Dive Lane Period</b>	<b>Start time session 1</b>
(7.00 am – 7.50 am)	(7.50am – 8.30am)	(9.00am)

#### **Session 2**

<b>General Swimming</b>	<b>Sprint/Dive lane Period</b>	<b>Starts time session 2</b>
(1.15pm – 1.30pm)	(1.30 pm – pm 1.50p)	(2.00pm)

## **15 SWIMWEAR AND ADVERTISING**

### **15.1 Swimwear**

15.1.1 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).

15.1.2 All swimsuits shall be non-transparent. It is permissible to wear two (2) caps. (GR5.2).

15.1.3 The referee has the authority to exclude any competitor whose swimwear or body symbols do not comply with this Rule (GR5.3).

15.1.4 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).

15.1.5 Strapping will not be permitted.

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

15.1.6 Swimwear for women shall not cover the neck, extend past the shoulder, nor shall it extend below the knee. All swimsuits shall be made from textile materials (BL 8.3).

## **15.2 Advertising**

### **14.2.1 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.

### **15.2.2 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) Athlete's name, 20 square centimetre, shall be printed on the same side as the flag and or the team name (code).

### **15.2.3 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.

### **15.2.5 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.

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

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

### **15.4 Revision of the Competition Rules & Regulations**

These Rules & Regulations may be revised or rectified by the USF for justifiable reasons. Any revisions will be communicated to all Teams.

## **16 EVENT PROGRAMME/ORDER OF EVENTS**

The Event Programme/Order of Events will be availed before commencement of the National Open.