

## Rules and Regulations

1. The Championships shall be held according to the latest FINA Swimming Rules, (2015 - 2017) and the rules as adopted by the Singapore Schools Sports Council. These rules are to be read in conjunction with the Council's general rules and regulations for all sports / games.

### 2. Division

2.1 All students shall compete in their respective divisions according to their year of birth as follows:

A Division -	2 Jan 1997 – 31 Dec 1997
	1 Jan 1998 – 31 Dec 1998
	1 Jan 1999 – 31 Dec 1999
	1 Jan 2000 – 31 Dec 2000
	1 Jan 2000
B Division -	2 Jan 2000 – 31 Dec 2000
	1 Jan 2001 – 31 Dec 2001
	1 Jan 2002 – 31 Dec 2002
	1 Jan 2003
C Division -	2 Jan 2003 – 31 Dec 2003
	1 Jan 2004 – 31 Dec 2004
	1 Jan 2005

Except for the following conditions:

2.2 All students in the Junior Colleges and Centralised Institute must compete in the 'A' Division.

2.3 Year 1 to Year 4 students in the Integrated Programme (i.e. Through-Train Programme) and International Baccalaureate Programme will compete in their respective age group. Those in Year 5 (equivalent to JC 1) and Year 6 (equivalent to JC 2) must compete in the 'A' Division.

2.4 All students in Secondary Schools must compete in the 'B' or 'C' Division according to their year of birth.

2.5 All students in Secondary Schools not born in the stipulated year for 'B' or 'C' Division must compete in the 'A' Division.

2.6 From 2012 onwards students in the 'C' Division will no longer be able to opt to represent the school in the 'B' Division, in all individual and team sports/games.

### 3. Events and Qualifying Times

3.1. Entries submitted by a school may be based on times achieved at:

3.1.1.SSA Meets

3.1.2.Schools Meet

3.1.3.Organised Time Trials

3.1.4.SSA Affiliated Club Meets

3.1.5.Organised Meets

3.2. Times submitted must be based on the current year

3.3. In the Individual Events **for 2017**, each school may submit **MAXIMUM OF SIX entries per event**. These entries must meet the stipulated qualifying times. (See Annex A)

3.4. Each competitor may participate in only **TWO INDIVIDUAL EVENTS** and any number of Relay Events in his / her Division.

3.5. In the Relay events, each school may submit only **ONE TEAM PER EVENT**.

3.6. In Relay Events, all swimmers entered in the Championships can be used in relays within their respective divisions.

3.7. The composition of the relay team may be changed between heats and finals of an event. The team must swim in the order listed in the submission.

- 3.8. Any events with fewer than 3 entries will not be swum off and the participants will be informed of the cancellation. If a particular event has only 8 swimmers or fewer, there will be NO Heats and the swimmers will proceed to the finals.
- 3.9. All entries are subject to verification by the Swimming Sub-Committee.

#### 4. Finals

- 4.1. The fastest eight timed swimmers will qualify for the Final.
- 4.2. In the event of a tie for one or more positions in the qualifying rounds, the referee will decide to swim off to resolve such a tie.

#### 5. Championship Points

Points will be awarded to individual / team events as follows:

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
9	7	6	5	4	3	2	1

Should there be a tie in points accumulated amongst any teams finishing in the overall top 4 position, a medal count will be taken to decide the position. This will begin with a medal count for the tied teams concerned, starting with the team with the most number of Gold medals, followed by Silver medals, and Bronze medals. The team with a better medal tally will finish in the higher position. This will be carried out for the top four positions for each division to ensure that there is no tie position for any of the top four positions. If there are still no winners after taking the number of bronze medals into consideration, a winner will be decided by counting the number of records broken.

#### 6. Entry Forms/On-line Registration

- 6.1. Only on-line registration will be accepted.
- 6.2. Teachers are to log in to [sssc.ereg.sg](http://sssc.ereg.sg) to register.

### Notice to Competitors and Teacher ICs

1. The Championships shall be held under the latest rules of the FINA Handbook and the Singapore Schools Sports Council, unless otherwise stated.
2. All competitors are to be ready **at least half an hour** before their scheduled events. They are to report to the Clerks of Course **IMMEDIATELY**. As there will be no announcements, all swimmers are to be aware of the session details, and manage their preparation and reporting to prevent being late. Latecomers without valid reasons will be disqualified.
3. Withdrawals will only be allowed for valid reasons. Any competitor who withdraws without a valid reason will not be allowed to participate in subsequent events, including relay races.
4. For the 1500m event for both Boys A and B Divisions, the cut off time will be 25 minutes. A sound signal will signify the end of the race.
5. All swimmers, when not competing are to remain in the competitor's area. They are not allowed near the edge of the pool. Any sideline coaching may lead to disqualification of the particular competitor/s.
6. The Official's Control Room is strictly **OUT OF BOUNDS** to all unauthorised persons.
7. Prize winners are to report to the prize-stewards **immediately** upon being called. Prize winners must be attired appropriately. Prizes are awarded to the first three positions of each event. On the final day, prizes will be presented to the top four schools for each division. **Teacher ICs are to assist in ensuring that their swimmers are on standby and ready to receive the prizes when called upon.**
8. Any protest shall in the first instance be made verbally to the Referee by the Teacher I/C immediately after the race. A cash levy of **\$150** and protest form must be submitted by the teacher in-charge within 15 minutes after the verbal protest. However, if conditions should give

rise to a potential protest before the event, the protest must be lodged before the signal to start is given.

9. The Referee shall consider all protests. The Teacher IC may appeal to the Jury of Appeal against the Referee's decision. The decision of the Jury of Appeal shall be Final. The protest fee will be forfeited and credited to the Singapore Schools Sports Council account if the protest is overruled.
10. Warming-up in the Competition Pool may be done up to 15 minutes before the first event on the preliminary days, and up to 30 minutes before the first event on the days marked as Finals. There will be assigned lanes for warming-up and cool-down in the training pool adjacent. Swimmers must follow instructions and use assigned lanes. Coaches and teachers in-charge are to comply with the instructions and ensure their swimmers follow accordingly.
11. All swimmers must look after their own belongings, and are **NOT ALLOWED** to block any areas with their belongings. Swimmers are not allowed to lay their mats on the spectator areas. All competitors, coaches, teachers, supporters are to adhere to the rules and regulations stipulated by the Singapore Sports Hub, OCBC Aquatic Centre. They are also to cooperate with the organisers at all times.
12. Ushers at the pool can disallow any persons with prohibited items entry to the spectator area. A list of prohibited items will be listed at access points.
13. Allocation of seating areas for schools and their respective supporters will be given on the final day. All supporters and swimmers are to cooperate by following the instructions for seating.
14. No reservation of seats are allowed.
15. Security Passes are to be collected only by the Teacher ICs. Please note the collection times.
16. Entry to different areas are restricted to pass holders. All pass holders are to note out of bound areas, and look after their passes responsibly.
17. Student arriving by chartered buses or cars can alight at the drop-off area (taxi-stands) in front of the training pool.
18. All teachers will need to brief the following to the parents and spectators:
  - a. Only Swimmers, Coaches, Teacher IC will be allowed entry into the East Stands. Entry is strictly by accreditation pass only.
  - b. All parents/spectators without passes will be only allowed entry into the West Stands. No food and drink is allowed on the West Stands. Refreshments can be purchased from the concession stands outside.

#### ADDITIONAL INFO:

Swimmers in Finals to cool down only in the Diving Pool. Prize Winners must take note that they must be ready for the prize presentation. Teacher IC must brief swimmers to prevent delay.

Swimmers must vacate the toilets within the stipulated time after the last event. This timing will be announced daily after the final event. Teacher IC to brief swimmers to prevent delay.

First Aid post will close 15 mins after the last event. Teachers also need to leave only after their swimmers have vacated (Cite last year's injury)

Swimmers who finish their event must retrieve their belongings from the baskets. As baskets may be shared, all swimmers must note that they should only take their own items. Refrain from removing items belonging to another swimmer.

Teacher IC will need to submit Coach information if any via online registration on the ereg sssc webpage.

Swimmers reporting for their swim cannot assume that there is enough time to loiter. This is particularly so for 50m events. To prevent disqualification, swimmers will need to manage their time