

SINGAPORE SCHOOLS SPORTS COUNCIL
51st MILO NATIONAL INTER- SCHOOL SWIMMING CHAMPIONSHIPS 2010

RULES AND REGULATIONS

1. The Championships shall be held according to the latest Rules of the FINA Handbook, **(2009 - 2013)** 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**

A Division : - Under 20 years as on 1st January 2010

B Division : - Under 17 years as on 1st January 2010

C Division : - Under 14 years as on 1st January 2010

In general, all pupils shall take part in their respective age group with the exception of:

JC & CI: All pupils MUST compete in the A' Division except for IP students.

IP & Through Train: Year 1 to Year 4 shall compete in their respective age group, Year 5 to Year 6 (equivalent to JC) shall compete in the A' Division.

Optional: C' Division may opt to compete in B' Division.

Kindly refer to the General Rules and Regulations for all Sports and Games issued by the Singapore Schools Sports Council for details.

3. **EVENTS & QUALIFYING TIMES**

BOYS

		Events	A Division	B Division	C Division
1	50m	Freestyle	00:30.00	00:30.00	00:32.00
2	100m	Freestyle	01:10.00	01:12.00	01:12.00
3	200m	Freestyle	02:48.00	02:40.00	02:54.00
4	400m	Freestyle	06:20.00	06:14.00	-
5	1500m	Freestyle	24:50.00	23:50.00	-
6	50m	Backstroke	-	-	00:41.00
7	100m	Backstroke	01:29.00	01:25.00	01:32.00
8	200m	Backstroke	03:19.00	03:10.00	-
9	50m	Breaststroke	-	-	00:40.00
10	100m	Breaststroke	01:26.00	01:24.00	01:29.00
11	200m	Breaststroke	03:18.00	03:09.00	03:25.00
12	50m	Butterfly Stroke	-	-	00:41.00
13	100m	Butterfly Stroke	01:26.00	01:20.00	01:48.00
14	200m	Butterfly Stroke	03:32.00	03:29.00	-
15	200m	Individual Medley	03:04.00	03:04.00	03:15.00
16	4 X 50M	Freestyle Relay	02:13.00	02:05.00	02:19.00
17	4 X 50M	Medley Relay	02:35.00	02:20.00	02:41.00

GIRLS

		Events	A Division	B Division	C Division
1	50m	Freestyle	00:37.00	00:37.00	00:40.00
2	100m	Freestyle	01:24.00	01:22.00	01:24.00
3	200m	Freestyle	03:22.00	03:20.00	03:20.00
4	400m	Freestyle	06:30.00	06:30.00	-
5	800m	Freestyle	13:00.00	13:00.00	-
6	50m	Backstroke	00:44.00	00:43.00	00:49.00
7	100m	Backstroke	01:44.00	01:52.00	02:10.00
8	50m	Breaststroke	00:46.00	00:46.00	00:48.00
9	100m	Breaststroke	01:46.00	01:46.00	01:50.00
10	200m	Breaststroke	04:05.00	03:55.00	04:13.00
11	50m	Butterfly Stroke	00:48.00	00:46.00	00:49.00
12	100m	Butterfly Stroke	01:58.00	02:02.00	01:52.00
13	200m	Individual Medley	03:25.00	03:46.00	03:51.00
14	4 X 50M	Freestyle Relay	02:51.00	02:44.00	02:44.00
15	4 X 50M	Medley Relay	03:05.00	03:09.00	03:04.00

4. QUALIFYING RECORDS

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

- i) SSA Meets
- ii) Schools' Meets
- iii) Organised Times Trials
- iv) SSA Affiliated Club Meets
- v) Organised Meets

- 4.1 Times submitted must be based on the current year.
- 4.2 In the Individual Events, each school may submit A MAXIMUM OF 6 entries per event. These entries must meet the stipulated qualifying times.
- 4.3 Each competitor may participate in only 2 INDIVIDUAL EVENTS and any number of Relay Events in his / her Division.
- 4.4 In the Relay events, each school may submit only 1 TEAM PER EVENT.
- 4.5 In Relay Events, all swimmers entered in the Championships can be used in relays.
- 4.6 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.
- 4.7 Any events with less than 3 entries will not be swum off and the participants will be informed of the cancellation.
- 4.8 All entries are subject to verification by the Swimming Sub-Committee.

5. **FINALS**

5.1 The fastest eight timed swimmers will qualify for the Final.

5.2 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.

6. **CHAMPIONSHIP POINTS**

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

1st	2nd	3rd	4th	5th	6th	7th	8th
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.

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.

7. **ENTRY FORMS / ON-LINE REGISTRATION**

7.1 Only on-line registration will be accepted

7.2 Incorrect and incomplete entries may lead to disqualification of participants.

NOTICE TO COMPETITORS

- 1 The Championships shall be held under the latest rules of the FINA Handbook and the Singapore Schools Sports Council, unless otherwise stated.
- 1.1 For the Relay Events, attention is drawn to the following rules:
 - i Entries
 - a) For each Relay event, each school may enter only 1 (one) team per event.
 - b) The composition of the relay team may be changed between heats and final of an event.
 - ii Competition Procedures
The names of the swimmers of the relay team and their order of competing must be submitted to the Clerk of Course at least half an hour before their event. The team must swim in the order list in the submission.
- 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** when called upon to do so. Latecomers without valid reasons may 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 1,500 m 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 to go near the edge of the pool. Any sideline coaching may lead to the disqualification of the particular competitor/s.
- 6 The Official's Control Room is **OUT OF BOUNDS** to all unauthorized persons.
- 7 Prize-winners are to report to the prize-stewards **IMMEDIATELY** upon being called. Prizes will be awarded for the first three positions of each event. Plaques will be presented to the top four champion schools for each division on the final day.

- 8 Any protest shall in the first instance be made verbally to the Referee by the Teacher-in-Charge immediately after the race. A cash levy of \$50.00 and protest form must be submitted through the teacher-in-charge within 15 minutes after the verbal protest. However, if conditions that might give rise to a potential protest before the event, protest must be lodged before signal to start is given.

The Referee shall consider all protests. The teacher-in-charge 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.

- 9 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 Final Day of competition. There will be assigned lanes for warm-up and cool-down next to the competition pool. Swimmers are only to use the assigned lanes. ALL OTHER LANES ARE OUT OF BOUNDS.

- 10 All competitors and supporters are to take note that all levels above the competition pool deck at the Singapore Sports School is strictly out of bounds.

All competitors and supporters are not allowed to block any areas with their belongings.

There will be allocation of seating areas for schools and their respective supporters on the final day. All supporters and swimmers are kindly requested to cooperate by adhering to the instructions given for seating.