

PALARONG LUNGSOD 2017
Baguio Swimming Pool
December 11-13, 2017

TECHNICAL GUIDELINES
SWIMMING

I. COMPETITION RULES

- A. International Swimming Rules of the federation Internationale de Natation (FINA) will be applied. Ground rules which have been agreed upon shall be implemented.
- B. In matters not provided for, decisions shall rest with the Technical and/ or the Organizing Committee.
- C. One start rule.
- D. Competition shall be in the Finals format. Swim shall start at 8:00 A.M.
- E. Each swimmer is allowed to swim five(5) individual events and two (2) relay events. However, a swimmer may only participate in three (3) event per day, inclusive of relay events.
- F. Each delegation is allowed to enter two (2) swimmers per individual event and one (1) relay team in the relay events.
- G. A swimmer who fails to swim an event shall not be allowed to swim his succeeding events for that session unless for medical reason, that swimmer submits a medical report from CARAA Official Medical Physician.
- H. Only athletes, coaches and Delegation Officials with official identification tags shall be allowed at areas designated for delegates.

II. RELAY ENTRY

- A. Relay team entries and names of the swimmers in order of swim (including two (2) alternates for Freestyle Relay and four (4) alternates for the Medley Relay) shall be submitted in the master list of the entries.
- B. Indicate order of the swim by numbering swimmers (1-6) in the official entry form. Swimmers must swim in the order in which they are to swim.

III. SWIMWEAR

- A. 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.
- B. All swimsuits shall be non transparent.
- C. The competitors must wear swimsuit in one (1) or two (2) pieces. For men, the swimsuit shall not extend above the navel nor below the knee. All swimsuit shall be made from textile materials. No addition items, like arm bands or leg bands shall be regarded as parts of a swimsuit.
- D. The referee of a competition has the authority to exclude any competitor whose swimwear or body symbols do not comply with this Rule.
- E. Composition/ other items: Men's swimsuits are in one piece. Subject to decency rule and observance of limitation in surface covered, Women's swimsuits may be in one or two pieces. Other items covering the body and not part of the swimsuit are prohibited.

IV. PROTEST

- A. Protests are possible

1. If the rules and regulation for the conduct of the competition are not observed,
2. If others conditions endanger the competitions and/or competitions, or
3. Against decisions of the referee; however, no protest shall be allowed against decisions of fact.

B. Protest must be submitted

1. To the referee
2. In writing
3. By the responsible Team Leader/Coach only
4. Together with a deposit of one hundred (100) Swiss francs or its equivalent
5. within thirty (30) minutes following the conclusion of the respective event

V. TIMING

A. Official manual time of a swimmer shall be determined as follows:

A1. If in the case that the time of the first swimmer is greater than the time of the second swimmer, average time of swimmers involved shall be the official time of both swimmers.

A2. Official placing will decided by the referee based on the facts and a referee's decision (RD) shall be indicated at the official results.

VI. WITHDRAWAL

A. A competitor or team not wishing to take part in the final round in which qualification was earned shall withdraw within thirty (30) minutes the preliminaries of the event in which the qualification took place.

VII. TEAM COMPOSITION

A. Number of swimmers per delegation will be as follows:

- Elementary- 10 Male and 10 Female
- Secondary- 10 Male and 10 Female

VIII. SELECTION OF COACHES

The most number of athletes shall be considered in selecting the coaches in swimming. In case of tie in the number of athletes the MEDAL system shall prevail. If in case they are tie in MEDALS, coaches will have the toss coin to determine who will coach (2 out of 3).

IX. SUBMISSION OF ENTRIES

- A.** All entries must be on official entry form.
- B.** Submission of entries must indicate the latest best time of each swimmer in each event for seeding purposes and lane assignment.
- C.** Deadline for the submission of papers will be on December 5, 2017 at 4:00 P.M.

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