



Affiliated to Swimming South Africa NPO NO 222-051

Free State Swimming would like to congratulate all swimmers and coaches who qualified to participate in the Swimming South Africa, National Level 2 Championships 2023. We trust that you will enjoy the Championship with us and we welcome you.

DATE: Friday 3rd to Sunday 5th of March 2023

VENUE: Mangaung Stadium Swimming Pool - Bloemfontein

GENERAL SWIMMING COMPETITION RULES:

1. FINA Rules will apply to these Championships.
2. Participants must be fully registered with SSA and have competed in competitions to ensure that their times for entries are on the National Database.
3. If, due to weather conditions, any section of a swimming program cannot be completed the following will apply:
 - 3.1.1 On the final day of the competition, if the Finals cannot be completed, the Final results and medals will be awarded as per the results of the Heats.
 - 3.1.2 If on any of the other days, the Finals cannot be completed, due to time constraints, the Finals will either:
 - 3.1.2.1.1 Be rescheduled or
 - 3.1.2.1.2 The results were awarded as per the results of the heat.
 - 3.1.2.1.3 If circumstances require, any part of the program may have swum as timed finals.



Affiliated to Swimming South Africa NPO NO 222-051

ACCESS TO THE POOL

1. All Swimmers, Coaches, Officials, Spectators and Support Staff will make use of the front entrance.
2. Gates will open at 6:30 each morning.
3. Gala starts at 8:00
4. Tickets to be bought at the gate:
Adults: R30 per day
Children: R10 per day (under 12)
Programs: R10 per Session
5. Medical support and first aid will be available.

LEVEL 2 COMMUNICATION PLATFORM

Follow this link to join my WhatsApp group:

<https://chat.whatsapp.com/KmVNwC85zWDIwQndVpRqNZ>

The following information will be list on the group:

1. General gala information.
2. DQ's
3. Results of events
4. Results will also be available on Meet Mobile

6. TEAM MANAGERS' MEETING

1. The Team Managers' meeting will be held at the pool on Thursday 2nd March 2023 at 17:00 (Officials room). (Up the stairs at the entrance of Mangaung Stadium Pool).
2. All Team Managers are encouraged to attend this meeting to be briefed by the LOC.
3. Clubs who are not represented at the Team Managers meeting and who do not comply with the rules concerning entries will not receive any concessions.
4. This will be the last opportunity for late entries subject to a late entry fee of 10x the original entry fee and the availability of a lane in the particular event.

7. CONTROL-ROOM AND ADMINISTRATIVE HUB

1. No person (except specific officials) is allowed in the Control-room.
2. ONLY Team Managers may visit the administrative hub to withdraw competitors, lodge objections, and lodge complaints

WITHDRAWALS

1. Pre-competition at the Manager's Meeting – no charge



Affiliated to Swimming South Africa NPO NO 222-051

2. After the Manager's Meeting, withdrawals will be accepted. All scratchings to be done the previous day for the next day before programs are printed. the evening. Withdrawals made outside this time limit will be fined R200.00 per event.
3. For no-shows at heats or finals, swimmers who do not show for their race will be fined R200.00 and the swimmer may not compete in any other event until this fine has been paid.
4. Withdrawals from the finals – this must be done before the end of the heats session or as notified by the Admin Referee. It would be helpful if these withdrawals are done as soon as possible after the results are notified, as this would be useful for notifying the alternates for the particular events. The alternates must report for the finals in case they are needed.
5. If the Referee deems a swimmer to have deliberately false started, delaying the race or not performing to the swimmer's capabilities then the swimmer will be fined R500.00 and will be withdrawn from all further events that session, including relays if they fall in that session.

OPENING CEREMONY

1. Saturday 4th March 2023 at 8:30.
2. Clubs are requested to gather at their designated area at 08:15am.
3. We request that all swimmers be dressed in club apparel.
4. Team Managers **MUST** ensure that swimmers competing in the first 2 heats of finals are ready to Marshall.
5. Swimmers must wait until the Opening Ceremony is complete before leaving their dedicated area and show respect for our National Anthem.

SECURITY

Security will be on hand for the duration of the event.

WARM-UP

1. Warm-up lanes will be allocated to all clubs participating.

FINALS

1. Finals will be swum in a 10 Lane format.
2. Finals will commence at 15:00 each afternoon.
3. Finals starting times will be subject to change.
4. Should the starting time change, this will be announced on the WhatsApp group.

PROTESTS AND APPEALS

FINA GR 9.2



Affiliated to Swimming South Africa NPO NO 222-051

9.2.1. Protests are possible:

- (a) If the rules and regulations of the competition are not observed
- (b) If other conditions endanger the competition and/or competitors OR
- (c) Against decisions of the referee; however, no protest shall be allowed against decisions of fact.

GR 9.2.2. Protest must be submitted:

- (a) To the Admin referee
- (b) In writing on the specified forms
- (c) By the responsible team leader
- (d) Together with a deposit of R500
- (e) Within 30 minutes following the conclusion of the respective event or announcement of the disqualification.

LOST PROPERTY

1. Please be advised that Free State Aquatics, Mangaung Municipality, pool staff of Mangaung Stadium Swimming Pool and the LOC take no responsibility for lost property.
2. Please note that equipment (stretchers, etc.) that are left at the pool overnight, will be left there at your own risk.

OFFICIALS

1. Clubs will be required to provide SSA-registered trained officials for EVERY SESSION, according to the number of swimmers entered in the competition.
2. The names of SSA registered, trained and available officials must accompany the swimming entries.
3. The final Roster and allocation of Officials will be at SSA's discretion depending on the number of swimmers entered in the Championships.

NUMBER OF SWIMMERS TECHNICAL OFFICIALS

REQUIRED PER SESSION – Quotas has been attached

1. 1-4 swimmer – 1 Official per session
2. 5-10 swimmer – 2 Officials per session (1 Judge and 1 Timekeeper).
3. 11+ swimmer – 3 Officials (2 Judges and 1 Timekeeper per session).

If the club do not have Judges, timekeepers need to be given instead.

1. All clubs are required to forward the names of their officials for the duration of the event to the FSA Officials Convener – Strati Moutzouris
training@mangaungaquatics.co.za and strati@consultants.medway.co.za



Affiliated to Swimming South Africa NPO NO 222-051

by no later than Friday, 18th March 2022. Please copy Valerie Dirks in the email to Strati at admin@fsaquatics.co.za with the official names.

2. Use the Excel sheet supplied for the officials, please do not just send an email with names or just supply names.

DO NOT SEND NAMES ONLY TO VALERIE AND AFTER THE DATE MENTIONED as this causes huge miscommunications.

3. PLEASE NOTE that the names of officials MUST accompany the swimmer entries. This will be a requirement for the acceptance of swimming entries. If this requirement is not fulfilled, the penalty will be a fine of R1000.00 for every official not present and the swimmers from the club and may be excluded from the gala or Final.
4. Officials given to by a Club does not necessitate that the official will work.
5. List of timekeeper and officials that will be on pool deck will be published on the watsup group.
6. It is the responsibility of the Club to make sure the official is at his/her post for the relevant event.
7. PLEASE NOTE that no Team Manager / Coach (Level 1 and up) may officiate on the pool deck.
8. Officials are requested to sign the duty roster.
9. Please report to the Officials Tea Room 30 min prior to the start of each session.
10. Refreshments will be available for any Officials.

OFFICIALS DRESS CODE

HEATS

Ladies:

1. Navy Blue slacks or Navy Blue skirt (at least knee length) or Navy Blue shorts (walking / knee length). Please note: NO JEANS allowed.
2. Provincial or own white shirt/blouse or top.
3. White or Neat closed shoes/trainers. NO sandals, flip-flops, crocks or BAREFOOT.

Men:

1. Navy Blue longs or Navy Blue shorts (knee-length). Please note that NO JEANS are allowed.
2. Provincial or own white shirt.
3. White or Neat closed shoes/trainers. NO sandals, flip-flops, crocks or BAREFOOT.

FINALS

Ladies:

1. Navy Blue slacks or Navy Blue skirt (at least knee length). Please note that NO JEANS are allowed.
2. Provincial or own white shirt/blouse or top.



Affiliated to Swimming South Africa NPO NO 222-051

3. White or Neat closed shoes/trainers. NO sandals, flip-flops, crocks or BAREFOOT

Men:

1. Navy Blue longs. Please note that NO JEANS are allowed.
2. Provincial or own white shirt.
3. White or Neat closed shoes/trainers. NO sandals or flip-flops.
4. White or Navy Blue Drimac's and Hats may be worn.

SEATING ON POOL DECK

NO Coaches, parents, or swimmers will be permitted to sit on any part of the pool deck area during any session. This includes the Podium area as well as the VIP Marquee.

SWIMWEAR

1. Swimmers are permitted to wear only ONE Costumer.
2. Please note the FINA rules on swimwear: SW10.8; GR5.1, 5.2; 5.3; 5.4 & GR6 on advertising.
3. Swimming costumes permitted are per the FINA Rules only if records are in contention.
4. No Power/Balance bands will be permitted.
5. No watches will be permitted
6. No Strapping will be permitted.

DOPE TESTING

1. Drug Testing will be carried out by the S.A. Institute of Drug Free Sport at the Championships. Provinces may utilize their own Drug Testing Consent form that needs to be completed by EVERY competitor taking part in the Championships. In terms of FINA Rule DC4.1 and DC9.1 (d), "the failure or refusal of the competitor to submit to doping control" constitutes a doping offence.

Therapeutic Usage Exemption Form (TUE).

2. Please find the copies of the TUE on the SAIDS website www.drugfreesport.org.za that need to be completed by any competitor taking banned or restricted medication. The competitor's doctor must produce the relevant information required on this form prior to submission to the S.A. Institute of Drug Free Sport for scrutiny. The forms have to be sent to SAIDS **21 days** prior to the event. The onus is on the athlete to prove that he/she needs this medication.
3. Please refer either to the National Schools' Aquatics chairperson or the Provincial Swimming Federation if you need any help in this regard. Once the TUEs have been returned to the athlete, copies must be brought to the Championship. Copies of the forms will have to be handed in at the General Team Managers' Meeting and the originals must be submitted to the DCO if the athlete undergoes testing.



Affiliated to Swimming South Africa NPO NO 222-051

POOL ACCESS

Gazebos:

1. Access to the pool will be allowed on Thursday, 2nd March 2023 between 15h00 and 17h00 ONLY to erect club gazebos. PLEASE NOTE that no vehicles will be allowed on the premises to offload.
2. Erecting of gazebos will be controlled by the entrance gate where it will be done on a “first-come, first, serve” basis – allowing a maximum of 3 clubs in at a time to find their desired location for setting up according to the sign-in sheet.
3. Please ensure that all gazebos are securely fastened.
4. Gazebo allowance will be ONE single pool facing gazebo of 3x3 (regardless of Club size) and thereafter behind each other so that all clubs have a pool view. Should the gazebo be bigger, please ensure that the short end is facing the pool and not the long end. No exceptions. Please note that gazebos will be removed if in the Emergency Exit and if in contravention of the above. This includes the space behind the officials (timekeepers).
5. Clubs are kindly requested to be considerate towards one another with regards to space.
6. No private marquees will be allowed.
7. If tents with steel constructions are erected a safety certificate needs to be handed in to the LOC.

MARSHALLING

1. All swimmers MUST report to the marshalling marquee for ALL Heats and Finals.
2. 1st and 2nd Reserve MUST report to the marshalling marquee for finals.
3. Reserves MUST scratch
4. **Swimmers that miss their race will NOT be placed in an alternative heat.**
5. There will be a penalty of R200-00 for a “No Show” which is immediately payable and a fine of R200-00 for a late scratching.

CEREMONIES AND MEDALS

1. There will be medal presentation during the gala, if the swimmer is not there it will be given to the team manager.



Affiliated to Swimming South Africa NPO NO 222-051

2. Medals will be awarded to all swimmers placed 1st to 3rd in a final of an event and age group.

GENERAL

1. Clubs are requested to keep their area clean to minimise bees.
2. Bins are spread out on the grandstand and the grass area and will be cleared regularly.
3. No unauthorised media or individuals will be permitted on the pool deck.
4. No flash photography during the start of a race.
5. We request all attendees to this event to please remain silent during the start of a race.
6. We request all clubs to please not place any towels over advertising boards. You will be asked to remove the towels.
7. NO alcohol is permitted on the premises.
8. NO fire or gas braais are permitted on the premises (only the approved vendors).
9. The pool grounds are a NO SMOKING ZONE, this includes e-cigarettes, vapes, and hookahs (Hubblys).
10. Smoking will only be permitted outside the pool grounds in the designated smoking areas.

We look forward to hosting another great event and wishing all participants the best of luck.

Thank you

Regards in Swimming