

# GENERAL RULES OF INTER-SCHOOL SWIMMING COMPETITION

Division	Date	Time	Venue
Division One	9 & 18/10/2024	8:00am - 6:00pm	Kowloon Park Swimming Pool
Division Two	10 & 17/10/2024		Victoria Park Swimming Pool
Division Three (HK)	26/9 & 3/10/2024		Victoria Park Swimming Pool
Division Three (K1)	27/9 & 25/10/2024		Kowloon Park Swimming Pool
Division Three (K2)	25/9 & 2/10/2024		Kowloon Park Swimming Pool

## 1. ENTRIES

- 1.1 Each school may enter **TWO** competitors in each event and **ONE** team in each of the relay races.
- 1.2 Each competitor may enter **TWO** individual events and either the medley or the freestyle relay. NOT both relays.
- 1.3 Names of competitors in both Chinese and English **MUST** be submitted to the Federation office on or before the closing date as specified on the application.

2. Substitution on the day of competition **will not be considered except in a case supported by registered doctor's certificate or with the approval of the referee or the convenor, the player who is replaced will be prohibited to participate in any event on the same day.** This will only apply in preliminary round and no substitution may be made for individual finals. If, however, an event is programmed as a straight final, substitution maybe allowed. Substitution may be made in relay finals, as long as the replacement swimmer has not already swum in a relay heat.(See note 1.2)

## 3. REGISTRATION OF COMPETITORS

Competitors must be registered and must produce their registration cards to the officials at the meet. Competitor without registration card is not allowed to take part in the competition.

## 4. OFFICIALS

Participating schools shall, when called upon, provide at least **TWO** PE Teachers for each day of the meet. The Management Committee reserves the right to refuse any school which is unable to provide the requisite number of PE Teachers to take part in the competition. If the appointed officials of a school do not turn up 15 minutes before the scheduled time of the competition, competitors of that school will not be allowed to take part in the competition until the nominated officials arrive at the swimming pool. Officials **should not leave their posts until the end of the programme** unless they have the approval of the convenor. If an official leaves his post without prior approval, the convenor shall report the case to the HK Island and Kowloon Secondary Schools Regional Committee.

## 5. REGULATIONS

### 5.1 Competition Rules

All events will be held in accordance with the competition rules of the Hong Kong China Swimming Association as per FINA unless otherwise specified.

### 5.2 Swimsuit

5.2.1 Swimmers have exemption from the uniform requirement in General Rules of Sports Competition 7,2 to 7.4.

5.2.2 All swimsuits must be one piece. Any competitor incorrectly dressed may be

disqualified. Please also refer to the FINA rules.

### 5.3 Competitors reporting procedure

Competitors must report to the Marshalling Area when their events are called, they must NOT go straight to the poolside. Each event will be called twice (Except Division One). Competitors will be sent from the Marshalling Area to the Poolside 2 heats in advance of their race. Any competitor who arrives after their event being sent to the poolside is liable to disqualification.

### 5.4 Selection for Finals

5.4.1 The 8 best times in heats will qualify for finals. Finalists will be seeded in lanes according to times as follows:-

Lane	Position according to Heats times
1	7th
2	5th
3	3rd
4	1st
5	2nd
6	4th
7	6th
8	8th

5.4.2 In the event that swimmers from the same or different heats have equal times registered to 1/100 second for the eighth place, there shall be a swim-off to determine which swimmer shall advance to the final. Such swim-off shall take place not less than one hour after all involved swimmers have completed their heat. Another swim-off shall take place if equal times are registered again.

5.4.3 All 200m events will be swum as timed final.

#### 5.4.4 Straight Final

If 8 or less competitors, or teams, report to the marshalling area for any event (on heats day), the event will be declared a straight final, to be swum at the time scheduled for that final.

#### 5.4.5 Lanes-straight final

Lanes for straight final will be drawn by the Management Committee.

## 6. TIMINGS

The Automatic Equipment time installed in LCSD Swimming Pool will be regarded as the official time.

In the event of the Automatic Equipment failure, the official time will be determined as follows:

6.1 The official time for all swimmers having an Automatic Equipment time will be that time.

6.2 The official time for all swimmers not having an Automatic Equipment time will be the three digital watches or the Semi-Automatic Equipment time.

## 7. POINTS

Placing	1st	2nd	3rd	4th	5th	6th	7th	8th
<b>Individual Event:</b>	9	7	6	5	4	3	2	1
<b>Relay Races:</b>	18	14	12	10	8	6	4	2

7.1 When tying for a position each competitor tying for that position will be credited with an average of points awarded to that position and the position(s) following it.

7.2 Standard points shall be counted towards the Grade Championships and Overall Championships of the Swimming Championships, Standard points may only be gained during heats, unless the event is declared a straight final, in which case standard points may be gained in the final in addition to position points.

## **8. PRIZES**

- 8.1 Medals will be awarded to the 1st, 2nd, 3rd and 4th places in each events.
  - 8.2 Each relay winning team will be awarded 6 medals and 4 certificates only.
  - 8.3 In each grade the winning school will receive the appropriate Challenge Trophy or Shield and a pennant. The rest of prizes will follow the standard set by the HK Island and Kowloon Secondary Schools Regional Committee.
  - 8.4 Standard Certificates will be awarded to competitors who reach standard in their events. These certificates will be sent to schools after the Championships .
  - 8.5 Record Breakers will receive Certificate of Merit at prize giving.
9. No competitor should leave the swimming pool complex until the final results of his/her event are announced. If a swim-off is awarded by the Referee upholding a protest, competitors who have left the complex will forfeit their chance of competing in the swim-off.

## **10. PROMOTION AND RELEGATION SYSTEM**

There shall be 12 schools in Division One Boys' & Girls'. Division Two shall consist of 16 schools in both Boys and Girls. The rest of entries will be in Division Three in their respective areas.

### ***Division One***

The last 2 schools in the overall points will be relegated to Division Two.

### ***Division Two***

The first 2 schools in the overall points will be promoted to Division One. The last 3 schools in the overall points will be relegated to Division Three.

### ***Division Three***

The first school in the overall points in each area will be promoted to Division Two.

## **11. PROTEST**

- 11.1 Protest should be made in writing by the teacher/s in charge of the school/s being affected at an incident within 30 minutes of the announcement of the result of that event concerned. No protest will be accepted from student and spectator.
- 11.2 All protests concerning technical rules and interpretation should be made to the Referee. The decision of the Referee shall be final.
- 11.3 All protests concerning the management of the meet should be made to the Convenor. The decision of the Management Committee of the meet shall be final.

# STANDARDS FOR VARIOUS EVENTS

## Division One (I)

Events Grade Sex	BOYS			GIRLS		
	A	B	C	A	B	C
50m Free Style	28.50	30.00	32.50	35.00	35.00	36.00
100m Free Style	1:12.00	1:15.00	1:17.00	1:27.00	1:28.00	1:28.00
200m Free Style	3:10.00	3:12.00	3:20.00	3:35.00	3:35.00	3:40.00
50m Back Stroke	40.00	40.00	41.50	45.00	47.00	49.00
100m Back Stroke	1:38.00	1:40.00	1:45.00	1:55.00	1:55.00	1:55.00
50m Breast Stroke	40.00	40.00	44.00	47.00	48.00	48.50
100m Breast Stroke	1:35.00	1:36.00	1:39.00	1:55.00	1:55.00	1:55.00
200m Breast Stroke	3:35.00	3:38.00	3:48.00	4:00.00	4:05.00	4:05.00
50m Butterfly	35.50	36.50	38.50	42.00	44.00	45.00
200m Ind. Medley	3:30.00	3:33.00	3:38.00	3:40.00	3:50.00	4:00.00
4x 50m Medley Relay	2:15.00	2:15.00	2:35.00	2:45.00	2:45.00	2:45.00
4x 50m Free Style Relay	1:58.00	2:00.00	2:10.00	2:25.00	2:25.00	2:25.00

## Division Two (II)

Events Grade Sex	BOYS			GIRLS		
	A	B	C	A	B	C
50m Free Style	30.00	32.00	35.00	36.00	37.00	38.00
100m Free Style	1:17.00	1:20.00	1:22.00	1:28.00	1:30.00	1:32.00
200m Free Style	3:15.00	3:20.00	3:30.00	3:45.00	3:45.00	3:55.00
50m Back Stroke	42.00	43.00	44.00	47.00	48.00	50.00
100m Back Stroke	1:40.00	1:50.00	-	1:57.00	2:00.00	-
50m Breast Stroke	41.00	42.00	45.00	48.00	49.00	50.00
100m Breast Stroke	1:38.00	1:40.00	1:42.00	1:55.00	1:55.00	2:00.00
200m Breast Stroke	3:40.00	3:45.00	4:00.00	4:05.00	4:10.00	4:15.00
50m Butterfly	37.00	38.00	44.00	46.00	48.00	50.00
200m Ind. Medley	3:35.00	3:40.00	3:50.00	3:42.00	3:52.00	4:00.00
4x50m Medley Relay	2:35.00	2:40.00	2:50.00	3:00.00	3:10.00	3:20.00
4x50m Free Style Relay	2:15.00	2:20.00	2:30.00	2:35.00	2:40.00	2:50.00

### Division Three (III)

Events Grade Sex	BOYS			GIRLS		
	A	B	C	A	B	C
50m Free Style	34.00	35.00	38.00	39.00	41.00	43.00
100m Free Style	1:21.00	1:21.00	1:28.00	1:35.00	1:37.00	1:38.00
200m Free Style	3:16.00	-	-	3:55.00	-	-
50m Back Stroke	43.00	45.00	48.00	51.00	52.00	52.00
100m Back Stroke	1:40.00	1:50.00	-	2:00.00	2:10.00	-
50m Breast Stroke	44.00	47.00	51.00	52.00	52.00	55.00
100m Breast Stroke	1:40.00	1:43.00	1:50.00	1:57.00	1:59.00	2:05.00
200m Breast Stroke	3:50.00	3:50.00	-	4:10.00	4:15.00	-
50m Butterfly	38.00	39.00	45.00	46.00	48.00	50.00
200m Ind. Medley	3:35.00	3:40.00	3:50.00	3:45.00	3:55.00	4:00.00
4x50m Medley Relay	2:35.00	2:40.00	2:50.00	3:05.00	3:15.00	3:20.00
4x50m Free Style Relay	2:15.00	2:30.00	2:40.00	2:55.00	3:00.00	3:10.00

Note: The HK Island and Kowloon Secondary Schools Regional Committee may amend the above standards upon request by respective Management Committee, Sufficient notice will be given to school if such amendment is necessary.

# 校際游泳比賽章程

組別	日期	時間	地點
第一組	9 & 18/10/2024	上午八時至下午六時	九龍公園游泳池
第二組	10 & 17/10/2024		維多利亞公園游泳池
第三組（港島區）	26/9 & 3/10/2024		維多利亞公園游泳池
第三組（九龍一區）	27/9 & 25/10/2024		九龍公園游泳池
第三組（九龍二區）	25/9 & 2/10/2024		九龍公園游泳池

## 1. 報名

- 1.1 每項個人項目只能填報二人，每項接力項目只能填報一隊。
- 1.2 每一運動員只能參加兩項個人及一項接力項目。
- 1.3 參賽運動員名單須於截止日期前送抵本會辦事處。

## 2. 換人

報名截止後一律不准換人。如運動員生病或受傷而有註冊醫生紙證明者，始可以在比賽當日向主委申請換人，該被替補之運動員將不能參加當天的任何比賽。唯只限參加初賽之運動員。入選決賽之運動員一律不准更換（接力項目除外）。後補運動員亦須遵守章則 1.2。

## 3. 運動員註冊

運動員必須註冊及在比賽時出示有效註冊證，不能出示註冊證者不准出賽。

## 4. 裁判

參賽學校須委派兩位體育教師擔任裁判工作。如拒絕委派者，管委會有權取消其參賽資格，如學校裁判未能於比賽時間 15 分鐘內報到，則其校之運動員不能出賽，直至該裁判報到為止。如裁判中途離開崗位，管委會應通知港島及九龍區中學分會處理。

## 5. 細則

### 5.1 比賽規則

除特別聲明外，全部採用國際游泳聯會之比賽規則。

### 5.2 游泳衣

5.2.1 參加游泳比賽之運動員可豁免本會所訂之比賽通則第 7.2 至 7.4 項之服裝要求。

5.2.2 所有泳衣為一件頭式，違例者將被取消資格。請參照國際游泳聯會規則。

### 5.3 報到程序

每項目將宣佈召集兩次（第一組除外）。運動員應向召集處報到而不能直接前往起點。召集程序完畢後，由職員帶領運動員前往起點。

## 5.4 入選決賽資格

5.4.1 初賽最快時間之八名運動員進入決賽。入選運動員綫道分配如下：

線道	初賽成績
1	7
2	5
3	3
4	1
5	2
6	4
7	6
8	8

5.4.2 在確定一個項目的第八名時，如果有同組或不同組運動員的成績直至百分之一秒都相同，應進行重賽來確定哪位運動員進入決賽。重賽應在所有有關運動員游完預賽至少一小時後進行。如果成績仍相同，則再次進行重賽。

5.4.3 所有二百米項目直接分組決賽。

5.4.4 直入決賽

如不超過 8 名/隊參賽者，該項賽事則直入決賽，於原定決賽日期及時間舉行。

5.4.5 直入決賽時之運動員綫道由管委會分配。

## 6. 計時

康文署泳池之自動裝置（電子計時）為正式計時。

如自動裝置（電子計時）失靈，正式成績將按下述方法確定：

6.1 具有自動裝置（電子計時）成績的所有運動員，其正式成績就是其自動裝置（電子計時）成績。

6.2 無自動裝置（電子計時）成績的所有運動員，其正式成績為由三塊數字式秒錶確定的成績或半自動裝置成績。

## 7. 計分方法

7.1 若名次相同時，則以相關名次所得之分數總和平均分配。

7.2 團體及組別總成績應包括各項賽事名次分數及標準分，標準分祇給予初賽成績達到標準之運動員或接力隊伍。

名次	第 1 名	第 2 名	第 3 名	第 4 名	第 5 名	第 6 名	第 7 名	第 8 名
個人項目得分	9	7	6	5	4	3	2	1
接力項目得分	18	14	12	10	8	6	4	2

## 8. 獎 項

- 8.1 每單項及接力賽事均設冠、亞、季及殿軍獎。
- 8.2 每接力得獎隊伍均獲發六枚獎牌及四張證書。
- 8.3 每組及男女子團體均設冠、亞、季及殿軍獎。
- 8.4 達到標準之運動員均可獲頒發證書，於賽事完畢後寄發。
- 8.5 破紀錄之運動員均可獲頒發證書。

- 9. 運動員於其賽事成績宣佈後方可離開游泳池。如賽事須要重賽而運動員無故離開游泳池，該運動員之重賽資格則會被取消。

## 10. 升降制度

第一組：男、女子應各有 12 間學校。第二組男、女子應各有 16 間學校。其他參賽學校則分配於第三組。

第一組：團體名次最末之兩間學校降落第二組。

第二組：團體首 2 名升上第一組而最末之三間學校降落第三組。

第三組：團體首名升上第二組。

## 11. 上 訴

11.1 只有受有關事件影響之學校可進行上訴。負責老師應於宣佈有關成績後 30 分鐘內以書面呈交有關職員。學生及觀眾之上訴均不受理。

11.2 投訴有關技術規則，可呈交總裁判，而總裁判之決定為最終決定。

11.3 投訴賽事管理工作可呈交管委會主委，而管委會之決定為最終決定。



# 標 準

## 第一組

項目 組別 性別	男子組			女子組		
	甲	乙	丙	甲	乙	丙
50 米自由泳	28.50	30.00	32.50	35.00	35.00	36.00
100 米自由泳	1:12.00	1:15.00	1:17.00	1:27.00	1:28.00	1:28.00
200 米自由泳	3:10.00	3:12.00	3:20.00	3:35.00	3:35.00	3:40.00
50 米背 泳	40.00	40.00	41.50	45.00	47.00	49.00
100 米背 泳	1:38.00	1:40.00	1:45.00	1:55.00	1:55.00	1:55.00
50 米蛙 泳	40.00	40.00	44.00	47.00	48.00	48.50
100 米蛙 泳	1:35.00	1:36.00	1:39.00	1:55.00	1:55.00	1:55.00
200 米蛙 泳	3:35.00	3:38.00	3:48.00	4:00.00	4:05.00	4:05.00
50 米蝶 泳	35.50	36.50	38.50	42.00	44.00	45.00
200 米個人四式	3:30.00	3:33.00	3:38.00	3:40.00	3:50.00	4:00.00
4x50 米四式接力	2:15.00	2:15.00	2:35.00	2:45.00	2:45.00	2:45.00
4x50 米自由式接力	1:58.00	2:00.00	2:10.00	2:25.00	2:25.00	2:25.00

## 第二組

項目 組別 性別	男子組			女子組		
	甲	乙	丙	甲	乙	丙
50 米自由泳	30.00	32.00	35.00	36.00	37.00	38.00
100 米自由泳	1:17.00	1:20.00	1:22.00	1:28.00	1:30.00	1:32.00
200 米自由泳	3:15.00	3:20.00	3:30.00	3:45.00	3:45.00	3:55.00
50 米背 泳	42.00	43.00	44.00	47.00	48.00	50.00
100 米背 泳	1:40.00	1:50.00	-	1:57.00	2:00.00	-
50 米蛙 泳	41.00	42.00	45.00	48.00	49.00	50.00
100 米蛙 泳	1:38.00	1:40.00	1:42.00	1:55.00	1:55.00	2:00.00
200 米蛙 泳	3:40.00	3:45.00	4:00.00	4:05.00	4:10.00	4:15.00
50 米蝶 泳	37.00	38.00	44.00	46.00	48.00	50.00
200 米個人四式	3:35.00	3:40.00	3:50.00	3:42.00	3:52.00	4:00.00
4x50 米四式接力	2:35.00	2:40.00	2:50.00	3:00.00	3:10.00	3:20.00
4x50 米自由式接力	2:15.00	2:20.00	2:30.00	2:35.00	2:40.00	2:50.00

### 第三組

項目 組別 性別	男子組			女子組		
	甲	乙	丙	甲	乙	丙
50 米自由泳	34.00	35.00	38.00	39.00	41.00	43.00
100 米自由泳	1:21.00	1:21.00	1:28.00	1:35.00	1:37.00	1:38.00
200 米自由泳	3:16.00	-	-	3:55.00	-	-
50 米背泳	43.00	45.00	48.00	51.00	52.00	52.00
100 米背泳	1:40.00	1:50.00	-	2:00.00	2:10.00	-
50 米蛙泳	44.00	44.00	51.00	52.00	52.00	55.00
100 米蛙泳	1:40.00	1:43.00	1:50.00	1:57.00	1:59.00	2:05.00
200 米蛙泳	3:50.00	3:50.00	-	4:10.00	4:15.00	-
50 米蝶泳	38.00	39.00	45.00	46.00	48.00	50.00
200 米個人四式	3:35.00	3:40.00	3:50.00	3:45.00	3:55.00	4:00.00
4x50 米四式接力	2:35.00	2:40.00	2:50.00	3:05.00	3:15.00	3:20.00
4x50 米自由式接力	2:15.00	2:30.00	2:40.00	2:55.00	3:00.00	3:10.00

備註：港島及九龍地域中學分會可於有關管委會提出要求時，修訂上述標準。而有關修訂將預先通知各參賽學校。