



1.0 GENERAL INFORMATION

Competition **SPORTEXCEL / MILO / NSC / MAS SWIMMING CIRCUIT 2024**

Aim The aim of the SportExcel / Milo / NSC / MAS Swimming Circuit is to provide additional avenues of competition for the development of swimming talent nationwide towards national and/or international success.

SportExcel Circuit The SportExcel Circuit shall consist of 2 Legs and a Grand Final. The hosts will be confirmed by MAS, with bidding from the affiliates in the preceding year.

	Date	Dates	Competition Timing	
Leg 1	Pusat Akuatik Darul Ehsan, Shah Alam, Selangor	1-3 March 2024	Timed Finals	8.00AM
Leg 2	Pusat Akuatik Tuanku Zara, Ipoh, Perak	5-7 July 2024	Timed Finals	8.00AM
Grand Finals	Pusat Akuatik Nasional, Bukit Jalil, Kuala Lumpur	11-13 October 2024	Heats 8.00 AM	Finals 4.00PM *subject to change at host's discretion

- 1.1 The Circuit shall be conducted in accordance with the Rules and By-Laws of World Aquatics as prescribed in the Competition Regulations of Swimming. In matters not prescribed for, decisions shall rest with the Referee and/or the Organising Committee.
- 1.2 The Circuit shall act as Qualifying Meet/s for the following:
 - a. 46th SEA Age Group 2024;
 - b. Any other international competitions as determined by MAS.

2.0 ELIGIBILITY

2.1 The SportExcel Swimming Circuit is open to the following:

a. **Swimmer - Local**

Must be existing members of Clubs duly registered and affiliated to their respective states or MAS.

b. **Swimmer - Local (National Representative/National Swimmer)**

Swimmers who have represented Malaysia in International Open-Level Championships (ie. Olympic Games, World Championships, Asian Games, Commonwealth Games, Pan Pacific Championships, SEA Games) are eligible to participate.

These swimmers will be registered in the Open Group Category and will represent MAS. No medals, awards or incentive payments will be given. However, they are able to accumulate points from the 1st and/or 2nd Leg of the Circuit for qualification to the Grand Finals.



c. International Swimmer - Local

Foreigners residing in Malaysia are eligible to participate, and will be nominated under their country name. Clubs must re-confirm and declare the citizenship of foreign swimmers. No medals, awards or incentive payments will be given, however they are able to accumulate points from the 1st and/or 2nd Leg of the Circuit for qualification to the Grand Finals.

d. International Swimmer - Foreign

***Invitation optional, subject to host's discretion and/or approval from Sports Commissioner's Office**

Foreign swimmers of other Federations affiliated to World Aquatics who meet the Qualifying Time Standards (where applicable) and hold a valid clearance from their respective National Federation are eligible to participate. No medals, awards or incentive payments will be given, however they are able to accumulate points from the 1st and/or 2nd Leg of the Circuit for qualification to the Grand Finals.

2.2 Sport Schools are eligible to participate and are subject to swimmer eligibility as defined in Clause 2.1 above.

2.3 Club Representation Rule for Multi-Location Clubs

- a. Clubs operating across multiple locations in different states within Malaysia must participate as separate entities based on their specific state locations;
- b. Each club must compete under its own distinct banner corresponding to its specific state location;
- c. Merging swimmers from various state locations to compete under a single club banner will not be permitted;
- d. Clubs found in violation of this rule may face disqualification or other penalties as deemed appropriate by the Organising Committee and/or MAS.

2.4 Qualifying Time Standards will apply for the SportExcel Circuit.

An administrative fee of RM50.00 per event will be imposed on any swimmer who returns a time slower than the Qualifying Time Standard for that particular event.

NO penalties will be imposed should a swimmer return a time slower than the Qualifying Time Standard for compulsory events only.

3.0 AGE GROUPS

3.1 Date of age reckoning for age groups and ages is calculated as of **31st December in the year of competition.**

3.2 Age Groups and Ages for the SportExcel Swimming Circuit will be calculated as follows:

Open	:	19 - 30 years	-	born in 1994 to 2005
Group 1	:	16-18 years	-	born in 2006, 2007, 2008
Group 2	:	14-15 years	-	born in 2009, 2010
Group 3	:	12-13 years	-	born in 2011, 2012
Group 4	:	11 years & under	-	born in 2013 or later



4.0 ENTRY REGULATIONS

- 4.2 All entries are to be submitted through the Hy-Tek Team Manager software to the Organising Committee.
- 4.3 There is no limit to the number of individual entries per Swimmer.
- 4.4 **All entries must be submitted with a time equivalent or faster than the Qualifying Time Standard for that particular event.** This will ensure that swimmers are seeded in the right heat and to encourage keen competition.
- Entries submitted with No Time (NT) will automatically be rejected.**
- 4.5 **Incomplete / incorrect entries will be rejected.**
- 4.6 All entries must be submitted by the Entries Closing Date. Late entries will not be entertained.
- 4.7 No pool side entries or new entries will be accepted after the Entries Closing Date.
- 4.8 Entries for International Teams must be accompanied and submitted together with a Letter of Clearance/Endorsement from their respective National Federation.

4.9.1 Fees - Local Entries

- | | | |
|--|---|---|
| a. Swimmer National Registration Fee (Annual) | - | *to be paid to MAS |
| <i>*not applicable for those already paid for 2024</i> | | RM50.00 per Swimmer (new) or
RM30.00 per Swimmer (renewal) |

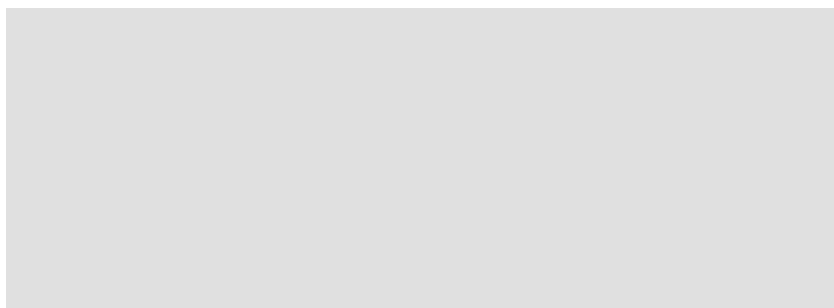
- b. Entry Fees (Individual Event) - RM15.00 per individual event per Swimmer

4.9.2 Fees - International Entries by Overseas Teams *dependant on Clause 2.1d

- | | | |
|--|---|---|
| a. International Swimmer Admin Fee | - | USD100.00 per Swimmer per International Team (inclusive of Entry Fees) |
| b. Entry Fees (Individual Event) | - | NIL |
| c. International Coach Admin Fee | - | USD50.00 per individual and per accreditation pass for entry to the meet and is applicable to all foreign coaches from overseas participating teams |
| d. International Team Official/Support Staff Admin Fee | - | USD50.00 per individual and per accreditation pass for entry to the meet and is applicable to all foreign team managers and support staff from overseas participating teams |



- 4.10 All entries must be accompanied by FULL PAYMENT of the Registration Fee and/or Entry Fees or the International Swimmer Admin Fees, wherever is applicable, by the Payment Deadline.
- 4.11 Payments received AFTER the Payment Deadline and before the Late Payment Deadline, will incur additional Late Charges as follows:
- a. Late Charges (Local Entries) - RM1,000.00 per Team
 - b. Late Charges (International Entries) - USD1,000.00 per International Team
- 4.12 Swimmers will not be eligible to participate should full payment not be received by the Organising Committee and/or by the Late Payment Deadline.
- 4.13



5.0 WITHDRAWALS

5.1



5.2 Withdrawals must be submitted before the Withdrawals Closing Date, and will not be accepted during the Team Manager's Meeting. There will not be any refund of entry fees for the respective swimmer, in the event of withdrawal/s.

5.3 Any withdrawals after the Withdrawals Closing Date or on the day/s of each Circuit Leg with or without notification shall be deemed as 'Did Not Show' or 'Did Not Start' (DNS). A penalty of RM100.00 shall be imposed on any 'DNS' and payment must be made immediately.

5.4 Penalties are to be borne by the respective team concerned. The Organising Committee reserves the right to withdraw any swimmer/team failing to pay the penalty.

5.5 The penalty will be waived if the swimmer produces a valid medical certificate for the relevant day of the event. However, the swimmer will not be permitted to participate in any further events for the day.

5.6 All medical certificates must be produced before the end of the day's session, failing in which the penalty as indicated in Clause 5.3 will be imposed.

6.0 ACCREDITATIONS

6.1 **The pool deck at all MAS-sanctioned competitions is strictly reserved for registered participants, coaches, technical officials, essential support staff or other persons approved by the Organising Committee and/or MAS.**



- 6.2 Starting from 1 March 2024, coaches who wish to apply for an accreditation pass to be on deck during MAS-sanctioned competitions must be registered with MAS.

6.3 **Fees - Local Coaches**

- a. Coach National Registration - *To be paid to MAS
Fee (Annual) RM100.00 per Coach (new) or
RM50.00 per Coach (renewal)

- 6.4 Team Accreditations (inclusive of coaches, team manager/s and support staff) will be issued based on the team size in each leg of the Circuit as follows:

Number of Swimmers	No. of Coaches Pass	No. of Team Managers Pass
1-5	1	1
6-10	2	1
11-15	3	1
16-20	4	1
21-30	5	1
31-45	6	2
46-60	7	2
61-75	8	3
76 and above	9	3

- 6.5 All Accreditation Cards remain the property of MAS, are NON-TRANSFERABLE, and can be withdrawn, refused or revoked at the discretion of the Organising Committee / MAS.
- 6.6 Accreditation will only be issued to the appropriately qualified and eligible persons who are entitled to participate in or perform an official function at the Circuit.
- 6.7 In order to ensure a safe and inclusive training and competition environment, all rules and regulations surrounding accreditation will be respected.
- 6.8 Applying for accreditation under false pretences is seen as a violation of accreditation procedures. Anyone found to be in violation of this will have their accreditation revoked and will be asked to leave the venue immediately.
- 6.9 Requests for additional Accreditation Cards in excess of the quantities tabled above in Clause 6.4 are subject to the discretion and approval of the Organising Committee / MAS and will incur charges of RM30.00 per additional Accreditation Card.

6.10 **Lost or Misplaced Accreditation Passes**

Replacement passes are available at the following cost:

- a. Coach / Team Manager - RM120.00
b. Swimmer - RM50.00



7.0 RECORDS and TEAM SELECTION

- 7.1 There will be one (1) set of results, with two (2) sets of meet records maintained for each age group, namely Meet Record and Meet All-Comers Record.
- The Meet All-Comers Record is the fastest time swum by a swimmer in a particular event, regardless if the swimmer is a member of Clubs affiliated to MAS Affiliate States, or International Swimming Federations, at all SportExcel Circuit Competitions.
- 7.2 The SportExcel Circuit Competitions have been sanctioned by MAS as Qualifying Meets for international competitions as determined by MAS.
- 7.3 Only results from individual events may be used towards meeting Qualifying Time Standards for team selection.

8.0 COMPETITION INFORMATION

- 8.1 The SportExcel Swimming Circuit will be conducted in the World Aquatics Long-Course Metres (LCM) format.
- 8.2 Technical Officials - All Technical Officials shall be appointed by the respective Organising Committee and/or MAS.
- 8.3 **Events listed below shall be for Groups Open, 1, 2, 3 (Boys & Girls)**
- | | | |
|----------------------|---|------------------------------------|
| a. Freestyle | - | 50m, 100m, 200m, 400m, 800m, 1500m |
| b. Backstroke | - | 50m, 100m, 200m |
| c. Breaststroke | - | 50m, 100m, 200m |
| d. Butterfly | - | 50m, 100m, 200m |
| e. Individual Medley | - | 200m, 400m |
- 8.4 **Events listed below shall be for Group 4 (Boys & Girls)**
- | | | |
|----------------------|---|-----------------|
| a. Freestyle | - | 50m, 100m, 200m |
| b. Backstroke | - | 50m, 100m |
| c. Breaststroke | - | 50m, 100m |
| d. Butterfly | - | 50m, 100m |
| e. Individual Medley | - | 200m |

8.5 **Combination of Age Groups**

- a. Events will be swum together across the various age groups and seeded according to time (slowest to fastest) but will be scored separately according to the swimmer's age/age group.



8.6 Compulsory Events for Malaysian swimmers in Groups 2, 3, 4:

- There will be compulsory events for Malaysian swimmers in Groups 2, 3, and 4, namely 200m Freestyle, and 200m Individual Medley.
- Every swimmer taking part in these compulsory events must make a reasonable attempt to complete the event.
- NO penalties will be imposed should a swimmer return a time slower than the Qualifying Time Standard for compulsory events only.
- Every swimmer must also be entered for at least one other individual event in the SportExcel Programme other than the compulsory events for their age group.

8.7 Full list of events and the compulsory events for Malaysian swimmers are listed in the Table below:

Events	Group 4 11 years & U	Group 3 12 - 13 years	Group 2 14 - 15 years	Group 1 16 - 18 years	OPEN (19 - 30 years)
50m Freestyle	✓	✓	✓	✓	✓
100m Freestyle	✓	✓	✓	✓	✓
200m Freestyle	compulsory	compulsory	compulsory	✓	✓
400m Freestyle		✓	✓	✓	✓
800m Freestyle		✓	✓	✓	✓
1500m Freestyle		✓	✓	✓	✓
50m Backstroke	✓	✓	✓	✓	✓
100m Backstroke	✓	✓	✓	✓	✓
200m Backstroke		✓	✓	✓	✓
50m Breaststroke	✓	✓	✓	✓	✓
100m Breaststroke	✓	✓	✓	✓	✓
200m Breaststroke		✓	✓	✓	✓
50m Butterfly	✓	✓	✓	✓	✓
100m Butterfly	✓	✓	✓	✓	✓
200m Butterfly		✓	✓	✓	✓
200m Ind. Medley	compulsory	compulsory	compulsory	✓	✓
400m Ind. Medley		✓	✓	✓	✓

8.8.1 Competition Format:

- 1st and 2nd Leg - Timed Finals
- Grand Final - Heats and Finals

8.8.2 1st and 2nd Leg Format:

- Events will be swum together across the various age groups and seeded according to time (slowest to fastest) but will be scored separately according to the swimmer's age/age group.



- b. The Top 40 Swimmers from each age group who have accumulated the most points in each event after the 1st and 2nd Leg of the Circuit will qualify for the Grand Final.

Should there be a tie on points for the 40th placing, the swimmers involved will be subjected to a swim-off on the morning of the first day to determine the qualifier/s.

Each swimmer from the Top 40 must represent the SAME club in ALL of the Circuit Competitions - 1st Leg, 2nd Leg and Grand Final.

c. **Exceptions:**

Only the Top 2 Local Swimmers (National Swimmer) from the Top 40 who have accumulated the most points in the event from the 1st and 2nd Leg will qualify to swim that event for the Grand Final.

Only the Top 3 International Swimmers from the Top 40 in each age group who have accumulated the most points in the event from the 1st and 2nd Leg will qualify to swim that event for the Grand Final.

8.8.3 **Grand Final Format:**

- a. The Grand Finals will be conducted in a Heats and Finals format.
- b. All 800m and 1500m Freestyle and 400m Individual Medley will be swum as Timed Finals, with the fastest seeded Heat swum during the afternoon Finals session.
- c. Events in the Heats session will be combined across the various age groups and seeded according to time (slowest to fastest), but will be scored separately according to the swimmer's age/age group.
- d. The fastest 10 swimmers in each age group from the Heats will advance to the Finals.
- e. For the Open events, the fastest 10 swimmers will advance to the afternoon A Final, with the next fastest 10 swimmers during the morning heats advancing to the B Final.
- f. Swimmers who wish to scratch their event(s) for the Finals must inform the Secretariat within 30 minutes of the official results of the morning heats being published.
- Swimmers who fail to swim in their qualified events in the Finals will not be allowed to swim all subsequent events thereafter and shall incur a fine of RM200.00

9.0 CERTIFICATES, POINTS AND AWARDS

- 9.1 A "Certificate of Participation" will be awarded to all participants of each Leg of the Circuit.
- 9.2 To receive a Certificate of Participation, all Malaysian participants must have participated in at least one (1) individual event as well as the compulsory events in their age group as listed in Clause 8.7 in that particular Leg of the Circuit.



- 9.3 Swimmers in each Age Category for the 1st and 2nd Leg of the Circuit, will be awarded points on the following basis:

Position	Points Awarded
INDIVIDUAL: 1st to 40th place	- 40-39-38-37-36-35-34-33-32-31-30-29-28-27-26-25-24-23-22-21-20-19-18-17-16-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1
INDIVIDUAL (200m, 400m, 800m - 1500m): 1st to 10th place	Additional 10-9-8-7-6-5-4-3-2-1 *manual calculation

9.4 **Individual Circuit Overall Champion:**

- a. The Individual Circuit Overall Champion shall be awarded to the best Boy and Girl swimmer of each Age category on the basis of the most number of gold medals won.

In the event of a tie break, the following shall apply:

The number of silver medals won, followed by the number of bronze medals won, followed by the number of meet records broken, and should the results still tie, then Joint Champions shall be declared.

National Representatives of Malaysia and International Swimmers are not eligible.

- b. The ten (10) individual Circuit Champions for the SportExcel/MILO/NSC/MAS Swimming Circuit will each be awarded RM500.00. Proof of citizenship is required when claiming the Individual Champion award.

9.5 **Club Subsidy/Incentive Scheme:**

- a. To assist Clubs to defray organising and participation cost, a Club Subsidy/Incentive Scheme is introduced for the Top 8 Clubs with the most number of qualified swimmers for the Grand Final. Only swimmers having competed in the Grand Final will be considered as qualifiers for the purpose of determining the club incentive.

Only Clubs having ten (10) Grand Final qualifiers or more will be entitled to this incentive scheme.

Should two Clubs have the same number of competing qualifiers, the amount of the combined total will be divided by two and shared out equally. The same principle applies when three or more Clubs have the same number of competing qualifiers.

Most No. of Qualifiers	Incentive
1st	RM2,000.00
2nd	RM1,500.00
3rd	RM1,200.00
4th	RM1,000.00
5th	RM 800.00
6th	RM 700.00
7th	RM 600.00
8th	RM 500.00



9.6 Circuit Overall Champion Club:

- a. The Circuit Overall Champion Club will be the Club with the most number of scoring points accumulated by their swimmers achieved during all final events contested during the Grand Final Competition. Should there be a tie, the total number of gold medals won by their Club Swimmers shall apply for a tie-break; followed by the number of silver medals, then the number of bronze medals and finally the number of meet records set by the Club's swimmers.

Placing	Points
1st	9
2nd	7
3rd	6
4th	5
5th	4
6th	3
7th	2
8th	1

9.7 Champion Club Award:

- a. Cash incentives shall be awarded to the Top 3 Clubs as follows:

Placing	Points
Champion Club	RM1,500.00
2nd Placing Club	RM1,000.00
3rd Placing Club	RM 500.00

9.8 Organising Grant:

- a. The hosting state for the 1st and 2nd Legs of the Circuit shall receive an organising grant of RM3,000 to offset operating costs while the host of the Grand Final shall receive an organising grant of RM9,000 due to the lower number of participating swimmers and entries.

10.0 WARM-UP and COMPETITION POOL GUIDELINES

- 10.1 The Competition and Warm-Up pools will be available for warm-up one and a half (1.5) hours before the competition commences. The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.



- 10.2 Warm-up lane assignments and regulations for the Competition Pool are as follows:
- a. Lanes 0, 8 and 9 are Dive Sprint Lanes - strictly for Diving and Sprinting only. Lanes 1 to 7 are Circle Swimming Lanes for general swimming and/or pace work.
 - b. There shall be NO DIVING in Lanes 1 to 7. Entry to these lanes is via feet first entry from the sitting position at all times.
 - c. The Dive Sprint Lanes are one-way only - swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.
 - d. The use of swim paddles and fins are prohibited during warm-up.
 - e. Swimmers are not allowed to sit or press down on the lane ropes.
 - f. Swimmers are required to exit from the Competition Pool from the sides, and not by climbing over the touch pads.
 - g. Only Swimmers, Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
 - h. In order to ensure a smooth Swimming Competition Time-Lines Compliance, eliminate unnecessary downtime due to infraction enquiry to the Referee, promote Fair Play during the Swimming Competition, and eliminate Technical Officials duty obstruction, the Pool Deck is strictly out of bounds to ALL, except the Technical Officials on duty, Swimming Competition Management Committee, Appointed Volunteer/s and Appointed Media Coverage Personnel.

11.0 CONTROL ROOM GUIDELINES

- 11.1 Details of disqualification / infraction committed by any Swimmer shall be made to the Organising Secretary by the Team Manager / Coach. No proxies will be entertained.
- 11.2 In the absence of the Organising Secretary, enquiries relating to disqualifications shall be directed to the Control Room Supervisor.
- 11.3 Enquiry of disqualification shall be made within the same day of competition.
- 11.4 The Team Manager shall provide the Swimmer's details, i.e. Event Number, Time Final Number, Lane Assigned, Swimmer's Name and Affiliate/Team Name.
- 11.5 ONLY the Team Manager or Coach shall be allowed to access the Control Room to retrieve final result print-outs, submission of necessary paperwork and/or disqualification enquiry. No swimmers, parents/guardians or proxies will be allowed.

12.0 PROTESTS

- 12.1 Protests are possible:
- a. If the Rules and Regulations for the conduct of the Competition are not observed,
 - b. If other conditions endanger the Competition and/or Competitors, or
 - c. Against the decisions of the Referee; however no protest shall be allowed against decisions of fact.



- 12.2 All protests shall be considered by the Meet Referee.
- 12.3 If conditions causing a potential protest are noted prior to the Competition, a protest must be lodged before the signal to start the race is given.
- 12.4 Protests must be submitted in accordance with the following:
- a. In writing, with the supporting facts,
 - b. With a deposit of RM300.00,
 - c. Submitted to the Meet Referee by the Team Manager. No proxies will be entertained,
 - d. Submitted within thirty (30) minutes following the conclusion of the respective event.
- 12.5 If the Meet Referee rejects the protest, he/she must state the reasons for his/her decision. The Team Manager may then appeal the rejection to the Jury of Appeal, whose decision shall be final.
- 12.6 If the protest is not upheld, the deposit shall be forfeited to the Organising Committee of the Circuit Leg. If the protest is upheld, the deposit shall be returned.

13.0 JURY OF APPEAL

- 13.1 The Chairman of the Jury of Appeal shall be appointed by the Organising Committee / MAS.
- 13.2 A maximum of six (6) and a minimum of four (4) other members of the Jury of Appeal shall comprise of the following:
- a. Organising Secretary, or his/her representative, and
 - b. A maximum of five (5) and a minimum of three (3) representatives from amongst the participating Affiliate Teams not involved in the dispute. The Chairman of the Jury of Appeal shall appoint the representatives.

14.0 DOPING CONTROL

- 14.1 Urine samples may be collected during the Circuit for the purpose of doping controls, which will be conducted in accordance with the World Aquatics Doping Control Rules and the World Anti-Doping International Standards found at this link:
<https://www.wada-ama.org/en/what-we-do/international-standards>
- 14.2 The list of prohibited substances can be found in this link:
<https://www.wada-ama.org/en/prohibited-list>
- 14.3 All athletes are strictly responsible for any prohibited substance found in their sample. It is particularly important for athletes to check any medication they take against the prohibited list.
- 14.4 Therapeutic Use Exemptions (TUE) Forms must be filled up, should any athlete feel the need to declare the use of any of the prohibited substances listed in the updated Prohibited Lists in the link above.