



1.0 GENERAL INFORMATION

Competition **SPORTEXCEL / MILO / NSC / MAS SWIMMING CIRCUIT 2025**

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 held simultaneously in 3 Regions – Central, Northern and East Malaysia, and a Grand Final. The Regional Host of each Leg will be confirmed by MAS, with bidding from the Affiliates in the preceding year.

	Region	Host	Venue	Dates	Competition Timing	
Leg 1	Northern	PRAP	Ipoh, Perak	16–18 May 2025	Timed Finals	8.00AM *subject to change at the host's discretion
	Central	PRAS	Shah Alam, Selangor			
	EM	ASAS	Kuching, Sarawak			
Leg 2	Northern	PASA	Penang	1–3 August 2025	Timed Finals	8.00AM *subject to change at the host's discretion
	Central	PRAKL	National Aquatic Centre, Bukit Jalil, Kuala Lumpur			
	EM	SASA	Kota Kinabalu Sport Complex Aquatic Centre, Sabah			
Grand Finals	MAS		National Aquatic Centre, Bukit Jalil, Kuala Lumpur	7–9 November 2025	Heats 8.00 AM	Finals 4.00PM *subject to change at the 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 latest version of the Competition Regulations of Swimming in force at the time of the Circuit Leg. In matters not prescribed for, decisions shall rest with the Referee and/or the Organising Committee.

1.2 The Circuit shall act as a Qualifying Meet for the following:

- International competitions as determined by MAS, only if the dates of the respective Circuit Leg competition falls within the Qualification Period AND if specifically expressed within the Selection Criteria of the said International Competition.

1.3.1 CIRCUIT DECENTRALISATION

To facilitate greater accessibility and broaden growth in the sport, Legs 1 and 2 of the SportExcel Circuit shall be decentralised and conducted simultaneously in three (3) regions:

- NORTHERN REGION** – Perlis, Kedah, Penang, Perak, Terengganu, Kelantan, Pahang;
- CENTRAL REGION** – Kuala Lumpur, Selangor, Melaka, Negeri Sembilan, Johor;
- EAST MALAYSIA** – Sabah, Sarawak, Labuan



- 1.3.2**
- a. Swimmers shall be existing members of Clubs/Sports Schools/Schools duly registered and affiliated to a respective State and MAS with a MAS National Registration ID.
 - b. Swimmers shall participate in the Circuit Leg competition hosted by the Region in which their respective State falls under.
 - c. Entries must be submitted to the respective Regional Host Organising Committee of the Circuit Leg competition in which their respective State falls under.
 - d. Payment of the Registration Fee and/or Entry Fees or the International Swimmer Admin Fees, International Coach Admin Fees, and International Team Official/Support Staff Admin Fees , wherever is applicable, are to be made to the respective Regional Host of the Circuit Leg competition in which their respective State falls under.
- 1.3.3**
- a. Should a Circuit Leg competition not be hosted by the Region in which their respective State falls under, Swimmers wishing to participate in that particular Circuit Leg may have the option to participate in the Circuit Leg competition hosted by another Region.

1.4.1 SAFE SPORT

- a. A signatory to the Safe Sport Code Malaysia, MAS is committed to ensuring a healthy and safe environment which is respectful, equitable and free from all forms of misconduct, harassment and abuse;
- b. As a condition of participation in the Championships, each individual, by virtue of participation, assistance, involvement or preparation are automatically bound by and are required to comply with the Policies of Safe Sport Code Malaysia;
- c. Any individual with first-hand knowledge, or has specific and credible information from a victim or third-party has the responsibility to report any incident of misconduct, harassment or abuse.

1.4.2 Reporting Channels:

- a. Police Diraja Malaysia (PDRM)
- b. Malaysia Aquatics (MAS)
Secretary General
secgen@malaysiaaquatics.org
- c. Ministry of Youth and Sports (KBS)
<http://kbs.spab.gov.my>



2.0 ELIGIBILITY

2.1 The SportExcel Swimming Circuit is open to the following:

a. **Swimmer – Local Club**

Swimmers who are existing members of Clubs duly registered and affiliated to their respective State or MAS **and** who meet the Minimum Time Standards for a particular event.

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 as **EXHIBITION** Swimmers.

These swimmers will be registered in the Open Group Category as EXHIBITION and will represent MAS. No points will be awarded and they are NOT eligible for any medals, awards or incentive payments.

c. **International Swimmer – Local Club**

Foreigners residing in Malaysia who meet the Minimum Time Standards for a particular event are eligible to participate, and will be tagged with an asterisk.

It is the responsibility of the respective Club to declare the Swimmer's Foreign Status during registration.

They are NOT eligible for any medals, awards or incentive payments, however they are eligible for qualification to the Grand Finals.

d. **International Swimmer – Foreign Club**

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

Foreign swimmers of other Federations affiliated to World Aquatics who meet the Minimum Time Standards (where applicable) are eligible to participate as **EXHIBITION** Swimmers.

These swimmers will be registered as EXHIBITION and will represent their Federation/Foreign Club. No points will be awarded and they are NOT eligible for any medals, awards or incentive payments.

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

2.3.1 **Club Representation Rule for Multi-Location Clubs/Swim School/School**

- 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 Regional Host Organising Committee and/or MAS.

2.3.2 Clause 2.3.1 applies to all clubs, swim schools, sports schools and schools who are participating in the SportExcel Circuit.

2.4 Minimum Time Standards will apply for the SportExcel Circuit.

- a. Swimmers are eligible to participate in the SportExcel Circuit only if the swimmer's recorded personal best time for the event is **faster** than the Minimum Time Standard for a particular event.
- b. An administrative fee of **RM100.00 per event** will be imposed on any swimmer who returns a time more than 3% slower than the Minimum Time Standard for that particular event.

NO penalties will be imposed should a swimmer return a time slower than the Minimum Time Standard for all Compulsory Events and all Compulsory Choice Events, whichever is applicable for the respective age group.
- c. A swimmer's time achieved at the SportExcel Circuit may be used towards meeting qualification time standards for team selection for MAS approved competitions, **provided the dates of the respective Circuit Leg competition fall within the Qualification Period AND specifically expressed in the Qualifying Criteria of the International Competition.**

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:

a. Seniors

Open	:	19 years & over	-	born in 2006 or earlier
Group 1	:	16 – 18 years	-	born in 2007, 2008, 2009
Group 2	:	14–15 years	-	born in 2010, 2011

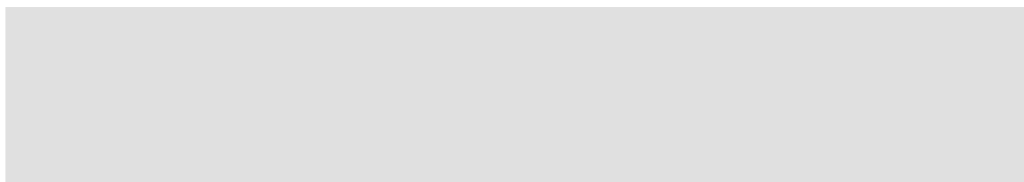
b. Juniors

Group 3	:	12–13 years	-	born in 2012, 2013
Group 4	:	11 years & under	-	born in 2014 or later

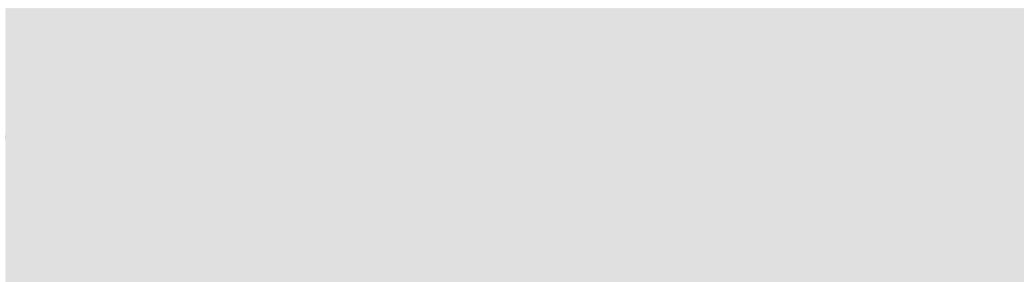


4.0 ENTRY REGULATIONS

4.1



- 4.2 All entries are to be submitted using the Hy-Tek Team Manager software to the Regional Host Organising Committee through email as follows:



- 4.3 **All entries are to be submitted with the Swimmer's MAS ID.**

Entries without the Swimmer's MAS ID attached will be withdrawn upon the Withdrawal Closing Date.

- 4.4 There is no limit to the number of individual entries per Swimmer.

- 4.5 **Minimum Time Standards will apply for the SportExcel Circuit.**

There are **NO** Maximum Time Standards.

- a. **Minimum Time Standard** – The minimum recorded time a swimmer must have achieved for a particular event in order to enter that event.
- b. **Maximum Time Standard** – Does not apply for the SportExcel Circuit.
- c. A swimmer may enter an event only if the swimmer's recorded personal best time for the event is **faster** than the Minimum Time Standard for a particular event.
- d. An administrative fee of **RM100.00 per event** will be imposed on any swimmer who returns a time more than 3% slower than the Minimum Time Standard for that particular event.

NO penalties will be imposed should a swimmer return a time slower than the Minimum Time Standard for all Compulsory Events and all Compulsory Choice Events, whichever is applicable for the respective age group.

- 4.6 **All entries must be submitted with a time equivalent or faster than the Minimum Time Standard for that particular event.**

Entries submitted with No Time (NT) will automatically be rejected.

Incomplete / incorrect entries will be rejected.



4.7 **Maximum Entries Cap for Legs 1 and 2, and the Grand Finals**

Entries may be capped at a limited number of participants per event per gender for Legs 1 and 2 and the Grand Finals.

a. **Entries Cap for the 50m and 100m events**

There shall be **NO** entries cap for the 50m and 100m events per gender.

b. **Entries Cap for the 200m events**

There shall be **NO** entries cap for the 200m events per gender.

c. **Entries Cap for the 400m Freestyle and 400m Ind. Medley events**

There shall be **NO** entries cap for the 400m events per gender.

d. **Entries Cap for the 800m and 1500m Freestyle events (Legs 1 and 2)**

Entries will be capped at **40 participants (Group 2, 1, OPEN)** and **20 participants (Group 3)** for the 800m Freestyle event.

Entries will be capped at **30 participants (Group 2, 1, OPEN)** and **20 participants (Group 3)** for the 1500m Freestyle event.

e. **Entries Cap for the 800m and 1500m Freestyle events (Grand Finals)**

Entries will be capped at **20 participants per age group** for the 800m and 1500m Freestyle events for the Grand Finals.

f. Entries will be seeded from FASTEST to SLOWEST with the fastest participants up to the entry cap for each event contesting the event.

g. Entries seeded lower than the capped number will be placed on a waiting list and informed in the event of any event withdrawals or non-participation.

The number of participants informed shall be dependent on the number of vacant sports due to event withdrawals or non-participation.

For example:

For the 800m Freestyle Group 2, 1, OPEN – No. 31 shall be informed first, followed by no. 32, followed by no. 33 and so forth.

h. Withdrawals are required from participants including those on the waiting list should the participants no longer wish to participate in the event.

4.8 No notice of withdrawal from participants, including those on the waiting list by the Withdrawals Closing Date shall be deemed as a positive confirmation of the participant's event participation.

Any withdrawals after the Withdrawals Closing Date or on the day/s of the Championships 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 before the swimmer's next event.**

4.9 All entries must be submitted by the Entries Closing Date. Late entries will not be entertained.

4.10 No pool side entries or new entries will be accepted after the Entries Closing Date.



4.11.1 Fees – Local Entries

- | | |
|---|---|
| a. Swimmer National Registration Fee (Annual)
<i>*not applicable for those already paid for 2025</i> | - *to be paid to MAS
RM50.00 per Swimmer (new) or
RM30.00 per Swimmer (renewal) |
| b. SportExcel Circuit Admin Fee | - RM30.00 per Swimmer |
| c. Entry Fees (Individual Event) | - RM15.00 per individual event per Swimmer |

4.11.2 Fees – International Entries by Overseas Teams

***dependant on Clause 2.1d**

- | | |
|--|---|
| a. International Swimmer Admin Fee | - USD50.00 per Swimmer per International Team (inclusive of Entry Fees) |
| b. Entry Fees (Individual Event) | - NIL |
| c. International Coach/ 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 coaches from overseas participating teams |

4.12 All entries must be accompanied by FULL PAYMENT of the Registration Fee and/or Entry Fees or the International Swimmer Admin Fees, International Coach Admin Fees, and International Team Official/Support Staff Admin Fees , wherever is applicable, by the Payment Deadline.

4.13 Payments received AFTER the Payment Deadline and before the Late Payment Deadline, will incur additional Late Charges as follows:

- | | |
|-----------------|---|
| a. Late Charges | - Double the amount of total entry fees |
|-----------------|---|

4.14 Swimmers will not be eligible to participate should full payment not be received by the Regional Organising Committee by the Late Payment Deadline.



5.0 WITHDRAWALS

5.2

- 5.3** Withdrawals are required from participants by the Withdrawal Closing Date, including for participants on the waiting list should they no longer wish to participate in the event.
- 5.4** 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.
- 5.5** 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 shall be made immediately before the swimmer's next event.
- 5.6** 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.
- 5.7** 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.
- 5.8** All medical certificates must be produced before the end of the day's session, failing in which the penalty as indicated in Clause 5.5 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 | – | *To be paid to MAS |
| Registration Fee (Annual) | | RM100.00 per Coach (new) or |
| <i>*not applicable for those already paid for 2025</i> | | 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 Regional Host 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 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 Records

- a. There will be only one (1) set of meet records maintained for the whole SportExcel Circuit.
- b. The results from each Regional Host for each Circuit Leg shall be emailed to MAS after the completion of the Circuit Leg Competition, and collated by MAS for determination of the Swimmers for the Grand Final.



7.2 MAS Eligible Selection Meet / Team Selection

- a. The SportExcel Circuit Competitions may act as Qualifying Meet/s for international competition as determined by MAS, provided the dates of the respective Circuit Leg competition falls within the Qualification Period AND if specifically expressed within the Selection Criteria of the said International Competition;
- b. Should Clause 7.2a be fulfilled, 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 Regional Host Organising Committee and/or MAS.

8.3.1 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 |

8.3.2 800m and 1500m Freestyle events

- a. **Leg 1** shall have 1500m Freestyle (Boys) and 800m Freestyle (Girls)
- b. **Leg 2** shall have 800m Freestyle (Boys) and 1500m Freestyle (Girls)
- c. **Grand Finals** shall have both 1500m Freestyle and 800m Freestyle for Boys and Girls

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 group.



8.6 Compulsory Events for Malaysian swimmers in Groups 1, 2, 3, 4:

- a. There shall be Compulsory Events for Malaysian swimmers in Groups 1, 2, 3, and 4 as follows:
- b. **Group 1** – 100m and 200m Freestyle;
- c. **Group 2** – 100m Freestyle, 200m Freestyle, 200m Individual Medley, and a minimum of one (1) 100m choice stroke (choice of Backstroke or Breaststroke or Butterfly);
- d. **Group 3** – 100m Freestyle, 200m Freestyle, 200m Individual Medley, 100m Backstroke, 100m Breaststroke and 100m Butterfly;
- e. **Group 4** – 50m Freestyle, 100m Freestyle, 200m Freestyle, 200m Individual Medley, 50m Backstroke, 50m Breaststroke and 50m Butterfly;
- f. Every swimmer taking part in the Compulsory Events and Compulsory Choice Events must make a reasonable attempt to complete the event;
- g. Non-completion of any Compulsory Events or Compulsory Choice Events whichever is applicable for the respective age group, shall be deemed as 'Did Not Finish' (DNF).
- h. NO penalties will be imposed should a swimmer return a time slower than the Minimum Time Standard for all Compulsory Events and all Compulsory Choice Events, whichever is applicable for the respective age group;
- i. 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 (applicable to Groups 1, 2).
- j. It is the responsibility of the respective Club AND Swimmers to ensure compliance with the participation and completion of the Compulsory Events and/or Compulsory Choice Events whichever is applicable for the respective 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 years & above
50m Freestyle	compulsory	✓	✓	✓	✓
100m Freestyle	compulsory	compulsory	compulsory	compulsory	✓
200m Freestyle	compulsory	compulsory	compulsory	compulsory	✓
400m Freestyle		✓	✓	✓	✓
800m Freestyle		✓	✓	✓	✓
1500m Freestyle		✓	✓	✓	✓
50m Backstroke	compulsory	✓	✓	✓	✓
100m Backstroke	✓	compulsory	compulsory choice	✓	✓
200m Backstroke		✓	✓	✓	✓
50m Breaststroke	compulsory	✓	✓	✓	✓
100m Breaststroke	✓	compulsory	compulsory choice	✓	✓
200m Breaststroke		✓	✓	✓	✓
50m Butterfly	compulsory	✓	✓	✓	✓
100m Butterfly	✓	compulsory	compulsory choice	✓	✓
200m Butterfly		✓	✓	✓	✓
200m Ind. Medley	compulsory	compulsory	compulsory	✓	✓
400m Ind. Medley		✓	✓	✓	✓

8.8.1 Competition Format:

- a. Legs 1 and 2 – Timed Finals
- b. Grand Final – Heats and Finals

8.8.2 Leg 1 and 2 Format:

- 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 group;

- b. Swimmers in each Age Category for Legs 1 and 2 of the Circuit, will be awarded points for each individual event swum as listed in **Clause 9.3**;

c. **QUALIFICATION TO THE GRAND FINAL**

Swimmers who have accumulated points in each event of each respective age group from each Region after Legs 1 and 2 of the Circuit, will be selected into a long-list.

This long-list of swimmers will then be ranked according to time from fastest to slowest, with the Top 40 Swimmers in each event of each age group qualifying to the Grand Final.

In the event of a tie for the 40th placing, the swimmer with the fastest average time swum in the event from Legs 1 and 2 will determine the qualifier to the Grand Final.



800m and 1500m Freestyle:

Swimmers who have accumulated points in the 800m Freestyle or 1500m Freestyle event of each respective age group from each Region after Legs 1 and 2 of the Circuit will be selected into a long-list.

This long-list of swimmers will then be ranked according to time from fastest to slowest, with the Top 20 Swimmers of each event in each age group qualifying to the Grand Final.

- d. **Each Swimmer from the Top 40 must represent the SAME club in ALL of the Circuit Competitions – Leg 1, Leg 2 and Grand Final.**

e. **EXCEPTIONS:**

Local Swimmers (National Swimmer) are eligible to participate in Legs 1, 2 and the Grand Finals in the **OPEN Group Category as EXHIBITION Swimmers representing MAS**. There is no restriction on the number of National Swimmers in each event and they are NOT eligible for points, medals, awards or incentive payments.

International Swimmers (Local Club) are eligible to participate in Legs 1 and 2 as **EXHIBITION Swimmers**. The Top 3 ranked International Swimmers after **Clause 8.8.2c** has been fulfilled will qualify to swim that event for the Grand Final. They are NOT eligible for medals, awards or incentive payments.

The definitions of Local Swimmers (National Swimmer) and International Swimmers (Local Club) are defined in **Clause 2.1**.

8.8.3 Grand Final Format:

- a. The Grand Finals will be conducted in a Heats and Finals format.
- b. The 800m and 1500m Freestyle and 400m Ind. Medley events 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 group.
- d. The fastest 10 swimmers in each age group from the Heats will advance to the afternoon A Final, with the next fastest 10 swimmers during the morning heats advancing to the B Final.
- 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 ALL of the Compulsory Events, including 1 Compulsory Choice Event if applicable, for their age group as listed in **Clause 8.7** in that particular Circuit Leg competition, in addition to the following:
- a. **Groups 1, 2** – at least one (1) additional individual event as well as the Compulsory Events in their age group,
- 9.3** Swimmers in each Age Category for Legs 1 and 2 of the Circuit, will be awarded points for each individual event 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 AWARDS:

9.4.1 Circuit Overall Champion (Individual):

The Circuit Overall Champion (Individual) shall be awarded to the Top 3 Male and Top 3 Female Malaysian swimmers of each Age Group category on the basis of the most number of gold medals won during the Grand Final.

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.

- 9.4.1.1**
- Circuit Overall Champion Award (Individual),
 - Circuit Overall Champion Award 1st Runner Up (Individual),
 - Circuit Overall Champion Award 2nd Runner Up (Individual)

9.4.2 Circuit Overall Champion (Club):

The Circuit Overall Champion (Club) shall be awarded to the Top 3 Clubs with the most number of scoring points accumulated by their swimmers achieved during all final events contested during the Grand Final Competition.



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

The total number of gold medals won by their Club Swimmers, 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.

9.4.2.1 Scoring shall be as follows:

Placing	Points
1st	15
2nd	12
3rd	10
4th	8
5th	6
6th	5
7th	4
8th	3
9th	2
10th	1

- 9.4.2.2**
- Circuit Overall Champion Award (Club),
 - Circuit Overall Champion Award 1st Runner Up (Club),
 - Circuit Overall Champion Award 2nd Runner Up (Club)

9.5 ORGANISING GRANT:

- The Regional Host/s for Legs 1 and 2 of the Circuit shall apply to receive an organising grant from MAS to offset operating costs;
- A budget, in addition to a meet completion report with supporting documentation shall be provided by the Regional Host/s of the Circuit Leg to MAS in order to claim the Organising Grant;
- No claim is permissible should the Regional Host/s not proceed with the hosting of the Circuit Leg for any reason.

10.0 WARM-UP and COMPETITION POOL GUIDELINES

- 10.1** The Competition Pool will be available for warm-up one and a half (1.5) hours before the commencement of the morning session. 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, and 9 are Dive Sprint Lanes – strictly for Diving and Sprinting only.
- b. Lane 1 shall be for pace work and Lanes 2 to 8 are Circle Swimming Lanes for general swimming only.
- c. There shall be NO DIVING in Lanes 1 to 8. Entry to these lanes is via feet first entry from the sitting position at all times.
- d. 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.
- e. The use of swim paddles and fins are prohibited during warm-up.
- f. Swimmers are not allowed to sit or press down on the lane ropes.
- g. Swimmers are required to exit from the Competition Pool from the sides, and not by climbing over the touch pads.
- h. Only Swimmers, Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
- i. 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 SECRETARIAT GUIDELINES

- 11.1** Details of disqualification / infraction committed by any Swimmer shall be made to the Regional Host Organising Secretary by the Team Manager. No proxies will be entertained.
- 11.2** In the absence of the Regional Host Organising Secretary, enquiries relating to disqualifications shall be directed to the Secretariat.
- 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 Secretariat for 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 RM400.00,
 - 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 Regional Host Organising Committee of the Circuit Leg competition. 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 Regional Host 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. Regional Host Organising Secretary, or his/her representative, and
 - b. A maximum of five (5) and a minimum of three (3) representatives from amongst the participating Club Teams not involved in the dispute. The Chairman of the Jury of Appeal shall appoint the representatives.