

1.0 GENERAL INFORMATION

Competition	MAS / NSC / MILO SPLASH SWIM SERIES 2026
Aim	The MAS / NSC / MILO Splash Swim Series aims to provide a competition platform to advance the developmental layers of swimming talent nationwide from the grassroots development level.
Splash Swim Series	The Splash Swim Series shall consist of 2 Legs held simultaneously in 3 Regions – Central, Northern and East Malaysia. The Regional Host of each Series Leg will be confirmed by MAS, with bidding from the Affiliates in the preceding year.

	Region	Host	Venue	Dates	Competition Timing	
Leg 1	Northern	PRAK	Kedah	26–28 June 2026	Timed Finals	8.00AM *subject to change at the host's discretion
	Central	MASA	Melaka			
	EM	ASAS	Sarawak			
Leg 2	Northern	PASA	Penang	9–11 October 2026	Timed Finals	8.00AM *subject to change at the host's discretion
	Central	PRAJ	Pusat Akuatik MJBK Larkin, Johor			
	EM	SASA	Kota Kinabalu Sport Complex Aquatic Centre, Sabah			

- 1.1** The Splash Swim Series 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 Series Leg competition. In matters not prescribed for, decisions shall rest with the Referee and/or the Organising Committee.

1.2.1 CIRCUIT DECENTRALISATION

To facilitate greater accessibility and broaden growth in the sport, Legs 1 and 2 of the Splash Swim Series 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

1.2.2

- 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.
- Swimmers shall participate in the Series Leg competition hosted by the Region in which their respective State falls under.
- Entries must be submitted to the respective Regional Host Organising Committee of the Series Leg competition in which their respective State falls under.
- 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 Series Leg competition in which their respective State falls under.

1.2.3

- Should a Series Leg competition not be hosted by the Region in which their respective State falls under, Swimmers wishing to participate in that particular Series Leg may have the option to participate in the Series Leg competition hosted by another Region.

1.4.1 SAFE SPORT POLICY

- 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 Splash Swim Series is open to the following:

a. **Swimmer – Local Club**

Swimmers who are existing members of Clubs/Sport Schools/Schools duly registered and affiliated to their respective State or MAS, **and** who fall within the Time Standards for a particular event.

b. **International Swimmer – Local Club**

Foreigners residing in Malaysia who are existing members of Clubs/Sport Schools/Schools duly registered in Malaysia and affiliated to their respective States or MAS, **and** who fall within the 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 points, medals, awards or incentive payments.

2.2

- a. Swimmers are eligible to participate in the Splash Swim Series if the swimmer's recorded personal best time for the event falls **within** the Time Standards for a particular event.
- b. The time achieved may be used towards meeting qualification time standards for team selection for MAS approved competitions.
- c. 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 Splash Swim Series.

2.4 Time Standards apply for the Splash Swim Series.

- a. Swimmers are eligible to participate in the Splash Swim Series only if the swimmer's recorded personal best time for the event falls **within** the Time Standards for a particular event.
- b. The Time Standards applied are dependent on the Regional Host in which the respective State falls under.

For Central Region, both Minimum and Maximum Time Standards apply.

For Northern and East Malaysia Regions, to accommodate current participation levels and encourage broader entry, only Maximum Time Standards apply.

- c. An administrative fee will be imposed on any swimmer who returns a time more than 3% outside the Time Standards for that particular event.
- d. A swimmer's time achieved at the Splash Swim Series may be used towards meeting qualification time standards for team selection for MAS approved competitions, **provided the dates of the respective Series Leg competition fall within the Qualification Period AND specifically expressed in the Qualifying Criteria of the International Competition.**

2.4.1 [CENTRAL REGION]

Both Minimum and Maximum Time Standards apply.

- a. Swimmers are eligible to participate in the Splash Swim Series only if the swimmer's recorded personal best time for the event falls **within** the Minimum Time Standard **AND** Maximum Time Standard for a particular event.
- b. An administrative fee of **RM 100.00 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.

2.4.2 [NORTHERN/EAST MALAYSIA REGIONS]

Only Maximum Time Standards apply.

- a. Swimmers are eligible to participate in the Splash Swim Series only if the swimmer's recorded personal best time for the event falls **below** the Maximum Time Standard for a particular event.

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 Splash Series will be calculated as follows:

a. Seniors

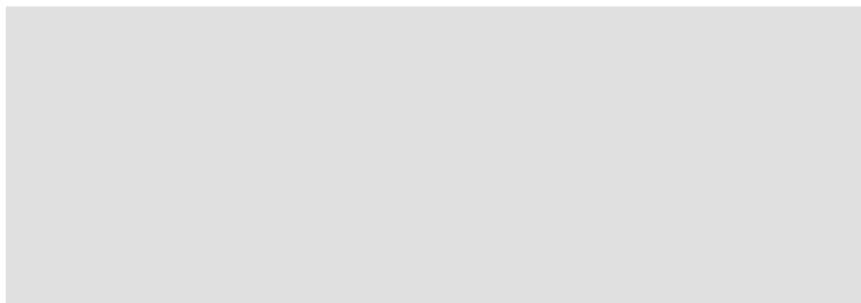
Open	- 19 years & over	- born in 2007 or earlier
Group 1	- 16 – 18 years	- born in 2008, 2009, 2010
Group 2	- 15 years	- born in 2011
Group 2	- 14 years	- born in 2012
Group 3	- 13 years	- born in 2013
Group 3	- 12 years	- born in 2014

b. Juniors

Group 4	- 11 years	- born in 2015
Group 4	- 10 years	- born in 2016
Group 5	- 9 years	- born in 2017
Group 5	- 8 years	- born in 2018
Group 5	- 7 years & under	- born in 2019 or later

4.0 ENTRY REGULATIONS

4.1



4.2 FEES AND CHARGES SCHEDULE

4.2.1 Fees – Local Entries

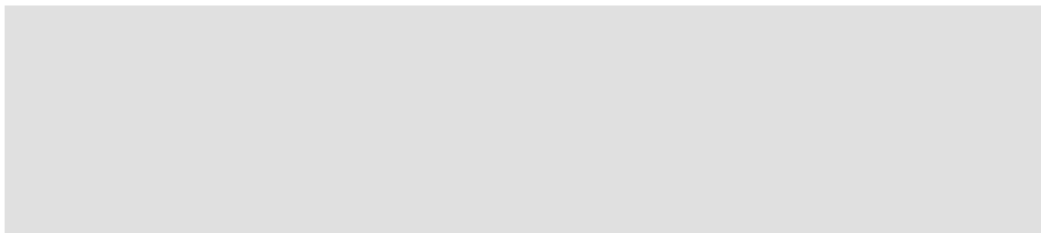
- a. Swimmer National Registration Fee (Annual) - *to be paid to MAS
not applicable for those already paid for 2026* RM 50.00 per Swimmer (new) **OR
 RM 30.00 per Swimmer (renewal)
- b. Splash Swim Series Admin Fee - RM 30.00 per Swimmer
- c. Entry Fees (Individual Event) - RM 15.00 per individual event per Swimmer

4.2.2 Other Fees and Charges *where applicable

- a. Late Entries/Amendments Fee - RM 30.00 per individual event
**Clause 4.7
 Late Entries/Amendments*
- b. Late Payment Charges (Local Entries) - 50% of the total entry fees
**Clause 4.13
 Late Charges*

- c. TS Administrative Fee - RM 100.00 per event
**Clause 4.9.1
Time Standards*
- d. DNS Penalty Fee - RM 100.00 per event
**Clause 5.5
Withdrawal after Withdrawals
Closing Deadline*

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



4.4 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 Deadline.

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

- 4.6** All entries shall be submitted by the Entries Closing Deadline (see Clause 4.1).

4.7 Late Entries / Amendments

- a. **Late Entry / Amendment** – Any Entry and/or Amendment that is submitted AFTER the Entries Closing Deadline;
- b. **Amendment** – Any change or correction that includes but is not limited to changes or corrections to entry timing, name, date of birth, event, etc.;
- c. **Late Entries and Amendments will be accepted AFTER the Entries Closing Deadline and UNTIL the Late Entries/Amendments Closing Deadline and will incur a Late Entries/Amendments Fee for every Late Entry or Amendment per Event as follows:**
- Late Entries/Amendments - RM 30.00 per individual event Fee
- d. **The Late Entries/Amendments Fee will take effect and shall be chargeable for any Entries or Amendments that are submitted AFTER the Entries Closing Deadline and UNTIL the Late Entries/Amendments Closing Deadline.**



- e. No further Entries or Amendments will be entertained AFTER The Late Entries/Amendments Closing Deadline.
- f. Withdrawals Procedures can be referred to under Clause 5.0 Withdrawals

- 4.8** No pool side entries will be accepted.

4.9 Time Standards apply for the Splash Swim Series.

- 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** – A swimmer who has a recorded personal best time faster than the Maximum Time Standard for a particular event is NOT PERMITTED to enter that event.
- c. Swimmers are eligible to participate in the Splash Swim Series only if the swimmer's recorded personal best time for the event falls **within** the Time Standards for a particular event.
- d. The Time Standards applied are dependent on the Regional Host in which the respective State falls under.
For Central Region, both Minimum and Maximum Time Standards apply.
For Northern and East Malaysia Regions, to accommodate current participation levels and encourage broader entry, only Maximum Time Standards apply.
- e. An administrative fee will be imposed on any swimmer who returns a time more than 3% outside the Time Standards for that particular event.
- f. **NO** penalty will be imposed on any swimmer who returns a time faster than the Maximum Time Standard for that particular event as we promote swimmers' improvement in the sport.

However, should any swimmer be found entered in an event with a personal best time faster than the Maximum Time Standard, a penalty of RM 300.00 will be imposed, their medal/points/rank retracted and further participation in the meet will be subject to the Organiser's discretion.

4.9.1 [CENTRAL REGION] Both Minimum and Maximum Time Standards apply.

- a. Swimmers are eligible to participate in the Splash Swim Series only if the swimmer's recorded personal best time for the event falls **within** the Minimum Time Standard **AND** Maximum Time Standard for a particular event.
- b. An administrative fee of **RM 100.00 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.

4.9.2 [NORTHERN/EAST MALAYSIA REGIONS] Only Maximum Time Standards apply.

- a. Swimmers are eligible to participate in the Splash Swim Series only if the swimmer's recorded personal best time for the event falls **below** the Maximum Time Standard for a particular event.

4.10

- a. All entries must be submitted with a time that falls within the Time Standards for that particular event;
- b. Entries submitted with No Time (NT) will automatically be rejected;
- c. Incomplete / incorrect entries will be rejected.

4.11

MINIMUM TIME STANDARDS RULES [applicable to CENTRAL REGION only]

4.11.1

Groups Open, 1, 2, 3 – for 400m / 800m Freestyle, 200m Backstroke / Breaststroke / Butterfly and 400m Ind. Medley:

- a. **400m / 800m Freestyle** – A swimmer must meet the minimum time standard in the 200m Freestyle in order to enter the event.

A swimmer with no previous recorded time in the 400m / 800m Freestyle shall enter their personal best recorded time in the 200m Freestyle.

Clubs with swimmers who use their personal best recorded time in the 200m Freestyle as the entry time will be required to notify the Host in writing (by listing out the swimmer's name and event) when submitting their meet entries event file.

- b. **200m Backstroke / Breaststroke / Butterfly** – A swimmer must meet the minimum time standard in the relevant 100m Backstroke / Breaststroke / Butterfly event in order to enter the event.

A swimmer with no previous recorded time in the 200m Backstroke / Breaststroke / Butterfly shall enter their personal best recorded time in the relevant 100m Backstroke / Breaststroke / Butterfly.

Clubs with swimmers who use their personal best recorded time in the 100m Backstroke / Breaststroke / Butterfly as the entry time will be required to notify the Host in writing (by listing out the swimmer's name and event) when submitting their meet entries event file.

- c. **400m Ind. Medley** – A swimmer must meet the minimum time standard in the 200m Ind. Medley in order to enter the event.

A swimmer with no previous recorded time in the 400m Ind. Medley shall enter their personal best recorded time in the 200m Ind. Medley.

Clubs with swimmers who use their personal best recorded time in the 200m Ind. Medley as the entry time will be required to notify the Host in writing (by listing out the swimmer's name and event) when submitting their meet entries event file.

4.11.2 Group 4 – for 200m Freestyle:

- a. **200m Freestyle** – A swimmer must meet the minimum time standard in the 100m Freestyle in order to enter the event.

A swimmer with no previous recorded time in the 200m Freestyle shall enter their personal best recorded time in the 100m Freestyle.

Clubs with swimmers who use their personal best recorded time in the 100m Freestyle as the entry time will be required to notify the Host in writing (by listing out the swimmer's name and event) when submitting their meet entries event file.

4.11.3 Group 5 – for 100m Freestyle, 100m Backstroke / Breaststroke / Butterfly:

- b. **100m Freestyle / Backstroke / Breaststroke / Butterfly** – A swimmer must meet the minimum time standard in the relevant 50m Freestyle / Backstroke / Breaststroke / Butterfly event in order to enter the event.

A swimmer with no previous recorded time in the 100m Freestyle or 100m Backstroke / Breaststroke / Butterfly shall enter their personal best recorded time in the relevant 50m Freestyle / Backstroke / Breaststroke / Butterfly.

Clubs with swimmers who use their personal best recorded time in the 50m Freestyle / Backstroke / Breaststroke / Butterfly as the entry time will be required to notify the Host in writing (by listing out the swimmer's name and event) when submitting their meet entries event file.

- 4.12** All entries shall be accompanied by FULL PAYMENT of the Registration Fee, Splash Series Admin Fee and Entry Fees, whichever is applicable, by the Payment Deadline stated in Clause 4.1.

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

- a. Late Charges – 50% of the total entry fees

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

4.15

PAYMENT INFORMATION

- a. All payments are to be made via direct banking or online transfer to the respective Regional Host, details as follows:



- b.
c.
d.

5.0 WITHDRAWALS

5.1



5.2

Preliminaries Entries List (Psych Sheet) shall be sent to all participating teams for review and



5.3

Withdrawals are required from participants by the Withdrawal Closing Deadline, 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 Deadline, 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 withdrawal/s after the Withdrawals Closing Deadline 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 RM 100.00** 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 which the penalty as indicated in Clause 5.5 will be imposed.

6.0 ACCREDITATION

- 6.1** The pool deck at all MAS-sanctioned competitions are **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 be on deck during MAS-sanctioned competitions **must be registered with MAS, hold a valid MAS Coaching Licence AND have a valid MAS Coach Accreditation for that respective year.**
- 6.3 Fees – Local Coaches**
- a. Coach National Registration Fee – *to be paid to MAS
(Annual) RM 100.00 per Coach (new) OR
*not applicable for those already paid for 2026 RM 50.00 per Coach (renewal)
- 6.4** Team Accreditation (coaches and/or team manager/s only) 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
1-15	1	1
16-30	2	1
31-45	3	1
46-60	3	1
61-80	4	1
76 and above	4	2

- 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 and/or MAS.
- 6.6** Accreditation will only be issued to 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** Holding a MAS Coach Accreditation or other MAS Accreditation under false pretences is seen as a violation of accreditation regulations and anyone found to be in violation 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 RM 30.00 per additional Accreditation Card.
- 6.10** **Lost or Misplaced Accreditation Passes**
- Replacement passes are available at the following cost:
- a. Coach / Team Manager - RM 120.00

7.0 RECORDS and TEAM SELECTION

7.1 Records

- a. There will be only one (1) set of results, with one (1) set of meet records maintained for each age group, for the whole Splash Swim Series.
- b. The results from each Regional Host for each Series Leg shall be emailed to MAS after the completion of the Series Leg Regional Competition.

7.2 MAS Eligible Selection Meet / Team Selection

- a. The Splash Swim Series competitions may act as Qualifying Meet/s for international competition/s as determined by MAS, provided the dates of the respective Series 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 Qualification Time Standards for team selection.

8.0 COMPETITION INFORMATION

- 8.1** The Splash Swim Series 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** **Events listed below shall be for Groups Open, 1, 2 (Boys & Girls)**
- | | | |
|----------------------|---|-----------------------------|
| a. Freestyle | - | 50m, 100m, 200m, 400m, 800m |
| 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 3 (Boys & Girls)

- | | | |
|----------------------|---|-----------------------|
| a. Freestyle | - | 50m, 100m, 200m, 400m |
| b. Backstroke | - | 50m, 100m, 200m |
| c. Breaststroke | - | 50m, 100m, 200m |
| d. Butterfly | - | 50m, 100m, 200m |
| e. Individual Medley | - | 200m |

8.5 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 |

8.6 Events listed below shall be for Group 5 (Boys & Girls)

- | | | |
|-----------------|---|-----------|
| a. Freestyle | - | 50m, 100m |
| b. Backstroke | - | 50m, 100m |
| c. Breaststroke | - | 50m, 100m |
| d. Butterfly | - | 50m, 100m |

8.7 Combination of Age Groups

- a. Events may be combined in various age groups within the same gender and seeded according to time (SLOWEST to FASTEST) but will be scored separately according to the swimmer's age/age group.
- b. In the interest of time, the long distance events – namely 800m Freestyle and 400m Ind. Medley may be combined across various age groups but will be scored separately according to the swimmer's age group.

8.8 Compulsory Events for Malaysian swimmers

- a. There shall be **NO** Compulsory Events or minimum number of events for swimmers in the Splash Swim Series.

8.9 Full list of Events and the Compulsory Events for Malaysian swimmers are listed in the Table below:

Events	Group 5 9 years & under	Group 4 10 – 11 years	Group 3 12 – 13 years	Group 2 14 – 15 years	Group 1 16 – 18 years	OPEN 19 years & above
50m Freestyle	✓	✓	✓	✓	✓	✓
100m Freestyle	✓	✓	✓	✓	✓	✓
200m Freestyle		✓	✓	✓	✓	✓
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		✓	✓	✓	✓	✓
400m Ind. Medley				✓	✓	✓

8.10 Competition Format

- 8.10.1** a. Legs 1 and 2 – Timed Finals
- b. The length of the break shall be at the discretion of the Regional Host and will be informed to the participating teams when the Sessions Report is determined after the Entries Closing Date.

9.0 CERTIFICATES, POINTS and AWARDS

- 9.1** A “Certificate of Participation” will be awarded to all participants of each Leg of the Splash Swim Series.
- 9.2** a. Points will be awarded for each individual event in each Age Category for Legs 1 and 2 to determine the Champion Club on the following basis:

Position	Points Awarded
INDIVIDUAL: 1st to 10th place	– 11-9-8-7-6-5-4-3-2-1

- 9.3**
- Swimmers in each Age Category who obtained Top 5 positions for each event in each Leg of the Splash Swim Series shall be awarded Certificate of Achievements;
 - Swimmers in each Age Category who obtained Top 3 positions for each event in each Leg of the Splash Swim Series shall also be awarded medals.

9.4 Champion Club Award:

- The Champion Club Award shall be awarded to the Top 3 Clubs with the most number of scoring points accumulated by their swimmers achieved during the 2 Legs.

- 9.4.1**
- Champion Club Award (Winner)
 - Champion Club Award (1st Runner Up),
 - Champion Club Award (2nd Runner Up)

10.0 WARM-UP and COMPETITION POOL GUIDELINES

- 10.1** The Competition Pool 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:

- Lanes 0, and 9 are Dive Sprint Lanes – strictly for Diving and Sprinting only.
- Lane 1 shall be for pace work and Lanes 2 to 8 are Circle Swimming Lanes for general swimming only.
- 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.
- 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.
- The use of swim paddles and fins are prohibited during warm-up.
- Swimmers are not allowed to sit or press down on the lane ropes.
- Swimmers are required to exit from the Competition Pool from the sides, and not by climbing over the touch pads.
- Only Swimmers, Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.
- 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 by the Team Manager to the Resolution Desk, or the Organising Secretary in the absence of a Resolution Desk. NO proxies will be entertained.
- In the absence of a Resolution Desk or Organising Secretary, enquiries relating to disqualification shall be directed to the Secretariat.
- 11.2** All enquiries relating to disqualification shall be made within the same day of competition.
- 11.3** The Team Manager shall provide the Swimmer's details, i.e. Event Number, Time Final/Heat Number, Lane Assigned, Swimmer's Name and Affiliate/Team Name.
- 11.4** Only the Team Manager shall be allowed to access the Secretariat and/or Resolution Desk for the submission of necessary paperwork and/or disqualification enquiry. NO swimmers, parents/guardians or proxies will be allowed.

12.0 APPEALS

- 12.1.1** Appeals are possible:
- Only against the decisions of the Referee as to the consequence of a Swimmer's rule infraction, however no appeal shall be allowed against decisions of fact.
- 12.1.2** There are no grounds for appeal other than that stated in Clause 12.1.1.
- 12.2** Appeals must be submitted in accordance with the following:
- In writing on the prescribed form, with the supporting facts,
 - With a deposit of RM 400.00,
 - Submitted by the Team Manager to the Resolution Desk, or in the absence of a Resolution Desk, to the Secretariat. No proxies will be entertained,
 - Submitted within thirty (30) minutes following the posting of the official results of the respective event.
- 12.3** The Meet Referee shall present the appeal to the Chair of the Jury of Appeal, who shall review the appeal and determine its validity as soon as reasonably possible following the submission of the appeal.
- 12.4.1** If the Chair deems the appeal to be invalid on the consequence of a Swimmer's rule infraction, the matter will not proceed further and the deposit will be forfeited.
- 12.4.2** If the appeal is deemed to be valid, the Chair shall initiate a review by the Jury of Appeal which shall render a final reasoned decision on the appeal as soon as reasonably practical.
- 12.4.3** The decision by the Chair of the Jury of Appeal regarding validity is final.
- 12.5.1** If the Jury rules in favour of the appealing party, the deposit shall be returned to the appealing party, and the ensuing course of action shall be decided on a case-by-case basis by the Jury of Appeal.
- 12.5.2** If the Jury rules against the appealing party, the deposit shall be forfeited to the Organising Committee of the applicable Circuit Competition.

13.0 JURY OF APPEAL

13.1 Appointment of the Jury of Appeal

- 13.1.1** The Jury of Appeal will be composed of three (3) members, one (1) of whom shall be the designated Chair. The three (3) members will be appointed by the Malaysia Aquatics (MAS) President or selected representative, whoever is available.
- 13.1.2**
- a. Jury of Appeal members must not serve on a Jury of Appeal if they have a conflict of interest.
 - b. Jury of Appeal members must declare any possible conflicts of interest in advance of their appointment, and have an ongoing obligation to declare any possible conflicts of interest that may arise (including, but not limited to, having business relations with or being of the same Club as an appealing party).
 - c. MAS shall make the final decision on whether a conflict of interest for the Jury of Appeal member exists.
- 13.1.3** MAS shall appoint a fourth individual to act as a standby Jury of Appeal member in the event that an appointed Jury of Appeal member recuses himself/herself due to a conflict of interest.
- 13.2 The Jury of Appeal Rules of Procedure**
- 13.2.1** The Jury of Appeal may consult video footage, documents and witnesses when considering the appeal, and/or consult any other potentially impacted party, in person or in writing.
- 13.2.2** Decisions of Referees will be afforded a significant degree of deference.
- a. The Jury of Appeal will not substitute its view of the appealed matter for that of the Referee, unless the appealing party presents clear evidence that the Referee's decision was made arbitrarily, irrationally, or in abuse of the discretion afforded to the Referee.
- 13.2.3** Each member of the Jury of Appeal will have one (1) vote and decisions will be made by majority.
- 13.2.4** The decision of the Jury of Appeal is final.
- 13.3**
- a. For the avoidance of doubt, possible breaches of the Eligibility Rules as stated in Clause 2, are not matters subject to appeal to be considered by the Jury of Appeal.
 - b. Any possible breaches of the Eligibility Rules as stated in Clause 2 shall be reported and are matters for investigation by MAS.

14.0 DOPING CONTROL

- 14.1** Urine samples may be collected during the Series 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.