

RACE RULES



Race Rules:

- All swimmers must wear proper swim attire and no wetsuits
- All swimmers must arrive 1 hour ahead of their swim time
- 30-minute continuous swim with changeover every 50m. The 2 Splashers assigned to each relay will do 25m swims. (Teams with young kids or less experienced swimmers can opt for 25 m changeover but then ALL participants must swim 25 m.)
- The Splashers will start off each heat in no. 1 and no. 2 spot; teams can determine remaining swimmer order.
- Relays must maintain the swimmer order to be eligible for Most Laps Swum prize
- Relay exchanges can be in the water, from beside the diving block, or the diving block. Approaching swimmer must touch the wall before the next swimmer can start.
- No diving will be allowed from the shallow end. In-water relay exchanges only
- After finishing their swim leg, swimmers must exit the pool immediately and stay in their assigned platform area behind the diving blocks. If a swimmer needs to cross another lane to exit the pool via ladders, they must wait at lane lines until each lane is clear to cross
- Diving block area must be kept clear except for the next swimmer in the relay order
- Splash will arrange 2 official lap counters per lane
- There will be a warning to notify teams when 5 minutes and 1 minute remain
- Total distance covered will be rounded to last half length completed
- Please remember you will be swimming with beginner swimmers, many of whom learned to swim in the last year. Be supportive and encouraging at all times.
- "On call" Splashers will be available if any swimmer needs a break for a length. Please signal a race official if your team needs assistance

Penalties: (judged by race director and officials)

- Early changeover – deduction of 25m to overall finish distance
- Impeding another swimmer (i.e. crossing over lane) – deduction of 25m to overall finish distance
- Change in swim order ineligible for Most Laps Swum award (still eligible for other awards)
- Bad sportsmanship – deduction 50m to overall finish distance

Prize Categories:

- By Heat: Most Money Raised | Most Laps Swum | Best Team Spirit (judged by officials)
- Awards will be awarded immediately after your heat, please stay on the deck, take your team photo and then collect your prize before you leave.

Other Reminders:

- Due to limited venue capacity, each team is allowed a maximum of 4 guests. Guests will not be allowed on the pool deck, but can watch from the viewing gallery
- Participants should arrive one hour prior to their heat start time to register Swimmers will be escorted to the marshaling area on deck during the heat before their assigned swimming time
- Bring your HKID and allow extra time for security sign-in at main entrance of the school
- This is a green event: water is available but please bring your own water bottle
- We will have snacks available throughout the day (voluntary donations welcome)

比賽規則



比賽規則：

- 所有選手必須穿著合適泳裝，不得穿著潛水衣。
- 賽制為每隊連續游泳30分鐘，每50米接棒換人一次。參加接力的2名Splash學員每次將游25米。(如隊伍有小童或游泳經驗較少的選手，則可選擇每25米接棒換人一次，然而此種情況下，該隊伍的所有選手均須游25米)。
- Splash學員將以第1棒及第2棒的接力次序開始各組別比賽；每隊可自行決定餘下選手的接力次序。
- 選手必須在接力中保持各棒隊員的接力次序，方能合資格競爭「游出最多圈數獎」。
- 接棒選手可選擇在水中、泳池跳台旁或泳池跳台上交接。接棒選手出發前，交棒選手必須觸及池壁。
- 禁止在淺水區跳水。選手僅限在水中交接。
- 選手完成自己的賽段後必須立即離開泳池，並留在跳台後方的指定區域內。如選手需要穿過其他賽道用爬梯離開泳池，請在所屬賽道內等候，直至可安全橫過其他賽道為止。
- 除按接力次序的接棒選手外，其他人不得進入跳台指定區域。
- Splash將於每條賽道安排2名計圈員。
- 當比賽剩餘5分鐘及1分鐘時，大會將通知各參賽隊伍。
- 最後游畢少於25米的距離，將以四捨五入計法，納入整隊完成的總距離。
- 請謹記，你將與游泳初學者一起游泳，他們當中有很多人在去年才學會游泳。請支持和鼓勵他們。
- 如選手於接力賽中途需要休息，我們將提供「隨時候命」的Splash學員可馬上代替出賽。如你的隊伍需要協助，請向大會工作人員示意。

犯規及罰則（由賽事總監及工作人員判斷）：

- 過早交接 – 從游出的整隊總距離中扣減25米。
- 阻礙其他選手（如橫穿賽道） – 從游出的整隊總距離中扣減25米。
- 更改選手次序，導致無資格角逐「游出最多圈數獎」（但仍可角逐其他獎項）。
- 違反體育精神 – 從游出的總距離中扣減50米。

獎項：

- 按組別劃分：最佳籌款隊伍 | 最長距離隊伍 | 體育精神獎（將由工作人員選出）。
- 各組別比賽結束後將立即頒獎，請留在池邊與隊員合照，並於離開前領獎。

其他提醒事項：

- 由於場地有限，每支隊伍最多允許4名來賓觀賽。來賓不得進入泳池範圍，但可在觀眾席上觀賽。
- 選手須在所屬組別賽事開始前一小時到達會場登記。工作人員將於指定比賽時間前，將選手帶到池邊的召集處。
- 請攜同你的香港身份證，並預留額外時間在學校正門進行保安登記。
- 這是一項環保活動：大會提供飲用水，請自備水樽。
- 大會全日將提供零食（歡迎捐贈）。