

**PESTA SUKAN 2026**  
**COMPETITION RULES & REGULATION – PARA SWIMMING**

Venue: Our Tampines Hub

Date: 10 July 2026

**1. Rules**

Guided by the Rules and Regulations as directed by the Singapore Disability Sports Council (SDSC) and in accordance with the Rules World Para Swimming (WPS) Swimming Rules and Regulations where applicable.

1.1 Governed by General Rules and Regulations.

1.2 Performance times achieved at the Pesta Sukan Para Swimming can be used for consideration to qualify for meets under SDSC

**2. Pesta Sukan Para Swimming 2026 Age Categories & Eligibility**

2.1 Age is computed as of 31-Dec-2026

S/No	Age Group	Clarification
1	Para 7 Yrs to 12 Yrs Old	Born 2019 to 2014
2	Para 13 Yrs and Over	Born in 2013 or earlier

2.2 The Swim Teams can be from:

2.2.1 Special Needs School

2.2.2 Community Sports Clubs

2.2.3 Swimming Clubs

2.2.4 Primary or Secondary School Swim Teams

2.2.5 Swimming Teams from ITE, Polytechnics and Universities

2.3.5 Group of swimmers forming their own Swim Teams

2.3 Singapore Citizens, Permanent Residents and Foreigners residing in Singapore are eligible to participate.

2.4 All swimmers entering the championship must be able to swim each event they enter safely, continuously, and without stopping. As a minimum standard, every participant must be capable of swimming at least 50m of any stroke (front crawl, breaststroke, backstroke, or butterfly) confidently and without buoyancy aids, flotation devices, or physical assistance from the side.

Swimmers who cannot yet complete 50m continuously without struggling or holding onto the lane rope / wall should not enter events longer than their current ability.

The Organiser reserves the right to:

- Remove a swimmer from an event, or
- Stop a swimmer during a race

if they appear unable to complete the distance safely, are endangering themselves or others, or are clearly not meeting the expected competency level. This decision is final and made for safety reasons only.

Refunds will not be given for removal due to lack of competency.

2.5 Holds a valid National or internationally-recognised classification status

- 2.6 Para Swimmers will follow Sports Classes as below Sport Classification:
- S, SM 1-10, SB 1- 9 = Physical Impairment
  - S, SB, SM 11 – S13 = Visual Impairment
  - S, SB, SM 14 = Intellectual Impairment
  - S, SB, SM 15 = Deaf / Hard of Hearing
  - S, SB, SM 18 = Significant Other Impairment / Down Syndrome (VIRTUS II2)
  - S, SB, SM 19 = Autism (VIRTUS II3)

## 2.7 Guide on Registering for a New Classification Athlete

If you belong to the following groups and do not hold a valid classification status, you must request a local classification slot at <https://forms.gle/k6A2DRLJNuXckocr8> by 5 June 2026.

Please note:

- Slots are limited and will be prioritised at the organiser's discretion.
- Classification will be conducted by National Classifiers. While the organiser will make every effort to secure sessions, no guarantee of a slot can be given, as availability depends on classifiers.
- SDSC reserves the right to require classification of any participant. Affected participants may be contacted directly should classification be deemed necessary.
- Classification sessions are tentatively scheduled for the weeks commencing 5 June 2026.
- The final classification schedule will be confirmed and communicated to affected participants / Team Leaders at a later date.

Failure to attend a scheduled classification session will result in a "No Show" record. No-show participants may not be eligible for re-scheduling.

### a) Intellectual Impairment Participants - S14, II2, II3

Psychological report certifying onset impairment (IQ Score) before 18 years old is needed for classification

### b) Physical Impairment Participants – S1 to S10

Medical diagnosis report certifying by medical doctor the impairment is needed for classification.

### c) Visual Impairment Participants – S11 – S13

A Doctor's Memo certifying:

- very low visual acuity and/ or no light perception OR
- low visual acuity and/or a visual field of less than 5 degrees radius OR
- low visual acuity and/or a visual field of less than 20 degrees radius.

### d) Deaf/Hard of Hearing - Defined as a hearing loss of at least 55 dB per tone average in the better ear. (3-tone frequency average at 500, 1000 and 2000 Hertz, ISO 1969 Standard)

### e) VIRTUS Categories:

II2 - Down Syndrome

II3 - A formal diagnosis of autism (ASD) carried out by a qualified practitioner using accepted diagnostic techniques.

### 3 Pesta Sukan Para Swimming 2026 Registration

Please click on the link <https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan/para-sport/swimming> to register by the registration deadline 19 June 2026 12.00pm.

Registration fees must be paid before the registration deadline, only entries will be confirmed as final. Registration fees would entitle the participant / official to accreditation on decks.

Late entries will not be accepted. Changes of entries will not be allowed after the registration deadline. Start lists will be available on Pesta Sukan website after Team Leader Meeting.

Para Swimming: <https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan/para-sport/swimming>

#### Pesta Sukan 2026 Events & Schedule

##### 4.1 Events Programme:

Para Events					
Events	7 to 12 years old	13 years and over	Events	7 to 12 years old	13 years and over
50m Freestyle	✓	✓	100m Freestyle	✓	✓
50m Breaststroke	✓	✓	100m Breaststroke	✓	✓
50m Backstroke	✓	✓	100m Backstroke	✓	✓
50m Butterfly	✓	✓	100m Butterfly	✓	✓
			200m Freestyle	✓	✓
			200m Individual Medley	-	✓

##### 4.2 Event Schedules at Pesta Sukan Para Swimming 2026

10 July 2026, Friday 1pm – 5pm	
200m Freestyle Multi Class S1-S15, II2, II3	Para Event – 7 to 12 years old (Boys + Girls) 13 years and over (Men + Women)
50m Backstroke Multi Class S1-S15, II2, II3	Para Event – 7 to 12 years old (Boys + Girls) 13 years and over (Men + Women)
200m Individual Medley Multi Class SM1-SM15, II2, II3	Para Event – 13 years and over (Men + Women)
100m Breaststroke Multi Class SB1-SB15, II2, II3	Para Event – 7 to 12 years old (Boys + Girls) 13 years and over (Men + Women)
50m Butterfly Multi Class S1-S15, II2, II3	Para Event – 7 to 12 years old (Boys + Girls) 13 years and over (Men + Women)
100m Freestyle Multi Class	Para Event – 7 to 12 years old (Boys + Girls) 13 years and over (Men + Women)

S1-S15, II2, II3	
50m Breaststroke Multi Class SB1-SB15, II2, II3	Para Event – 7 to 12 years old (Boys + Girls) 13 years and over (Men + Women)
100m Backstroke Multi Class S1-S15, II2, II3	Para Event – 7 to 12 years old (Boys + Girls) 13 years and over (Men + Women)
100m Butterfly Multi Class S1-S15, II2, II3	Para Event – 7 to 12 years old (Boys + Girls) 13 years and over (Men + Women)
50m Freestyle Multi Class S1-S15, II2, II3	Para Event – 7 to 12 years old (Boys + Girls) 13 years and over (Men + Women)

## 5. Competition Format

- 5.1 The Pesta Sukan Swimming will be run in a timed finals format in 8 Lanes Pool setup.
- 5.2 Competitors (regardless of age) shall be placed in graduated time order, slowest to fastest in 8- lane pool.
- 5.3 There are no minimum qualifying standards but all participants **must at least be competent** in their respective events, i.e. able to complete their events without buoyancy aid or external assistance.
- 5.4 2026 World Para Swimming Rules and Regulations shall apply for this championship. They can be found at <http://www.paralympic.org/swimming/rules-and-regulations>.
- 5.5 Para Swimmers will have their own ranking results and medals based on Multi-Class Point System. The Australian Point System will be used.

## 6. Entries & Fees

- 6.1 The closing date for making payment via registration portal is **Sunday 21 June 2026**
- 6.2 Registration Fees for Individual Events:
- Para Swimmers: \$5.00 per swimmer
  - Participants are allowed to take part up to Maximum of Three (3) Individual Events.

## 7. Viability of Events

- 7.1 For an event to be viable there must be a minimum of **4 Registered Swimmers**. However, if there are only 3 or 2 Registered Swimmers, the event will proceed with a minus one rule for the award of medal
- 7.2 If only 1 swimmer is registered for an event, the organiser reserves the right to Cancel the event, or allow the swimmer to swim as an (no medal event), or the swimmer will be informed and offered event transfer.

## **8. Awarding of Medals**

8.1 If there is a tie in any of the top 3 positions, the medals will be awarded, in accordance as follows:

8.1.1 In the case of two (2) equal MCPS Points:

- For 1<sup>st</sup> position: 2 Golds, no Silver, 1 Bronze
- For 2<sup>nd</sup> position: 1 Gold, 2 Silvers, no Bronze
- For 3<sup>rd</sup> position: 1 Gold, 1 Silver, 2 Bronzes

8.1.2 In the case of three (3) equal MCPS Points:

- For 1<sup>st</sup> position: 3 Golds, no Silver, 1 Bronze
- For 2<sup>nd</sup> position: 1 Gold, 3 Silvers, no Bronze
- For 3<sup>rd</sup> position: 1 Gold, 1 Silver, 3 Bronzes

8.2 Prize Money will be awarded after the entire competition concludes and will be awarded only to the Top 3 overall performance of each individual age category.

## **9. DNS and Withdrawals for Pesta Sukan Para Swimming 2026**

9.1 During competition, any swimmer who fails to report 15 mins before the event will be considered as Did Not Show (DNS). A swimmer, having entered the venue, is also considered as DNS if he/she fails to be at the Starting Block.

## **10. Swimwear**

The Pesta Sukan will be conducted in accordance to WPS Rules (10.16 Swimwear):

10.16.1 Only swimwear approved by World Para Swimming is permitted. The current list of approved male and female swimsuits, caps and goggles can be found on the World Para Swimming website.

10.16.2 Modification of a swimsuit and deviations to the body coverage requirements in Rule 10.16.7 to accommodate an Athlete's impairment are permissible if they have been approved and recorded by World Para Swimming-appointed Officials prior to the commencement of each Competition.

10.16.3 A swimsuit not bearing a valid FINA approval label will only be considered approved if it fulfils the material requirements set forth in the current FINA Requirements for Swimwear Approval. This is notably the case for swimsuits made of traditional permeable textile (i.e. open mesh) material (such as cotton, Nylon, Lycra and the like) with no application of surface treatment closing the open mesh structure.

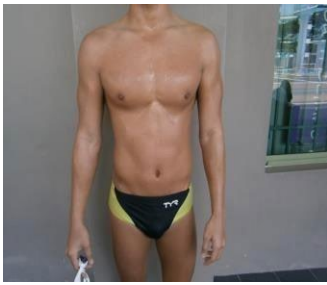
10.16.4 The swimwear (swimsuit, cap and goggles) of all Athletes shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.

10.16.5 All swimsuits shall be non-transparent. It is permissible to wear a maximum of two (2) caps (this number includes any hair retaining device or 'soul cap'), both must adhere to The World Para Swimming Uniform and Equipment Advertising Regulations unless otherwise stated in Technical Documentation.

10.16.6 Athletes must wear only one (1) swimsuit in one (1) or two (2) pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

10.16.7 Swimsuits for men shall not extend above the navel nor below the knee, and for

women shall not cover the neck, extend past the shoulder, nor shall extend below the knee. See also Rule 10.16.2. All swimsuits shall be made from textile materials.



**Male**



**Female**



## **The Start**

11.1.2.1 For an Athlete with a Vision Impairment, on the long whistle from the Referee, the Athlete shall be permitted to orientate themselves prior to the Starter's command of "take your marks."

11.1.2.2 Athletes with balance problems (i.e., who have difficulty standing stationary) may have assistance to balance themselves on the starting platform (i.e., hold at the hips, hand, arm etc.) by one (1) Support Staff. Support Staff may aid the Athlete to remain stationary at the start; however, the Support Staff shall not allow the Athlete an unfair advantage by being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the Athlete at the start is not permitted.

11.1.2.3 An Athlete with only one (1) fully functional leg does not need to have a foot at the front of the starting platform, so long as they have one (1) hand or other part of the arm at the front of the starting platform.

11.1.2.4 An Athlete may be permitted to start beside the starting platform.

11.1.2.5 An Athlete may be permitted to take up a sitting position on the starting platform.

11.1.2.6 An Athlete may be permitted to start in the water but is required to have one hand in contact with the starting place until the starting signal is given. Standing in or on the gutter or on the bottom is prohibited.

11.1.2.7 Athletes in Sport Classes S/SB/SM1-3 are permitted to have their foot/feet or the end of their limb/limbs held to the wall, until the starting signal is given. Giving momentum to the Athlete at the start is not permitted.

11.1.2.8 Where an Athlete is unable to grip the starting place in a water start, the Athlete may be assisted by a Support Staff and/or starting device. The device shall be cleared and deemed safe by the World Para Swimming-appointed Officials prior to the commencement of the Competition. Giving momentum to the Athlete at the start is not permitted. The Athlete shall have some part of the body in contact with the wall until the starting signal is given.

11.1.2.9 To prevent abrasion, one layer of towel, or the like, may be placed on the starting platform.

For athletes with a hearing impairment, If an athlete requires additional arm signals by the Starter, this must be requested by the responsible Team Leader at the Technical Meeting. Support Staff of the athlete shall be permitted to convey the starting signal to the athlete by the use of a non-verbal instruction.

## 11. Protest

11.1 Protests are possible:

- a. if the rules and regulations for the conduct of the competition are not observed,
- b. if other conditions endanger the competitions and/or competitors, or
- c. against decisions of the referee; however, no protest shall be allowed against decisions of fact.

11.2 All protests shall be considered by the Meet Referee.

11.3 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.

11.4 Protests must be submitted in accordance with the following:

- a. In writing, with the supporting facts
- b. With a deposit of **S\$100.00** enclosed
- c. Submitted to the Meet Referee by Affiliate Team Leader. No proxies will be entertained
- d. Submitted within thirty (30) minutes following the conclusion of the respective event

11.5 If the Meet Referee rejects the protest, he/she must state the reasons for his decision. The Team Leader may then appeal the rejection to the Jury of Appeal, whose decision shall be final.

11.6 If the protest is not upheld, the deposit shall be forfeited

11.7 The Organiser's decision to any protest shall be final.

## 13 Rules & Regulations

13.1 The Rules and Regulations as depicted above are current at the time of printing or posting on Pesta Sukan 2026 website. The Organiser reserves the right to add, delete and/or vary the said rules and regulations at any time as it deems fit.

13.2 Any amendments to the Rules & Regulations will be posted on Pesta Sukan 2026 website.

13.3 By participating, swimmers and support staff consent to being photographed or filmed for promotional, news, or archival purposes by the organiser or official media partners. Any individual who does not wish to be photographed must notify registration to organiser.

## 14 General R&R

Please scan the QR code below:



nscahnlsmmgj35xjga.vog.org/actrl  
2noitdug10

## 15 Team Leaders Meeting

- 15.1 Team Leaders Meeting will be conducted online on 3 July 2026 11.00am. Meeting link will be shared to Team Leader separately via email after registration.
- 15.2 Swim Coaches who wish to apply for an accreditation pass to be on deck during Pesta Sukan must be an NROC Member.

Clubs / Schools are required to send in the names of their coaches and team leaders (min age of 18 years old based on DOB) with their registration files to secure a pass.