

RULES AND REGULATIONS:

MASS SWIM

1. Participants who are feeling unwell prior to the Mass Swim event should approach any of the NTU Swimfest Officials for advice.
2. Participants who feel unwell during the course of the Mass Swim event should stay clear of the pool, approach any of the NTU Swimfest Officials and seek medical attention when necessary.
3. The NTU Swimfest Organising Committee reserves the right to disallow any participant that is physically and medically unfit from the Mass Swim without question.
4. Participants will be allocated identity numbers which will be written in black permanent marker on their left upper arm. The identity numbers must be clearly visible to NTU Swimfest Officials throughout the event.
5. Participants are only allowed to enter or exit at the designated side of the swimming pool.
6. Participants are advised to remain in their designated lanes at all times. Participants can only switch to other lanes at the end of the pool (100 metre mark) if you feel that you are faster or slower than other participants. Switching of lanes while swimming during the length of lap will result in disqualification without question.
7. NTU Swimfest Official will issue participants one rubber band for every two laps swam.
8. Participants can gather and pass their rubber bands to the NTU Swimfest Official at the lap counting booths at any point of time. Participants may wish to do this as many times as possible, and are allowed to continue their swim after submitting their rubber bands.
Mass Swim Challenge Rules Note: The NTU Swimfest Organizing Committee reserves the rights to disqualify any participants who do not abide by the Rules & Regulations of the Mass Swim event.

9. No rubber bands will be given out if participants do not complete the full two laps. The NTU Swimfest Officials reserves the right to disqualify the participant if he or she is found to be cheating.
10. If a participant wishes to discontinue their swim halfway, he or she should approach the NTU Swimfest Official at the lap counting booths. A lap count will then be issued. This lap count will entitle participants to the redemption of lap gifts. Participants that accumulate 50 rubber bands or more will receive a finisher t-shirt. (1 rubber band = 2 laps)
11. Participants are strictly prohibited to bring or use their own rubber bands for the event. Combining of rubber bands from other participants in exchange for higher tier lap gifts are forbidden. The NTU Swimfest Organizing Committee reserves the right to disqualify any participants found cheating during the event without question.
12. In case of bad weather, the NTU Swimfest Organizing Committee reserves the right to cancel the event with immediate effect. In the event of cancellation, lucky draw for the top prizes will be carried out.
13. The Mass Swim will end at 1300hrs sharp, regardless of the time of entry.

RULES AND REGULATIONS:

OVERNIGHT SWIM

1. Participants who are feeling unwell prior to the Overnight Swim Challenge event should approach any of the NTU Swimfest Officials for advice.
2. Participants who feel unwell during the course of the Overnight Swim Challenge event should stay clear of the pool, approach any of the NTU Swimfest Officials and seek medical attention when necessary.
3. The NTU Swimfest Organising Committee reserves the right to disallow any participant that is physically and medically unfit from the Overnight Swim Challenge without question.
4. Participants will be allocated identity numbers which will be written in black permanent marker on their left upper arm. The identity numbers must be clearly visible to NTU Swimfest Officials throughout the event.
5. Participants are only allowed to enter or exit at the designated side of the swimming pool.
6. All team members must be present for the registration of Overnight Swim Challenge.
7. All teams must complete the registration by 2115hrs.
8. All teams must contain at least one female competitor.
9. All team leaders must attend the team captain briefing at 2115hrs..
10. All competitors must attend the safety briefing at 2140hrs. Overnight Swim Challenge Rules Note: The NTU Swimfest Organizing Committee reserves the rights to disqualify any participants who do not abide by the Rules & Regulations of the Mass Swim event.
11. Competitors are expected to swim non-stop during the whole duration of the Overnight Swim Challenge as a team. Pausing during the

Overnight Swim Challenge may result in the disqualification of the whole team.

12. Competitors are not allowed to use any swimming apparatus or aid with the exception of a pair of goggles and swim cap.
13. Any recognised swimming stroke may be used. Changes in stroke are allowed during the course of swim.
14. Competitors are expected to touch the wall at every 50m mark to turn around. Kicking off the wall is allowed.
15. Competitors are only allowed to change over at the stipulated side of the wall.
16. All incoming competitors have to touch the side of the wall before the next competitor can plunge/kickoff from the wall.
17. Plunging from the board is not allowed. Plunging from the side is allowed.
18. Competitors who are not swimming are not allowed to remain in the pool at any point of time. With exception to the incoming competitor who is kicking off the wall of the pool
19. Competitors are to swim within the designated 1/2 lane space allocated to the team.
20. In case of bad weather, the NTU Swimfest Organising Committee reserves the right to cancel the event with immediate effect. In the event of cancellation, lucky draw for the top prizes will be carried out.
21. The Overnight Swim Challenge will end at 0700hrs sharp, regardless of the weather condition.

NOTE: Teams that have broken the Rules and Regulations will be given a verbal warning before subsequent deduction of 100m lap for each of the subsequent rules & regulations broken.