

12th NSA Cup Open & Age Group Swimming Championship, 2024

29th & 30th September, 2024 (13th & 14th Ashwin, 2081)

INFORMATION, RULES AND REGULATIONS

1. THE COMPETITION:

HOST:	NEPAL SWIMMING ASSOCIATION
TIME:	Morning: 08:00am Afternoon: 04:00 pm Warm up: One (1) hour before till 15 mins before the start of Meet
VENUE:	International Swimming Complex, Satdobato, Lalitpur. (Outdoor L.C. Pool)
RULES:	World Aquatics and Nepal Swimming Association Rules.

2. PARTICIPATION/REGISTRATION ENTRY FEE

Entry fee of **Rs.1000/-** must be paid by each swimmer for **up to 3 Individual Events** during initial Registrations.

Additional Rs. 1000/- for each additional Individual Events to be paid again via Esewa Merchant Payment Option from eSewa App.

(Kindly Refer Payment Guide)

Eg: for 5 Individual Events, Athlete shall pay Rs. 1000/- via System Registration and Rs. 2000/- via Esewa App Merchant Payment Option.

3. NOMINATIONS AND SPORTS ENTRIES:

1. Register Via Google Sheets as per link:
<https://forms.gle/kcR6Zb8G7oxip9uF7>
2. Register in Spreadsheet and send it to gms.nsa@gmail.com
https://docs.google.com/spreadsheets/d/1Gq1howjuEdo5KjbRL1vYn0jCSZzxoeRG/edit?usp=drive_link&oid=108440232720291920758&rtpof=true&sd=true
3. Register via Printed Forms and Submit to NSA Office, Int'l Sports Complex, Satdobato or Scan and mail it gms.nsa@gmail.com.

For Options 1, 2 and 3 pay entry fee by scanning the eSewa QR attached.

4. Register via swimnepal.com with your login credentials, pay initial fee via system and additional event fee via eSewa QR.

No amendments will be accepted after the last date of entry.

4. GENERAL RULES:

- i. Age Group participants must show their Accreditation Card at the Call Room and Age Groups competition will be conducted as **Heats and Finals**.
- ii. Swimmers whose events fall consecutively will be given a Five (05) minute of rest period if reported to the referee.
- iii. A swimmer shall swim in age group as per their Date of Birth and in all the Open events.
- iv. Swimmer who does not complete an event that they have entered will not be permitted to swim in any other event on that session. This is to prevent this from causing scheduled events to be cancelled.
- v. Swimmers may withdraw only on medical grounds recommended by a Medical Profession.
- vi. Swimmers must fill up Seeding Time. (Officially Recorded)
- vii. The Referee / Jury will solve any confusion or queries you have.
- viii. Heats/Preliminaries will be conducted on 8-10 lanes.
- ix. A minimum 4 players are required in order to start list otherwise the event shall be scratched.
- x. All swimmer, coach & parents need to follow Health & Safety Protocols and World Anti-Doping Agency (WADA) Rules for All Participating Athletes.
- xi. Athletes can only represent one affiliated institution for group events which shall be also counted for Scoring/Medal Tally.

5. PRIZES, POINTS:

- i. Gold, Silver and Bronze medals, will be awarded to the swimmers coming First, Second and Third in each race respectively and Trophies for the Winning Team, 1st Runner-Up and 2nd Runner-Up.
- ii. Cash Prize Awarded for player who beats the Existing National Record.
- iii. Team Points for Individual Events: First- 5 points, Second- 3 point, Third- 2 point and Fourth-1 point.
- iv. Team Points for Relay Events: First- 10 points, Second- 6 point, Third- 4 point and Fourth-2 point.
- v. Best Player Awarded to Open and each Age Category.

6. EVENTS ORDER: Refer Attachment Document or Website

(Day 1: Event 1 to 35, Day 2: Event 36 to 71)

7. CALENDAR & TIMELINE

2024-09-04 (2081-05-19):	Nomination & Sports Entries Open date
2024-09-16 (2081-05-31):	Final Entries for Nomination & Sports Entries
2024-09-20 (2081-06-04):	Preliminary Entries publish date
2024-09-23 (2081-06-07):	Entries Corrections Deadline
2024-09-23 (2081-06-07):	Managers and Team Leaders Meeting/ Withdrawals 5pm @ Satdobato
2024-09-26 (2081-06-10)	Event Start List Publish
2024-09-29 (2081-06-13):	Game Day 1 (Heats: 8am, Finals: 4pm)
2024-09-30 (2081-06-14):	Game Day 2 (Heats: 8am, Finals: 4pm)

8. PROTEST

Written Protests with a deposit of NRS 5000/- shall be made within 45 minutes after the event ends. The Technical/Jury Committee will make a final decision as per rules on the protest. The Deposit amount shall be refunded only if the Protest is upheld. Any and all detrimental incidents to the Referee / Meet Director.



Organized by: Nepal Swimming Association

9. JURY TEAM

Mr. Ishor Kumar Karki- Jury Chairperson
Mr. Bharat Tamang- Jury Member
Mr. Shanker Karki - Jury Member

10. CONTACT & ENQUIRIES

Email: gms.nsa@gmail.com

Mr. Umesh Pradhan LOC Chairperson- 9851006515
Mr. Dilip Vaidya Treasurer-9851050593
Mr. Bijen Man Shrestha, Meet Referee -9841284298
Mr. Yogendra Man Shrestha-9841244395
Mr. Bishnu Khadka - Technical Queries-9813488893, Viber/WhatsApp 9851046770
Mr. Anish Maharjan - Technical Queries- Viber 9822790832
Mr. Shankar Karki, Chief Coach - 9841312731
Mr. Ratna Lal Maharjan, Coach - 9841226110
Mrs. Nayana Shakya, Coach - 9841525799

CONCLUSION: NSA is always dedicated for the promotion of swimming. We are here to facilitate your participation in every way possible. Please direct any and all confusion to the Referee, who will explain.

Annex-1 – Order of Events

DAY 1- 29th September, 2024

SN	EVENT NAME
1	400M FREESTYLE WOMEN OPEN
2	50M BREASTSTROKE BOYS UNDER 8
3	50M BREASTSTROKE GIRLS UNDER 8
4	50M BREASTSTROKE BOYS 9-10 YRS
5	50M BREASTSTROKE GIRLS 9-10 YRS
6	200M BACKSTROKE MEN OPEN
7	200M BACKSTROKE WOMEN OPEN
8	50M BREASTSTROKE BOYS 11-12 YRS
9	50M BREASTSTROKE GIRLS 11-12 YRS
10	200M INDIVIDUAL MEDLEY MEN OPEN
11	50M BREASTSTROKE BOYS 13-14 YRS
12	50M BREASTSTROKE GIRLS 13-14 YRS
13	200M BUTTERFLY MEN OPEN
14	200M BUTTERFLY WOMEN OPEN
15	50M BUTTERFLY BOYS UNDER 8
16	50M BUTTERFLY GIRLS UNDER 8
17	50M FREESTYLE BOYS 15-17 YRS
18	50M FREESTYLE GIRLS 15-17 YRS
19	50M BUTTERFLY BOYS 9-10 YRS
20	50M BUTTERFLY GIRLS 9-10 YRS
21	100M BREASTSTROKE MEN OPEN
22	100M BREASTSTROKE WOMEN OPEN
23	50M BUTTERFLY BOYS 11-12 YRS
24	50M BUTTERFLY GIRLS 11-12 YRS
25	50M BACKSTROKE MEN OPEN
26	50M BACKSTROKE WOMEN OPEN
27	50M FREESTYLE BOYS 13-14 YRS
28	50M FREESTYLE GIRLS 13-14 YRS
29	100M FREESTYLE MEN OPEN
30	100M FREESTYLE WOMEN OPEN
31	50M BACKSTROKE BOYS 15-17 YRS
32	50M BACKSTROKE GIRLS 15-17 YRS
33	50M BUTTERFLY MEN OPEN
34	50M BUTTERFLY WOMEN OPEN
35	50M FREESTYLE MIXED MASTERS 40+

DAY 2- 30th September, 2024


SN	EVENT NAME
36	400M FREESTYLE MEN OPEN
37	50M BACKSTROKE GIRLS UNDER 8
38	50M BACKSTROKE BOYS UNDER 8
39	50M BACKSTROKE GIRLS 9-10 YRS
40	50M BACKSTROKE BOYS 9-10 YRS
41	200M BREASTSTROKE WOMEN OPEN
42	200M BREASTSTROKE MEN OPEN
43	50M BACKSTROKE GIRLS 11-12 YRS
44	50M BACKSTROKE BOYS 11-12 YRS
45	200M INDIVIDUAL MEDLEY WOMEN OPEN
46	50M BACKSTROKE GIRLS 13-14 YRS
47	50M BACKSTROKE BOYS 13-14 YRS
48	200M FREESTYLE WOMEN OPEN
49	200M FREESTYLE MEN OPEN
50	50M FREESTYLE GIRLS UNDER 8
51	50M FREESTYLE BOYS UNDER 8
52	50M BUTTERFLY GIRLS 15-17 YRS
53	50M BUTTERFLY BOYS 15-17 YRS
54	50M FREESTYLE GIRLS UNDER 8
55	50M FREESTYLE BOYS UNDER 8
56	100M BACKSTROKE WOMEN OPEN
57	100M BACKSTROKE MEN OPEN
58	50M FREESTYLE GIRLS 11-12 YRS
59	50M FREESTYLE BOYS 11-12 YRS
60	50M BREASTSTROKE WOMEN OPEN
61	50M BREASTSTROKE MEN OPEN
62	50M BUTTERFLY GIRLS 13-14 YRS
63	50M BUTTERFLY BOYS 13-14 YRS
64	100M BUTTERFLY WOMEN OPEN
65	100M BUTTERFLY MEN OPEN
66	50M BREASTSTROKE GIRLS 15-17 YRS
67	50M BREASTSTROKE BOYS 15-17 YRS
68	50M FREESTYLE WOMEN OPEN
69	50M FREESTYLE MEN OPEN
70	50M FREESTYLE MIXED MASTERS 50+
71	200M FREESTYLE RELAY -AGE Category -MIXED

Annex 2- Additional Event Payment Guide

Step 1: Logon to your eSewa Account (Web or App Version)

Step 2: Search for "Nepal Swimming Association" in Search Bar

Step 3: Fill up the Details in the Form (See Example Photo Given)

**Nepal Swimming Association**

Event * :

Competition

Event Year(In AD) * :

2024

Event Name * :

12th NSA

Person Category * :

Athlete

Athlete/Player ID * :

1839

Full Name/Athlete Name * :

ANISH MAHARJAN

Email Id:

champion@gmail.com

Mobile Number *

9851234567

Organization/Affiliation:

St. Xavier's School, Jawalakhel

TPIN/PAN/VAT No.:

Enter TPIN/PAN/VAT No.

Payment Type :

Entry Fee

Remarks :

Additional 3 events

Amount (NPR) :

3000

Terms and Condition :

☒ I agree that information provided will be used for processing order or booking, improving support experience, and other purposes as detailed in privacy policy.

Have Promocode ?

Total Paying Amount

3,000.00

PROCEED

CLEAR

Form Fields Details:

Event:

Event Year:

Event Name:

Person Category:

Athlete/Player ID:

Full Name/Athlete Name:

Email Id:

Organization/ Affiliation:

TPIN/PAN/VAT No:

Payment Type:

Remarks:

Amount:

Select "Competition"

Type "2024"

Type "12th NSA Cup"

Select "Athlete"

Type your 4 Digit NSA Player ID Eg. "1839"

Type your Name Eg "Anish Maharjan"

Type your valid Email ID champion@gmail.com

Type your institution eg "St. Xavier's School, Jawalakhel"

<Ignore>

Select "Entry Fee"

Type in this format "Additional 3 Events, total 6 Events"

Agree to the terms and conditions and PROCEED 3000 to PAYMENT