



# **THE USF RULES & REGULATIONS 2018**

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**IN FORCE FROM 14 JULY 2018**

# **THE USF RULES & REGULATIONS, 2018**

## **ARRANGEMENT**

|   |          |
|---|----------|
| <b>PART I – PRELIMINARY</b>                                     | <b>6</b> |
| 1. Citation   | 6        |
| 2. Definitions  | 7        |
| 3. Application  | 8        |
| <b>PART II - MEMBERS' AFFAIRS</b>                               | <b>8</b> |
| 4. Eligibility for USF Membership                               | 8        |
| 5. Register of Members  | 8        |
| 6. Application For Affiliation and Membership                   | 8        |
| 7. Consideration of Application by the Executive                | 8        |
| 8. Members' Constitutions Not To Conflict with USF Constitution | 9        |
| 9. Membership Certificate                                       | 9        |
| 10. Registration of Athletes, Coaches and Officials             | 9        |
| 11. Payable Fees  | 10       |
| 12. Procedure and Regulations Covering Fees                     | 10       |
| 13. Entitlements of Members in Good Standing                    | 10       |
| 14. Obligations of Members                                      | 11       |
| 15. 'Good Standing'   | 12       |
| 16. Members to Submit Annual Activities Calendar and Work Plan  | 12       |
| 17. Activity Reports  | 12       |
| 18. Federation's Annual Activities Calendar and Work Plan       | 12       |
| 19. Non – Participation in USF Calendar Activities              | 13       |
| 20. USF Honorary Members  | 13       |
| 21. Cessation of Membership                                     | 13       |
| 22. Withdrawal of Affiliation by a Member                       | 13       |
| 23. Expulsion of Member, Official, Athlete, Coach, etc          | 13       |
| 24. Communication Between the USF and Members                   | 13       |
| 25. Quarterly Engagements With USF Members                      | 13       |

|   |    |
|---|----|
| <u>PART III - TRANSFERS OF ATHLETES AND COACHES</u> -----           | 14 |
| 26. Transfer Rules for Athletes and Coaches-----                    | 14 |
| <u>PART IV – USF CODE OF CONDUCT</u> -----                          | 16 |
| 27. Requirement to Observe Highest Levels of Discipline-----        | 16 |
| <u>PART V - NATIONAL REPRESENTATION AND HOSTING OF EVENTS</u> ----- | 19 |
| 28. Call for National Duty and Representation-----                  | 19 |
| 29. Selection Criteria for National Teams-----                      | 19 |
| 30. Events Hosted in Foreign Countries-----                         | 20 |
| 31. Participation in Events Outside Uganda-----                     | 20 |
| 32. Hosting of Events in Uganda-----                                | 20 |
| 33. Non-FINA Affiliated or Suspended Federations-----               | 20 |
| <u>PART VI – USF TECHNICAL OFFICIALS</u> -----                      | 21 |
| 34. USF Technical Officials List-----                               | 21 |
| 35. Maximum Age for USF Technical Officials-----                    | 21 |
| 36. Technical Officials on FINA & CANA’s Lists-----                 | 21 |
| 37. Identity Cards for USF Officials-----                           | 21 |
| 38. FINA and CANA Bureau Technical Committee Members-----           | 21 |
| 39. Listing To Be in Particular Category-----                       | 21 |
| 40. Only Officials on List to Officiate USF Events-----             | 21 |
| 41. English Proficiency for Officials-----                          | 21 |
| 42. Application Form-----   | 21 |
| 43. Code of Conduct Governing USF Technical Officials-----          | 21 |
| 44. Workbook for Officiating in Active Aquatics Disciplines-----    | 21 |
| <u>PART VII – USF COACHES</u> -----                                 | 22 |
| 45. USF Coaches List-----   | 22 |
| 46. Certification of Coaches-----                                   | 22 |
| 47. Identity Cards for USF Coaches-----                             | 22 |
| 48. Only Coaches on USF Coaches List to Coach at USF Events-----    | 22 |

|  |   |    |
|--|---|----|
| 49.  | English Proficiency for Coaches-----  | 22 |
| 50.  | Code of Conduct Governing Coaches-----  | 22 |
| <u>PART VIII – RULES FOR PREVENTION OF MANIPULATION OF COMPETITIONS-----</u> |   | 23 |
| 51.  | Introduction to the Rules for Prevention of Manipulation of Competitions----- | 23 |
| 52.  | Application and Scope-----  | 23 |
| 53.  | Violations-----   | 23 |
| 54.  | Procedure -----   | 25 |
| 55.  | Sanctions-----  | 26 |
| 56.  | Recognition of Decisions-----   | 28 |
| <u>PART IX – COMMITTEES AND ROLES-----</u>                                   |   | 29 |
| 57.  | Committees-----   | 29 |
| 58.  | The Athletes’ Committee-----  | 29 |
| 59.  | The Coaches’ Committee-----   | 32 |
| 60.  | The Competitions’ Committee-----  | 32 |
| 61.  | The Disciplinary Committee-----   | 32 |
| 62.  | The Finance Committee-----  | 33 |
| 63.  | The Marketing & Publicity Committee-----                                      | 33 |
| 64.  | The Medical Committee-----  | 34 |
| 65.  | The National Records Committee-----   | 34 |
| 66.  | The Planning & Development Committee-----                                     | 35 |
| 67.  | The Rules and Legal Committee-----  | 35 |
| 68.  | The Team Selections Committee-----  | 35 |
| 69.  | The Technical Officials’ Committees-----                                      | 35 |
| 70.  | The Awards and Merits Committee-----  | 36 |
| 71.  | Schools Committee-----  | 36 |
| 72.  | Discipline Specific Technical Committees-----                                 | 36 |
| 73.  | Quarterly Meetings of Committees-----   | 37 |
| 74.  | Absence from Committee Meetings-----  | 37 |

|  |    |
|--|----|
| <u>PART X – MEDICAL MATTERS</u> -----  | 38 |
| 75. Medical Rules-----   | 38 |
| <u>PART XI – ANTIDOPING RULES</u> -----                                      | 41 |
| 76. Anti – Doping Provisions-----  | 41 |
| <u>PART XII – MISCELLANEOUS MATTERS</u> -----                                | 42 |
| 77. Facilitation of Female Participation in the Federation’s Activities----- | 42 |
| 78. Child Protection Measures-----   | 42 |
| 79. Matters Not Provided For under the Rules & Regulations-----              | 42 |
| 80. Amendment of these Rules and Regulations-----                            | 42 |
| Signature Page-----  | 42 |

#### SCHEDULES

|   |    |
|---|----|
| Schedule I (Form A) – Registration Form (Regulation 6)-----                           | 43 |
| Schedule II (Form B) – Transfer Notice (Regulation 26 (3) (2))-----                   | 44 |
| Schedule III (Form C) – Application Form for Technical Officials (Regulation 43)----- | 45 |

# **THE USF RULES & REGULATIONS 2018**

## **PART I** **PRELIMINARY**

### **1. Citation**

These Rules and Regulations may be cited as **the USF Rules and Regulations, 2018**.

### **2. Definitions**

In these Rules and Regulations, unless the context otherwise requires –

- a) **“Aquatics”** means Swimming, Open Water Swimming, Water Polo, Artistic Swimming (formerly Synchronized Swimming), Diving, High Diving and Masters Program or Activity.
- b) **“Benefit”** means the direct or indirect receipt or provision of money or the equivalent such as, but not limited to, bribes, gains, gifts and other advantages including, without limitation, winnings and/or potential winnings as a result of a wager; the foregoing shall not include official prize money, appearance fees or payments to be made under sponsorship or other contracts;
- c) **“CANA”** is an acronym for **Confédération Africaine de Natation**, the African confederation in charge of aquatics in Africa;
- d) **“Club”** means a club affiliated to USF whose objectives are consistent with the of USF;
- e) **“Competition”** means a FINA Competition or a Competition of a Major Event Organization;
- f) **“FINA”** is an acronym for **Fédération Internationale de Natation** – the international swimming federation in charge of aquatics in the world.
- g) **“Executive Committee”** means the executive committee of the Federation elected by the Annual General Assembly under Article C 16 of the USF Constitution;
- h) **“Federation”** means the Uganda Swimming Federation (USF), the national organization affiliated to FINA, CANA, UOC and NCS which is responsible for aquatics and related activities in Uganda;
- i) **“General Secretary”** means the USF General Secretary or Secretary General;
- j) **“Guidelines”** means the Guidelines established under Regulation 30, and which are stated in the *Fourth Schedule* to these Rules and Regulations;
- k) **“Inside Information”** means information relating to any Competition that a person possesses by virtue of his or her position in relation to a Competition, excluding any information already published or common knowledge, easily

accessible to interested members of the public or disclosed in accordance with the rules and regulations governing the relevant Competition;

- l) "**Major Event Organization**" means any international multi-sport organization that acts as the ruling body for any continental, regional or other international Competition.
- m) "**Member**" means a member of the USF and includes a Club, School, Tertiary Institution with full rights and benefits as provided for under the USF Constitution and these Rules & Regulations.
- n) "**Participant**" means any natural or legal person belonging to one of the following categories:
  - i) "**Athlete**" means any person or group of persons, participating, or qualified to participate in a Competition;
  - ii) "**Athlete Support Personnel**" means any coach, trainer, manager, agent, team staff, team official, medical or paramedical personnel working with or treating Athletes participating in or preparing for a Competition, and all other persons working with the Athletes;
  - iii) "**Official**" means any person who is the owner of, a shareholder in, an executive or a staff member of the entities which organize and or promote a Competition, as well as referees, jury members and any other accredited or engaged persons. The term also covers the executives and staff of the international sports organization, or where appropriate, other competent sports organization or club which sanctions a Competition.
- o) "**President**" means the USF President;
- p) "**Register**" means the Register of the USF established under article C 8.1 of the Constitution and elaborated in Part II of these Rules and Regulations;
- q) "**Rules and Regulations**" means these Rules and Regulations;
- r) "**Secretariat**" means the USF Secretariat.
- s) "**Sports Betting, Bet or Betting**" means any wager of a stake of monetary value in the expectation of a prize of monetary value, subject to a future and uncertain occurrence related to a Competition.

### 3. Application

These Rules and Regulations shall apply to any organization, association, club, athlete, coach, manager, teacher, instructor, USF Executive Committee, athlete support personnel or any other person involved in aquatics or related activity which the Federation is mandated to regulate or administer as empowered under the Constitution, Act of Parliament or Statutory Instrument.

## **PART II**

### **MEMBERS' AFFAIRS**

#### **4. Eligibility for USF Membership**

Clubs, schools, tertiary institutions, sporting bodies and entities in Uganda shall be eligible for membership in the Federation.

#### **5. Register of Members**

The USF shall maintain a Register of Members that will be kept and updated by the General Secretary.

#### **6. Application For Affiliation and Membership**

An eligible applicant shall fill a written application for membership in the form prescribed in **Schedule I (Form A)** to these Rules and Regulations, addressed to the General Secretary accompanied by –

- a) A resolution of the applicant duly signed by its President/Chairperson and the General Secretary/Secretary or such other individual duly authorized approving application for the membership/affiliation;
- b) The constitution of the applicant which must mention that the applicant and its members commit to complying with the FINA/CANA Statutes, the USF Constitution and By-Laws, Rules and Regulations;
- c) The composition and full addresses of the applicant's executive committee members;
- d) The list and addresses of the applicant's members;
- e) The applicant's lists of athletes, lists of coaches and support staff;
- f) The applicant's physical, telephone, postal address, website etc;
- g) A non-refundable application/process fee determined by the Executive;
- h) The Calendar of events/activity schedule for the applicant;
- i) Policies and applicable manuals; and
- j) Any other information or requirement that may be additionally requested.

#### **7. Consideration of Application by the Executive**

7.1 Upon receipt of the said application, the USF Executive Committee will make a decision regarding the same, and may reject the application or approve temporary membership subject to payment of the prescribed affiliation/membership fee and any other considerations that may require fulfillment.

7.2 In the event that all conditions are fulfilled, the Executive Committee shall seek a confirmation of the temporary membership by the USF General Assembly. Any federation receiving temporary affiliation shall be granted full rights and obligations in relation to the USF.



## **8. Members' Constitutions Not To Conflict with USF Constitution**

- 8.1 The constitution and rules of a Member shall not be in conflict with the USF Constitution and Rules & Regulation. Where there is a conflict, the USF Constitution and Rules & Regulations shall prevail.
- 8.2 Members must seek prior written approval of the Federation for any change in their constitution before such changes are valid.
- 8.3 Any change in the leadership by a Member shall be notified to the Federation within 14 (fourteen) days from the date of such a change. The members will forward a copy of the necessary minute or resolution of the meeting where such change was authorized.

## **9. Membership Certificate**

- 9.1 A Member shall be entitled to issuance of a Membership Certificate upon confirmation of membership, where the Member is in good standing.
- 9.2 A Membership Certificate may be cancelled or withdrawn where a Member ceases to be recognized or loses membership in the USF.
- 9.3 Where a Membership Certificate is lost, damaged or destroyed, the Member may request for replacement of the certificate upon payment of a replacement fee.
- 9.4 Where deemed necessary by the Federation, Certificates may be issued annually to Members in good standing.

## **10. Registration of Athletes, Coaches and Officials**

- 10.1 Every Member shall forward to the Federation the particulars of Athletes, Athletes' Support Personnel, Official and individual member for registration no later than 31 January of every year.
- 10.2 This obligation shall apply to Athletes, Athletes' Support Personnel, Officials and individual members that are not assigned to a Member and or those who are domiciled outside Uganda.
- 10.3 Where an Athlete, Athletes' Support Personnel or Official moves from one Member to another as provided for under Part IV of these Regulations, the Member where the athlete, coach, staff or individual member is transferring to shall be required to re-register the said individual anew.
- 10.4 An Athlete, Athletes' Support Personnel or Official may be simultaneously registered with only one club and one educational institution that he or she attends or is employed by, provided that the athlete or coach shall not represent both the club and educational institution at an activity requiring participation of both the club and the educational institution where he or she is registered.
- 10.5 An athlete or coach shall only be eligible to represent a Member in a USF sanctioned or recognized activity if that athlete or coach is registered with the Federation.

- 10.6 The Federation may allow non – registered participants in its sanctioned events who will be treated as guests with specific authorization to participate on terms and conditions specified.
- 10.7 All registered athletes, coaches, officials, staff and members shall be eligible for issuance of identity cards by the Federation.
- 10.8 A Member or individual who violates this Regulation shall be subject to disciplinary action as provided for under the Constitution and or these Rules & Regulations.

## **11. Payable Fees**

- 11.1 The following Fees shall be payable –
  - (a) Membership application/process fee as stipulated under Regulation No. 6 g);
  - (b) Annual Affiliation/Membership Fees payable by each Member;
  - (c) Registration or Capitation Fees payable by members of the USF Executive, Athletes, Coaches, Officials, and any other person;
  - (d) Any other fees for a necessary activity as determined by the Executive.
- 11.2 The Fees payable under these Regulations shall be determined by the Executive and communicated to the General Assembly.

## **12. Procedure and Regulations Covering Fees**

- 12.1 Before the end of the year, the Federation shall send to all Members a notice accompanied by an invoice requesting payment of the Affiliation Fees and all other fees (i.e. Annual Fees, Registration/Capitation Fees for athletes, coaches and officials etc) for the subsequent year.
- 12.2 Any Member, Athlete, Coach or Official whose fees are not paid by the end of February each year will not be eligible to take part in USF events or to receive any required support.

## **13. Entitlements of Members in Good Standing**

All Members in good standing are entitled –

- a) To use the services of the Federation and access to all programs;
- b) To take part in the Federation’s competitions if eligible;
- c) To participate in assemblies and meetings of the Federation, and other activities for which they are called upon;
- d) To elicit for and receive support from the Federation in respect of specific activities the terms of which are to be determined by the Executive.
- e) To access Government specific programs and funding where availed.

- f) To receive support, assistance and other development opportunities for from USF.
- g) To access National Results database for access to swimming results and identification.
- h) To best practice governance and administrations leading to the best environment for the sport to grow at all levels.
- i) To insurance packages to be negotiated by the Federation under to benefit members.
- j) To being connected with online news including access to regular newsletters, updates from the Federation and information on upcoming events.
- k) To exclusive member ticket offers to all national events, whenever availed.
- l) To enter meets through the USF Online Meet Entry system as and when availed or when operationalized.
- m) To exclusive discount deals from USF partners.

#### **14. Obligations of Members**

All Members are obliged –

- a) To cooperate with or support the Federation in its efforts to achieve its objectives;
- b) To act in accordance with the decisions of the Federation's General Assembly and Executive;
- c) To pay the annual affiliation or membership fees and meet any other financial obligations;
- d) Not to get involved with or associate with any entity or person whose activities are inconsistent with the objectives or interests of the Federation.
- e) To act in accordance with the decisions of the FINA Congress, the FINA Bureau and FINA Executive;
- f) To treat with confidentiality information provided to them by the Federation, or which comes into their knowledge by virtue of their position, which shall not be disclosed without prior written authorization.
- g) To include within its constitution or applicable statutes a provision, which allows out-of-competition doping control by FINA; and
- h) To comply with the laws of the Republic of Uganda in so far as they do not conflict with the Olympic Charter and the FINA Statutes, By-Laws, Regulations and Policies.

**15. 'Good Standing'**

A Member, Athletes, Athlete support Personnel or Officials shall be said to be in 'good standing' where the said Member, Official, Athlete or Coach is –

- a) Fully paid up with respect to all fees payable to USF; and
- b) Has not been cited for a breach of the USF Constitution, USF By-Laws, Policies or Regulations, and is not undergoing disciplinary action or serving a disciplinary sentence.

**16. Members to Submit Annual Activities Calendar and Work Plan**

- 16.1 Every Member shall by 30 October of every year submit to the Federation a copy of its planned annual activities calendar and work plan for approval and synchronization with the USF Annual Calendar.
- 16.2 The planned annual activities calendar shall indicate the specific dates of the sporting events, meetings, conferences and any other activities planned for each quarter.
- 16.3 The Federation will ensure that Members' Events are as much as practically possible held separately to prevent conflicting interests for athletes and coaches that may be registered simultaneously.
- 16.4 In the event of a potential clash, the Executive will determine in advance how the potential clash is to be avoided or resolved in consultation with the parties involved.

**17. Activity Reports**

- 17.1 Within 10 (ten) days after the end of a quarter, a Member shall submit to the Federation a quarterly activity report indicating the activities carried out by the Member in the quarter. Feedback meetings may be held to discuss the performance of a Member(s).
- 17.2 Quarters shall be the months of January – March (Quarter 1), April – June (Quarter II), (July to September (Quarter III) and October – December (Quarter IV).
- 17.3 Members are encouraged to submit written summaries to the Federation at the end of each event to facilitate quick dissemination of information.

**18. Federation's Annual Activities Calendar and Work Plan**

- 18.1 The Executive will prepare a draft Annual Calendar of Events to be carried out for the year which will be presented to the General Assembly for consideration and approval.
- 18.2 The draft Calendar will indicate the dates for the local, regional and international sporting events together with the meetings, conferences and any other activities to be participated in by the Federation during the year.
- 18.3 The draft Calendar will be released not later than 30 November of every year.

**19. Non – Participation in USF Calendar Activities**

19.1 A Member who misses or fails to participate in a scheduled activity on the USF calendar will be liable to sanction.

19.2 A Member who ceases to take part in USF activities for 2 (two) consecutive years may be de-affiliated from the USF by the Executive, which shall inform and seek ratification of the Assembly.

**20. USF Honorary Members**

USF Honorary membership may be conferred by the General Assembly upon any person who has rendered outstanding service to the Federation, Aquatics or sports in general. An Honorary Member will be a member of the USF without voting power.

**21. Cessation of Membership**

Any membership or affiliation with the Federation ends –

- a) If the Member ceases to exist or dies (in the case of Officials, Athletes, Coaches and any other natural person);
- b) If the Member, Official, Athlete, Coach or other affected person withdraws their membership or affiliation; or
- c) If the Member, Official, Athlete, Coach or other affected person is expelled.

**22. Withdrawal of Affiliation by a Member**

Any Member who intends to withdraw its affiliation with the Federation shall give written notice thereof of at least 6 (six) months to the General Secretary. The membership shall end immediately unless withdrawn and no refunds of fees will be made.

**23. Expulsion of Member, Official, Athlete, Coach, etc**

The Executive shall have the power to expel a Member, Official or Athlete for significant violation of the Constitution and By-Laws and or Rules of the Federation. The respective Member, Official or Athlete shall be entitled to appeal this decision to the General Assembly whose decision shall be final.

**24. Communication Between the USF and Members**

Members shall be responsible for providing regular updates on their activities to the USF on a timely basis, and will furnish the Federation with addresses for communication. Official communication by a Member on related affairs will be from the Chairman or Secretary or other duly permitted official to the President or Secretary General.

**25. Quarterly Engagements With USF Members**

The Executive will devise means of actively engaging with Members in order to disseminate information and receive feedback on activities of the Federation and Members.

**PART III**  
**TRANSFERS OF ATHLETES AND COACHES**

**26. Transfer Rules for Athletes and Coaches**

The following rules shall apply to transfers by athletes and coaches –

**26.1 Transfer of Athletes and Coaches**

Athletes or coaches are at liberty to transfer from one Member to another in accordance with the provisions of these Rules, whose key objective is to ensure order and fairness during the transfers.

**26.2 Transfer Period**

Scheduled transfers by athletes and coaches from one Member to another may take place during the months of January and July of every year, upon issuance of a 30 – day transfer notice to the Federation and filling the appropriate transfer application.

**26.3 Transfer Procedure**

**26.3.1 Notice of Transfer**

Where an athlete or coach intends to transfer from one Member to another, the Athlete or Coach intending to transfer shall inform USF giving not less than 30 days' notice of the proposed transfer. The notice may be issued by a Member on behalf of the Athlete or Coach.

**26.3.2 Submission of Transfer Notice (Form B)**

The Transfer Notice shall be in the prescribed **Form B – Schedule II** to these Rules & Regulations, shall be filed by or on behalf of the Athlete or Coach which will be accompanied with –

- a) The passport data page and or National ID of the athlete or coach;
- b) The USF identity card (if issued);
- c) The contract, if applicable;
- d) Transfer Fee per athlete or coach (to be determined by the USF Executive) payable upon submission of the Form.

**26.3.3 Finalization of Transfers**

A transfer will be finalized on the 30<sup>th</sup> day from the receipt by the USF of the Notice of Transfer provided that all requirements have been met.

**26.4 Transfers Outside the Transfer Period**

An athlete who transfers over outside the Transfer Period will not represent his or her new Member at the immediate USF event on the calendar following the transfer or crossover.

**26.5 Athlete Passport**

The Federation shall prepare an Athlete Passport containing the relevant details of the athlete in which shall be indicated the Member(s) with which

the athlete has been registered from date of receipt of the Passport. The Athlete Passport will be given to a Member after finalization of registration under Regulation 6, and will be endorsed by USF prior to any transfers under this Regulation.

**26.6 Disputes Arising Under Transfer Regulations**

All disputes between Members arising out of transfers will be submitted to the Federation for resolution. The Member disputing a related matter will submit a written memorandum and supporting evidence to the Federation, with a copy to the Member or athlete or coach, who will be required to respond to the matter raised within 7 (seven) days from delivery of the memorandum. The Federation will determine the dispute within 7 (seven) days following due process involving the Members, provided that the Members shall as a first option be given an opportunity to resolve the dispute amicably.

**26.7 Violation of Transfer Regulation**

A Member or individual who violates these Transfer Regulations shall be subject to disciplinary action as stipulated under Article C 13 of the Constitution.

**PART IV**  
**USF CODE OF CONDUCT**

**27. Requirement to Observe Highest Levels of Discipline**

- 27.1 USF Members, the Executive, Participants, Athletes, Coaches, teachers, parents, officials and any other affected person shall be required to observe the highest levels of discipline and conduct during USF or Members' activities.
- 27.2 Without limitation to the number of acts of misconduct, the following acts shall be deemed to constitute misconduct –
- 1) Violent conduct or infliction of physical or mental harm on others;
  - 2) Smoking at the venue of a USF or FINA sanctioned activity;
  - 3) Use of profanity, abusive language or conduct;
  - 4) Disrespect or disregard to officials of the Federation;
  - 5) Bullying;
  - 6) Insubordination or disobedience of lawful instructions from an officer of the Federation;
  - 7) Racist, segregative or discriminatory utterances and or conduct;
  - 8) Theft;
  - 9) Defrauding or misappropriating the finances of the Federation;
  - 10) Failure or refusal to turn up for national duty without justifiable reason;
  - 11) Failure to notify the USF Chief Medical Officer or USF officer responsible, of medical or prescription drugs of any kind being used by an athlete;
  - 12) Participating in or reporting for any organized training or FINA/USF sanctioned activity affected by alcohol or illicit drugs;
  - 13) Use of prohibited energy enhancing substances, or aiding, abetting or procuring use of prohibited energy enhancing substances;
  - 14) Interference including disobedience with obstruction of the orderly conduct of any sporting event within or outside of the venue(s), malicious alteration, damage or destruction of property;
  - 15) Using USF's electronic communication facilities any time for:
    - a) The intentional downloading, receiving, forwarding or storage of obscene messages, pornography or explicit images which may cause offence;
    - b) The making of derogatory, inflammatory or discriminatory comments about a member of the USF executive, officials, employees, athlete, volunteer or member;



- c) The disclosure or private or confidential information about USF swimmers, coaches, employees, team support staff or the USF in general;
  - d) The transmission without authorization of any copyrighted or licenced material;
  - e) Any usage that is illegal, unethical or indecent; or
  - f) Any usage that is detrimental to USF's professional reputation.
- 16) Use of any social networking website, network or forum to –
- a) Deliberately post confidential, misleading, inappropriate or detrimental information about USF, a sponsor or stakeholder of USF or another team member or USF employee or volunteer;
  - b) Engage in any form of public dissent or criticism of the USF, a team member, USF employee, volunteer, sponsor or USF stakeholder; or
  - c) Publicly respond to or specifically address any adverse media or public comment.
- 17) Cheating including but not limited to falsification or alteration of birth certificates, documents of identification or any other document indicating false age, false nationality or any other false information with the purpose of obtaining unfair advantage for an official, an athlete or a team.
- 18) During a FINA or USF sanctioned event or training, engaging in any harassing or offensive behavior with any other team member or USF employee or volunteer in areas including but not limited to –
- a) Making hurtful, demeaning or disparaging remarks on one or more occasions to them in private or in public;
  - b) Making fun of their abilities, results or performances on one or more occasions in private or in public;
  - c) Making them perform humiliating or inappropriate activities in order to be accepted as a part of a swimming team; and
  - d) Excluding or stopping them from performing their normal swimming schedules, working with other people or participating in regular team activities.
- 19) Whether at a training or participating in a USF or other FINA sanctioned competition, engaging in harassing or offensive behavior with any other team member or USF official, employee or volunteer in areas including but not limited to: -
- a) Making persistent, unwelcome demands of a sexual nature (especially after prior refusal);
  - b) Constantly requesting meetings or dates (especially after prior

refusal);

- c) Physically touching or being unnecessarily familiar;
- d) Making offensive or inappropriate comments about physical appearance, dress or private life;
- e) Sending sexually explicit or offensive letters, phone calls, emails or text messages; and
- f) Asking intrusive questions or making comments about a person's private life or making reference to a person's sexuality or physical appearance.

20) USF acknowledges that mutual friendships and relationships may develop between athletes which are a private matter and as such do not constitute sexual harassment. Where however an ongoing relationship has been established, the athletes involved shall at all times: -

- a) Not engage in any form of behavior, which though it might be consensual, may interfere with the working environment or offend a team member;
- b) Not display excessive intimate physical affection in public, or engage in continuous personal communication while performing normal duties;
- c) Conduct any intimate contact in their relationship in their own time and separately from their duties and obligations with USF; and
- d) Act professionally and responsibly at all times when on USF premises or at any USF or other FINA sanctioned event, competition or activity.

Should circumstances arise whereby it is alleged the involved athletes are not meeting the standards as previously outlined, the matter shall be referred for disciplinary action.

21) Conduct described in the FINA Doping Control Rules 21.1.6 and 21.2.5

22) Flouting or contravening the Constitution, these By-Laws, Rules and Regulations or other lawful directive of the Federation;

23) Violation of FINA's Rules for Prevention of Manipulation of Competition as spelt out under Part VIII of these Rules & Regulations; and

24) Any other acts that may amount to misconduct.

**PART V**  
**NATIONAL REPRESENTATION AND HOSTING OF EVENTS**

**28. Call for National Duty and Representation**

- 28.1 An athlete, coach, teacher or other person shall whenever called upon by the Federation avail himself or herself to represent Uganda or perform such national or international duty as such be required, subject to medical fitness and availability of financing.
- 28.2 It shall be the duty of a Member to release the athlete, coach, teacher or other person who is called upon for national or international duty.
- 28.3 The Executive shall determine representation on the national team, in accordance with the selection criteria for choosing the team stipulated under Regulation 29 or as may be specified under given rules applicable to a specific event.
- 28.4 Any Member or individual that contravenes this rule shall be liable to sanction.

**29. Selection Criteria for National Teams**

**29.1 Executive to Conduct Selection of National Team**

The Executive will be responsible for selecting the national team for selected events and will ensure that the selection is transparent and based on a clear selection criteria.

**29.2 Primary Objective of the USF Selections Policy**

The primary objective of the USF Selection Policy is to ensure that athletes chosen to represent Uganda in regionals and international competitions are of the highest possible standard to facilitate the fielding of the most befitting individuals.

**29.3 Selection Criteria**

The following will be the basic selection criteria –

- 1) Only athletes, coaches and officials registered with and in good standing with USF will be considered for selection and representation on the national team. Individuals with poor discipline and a past record of non – compliance may only be considered with very strict conditions.
- 2) Selected athletes, coaches and officials must be in possession of a valid Uganda passport and have chosen Uganda as their Sport Nationality.
- 3) Members selected on a team must abide by and agree to sign an applicable agreement or Code of Conduct for the event for which they have been nominated.
- 4) Athletes, coaches and officials selected must be available to travel to and attend the event for which they are selected.
- 5) Selection will be based on pre – qualification events that eligible athletes,

coaches or officials will have participated in.

- 6) Selection will be done in accordance with individuals' work ethic, physical readiness and suitability with regard to team dynamics and compatibility.
- 7) All athletes must be available for relay selection, with respect to swimming events.

#### **29.4 Amendment of Selection Criteria**

The Executive may revise the selection criteria or part thereof as the circumstances may warrant and will be responsible for determining the final national team selected.

#### **30. Events Hosted in Foreign Countries**

An athlete, coach, trainer, judge or official intending to participate in any activity outside Uganda, shall notify the Federation and seek its authorization before participation in the said activity. If the activity is approved, the Federation will notify the hosting Federation about the planned participation by the athlete, coach, trainer, judge or other official.

#### **31. Participation in Events Outside Uganda**

Any Athlete that is domiciled outside Uganda shall be at liberty to participate in events hosted outside Uganda provided they notify the Federation of their domicile and the institution they will be representing for a specified period.

#### **32. Hosting of Events in Uganda**

Any Member, athlete, coach, trainer, judge or official intending to host any activity in Uganda involving local and or foreign participants shall seek the sanction and permission of USF before such activity is hosted, and shall ensure enforce the FINA Rules, where such activity is a competition. Teams, athletes and or officials from foreign federations will not be permitted to engage in activities hosted by the USF or a Member, if the foreign federation has not sanctioned the participation of the team, athlete or official or obtained USF approval, prior to the activity.

#### **33. Non-FINA Affiliated or Suspended Federations**

A Member, athlete, coach, trainer, judge or official shall not have any kind of relationship with any national Federation that is not affiliated to FINA or under FINA suspension, and will not hold any activities or exchange any athletes and or officials with such a Federation, except where specific authorization is obtained by the USF from the FINA Bureau. The violation of this Rule will attract the sanctions as prescribed under the FINA General Rules (GR 4.5), and may be suspended for a minimum period of 1 (one) year and a maximum of 2 (two) years.

**PART VI**  
**USF TECHNICAL OFFICIALS**

**34. USF Technical Officials List**

The Federation will have in place a USF Technical Officials List for a given discipline from which individuals eligible to officiate USF sanctioned or approved Events may be designated.

**35. Maximum Age for USF Technical Officials**

The maximum age of USF Technical Officials (Judges, Starters and Referees) when officiating at USF Competitions except Masters and Water Polo, shall be 65 (sixty-five) years during the year of the competition. The maximum age for Water Polo shall be 55 (fifty-five) years during the year of the competition.

**36. Technical Officials on FINA & CANA's Lists**

Technical Officials on the FINA or CANA's Lists of International Referees, Starters or Judges above that age shall be entitled to officiate until the end of their appointment.

**37. Identity Cards for USF Officials**

All Technical Officials on the USF Officials List will each be issued with an official identity card subject to fulfillment of any conditions that the Federation may set.

**38. FINA and CANA Bureau Technical Committee Members**

Present and former FINA Bureau and Technical Committee Members shall be certified by the Federation if they are recognized Referees or Starters.

**39. Listing To Be in Particular Category**

Where applicable, a Technical Official can only be on one list in a particular category: he/she cannot be a Referee on two lists at the same time, but may be a Referee on one list and a Starter on the other List.

**40. Only Officials on List to Officiate USF Events**

At all competitions organized or sanctioned by USF, only certified Technical Officials on the USF Officials' Lists may officiate at the said Events.

**41. English Proficiency for Officials**

The USF working language is English. All Technical Officials must therefore be fluent and proficient in English.

**42. Application Form**

Applications for Officials shall be submitted to the Federation using **Form C** in **Schedule III** to these Rules and Regulations.

**43. Code of Conduct Governing USF Technical Officials**

Technical Officials shall be bound by the FINA Statutes, the FINA Code of Conduct, the USF Constitution and these Rules & Regulations.

**44. Workbook for Officiating in Active Aquatics Disciplines**

The Executive will cause the preparation and publishing of a Work Book to guide Officiation in each active aquatic discipline.

**PART VII**  
**USF COACHES**

**45. USF Coaches List**

The Federation will have in place a List of USF Certified Coaches that will be graded according to standards established by FINA and or the Federation.

**46. Certification of Coaches**

The Federation will put in place a mechanism and standards providing for the certification of coaches affiliated to USF, and will be subject to renewal after a given period.

**47. Identity Cards for USF Coaches**

All Coaches on the USF Coaching List will be issued with an official identity card.

**48. Only Coaches on USF Coaches List to Coach at USF Events**

Only certified coaches on the USF Coaches List will be authorized to appear at USF events or sanctioned competitions. This Rule will apply to non-Ugandan or foreign coaches.

**49. English Proficiency for Coaches**

All coaches will be required to be fluent and proficient in English.

**50. Code of Conduct Governing Coaches**

All Coaches shall be bound by the FINA Statutes, the FINA Code of Conduct, the USF Constitution and these Rules & Regulations.

**PART VIII**  
**RULES FOR PREVENTION OF MANIPULATION OF COMPETITIONS**

**51. Introduction to the Rules for Prevention of Manipulation of Competitions**

Rules on the prevention of the manipulation of Competitions are, by their nature, Competition rules governing the conditions under which the sport of Aquatics is to be held. They are not intended to be subjected to or limited by the requirements and legal standards applicable to criminal proceedings or employment matters.

**52. Application and Scope**

52.1 These Rules shall apply to all Participants who participate, assist in or prepare Athletes to participate in FINA Competitions or Competitions of Major Event Organizations, provided that if a Major Event Organization has its own rules on the prevention of the competition manipulation those rules shall apply to violations committed in relation with the competitions of the Major Event Organization. Each Participant shall be automatically bound by, and be required to comply with, these Rules by virtue of such participation, assistance or preparation.

52.2 It shall be the personal responsibility of every Participant to make himself or herself aware of these Rules including, without limitation, what conduct constitutes a violation of the Rules and to comply with those requirements. Participants should also be aware that conduct prohibited under these Rules may also constitute a criminal offence and/or a breach of the laws of Uganda which they must comply with at all times.

52.3 Notice under these Rules to a Participant who is under the jurisdiction of a Member may be accomplished by delivery of the notice to the Member concerned. The Member Federation be responsible for making immediate contact with the Participant to whom the notice is applicable.

**53. Violations**

The following conduct shall constitute a violation of these Rules:

**53.1 Betting**

Betting in relation:

- a) To a Competition in which the Participant is directly participating; or
- b) To a Competition in the Participant's sport; or
- c) To any event of a multisport Competition in which he/she is a Participant.

**53.2 Manipulation of Competitions**

Directly or indirectly contriving or attempting to contrive the outcome or any other aspect of any Competition with the goal of obtaining a Benefit for oneself or for others.

**53.3 Corrupt Conduct**

Providing, requesting, receiving, seeking, or accepting a Benefit either to manipulate a Competition or any other form of corruption.

#### **53.4 Misuse of Inside Information**

- 1) Using Inside Information for the purposes of Betting, any form of manipulation of any Competition or any other corrupt purposes whether by the Participant or via another person and/or entity.
- 2) Disclosing Inside Information to any person and/or entity, with or without Benefit, where the Participant knew or should have known that such disclosure might lead to the information being used for the purposes of Betting, any form of manipulation of any Competition or any other corrupt purposes.
- 3) Giving and/or receiving a Benefit for the provision of Inside Information regardless of whether any Inside Information is actually provided.

#### **53.5 Failure to Report**

- 1) Failing to report to USF or other sports organization concerned or a relevant disclosure/reporting mechanism or authority, at the first available opportunity, full details of any approaches or invitations received by the Participant to engage in conduct or incidents that could amount to a violation of these Rules.
- 2) Failing to report to USF or other sports organisation concerned or a relevant disclosure/reporting mechanism or authority, at the first available opportunity, full details of any incident, fact or matter that comes to the attention of the Participant (or of which the Participant ought to have been reasonably aware) including approaches or invitations that have been received by another Participant to engage in conduct that could amount to a violation of these Rules.

#### **53.6 Failure to Cooperate**

- 1) Failing to cooperate with any investigation carried out by USF or other sports organisation in relation to a possible breach of these Rules, including, without limitation, failing to provide accurately, completely and without undue delay any information and/or documentation and/or access or assistance requested by USF or the competent sports organisation as part of such investigation.
- 2) Obstructing or delaying any investigation that may be carried out by USF or other sports organisation in relation to a possible violation of these Rules, including without limitation concealing, tampering with or destroying any documentation or other information that may be relevant to the investigation.

#### **53.7 Application of Rules 53.1 – 53.6**

- 1) In determining whether a violation of these Rules has been committed, the following are not relevant:



- a) Except as to Rule 55.1(a), whether or not the Participant is participating in the Competition concerned;
  - b) The outcome of the Competition on which the Bet was made or intended to be made;
  - c) Whether any Benefit or other consideration was actually given or received;
  - d) The nature or outcome of the Bet;
  - e) Whether or not the Participant's effort or performance in the Competition concerned was (or could be expected to be) affected by the acts or omission in question;
  - f) Whether or not the result of the Competition concerned was (or could be expected to be) affected by the acts or omission in question;
  - g) Whether or not the manipulation included a violation of a technical rule of the respective sports organization;
  - h) Whether or not the Competition was attended by the competent national or international representative of the sports organisation.
- 2) Any form of aid, abetment or attempt by a Participant that could culminate in a violation of these Rules shall be treated as if a violation had been committed, whether or not such an act in fact resulted in a violation and/or whether that violation was committed deliberately or negligently.

## **54. Procedure**

- 54.1 Any allegation or suspicion of a violation of these Rules shall be promptly reported to USF for investigation and possible charge in accordance with these Rules.
- 54.2 Anonymous reporting will be facilitated. The anonymity of any reporting person(s) who desires to remain anonymous will be respected by the organisation to whom they report. The identity of any reporting person may only be disclosed if such disclosure is both necessary for the purposes of any investigation into an alleged violation of these Rules and the agreement in writing of the person to the disclosure of his or her identity has been obtained, or as may be required by law.
- 54.3 USF may conduct an investigation into the activities of any Participant that it believes may have committed a violation of these Rules and may appoint one or more persons for this purpose. Such investigation may be conducted in conjunction with relevant competent national or international authorities (including criminal, administrative, professional and/or judicial authorities) and all Participants must co-operate fully with such investigations. USF shall have discretion, where it deems it appropriate, to stay its own investigation pending the outcome of investigations conducted by other competent authorities.

- 54.4 By participation or assistance in a Competition, or preparing an Athlete for a Competition, each Participant shall be deemed to have agreed for the purposes of applicable data protection laws and other laws, and for all other purposes, to have consented to the collection, processing, disclosure or any other use of information relating to his activities (including without limitation personal information) to the extent permitted under these Rules and shall confirm such agreement in writing upon demand.
- 54.5 The principle of confidentiality shall be strictly respected by all involved organisations and any persons concerned with respect to any report, investigation, hearing and determination of any alleged violation of these Rules until it is determined by FINA that any public disclosure of the matter should occur. Information with respect to such procedures shall only be exchanged with entities having a need to know.
- 54.6 In any case where USF decides to charge a Participant with a violation under these Rules, the USF Executive shall have a discretion, in circumstances where USF considers that the integrity of the sport could otherwise be seriously undermined, to provisionally suspend the Participant pending the USF Disciplinary Committee's expedited determination of the alleged violation. Alternatively, the Participant may accept a voluntary suspension from Competition provided that it is confirmed in writing to USF. A voluntary suspension shall be effective only from the date of its receipt by the Participant who should confirm thereof.
- 54.7 Where a provisional suspension is imposed, this shall be taken into consideration in the determination of any further period of suspension or other sanction which may be ultimately imposed on the Participant.
- 54.8 If a Participant retires whilst a disciplinary procedure under these Rules is underway, USF shall retain jurisdiction to complete the relevant procedure and to impose any appropriate sanction. If the Participant retires before any disciplinary procedure has begun, USF shall nevertheless have jurisdiction to conduct the relevant procedure and impose any appropriate sanction.

## **55. Sanctions**

- 55.1 If a USF Disciplinary Panel or Committee decides that a Participant has committed a violation of these Rules, the USF shall be entitled to impose sanctions in accordance with these Rules.

### **1) Financial Sanctions**

The USF shall have discretion to impose a fine up to a maximum amount of the value of any Benefit received by the Participant as a result of, or in relation to, any violation(s) of these Rules.

### **2) Disqualification of Results**

- a) A violation of these Rules by an Athlete occurring during or in connection with a Competition in which the Athlete is participating may lead to disqualification of the Athlete and the annulment of all

the Athlete's results obtained in that Competition with all consequences, including but not limited to forfeiture of all titles, medals, ranking points and/or prizes.

- b) Where any provision of these Rules has been violated by a member of a relay in swimming, or a team in open water swimming, or a duet or team in artistic (synchronized) swimming or diving, the relay, duet or team may be disqualified from the Competition in question, with consequences including but not limited to forfeiture of all titles, medals, ranking points and/or prizes.

### **3) Education and Rehabilitation**

The USF may direct, as a condition of eligibility to participate in Aquatics after any period of ineligibility imposed in respect of a violation of these Rules has expired, that a Participant complete an appropriate anti-corruption education or rehabilitation programme.

### **4) Costs**

The USF may order a Participant it determines has committed a violation of these Rules to pay to USF such amount deemed appropriate in respect of the costs and expenses of and incidental to any investigation, hearing and determination of the matter.

- 55.2 Substantial assistance provided by a Participant that results in the discovery or establishment of a violation of these Rules by another Participant may be taken into account to reduce any period of ineligibility or limit any other sanction which may be imposed under these Rules.
- 55.3 If a Participant violates any prohibition on participation in a Competition imposed in accordance with these Rules, such Participant shall be disqualified immediately from the relevant Competition and the period of ineligibility originally imposed in accordance with these Rules shall recommence from the date of such violation.
- 55.4 These Rules shall continue to apply to any ineligible Participant and any violation committed during a period of ineligibility shall be treated as a distinct violation and separate proceedings shall be brought against the Participant in accordance with these Rules.
- 55.5 Reinstatement  
Once the period of the Participant's ineligibility has expired, he or she will become automatically re-eligible to participate in the sport of Aquatics provided that he or she has:
  - 1) Completed to USF's satisfaction any official betting and anti-corruption education or rehabilitation programme imposed on him or her as a sanction by the USF;
  - 2) Has paid, in full, any fine imposed under these Rules and/or any order of costs made against him or her; and

- 3) Has agreed to subject himself or herself to any reasonable and proportionate monitoring of his or her future activities in connection with the sport of Aquatics as USF may reasonably consider necessary given the nature and scope of the violation that he or she has committed.

**56. Recognition of Decisions**

Final decisions of a Major Event Organization or other sport organization in relation to a Participant that are within the Major Event Organization's or other sport organization's jurisdiction and based on the same or similar rules as these Rules may be recognized and respected by USF upon receipt of notice of the same. Any disciplinary process, so far as determining a Participant's sanction beyond the sanction imposed by the Major Event Organization is concerned, shall be determined by USF in accordance with these Rules.

## **PART IX – COMMITTEES AND ROLES**

### **57. Committees**

The USF will have in place the following Committees –

- a) The Athletes' Committee;
- b) The Coaches' Committee;
- c) The Competitions' Committee;
- d) The Disciplinary Committee;
- e) The Finance Committee;
- f) The Marketing & Publicity Committee;
- g) The National Records Committee;
- h) The Planning & Development Committee;
- i) The Team Selections Committee;
- j) The Technical Officials' Committee;
- k) The Technical Committee;
- l) The Rules & Legal Committee;
- m) The Awards and Merits Committee; and
- n) Any Other Committees which the USF may from time to time appoint.

### **58. The Athletes' Committee**

#### **58.1 Establishment of Athletes' Committee**

There shall be established a USF Athletes' Committee pursuant to Article C 20.2 of the Constitution, which will be governed by the Charter enshrined under the Regulations.

#### **58.2 Composition of the Athletes' Committee**

The Athletes' Committee will comprise –

- a) Eight (8) members directly elected or agreed by Athletes belonging to the Athletes in good standing;
- b) Two (2) members to be appointed by the USF Executive; and
- c) Any member of the FINA or CANA Athletes' Committee who is a citizen of Uganda.

#### **58.3 Eligibility to Serve on Athletes' Committee**

To be eligible for election or appointment to the Athletes' Committee, an athlete must be –

- a) At least eighteen (18) years of age and must not have been sanctioned for a doping or any other sporting offence during his or her sports career;
- b) Without a criminal conviction for an offence involving moral turpitude;

- c) In good standing and fully paid up.

#### **58.4 Election of Athletes Committee Members**

The USF Executive will arrange for and conduct elections for members of the Athletes' Commission at a date after finalization of the USF elective General Assembly. Elections will be conducted under the following Rules: -

##### **58.4.1 Delegates at the Elective Meeting**

Each USF Member in good standing shall be represented at the elective meeting for the Athletes' Committee by 2 (two) Delegates who must be at least 16 years old and registered athletes with USF.

##### **58.4.2 Nomination of Candidates**

A candidate for an elective position on the Athletes' Committee shall be nominated by at least one Member in good standing and seconded by another member in good standing.

##### **58.4.3 Verification of Candidates**

Following nomination, a candidates will present proof of his/her –

- a) Registration with a USF Member;
- b) Settlement of athletes' annual fees;
- c) Ugandan citizenship and age;
- d) Any other information as may be necessary for verification of the candidate.

##### **58.4.4 Verification of Candidates**

Notwithstanding the verification conducted at the elective meeting, the election of an athlete may be nullified if information is availed to the USF that renders the athlete ineligible to hold a position on the USF Athlete's Committee.

##### **58.4.5 Voting**

Voting shall be by secret ballot. Voting may be by any other method deemed appropriate under given circumstances.

##### **58.4.6 Quorum to Elect Athletes' Committee**

An election of the Athletes' Committee shall only take place once a quorum consisting of a simple majority of the duly registered and fully paid up Members in good standing are represented at the meeting by the nominated Athletes.

#### **58.5 Chairperson and Secretary of the Athletes' Committee**

- 1) The fully constituted Athlete's Committee shall as its first order of business elect or choose from among its members, a Chairperson and Secretary.
- 2) The Chairperson shall be the leader of the Committee and will chair all its meetings and communicate with the USF Executive on behalf of the Athletes' Committee.

- 3) The Secretary shall be responsible for keeping a record of all meetings of the Committee, and will perform any other functions that may be assigned by the Chairman and Members.
- 4) Other members of the Committee will perform tasks as assigned by the Chairperson and or the Athlete's Committee consistent with the roles of the Committee.

**58.6 Term of Office for Athletes' Committee Members**

Members of the Athletes' Committee will hold office for the same period as the USF Executive and will cease to hold office at the USF elective assembly when the new USF Executive is to be elected.

**58.7 Advice of the Athletes' Committee and Meetings**

The Athletes' Commission will advise the USF Executive on all matters relating to athletes within the Federation and will for this purpose, meet at least twice a year with the prior approval of the USF President and or General Secretary at the expense of the Federation, and for such meetings a quorum will consist of six (6) members of the Committee.

**58.8 Duty of the Athletes' Committee to Act in Best Interest of USF**

The members of the Athletes' Committee must:

- 1) Act solely in the best interests of the USF and its members as a whole.
- 2) Exercise their powers and discharge their duties with reasonable care and diligence, in good faith and for a proper purpose.
- 3) Not make improper use of their position or information acquired by virtue of holding their position so as to gain an advantage for themselves or any other person or to cause detriment to the Committee.

**58.9 Conflict of Interest by Members of the Athletes' Committee**

- 1) At meetings of the Athletes' Committee, any member of the Committee who has a material personal interest in a matter being considered at such meeting must:
  - a) Disclose the nature and extent of that interest to the meeting.
  - b) Not be present while the matter is being considered at the meeting; and
  - c) Not vote on the matter.
- 2) Sub-Regulation 1) does not apply to a material personal interest that exists only because the Athletes' Committee member is a member of the Athletes' Committee.

**59. The Coaches' Committee**

The duties of the Coaches' Committee are –

- a) To participate in the Coaches Certification programme for each discipline;
- b) To be in contact with and bring forward recommendations and proposals from the coaches in Uganda;
- c) To advise on any proposal or amendments to Technical Rules for each discipline;
- d) To advise on the highest possible standards of coaching throughout USF;
- e) To address and discuss common issues as they relate to coaches in general, and make appropriate recommendations to USF to bridge the gap between athletes and performance, such as training camps, talent identification, etc.
- f) To advise on the necessary input and direction for the development of athletes at all levels in Uganda;
- g) To recommend a development programme and talent identification process, nationally and regionally;
- h) To advise on the resource requirements to support national teams;
- i) To recommend and provide input into the national and international competition programme;
- j) To advise on and assist at all training camps and provide technical assistance as and when called upon;

**60. The Competitions' Committee**

The roles of the Competitions Committee are –

- a) To advise the Executive on the proper conduct of all USF competitions;
- b) To coordinate with the Technical Committee for each aquatic discipline the conduct of a competition;
- c) To coordinate on behalf of the USF the records desk during the conduct of competitions;
- d) To advise the USF Executive on the workings and coordination of deck officials during the hosting of competitions;

**61. The Disciplinary Committee**

- 61.1 The Disciplinary Committee shall consist of 5 (five) persons, and shall be appointed by the Executive whenever a matter for disciplinary action arises.
- 61.2 On the proposal by the President, the Executive shall appoint one of the members of the Disciplinary Committee to be Chair.
- 61.3 At least three (3) members of the Disciplinary Committee shall also have



legal training and experience.

- 61.4 In cases where the USF Executive and the other party agree, a sole member of the Disciplinary Committee may hear and decide the matter.
- 61.5 The USF Disciplinary Committee shall conduct hearings and apply sanctions in all disciplinary cases of originating from violations from any FINA Rules, the Constitution and these Rules and Regulations (except matters regarding doping control) referred to it by the USF Executive.
- 61.6 The hearings of the Disciplinary Committee shall respect the following principles:
- a) A timely hearing;
  - b) A fair and impartial hearing body;
  - c) The right to be represented by counsel at the hearing, with no expense to USF;
  - d) The right to be fairly and timely informed of the rule violation;
  - e) The right to respond to the rule violation and resulting consequences;
  - f) The right of each party to present evidence, including the right to call and question witnesses (subject to the hearing body's discretion to accept testimony by telephone or written submission);
  - g) The right to an interpreter at the hearing, at no expense to USF; and
  - h) The right to a timely, written, reasoned decision, specifically, including an explanation of the reason(s) for any period of suspension.

## **62. The Finance Committee**

The roles of the Finance Committee are –

- a) To advise the Executive, the President and the USF on all matters relating to the Federation's financial management with a view of safeguarding continuity and strengthening transparency and financial accountability;
- b) To advise on an efficient and transparent budgeting and financial control process, in accordance to such financial policies and procedures approved by the Executive;
- c) To provide advice and guidance to other USF Committees on financial matters.

## **63. The Marketing & Publicity Committee**

The Committee shall –

- a) Recommend to the Executive a strategy on engagement of partners and potential sponsors that can support the USF in increasing revenue streams.

- b) To recommend the Executive a communications strategy for the USF and advising;
- c) To advise on the organization and conduct seminars and courses to up-skill and increase the frequency of media exposure;

#### **64. The Medical Committee**

64.1 The Medical Committee shall comprise of members with medical and technical science related expertise.

64.2 The Committee roles are to –

- a) Advise on monitoring the development of new technologies as they may effect athletes and coaches,
- b) Recommend ways to maintain contact with academies and universities in respect to research and training,
- c) Advise on the engagement with other national and international on developments in such fields as new training skills, medicines, etc.
- d) Establish protocols for assessments/evaluation of athletes;
- e) Monitor implication of protocols;
- f) Monitor regularly performance of USF athletes;
- g) Inform athletes and coaches of developments in doping control, and if need be, deal with any disciplinary matters related to doping offences.
- h) Advise and or provide specialized team support for national and international competitions, in respect of assessments, team support staff, relations with coaches, etc, and advise on team selection.
- i) Provide regular advice and information on developments to athletes, coaches and parents.

#### **65. The National Records Committee**

The role of the Committee shall be –

- a) To compile and gather all data necessary for updating national records;
- b) To deal with applications for national records and make appropriate recommendations to the Executive.
- c) To promptly and timeously recommend to the USF the update of national records;
- d) To develop a database and appropriate software for maintenance and update of national records.

**66. The Planning & Development Committee**

The role of the Committee is –

- a) To provide advice for the development of quality athletes of international standard, through technical and scientific expertise;
- b) To provide input to the USF High Performance Plan;
- c) To provide input into the USF national and international competition programme;
- d) To advise on planning for facilities and centres of excellence and the national academies

**67. The Rules and Legal Committee**

The duties of the Legal Committee are –

- a) To provide legal expertise to the Executive and to give recommendations regarding legal matters whenever needed,
- b) To assist the Executives, USF Committees and the commissions in drafting amendments to the Constitution, USF Rules and Regulations;
- c) To advise, if necessary, on matters referred to CAS by USF; and
- d) To advise, if necessary, on agreements between USF and third parties.

**68. The Team Selections Committee**

The Team Selections Committee will:

- a) Monitor and deliberate potential candidates for teams.
- b) Liaise with relevant Committees to ensure that they have all the relevant information available to select teams.
- c) Recommend to the Executive the athletes and officials for selection on teams to represent Uganda in given regional or international competitions.

**69. The Technical Officials' Committees**

69.1 The objective of this Committee is to ensure that the standard of officiating at all events, by all disciplines, is undertaken at the highest standard attainable.

69.2 The role of these Committees will be to –

- a) Put in place officiating standards and manuals for each discipline, based on FINA officiating standards;
- b) Ensure that training of officials in Uganda is planned and undertaken, followed by the grading of officials nationwide;
- c) Ensure the establishment of Officials Lists and a national database for Officials;

- d) Recommend to the Executive Committee all the senior officials for all the national championships and those to be placed on the FINA or CANA lists.

69.3 USF will have the disciplines specific Technical Officials Committees for Swimming, Open Water Swimming, Water Polo, Diving, Artistic (formerly Synchronized) Swimming and Masters.

**70. The Awards and Merits Committee**

The role of this Committee shall be to –

- a) Advise the Executive on the criteria for issuance of awards and merits;
- b) Recommend the specific categories of awards and merits for issuance by the Federation;
- c) Compile and advise on a list of athletes and any other individuals whose outstanding performance, brought honour to USF and Uganda;
- d) Advise on the organization and hosting of galas for awards and merits.

**71. Schools Committee**

The role of the Committee shall be to –

- a) Advise the USF on the coordination and improvement of aquatic activities in schools and universities;
- b) Recommend the best modes of interfacing with the leadership on the schools and universities.

**72. Discipline Specific Technical Committees**

72.1 A discipline Technical Committee will be established for each Aquatic Discipline, namely Swimming, Open Water Swimming, Water Polo, Artistic Swimming (formerly Synchronized Swimming), Diving, High Diving and Masters.

72.2 Disability disciplines will be catered for in each of these disciplines.

72.3 Each Technical Committee shall cater for the technical aspects and specific requirements of its discipline, and shall be responsible for the strategic guidance of the discipline in accordance with the objectives of the USF.

72.4 Each Committee will advise on –

- a) The development, growth and transformation of the discipline;
- b) Education and training, together with analyses of the performances of athletes, within that discipline;
- c) Strategic guidance with respect to depth, growth, and transformation of the discipline;

- d) Surveillance with developments overseas and on the international scene;
- e) Implementations of long-term athlete development planning that is aligned to and integrated to the strategic objectives of the USF.
- f) The hosting of national events and advise on appropriateness of competition rules for the discipline;
- g) Advise on selection criteria for teams.

**73. Quarterly Meetings of Committees**

The Committees shall meet at least once quarterly, ie at least once every 3 (three) months and shall keep a record of all their discussions. The Committee Chairpersons at the end of every quarter shall prepare and submit a quarterly Report of the Committee's activities to the USF President.

**74. Absence from Committee Meetings**

Where a member of any Committee has been absent from two consecutive meetings without reasons acceptable to the Committee Chairperson, the Chairperson shall have the right to declare that such a member has forfeited his membership. The USF Executive shall then fill the vacancy.

**PART X**  
**MEDICAL MATTERS**

**75. Medical Rules**

**75.1 General Principles**

- 1) Athletes are entitled to the same fundamental rights as all patients in their relationships with physicians and health care providers, in particular the right to respect for –
  - a) Their human dignity;
  - b) Their physical and mental integrity
  - c) The protection of their health and safety
  - d) Their self-determination; and
  - e) Their privacy and confidentiality.
- 2) The relationship between athletes, their personal physician, the team physician and other health care providers must be protected and subject to mutual respect. The health and the welfare of athletes must prevail over the sole interest of competition and other economic, legal or political considerations.

**75.2 Consent**

- 1) The voluntary and informed consent of the athletes is required for any medical intervention. Consent can be made verbal or written.
- 2) Particular care should be taken to avoid pressures from the entourage (e.g. coach, management, family, etc.) and other athletes, so that athletes can make fully informed decisions, taking into account the risks associated with practicing a sport with a diagnosed injury or disease.
- 3) Athletes have the right to refuse or to interrupt a medical intervention. The consequences of such a decision must be carefully explained to them.
- 4) Athletes are encouraged to designate a person who can act on their behalf in the event of incapacity. They can also define in writing the way they wish to be treated and give any other instruction they deem necessary.
- 5) With the exception of emergency situations, when athletes are unable to consent personally to a medical intervention, the authorization of their legal representative or of the person designated by the athletes for this purpose is required, after they have received the necessary information. When the legal representative has to give authorization, athletes, whether minors or adults, must nevertheless assent to the medical intervention to the fullest extent of their capacity.
- 6) The consent of the athletes is required for the collection, preservation, analysis and use of any biological sample.

- 7) Refusal to consent to provide a biological sample for doping control purposes is a doping offence subject to punishment in accordance with the FINA Anti-Doping Rules (DC 2.3 and DC 10.3.1.)

### **75.3 Confidentiality and Privacy**

- 1) All information about an athlete's health status, diagnosis, prognosis, treatment, rehabilitation measures and all other personal information shall be kept confidential, even after the death of the athlete.
- 2) Confidential information may be disclosed only if the athlete gives explicit consent thereto, or if the law expressly provides for this. Consent may be presumed when, to the extent necessary for the athlete's treatment, information is disclosed to other health care providers directly involved in his or her health care.
- 3) All identifiable medical data on athletes must be protected. The protection of the data must be appropriate to the manner of their storage. Likewise, biological samples from which identifiable data can be derived must be protected.
- 4) Athletes have the right of access to, and a copy of their complete medical record. Such access should normally exclude data concerning or provided by third parties.
- 5) Athletes have the right to demand the rectification of erroneous medical data.
- 6) An intrusion into the private life of an athlete is permissible only if it is necessary for diagnosis, treatment and care, and the athlete consents to it, or if it is legally required. Such intrusion is also permissible pursuant to the provisions of the World Anti-Doping Code.
- 7) Any medical intervention must respect privacy. This means that a given intervention may be carried out in the presence of only those persons who are necessary for the intervention, unless the athlete expressly consents or requests otherwise.

### **75.4 Protection of the Athlete's Health during Training and Competition**

- 1) Any form of physical injury or psychological harm to athletes is not acceptable and will be a violation of these Rules.
- 2) Minimal safety requirements must be defined and applied with a view to protecting the health of the athletes and the public during training and competition.
- 3) USF will take steps to publicize the measures to safeguard the health of the athletes and to minimize the risks of physical injury and psychological harm should be publicized in order to benefit all those concerned.

### **75.5 Fitness to Engage in Aquatics**

- 1) Except when there are symptoms or a significant family medical history, the practice of sport for all does not require undergoing a fitness test. The choice to undergo such a test is the responsibility of the personal physician.
- 2) For competitive sport, athletes may be required to present a medical certificate confirming that there are no apparent contraindications. The fitness test should be based on the latest recognized medical knowledge and performed by a specially trained physician.
- 3) A pre-participation medical test is recommended for high-level athletes. It should be performed under the responsibility of a specially trained physician.

### **75.6 Medical Support**

- 1) Every Member shall put in place guidelines regarding the necessary medical support depending on the nature of sporting activities and the level of competition. These guidelines should address, but not be limited to –
  - a) The medical coverage of training and competition venues and how this is organized;
  - b) The necessary resources (supplies, premises, vehicles, etc.);
  - c) The procedures in case of emergencies;
  - d) The system of communication between the medical support services, the organizers and the competent health authorities.
- 2) For every competition held, the host shall ensure the presence on site of at least 2 nurses and a medical kit that should have in it a sucker, oxygen and the other requirements, in order to deal with accidents or any medical emergencies that may occur.
- 3) In the case of a serious incident occurring during training or competition, the USF or the Member conducting the activity will provide the necessary support to those injured, by evacuating them to the competent medical services when needed. The athletes, coaches and persons associated with the sports activity should be informed of those procedures and receive the necessary training for their implementation.
- 4) To reinforce safety in the practice of sports, the USF will put in place a mechanism for data collection with regard to injuries sustained during training or competition. The data will be collected with the consent of those concerned, and shall be treated confidentially and in accordance with the recognized ethical principles of research.



**PART XI**  
**ANTIDOPING RULES**

**76. Anti – Doping Provisions**

**76.1 USF Bound by FINA’s Anti – Doping Rules**

- a) The USF is bound to comply with FINA’s Anti-Doping Rules which shall apply to and be binding upon each Member, each participant in any of USF activities or the activities of FINA by virtue of the participant’s membership, accreditation, or participation in FINA, USF, or their activities or competitions.
- b) All FINA Rules including these Anti-Doping Rules shall be deemed as incorporated into these Rules and Regulations, and shall be directly applicable to competitors, competitor support personnel, coaches, physicians, team leaders, and Members, volunteers, personnel and associates.

**76.2 Authorization for Conduct of Doping Control by USF Members**

Each Member shall –

- a) Allow FINA and USF or the National Anti-Doping Agency to conduct Doping Control at that the Member’s Championships or any other Competition within the jurisdiction of USF; and
- b) Allow FINA, USF or the National Anti-Doping Agency to conduct unannounced Testing on any Competitor under that USF’s jurisdiction.

**PART XII**  
**MISCELLANEOUS MATTERS**

**77. Facilitation of Female Participation in the Federation's Activities**

77.1 The Federation shall take practical measures to facilitate the participation of girls and women, in Aquatics, administration and all other activities of the Federation.

77.2 In order to foster the participation in Aquatic sports activities and administration, the Federation will ensure that girls and women are not discriminated against or deprived of their rights to participate account of their gender.

**78. Child Protection Measures**

Every Member shall put in place child protection measures to safeguard children against practices that may be detrimental to the welfare, safety and general wellbeing of children. All applicable policies shall be filed with the Federation for record purposes.

**79. Matters Not Provided For under the Rules & Regulations**

Matters not provided for in these Regulations shall be decided by the USF Executive Committee, whose decisions shall be final.

**80. Amendment of these Rules and Regulations**

These Rules and Regulations may be amended from time to time by the Executive Committee whenever the need arises.

**IN WITNESS WHEREOF THE REPRESENTATIVES OF THE USF EXECUTIVE HAVE  
HEREUNTO SET THEIR RESPECTIVE SIGNATURES THIS \_\_\_\_\_ DAY OF  
\_\_\_\_\_ FOR AND ON BEHALF OF THE USF.**

\_\_\_\_\_  
Donald RUKARE (Dr.)

**P R E S I D E N T**

\_\_\_\_\_  
Moses B. MWASE

**SECRETARY GENERAL**

In the Presence of: -

**Signature:** \_\_\_\_\_

**Name:** **Elijah Mwebaza NJAWUZI**

**Designation:** **Administrator, Uganda Olympic Committee**

**SCHEDULE I**  
**FORM A**  
**APPLICATION FOR USF MEMBERSHIP AND AFFILIATION**  
**(Regulation 6)**

Date: \_\_\_\_\_

To: The Secretary General  
Uganda Swimming Federation  
Kampala – Uganda.

Dear Sir/Madam,

**APPLICATION FOR USF MEMBERSHIP AND AFFILIATION**

This to submit this Application on behalf of (*indicate Name of School/University/Club/Other Entity*) for consideration for USF Provisional Membership/Affiliation and have attached the support documents indicated in the Check List below.

| Checklist of Documents To Be Attached on This Application Form        | Yes/No  |
|---|---|
| 1) Signed Resolution of Applicant for Affiliation with the USF        | <input type="checkbox"/> <input type="checkbox"/> |
| 2) Compliant Constitution or Statutes of the Applicant                | <input type="checkbox"/> <input type="checkbox"/> |
| 3) Completed List for Athletes, Coaches/Support Personnel             | <input type="checkbox"/> <input type="checkbox"/> |
| 4) Composition and Full Addresses for Applicant's Executive/Directors | <input type="checkbox"/> <input type="checkbox"/> |
| 5) Calendar of Events/Work Plan/Activity Schedule for the Applicant   | <input type="checkbox"/> <input type="checkbox"/> |
| 6) Payment of Non-Refundable Process Fee (Attached Receipt)           | <input type="checkbox"/> <input type="checkbox"/> |
| 7) Any Other Relevant Information                                     | <input type="checkbox"/> <input type="checkbox"/> |

**Declaration:**

By signing and submitting this Application Form, we AFFIRM that the Applicant will abide by the USF Constitution, the Rules & Regulations and the FINA Statutes.

We recognize that the USF may request for modification of the documents, in the event of inconsistency or non-compliance prior to grant of Provisional Membership.

We CONFIRM that the information submitted is accurate.

\_\_\_\_\_  
Name/Chairman

\_\_\_\_\_  
Name/Director/Secretary

**For Official Use:**

Date of Receipt of Application: \_\_\_\_\_

Date of Inspections/ Review by USF Secretariat: \_\_\_\_\_

Date of Consideration by USF Executive: \_\_\_\_\_

Decision of USF Executive: \_\_\_\_\_

Application Processed by: \_\_\_\_\_

**SCHEDULE II**  
**FORM B**  
**TRANSFER NOTICE (REGULATION 26 (3) (2))**

Date: \_\_\_\_\_

To: The Secretary General  
Uganda Swimming Federation  
Kampala – Uganda.

Dear Sir/Madam,

**NOTICE OF TRANSFER OF ATHLETE(S)/COACH(ES) OR SUPPORT PERSONNEL**

Notice is hereby given of an intended Transfer details of which are stated below.

|    |  |  |
|----|--|--|
| 1. | Name of Transferee (First/Family Name)                   |  |
| 2. | Current Role or Position of Applicant for Transfer       |  |
| 3. | Current Membership of Applicant for Transfer             |  |
| 4. | Duration of Current Membership of Applicant for Transfer |  |
| 5. | Name of USF Member Where Applicant is Transferring       |  |
| 6. | Effective Date of Transfer                               |  |
| 7. | Role of Position at Proposed Membership                  |  |

We have attached the support documents indicated in the Check List below.

**Checklist of Documents To Be Attached on This Application Form**

**Yes/No**

- 1) Passport data page and or National ID of the Applicant for Transfer
- 2) Photocopy of USF identity card (if issued)
- 3) Contract/Agreement with Current USF Member
- 4) Proposed Contract Agreement With USF Member for Proposed Transfer
- 5) Payment of Non-Refundable Transfer Fee (Attach Receipt)
- 6) Any Other Relevant Information.

|                          |                          |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

**Declaration:**

By signing and submitting this Form, we RECOGNIZE that disputes, if any arising out of this transfer will be submitted to the USF for resolution as stipulated under the USF Transfer Rules 26.6.

We recognize that the USF may request for modification of the documents, in the event of inconsistency or non-compliance prior to or after completion of the Transfer.

We CONFIRM that the information submitted is accurate.

\_\_\_\_\_  
Name of Applicant for Transfer (if Adult)

\_\_\_\_\_  
Chairman/Secretary of Member for Transfer

**For Official Use:**

Date of Receipt of Application: \_\_\_\_\_  
Date of Review by USF Secretariat: \_\_\_\_\_  
Date of Consideration by USF Executive: \_\_\_\_\_  
Decision of USF Executive: \_\_\_\_\_  
Application Form Processed by: \_\_\_\_\_

**Schedule III**

**Form C – Application Form for Technical Officials (Regulation 43)**

**APPLICATION FORM C**  
**USF SWIMMING OFFICIALS LIST NO. \_\_\_\_\_**  
**VALID FROM \_\_\_\_\_ TO \_\_\_\_\_**

**NAME OF APPLICANT:** \_\_\_\_\_  
(Last) (First/ Others)

**DATE OF BIRTH:** \_\_\_\_\_ ☐ **FEMALE** **MALE** ☐  
(DD) (MM) (YYYY)

*Note: Applicants must be at least 18 and not more than 65 years to be eligible to apply.*

**POSTAL & PHYSICAL ADDRESS:**

**E-mail:** \_\_\_\_\_ **Cellphone No:** \_\_\_\_\_

**Current Employer/Designation:** \_\_\_\_\_

**TO THE USF:**

*Please consider my application for certification as (tick one):*

☐ **USF Referee**

☐ **USF Starter**

*Only Referees and Starters who have served in these positions at a minimum of two (2) National Championships during the last four (4) years can be accepted. Under each category please list the major International or National competitions in which you have served:*

**REFEREE (National, International)**

**STARTER (National, International)**

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*Have you participated in FINA/USF Seminars for Swimming Officials? Indicate:*

1) \_\_\_\_\_ 2) \_\_\_\_\_  
3) \_\_\_\_\_ 4) \_\_\_\_\_

*State the Continental Championships, date and position in which you officiated.*

1) \_\_\_\_\_ 2) \_\_\_\_\_  
3) \_\_\_\_\_ 4) \_\_\_\_\_

**Signature of applicant:** \_\_\_\_\_ **Date:** \_\_\_\_\_