



The 3rd Asian
Youth Games
Bahrain 2025

Swimming

Technical Handbook

V2.2





Technical Information

1. Dates

The Swimming competition of the 3rd Asian Youth Games will be held from 27-30 October 2025 at Khalifa Sport City Swimming Pool

2. Venues

The Swimming competition will be held at Khalifa Sport City Swimming Pool. There is one Competition Pool for 50m Long.

3. Events

The Swimming competition will consist of 34 events, including 16 Boys events, 16 Girls events and two (2) Mixed Gender event as follows:

Individual events	Boy	Girl
Freestyle	50m, 100m, 200m, 400m,	50m, 100m, 200m, 400m,
Backstroke	50m, 100m, 200m,	50m, 100m, 200m,
Breaststroke	50m, 100m, 200m,	50m, 100m, 200m,
Butterfly	50m, 100m, 200m,	50m, 100m, 200m,
Individual Medley	200m	200m

Team Relays	Boy	Girl
Freestyle	4x100m	4x100m
Medley	4x100m	4x100m

Team Relays	Mixed
Freestyle	4x100m
Medley	4x100m





4. Competition Schedules

Day 1	Day 2	Day 3	Day4
October 27, 2025	October 28, 2025	October 29, 2025	October 30, 2025
Heats 10:00 AM	Heats 10:00 AM	Heats 10:00 AM	Heats 10:00 AM
50m Freestyle B 50m Freestyle G 100m Butterfly B 100m Butterfly G 200m Backstroke B 200m Backstroke G 400m Freestyle B 400m Freestyle G 4x100m Free B 4x100m Free G	100m Freestyle B 100m Freestyle G 200m Breaststroke B 200m Breaststroke G 50m Backstroke B 50m Backstroke G 50m Butterfly B 50m Butterfly G 4x100m Medley B 4x100m Medley G	200m Freestyle B 200m Freestyle G 100m Backstroke B 100m Backstroke G 100m Breaststroke B 100m Breaststroke G 4x100m Medley Mixed	50m Breaststroke B 50m Breaststroke G 200m Butterfly B 200m Butterfly G 200m Indiv. Medley B 200m Indiv. Medley G 4x100m Free Mixed
Finals 7:30 PM	Finals 7:30 PM	Finals 7:30 PM	Finals 7:30 PM
50m Freestyle B 50m Freestyle G 100m Butterfly B 100m Butterfly G 200m Backstroke B 200m Backstroke G 400m Freestyle B 400m Freestyle G 4x100m Free B 4x100m Free G	100m Freestyle B 100m Freestyle G 200m Breaststroke B 200m Breaststroke G 50m Backstroke B 50m Backstroke G 50m Butterfly B 50m Butterfly G 4x100m Medley B 4x100m Medley G	200m Freestyle B 200m Freestyle G 100m Backstroke B 100m Backstroke G 100m Breaststroke B 100m Breaststroke G 4x100m Medley Mixed	50m Breaststroke B 50m Breaststroke G 200m Butterfly B 200m Butterfly G 200m Indiv. Medley B 200m Indiv. Medley G 4x100m Free Mixed

5. Sport Entries

5.1 Eligibility

- Only NOCs that are members of the OCA are eligible to send athletes to compete in the Swimming competition of the 3rd Asian Youth Games.
- Only athletes who comply with the OCA Constitution and Rules and its Bye-law are entitled to compete in the Swimming competition.

5.2 Entry Timeline

- Entry by Sport: Deadline: 24:00 25 March, 2025 (Bahrain Time, UTC +3).
- Entry by Number: from 10:00 30 June 2025 to 23:59 21 July 2025 (Bahrain Time, UTC +3).
- Entry by Name: from 10:00 1 August 2025 to 23:59 to 31 August 2025 (Bahrain Time, UTC +3).

5.3 Entry Policies

- Individual: Each NOC may enter a maximum of two (2) Boys and two (2) Girls athletes per even
- Relay: Each NOC may enter a maximum of one (1) team (four (4) athletes) per event.
- Total: Each NOC may enter a maximum of 32 Boys athletes and 32 Girls athletes (including reserve athletes).





- Any NOC that withdraws its athletes or teams after the submission of the final entries by name will be faced with disciplinary action by the OCA Executive Board.

5.4 Age Limitation

Athletes participating in the Swimming competition must be between 14 – 18 years old – (U18) AA

Athletes must be born between 1st Jan 2008 and 31st Dec 2011 (inclusive).

6. Arrival and Departure

Teams arrival is fixed two (2) days before the competition and depart one (1) day after it ends.

7. Technical Meeting

The Technical meeting will be held on 26 October 2025. Place and time to be determined.

8. Competition Rules

- The Swimming competition will be held as per the latest Competition Regulations of the World Aquatics (AQUA). Detailed information is available on the website of the AQUA: www.worldaquatics.com.

- In case of any disagreement in the interpretation of the AQUA Competition Regulations, the English version shall prevail. Any unforeseen circumstances not covered by the Competition Regulations shall be resolved as follows:

- Technical issues: Resolved in accordance with the AQUA Competition Regulations;
- General issues: Resolved in accordance with the Olympic Council of Asia (OCA) Constitution and Rules.

9. Competition Format

- Morning Heats (10:00 AM)
- Evening Finals (7:30 PM)
- Warm-up Sessions: Morning (-7:30-09:45), Evening (17:00-19:15)

10. Training Arrangement

- Pool available for training from 25 October 2025
- Times: 08:00 – 11:00 / 16:00 – 19:00 (25-27 Oct)

Date	Time	Session Detail
	08:00 – 11:00 / 16:00 – 19:00	
Oct 25	08:00 – 11:00 / 16:00 – 19:00	Training Pool Open
Oct 26	08:00 – 11:00 / 16:00 – 19:00	Training Pool Open
Oct 27	08:00 – 11:00 / 16:00 – 19:00	Training Pool Open
Oct 28	07:30 – 09:45 / 17:00 – 19:15	Warm-up before Heats / Finals
Oct 29	07:30 – 09:45 / 17:00 – 19:15	Warm-up before Heats / Finals
Oct 30	07:30 – 09:45 / 17:00 – 19:15	Warm-up before Heats / Finals





11. Technical Officials

- Officials appointed by Asia Aquatics with support from the Bahrain Swimming Federation.

12. Protest and Appeals

- Written protests must be submitted within 30 minutes of the relevant competition
- Appeals handled by the Jury of Appeal, decisions final

13. General Rules and Regulations

13.1 Rules

13.1.1 Eligibility Code (OCA 52)

To be eligible for participation in the OCA Games, a competitor must:

- a) Observe and abide by the Rules of the IOC/OCA as per the Olympic Charter;
- b) Respect the spirit of fair play and non-violence and abide by the rules on the sports field;
- c) Comply with all aspects of WADA and OCA Anti-Doping Rules Code and refrain from using substances and drugs prohibited by the said organisations;
- d) The Member must ensure that any competitor in the OCA Games must be a national of the country of the NOC, which is entering him;
- e) Disputes relating to the determination of the country which a competitor may represent in the OCA Games shall be resolved by the EB, unless the eligibility code already set out in the Constitution has been fulfilled and is not in dispute.

13.1.2 Nationality of Competitor (OCA By-Law 52)

- a) All cases of infringement of IOC Rule 41, 42 and it's Bye-laws and of the eligibility code of IFs shall be communicated by the concerned Member to the OCA, to be considered by the EB whose decision will be final;
- b) A competitor who is a national of two (2) or more countries at the same time may represent either one (1) of them, as he may elect. However, after having represented one country in the Olympic, Asian continental regional or world championships recognised by the relevant IF, the competitor may not represent another country unless he or she meets the conditions set forth in sub section 4 below that apply to the persons who has changed his nationality or acquired a new nationality;
- c) A competitor who has represented one country in the Olympic Games, OCA Games, continental, regional, and world championships recognised by the relevant IF, and who has changed his nationality or acquired a new nationality, shall not participate in the OCA Games to represent his new country until three years after such change or acquisition;
- d) If a State, Country or a colony acquires independence, a country becomes incorporated within another country by a change of border or transfer of sovereignty or if a new NOC is recognised by the OCA, a competitor may continue to represent the country to which he





belongs or belonged. However, he may, if preferred, choose to represent his country or be entered in the OCA Games by his new NOC if one exists. This option can only be made once and is irreversible;

- e) In all cases not expressly addressed in these Bye-Laws, in particular those cases where a competitor would be in a position to represent a country other than that of which he is a national, or to have choice as to the country which he intends to represent, the EB makes all decisions. Decisions can be of a general The OCA Games 80 SEP 2017 or individual nature and issue specific requirements relating to nationality, citizenship, domicile or residence of the competitors, including the duration of any waiting period;
- f) Except as permitted by the EB, no competitor, coach or official who participates in the OCA Games may allow his person, name and picture or sports performances to be used for advertising purposes during the OCA Games.

13.1.3 Number of Entries (OCA 58)

- a) For a sport to be included in the OCA Games Programme a minimum of six (6) NOCs should enter their athletes by number and a minimum of four (4) should be physically present before the start of the competition;
- b) The maximum number of entries from each country in each sport or event is established by the Council in consultation with the Member hosting the Games and in accordance with the AQUA technical rules;
- c) However, the following numbers cannot be exceeded:
 - For individual events, two competitors from each Member;
 - For team events, one team per Member, the Number of competitors and reserves not to exceed the number allowed by the AQUA concerned;
 - For events where individual and team competitions are conducted simultaneously, and the team event is decided by the aggregate score/time of each individual member of the team, the athlete (if maximum two) participating in the individual event must be designated as such in the Entry form and only the athlete concerned will be competing in the individual event.

13.1.4 Technical Official and Jury of Appeal (OCA 59)

The BAYGOC must not receive or otherwise give official recognition to any foreign political delegation or leaders of any other mission whatsoever, without the prior written approval of the OCA. However, nobody can be discriminated against if he or she is a duly appointed official of the NOC's sports delegation.

13.1.5 Court of Appeal (OCA 79)

- a) The OCA EB on behalf of the OCA is the final Court of Appeal, which will decide all disputes of a non-technical nature concerning the OCA Games. Teams/Member NOCs, if necessary, may submit disputes to the Court of Appeal. In addition, the Court of Appeal may intervene in all disputes of a nontechnical nature outside the





jurisdiction of the Juries of Appeal set up for each sport in the Programme;

- b) The Court of Arbitration for Sport (CAS) in association with the OCA will set up a small Ad Hoc working group from CAS that will be present and working alongside the OCA in the Asian Games period only, on the same lines as done during the Olympic Games. The participating athletes can address any issues that they may have directly with CAS, during the OCA Games.

13.1.6 Claims of Protest (OCA 80)

- a) Claims made to the Judges on grounds concerning matters of fact are decided by them without appeal;
- b) Appeals against other decisions of the Judges or with regard to any other matters must be addressed to the President of the Technical Jury of Appeal for the sport concerned by a representative of the team making the appeal;
- c) Exceptional circumstances apart, a claim must be made within two hours of the decision giving rise to it. The Jury, after an investigation, shall give a decision and this decision shall be irrevocable, except in the case of disqualification of a team or of a competitor for infraction of the Rules and Regulations of the OCA. In these case it shall be decided by the Court of Appeal;
- d) All claims and appeals must be made in writing.

13.1.7 Penalties in Case of Fraud (OCA 81)

A competitor proved to have transgressed by fraud the Rules of the OCA shall be disqualified and lose any position he or she may have gained. If this competitor's team is proved to have been party to the fraud, his/her team shall be disqualified in the sport involved.

14. Equipment and Clothing

All swimwear and gear must comply with World Aquatics standards.

15. Doping Control

In order to ensure healthy and fair competitions and protect the interests of the athletes, the Anti-doping programme of the 3rd Asian Youth games will be conducted in strict accordance with the World Anti-doping Code and the OCA Anti-doping Rules

16. Victory Ceremony

- Gold, silver and bronze medals will be awarded to the athletes ranked the top three of each individual event respectively. In each team event, gold, silver and bronze medals will be awarded to each of the team members (including those participating in preliminaries) in the top three teams, respectively.
- Fifteen minutes before the Victory Ceremony starts, the medalists shall be escorted to the Waiting Area to get ready for the ceremony. Medalists must wear their NOC official uniforms.

17. Approval of the Technical Handbook

The Technical Handbook has been approved by the Asia Aquatics On 1st July 2025





18. Key Contact Information

Federations	
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19. **Appendices**
19.1 Field of Play

