

UNION OF SWISS SHORTWAVE AMATEURS (USKA)

General Rules and Regulations for HF Contests

Issued 1 March 2010



Rules and Regulations for all HF Contests
Helvetia Contest
Field Day
National Mountain Day
Christmas Contest
HF Contest Champion

© 2010 by USKA (Union of Swiss Shortwave Amateurs)

Table of Contents

1.	General Rules and Regulations for all HF Contests.....	4
1.1	Category: Single-operator stations.....	4
1.2	Category: Multi-operator station.....	4
1.3	Location.....	4
1.4	Callsign.....	4
1.5	Callsign and contest exchange.....	4
1.6	Duplicate contacts ("dupes").....	4
1.7	Shortwave listeners (SWLs).....	4
1.8	Station equipment.....	4
1.9	Log.....	4
1.9.1.	Paper logs.....	5
1.9.2.	Electronic logs.....	5
1.10	Log submissions.....	5
1.11	Certificates and prizes.....	5
1.12	Disqualification.....	5
1.13	Jury.....	6
2.	Helvetia Contest.....	7
2.1	Date and time.....	7
2.2	Contest goal.....	7
2.3	Categories.....	7
2.3.1.	Participants in Switzerland.....	7
2.3.2.	Participants in other countries.....	7
2.4	Bands.....	7
2.5	Contest exchange.....	8
2.6	Scoring of contacts, multipliers.....	8
2.6.1.	Participants in Switzerland.....	8
2.6.2.	Participants in other countries.....	8
2.6.3.	Shortwave listeners (SWLs).....	8
2.7	Final score.....	8
2.8	Rest periods for single-operator stations.....	8
2.9	Certificates and prizes, other countries.....	8
3.	Field Day.....	9
3.1	Date and time.....	9
3.2	Contest goal.....	9
3.3	Categories.....	9
3.3.1.	Single-operator stations.....	9
3.3.2.	Multi-op stations.....	9
3.3.3.	Shortwave listeners (SWLs).....	9
3.4	Bands.....	9
3.5	Contest exchange.....	9
3.6	Scoring of contacts.....	10
3.6.1.	Single-operator stations, Multi-op stations.....	10
3.6.2.	Shortwave listeners (SWLs).....	10
3.7	Final score.....	10
3.8	Rest periods for single-operator stations.....	10
3.9	Lodging, power supply, antennas.....	10
3.10	Station setup.....	10
3.11	Registration.....	10
4.	National Mountain Day.....	11
4.1	Date and time.....	11
4.2	Contest goal.....	11
4.3	Registration.....	11
4.4	Categories.....	11

Page 3

4.4.1.	NMD stations	11
4.4.2.	Shortwave listeners (SWLs)	11
4.5	Operating band	11
4.6	Contest exchange	11
4.6.1.	NMD stations	11
4.6.2.	Shortwave listeners (SWLs)	12
4.7	Duplicate contacts ("dupes")	12
4.8	Scoring of contacts	12
4.8.1.	NMD stations	12
4.8.2.	Shortwave listeners (SWLs)	12
4.9	Final score	12
4.10	Log submissions	12
4.11	Special prize	12
5.	Christmas Contest	13
5.1	Date and time	13
5.2	Contest goal	13
5.3	Categories	13
5.4	Bands	13
5.5	Contest exchange	13
5.6	Scoring of contacts	13
5.6.1.	Single-op stations SSB, Single-op stations CW, Single-op stations digital	13
5.6.2	SWLs: SSB, CW, digital	13
5.7	Final score	13
6.	HF Contest Champion	14
6.1	Goal	14
6.2	Applicable contests	14
6.2.1.	Contests for single-operator stations	14
6.2.2.	Contests for multi-operator stations	14
6.3	Scoring	14
6.4	Certificates and prizes	14

1. General Rules and Regulations for all HF Contests

1.1 Category: Single-operator stations

All participants must use their own callsign and during the entire contest perform all functions by themselves (including operating the station, making contacts, keeping the log, monitoring the band and dupe checking).

The operator may enlist the assistance of third parties for station setup and tear down, maintenance of power supplies and generators, dupe checking following the contest, and the preparation of final logs and other contest documents.

1.2 Category: Multi-operator station

There is no restriction on the number of operators. Only a single callsign may be used. The operators will not be counted in any other category. QSOs with members within the same contest team will not be counted.

1.3 Location

The station must be located within Switzerland except for the Helvetia Contest; its location may not be changed during the contest. The location of the antenna determines the location of the station.

1.4 Callsign

When participating in Field Day or National Mountain Day, the suffix /P must be added to the callsign.

1.5 Callsign and contest exchange

The station being worked must be on the same band (no cross-band contacts allowed). Contacts that can be confirmed using checks against other submitted logs but that have incomplete or incorrect callsigns for the contacted station or that contain incorrect exchanges are not valid.

1.6 Duplicate contacts ("dupes")

The same station will be counted for points only once per band, independent of its location. Dupes may be left in the log, but they are to be marked as such and are not counted for points.

1.7 Shortwave listeners (SWLs)

Swiss SWLs may take part in all contests; SWLs in other countries, on the other hand, can participate only in the Helvetia Contest. The rules and regulations must be applied accordingly. Contest QSOs are to be monitored, whereby the SWL must make note of the date and time (UTC), the callsign of the monitored station, the band, the type of emission (mode), the exchange sent by the monitored station and the callsign of the contacted station. In five consecutive monitored contacts the same callsign may appear only once.

1.8 Station equipment

At any time, only a single signal may be transmitted. The transmitter and receiver are to be set up at the same location. The use of DX clusters is permitted.

1.9 Log

1.9.1. Paper logs

A separate log sheet shall be kept for each band, and logs shall be written on only one side of the page. The following columns shall be shown on each page:

1. Date (UTC)
2. Time (UTC)
3. Callsign of the contacted station
4. Mode
5. Exchange sent
6. Exchange received
7. Number of points for the contact
8. Multipliers (identified by country prefixes or canton abbreviations)

The heading of each log page shall list the callsign of the participant and the band. The log sheets must be prepared in an orderly fashion; contacts for which the entries are not clearly legible will be deleted by the contest judges.

1.9.2. Electronic logs

For log submissions that have more than 100 QSOs, electronic logs are mandatory. Electronic logs should be submitted in chronological order for the entire contest and not be separated and scored by band.

The logs must be sent as a datafile to contest@uska.ch. A log is considered to have been accepted when a confirmation from the contest judge has been received.

Logs in the Cabrillo and DARC STF formats will be accepted. In DARC STF format, the breaks for single-operator stations must be listed in the "Soapbox" section; in Cabrillo format the breaks must be listed in the SOAPBOX: or OFFTIME: sections

The file name must include the callsign of the participant, for example HB9A.STF, HB9A.CBR, HB9A.ALL or HB9A.LOG.

By submitting an electronic log, the participant declares that he has adhered strictly to the contest rules and regulations as well as the provisions of his license. A written declaration is not required.

1.10 Log submissions

Paper logs along with a fully complete summary sheet are to be sent to the USKA HF Traffic Manager 15 days (by postmark) after the contest. For electronic logs, the date of receipt at contest@uska.ch is the date of record.

Paper log sheets from the standard USKA log book may be used. A copy of the summary sheet mandatory with paper logs is available by sending a SASE (self-addressed stamped envelope) to the HF Traffic Manager, or it can be downloaded from the USKA web site.

1.11 Certificates and prizes

The three top-ranking participants in each category receive a certificate via electronic means. Depending on the situation, the top ranking station in each category may also receive a prize. For H26 participants in other countries, see Section 2.9

1.12 Disqualification

Any violations of the amateur license provisions or the contest rules and regulations, unsportsmanlike conduct and continuous poor quality of the transmitted signal will result in the participant being disqualified. If the violation(s) are not considered serious, a warning alone may be issued.

The HF Traffic Manager may carry out unannounced inspections of contest stations. These inspections may be assigned to others by the Executive Committee.

1.13 Jury

The HF Traffic Manager makes a decision concerning warnings issued to a participant after hearing that person's statement. A jury consisting of three members of the USKA Executive Committee reaches a decision concerning the nonlisting or disqualification of a participant based on the findings of the contest judge and, if necessary, by carrying out its own investigation as well as hearing the statement of the affected party. The decision of the jury is final.

For any interpretations of these rules and regulations, the German version is binding.

2. Helvetia Contest

The Helvetia Contest is open to amateur radio operators and SWLs in Switzerland and in other countries. Besides the regulations for this contest, those in Chapter 1 (*General Rules and Regulations for all HF Contests*) are also to be followed.

2.1 Date and time

The last full weekend in April, Saturday 13:00h UTC to Sunday 12:59h UTC.

2.2 Contest goal

Participants in Switzerland make contact with stations in Switzerland and in other countries. Participants in other countries make contact with stations in Switzerland.

2.3 Categories

2.3.1. Participants in Switzerland

- Single-operator, CW
- Single-operator, SSB
- Single-operator, CW + SSB
- Single-operator, QRP CW (max. 5W output) + SSB (max. 10W output)
- Single-operator, digital (PSK31 + RTTY)
- Multi-op, CW
- Multi-op, SSB
- Multi-op, CW + SSB
- Multi-op, digital (PSK31 + RTTY)
- Shortwave listeners (SWLs)

2.3.2. Participants in other countries

- Single-operator, CW + SSB
- Single-operator, QRP CW + SSB
- Single-operator, digital (PSK31 + RTTY)
- Multi-op, CW + SSB
- Multi-op, digital (PSK31 + RTTY)
- Shortwave listeners (SWLs)

2.4 Bands

1.8, 3.5, 7, 14, 21, 28 MHz. Contacts are to be made in the following band segments:

CW	SSB	Digital
1810 - 1838 kHz	1840 - 2000 kHz	1838 - 1843 kHz
3500 - 3560 kHz	3600 - 3650; 3700 - 3800 kHz	3580 - 3620 kHz
7000 - 7025 kHz	7060 - 7100; 7130 - 7200 kHz	7040 - 7050 kHz
14000 - 14060 kHz	14125 - 14300 kHz	14070 - 14112 kHz
21000 - 21125 kHz	21200 - 21350 kHz	21080 - 21120 kHz
28000 - 28120 kHz	28300 - 29000 kHz	28050 - 28150 kHz

2.5 Contest exchange

The contest exchange for each contact consists of the signal report (RS or RST) and the running serial number of at least three digits.

Swiss stations add the abbreviation of the canton for their location (e.g. 58 001 ZH, 589 001 ZH). QSOs with an incomplete contest exchange, missing serial number as well as missing or incorrect canton will be eliminated.

2.6 Scoring of contacts, multipliers

2.6.1. Participants in Switzerland

Contact with a station in Europe:	1 point
Contact with a station outside of Europe:	3 points
Multipliers: Canton and DXCC country (including Switzerland) per band:	1 point

2.6.2. Participants in other countries

Contact with a station in Switzerland:	3 points
Multipliers: Canton per band:	1 point

2.6.3. Shortwave listeners (SWLs)

Monitored contact:	3 points
Multipliers: see Sections 2.6.1 and 2.6.2:	1 point

2.7 Final score

The sum of the QSO points multiplied by the sum of the multipliers.

2.8 Rest periods for single-operator stations

Single-operator stations must include a rest period of at least six hours, and it may be divided into a maximum of two periods of any length; the start and end times are to be noted on the summary sheet. Additional rest periods are permitted and may be taken at any desired time.

2.9 Certificates and prizes, other countries

For participants in other countries, separate rankings will be determined for each DXCC country and for the USA and Canada for each callsign district. In the rankings, participants in the multi-op category will be especially highlighted. The determination of the callsign district in the USA is the actual state of the union in which the station is physically located. The first-place station in each category in every country and every callsign district of the USA and Canada will receive a certificate via electronic means.

3. Field Day

Field Day is open to amateur radio operators and SWLs in Switzerland. Besides the regulations for this contest, those in Chapter 1 (*General Rules and Regulations for all HF Contests*) are also to be followed.

3.1 Date and time

CW: The first full weekend in June, Saturday 15:00h UTC to Sunday 14:59h UTC.

SSB: The first full weekend in September, Saturday 13:00h UTC to Sunday 12:59h UTC.

3.2 Contest goal

Working with portable stations, the participants make contacts using CW or SSB with other Field Day stations and with fixed stations in Switzerland and in other countries. Field Day serves to promote the independent operation of amateur radio stations that are not connected to the local power grid and without the use of permanent antennas.

3.3 Categories

3.3.1. Single-operator stations

- QRP stations ► Output power of at most 5W in CW or 10W in SSB.
- Low power, limited ► Output power of at most 100W. Only a maximum of two antennas, each with one driven element, may be erected. They must be erected in such a way that for each antenna no more than two elevated support points with a maximum height of 15 m are used.
- QRO stations.

3.3.2. Multi-op stations

The callsign used will be considered for determining the HF Contest Champion.

- QRP stations ► Output power of at most 5W in CW or 10W in SSB
- Low power, limited ► Output power of at most 100W. Only a maximum of two antennas, each with one driven element, may be erected. They must be erected in such a way that for each antenna no more than two elevated support points with a maximum height of 15 m are used.
- QRO stations

3.3.3. Shortwave listeners (SWLs)

- SWLs under Field Day conditions

3.4 Bands

1.8, 3.5, 7, 14, 21, 28 MHz. Contacts are to be made in the following band segments:

CW	SSB
1810 - 1838 kHz	1840 - 2000 kHz
3500 - 3560 kHz	3600 - 3650; 3700 - 3800 kHz
7000 - 7025 kHz	7060 - 7100; 7130 - 7200 kHz
14000 - 14060 kHz	14125 - 14300 kHz
21000 - 21125 kHz	21200 - 21350 kHz
28000 - 28120 kHz	28300 - 29000 kHz

3.5 Contest exchange

The contest exchange required for each contact consists of the signal report (RS or RST) and the running serial number of at least three digits. For contacts with fixed stations, the RST report (without serial number) of the station worked is sufficient.

3.6 Scoring of contacts

3.6.1. Single-operator stations, Multi-op stations

Each station can be counted only once per band.

Contacts with Field Day stations are counted as follows:

- for fixed stations in Europe, 2 points
- for fixed stations outside of Europe, 3 points
- for portable stations in Europe, 4 points
- for portable stations outside of Europe, 6 points

Portable stations are only those with the suffixes "/p", "/m", "/mm" or "/am".

3.6.2. Shortwave listeners (SWLs)

Monitored contact: 3 points

3.6.3 Multipliers

Each WAE / DXCC entity worked counts only once per band as a multiplier.

3.7 Final score

The final score consists of the sum of the QSO points on all bands multiplied by the sum of the multiplier points on all bands.

3.8 Rest periods for single-operator stations

Single-operator stations must include a rest period of at least six hours, and it may be divided into a maximum of two periods of any length; the start and end times are to be noted on the summary sheet. Additional rest periods are permitted and may be taken at any desired time.

3.9 Lodging, power supply, antennas

The station must be set up in a building not suitable for habitation, in a vehicle, a tent or in the open. The distance to the next building suitable for habitation must be at least 100 m. Field Day stations consist of equipment and antennas brought to the site and power supplies that operate without connection to the power grid that have also been brought to the site. Antennas may not be attached to permanent structures. The power supply for a Field Day station may not be implemented with the use of any permanent electricity supply, even if this is a generator already available at the site. Batteries may not be recharged during the duration of the contest from any permanent electricity supplies.

3.10 Station setup

Setup of a Field Day station may begin at the earliest 24 hours before the start of the contest.

3.11 Registration

Participation is to be registered not later than Tuesday before the contest with the USKA HF Traffic Manager by letter or at contest@uska.ch, whereby the following information is to be given: callsign being used, callsigns of the operators, location (geographical designation and coordinates from the Swiss grid) and category.

A list of the received registrations can be reviewed starting on Thursday at 8 a.m. on the USKA web site.

4. National Mountain Day

National Mountain Day is open to amateur radio operators as well as SWLs in Switzerland. Besides the regulations for this contest, those in Chapter 1 (*General Rules and Regulations for all HF Contests*) are also to be followed.

4.1 Date and time

Third Sunday in July, 06:00h UTC to 09:59h UTC.

4.2 Contest goal

Participants make CW contact with stations in Switzerland and in other countries.

4.3 Registration

Participation must be registered at the latest on the Tuesday before the contest with the USKA/HTC NMD Commission either with a letter or through nmd@uska.ch, whereby the station callsign and location (geographical designation and coordinates from the Swiss grid) are to be indicated.

A list of the received registrations can be reviewed starting on Friday at 8 a.m. on the USKA web site.

4.4 Categories

4.4.1. NMD stations

Valid NMD stations are single-operator stations that fulfill the following conditions:

- The altitude of the location must be at least 800 m above sea level.
- Any connection to electricity grids and the use of existing antennas are forbidden.
- All station equipment and accessories must weigh no more than six kilograms. Included in station equipment and accessories are:
 - the transmitter, receiver, power sources, headphones, key/paddle/bug and all interconnect cables
 - electronic aids of all kinds except where used exclusively for logging
 - the complete antenna, counterweights, feedline, antenna supports/guy wires and any masts brought along
 - miscellaneous replacement materials that have been used (equipment, power sources, accessories)

Not included in the station equipment are, among other things:

- any fixture that serves exclusively for protection against electrostatic discharges. The station must be able to operate without limitations without the use of these safety aids.
- existing permanent installations such as flagpoles, buildings and ski-lift structures
- objects for winding antenna material, logbooks, writing materials, documents and camping equipment

4.4.2. Shortwave listeners (SWLs)

The same conditions apply to SWLs as do to NMD stations.

4.5 Operating band

3.5 MHz. Contacts are to be made only in the band segment 3510 - 3560 kHz.

4.6 Contest exchange

4.6.1. NMD stations

The information to be exchanged for each contact consists of the signal report (RST), and one arbitrary text message of at least 15 characters (e.g. *the weather is good*). A text message may be used only once. For the formation of the text message, characters from the following set must be

used: [abcdefghijklmnopqrstuvwxyz 0123456789 . - / ?]

For contacts with non-NMD stations, only the signal report (RST) is exchanged.

4.6.2. Shortwave listeners (SWLs)

Section 1.7 of General Rules and Regulations for all HF Contests is applicable.

4.7 Duplicate contacts ("dupes")

After 0800 UTC, an NMD station is permitted to make a second contact with any other NMD stations.

4.8 Scoring of contacts

4.8.1. NMD stations

Contact with an NMD station in Switzerland: 4 points *)

Contact with other stations: 1 point

* Log checkers will reduce the value to 1 point for contacts with Swiss portable stations who did not register their participation in accordance with 4.3.

4.8.2. Shortwave listeners (SWLs)

An NMD station monitored while in contact with another NMD station: 4 points

Other monitored stations 1 point

4.9 Final score

The sum of the QSO points. In the event multiple stations have the same final score, the station with the lowest weight in kg will be ranked higher.

4.10 Log submissions

Along with the log, it is mandatory to submit a completely filled out *NMD Summary Sheet*.

The log and summary sheet can be submitted in electronic format to nmd@uska.ch or submitted in paper format to the USKA/HTC NMD Commission. The corresponding forms are available from these sources or they can be downloaded from the USKA web site.

4.11 Special prize

Organizations or private individuals, in consultation with the USKA/HTC NMD Commission, may sponsor a special prize with the goal of promoting participation in NMD, to reward specific achievements or to support improved teamwork.

The announcement of such a special prize takes place at the latest in the autumn of the previous year with a description of the prize as well as the exact requirements. The scope of these rules and regulations govern such a prize.

5. Christmas Contest

The Christmas Contest is open to amateur radio operators as well as SWLs in Switzerland. Besides the regulations for this contest, those in Chapter 1 (*General Rules and Regulations for all HF Contests*) are also to be followed.

5.1 Date and time

SSB: First Saturday in December, 07:00h to 09:59h UTC.

CW: Second Saturday in December, 07:00h to 09:59h UTC.

Digital: First and second Saturday in December, 10:00h to 10:59h UTC.

5.2 Contest goal

Participants make contacts with stations in Switzerland.

5.3 Categories

Single-operator, SSB

Single-operator, CW

Single-operator, digital (PSK31)

Single-operator station QRP SSB with a maximum output of 10W

Single-operator station QRP CW with a maximum output of 5W

SWLs SSB

SWLs CW

SWLs, digital (PSK31)

5.4 Bands

3.5 and 7 MHz. Contacts are to be made in the following band segments:

CW	SSB	Digital
3510 - 3560 kHz	3600 - 3650; 3700 - 3775 kHz	3580 - 3620 kHz
7000 - 7025 kHz	7060 - 7100; 7130 - 7200 kHz	7040 - 7050 kHz

5.5 Contest exchange

The contest exchange for each contact consists of the signal report (RS or RST), the running serial number of at least three digits and the abbreviation of the canton where the station is located (e.g., 58 001 ZH, 589 001 ZH).

5.6 Scoring of contacts

5.6.1. Single-op stations SSB, Single-op stations CW, Single-op stations digital

Per contact 1 point

Multipliers: Canton per band: 1 point

5.6.2 SWLs: SSB, CW, digital

Per monitored contact 1 point

Multipliers: Canton per band: 1 point

5.7 Final score

The sum of the QSO points multiplied by the sum of the multipliers. In the "single-operator station digital" category, the two contest days represent two separate contests in terms of contacts, serial numbers and multipliers. QSO points and multipliers from both contest days are added together before performing the multiplication.

6. HF Contest Champion

6.1 Goal

To promote participation in HF contests sponsored by USKA, the HF contest judge maintains an annual ranking of single-operator stations and a ranking of multi-op stations which have participated in several contests.

6.2 Applicable contests

The top-scoring station among the single-operator stations which have participated in at least five of the contests listed in 6.2.1 is named the *HF Contest Champion, Single Operator*. The top-scoring station among the multi-op stations which have participated in all the contests listed in 6.2.2 is named the *HF Contest Champion, Multi Operator*.

6.2.1. Contests for single-operator stations

1. Helvetia Contest Categories: single-operator stations, CW; single-operator stations, SSB; single-operator stations, CW + SSB; single-operator stations, QRP CW + SSB; or single-operator stations, digital.
2. CW Field Day: QRP stations; low-power stations, limited; and QRO stations
3. SSB Field Day: QRP stations; low-power stations, limited; and QRO stations
4. National Mountain Day: Categories for NMD stations
5. Christmas Contest: Categories: single-operator stations, SSB; single-operator stations, QRP SSB
6. Christmas Contest: Categories: single-operator stations, CW; single-operator stations QRP CW; or single-operator stations, digital

6.2.2. Contests for multi-operator stations

1. Helvetia Contest Categories: multiop stations, CW; multiop stations, SSB; multiop stations CW + SSB; and multiop stations, digital
2. CW Field Day: QRP stations; low-power stations, limited; and QRO stations
3. SSB Field Day: QRP stations; low-power stations, limited; and QRO stations

6.3 Scoring

The rankings will be determined based on the sum of the performance figures that are determined for each contest to four decimal places.

- Helvetia Contest:
Square root of the quotient that results by dividing the total score of the participating station by the highest total score achieved by any station in the corresponding category.
- Other contests:
Total score of the participating station divided by the highest total score achieved by any station in the corresponding category.

For single-operator stations who have participated in all six contests according to 6.2.1, the lowest performance figure will be deleted.

6.4 Certificates and prizes

HF Contest Champions receive a certificate via electronic means as well as a rotating prize that in the following year is handed over to the new Contest Champions.