

UNION OF SWISS SHORTWAVE AMATEURS (USKA)

## General Rules and Regulations for HF Contests

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## Rules and Regulations for all HF Contests

Helvetia Contest  
Field Day  
National Mountain Day  
Christmas Contest  
HF Contest Champion

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## 1 General Rules and Regulations for all HF Contests

### 1.1 Category: Single Operator Stations

During the entire contest all participants must 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.

For HB3 stations a separate ranking list will be generated.

### 1.2 Category: Multi Operator Stations

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 and mode. 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 and once per mode, independent of its location. Dupes may be left in the log 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, receiver and antennas are to be set up at the same location and must be within a single 500-meter diameter circle. Antennas must be physically connected by RF transmission lines to the transmitters and receivers. The use of DX clusters, skimmers or other alarming-systems is permitted. Self-spotting or asking to be spotted is not permitted. Remote operation is permitted.

### **1.9 Log**

The logs must be sent as a datafile to [contest@uska.ch](mailto:contest@uska.ch) within 8 days. A log is considered to have been accepted when a confirmation from the contest judge has been received.

Only logs in Cabrillo format will be accepted. The breaks for single operator stations must be listed in the SOAPBOX: or OFFTIME: sections.

The file name must include the callsign of the participant, for example 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 their license. A written declaration is not required.

### **1.10 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 Helvetia Contest participants in other countries, see Section 2.9.

### **1.11 Disqualification**

Any violations of the amateur license provisions or the contest rules and regulations, unsportsman-like 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.

### **1.12 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.

### **1.13 Abbreviations**

SOAB	Single Operator All Band
MOAB	Multi Operator All Band
LP	Low Power
HP	High Power
SWL	Short Wave Listener

## 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 13:00 UTC to Sunday 12:59 UTC.

### 2.2 Contest Goal

Participants in Switzerland and other countries make contacts with a focus on stations in Switzerland.

### 2.3 Categories

- SOAB-CW-HP
- SOAB-CW-LP (pilot 2021-2022)
- SOAB-SSB-HP
- SOAB-SSB-LP (pilot 2021-2022)
- SOAB-CW + SSB + Digital-QRP
- SOAB-CW + SSB + Digital-LP
- SOAB-CW + SSB + Digital-HP
- MOAB-CW-HP
- MOAB-SSB-HP
- MOAB-CW + SSB + Digital-HP
- SWL

Participants in the QRP category must use no more than 5 watts for CW, 10 watts for SSB, and 5 watts for digital modes at the transmitter output.

The meaning of “Digital” is RTTY, PSK31, PSK63, etc. For each digital mode, one QSO per station and band is permitted.

### 2.4 Bands

160 m, 80 m, 40 m, 20 m, 15 m and 10 m  
The IARU bandplan is to be followed.

### 2.5 Contest Exchange

QSOs with an incomplete contest exchange, missing serial number as well as missing or incorrect canton will be eliminated.

#### 2.5.1 Participants in Switzerland

The contest exchange for each contact consists of the signal report (RS or RST) and the abbreviation of the canton for their location (e.g. 59 ZH, 599 ZH).

#### 2.5.2 Participants in Other Countries

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

### 2.6 Scoring of Contacts, Multipliers

Contact with a station in Switzerland:	10 points
Contact with a station within the same continent:	1 point
Contact with a station outside the operator’s continent:	3 points
Multipliers: Canton and DXCC country (including Switzerland) per band:	1 point

#### 2.6.1 Shortwave Listeners (SWLs)

Monitored contact:	3 points
Multipliers: Canton and DXCC country (including Switzerland) per band:	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 in the log. 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 15:00 UTC to Sunday 14:59 UTC.

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

#### **3.2 Contest Goal**

Working as 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**

- SOAB-QRP: Output power of at most 5 watts for CW and 10 watts for SSB.
- SOAB-LP restricted: Output power of at most 100 watts. Only a maximum of two antennas, each with one single 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.
- SOAB-HP

##### **3.3.2 Multi Operator Stations**

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

- MOAB-QRP: Output power of at most 5 watts for CW and 10 watts for SSB.
- MOAB-LP restricted: Output power of at most 100 watts. Only a maximum of two antennas, each with one single 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.
- MOAB-HP

##### **3.3.3 Shortwave Listeners (SWLs)**

- SWLs under Field Day conditions

#### **3.4 Bands**

160 m, 80 m, 40 m, 20 m, 15 m und 10 m

The IARU bandplan is to be followed.

#### **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 RS/RST report (without serial number) of the station worked is sufficient.

#### **3.6 Scoring Contacts**

##### **3.6.1 Single Operator Stations, Multi Operator 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 in the log. 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 at [contest@uska.ch](mailto: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 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, 06:00 UTC to 09:59 UTC.

### 4.2 Contest Goal

Participants make contact with stations in Switzerland and in other countries. The operating modes CW and SSB are allowed.

### 4.3 Registration

Participation must be registered at the latest on the Tuesday before the contest on the web page <http://nmd.uska.ch/anmeldung>.

### 4.4 NMD Stations

Valid NMD stations are single operator and multi 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.
- The total weight of all station equipment must be no more than six kilograms. Included in station equipment are:
  - the transmitter, receiver, power sources, headphones, key/paddle/bug, microphone and all interconnect cables
  - electronic aids of all kinds except where used exclusively for logging
  - the complete antenna, counterpoises, 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

### 4.5 Operating Band

CW contacts are to be made in the band segment 3510 - 3560 kHz.

SSB contacts are to be made in the band segment 3600 - 3650 kHz.

### 4.6 Contest Exchange

#### 4.6.1 NMD Stations

The information to be exchanged for each contact consists of the signal report (RST or RS) plus 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 contents of the text message, characters from the following set must be used: [abcdefghijklmnopqrstuvwxyz 0123456789 . - / ?]

The text message may contain any number of spaces (such as between words), and they do not count towards the message length.

#### 4.6.2 Non-NMD Stations

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

### 4.7 Duplicate Contacts (“dupes”)

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

#### **4.8 Scoring Contacts**

Contacts with NMD stations: 4 points \*)  
Contacts with other stations: 1 point

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

#### **4.9 Final Score**

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

One ranking list with all CW contacts and another ranking list with all SSB contacts will be published.

#### **4.10 Log Submissions and Station Info**

Multiple QSOs with another station and incomplete QSOs are to be included in the log.

The station info includes data about the operator and location as well as a list of all station components according to Section 4.4 along with their weight.

The log and station info must be submitted to [nmd@uska.ch](mailto:nmd@uska.ch) within 8 days. To submit this data, operators are to use the aids on the web page <http://nmd.uska.ch/log>.

## 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, 07:00 to 09:59 UTC.

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

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

### 5.2 Contest Goal

Participants make contacts with stations in Switzerland.

### 5.3 Categories

SOAB-SSB-HP

SOAB-CW-HP

SOAB-Digital-HP

SOAB-SSB-QRP with a maximum of 10 watts output

SOAB-CW-QRP with a maximum of 5 watts output

SWL

### 5.4 Bands

80 m and 40 m

The IARU bandplan is to be followed.

### 5.5 Contest Exchange

The contest exchange for each contact consists of the signal report (RS or RST) and the abbreviation of the canton where the station is located (e.g. 59 ZH, 599 ZH).

### 5.6 Scoring of Contacts

#### 5.6.1 Transmitting Stations

Per contact: 1 point

Multipliers: Canton per band: 1 point

#### 5.6.2 SWLs

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 "SOAB-Digital-HP" category, the two contest days represent two separate contests in terms of contacts 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 SOAB-CW-HP, SOAB-SSB-HP, SOAB-CW + SSB + Digital-QRP, SOAB-CW + SSB + Digital-HP, SOAB-CW + SSB + Digital-LP
2. Field Day CW: SOAB-QRP, SOAB-LP restricted, SOAB-HP
3. Field Day SSB: SOAB-QRP, SOAB-LP restricted, SOAB-HP
4. National Mountain Day: Category for NMD Stations
5. Christmas Contest: best result out of the Categories CW, SSB and Digital
6. Christmas Contest: second-best result out of the Categories CW, SSB and Digital

#### 6.2.2 Contests for Multi Operator Stations

1. Helvetia Contest: MOAB-CW-HP, MOAB-SSB-HP, MOAB-CW + SSB + Digital-HP
2. Field Day CW: MOAB-QRP, MOAB-LP restricted, MOAB-HP
3. Field Day SSB: MOAB-QRP, MOAB-LP restricted, MOAB-HP

### 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.