

# The 2023 South African Radio League Contest Manual



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## The 2023 South African Radio League Contest Manual or “The Blue Book”

This is the twenty-first edition of the Blue Book, the South African Radio League Contest Manual containing the rules of the following contests and activities. The first contest manual was published with a **blue** cover – that is where the Blue Book comes from!

Each contest’s rules need to be read in conjunction with the General Rules contained herein.

We would like to express our grateful appreciation to the willingness of the contest committees to run the various contests for the year 2023. We have solicited help to integrate their inputs into both the separate contests and the general rules. By incorporating several common features into the General Rules, we have greatly simplified the individual contest rules.

The perpetual dates will eliminate guesswork as to when a particular contest will take place in the future, as they are now all tied down to a specific day or weekend of a month.

Only the address as stated in the rules should be used for log submissions! Please circulate the Blue Book amongst your amateur friends.

This document is not cast in concrete – dates of contests and activities may change.

*Please note that the various Contest Committees cannot be held responsible for the propagation conditions during a contest!*

Send comments to [contest@sarl.org.za](mailto:contest@sarl.org.za)

Good contesting,  
SARL Contest Committee

Ethics and Operating Procedure for the Radio Amateur (English) IARU 3<sup>rd</sup> edition 2 Jan 2009  
<http://www.sarl.org.za/public/contests/contestrules.asp>

Band Plans <http://www.sarl.org.za/public/licences/bandplan.asp>

HF Happenings Newsletter [HFHappenings+subscribe@groups.io](mailto:HFHappenings+subscribe@groups.io)

This Contest Manual is an official South African Radio League document and counts as a justification for being absent over weekends.

**Daar is ongelukkig nie ‘n Afrikaanse weergawe nie.**

<b>Table of Contents</b>	<b>Page</b>
The Amateur's Code / Die Amateur se Kode	4
Non-Competitive Activities and the SARL Contest and Operating Awards	5
SARL Contest and Operating Awards	6
International Activities	8
The SARL General Contest Rules	9
The DX Code of Conduct	17
<u>The VHF/UHF Contests</u>	
a. The SARL VHF/UHF Analogue Contest – SSB only	18
b. The SARL VHF/UHF Digital Contest – All digital modes	21
c. The SARL VHF/UHF FM Contest	24
d. The HamSat-SA ZS QO-100 QSO Party	26
e. The PEARS National VHF/UHF Contest	27
<u>The QSO Parties</u>	
a. The Hammies QSO Party	30
b. The SARL Youth QSO Party	31
c. The SARL YL QSO Party	32
d. The Early Morning Coffee QSO Party	33
e. The SARL Newbie QSO Party	35
f. Antique Wireless Association Valve QSO Party	37
g. The SARL Top Band QSO Party	38
h. The SARL 80 m QSO Party	39
i. ZS1 QSO Party	40
j. ZS2 QSO Party	42
k. ZS3 QSO Party	44
l. ZS4 QSO Party	46
m. ZS5 QSO Party	48
<u>The CW Contests</u>	
a. The AWA CW Activity Day Contest	50
b. The SAMOC Straight Key Night	51
c. The SAMOC April Word Search	52
d. The SAMOC Spring Sweepstakes	55
<u>The HF Contests</u>	
Club names and abbreviations	57
a. The SARL Wednesday 80 m Club Contest	58
b. The SARL Saturday 40 m Club Contest	60
c. The SARL HF Phone and CW Contest	62
d. The SARL Field Day	64
e. The SARL HAMNET 40 m Simulated Emergency Contest	68
f. The SARL QRP Contests	70
g. The Africa FT4 DX Contest	72
h. The ZS SOTA Activity Days	74
i. The Africa All Mode International DX Contest	76
j. The South African Radio League Digital Contest	81
Update record	

## The Amateur's Code

### CONSIDERATE...

Never knowingly operates in such a way as to lessen the pleasure of others.

### LOYAL...

offers loyalty, encouragement and support to other amateurs, local clubs and the South African Radio League, through which Amateur Radio in South Africa is represented nationally and internationally.

### PROGRESSIVE...

with knowledge abreast of science, a well-built and efficient station and operation above reproach.

### FRIENDLY...

slow and patient operating when requested; friendly advice and counsel to the beginner; kindly assistance, cooperation and consideration for the interests of others. These are the hallmarks of the amateur spirit.

### BALANCED...

radio is an avocation, never interfering with duties owed to family, job, school or community.

### PATRIOTIC...

station and skill always ready for service to country and community.

## Die Amateur se Kode

### BEDAGSAAM...

Die amateur is 'n ware heer. Hy sal nooit bewustelik of moedswillig die radiogolwe op so 'n wyse vir sy eie genot aanwend om daardeur die genot vir ander te bederf nie.

### LOJAAL...

Die Amateur is lojaal teenoor die Suid-Afrikaanse Radioliga en bied sy ondersteuning aan. Hy lê hom neer by die onderneming wat die SARL aan die owerheid beloof het.

### PROGRESSIEF...

Die Amateur is progressief en sy stasie is in tred met die wetenskap. Sy bedienings praktyk is netjies en ordelik.

### VRIENDELIK...

Die Amateur is vriendelik en verdraagsaam wanneer aan hom 'n versoek gerig word. Hy verstrek geredelik raad aan alle amateurs en verleen hulp en samewerking in die gees van amateur radio.

### EWEWIGTIG...

Die Amateur is ewewigtig en laat nie toe dat sy stokperdjie met sy gesinslewe, werk of gemeenskap inmeng nie.

### PATRIOTIES...

Die Amateur is patrioties, sy kennis en stasie is altyd vir sy land en gemeenskap beskikbaar.



## Non-Competitive Activities

### **World Amateur Radio Day: 18 April 2023**

The next World Amateur Radio Day will be held on 18 April 2023. The theme for this event will be announced at a later date.

### **World QRP Day: 17 June 2023**

Get on the air using QRP power and make as many contacts as you can. Utilise the various amateur modes.

### **International Lighthouse and Lightship Weekend: third weekend of August 2023**

The basic objective of the event is to promote public awareness of lighthouses and lightships and their need for preservation and restoration and at the same time to promote amateur radio and to foster international goodwill. Lighthouses are fast becoming an endangered species with the introduction of Global Positioning Systems and Satellite Navigation and the automation of the light source to solar power, which has resulted in the withdrawal of management personnel (Keepers). It is hoped that this event will highlight this situation and help prevent further desecration of these magnificent structures all around the world. <https://illw.net/>.

It is suggested that procedure for calling CQ should include “Lighthouse” or “lightship” depending on which the radio station is situated. The station will then immediately be identified as a “ILLW” station.

### **Jamboree-on-the-Air/CQ Hou Koers: third weekend of October 2023**

Radio amateurs and members of the Voortrekker, Scout and Guide movements, allowing the youth and their leaders to exchange greetings with Voortrekkers, Scouts and Guides in South Africa and beyond the borders.

## SARL Contest and Operating Awards

**Silent Keys Memorial Trophy SSB.** Awarded by the Contest Committee to the amateur who achieves the highest score during the annual South African Radio League HF Phone Contest.

**Joseph White Trophy.** Awarded by the Contest Committee to the amateur who achieves the highest score on any one band, during the annual South African Radio League HF Phone Contest.

**The AKYAB Trophy.** Awarded by the Contest Committee to the amateur who achieves the highest score in his/her first year of phone, during the annual South African Radio League HF phone Contest.

**Silent Keys Memorial Trophy CW.** Awarded by the Contest Committee to the amateur who achieves the highest score during the annual South African Radio League HF CW Contest.

**Anon Trophy.** Awarded by the Contest Committee to the amateur who achieves the highest score on any one band, during the annual South African Radio League HF CW Contest.

**HOS Trough.** Awarded by the Contest Committee to the amateur who achieves the highest aggregate score in the three annual South African Radio League HF Contests.

**Fred Mills Trophy.** Awarded by the Contest Committee to the amateur who achieves the highest score during the annual South African Radio League HF Phone/CW/Digital Contest and who has never won a South African Radio League HF Contest Trophy before.

**The Club Participation Award (Branch Participant Trophy).** Awarded by the Contest Committee to the Club who achieves the highest participation in the annual South African Radio League HF CW, Phone and Digital Contests.

**The SAWRC Trophy.** Awarded by the Contest Committee to the YL SARL member amateur who achieved the highest aggregate score in the three annual South African Radio League HF Contests.

**The SARL Youth Trophy.** Awarded by the Contest Committee to the young SARL member amateur 26 years or younger who achieved the highest aggregate score in the three annual South African Radio League HF Contests.

**South African Radio League Trophy.** Awarded by the Contest Committee to the amateur who achieves the highest score during the annual South African Radio League Digital Contest.

**The “Ray Webber, ZS6RSW” VHF/UHF Trophy.** Awarded by the Contest Committee to the amateur who achieves the highest score during the annual South African Radio League VHF/UHF Analogue Contest.

**The “Koos du Plessis ZS6BFD” VHF/UHF Trophy.** Awarded by the Contest Committee to the

amateur who achieves the highest score during the annual South African Radio League VHF/UHF Digital Contest.

**Barney Joel Trophy.** Awarded by Council to any member of the South African Radio League for the best performance during the year whilst working HF mobile. This award could be made for performance by an individual in rally or another public event communication, etc.

**Bert Buckley Six Metre Trophy.** Awarded by Council to any radio amateur for his/her individual achievements with transmissions in the six-metre amateur band. This award is not for the longest distance worked but for outstanding work or activity on six metres.

**Radio ZS Four Metre Floating Trophy.** Awarded by Council to the SARL member who achieved the longest distance on the 4 metre band during the year.

**Arthur Hemsley 2 metre Trophy.** Awarded by Council to a Radio Amateur for his/her individual achievements with transmissions in the 2-metre amateur band. This award is made for extraordinary performance on EME or modes such as Tropospheric propagation. It is not for the longest distance worked but rather for persistence in achieving something special on 2 metres.

**Radio ZS Two Metre Floating Trophy.** Awarded by Council to the amateur who achieved the longest distance on the 2-metre band during the year

**Joseph White Plaque.** Awarded by Council to any SARL member for exceptional achievements in 432 MHz or higher during the past year. This is not awarded for the longest distance worked, but for all round achievements.

**The Brian Jones, ZS6BV, SOTA ZS Award.** Awarded by SOTA SA to the ZS amateur who contributed most towards the SOTA ZS programme in the past year.

**The Heritage on the Air Trophies.** Awarded by HOTA SA to the ZS amateur who contributed most towards the HOTA programme in the past year.

## International Activities

The CQ DX Marathon. 1 January to 31 December 2023 <https://www.dxmarathon.com/>

The RSGB Commonwealth Contest (CW). Second weekend of March 2023 [www.rsgbcc.org/hf/rules/2020/rberu.shtml](http://www.rsgbcc.org/hf/rules/2020/rberu.shtml)

The CQ World-Wide WPX Contest. Last weekend of March 2023 – SSB and last weekend of May 2023 – CW <https://cqwpw.com/>

The IARU HF World Championship. Second weekend of July 2023 [www.arrl.org/iaru-hf-world-championship](http://www.arrl.org/iaru-hf-world-championship)

The CQ World-Wide RTTY DX Contest. Last weekend of September 2023 [www.cqwwrtty.com/](http://www.cqwwrtty.com/)

Jamboree on the Air and CQ Hou Koers. Third weekend of October 2023

The CQ World-Wide DX SSB and CW Contests. SSB - Last weekend of October 2023 and CW - last weekend of November 2023 <https://www.cqww.com/>

Youngsters on the Air December Month. 1 to 31 December 2023



# SARL General Contest Rules

## 1. General

1.1 These contest rules apply to all South African Radio League and Club contests with effect from 1 January 2023. Contestants shall also comply with the specific rules of each specific contest.

1.2 Complaints or suggestions regarding rules may be submitted in writing to the Contest Manager. Submissions will be collated and considered for possible future revision.

1.3 All operations shall be conducted in accordance with the limitations of the entrant's licence and within the rules and spirit of the contest.

1.4 Copies of the various log sheets and summary sheets are available in MS Word and MS Excel format at <http://www.sarl.org.za/public/contests/contestrules.asp>

## 2. Advertising the Contest (NB Clubs hosting contests)

Clubs and individuals who are the hosts of the contests in this document are requested to advertise the contest by submitting a news item to SARL News for at least 2 Sundays before the contest. Upload the news item, in English and Afrikaans, to <http://www.sarl.org.za/NewsInbox.asp>. It is not the work of the SARL News Team.

## 3. Proposed Events or Contests

Proposals for any new contests or other on-the-air activities may be submitted to the South African Radio League Contest Manager by 31 October annually for inclusion in the following year's Official Calendar of Events.

## 4. Definitions

These general definitions and their limitations will apply unless the contest in question states otherwise.

4.1 SO - Single Operator. A SO station is a station manned by one individual operator transmitting not more than one signal on one running frequency at any time. (Sun City - SC11\_C4\_03)

4.1.1 SOSB - Single Operator Single Band. A SOSB station is a SO station operated on one single amateur band.

4.1.2 SOMB - Single Operator Multi Band. A SOMB station is a SO station operating on any of the bands specified in the contest rules.

4.2 MO - Multi-operator. A station operated by more than one person, either for the entire duration of the contest or part of the time, under one call sign. There is no limitation on the number of operators that may be used. One operator must act as Entrant and submit the entry.

4.2.1 MOMT - Multi Operator Multi Transmitter. A MOMT station is a MO station transmitting not more than one signal per band at any time.

4.3 MOST - Multi Operator Single Transmitter. A MOST station is a multi-operator station transmitting not more than one signal on not more than one running frequency on a band at

any time. (Sun City - SC11\_C4\_01)

4.4 MCST – Multi-Call Sign Single Transmitter. A MCST station is a multi-call sign station transmitting not more than one signal on not more than one running frequency on a band at any time. This category can be used by husband-and-wife teams and by Clubs training new amateurs in the art of contesting. This category is only applicable to the SARL 80 and 40 m Club Contests and the Newbie contest.

4.5 QRP - Power limited to 5-watt output.

4.6 QRPP - Power limited to 1 watt or less output.

4.7 SWL - Short Wave Listener. A single person using only one receiver.

4.8 Equipment. This includes both station equipment and antennas utilised for the contest. All equipment for stations must be located within a radius of 500 m. All antennas used by the entrant must be physically connected by coax cable to the transmitters and receivers used by the entrant.

4.9 Fixed Station: A station, which is operated from and located at the registered main station address of a licensee as shown on a radio station licence, regardless of the call sign being used for the contest. Except in the case of stations normally shared by several licensees (e.g., relatives), only one call sign may be used for the duration of the contest.

4.10 Portable/Field Station: A temporary station, operated from a location other than that of the registered main station address of a licensed amateur. Antennas may not be supported by any permanent man-made structure or building. The power for the station shall be drawn from a source other than the normal mains supply, e.g., batteries, portable generator, solar power, wind power or some alternative source of power. Storage batteries may be recharged during the contest by any of the above alternative power sources, including a motor vehicle, but a mains supply may not be used for this purpose. The suffix /m must be used with the call sign.

4.11 Backyard Stations. Such stations must be located in the garden and must comply with the requirements of a field station as defined in Rule 4.10. All equipment (including antennas) must lie within a circle whose diameter does not exceed 100 metres. All contacts must be made with transmitter(s) and receiver(s) operating independent of commercial mains power. The suffix /m must be used with the call sign.

4.12 Electronic Logs and Summary Sheets. This constitutes a log submission via e-mail. It can be a MS Excel file, a Cabrillo or ADIF file with a summary sheet.

4.13 Consecutive numbering sequence. Consecutive - Adjective: In regular succession without gaps; Successive (without a break); one after the other; uninterrupted. Afrikaans – Opeenvolgend.

4.14 “Unique” QSOs - the QSO appearing in only one log. The station was contacted by telephone, e-mail or social media requesting a contact and only appears in the caller’s log!

## 5. Contacts

5.1 QSO: A definition for a valid QSO is - A valid contact is one where both operators during the contact have 1. mutually identified each other; 2. received a report and 3. received a confirmation of the successful identification and the reception of the report. It is emphasized that the responsibility always lies with the operator for the integrity of the contact. (Sun City SC11\_C4\_Rec12)

5.2 A contact consists of the acknowledgement of receipt of a call sign and contest data such as RS(T) report and required exchange e.g., consecutive incrementing serial number

commencing from 001.

5.3 Each QSO claimed for competition credit must include contemporaneous direct initiation by the operator on both sides of the contact. Initiation of a contact may be locally or by remote. Contemporaneous = existing at or occurring in the same period of time and the operator must be in control of all the processes. In plain English – a live, air breathing radio amateur must be at both ends of the QSO.

5.4 Note that if the contest exchange includes the RS(T) report, the RS(T) must be logged as given during the exchange. It is acceptable to include DX stations out-side of the ZS call areas. If the DX station does not reply with the correct contest exchange, the RS(T) exchange is the minimum, it is still incumbent upon the contestant to send the full contest exchange.

5.5 Duplicate contacts must be logged, with zero points claimed.

5.6 Cross-band, repeater, digipeaters and gateway contacts do not count.

5.7 Proof of making a contact may be required.

## 6. Electronic Logs and Summary Sheets

6.1 UTC time is always used in Logbooks and Log Sheets.

6.2 Participants may only submit logs in Excel, Cabrillo or ADIF format with a summary sheet. Always include your name and surname, call sign, e-mail address and name of your Club in the log sheet.

6.3 **PLEASE NOTE: the Cabrillo and ADIF file carries NO contest scoring information.**

6.4 **Scanned documents submitted as JPG or PDF will be treated as check logs.**

6.5 For contests requiring serial numbers, a single consecutive numbering sequence starting with 001, shall be used for all contacts. However, a multi-operator station transmitting on several bands simultaneously may at their discretion use separate number sequences for each band.

6.6 The declaration to be included on the Excel, Cabrillo or ADIF summary sheet shall state:

*I declare that this station was operated in accordance with the Amateur Radio Regulations, Terms of my Licence and the Rules of the Contest. I have read the contest and general rules in the Blue Book. I accept the decision of the Contest Committee.*

6.7 The Contest Committee may request a signed paper copy.

## 7. Address for Contest Entries

Entries shall be submitted ONLY to the Contest Committee for the contest concerned and NOT to the South African Radio League Headquarters. The relevant address for each contest is published in the rules for that contest.

## 8. Closing Date and Announcement of Preliminary and Final Results (NB Clubs hosting contests)

8.1 Entries shall be postmarked or e-mailed no later than five (5) days after the contest has ended. This applies to all South African Radio League contests unless the relevant Contest Committee has requested a different period. The SARL VHF/UHF Analogue and Digital Contests and the SARL VHF/UHF FM Contest has seven (7) days for log submissions.

- 8.2 The Contest Committee will acknowledge receipt of the log sheet by e-mail.
- 8.3 The Contest Committee shall compile a list of claimed scores submitted within seven (7) days of the closing date of the competition. This list shall be e-mailed to all entrants for whom e-mail addresses are available and submitted to the South African Radio League webmaster for publication on the web site.
- 8.4 The Contest Committee shall compile the results and forward them together with a contest analysis to the South African Radio League Contest Manager and to the Editor of HF Happenings for publication. It is also recommended that the Committee e-mail the results to all participants for whom addresses are available.
- 8.5 Contest Results for the SARL News Compiler/Editor. The format for sending the contest results to the SARL News team:

*THE RESULTS OF THE [contest name] CONTEST*

*The results of the [contest name] held in [date] have been released. The full set of results are available on the SARL website under Contest Results.*

*1st [name], [call sign] – [points achieved]*

*2nd [name], [call sign] – [points achieved]*

*3rd [name], [call sign] – [points achieved]*

*Congratulations to the winner.*

## **9. Locators**

In all contests where stations are required to transmit their location as part of the exchange, the Maidenhead Grid Locator System shall be used. A grid locator consists of two (2) letters followed by two (2) numbers. For certain contests, the requirement is to exchange six (6) character grid square information and in the RaDAR Challenges either eight (8) or ten (10) characters.

## **10. Prizes, Awards and Certificates (NB Clubs hosting contests)**

10.1 Unless stated differently in the contest specific rules, the following will apply to all South African Radio League contests.

10.2 Awards and trophies will only be awarded to South African Radio League members.

10.3 Certificates will be issued for the first three places in each category of the competition.

10.4 A prize will normally be offered for first place i.e., highest score regardless of category entered. However, for contests that consist of multiple parts, e.g., the South African Radio League QRP, South African Radio League National Field Day, etc., a prize will be on offer for the overall winner of the contest.

10.5 A participation certificate will be issued to all participants that submit a log that contains ten or more entries.

10.6 To increase the awareness and participation of the younger amateurs (under 26s), it has been decided that for all the South African Radio League contests to give separate recognition for the best performing youngsters i.e., 1st, 2nd or 3rd. The U26 group still compete with the main field and stand a chance to win a place in the standings as per normal. All youngsters that qualify i.e., U26 must state their age when submitting their logs.



## 11. Contest preferred spectrum

11.1 Contest activity shall not take place on the 137 and 479 kHz, 5, 10, 18 and 24 MHz bands. Non-contesting radio amateurs are recommended to use the contest-free HF bands (2 200, 630, 60, 30, 17 and 12 m) during the largest international contests. (DV05\_C4\_Rev\_07; VIE16\_C4\_REC\_06 and LA17\_C4\_REC\_06).

11.2 The FT4 and FT8 working frequencies are the default working frequencies in WSJT-X for 160, 80, 40 and 20 meters.

11.3 The following frequencies is an extract from the IARU Region 1 band plan <http://www.sarl.org.za/public/licences/bandplan.asp>

11.4 When the revised IARU HF Band Plan is implemented (giving the digital modes more space), the list below will be updated.

### 160 metres

CW: 1 810 – 1 838 kHz

SSB: 1 840 – 2 000 kHz

PSK: 1 838 – 1 840 kHz

### 80 metres

CW: 3 510 – 3 560 kHz

SSB: 3 603 - 3 650 kHz and 3 700 – 3 800 kHz (3 651 to 3 699 is a contest free segment)

PSK: 3 580 – 3 582 kHz

RTTY: 3 582 – 3 620 kHz

### 40 metres

CW: 7 000 – 7 040 kHz

SSB: 7 063 – 7 100 kHz and 7 130 – 7 200 kHz (7 101 to 7 129,99 is a contest free segment)

PSK: 7 040 – 7 047 kHz

RTTY: 7 042 – 7 060 kHz

### 20 metres

CW: 14 000 – 14 060 kHz

SSB: 14 125 – 14 300 kHz

PSK: 14 070 – 14 072 kHz

RTTY: 14 080 – 14 099 kHz

11.5 The frequencies in the band plan are understood as “transmitted frequencies” (not those of the suppressed carrier!) Lowest dial setting for LSB Voice mode: 1 843, 3 603 and 7 063 kHz

## 12. The South African provinces

12.1 EC – the Eastern Cape

12.2 FS – the Free State

12.3 GP – Gauteng

12.4 KN – KwaZulu-Natal

12.5 LP – Limpopo

12.6 MP – Mpumalanga

12.7 NC – the Northern Cape

- 12.8 NW – the North West
- 12.9 WC – the Western Cape
- 12.10 MI – Prince Edward and Marion Islands
- 12.11 AN - SANAE Base on Antarctica

### **13. Dispute Resolution (NB Clubs hosting contests)**

13.1 Written objections shall be submitted to the South African Radio League Contest Manager within seven (7) days of the announcement or publication of the list of claimed scores for the contest concerned. The Contest Manager shall convey the objection to the relevant Contest Committee for comment.

13.2 The Contest Committee shall present its decision to the South African Radio League Contest Manager within seven days of receipt of such objections and its decision shall be final.

### **14. Penalties and Disqualification (NB Clubs hosting contests)**

14.1 Any entrant found to be operating in contravention of the Rules or in any way, not operating within the spirit of the contest may be disqualified. The Contest Committee's decision in this regard and in the interpretation of any other rule shall be final. Reports of persistent poor signal quality or poor operating practice shall be deemed to fall into this classification.

14.2 Unmarked duplicate contacts or contacts containing incorrect or invalid times, call signs, grid locators or exchanges will be removed from the entrant's log. In addition, the Contest Committee may impose a penalty of three valid contacts of equal value for every contact removed from the entrant's log. A reduction in claimed score of more than 20% shall result in exclusion from the results.

14.3 Any entrant excluded in terms of this rule may appeal to the contest committee in writing within seven (7) days of notice of, providing full details of reasons to overturn the decision. The Committee shall announce its final decision no later than seven (7) days after receipt of the appeal.

14.4 Entries that do not contain the required information on Log and Summary Sheets, or that are illegible may be rejected or reclassified as check logs and will not be eligible for awards.

### **15. Limitations**

15.1 Operators of a multi-operator station may not be claimed as contacts by that station.

15.2 Contacts with call signs appearing as operators on any of the summary sheets forming an entry shall not count for points or multipliers.

15.3 Contacts with call signs being family members residing with the operator shall not count for points or multipliers.

15.4 Stations may be worked only once. Working various alternative calls owned by a station or working a club station and then logging various operators from a club station is not permitted.

15.5 Working various family members with their own call signs from the same transmitter is not permitted.

15.6 The problem of “unique” QSOs is a difficult one. To ensure fairness and good sportsmanship like behaviour, all participants, including those who are not actively competing i.e., those stations “handing out points,” should be encouraged to make as many QSOs as they possibly can and not only make contacts with their club members and or friends.

15.7 The use of e-mail, telephone or social media to solicit QSOs is not encouraged.

15.8 Multiple unique call signs found in a single log sheet will be allocated zero points.

## **16. Logbook for Amateur Radio Station Activities**

(Radio Frequency Spectrum Regulations 2015, GG-38641 dated 30 March 2015)

(16) A licensee must keep a logbook recording the activities of the amateur radio station used by him or her or any other person under the supervision of the licensee, except when operating a station in the VHF and UHF bands or mobile.

(17) Details recorded in the logbook referred to in sub regulation (16) must include:

(a) the date, time and nature of each transmission, provided that the date with regard to each individual day's operation needs to be recorded only once and for the purposes of this paragraph "time of each transmission" shall mean the time that a specific station is called and the time at which the communication with such station is terminated.

(b) the full name and address of the person making the transmission, provided that the name of the licensee who regularly uses the amateur radio station needs to be recorded only once in the logbook with an explicit statement that all transmissions are made by him, except where stated otherwise.

(c) the call sign of every station, provided that it need not be recorded repeatedly for calls made to the station during the course of the communication.

(d) the transmitter power that is used.

(e) the frequency band that is used, provided that it needs to be recorded in the log book only once until a change of frequency to another authorised band takes place.

(f) the address from where the transmission takes place, provided that such address needs to be recorded only once, should the place of transmission not change.

*The logbook can be a paper logbook or an electronic logbook on your PC and/or laptop (with backups in the Cloud!) Remember Logbook of the World, Clublog, eQSL, QRZ.com, etc., are not logbooks, but electronic QSL confirmation systems.*

"Amateur" means a person who is interested in the radio technique solely for a private reason and not for financial gain and to whom the Authority has granted an amateur radio station licence and shall mean a natural person and shall not include a juristic person or an association: provided that an amateur radio station licence may be issued to a licensed radio amateur acting on behalf of a duly founded amateur radio association.

"Amateur radio licence" means a legal document or permit giving official permission to the licence holder to operate an amateur radio station.

"Amateur station" means a radio station for a service of self-tuition, intercommunication and technical investigation that is operated by an amateur.

"CEPT" means Conference of European Posts and Telecommunications Authorities.

"HAREC" means Harmonized Amateur Radio Examination Certificate issued in terms of CEPT recommendation TR61-02E.

"Licence year" in relation to a licence or certificate, means the period of 12 months of each year from 1 April to 31 March, both dates inclusive.

"Licensee" means a person to whom a radio frequency spectrum licence has been issued in terms of the Act.

## **17. Coordinated Universal Time (UTC)**

Coordinated Universal Time is the primary time standard by which the world regulates clocks and time. It is within about 1 second of mean solar time at 0° longitude and is not adjusted for daylight saving time. It is effectively a successor to Greenwich Mean Time (GMT).

You may be asking yourself why the abbreviation is "UTC" and not "CUT." This abbreviation comes because of the International Telecommunication Union and the International Astronomical Union wanting to use the same abbreviation in all languages. English speakers originally proposed CUT (for "coordinated universal time"), while French speakers proposed TUC (for "temps universel coordonné.") The compromise that emerged was UTC. And radio amateurs keep their logbooks in UTC!



## DX Code of Conduct

I will listen and listen and then listen again before calling

I will only call if I can copy the DX station properly

I will not trust the DX cluster and will be sure of the DX station's call sign before calling

I will not interfere with the DX station, or anyone calling and will never tune up on the DX frequency or in the QSO slot

I will wait for the DX station to end a contact before I call

I will always send my full call sign

I will call and then listen for a reasonable interval

I will not call continuously

I will not transmit when the DX operator calls another call sign, not mine

I will not transmit when the DX operator queries a call sign that does not look like mine

I will not transmit when the DX station requests geographic areas other than mine

When the DX operator calls me, I will not repeat my call sign unless I think he has copied it incorrectly

I will be thankful if and when I do make a contact

I will respect my fellow radio amateurs and conduct myself so as to earn their respect

## DX Gedragskode

Ek sal luister, luister en nog luister

Ek sal alleenlik roep indien ek die DX hoor.

Ek sal nie die DX Kluster blindelings vertrou nie en eers seker maak van die DX se ware roepsein voordat ek roep

Ek sal nie sturings veroorsaak vir die DX of enigeen wat hom roep nie en ook nie opstem op die DX of die QSO frekwensie nie

Ek sal wag totdat die DX klaar is met sy kontak voordat ek roep

Ek sal altyd my volle roepsein stuur

Ek sal roep en redelike periode wag

Ek sal nie aanhoudend roep nie

Ek sal nie uitsaai wanneer die DX 'n ander roepsein as myne roep nie

Ek sal nie uitsaai indien die DX 'n roepsein bevraagteken wat nie soos myne klink nie

Ek sal nie uitsaai indien die DX 'n ander Geografiese area roep nie

Indien die DX my roep, sal ek nie my roepsein herhaal behalwe as ek dink hy het dit verkeerd gehoor nie

Ek sal dankbaar wees indien ek die kontak gemaak het

Ek sal my mede Amateurs respekteer en myself handhaaf om sodoende hulle respek te verdien.

Vertaal deur en met dank aan Raoul, ZS1C

## SARL VHF/UHF Analogue Contest – SSB only

### 1. Aim

- 1.1 The VHF/UHF contest is a test of operator ability and station design.
- 1.2 To promote activity on the VHF/UHF.
- 1.3 To provide opportunities for Amateurs to activate and work new grid squares
- 1.4 The Contest is open to all licensed Radio Amateurs in South Africa, Namibia (V5), Botswana (A2), Zimbabwe (Z2), Mozambique (C9), Lesotho (7P) and Swaziland (3DA). Only contacts with these states will count.
- 1.5 The general rules in the SARL Contesting Manual (Blue Book) are to be followed.

### 2. Dates and Times

2.1 The contest has been changed to a new format where all the contesters are working in a 2 hour time slot per band. This was done to concentrate the activity in such a way that more stations can be worked by having all the stations on one band. Contesters who do not have equipment to work on all the bands can plan which time slot they want to participate in. A winner will be announced on each band.

#### 2.2 **First Period:** Saturday 18 March 2023 03:00 to 09:00 UTC

03:00 to 05:00 UTC	05:01 to 07:00 UTC	07:01 to 09:00 UTC
6 metre band	2 metre band	70 cm band

#### **Second Period:** Sunday 19 March 2023 03:00 to 09:00 UTC

03:00 to 05:00 UTC	05:01 to 07:00 UTC	07:01 to 09:00 UTC
6 metre band	2 metre band	70 cm band

#### 2.3 **First Period:** Saturday 11 November 2023 03:00 to 09:00 UTC

03:00 to 05:00 UTC	05:01 to 07:00 UTC	07:01 to 09:00 UTC
6 metre band	2 metre band	70 cm band

#### **Second Period:** Sunday 12 November 2023 03:00 to 09:00 UTC

03:00 to 05:00 UTC	05:01 to 07:00 UTC	07:01 to 09:00 UTC
6 metre band	2 metre band	70 cm band

### 3. Contacts

3.1 Contacts must be two-way point to point. Stations shall exchange signal reports as well as their full six-digit Maidenhead locator. The Contesting station MUST obtain the grid position when he works a mobile station to enter in his log by getting an accurate area/address/location)

3.2 Self-Spotting will be allowed, e.g., you may announce that you are calling CQ on 144,250, on a repeater frequency or an internet logger or any group. The contact itself or any information related to the contact should be **unassisted**. No information may be sent between 3rd party stations or by any other medium to assist with completing of the contact.

3.3 The Contest is worked over 2 periods. Stations worked during the first period can be logged again in the second period. The station worked must be logged the second time with a 2 behind the call sign e.g., ZS6XX2

3.4 No EME, repeater, satellite or IRLP (Echo link, etc.) contacts are allowed.

3.5 No points will be forfeited if a non-competing station cannot provide a grid locator. However, the receiving operator shall receive and record sufficient information (typically latitude and longitude) or the nearest street address and area to be able to obtain and enter the applicable grid location. If no grid is entered by the contestee, no points will be awarded.

3.6 No cross-band contacts are allowed.

3.7 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

#### 4. Limitations

4.1 Operators of a multi-operator station may not be claimed as contacts by that station.

4.2 Working various alternative calls owned by a station, or working a club station and then logging various operators from a club station is not permitted

4.3 To ensure fairness and good sportsmanship like behaviour, all participants, including those who are not actively competing i.e., those stations "handing out points," should be encouraged to make as many QSOs as they possibly can with other competing stations and not only make contacts with their club members and or friends.

#### 5. Frequencies

5.1 **6 metres:** 50,200 - 50,250 MHz SSB

5.2 **2 metres:** 144,250 - 144,300 MHz SSB

5.3 **70 cm:** 432,200 - 432,250 MHz SSB

5.4 ZU stations are currently not permitted to operate on 50 MHz (6 m) according to the Government Gazette.

#### 6. Scoring

6.1 Stations can claim one point per kilometre for a contact they worked.

6.2 Grid Multiplier: A grid is the first 4 digits of the Maidenhead grid locator.

6.3 Distances are calculated automatically when using the SARL VHF/UHF Log Sheet provided on the SARL contest page.

6.4 The Distances on each band are summed and then multiplied by the number of different grids worked on that band to give the band score. This is done automatically for you when you use the SARL VHF/UHF Log Sheet.

6.5 The final score is the sum of the band scores – 6 and 2 m and 70 cm

#### 7. Log sheets

7.1 The VHF/UHF log and summary sheet is available in MS Excel format at

[www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp) .

7.2 The log sheet will calculate distances and multipliers automatically. Do not type distances in on the log sheets. (Please read the instructions on the Summary page of the SARL

VHF/UHF Log Sheet.) Complete the Excel log sheet supplied by the VHF/UHF contest manager and submit. The moderator will assist in activating the Macros if you should experience any difficulty. Check your log sheet before submission, incorrect format and incomplete log sheets will not be considered for final results.

7.3 Log sheets shall be submitted by 21:59 UTC on Sunday 26 March 2023 and Sunday 19 November 2023 by e-mail to [sarlvhfuhfcontest@gmail.com](mailto:sarlvhfuhfcontest@gmail.com) on behalf of the 46 VHF/UHF Group. Rename your log sheet, starting with your call sign, before you submit. For example: - ZS4XYX SARL SSB Contest Log March 2023. Entries received after the cut-off date will not be processed.

7.4 Log sheet for Multi operator, Club stations and Portable/ Field stations MUST have the names of all the active operators on the Summary section of the log sheet for certificate purposes.

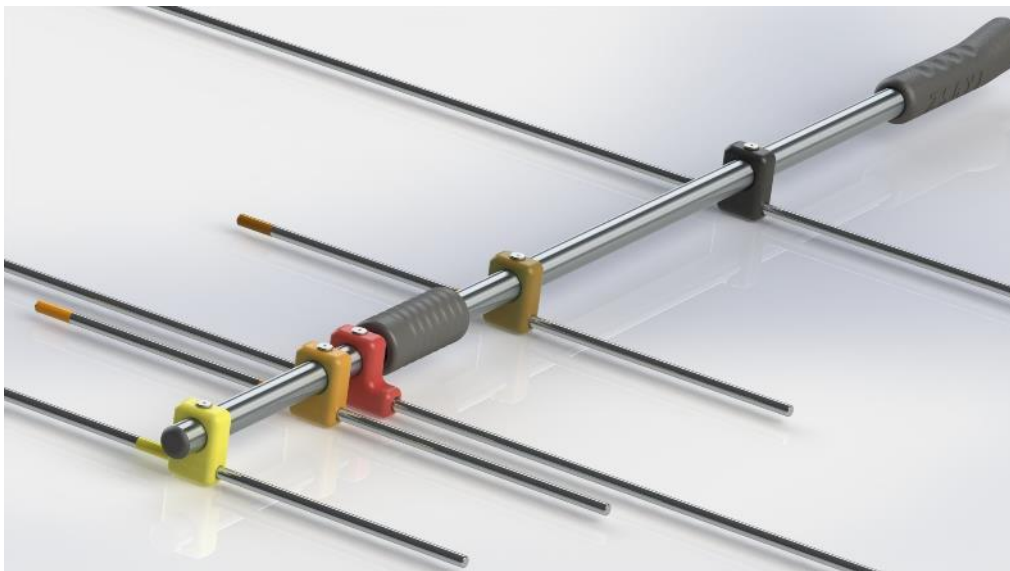
## 8. Prizes, Awards and Certificates

8.1. Awards and trophies will only be awarded to South African Radio League members.

8.2. Certificates will be issued for the first place on each band and for the first three places of each contest.

8.3. A further overall contest winner certificate will be awarded to the first three places based on the most band wins of both legs. Points will only be taken in consideration on a draw, as decided by the contest manager.

8.4 In an attempt to increase the awareness and participation of the younger amateurs (under 26s), it has been decided that for all the SARL contests to give separate recognition for the best performing youngsters i.e., 1st, 2nd or 3rd. The U26 group still compete with the main field and stand a chance to win a place in the standings as per normal. All youngsters that qualify, (i.e., U26) must state their age when submitting their logs.





# SARL VHF/UHF Digital Contest - All digital modes

## 1. Aim

- 1.1 The VHF/UHF Digital contest is a test of operator ability and station design.
- 1.2 To promote Digital activity on the VHF/UHF bands.
- 1.3 To provide opportunities for Amateurs to activate and work new grid squares
- 1.4 The Contest is open to all licensed Radio Amateurs in South Africa, Namibia (V5), Botswana (A2), Zimbabwe (Z2), Mozambique (C9), Lesotho (7P) and Swaziland (3DA). Only contacts with these states will count.
- 1.5 The general rules of the SARL Contesting Manual (Blue Book) are to be followed.

## 2. Dates and Times

2.1 The contest was changed to a new format where all the contesters are working in time slots of 2 hours on one band at a time. This was done to concentrate the activity in such a way that more stations can be worked by having all the stations on one band. Contesters who do not have equipment to work on all the bands can plan which time slot they want to participate in. A winner will be announced on each band. Unpopular bands like 4 metres and 23 cm are excluded.

### 2.2 First Period: Saturday 20 May 2023 03:00 - 09:00 UTC

03:00 to 05:00 UTC	05:01 to 07:00 UTC	07:01 to 09:00 UTC
6 metre band	2 metre band	70 cm band

### Second period: Sunday 21 May 2023 03:00 to 09:00 UTC

03:0 to 05:00 UTC	05:01 to 07:00 UTC	07:01 to 09:00 UTC
6 metre band	2 metre band	70 cm band

### 2.3 First Period: Saturday 16 September 2023 03:00 to 09:00 UTC

03:00 to 05:00 UTC	05:01 to 07:00 UTC	07:01 to 09:00 UTC
6 metre band	2 metre band	70 cm band

### Second Period: Sunday 17 September 2023 03:00 to 09:00 UTC

03:00 to 05:00 UTC	05:01 to 07:00 UTC	07:01 to 09:00 UTC
6 metre band	2 metre band	70 cm band

## 3. Contacts

- 3.1 Contacts must be two-way point to point. Stations shall exchange signal reports as well as their full six-digit maidenhead grid location. WSJT only allow for the first 4 digits of the grid locator, but the full 6-digit locator can be sent in the 73 line. (Setup TX 5 message to contain your full 6-digit grid square.)
- 3.2 Self-Spotting will be allowed, e.g., you may announce that you are calling CQ on 144.250, on a repeater frequency or an internet logger or any group. The contact itself or any

information related to the contact should be unassisted. No information may be sent between third party stations or by any other medium to assist with completing of the contact. NO SCREEN SHOTS!

3.3 The Contester will be allowed to work a station for a second time on the same band, but it MUST be on a different mode than the first contact. E.g., first contact FT8, second contact can be FT4, RTTY or any other digital mode.

3.4 The Contest is worked over 2 periods, stations worked during the first period can be logged again in the second period. The station worked must be logged the second time with a 2 behind the call sign e.g., ZS6XX2

3.5 No EME, repeater, satellite or IRLP (Echo link, etc.) contacts are allowed.

3.6 No cross-band contacts are allowed.

3.7 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

#### 4. Limitations

4.1 Operators of a multi-operator station may not be claimed as contacts by that station.

4.2 Working various alternative calls owned by a station, or working a club station and

4.3 To ensure fairness and good sportsmanship like behaviour, all participants, including those who are not actively competing i.e., those stations "handing out points," should be encouraged to make as many QSOs as they possibly can with other competing stations and not only make contacts with their club members and or friends.

#### 5. Frequencies

5.1 **6 Meters:** FT8 – 50,313, FT4 - 50,318 / for all other Digital modes 50,250 - 50,300 MHz

5.2 **2 Meters:** FT8 – 144,174, FT4 -144,170 / for all other Digital modes 144,200 - 144,250 MHz

5.3 **70 cm:** FT8 – 432,250, FT4 – 432,258 MHz / for all other Digital modes 432,260 – 432,300 MHz

5.4 ZU stations are currently not permitted to operate on 50 MHz (6 m) according to the Government Gazette.

#### 6. Scoring

6.1 Stations can claim one point per kilometre for a contact they worked.

6.2 Grid Multiplier: A grid is the first 4 digits of the Maidenhead grid locator.

6.3 Distances are calculated automatically when using the SARL VHF/UHF Log sheet provided on the SARL contest page.

6.4 The Distances on each band are summed and then multiplied by the number of different grids worked on that band to give the band score. This is done automatically for you when you use the SARL VHF/UHF Log Sheet.

6.5 The final score is the sum of the band scores.

#### 7. Log sheets

7.1 The VHF/UHF log and summary sheet is available in MS Excel format at

[www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp)

7.2 The log sheet will calculate distances and multipliers automatically. Do not type distances in on the log sheets. (Please read the instructions on the Summary page of the SARL VHF/UHF Log Sheet.) Complete the Excel log sheet supplied by the VHF/UHF contest manager and submit. The moderator will assist in activating the Macros if you should experience any difficulty. Check your log sheet before submission, incorrect format and incomplete log sheets will not be considered for final results.

7.3 Log sheets shall be submitted by 21:59 UTC on Sunday 28 May 2023 and Sunday 24 September 2023 by e-mail to [sarlvhfuhfcontest@gmail.com](mailto:sarlvhfuhfcontest@gmail.com) on behalf of the 46 VHF/UHF Group. Rename your log sheet, starting with your call sign, before you submit. For example: - ZS4XYX SARL VHF/UHF Digital Contest Log May 2023. Entries received after the cut-off date will not be processed.

7.4 Log sheet for Multi operator, Club stations and Portable/ Field stations MUST have the names of all the active operators on the Summary section of the log sheet for certificate purposes.

## 8. Prizes, Awards and Certificates

8.1 Awards and trophies will only be awarded to South African Radio League members.

8.2 Certificates will be issued for the first place on each band and for the first three places of each contest.

8.3 A further overall contest winner certificate will be awarded to the first three places based on the most band wins of both legs. Points will only be taken in consideration on a draw, as decided by the contest manager.

8.4 In an attempt to increase the awareness and participation of the younger amateurs (under 26s), it has been decided that for all the SARL contests to give separate recognition for the best performing youngsters i.e., 1st, 2nd or 3rd. The U26 group still compete with the main field and stand a chance to win a place in the standings as per normal. All youngsters that qualify (i.e., U26) must state their age when submitting their logs.



## SARL VHF/UHF FM Contest

### 1. Aim

- 1.1 The VHF/UHF contest is a test of operator ability and station design.
- 1.2 To promote FM activity on the VHF/UHF bands.
- 1.3 To encourage Amateurs to work greater distances than usual by operating portable/field stations in favourable locations and by optimising equipment and operating techniques at both field and home stations
- 1.4 To provide opportunities for Amateurs to activate and work new grid squares
- 1.5 The Contest is open to all licensed Radio Amateurs in South Africa, Namibia (V5), Botswana (A2), Zimbabwe (Z2), Mozambique (C9), Lesotho (7P) and Swaziland (3DA). Only contacts with these states will count.
- 1.6 The general rules covered in the SARL Contesting Manual (Blue Book) are to be followed

### 2. Dates and Time

- 2.1 From 12:00 to 15:00 UTC 4 February 2023.
- 2.2 From 12:00 to 15:00 UTC 3 June 2023.

### 3. Frequency

**6 metres:** 51,510 - 51,550 MHz FM

**2 metres:** 145,500 - 145,575 MHz FM

**70 cm:** 433,500 - 433,550 MHz FM

### 4. Contacts

- 4.1 Contacts must be two-way point to point. Stations shall exchange signal reports as well as their full six-digit Maidenhead locator. The Contesting station **MUST** obtain the grid position when he works a mobile station to enter in his log by getting an accurate area/address/location)
- 4.2 Self-Spotting will be allowed, e.g., you may announce that you are calling CQ on 145,500, on a repeater frequency or an internet logger or any group. The contact itself or any information related to the contact should be unassisted. No information may be sent between 3rd party stations or by any other medium to assist with completing of the contact.
- 4.3 The Contester will be allowed to work a station once on each band.
- 4.3 No EME, repeater, satellite or IRLP (Echo link etc.) contacts are allowed.
- 4.4 No points will be forfeited if a non-competing station cannot provide a grid locator. However, the receiving operator shall receive and record sufficient information (typically latitude and longitude) or the nearest street address and area to be able to obtain and enter the applicable grid location. If no grid is entered by the contester, no points will be awarded.
- 4.5 No cross-band contacts are allowed.
- 4.6 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".



## 5. Scoring

- 5.1 Stations can claim one point per kilometre for a contact they worked.
- 5.2 Grid Multiplier: A grid is the first 4 digits of the Maidenhead grid locator.
- 5.3 Distances are calculated automatically when using the SARL VHF/UHF Log sheet provided on the SARL contest page.
- 5.4 The Distances on each band are summed and then multiplied by the number of different grids worked on that band to give the band score. This is done automatically for you when you use the SARL VHF/UHF FM Log Sheet.
- 5.5 The final score is the sum of the band scores.

## 6. Log Sheets

- 6.1 The VHF/UHF log and summary sheet is available in MS Excel format at [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).
- 6.2 The log sheet will calculate distances and multipliers automatically. Do not type distances in on the log sheets. (Please read the instructions on the Summary page of the SARL VHF/UHF Log Sheet.) Complete the Excel log sheet supplied by the VHF/UHF contest manager and submit. The moderator will assist in activating the Macros if you should experience any difficulty. Check your log sheet before submission, incorrect format and incomplete log sheets will not be considered for final results.
- 6.3 Log sheets shall be submitted by 21:59 UTC on Saturday 11 February 2023 and Saturday 10 June 2023 by e-mail to [sarlvhfuhfcontest@gmail.com](mailto:sarlvhfuhfcontest@gmail.com) on behalf of the 46 VHF/UHF Group. Rename your log sheet, starting with your call sign, before you submit. For example: - ZS4XYX SARL VHF/UHF FM Contest Log Feb 2023. Entries received after the cut-off date will not be processed.
- 6.4 Log sheet for Multi operator, Club stations and Portable/ Field stations MUST have the names of all the active operators on the Summary section of the log sheet for certificate purposes.

## 7. Prizes, Awards and Certificates

- 7.1 Awards and trophies will only be awarded to South African Radio League members.
- 7.2. Certificates will be issued for the first three places in the contest and on each band.
- 7.3 In an attempt to increase the awareness and participation of the younger amateurs (under 26s), it has been decided that for all the SARL contests to give separate recognition for the best performing youngsters i.e., 1st, 2nd or 3rd. The U26 group still compete with the main field and stand a chance to win a place in the standings as per normal. All youngsters that qualify (i.e., U26) must state their age when submitting their logs.

## The HamSat-SA ZS QO-100 QSO Party

### 1. Aim:

This is a fun activity to promote contacts between radio amateurs from South Africa and the world using the QO-100 satellite. The aim for stations from ZS to as many different countries as possible.

### 2. Date and Time:

From 14:00 to 15:00 UTC on Sunday 12 February 2023

### 3. Exchange:

RS and Grid locator

### 4. Frequency:

SSB: 10 489,650 to 10 489,850

### 5. Scoring:

ZS Stations - 1 point

DX Stations - 2 points

Bonus Points:

+2 Points for every unique country worked

+2 Bonus points for the longest distance between two stations

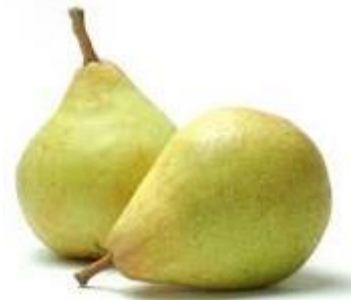
### 6. Log sheets:

Excel Log sheets template available from <https://www.hamsatsa.co.za/hamsatsa-zs-qo-100-qso-party/>. Log sheets shall be submitted by 21:59 UTC on Thursday 16 February 2023 to [tvdbon@gmail.com](mailto:tvdbon@gmail.com).

### 7. Awards:

A certificate will be awarded to the 1st, 2nd and 3rd place in the competition. Certificates of participation will be given to each contestant with more than 5 logs.

# The PEARS National VHF/UHF Contest



## 1. Introduction

1.1 The PEARS National VHF and UHF contest will take place from 13 to 15 January 2023 and is open to all licensed amateurs in the RSA, including non-members of the SARL, as well as amateurs from the neighbouring states.

1.2 The aim of a VHF and UHF contest is to stimulate activity on these bands, make many long-distance contacts possible, establish new records, encourage the improvement of VHF and UHF equipment and advance amateur radio.

1.3 This is a 44-hour dual contest for analogue and digital modes, which is divided into 2 sessions that will spread out activity over the contest period and reflect changes of propagation.

1.4 So, watch out for Tropo Ducting or Meteor Scatter in the early mornings or at night on 50 MHz and 144 MHz, while in the daytime look out for Rover stations, Aircraft scatter and possibly Sporadic-E. This is also a wonderful camping period with lots of fun for field stations. Amateurs are requested to participate in both the contests and keep the bands alive.

## 2. Dates and Times

The first 22-hour session of the VHF and UHF contest starts at 16:00 UTC on Friday 13 January and closes at 14:00 UTC on Saturday afternoon 14 January. The second 22-hour session commences immediately after 14:00 UTC on Saturday and ends at 12:00 UTC on Sunday 15 January 2023.

## 3. Categories

3.1 Base Station. A base station is the normal home or fixed station. It may be operated by one or more amateurs as long as they use their own call signs.

3.2 Field Station. A field station is a temporary station set up in a caravan, tent or motor vehicle and may erect any type of antenna system but must use their own portable power supply. One or more amateurs may operate it, but they must use their own call signs.

3.3 Club Multi-Operator Station. A Club Multi-operator station can only operate under the Club's call sign. It may use many operators, since all five bands can be worked at the same time and beginners should be encouraged to participate. A club multi-operator team may operate either from a base or a field station as desired.

3.4 Rover Category. A Rover is a mobile station that operates from a stationary position in any four 4-digit grid squares during a session. Rover activity should be encouraged as they create a lot of extra activity during a VHF contest and should appeal to townhouse amateurs.

3.5 Limited Category. This category is limited to a total of 4 hours per session divided into two 2-hour periods during each session and may be scheduled during any part of a session operating from any fixed grid position as a base or field station or from a stationary mobile.

3.6 The 144,400 MHz and 145,500 MHz FM Category. The main objective of this divisional FM category is to encourage the younger generation, novices or even some old-timers, to participate and get the taste of VHF contesting using simplified rules. You may operate with

any type of equipment or antennas on 144,350 – 144,400 MHz FM and/or 145,500 – 145,575 MHz FM, fixed or mobile and try and make as many contacts as possible. You only have to exchange signal reports, but could learn about propagation, have fun and compare notes. You can score 10 points for each contact you make in your own division or 20 points from another division. Stations from other categories and divisions may also QSY to these frequencies and give you some points, of course, they will score their normal one point per kilometre, but you must now give them your grid locator too. There are two sessions, so you can work the same station twice and score extra points or hook up with a station that you missed during the first session.

#### **4. Contest Frequency Channels**

50,200 – 50,250 MHz SSB/CW  
50,250 – 50,300 MHz Digital  
50,350 – 50,400 MHz FM

70,100 – 70,150 MHz SSB/CW  
70,150 – 70,175 MHz Digital  
70,200 – 70,275 MHz FM

144,200 – 144,250 MHz SSB/CW  
144,250 – 144,300 MHz Digital  
144,350 – 144,400 MHz FM  
145,500 – 145,575 MHz FM

432,200 – 432,250 MHz SSB/CW  
432,250 – 432,300 MHz Digital  
432,350 – 432.400 MHz FM

1296,200 – 1296,250 MHz SSB/CW  
1296,250 – 1296,300 MHz Digital  
1296,350 – 1296,400 MHz FM

4.1. To avoid pileups on the calling frequencies of 50,200 MHz or 144,200 MHz SSB, it is suggested that when activity is high to call on these frequencies but continue the QSO 5 to 15 kHz higher up the band, as done during HF DX contests. So, tune around at times.

4.2. CW stations call CQ 1 kHz above the SSB frequency, (for example 50,201 MHz or 144,201 MHz, to be audible to USB stations too, but you must work CW stations 20 kHz higher in frequency, i.e., 50,220 MHz CW or 144,220 MHz CW).

4.3. Since VHF amateurs are widely spread out across South Africa, it is important to know when and in what direction they are transmitting. Therefore, spotting and any form of liaison will be permitted to solve this problem.

#### **5. Contestants**

All ZR/ZS/ZU amateurs may participate as well as amateurs from the six neighbouring states

i.e., Namibia (V5), Botswana (A2), Zimbabwe (Z2), Mozambique (C9), Lesotho (7P) and Swaziland (3DA) and only contacts with these states will count.

## **6. Reports and Scoring**

6.1 A valid contact consists of an exchange of call signs, signal reports and the locator, such as the 6-digit Maidenhead Locator or co-ordinates. Stations in the five categories (3.1 to 3.5) claim one point per kilometre, but points may only be claimed for one (1) analogue and one (1) digital contact per station on the same band during a session. A Rover station can be worked from four different 4-digit grid squares, each will count as a new contact.

6.2 A multiplier, based on the total number of four-digit grid squares worked on all bands, will multiply the scores achieved on all bands and categories. The motive behind this is to encourage long distance operation and to log as many 4-digit grid squares as possible on all the VHF and UHF bands to boost your score.

6.3 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## **7. Log Sheets**

7.1. Separate log sheets are required for analogue and digital. The top of your log sheet must indicate category, full name, call sign, locator and e-mail address.

7.2. The log sheets require only the Date, Time, Frequency, Call Sign of the station worked, Signal Reports received, the Locator of station worked. Please note that Rover stations must add the suffix /R to their call signs (e.g., ZS6XYZ/R).

7.3 All entries must be submitted to PEARS not later than 21:59 UTC on Friday 20 January 2023 and their decision will be final. Log sheets should be submitted by e-mail to [contest@peham.co.za](mailto:contest@peham.co.za) the names of the winners as well as a complete list of all the scores will be posted on the SARL VHF forum and the PEARS web site early in February 2023.

## **8. Awards**

8.1 PEARS will award certificates to the top three places overall.

8.2. Certificates will also be issued to the winner of the analogue contest and to the winner of the digital contests.

8.3. Certificates will also be issued for the longest distance achieved on each band. A minimum of 400 kilometres is required to qualify for a certificate.

8.4. A certificate will also be issued for the highest scoring Rover entry.

8.5. The 144 MHz and 145 MHz FM category will also feature an overall winner and first and second runner-up.

## **9. Further Information**

For further information please contact the Port Elizabeth Amateur Radio Society by e-mail to [contest@peham.co.za](mailto:contest@peham.co.za)

SARL VHF/UHF and Higher Records [http://www.sarl.org.za/public/local/VHF\\_SA\\_Records.asp](http://www.sarl.org.za/public/local/VHF_SA_Records.asp)



# The Hammies QSO Party

## 1. Aim

This is a fun activity to promote contacts between Hammies and radio amateurs in Southern African countries with an emphasis on ZU stations.

## 2. Date and Time

14:00 to 15:00 UTC Sunday 11 June 2023



## 3. Exchange

3.1 The exchange is RS and provincial abbreviation, DX for all stations outside South Africa

3.2 Hammies stations (under 26) may run the frequency. All other stations must change frequency after every QSO.

3.3 Each QSO claimed for competition credit must comply with the rules found under point "5. Contacts" on Pages 9 and 10.

## 4. Frequency and mode

4.1 A phone contest on the 40-metre band - 7 063 to 7 100 and 7 130 to 7 200 kHz.

4.2 7 100 to 7 130 kHz is contest free

## 5. Scoring

5.1. Contacts with stations in the same ZS region are worth 1 point.

5.2 Contacts with stations in other ZS regions or DX stations are worth 2 points.

5.3 Contacts with the various Hammies ARC are worth 5 points

5.4 Contacts with any ZU station are worth 3 points

5.5 Contacts between ZU stations are worth 5 points

## 6. Log Sheets

6.1 Logs, in ADIF, Cabrillo or MS Excel format shall be submitted by 21:59 UTC on Friday 16 June 2023 and sent by e-mail to [zr6dx@iafrica.com](mailto:zr6dx@iafrica.com). PLEASE NOTE: the Cabrillo and ADIF file carries NO contest scoring information! Please complete the summary sheet and submit it with your Cabrillo or ADIF file. When submitting your log, your call sign must appear in the file name, e.g., ZS2B Hammies QSO Party.xlsx /.adi /.cbr.

6.2 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).

## 7. Awards

7.1 Certificates will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place

7.2 Certificates will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place for ZU stations

## SARL Youth QSO Party



### 1. Aim

This is a fun activity to celebrate the Youth and to promote contacts between young radio amateurs in Southern African countries. Call "CQ Youth Sprint"

### 2. Date and Time

12:00 to 13:00 UTC on Thursday 16 June 2023 - Youth Day

12:00 to 13:00 UTC on Saturday 12 August 2023 - International Youth Day is on 12 August each year.

### 3. Exchange

- 3.1 The exchange is a RS(T) report and the operator's age.
- 3.2 Youth stations (Region 1 - aged 26 and under) may run the frequency.
- 3.3 Stations with operators aged 27 and older must move frequency after each QSO.
- 3.4 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

### 4. Frequency

- 4.1 It is a CW and phone sprint on the 40-metre band
- 4.2 7 100 to 7 130 kHz is contest free

### 5. Scoring

- 5.1 Contacts between stations in the age group 26 and younger are worth 5 points.
- 5.2 Contacts between stations in the 26 and under group and over 26 group is worth 2 points
- 5.3 Contacts between stations in the age group 27 and older are worth 1 point.

### 6. Log Sheets

- 6.1 Logs in ADIF, Cabrillo or download MS Excel spreadsheet with a summary sheet labelled "your call sign Youth Sprint," shall be submitted by 21:59 UTC on Wednesday 21 June 2023 and Thursday 17 August 2023 by e-mail to [zs3vdk@outlook.com](mailto:zs3vdk@outlook.com). PLEASE NOTE: the Cabrillo and ADIF file carries NO contest scoring information! Please complete the summary sheet and submit it with your Cabrillo or ADIF file. When submitting your log, your call sign must appear in the file name, e.g., ZS2B SARL Youth QSO Party.xlsx / .adi / .cbr.
- 6.2 The age of the operator must be shown on the summary sheet.
- 6.3 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp)

## SARL YL QSO Party

### 1. Aim

This is a fun activity to celebrate Women's Day between radio amateurs in South Africa. Call "YL Sprint"

### 2. Date and Time

12:00 to 13:00 UTC on Saturday 4 March 2023 - International Women's Day is on 8 March each year

12:00 to 13:00 UTC on Wednesday 9 August 2023 - National Women's Day

### 3. Exchange

3.1 The exchange is a RS(T) report and YL or OM.

3.2 YL stations may run the frequency.

3.3 OM must move frequency after each QSO.

3.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

### 4. Frequency

4.1 It is a CW and phone sprint on the 40-metre band

4.2 7 100 to 7 130 kHz is contest free

### 5. Scoring

5.1 Contacts between YL stations are worth 6 points.

5.2 Contacts between YL and OM stations are worth 3 points

5.3 Contacts between OM stations are worth 1 point.

### 6. Log Sheets

6.1 Logs in ADIF, Cabrillo or MS Excel spreadsheet with a summary sheet labelled "your call sign YL Sprint," shall be submitted by 21:59 UTC on Thursday 9 March 2023 and Monday 14 August 2023 by e-mail to [zs3vdk@outlook.com](mailto:zs3vdk@outlook.com). PLEASE NOTE: the Cabrillo and ADIF file carries NO contest scoring information! Please complete the summary sheet and submit it with your Cabrillo or ADIF file. When submitting your log, your call sign must appear in the file name, e.g., ZS2B SARL YL QSO Party.xlsx / .adi / .cbr.

6.2 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).

# The Early Morning Coffee QSO Party

## 1. Aim.

To create an interest and activity on 80 and 40 m in the mornings and to try and contact as many of the early morning stations as possible. This is a phone only contest and scoring on a sliding scale would depend on the age of the person that you work. Also gives you an opportunity to obtain stations for your WAZS, as well as to collect any Grid Squares that you may need.

## 2. Dates and Times

04:00 UTC (0:600 CAT) to 05:00 UTC (07:00 CAT) on Wednesday 10th May and Wednesday 11<sup>th</sup> October 2023.

## 3. Frequencies

- 3.1 80 m - 3 603 to 3 650 and 3 703 to 3 800 kHz.
- 3.2 The segment from 3 651 to 3 699 kHz is contest free
- 3.3 40 m - 7 063 to 7 100 and 7 130 to 7 200.
- 3.4 The segment from 7 100 to 7 130 is contest free.



## 4. Exchange

- 4.1 Your call sign, a RS report, your Grid Square, your age category and name.
- 4.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## 5. Categories

- 5.1 Single Operator

## 6. Scoring

- 6.1 Category A – QSO with a person under 55 years counts 1 point
- 6.2 Category B – QSO with a person between 56 and 60 years counts 2 points
- 6.3 Category C – QSO with a person between 61 and 64 years counts 3 points
- 6.4 Category D – QSO with a person between 65 and 69 years counts 4 points
- 6.5 Category E – QSO with a person between 70 and 80 years counts 5 points
- 6.6 Category F – QSO with a person between 81 and 89 years counts 10 points
- 6.7 Category G – QSO with a person 90 years and over counts 15 points.
- 6.8 When you give a signal report, grid square and name, do not forget to use the CATEGORY as detailed above for your respective age group. As some folks are sensitive about divulging their age .The Category will in some way not give away the participant's ACTUAL

age.

## **7. Log sheets**

7.1 Log Sheets in MS Excel format only shall be submitted by 21:59 UTC on Wednesday 17 May and Wednesday 18 October 2023 by e-mail to [zs3vdk@outlook.com](mailto:zs3vdk@outlook.com) or [zr3pa@outlook.com](mailto:zr3pa@outlook.com). When submitting your log, your call sign must appear in the file name, e.g., ZS2B 2023 Early Morning Coffee QSO Party Log and Summary Sheet.xlsx.

7.2 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp)



## SARL Newbie QSO Party

### 1. Aim

This is a fun activity to encourage all new radio amateurs to become active on HF.

### 2. Date and Time

2.1 08:00 to 20:00 UTC on Saturday 1 July 2023

2.2 08:00 to 20:00 UTC on Saturday 18 November 2023

### 3. Exchange

3.1 RS, Six character grid square and Phonetic character found in the table below

Length being radio amateur	Exchange
Less than 6 months	Alpha
One year	Bravo
Two years	Echo
Three years	Golf
Four years	India
Five to Ten years	November
More than Ten years	Zulu

3.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

### 4. Frequency

4.1 SSB only

4.2 14 125 to 14 300 kHz

4.3 7 063 to 7 100 and 7 130 to 7 200 kHz

The segment from 7 100 to 7 130 is contest free.

4.4 3 603 to 3 650 and 3 700 to 3 800 kHz

The segment from 3 651 to 3 699 kHz is contest free

### 5. Scoring

5.1 Each contact is worth the number of points found in the table below:

Length being radio amateur	Point per contact
Less than 6 months	10
One year	9
Two years	8
Three years	7
Four years	6
Five to Ten years	5
More than Ten years	3



5.2 Individual QSOs could be per band. A station may be worked on all three bands but may only be worked once per band.

5.3 MCST – Multi-Call Sign Single Transmitter. A MCST station is a multi-call sign station transmitting not more than one signal on not more than one running frequency on a band at any time. This category can be used by husband-and-wife teams and by Clubs training new amateurs in the art of contesting.

## **6. Log Sheets**

6.1 Log sheets in MS Excel format shall be submitted by 21:59 UTC on Saturday 8 July and Saturday 25 November 2023 by e-mail to [zs3vdk@outlook.com](mailto:zs3vdk@outlook.com) copy [zr3pa@outlook.com](mailto:zr3pa@outlook.com)

6.2 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).

## **7. Awards**

7.1 A certificate will be awarded for 1st, 2nd and 3rd places for each leg of the contest.

7.2 After completion of the 2<sup>nd</sup> leg of the contest, certificates will be awarded for the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places overall.

7.3 Results will be announced on the SARL weekly bulletin.

# Antique Wireless Association Valve QSO Party

## 1. Aim

The aim of the AWA Valve QSO party is to create activity on the 40 and 80 metre bands. It is a phone only contest using AM and SSB. Preferably, valve radios or radios with valves in them may be used. No linear amplifiers may be used.

## 2. Date and Time

### 2.1 AM QSO Party

13:00 to 17:00 UTC Saturday 6 May and 13:00 to 17:00 UTC Saturday 7 October 2023

### 2.2 SSB QSO Party

13:00 to 17:00 UTC Sunday 7 May and 13:00 to 17:00 UTC Sunday 7 October 2023

## 3. Frequencies

3.1 40 metres: 7 063 to 7 100 kHz and 7 130 to 7 200 kHz

3.2 The segment from 7 100 to 7 130 is contest free.

3.3 80 metres: 3 603 to 3 650 kHz

3.4 The segment from 3 651 to 3 699 kHz is contest free

## 4. Power

The output power may not exceed 100 w, unless the rig itself has a higher output power (FTDX400, etc.)

## 5. Exchange

5.1 Call sign, RS report, a consecutive serial numbers starting at 001 and the type of radio used, e.g., HT37 TX.

5.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## 6. Scoring (Your radio)

All valve radio: 3 points per contact Hybrid radio: 2 points per contact Solid State Radio: 1 point per contact

## 7. Log Sheets

7.1 The log sheets must be submitted by Friday 12 May 2023 and Friday 13 October 2023 to [andyzs6ady@vodamail.co.za](mailto:andyzs6ady@vodamail.co.za).

7.2 Certificates will be awarded to the first three places in each category – AM and SSB



## The SARL Top Band QSO Party

### 1. Aim

This is a fun activity to promote contacts on 160 metres between radio amateurs in Southern African countries and to encourage radio amateurs to apply for the South African Radio League Top Band Award.

### 2. Date and Time

22:01 UTC 7 June to 21:59 UTC on Sunday 11 June 2023.

### 3. Frequency

- 3.1 CW: 1 810 – 1 838 kHz
- 3.2 Digital: 1 838 – 1 843 kHz
- 3.2 Phone: 1 844 – 2 000 kHz

### 4. Exchange

- 4.1 RS, RSQ or RST report and your 4-character grid square (e.g., KG30)
- 4.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

### 5. Participation

The event is open to all licensed amateurs that have access to the 160-metre band.

### 6. Scoring

- 6.1 Each station can be worked once per mode i.e., once on Phone, once on digital and again with CW.
- 6.2 2 points for every QSO.
- 6.3 2 points for the first QSO with each grid square.

### 7. Log Sheets

- 7.1 Log sheets in MS Excel format shall be submitted by 21:59 UTC on Friday 16 June 2023 by e-mail to [info@zs6wr.co.za](mailto:info@zs6wr.co.za).
- 7.2 When submitting your log, your call sign must appear in the file name, e.g., ZS2B 2023 SARL Top Band QSO Party Log and Summary Sheet.xlsx.
- 7.3 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).

# The SARL 80 m QSO Party

## 1. Aim

The aim of these contests is to create an interest in and activity on the 80-m band. It is a phone only contest.

## 2. Date and times

- 2.1 17:00 to 19:00 UTC on Thursday 6 April 2023
- 2.2 17:00 to 19:00 UTC on Thursday 5 October 2023

## 3. Frequencies

- 3.1 Only frequencies in the segment 3 603 to 3 650 and 3 703 to 3 800 kHz may be used.
- 3.2 The segment 3 651 to 3 699 kHz is contest free

## 4. Exchange

- 4.1 Call sign, RS signal report and operator's name.
- 4.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## 5. Categories

- 5.1 Single Operator
- 5.2 Short Wave Listener (SWL)

## 6. Scoring

- 6.1 10 points for every contact with a South African station
- 6.2 15 points for every contact with a station outside South Africa

## 7. Log Sheets

- 7.1 Log sheets in MS Excel format ONLY shall be submitted by 21:59 UTC on Tuesday 11 April 2023 and Tuesday 10 October 2023 by e-mail to [louis.zs5lp@gmail.com](mailto:louis.zs5lp@gmail.com) and [zs5durbanarc@gmail.com](mailto:zs5durbanarc@gmail.com).
- 7.2 When submitting your log, your call sign must appear in the file name, e.g., 7P8DG SARL 80 m QSO Party.xlsx
- 7.3 Your name and surname, Club name and e-mail address must appear in the log sheet.
- 7.4 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).



# The ZS1 QSO Party

## 1. Aim

This is a fun activity to promote contacts between radio amateurs in the Western Cape and radio amateurs in Southern African countries. The aim for stations outside ZS1 is to work as many ZS1 stations as possible!

## 2. Date and Time

14:00 to 15:00 UTC Sunday 24 September 2023.

## 3. Exchange

3.1 The exchange is RS(T) and provincial or country abbreviation.

3.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## 4. Frequency

4.1 It is a phone and CW contest on the 40-metre band

4.2 CW: 7 000 to 7 040 kHz

4.3 SSB: 7 063 to 7 100 and 7 130 to 7 200 kHz

4.4 The segment from 7 100 to 7 130 is contest free

## 5. Scoring

5.1 ZS1 stations:

5.1.1 Contacts with stations in ZS1 are worth 1 point.

5.1.2 Contacts with stations in other ZS call areas or Southern African countries are worth 2 points.

5.2 Other stations:

5.2.1 Contacts with stations in ZS1 are worth 2 points.

5.2.2 Contacts with stations in own or other ZS call areas (excluding ZS1) or Southern African countries are worth 1 point.

5.3 Contacts with the Cape Town ARC ZS1CT, Overberg ARC ZS1OAR, Winelands ARC ZS1WRC or Boland ARC ZS1BAK are worth 5 points each. Only one contact per station is allowed. Log sheets from club stations will be dealt with as a check log only.

## 6. Log Sheets

6.1 Submit your Excel log sheet by 21:59 UTC by Friday 30 September 2023 to [zs1ct@ctarc.org.za](mailto:zs1ct@ctarc.org.za). When submitting your log, your call sign must appear in the file name, e.g., ZS2B ZS1 QSO Party.xlsx.

6.2 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).

## **7. Awards**

A certificate will be awarded to the 1st, 2nd and 3rd place in the competition.

## The ZS2 QSO Party

### 1. Aim

This is a fun activity to promote contacts between radio amateurs in the Eastern Cape and radio amateurs in Southern African countries. The aim for stations outside ZS2 is to work as many ZS2 stations as possible!

### 2. Date and Time

14:00 to 15:00 UTC Sunday 16 July 2023.

### 3. Exchange

3.1 The exchange is RS(T) and provincial or country abbreviation.

3.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

### 4. Frequency

4.1 It is a phone and CW contest on the 40-metre band

4.2 CW: 7 000 to 7 040 kHz

4.3 SSB: 7 063 to 7 100 and 7 130 to 7 200 kHz

4.4 The segment from 7 100 to 7 130 is contest free

### 5. Scoring

5.1 ZS2 stations

5.1.1 Contacts with stations in ZS2 are worth 1 point.

5.1.2 Contacts with stations in other ZS call areas or Southern African countries are worth 2 points.

5.2 Other stations

5.2.1 Contacts with stations in ZS2 are worth 2 points.

5.2.2 Contacts with stations in own or other ZS call areas (excluding ZS2) or Southern African countries are worth 1 point.

5.3 Contacts with the Port Elizabeth Amateur Radio Society, ZS2PE, or the Border Radio Club, ZS2BRC, are worth 5 points each. Only one contact per station is allowed. Log sheets from club stations will be dealt with as a check log only.

### 6. Log Sheets

6.1 Logs, in ADIF, Cabrillo or MS Excel format shall be submitted by 21:59 UTC on Friday 21 July 2023 and sent by e-mail to [contest@peham.co.za](mailto:contest@peham.co.za). PLEASE NOTE: the Cabrillo and ADIF file carries NO contest scoring information! Please complete the summary sheet and submit it with your Cabrillo or ADIF file. When submitting your log, your call sign must appear in the file name, e.g., ZS2B ZS2 QSO Party.xlsx / .adi / .cbr.

6.2 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).

## **7. Awards**

7.1 Certificates will be awarded to the 1st 2nd and 3rd place.

7.2 This will only happen if more than five logs are submitted

# The ZS3 QSO Party

## 1. Aim

This is a fun activity to promote contacts between radio amateurs in the Northern Cape and radio amateurs in Southern African countries. The aim for stations outside ZS3 is to work as many ZS3 stations as possible!

## 2. Date and Time

14:00 to 15:00 UTC Sunday 14 May 2023.

## 3. Exchange

3.1 The exchange is RS(T) and provincial or country abbreviation.

3.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## 4. Frequency

4.1 It is a phone and CW contest on the 40-metre band

4.2 CW: 7 000 to 7 040 kHz

4.3 SSB: 7 063 to 7 100 and 7 130 to 7 200 kHz

4.4 The segment from 7 100 to 7 130 is contest free

## 5. Scoring

5.1 ZS3 stations:

5.1.1 Contacts with stations in ZS3 are worth 1 point.

5.1.2 Contacts with stations in other ZS call areas or Southern African countries are worth 2 points.

5.2 Other stations:

5.2.1 Contacts with stations in ZS3 are worth 2 points.

5.2.2 Contacts with stations in own or other ZS call areas (excluding ZS3) or Southern African countries are worth 1 point.

5.3 Contacts with the Northern Cape ARC, ZS3NC, Namaqualand Aero Sport Association, ZS3FLY, the Bo-Karoo ARC, ZS3VDK, or the Kimberley ARC, ZS3KBY are worth 5 points each. Only one contact per station is allowed. Log sheets from club stations will be dealt with as a check log only.

## 6. Log Sheets

6.1 Logs, in ADIF, Cabrillo or MS Excel format shall be submitted by 21:59 UTC on Friday 19 May 2023 and sent by e-mail to [zs3ncklub@gmail.com](mailto:zs3ncklub@gmail.com). PLEASE NOTE: the Cabrillo and ADIF file carries NO contest scoring information! Please complete the summary sheet and submit it with your Cabrillo or ADIF file. When submitting your log, your call sign must appear



in the file name, e.g., ZS2B ZS3 QSO Party.xlsx / .adi / .cbr.

6.2 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).

## **7. Awards**

A certificate will be awarded to the 1st, 2nd and 3rd place in the competition.

# The ZS4 QSO Party

## 1. Aim

This is a fun activity to promote contacts between radio amateurs in the Free State and radio amateurs in Southern African countries. The aim for stations outside ZS4 is to work as many ZS4 stations as possible!

## 2. Date and Time

14:00 to 15:00 UTC on Sunday 16 April 2023

## 3. Exchange

3.1 The exchange is RS(T) and provincial or country abbreviation.

3.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## 4. Frequency

4.1 A phone and CW contest on the 40-metre band.

4.2 SSB: 7 063 - 7 100 and 7 130 - 7 200 kHz

4.3 The segment from 7 100 to 7 130 is contest free

4.4 CW 7 000 to 7 040 kHz

## 5. Scoring

5.1 All CW contacts count 5 points.

5.2 For ZS4

5.2.1 Contacts with stations in ZS4 are worth 1 point.

5.2.2 Contacts with stations in other ZS call areas or Southern African countries are worth 2 points.

5.3 Other

5.3.1 Contacts with stations in ZS4 are worth 2 points.

5.3.2 Contacts with stations in own or other ZS call areas (excluding ZS4) or Southern African countries are worth 1 point.

5.4 Contacts with the Bloemfontein ARC, ZS4BFN, Vrystaat Radioklub, ZS4B, Welkom Radio Club, ZS4WRC, or the Sasolburg ARC, ZS4SRK is worth 5 points each.

5.5 Stations may be worked once on SSB and again on CW.

5.6 Log sheets from club stations will be dealt with as a check log only.

## 6. Log Sheets

6.1 Logs, in ADIF, Cabrillo or MS Excel format shall be submitted by 21:59 UTC on Friday 21 April 2023 by e-mail to [zs4srk@gmail.com](mailto:zs4srk@gmail.com). PLEASE NOTE: the Cabrillo and ADIF file carries

NO contest scoring information! Please complete the summary sheet and submit it with your Cabrillo or ADIF file. When submitting your log, your call sign must appear in the file name, e.g., ZS2B ZS4 QSO Party.xlsx / .adi / .cbr.

6.2 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).

## **7. Awards**

A certificate will be awarded for 1st, 2nd and 3rd places in both categories.

# The ZS5 QSO Party

## 1. Aim

This is a fun activity to promote contacts between radio amateurs in Kwazulu-Natal and radio amateurs in Southern African countries. The aim for stations outside ZS5 is to work as many ZS5 stations as possible!

## 2. Date and Time

From 14:00 to 15:00 UTC Sunday 2 July 2023

## 3. Exchange

- 3.1 ZS5 - RS(T) and town name or abbreviation.
- 3.2 Other - RS(T) and provincial or country abbreviation.
- 3.3 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## 4. Frequency

- 4.1 A phone and CW contest on the 40-metre band
- 4.2 CW: 7 000 to 7 040 kHz
- 4.3 SSB: 7 063 to 7 100 and 7 130 to 7 200 kHz
- 4.4 The segment from 7 100 to 7 130 is contest free

## 5. Scoring

- 5.1 For ZS5
  - 5.1.1 Contacts with stations in ZS5 are worth 1 point.
  - 5.1.2 Contacts with stations in other ZS call areas or Southern African countries are worth 2 points.
- 5.2 Other
  - 5.2.1 Contacts with stations in ZS5 are worth 2 points.
  - 5.2.2 Contacts with stations in own or other ZS call areas (excluding ZS5) or Southern African countries are worth 1 point.
- 5.3 Contacts with the Highway ARC, ZS5HAM, the Durban ARC, ZS5D, the Hibiscus Coast ARC, ZS5HAC, the Zululand ARC, ZS5ZLB, the Midlands ARC, ZS5PMB, or the Noord Natal ARC, ZS5NAK, is worth 5 points each, only one contact per station is allowed. Log sheets from club stations will be dealt with as a check log only.

## 6. Log Sheets

- 6.1 Logs, in **MS Excel format only** shall be submitted by 21:59 UTC on Friday 7 July 2023 by e-mail to [zs5contest@harc.org.za](mailto:zs5contest@harc.org.za). When submitting your log, your call sign must appear in the file name, e.g., ZS2B ZS5 QSO Party.xlsx.

6.2 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).

## **7. Awards**

A certificate will be awarded to the 1st, 2nd and 3rd place in the competition. Certificates of participation will be given to each contestant.

## Antique Wireless Association CW Activity Day

The AWASA <http://www.awasa.org.za/>

### 1. Aim

The aim of the CW Activity Day is for participants to contact as many amateurs as possible on the 20, 40 and 80 m amateur bands.

### 2. Date and Time

13:00 – 15:00 UTC on Sunday 5 February 2023.

### 3. Frequencies

14 000 to 14 060 kHz

7 000 to 7 040 kHz

3 510 to 3 560 kHz

### 4. Categories

- 4.1 Single Operator All Band, Low Power (maximum 100 W)
- 4.2 Single operator All Band, QRP (maximum 5 W)
- 4.3 Single Operator Single Band, Low Power (maximum 100 W)
- 4.4 Single operator Single band, QRP (maximum 5 W)

### 5. Exchange

- 5.1 RST, operators name and Grid Square locator
- 5.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

### 6. Scoring

Contacts count 1 point for low power, 2 points for QRP.

### 7. Awards

Certificates are awarded to the first places and the highest single band score.

### 8. Log Sheets

Log sheets must be submitted by 21:59 UTC Friday 10 February 2023 to [andyzs6ady@vodamail.co.za](mailto:andyzs6ady@vodamail.co.za)





## SAMOC Straight Key Night

### 1. Aim

This 24-hour event is not a contest; rather it is a day dedicated to celebrating our CW heritage. Participants are encouraged to get on the air and simply make enjoyable, conversational CW QSOs. The use of straight keys or bugs to send CW is preferred. There are no points scored and all who participate are winners. You are requested to vote for 'Best Fist' and "Most Interesting QSO" on your list of contacts by including 'Best Fist' or "Most Interesting QSO" in the comments field.

### 2. Dates

00:00 to 23:59 UTC on Sunday 1 January 2023

### 3. Bands

All authorized amateur frequencies, but activity has traditionally been centred on the HF bands.

### 4. Log Sheets

4.1 Log sheets must be submitted by 21:59 UTC on Friday 6 January 2023 by e-mail to [samoc.club@gmail.com](mailto:samoc.club@gmail.com). Votes for the 'Best Fist' and "Most Interesting QSO" will be tabulated and included in the results.

4.2 Submit your log in Excel, Calc, CSV (comma-separated values), or TSV (tab-separated values) files or as an ADIF file.

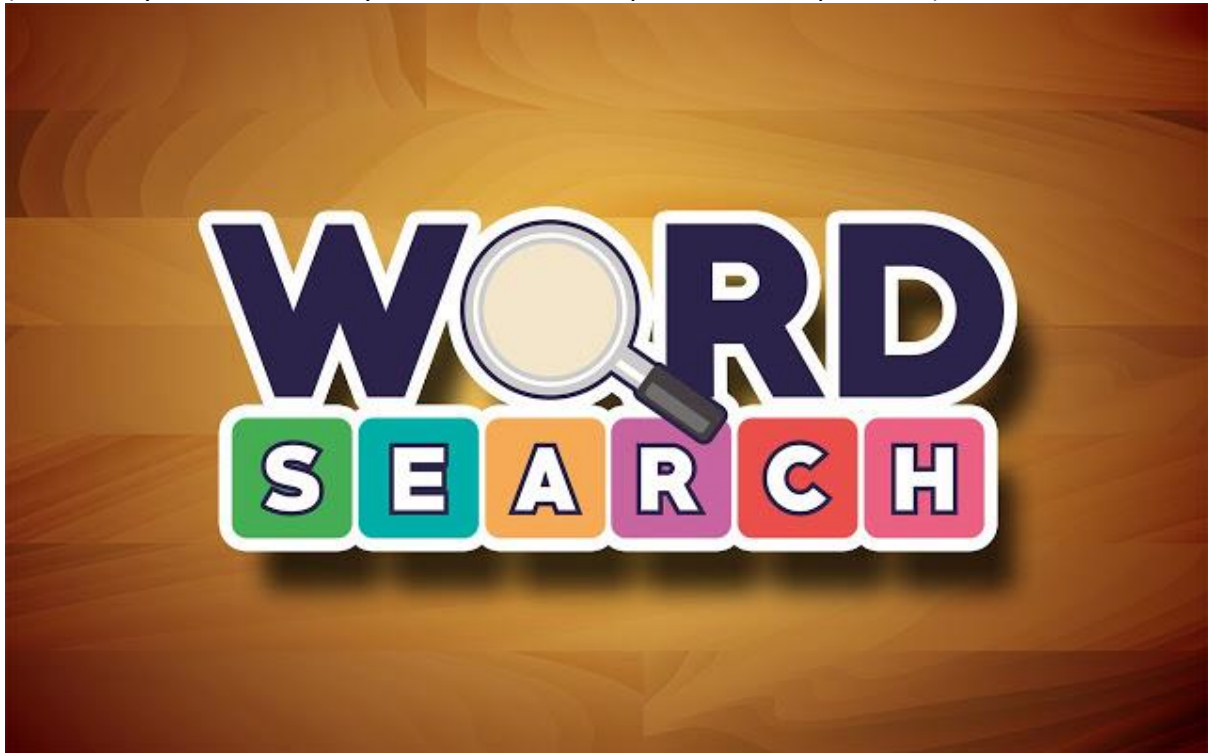
4.3 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp)

### 5. Awards

All participants will receive a signed "Certificate of Participation."

## SAMOC April Word Search

(In memory of Samuel Finley Breese Morse 27 April 1791 – 2 April 1872)



### 1. Aim

The idea is for operators to work sufficient stations to be able to use one letter of each call sign to spell:

“Continuous as the stars that shine  
And twinkle on the Milky Way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.”

### 2. Date and Time

00:01 UTC 1 April 2023 to 23:59 UTC 30 April 2023.

### 3. Bands

3.1 Operation only on 160, 80, 40, 20, 15, 10 and 2 metres.

3.2 The following rules apply:

3.2.1 You can use any amateur radio band in your licence except for 12, 17, 30, 60 and bands lower in frequency than 160 m.

3.2.2 Keep clear of QRP frequencies unless using QRP.

3.2.3 After you finish a QSO on 3,558 or 7,028 MHz, unless you replied to a CQ or tail-ended a QSO, you must QSY by at least 500 Hz for a minimum of 10 minutes.

**4. Exchange**

- 4.1 There is no required exchange.
- 4.2 Why not say you are chasing the letters and which letter of theirs you are using?

**5. Participation**

- 5.1 QRP (5 Watts or less)
- 5.2 Open (any power)

**6. General**

- 6.1 Any Station Counts - ZS/ZR/ZU or DX. The aim is to use any letter of a call sign suffix to spell -

“Continuous as the stars that shine  
And twinkle on the Milky Way,  
They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.”

- 6.2 For example, in M0CDL/P the suffix letters are "CDL" and any one of them can be used as they all occur in the phrase.

6.3 Entrants can use ANY letter from a suffix, but they cannot use a call sign more than once under any circumstances EXCEPT that if you use a call sign for one section (say, QRP) then choose to enter the other section (Open) you CAN work the station a second time and use the call sign in the new section. Note that it must be a new QSO on a different day. Under all other circumstances, even making multiple QSOs, does not permit reuse of the call sign at all.

6.4 Entrants may use QRP (5 Watts or less) or Open (any power). Call signs used in one section may be used in the other, but they must be worked again. Whilst QSOs of greater than 5 Watts cannot be counted in the QRP section, QSOs made using QRP can be counted in the Open section if desired.

For example, G4LHI counts as an H for *HIGH* but if I work him using 5 Watts I can count him in the QRP section OR the Open section BUT if I choose subsequently to enter the other section as well, I MUST work G4LHI AGAIN on a different day to get the H for the new section.

**7. Scoring**

- 7.1 1 point per letter in the phrase.
- 7.2 The winning three places will be based on the number of letters achieved and the start date and time of the final qualifying QSO. If three people all get all letters, the times of QSOs will determine the winner.

**8. Logs**

- 8.1 Submit your log by 21:59 UTC on Friday 5 May 2023. If you submit more than one log,

each log must contain the full list of QSOs and the most recent log supersedes earlier logs. Include your call sign, name, and e-mail address (if you have one).

## 8.2 Log formats:

8.2.1 Excel, Calc, CSV (comma-separated values) or TSV (tab-separated values) files. The first row/record in the file must include these column names although they do not need to be in this order: QSO\_Date, Call, Freq, Time\_On, Mode, TX\_Pwr, Points, Comment

8.2.2 Example (1): Choosing letters automatically (Open section only):

*2023/04/18,G4LHI,7.032,14:25,CW,100,1,*

*2023/05/21,G3ZOD,3.562,10:05,CW,2.5,1,*

8.2.3 Example (2): Choosing letters yourself (any section):

*2023/04/18,G4LHI,7.032,14:25,2219,CW,100,1,WSOPEN H*

*2023/06/21,G3ZOD,3.562,10:05,CW,2.5,1,WSQRP D*

8.2.4 'QSO\_Date' and 'Time\_On' are UTC. 'Freq' is in MHz and must be a decimal number only, e.g., 7.032. 'Mode' must be CW. 'TX\_Pwr' is your power and can be - for the QRP section, a number not greater than 5, e.g., 2.5 - for the Open section, blank or your power e.g., 100; 'Points' can contain 1 or be left blank, e.g., 1; 'Comment' is optional.

8.2.5 To enter the Open section and choose letters automatically, do NOT include WSQRP or WSOPEN in 'Comment' in any QSO log entries.

8.2.6 To choose the letters yourself *or* enter the QRP section, you MUST include WSQRP (QRP section) or WSOPEN (Open section) followed by the letter being claimed, e.g., Nice QSO WSOPEN W. Note: if you have QSOs with one or more call signs that contain more than one required letter in the call sign, you may achieve letters sooner if you choose them carefully yourself.

8.3 ADIF files. These can be ADI (text) files or ADX (XML) files and must include the fields named above except where it says above that a field can be blank.

8.4 Other file formats may be acceptable - please ask.

8.5 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).

8.6 The e-mail address for entries is [samoc.club@gmail.com](mailto:samoc.club@gmail.com)

8.7 Please e-mail the Activities Manager, Pierre ZS6FPS, with any questions [samoc.club@gmail.com](mailto:samoc.club@gmail.com)



## SAMOC Spring Sweepstakes



### 1. Aim

To support amateur self-training in radio communications, including improving amateur operating skills, conducting technical investigations, and intercommunicating with other amateurs. Stations in the Southern African (SADC) region exchange information with as many other Southern African (SADC) stations as possible on the 160, 80, 40, 20, 15 and 10 meter bands.

### 2. Date and Time

2.1 00:01 UTC on Saturday 9 September to 23:59 UTC on Sunday 10 September 2023.

2.2 All stations may operate no more than 24 of the 48 hours. Scores will be calculated from contacts logged during the first 24 hours of operation. This rule limits operating time (listening or transmitting) to 24 hours. Contacts logged after 24 hours of operation will not be counted toward the final score, but there is no penalty for including those contacts in a submitted log, and the station contacted is eligible to receive credit for the contact.

2.3 Off-times must consist of a minimum of 30 consecutive minutes without operating. Listening time counts as operating time.

### 3. Exchange

3.1 The exchange consists of a serial no, precedence, your call sign and a check/:

3.1.1 Serial Number - a consecutive contact number starting with 1.

3.1.2 Precedence: "Q" for Single Operator, QRP; "A" for Single Operator, Low Power; "B" for Single Operator, High Power; "U" for any Single Operator Unlimited Power Category (High, Low or QRP) or "M" for Multi-operator, High Power or Multi-operator, Low Power

3.1.3 Your Call Sign: The call sign must be included as part of the exchange.

3.1.4 Check: The last two digits of the year the operator or the station was first licensed. The same Check must be sent throughout the contest.

3.2 The following is a typical Sweepstakes contact:

3.2.1 CQing Station: CQ Sweepstakes from ZS6XYZ; Answering Station: ZS1XYZ

3.2.2 CQer: ZS1XYZ 123 A ZS6XYZ 79 CT; Answer: 43 M ZS1XYZ 31 CT; CQer: Thanks, CQ Sweepstakes from ZS6XYZ

3.2.3 As the answering station, it is not necessary to send the CQing station's call before the exchange unless you think there might be some confusion about what station you are responding to.

#### 4. Log Sheets

4.1 Submit your log sheet by 21:59 UTC on Friday 15 September 2023 by e-mail to [samoc.club@gmail.com](mailto:samoc.club@gmail.com). Cabrillo-formatted logs are preferred.

4.2 The Excel log sheet is available on [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).

#### 5. Awards

5.1 All Overall and Division winners will be awarded a plaque recognizing their efforts. Plaques are sponsored by individuals, groups or clubs or by the principal awards sponsor.

5.2 Participation pins and Clean Sweep coffee mugs are available for purchase from the SAMOC by qualifying stations.





## Club Names and Abbreviations for the Wednesday 80 m and Saturday 40 m Club Sprints

Alberton Amateur Radio Interest Group - AARIG  
 Antique Wireless Association - AWA  
 Bloemfontein Amateur Radio Club – BARC  
 Bo-Karoo Amateurradioklub – BKARK  
 Boland Amateurradioklub - BARK  
 Border Radio Club - BRC  
 Cape Radio Group - GRC  
 Cape Town Amateur Radio Centre – CTARC  
 Centurion Radio Amateur Club - CARC  
 Durban Amateur Radio Club - DARC  
 DX Safari Radio Club - DXSRC  
 East Rand Radio Club – ERARC  
 Eden Amateur Radio Club - EARC  
 Ekurhuleni Amateur Radio Society - EARS  
 False Bay Amateur Radio Club – FBARC  
 Gauteng Amateur Radio Club – GARC  
 Hammies Amateur Radio Club (Div 1) – ZS1ZU  
 Hammies Amateur Radio Club (Div 2) – ZS2ZU  
 Hammies Amateur Radio Club (Div 3) – ZS3ZU  
 Hammies Amateur Radio Club (Div 4) – ZS4ZU  
 Hammies Amateur Radio Club (Div 5) – ZS5ZU  
 Hammies Amateur Radio Club (Div 6) – ZS6ZU  
 Hibiscus Coast Amateur Radio Club - HCARC  
 Highveld Amateur Radio Club - HVARC  
 Highway Amateur Radio Club - HARC  
 Jeugland Radio Club - JRC  
 Johannesburg Amateur Radio Club - JARC  
 John Vorster Hoer Tegnikus Skool - JVT  
 Kempton Amateur Radio Technical Society - KARTS  
 Kimberley Amateurradioklub - KARK  
 Laeveld Amateur Radio Klub - LARK  
 Lichtenburg Amateur Radio Klub - LARC  
 Magalies Radioamateurklub - MRK  
 Midlands Amateur Radio Club - MARC

Mooirivier Amateurradioklub - MARK  
 Namaqualand Aero Sport Association – NASA  
 Namibian Amateur Radio League - NARL  
 Noord-Kaap Amateurradioklub - NKARK  
 Noord-Natal Amateurradioklub - NNARK  
 Noordwes Amateurradioklub - NARK  
 Oakdale Amateurradioklub - OARK  
 OTL Radioklub - OTL  
 Overberg Amateurradioklub - OARK  
 Port Elizabeth Amateur Radio Society - PEARS  
 Potchefstroom Amateurradioklub - PARK  
 Pretoria Amateur Radio Club - PARC  
 Roman Rock Radio Club - RRRRC  
 Rustenburg Amateur Radio Klub - RARK  
 SA Institute of Electrical Engineers Museum - SAIEEM  
 SABC Amateur Radio Club - SABC  
 Sandringham Scout Group - SSG  
 Sandton Amateur Radio Club - SARC  
 SARL Headquarters – SARL (members who do not belong to a Club)  
 Sasolburg Amateurradioklub - SARK  
 SCS Aerospace Group Amateur Radio Club - SCS  
 Secunda Amateur Radio Club - SRC  
 Southern Suburbs Amateur Radio Club - SSARCa  
 Soutpansberg Amateur Radio Club - SPB  
 Suid Kaap Amateurradioklub - SKARK  
 Sutherland Amateur Radio Club - OBS  
 The Radio Club - TRC  
 The Southern African Morse Operators Club - SAMOC  
 Vaal Triangle Amateur Radio Club VTARC  
 Vrystaat Amateurradioklub - VARK  
 Welkom Radioklub - WRK  
 West Rand Amateur Radio Club - WRARC  
 Winelands Amateur Radio Club - WARC  
 Wolkberg Amateurradioklub - WARK  
 Zululand Amateur Radio Club - ZARC  
 None – non-members/No club affiliation

## The SARL Wednesday 80 m Club Contest

### 1. Aim

The Wednesday 80 m Club contest is a Club activity, the scores of individual operators are added together to get a Club score. The Club with the highest score after the four (4) contests will be awarded the SARL 80 m Club Championship Trophy. And to encourage amateurs to achieve their Worked All ZS Grid Squares on 80 metres.

### 2. Date and times

17:00 to 18:00 UTC on the third Wednesday of the month - Wednesday 15 February; Wednesday 17 May; Wednesday 16 August (CW and RTTY) and Wednesday 18 October 2023.

### 3. Frequencies

- 3.1 Phone: 3 603 to 3 650 and 3 703 to 3 750 kHz may be used.
- 3.2 The segment 3651 to 3.700 is contest free.
- 3.3 CW: 3 510 to 3 560 kHz
- 3.3 RTTY: 3 580 to 3 600 MHz

### 4. Exchange

- 4.1 Your name, your Club name or abbreviation and your 4-character grid square (e.g., KG30)
- 4.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

### 5. Categories

- 5.1 Single Operator - a station operated by one person, who receives no assistance whatsoever from any other person in operating, log keeping, checking and so on.
- 5.2 Club call signs may be used, but the operator may not also be active under his/her own call sign.
- 5.3 MCST – Multi-Call Sign Single Transmitter. A MCST station is a multi-call sign station transmitting not more than one signal on not more than one running frequency on a band at any time. This category can be used by husband-and-wife teams and by Clubs training new amateurs in the art of contesting.

### 6. Scoring

- 6.1 2 points for every SSB QSO
- 6.2 3 points for every CW or RTTY QSO
- 6.3 2 points for the first QSO with each grid square
- 6.4 1 point for each Club worked.

## 7. Log Sheets

7.1 Log sheets in MS Excel format ([www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp)) shall be submitted by 21:59 UTC on Monday 20 February; Monday 22 May; Monday 21 August and Monday 23 October 2023 by e-mail to [contest@sarl.org.za](mailto:contest@sarl.org.za). When submitting your log, your call sign must appear in the file name, e.g., ZS2B 2023 Wednesday 80 m Club Contest.xlsx.

7.2 The name of your Club must be shown on the log sheet.

## 8. Worked All ZS Grids

8.1 Awards will be based on an incremental contact system. <https://www.zswags.org.za/>

8.2 A certificate will be issued to an applicant who achieves contacts in one of the following categories:

8.2.1 ZA WAGS 25 -25 grid squares worked.

8.2.2 ZA WAGS 40 -40 grid squares worked.

8.2.3 ZA WAGS 50 -50 grid squares worked.

8.2.4 ZA WAGS 60 -60 grid squares worked.

8.2.5 ZA WAGS 70 -70 grid squares worked.

8.2.6 ZA WAGS 80 -80 grid squares worked.

8.2.7 ZA WAGS 83 –All 83 grid squares worked – The ZS WAGS Full House award.



# The SARL Saturday 40 m Club Contest

## 1. Aim

The SARL 40 m Grid Square Club Contest is a Club activity, the scores of individual operators are added together to get a Club score. The Club with the highest score after the four (4) contests will be awarded the SARL 40 m Club Championship Trophy. And to encourage amateurs to achieve their Worked All Grid Squares on 40 metres.

## 2. Date and times

14:00 to 15:00 UTC on Saturday 28 January; Saturday 29 April (CW and RTTY); Saturday 22 July; Saturday 25 November 2023.

## 3. Frequencies

- 3.1 Phone – 7 063 to 7 100 and 7 130 to 7 200 kHz
- 3.2 The segment from 7 100 to 7 130 is contest free.
- 3.3 CW – 7 000 to 7 040 kHz
- 3.4 RTTY - 7 040 to 7 060 kHz

## 4. Exchange

- 4.1 Your name, your Club name and your 4-character grid square (e.g., KG30)
- 4.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## 5. Categories

- 5.1 Single Operator - a station operated by one person, who receives no assistance whatsoever from any other person in operating, log keeping, checking and so on
- 5.2 Club call signs may be used, but the operator may not also be active under his/her own call sign.
- 5.3 MCST – Multi-Call Sign Single Transmitter. A MCST station is a multi-call sign station transmitting not more than one signal on not more than one running frequency on a band at any time. This category can be used by husband-and-wife teams and by Clubs training new amateurs in the art of contesting.

## 6. Scoring

- 6.1 2 points for every QSO
- 6.2 3 points for every CW or RTTY QSO
- 6.3 2 points for the first QSO with each grid square
- 6.4 1 point for each Club worked

## 7. Log Sheets

7.1 Log sheets in MS Excel format ([www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp)) shall be submitted by 21:59 UTC on Thursday 2 February; Thursday 4 May; Thursday 27 July; Thursday 30 November 2023 by e-mail to [contest@sarl.org.za](mailto:contest@sarl.org.za). When submitting your log, your call sign must appear in the file name, e.g., ZS2B 2023 40 m Club Contest.xlsx.

7.2 The name of the operator's Club must be shown on the log sheet.

## **8. Worked All ZS Grids**

8.1 Awards will be based on an incremental contact system. <https://www.zswags.org.za/>

8.2 A certificate will be issued to an applicant who achieves contacts in one of the following categories:

8.2.1 ZA WAGS 25 -25 grid squares worked.

8.2.2 ZA WAGS 40 -40 grid squares worked.

8.2.3 ZA WAGS 50 -50 grid squares worked.

8.2.4 ZA WAGS 60 -60 grid squares worked.

8.2.5 ZA WAGS 70 -70 grid squares worked.

8.2.6 ZA WAGS 80 -80 grid squares worked.

8.2.7 ZA WAGS 83 –All 83 grid squares worked – The ZS WAGS Full House award.

# The SARL HF Phone and CW Contests

## 1. Aim

The aim of the HF Contests is for participants to contact as many amateurs in Southern Africa as possible on the 20, 40 and 80 m amateur bands.

## 2. Dates

2.1 HF Phone Contest on Sunday 6 August 2023

2.2 HF CW Contest on Sunday 27 August 2023

## 3. Time

3.1 20 metre activity – 14:00 to 14:30 UTC

3.2 40 metre activity – 15:00 to 16:00 UTC

3.3 80 metre activity – 16:30 to 17:00 UTC

## 4. Mode and Frequencies

4.1 SSB and CW

4.2 SSB:

14 125 to 14 150 kHz

7 063 to 7 100 and 7 130 to 7 200 kHz. The segment from 7 100 to 7 130 is contest free

3 603 to 3 650 and 3 700 to 3 750 kHz. The segment from 3 651 to 3 699 kHz is contest free

4.3 CW:

14 020 to 14 030 kHz

7 000 to 7 040 kHz

3 510 to 3 560 kHz

## 5. Categories

5.1 Single Operator Single Radio - Single Band (overlay YL or Youth)

5.2 Single Operator Single Radio - All Band (overlay YL or Youth)

5.3 Multi Operator - Single Band (overlay YL or Youth)

5.4 Multi Operator - All Band (overlay YL or Youth)

5.5 Individual competitors and club stations are encouraged to compete.

## 6. Exchange

6.1 Your postal code and a consecutive serial number starting at 001

6.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## 7. Scoring



- 7.1 Each QSO counts one (1) point
- 7.2 Count two (2) points for each area on each band.
- 7.3 Count two (2) points for each station contacted on all three bands.
- 7.4 Call Areas
  - 7.4.1 ZS1 Western Cape
  - 7.4.2 ZS2 Eastern Cape
  - 7.4.3 ZS3 Northern Cape
  - 7.4.4 ZS4 Free State Area
  - 7.4.5 ZS5 KwaZulu-Natal
  - 7.4.6 ZS6 Gauteng, Mpumalanga; Limpopo and North-West
  - 7.4.7 V5 Namibia
  - 7.4.8 3DA eSwatini; 7P Lesotho; 9J Zambia; A2 Botswana, C9 Mozambique, Z2 Zimbabwe; ZS7 Antarctica and ZS8 Marion Island

## **8. Awards (Refer to General Rule 10)**

- 8.1 Trophies are awarded to the first place and the highest single band score in each contest.
- 8.2 There is also a trophy for the highest combined score in both contests.
- 8.3 A trophy is awarded to the Phone contestant in his or her first year of phone achieving the highest score. Candidates for this trophy shall state the date of the issue of the licence on the summary sheet.
- 8.4 A trophy is awarded to the radio amateur under the age of 26 achieving the highest score in both contests.
- 8.5 A trophy is awarded to the YL achieving the highest score in both contests.
- 8.6 A Certificate for the highest scoring V5 station.

## **9. Log Sheets**

- 9.1 Submit logs in ADIF, Cabrillo or MS Excel spreadsheet by 21:59 UTC on Friday 11 August 2023 (Phone) and Friday 1 September 2023 (CW) by e-mail to [contest@sarl.org.za](mailto:contest@sarl.org.za). PLEASE NOTE: the Cabrillo and ADIF file carries NO contest scoring information! Please complete the summary sheet and submit it with your Cabrillo or ADIF file. When submitting your log, your call sign must appear in the file name, e.g., ZS2B SARL HF Phone Contest or ZS2B SARL HF CW Contest.
- 9.2 The Excel log sheet is available at [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp)

# The SARL Field Day

## 1. Aim

To work as many stations in Southern Africa as possible on all the HF amateur bands (excluding the 60, 30, 17 and 12 m bands). QSOs with stations outside the SADC region are also allowed. In doing so, to learn to operate in abnormal situations in less-than-optimal conditions. A premium is placed on developing skills to meet the challenges of emergency preparedness as well as to acquaint the public with the capabilities of Amateur Radio.

## 2. Date and Times

2.1 08:00 UTC on Saturday 11 March to 10:00 UTC on Sunday 12 March 2023

2.2 08:00 UTC on Saturday 2 September to 10:00 UTC on Sunday 3 September 2023 (the IARU Region 1 SSB Field Day is also run on this weekend <https://www.darc.de/der-club/referate/conteste/iaru-region-1-fieldday/en/>.)

## 3. Frequencies and Modes

3.1 160, 80, 40, 20, 15 and 10 m.

3.2 The segment from 7 100 to 7 130 KHz is contest free

3.3 The segment from 3 651 to 3 699 kHz is contest free

3.4 Phone and CW.

3.5 Phone and CW modes on a band are considered as separate bands.

3.6 A station may be worked only once per band under this rule.

## 4. Entry Categories

4.1 Class A to F must sign call sign/p or /m during the contest.

4.2 Class A – Field Station, Multi operator. Such stations must be located in places that are not regular station locations and must comply with the requirements of a field station as defined in the general section of rules. A single licensee or trustee for the entry is responsible for the group entry. All equipment (including antennas) must lie within a circle whose diameter does not exceed 500 metres, no other station may be set-up closer than 500 metres to the station. All contacts must be made with transmitter(s) and receiver(s) operating independent of commercial mains power.

4.3 Class B – Field Station, Multi operator, QRP. All contacts must be made using an output power of 5 Watts or less. Other provisions are the same as Class A.

4.4 Class C – Field Station, Single Operator. Such stations must be located in places that are not regular station locations and must comply with the requirements of a field station as defined in the general section of rules. All equipment (including antennas) must lie within a circle whose diameter does not exceed 500 metres, no other station may be set-up closer than 500 metres to the station. All contacts must be made with transmitter(s) and receiver(s) operating independent of commercial mains power.

4.5 Class D – Field Station, Single Operator, QRP. All contacts must be made using an output power of 5 Watts or less. Other provisions are the same as Class C.

4.6 Class E – Ultra Light Portable. Light weight self-contained stations, operating QRP or low power such as RaDAR, Summits on the Air, Parks on the Air (game and nature reserves), Islands on the Air, Heritage sites, etc. The operator must carry the entire station, antenna included, to the operating site. The distance carried must not be less than 1 km.

4.7 Class F - Backyard Stations. Such stations must be located in the garden and must comply with the requirements of a field station as defined in the general section of rules. All equipment (including antennas) must lie within a circle whose diameter does not exceed 100 metres. All contacts must be made with transmitter(s) and receiver(s) operating independent of commercial mains power.

4.8 Class G - General Stations. Stations operating from permanent or licensed station locations using commercial power.

## **5. Call signs**

Only one call sign per station is permitted. In the case of multi-operator stations using more than one transmitter, all operators shall use the same call sign. Class A to F must sign call sign/p or /m.

## **6. Establishment of Stations**

Equipment for Field Stations may only be set up in the 24 hours prior to the starting time of the contest. This restriction applies to antennas, masts, towers and transmitting equipment, but excludes accommodation such as a caravan, tent, etc. Once a Field Station has been established at a site, it may not move to an alternative site after the contest starts, excluding Class E stations.

## **7. Exchange**

7.1 The number of transmitters, the Field Day operating class and the Provincial or Country abbreviation.

7.2 Examples - A three-transmitter Class A field station in North-West would send "3A NW"; a general station using a single transceiver located in Cape Town would give the following exchange "1G WC;" A station in Lesotho (for example) will send 2ALS or 1GLS. DX stations (outside the SADC) are logged as "1G DX."

7.3 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## **8. Scoring**

8.1 Scores are based on the total number of QSO points x the power multiplier x the number of provinces worked X the class multiplier.

8.2 QSO Points:

8.2.1 Class G to Class G - 0 points

8.2.2 Class A – F: QSO with Class G in SADC area – 3 points

8.2.3 Class A – F: QSO with Class G outside SADC area - 2 points

8.2.4 Class A – F: QSO with portable stations in SADC: 6 points

- 8.2.5 Class A – F: QSO with portable stations outside SADC: 4 points
- 8.2.6 Each station may be contacted only once per band.
- 8.3 Power multipliers (for Class A to F):
  - 8.3.1 Power 5 watts or less x 6
  - 8.3.2 Power 50 watts or less x 4
  - 8.3.3 Power 100 watts or less x 2
  - 8.3.4 Power greater than 100 watts x 1
  - 8.3.5 The power multiplier for an entry is determined by the maximum output power used by any transmitter used to complete any contact during the event.
- 8.4 Provinces worked multiplier
  - 8.4.1 A multiplier of two (2) for each one of the South African provinces and neighbouring countries worked - regardless of band.
  - 8.4.2 EC – the Eastern Cape
  - 8.4.3 FS – the Free State
  - 8.4.4 GP – Gauteng
  - 8.4.5 KN – KwaZulu-Natal
  - 8.4.6 LP – Limpopo
  - 8.4.7 MP – Mpumalanga
  - 8.4.8 NC – the Northern Cape
  - 8.4.9 NW – North-West
  - 8.4.10 WC – the Western Cape
  - 8.4.11 AO - Angola
  - 8.4.12 AQ – SANAIE Base
  - 8.4.13 BW – Botswana
  - 8.4.14 CD - Democratic Republic of Congo
  - 8.4.15 KM - Comoros
  - 8.4.16 LS – Lesotho
  - 8.4.17 MG - Madagascar
  - 8.4.18 MI – Marion Island
  - 8.4.19 MW - Malawi
  - 8.4.20 MU – Mauritius
  - 8.4.21 MZ – Mozambique
  - 8.4.22 NA – Namibia
  - 8.4.23 SC - Seychelles
  - 8.4.24 SZ – eSwatini
  - 8.4.25 TZ - United Republic of Tanzania
  - 8.4.26 ZM - Zambia
  - 8.4.27 ZW – Zimbabwe
  - 8.4.28 DX stations – DX (outside the SADC)
- 8.5 Class multiplier
  - 8.5.1 General stations, class multiplier of 1
  - 8.5.2 Field stations single and multi, class multiplier of 3
- 8.6 50 bonus points for submitting photographs of amateur radio in action – e.g., people operating the radio, erecting antennas, etc.
- 8.7 A bonus decided by the Editor of Radio ZS on receipt of a suitable article for Radio ZS.

## 9. Miscellaneous Rules

- 9.1 A person may not contact for QSO credit any station from which they also participate.
- 9.2 A transmitter/receiver/transceiver used to contact one or more Field Day stations may not subsequently be used under any other call sign to participate in Field Day.
- 9.3 Batteries may be charged while in use. The batteries must be charged from a power source other than commercial mains power.
- 9.4 All stations for a single entry must be operated under one call sign
- 9.5 There is no limitation to the number of transmitters or receivers that may be deployed. The use of more than one transmitter at the same time on a single band or mode is prohibited.

## 10. Log Sheets

- 10.1 Logs in ADIF or Cabrillo with a summary sheet or MS Excel shall be submitted by 21:59 UTC on Friday 17 March and Friday 8 September 2023 by e-mail to [contest@sarl.org.za](mailto:contest@sarl.org.za). PLEASE NOTE: the Cabrillo and ADIF file carries NO contest scoring information! Please complete the summary sheet and submit it with your Cabrillo or ADIF file. When submitting your log, your call sign must appear in the file name, e.g., 7P8DG SARL Field Day.xlsx /.adi / .cbr.
- 10.2 The Excel log sheet is available at [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp)
- 10.3 A photo(s) of the station in action (JPG format) MUST accompany every log entry.



# The SARL HAMNET 40 m Simulated Emergency Contest

## 1. Aim

This SSB Contest is open to all Radio Amateurs in South Africa, Namibia, Botswana, Zimbabwe, Swaziland, Mozambique, Lesotho, Marion Island and South African Antarctica. Only contacts with these areas will count.



## 2. Date and Time

12:00 to 14:00 UTC on Sunday 5 March 2023

## 3. Frequencies

3.1 It is a phone contest in the band segments 7 063 to 7 100 kHz and 7 130 to 7 200 kHz.

3.2 The segment from 7 100 to 7 130 is contest free

## 4. Categories

4.1 Single operator stationary mobile

4.2 Single operator portable

4.3 Multi-operator portable

4.4 Single operator base station

## 5. Antennas

Antennas are limited to antennas with less than unity gain relative to a dipole. Stationary Mobile stations shall use antennas that rely solely on their vehicles for support and shall not exceed a height of 5 metres above ground. Portable station antennas may not be erected and installed before the day of the contest and no permanent manmade structure may be used to either house equipment or for antenna supports.

## 6. Power

Stationary Mobile and Portable stations shall operate from the same site for the duration of the contest and all power used shall comply with the requirements for Field Stations in the general rules.

## 7. Exchange

7.1 Signal report followed by a three-figure number as per category

4.1 - starting with 201 for the first contact

4.2 - starting with 401 for the first contact

4.3 - starting with 601 for the first contact

- 4.4 - starting with 801 for the first contact
- 7.2 Non-participants start with 001 for the first contact
- 7.3 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## 8. Scoring

- 8.1 Scoring consists of points accumulated from all contacts, multiplied by a multiplier.
- 8.2 Contact with a station in:
  - Category 4.1, 4.2 and 4.3 in own call area is 3 points
  - Category 4.1, 4.2 and 4.3 in another call area is 4 points
  - Category 4.4 or non-participant in own call area is 1 point
  - Category 4.4 or non-participant in another call area is 2 points
- 8.3 Areas are as defined in the following list
  - 8.3.1 Area 1: ZS1
  - 8.3.2 Area 2: ZS2
  - 8.3.3 Area 3: ZS3
  - 8.3.4 Area 4: ZS4
  - 8.3.5 Area 5: ZS5
  - 8.3.6 Area 6: ZS6
  - 8.3.7 Area 7: 3DA, 7P, C9, Z2, ZS8 (eastern group)
  - 8.3.8 Area 8: A2, V5, ZS7 (western group)
- 8.4 The multiplier consists of the number of call areas worked, multiplied by a power multiplier.
- 8.5 The power multiplier is 2 for an output power of over 50 W PEP and 3 for an output power of less than 50 W PEP.

## 9. Log Sheets

- 9.1 Log sheets must be submitted by 21:59 UTC on Friday 10 March 2023 by e-mail to [contest@peham.co.za](mailto:contest@peham.co.za). When submitting your log, your call sign must appear in the file name, e.g., 7P8DG SARL Hamnet 40 m contest.xlsx.
- 9.2 The Excel log sheet is available at [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp).





# The SARL QRP Contests



## 1. Aim

The QRP contests are intended to be fun activities to promote QRP operation between radio amateurs. Using homebuilt equipment or operating as a portable/field station and using temporary antennas is encouraged but is not a requirement.

## 2. Dates and times

- 2.1 Summer – from 12:00 to 13:30 UTC Saturday 21 January 2023
- 2.2 Autumn – from 12:00 to 13:30 UTC Saturday 15 April 2023
- 2.3 Winter – from 12:00 to 13:30 UTC Saturday 15 July 2023
- 2.4 Spring – from 12:00 to 13:30 UTC Saturday 14 October 2023

## 3. General Info

- 3.1 Modes: SSB and CW
- 3.2 Power: 5 watts (PEP) output or less
- 3.3 A station may be worked once per band per mode.
- 3.4 There are no antenna restrictions.
- 3.5 Non-QRP stations are limited to 100 W.

## 4. Frequency

- 4.1 The first 45 minutes is limited to the 40-m band only, the remaining 45 minutes the contesters are free to use any HF (non-WARC) band as they see fit.
- 4.2 Comply with the contest-preferred segments as detailed in the general rules.
- 4.3 It would be advantageous to use the standard QRP calling frequencies as the starting point.

## 5. Exchange

- 5.1 RS(T) and Grid locator
- 5.2 Please consider exchanging realistic RS(T) signal reports.
- 5.3 Please use the full 6- character grid locator. e.g., KG10XX.
- 5.4 If the station's grid locator is unknown, then use some other means that identifies the station's location: e.g., the name of the closest town or city e.g., Stella or 25 km SW of Rhodes.
- 5.5 With DX contacts the locator information can be omitted, the RS(T) will suffice as the minimum required exchange as per the general rules
- 5.6 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

## 6. QSO Points

Each contact counts 1 point.

## 7. Multipliers

### 7.1 Prefix / Country multiplier

7.1.1 Each South African call area 0 through 9 counts as a multiplier

7.1.2 Each DXCC country worked counts as a multiplier.

### 7.2 Station type multiplier

7.2.1 Home stations x 1.

7.2.2 Portable stations x 2.

7.2.3 Ultra-light portable field station x 3.

7.2.4 Homebrew stations (picture is imperative) x 3

7.2.5 The definitions listed in the General Rules define the above station types accurately

7.2.6 A mobile station will be treated as a field station

7.2.7 A portable station not meeting the requirements as a field station will be treated as a home station.

7.2.8 Ultra-light portable field station must comply with all the field station criteria, but the operator must carry the entire station, antenna included to the operating site. The distance carried must not be less than 1 km.

## 8. Score

Score = (QSO points) x (Prefix multiplier) x (Station multiplier)

## 9. Log Sheets

9.1 Logs in ADIF, Cabrillo or MS Excel format with a summary sheet and labelled "your call sign QRP Contest," shall be submitted by 21:59 UTC on 26 January, 20 April, 20 July and 19 October 2023 by e-mail to [info@zs6wr.co.za](mailto:info@zs6wr.co.za). When submitting your log, your call sign must appear in the file name, e.g., 7P8DG SARL QRP contest.xlsx

9.3 A photo(s) of the station operating (JPG format) MUST accompany every log entry.

9.4 The Excel log sheet is available at [www.sarl.org.za/public/contests/contestrules.asp](http://www.sarl.org.za/public/contests/contestrules.asp)

## The Africa FT4 DX Contest



### 1 Aim

- 1.1 To promote digital DX activity in Africa.
- 1.2 Provide opportunities for Amateurs to use the newer digital mode FT4.
- 1.3 Contribute to the SARL All Africa Awards.
- 1.4 The DX Contest is aimed at all licensed Radio Amateurs in the countries in Africa and the Indian Ocean and Atlantic Islands close to Africa.
- 1.5 The general rules of the SARL Contesting Manual (Blue Book) are to be followed.

### 2 Dates and Times

- 2.1 15:00 to 19:00 UTC on Saturday 15 April 2023
- 2.2 15:00 to 19:00 UTC on Saturday 9 September 2023

### 3 Contacts

- 3.1 Contacts must be two-way point to point.
- 3.2 Contestants shall exchange signal reports as well as their four-digit maidenhead grid locator using the FT4 mode.
- 3.3 Self-Spotting will be allowed, e.g., you may announce that you are calling CQ on air, on a repeater frequency or an internet logger, a cluster or any group. The contact itself or any information related to the contact should be unassisted. No information may be sent between third party stations or by any other medium to assist with completing of the contact.
- 3.4 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

### 4 Limitations

- 4.1 Single Operator FT4 mode.
- 4.2 Power shall be limited to 100 Watts.
- 4.3 All radio equipment used by a Contestant shall be on the same premises.
- 4.4 Fox in Fox & Hound mode or the dedicated Contest formats may not be used.

### 5 Mode and Frequencies

- 5.1 **Mode:** Standard FT4 format will be used as implemented in WSJT-X V2.2.2 or later or the equivalent in JTDX, MSHV. To operate in FT4 switch the Mode to FT4 in the program being used.
- 5.2 Only one signal may be transmitted by a Contestant at any one time.
- 5.3 Each exchange shall minimally be a signal strength report and RRR/73/RRR73 in each direction between the two parties
- 5.4 Frequencies:**
- 5.4.1 Contacts may be made on 80m, 40m and 20m.
- 5.4.2 The recommended dial frequencies will be 3576 kHz (USB) on 80 m, 7047.5 kHz (USB) on 40 m and 14080 kHz (USB) on 20 m –the default FT4 frequencies in WSJT-X.

## 6 Scoring

### 6.1 Points

FT4 QSO	Points	Limit
Between African DX zones	6 Points	none
Within an African DX zone	4 Points	none
With any non-African DX zone	1 Point	1/3 of the total log items submitted

- 6.2 African DX zones - all the DX entities in Africa including the Indian and Atlantic Ocean Islands where Africa is the nearest continent.
- 6.3 In recognition that contestants may employ a 'search and pounce' method to QSO there will be no penalty if the log does not contain the called party's grid location.
- 6.4 Each station may work each other station once on each of the 3 bands for points.

## 7 Log sheets

- 7.1 The Regional FT4 DX Excel log and summary sheet are available in MS Excel format at <http://www.sarl.org.za/public/contests/contestrules.asp>.
- 7.2 The WSJT-X ADIF log file (see program documentation for the location of the .adi file) can be converted to excel format using the convertor available on the SARL site.
- 7.3 Excel Log sheets shall be submitted by 21:59 UTC on Thursday 20 April 2023 and Thursday 14 September 2023 to [info@zs6wr.co.za](mailto:info@zs6wr.co.za).

## 8 Awards

- 8.1 A certificate will be awarded to the 1st, 2nd and 3rd place in the competition. Certificates of participation will be given to each contestant. Certificates will be in pdf format.

## The ZS SOTA Activity Days

### 1. Aim

This is a fun event to encourage radio amateurs to participate in the Summits on the Air (SOTA) programme. The QSO Party is open to all radio amateurs.



All activations must be according to the SOTA rules: Activators must carry their station, mast and antenna to the summit and may not operate from a building or vehicle. Chasers may operate from any station. Summits may only be activated by each amateur once per calendar year. Club call signs may not be used. The points for the Summit as determined by the SOTA programme are not used for the score calculations.

Register on the database at <https://www.sota.org.uk/Online-Resources>. Summits are listed on the database and visually on the mapping project. Alerts and Spots are on SOTAwatch, so register to use them. Many repeater high sites are SOTA summits, so get your Club up to the high site, all activate the summit and braai afterwards. Points will be calculated by SA SOTA management from logs entered into the SOTA database.

### 2. Date and times

- 2.1 00:00 to 21:59 UTC on Monday 1 May 2023 (Autumn Activity Day)
- 2.2 00:00 to 21:59 UTC on Monday 25 September 2023 (Spring Activity Day)

### 3. Frequencies and modes

All amateur bands and modes

### 4. Exchange

- 4.1 RS, RST or RSQ report and the SOTA reference
- 4.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

### 5. Categories

- 5.1 Activator
- 5.2 Chaser

### 6. Awards

- 6.1 Both the activator and chaser will receive a certificate for their participation in the ZS SOTA Activity Days.
- 6.2 All participants should log the contacts on the SOTA data base.

## **7. Log Sheets**

7.1 Upload your SOTA log to the SOTA Database (<https://www.sotadata.org.uk/en/>) as soon as possible after the QSO Party.

# Africa All Mode International DX Contest



## 1. Aim

The objective of this all-mode contest is to stimulate contesting from Africa. All participating stations worldwide may work any country during the contest period. African DXCC entities are defined as those valid per the ARRL DXCC AF listing published at the time of the contest.

## 2. Date

12:00 UTC on Saturday 18 March 2023 to 12:00 UTC on Sunday 19 March 2023. Both single and multi-operator stations may operate for the entire 24-hour period. There are no mandated breaks in operating time required.

## 3. Bands

160, 80, 40, 20, 15 and 10 metres, in accordance with your country and specific licensing requirements governing the portion(s) of these bands that you may use. No contest QSOs are allowed on 12, 17, 30 or 60 metres.

## 4. Modes

CW, RTTY and SSB. Contestants may elect to enter a single mode category (where offered – see “Entry Categories” below) or take part as a mixed-mode entrant. Mixed-mode entrants may work the same station once on each mode per band (see “Entry Categories” for more details).

## 5. Log Submissions and Deadlines

No paper entries will be accepted for contest or checking purposes. Entries must be submitted in Cabrillo format only and be received no later than 15 days after the contest – Monday 3 April 2023. Entries must be sent to [contest@sarl.org.za](mailto:contest@sarl.org.za)

## 6. Awards

Posted certificates will be awarded, printed and sent to:

- a. The highest scoring entrant in each category for the contest
- b. The highest scoring entrant in each category per continent
- c. The highest scoring entrant overall (any category) per ITU zone
- d. The overall top Rookie score each year per continent

Electronic certificates will be awarded and emailed to:

- e. The first and second place entrants in each category from each entity entered



## 7. Results

Results will be posted on the South African Radio League website at [www.sarl.org.za](http://www.sarl.org.za) two months after the entry deadline.

## 8. Entry Categories

For all categories, the use of spotting nets and skimmers are permitted. For all categories, there are no restrictions on the number of band or mode changes made in any given period during the contest. Contestants may only submit their log in one of the 18 categories available.

1. Single Operator Single Transmitter
  - 1.1. Single band
    - 1.1.1. Phone only, high, low and QRP power levels
    - 1.1.2. CW only, high low and QRP power levels
    - 1.1.3. RTTY only, high low and QRP power levels
    - 1.1.4. Mixed mode, high low and QRP power levels
  - 1.2. All band
    - 1.2.1. Phone only, high, low and QRP power levels
    - 1.2.2. CW only, high low and QRP power levels
    - 1.2.3. RTTY only, high low and QRP power levels
    - 1.2.4. Mixed mode, high low and QRP power levels

One person performs all operating and logging functions and without exception, only one transmitted signal is allowed at any given time. Mixed mode entrants may work a station once per mode per band.

2. Single Operator Two Radio
  - 2.1. Single mode all band, low power
  - 2.2. Single mode all band, high power
  - 2.3. Mixed mode all band, high power
  - 2.4. Mixed mode all band, low power
3. Multi Operator Single Transmitter
  - 3.1. Single band
    - 3.1.1. Mixed mode high power
    - 3.1.2. Mixed mode low power
  - 3.2. All band
    - 3.2.1. Mixed mode high power
    - 3.2.2. Mixed mode low power
4. Multi Operator Multi Transmitter
  - 4.1. Mixed mode all band, high power



#### 4.2. Mixed mode all band, low power

All Multi-op efforts must enter the mixed mode category. There is no multi-op or SO2R QRP power level. Stations may be worked once per mode per band. In all categories, cross-mode, cross band and repeater contacts is not allowed.

### 9. Categories Eligible for Rookie Awards

The rookie awards in the AMA contest aim to reward individual rather than team efforts, which show flexibility and skill in operating procedure for recently licensed amateurs. They are available for the categories of 1.1.4 and 1.2.4. You are eligible to mark your log submission as a rookie entry if you were licensed for the first time on, or less than two years prior to, the contest date. If you enter one of the rookie categories, you may not enter a different category in the same contest. It is not mandatory to enter as a rookie if you qualify as such, you may also elect to enter any of the non-rookie categories.

### 10. Contest Exchange

10.1 The exchange is your RS(T) (not checked during the log checking process), followed by an incremental serial number commencing at "001". Changing modes or bands does not necessitate different serial number ranges, i.e., the serial number simply progresses from "001" upwards sequentially as you log QSOs in any category, for single or multi-op efforts. A complete exchange, consisting of an RS(T) and serial number, must be logged for each QSO.

10.2 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

### 11. Power Levels

For the purposes of this contest, all entrants must adhere to the power levels (expressed as Peak Envelope Power, or PEP) as set out below when determining their entry category. Additionally, all entrants must adhere to their specific licensing requirements regarding permitted power and other regulations, which take precedent over the contest-defined power levels when operating in the contest.

1. QRP is defined as 5 watts PEP or less as measured at the antenna port at the transmitter, or power amplifier (if used).
2. Low power is defined as more than 5 watts PEP but not more than 100 watts PEP measured at the antenna port either at the transmitter, or power amplifier (if used).
3. High power is defined as more than 100 watts PEP but not more than 1 500 watts PEP measured at the antenna port either at the transmitter, or power amplifier (if used).

### 12. Points, multipliers and scoring

Points

All QSO's are awarded 1 point.

Band multiplier

The band multiplier is determined on a band-by-band basis.

The band multiplier increments by one for every AF-DXCC entity worked, for each of the three operating modes: CW, SSB and RTTY.

Band score

Band score is simply the band points multiplied by the band multiplier. Band score = (band points) X (band multiplier)

Total score

Total score is simply the sum of all the band scores.

Total score = 10 m band score + 15 m band score + 20 m band score + 40 m band score + 80 m band score + 160 m band score

### 13. AF Entity Definition

1. For the purposes of this contest, Africa entities are considered as per the standard ARRL DXCC AF list as published at the time/year of the contest currently taking place.

2. Ship-based and aeronautical stations only count 1 point when worked and do not count as multipliers regardless of them being in international or territorial waters during the contest period.

### 14. Cabrillo Information

QSO: Required information fields and format.

info sent info rcvd

```
QSO: freq mo date   time call rst exch call  rst  exch  t  QSO:
***** ** yyyy-mm-dd nnnn ***** nnn ***** *****
nnn ***** n QSO: 28080 RY 2014-09-12 0531 ZS6A   59 001 W1AW/5
59 073
```

Note for Column 81 (transmitter number): For the MULTI-TWO category, the last column in the log indicates which transmitter made the QSO. It must be a 0 or a 1. This column is not required for other categories.

### 15. General

1. Conditions of Entry: Each entrant agrees to be bound by the provisions set out in this document. The decisions of the South African Radio League Contest Committee are final and binding.

2. The use of self-spotting on packet via any means is inconsistent with the spirit and intent of this contest.

3. The use of non-amateur radio means of communications (e.g., telephone or internet) for soliciting a contact during the contest period is inconsistent with the spirit and intent of this contest.

4. Where contest-preferred segments are incorporated into regional band plans, entrants must observe them.
5. Penalties and disqualifications: participants breaching the provisions as set out in this document may be subject to a point deduction as decided by the contest committee, or in serious cases disqualification.
6. Duplicate QSOs will not attract any penalties but will also not count for additional points.
7. All transmitters and receivers must be located within a 500-metre diameter circle, excluding antennas.
8. The use of remote receiving or transmitting installations outside of your own entity is prohibited.

# South African Radio League Digital Contest

## 1. Aim

Amateurs, with preference to those in the SADC region, contact and exchange QSO information with other amateurs using any digital mode (excluding RTTY) that supports the 4-digit Grid Square exchange — attended operation only -- on the 160, 80, 40, 20, 15, 10 and 6 meter bands.

## 2. Date and Time

13:00 UTC to 16:00 UTC on Sunday 26 February 2023

13:00 UTC to 16:00 UTC on Sunday 21 May 2023

13:00 UTC to 16:00 UTC on Sunday 13 August 2023

13:00 UTC to 16:00 UTC on Sunday 3 December 2023

## 3. Mode and Frequencies

3.1. Use only the 1.8, 3.5, 7, 14, 21, 28, and 50 MHz bands. Use any digital mode (excluding RTTY) that supports the required contest exchange. Observation of established band plans is strongly encouraged.

3.2. The FT4 and FT8 working frequencies are the default working frequencies in WSJT-X

## 4. Contacts

4.1 Each QSO claimed for competition credit must comply with the rules found under General Rule "5. Contacts".

4.2 Only 'SO-Single Operator' stations are allowed to participate.

## 5. Exchange

5.1. Minimally a signal strength report and RRR/73/RRR73 in each direction between the two parties

## 6. Scoring

Contacts between ZS, ZR, ZU, 3DA, 7P, 7Q, 9J, C9, A2, D2, V5, Z2, ZD7, ZD9, ZS7, ZS8, FR, 3B8, 5R, FH and DG stations are worth 3 points.

Contacts with stations outside this list are worth 1 point.

6.1. In recognition that contestants may employ a 'search and pounce' method to QSO there will be no penalty if the log does not contain the called party's grid location.

6.2. Any station may work any other station. Stations may only be worked once per band, regardless of mode. Automated operation is not permitted.

6.3. When changing band, the station must stay on the new band for 10 minutes before changing bands again.

## **7. Multiplier**

The first contact with each DXCC entity will be used as a band multiplier.

## **8. Scoring**

Band total = QSO points X number of call areas worked per band

The final score =sum of the three band totals

## **9. Log Sheets**

Logs, in ADIF, Cabrillo or MS Excel format and labelled “call sign SARL Digital Contest,” shall be submitted by 3 March, 26 May, 18 August and 7 December 2023 by e-mail to

[contest@sarl.org.za](mailto:contest@sarl.org.za)

## **10. Awards**

The SARL Digital Award will be awarded to the highest score after the completion of the four contests.