

# Scandinavian Activity Contest Rules 2023

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## 1. Aim of the contest

The aims of the contest are to promote amateur radio activity in Scandinavia and to encourage amateur radio communications between Scandinavian and non-Scandinavian amateur radio stations. Scandinavian stations will try to work as many non-Scandinavian stations as possible and vice versa.

Licensed radio amateurs all over the world are invited to participate.

## 2. Scandinavian Prefixes

Iceland	TF	Aland Islands	OFØ – OGØ – OHØ
Jan Mayen	JX	Denmark	5P – 5Q – OU – OV – OZ
Market Reef	OJØ	Norway	LA – LB – LC – LG – LI – LJ – LN
Svalbard & Bear Island	JW	Finland	OF – OG – OH – OI
Faroe Islands	OW – OY	Greenland	OX – XP
Sweden	7S – 8S – SA – SB – SC – SD – SE – SF – SG – SH – SI – SJ – SK – SL – SM		

Greenland is included as a Scandinavian prefix, although it is located in North America.

## 3. Periods

CW: 3rd full weekend of September each year.

SSB: 2nd full weekend of October each year.

Starts 12:00 UTC Saturday and ends 11:59 UTC Sunday.

## 4. Entry Categories

### 4.1 Single Operator

Single operator means that one single person performs all operating, logging and spotting functions.

- All Band – High Power, Low Power, QRP
- Single Band – Scandinavian only - 80, 40, 20, 15 or 10 meter
- Low Band – Non-Scandinavian only - 80 and 40 meters

### 4.2 Multi Operator

#### Single TX – All Band [MULTI-ONE]

This category is for all participants. Only one signal may be transmitted on any band at any time (running station). When operation has started on one band, the station must remain on that band for at least 10 minutes. The 10-minute period starts with the first QSO worked on that band.

Exception: It is allowed to work a QSO on another band if it is a new multiplier (multiplier station). The multiplier station is allowed to be on the air at the same time as the running station. The multiplier station may not solicit contacts by calling CQ, but may ask stations during the multiplier QSO to move to another band where the multiplier is needed. The log must indicate which station/signal (run or multiplier) made each QSO.

#### Multi TX – All Band [MULTI-MULTI]

This category is only for Scandinavian stations. There are no restrictions on the number of transmitters. Only one signal per band is allowed at any time.

### 4.3 Overlay

**Single Operator All band** entrants may also participate in one of the overlay categories by adding the CATEGORY-OVERLAY: ROOKIE, CLASSIC, TB-WIRES or WIRE-ONLY in their Cabrillo log file.

- **Rookie** [CATEGORY-OVERLAY: ROOKIE]
- **Classic** [CATEGORY-OVERLAY: CLASSIC]
- **Tribander/Wire** [CATEGORY-OVERLAY: TB-WIRES]
- **Wire-only** [CATEGORY-OVERLAY: WIRE-ONLY]

**ROOKIE** overlay must be licensed for the first time less than 3 years before the actual contest starts.

**CLASSIC** overlay may not use any assistance at all. No cluster and no devices showing call signs and frequencies of other participants.

**TB-WIRES** overlay shall use only one triband antenna with a single feed line from the transmitter to the antenna for 10, 15 and 20 meters, and simple wire antennas for 40 and 80 meters.

**WIRE-ONLY** overlay shall use the same single wire antenna for all bands.

**EXPLORER** rules [read the [EXPLORER](#) supplement]

Overlay category entries will be listed separately in the results. They are scored only as All Band entries and grouped by High Power and Low Power (includes QRP).

#### 4.4 Station Location

All transmitters and receivers must be within a single 500-meter diameter circle. Antennas must be physically connected by RF transmission lines to the transmitters and receivers.

#### 4.5 QSO finding assistance

The use of DX-Cluster, Skimmer, and Skimmer-like technology (such as Reverse Beacon Network) is allowed for all categories except CLASSIC overlay. Self-spotting or requesting stations to announce one's own call on the DX-Cluster is NOT allowed.

### 5. Frequencies to be used

CW : 3510-3560, 7000-7040, 14000-14060, 21000-21070, 28000-28070 kHz

SSB: 3600-3650, 3700-3800, 7060-7100, 7130-7200, 14125-14300, 21151-21450, 28320-29000 kHz.

According to the IARU Region-1 HF Bandplan.

### 6. Contest exchanges

The contest exchange consists of RS(T) plus serial number sequence starting with 001 (e.g., 59(9) 001). QSO's after 999 are numbered 1000, 1001, etc. Stations in the Multi Operator category may use separate serial number sequences on each band. The same station may be worked once on each band. Cross-mode and/or cross-band QSO's are not allowed.

### 7. Scoring

A QSO with correct callsign and exchange counts for QSO points.

#### 7.1 For Scandinavian stations:

- EUROPEAN stations, outside Scandinavia, are worth two (2) points for every complete QSO.
- NON-EUROPEAN stations are worth three (3) points for every complete QSO.

#### 7.2 For non-Scandinavian stations:

- EUROPEAN stations receive one (1) point for every complete Scandinavian QSO.
- NON-EUROPEAN stations receive one (1) point for every complete Scandinavian QSO on 14, 21, and 28 MHz and three (3) points for every complete QSO on 3.5 and 7 MHz.

### 8. Multipliers

#### 8.1 For Scandinavian stations:

Each worked DXCC entity is valid as one multiplier for each band.

#### 8.2 For non-Scandinavian stations:

Each worked prefix-number (Ø-9) in each Scandinavian DXCC entity is valid for one multiplier on each band (e.g. SI3, SK3, SL3, SM3, 7S3, and 8S3 all count for the same (1) multiplier). Stations without a prefix number count for the 0<sup>th</sup> area (e.g., LA/G3XYZ counts for LAØ), and those with two or more prefix numbers counts for the area indicated by the first number (e.g., OZ150A counts for OZ1).

### 9. Final score

To calculate the final score, multiply the sum of QSO points on all bands with the sum of multipliers worked on all bands.

## 10. Logs

By submitting a log, you agree that your log and the corresponding log checking report may be made open to the public. Use the CABRILLO format. Find the Cabrillo template under the **Rules** menu. Please ensure that you fill out all of the header information, including a possible category overlay as indicated in [4.4] above. Leave all your QSOs in the log, dupes included. The log checking software will find the dupes and mark them with zero points.

Participants aiming for a top-three score should include the exact frequency of every contact in the log. Electronic submission of logs is required for all entrants.

## 11. Closing date for logs

Cabrillo logs shall be uploaded no later than 5 days after the end of the contest, at 23:59 UTC . Logs submitted after the deadline will be listed as checklogs.

## 12. Awards

Certificates for all participants will be downloadable for printout from the SAC website.

### 12.1 Plaques

Contest plaques in both CW and SSB part will be given to winners in Scandinavia and to the winners in every continent [AS – EU – OC – AF – SA – NA] in the following categories:

- **SO All Band: High Power, Low Power and QRP**
- **SO Overlays: Rookie, Classic, TB-Wires and Wire-only** divided in HP and LP (LP incl.QRP)
- **Multi-One and Multi-Multi.**

Depending on the number of participants, the Contest Committee may consider additional awards.

### 12.2 Sponsored Plaques

Both Scandinavian and non-Scandinavian stations may receive Special Plaques sponsored by individuals through the “*SAC Sponsored Plaque Program*”. Find more information under the **Rules** menu

## 13. Scandinavian Cup

The Scandinavian Cup is a competition between the Scandinavian Regions as defined in §1. All scores for both CW and SSB are accumulated to a total for each region. All logs, except for checklogs, are counted towards the total. A circulating trophy is awarded to the national society of the region that wins the Cup.

## 14. Judging

Violation of Amateur Radio Regulations in the country of the entrant or the rules of this contest, unsportsmanlike conduct, and taking credit for unverifiable QSO's may lead to disqualification. The decisions by the SAC Contest Committee are final and definite. The right to changes in these rules is reserved.

## 15. Organizer

The Nordic Radio Amateur Union (NRAU) is the organizer of the contest. The member societies of NRAU are EDR (Denmark), FRA (Faroe Islands), IRA (Iceland), NRRL (Norway), SRAL (Finland), and SSA (Sweden).

The contest is administered by a committee composed of one member each from Denmark, Finland, Norway, and Sweden. Contact [support@sactest.net](mailto:support@sactest.net) with any questions regarding the rules.

# SAC Explorer Category Rules 2023

With our new EXPLORER Category we want to encourage you to do experiments in the way you participate in contests. It can be the way you use remote receivers, internet links, video transmissions and it also includes some new thinking in hardware design like filters, clean signals, TX interleaving, remote controlling and log program innovations. In this way you may participate in the SAC Contest while experimenting creatively with stations linked in any way, Multi-signal transmissions and other new technologies. The Category is for both Scandinavians and non-Scandinavians.

**Objective:** The EXPLORER category is intended to encourage innovation in technology adaptation, station design, new technology development and operating strategies. Rules for all participants are the same as the standard rules (date, time, modes, exchange) – with the following additions:

- **Entry Category-Operator**
  - **Single-operator:** only one licensed radio amateur performing and supervising all operating and logging functions.
  - **Multi-operator:** multiple operators perform or supervise all operating and logging functions. Members of a multi-operator team are permitted to operate from different locations.
- **QSO-alerting assistance and QSO solicitation:** The use of QSO-alerting assistance IN ANY WAY is permitted in both categories. Self-spotting or asking to be spotted is permitted. All contacts must be accomplished over the air (Audio recording).
- **Locations:** All entries may use multiple transmitting and/or receiving sites. Remote receiving sites may be located anywhere. All cross-border remote operations must comply with the regulations in the country where the transmitting site(s) is/are located.
- **Log Submission:** Logs must be uploaded at <https://www.sactest.net/robot/> Logs must be in Cabrillo standard format and include the lines:  
CATEGORY-STATION: EXPLORER  
CATEGORY-OPERATOR: [SINGLE-OP or MULTI-OP]
- **Audio files:** Each participant must (on demand) deliver a full 24 hour Audio file recording of the "On Air Communication" for every logged QSO. The audio streams must include both received audio and sent audio. Each participant may deliver the audio file if their entry would assume such and make its details more presentable.....  
The files must be in mp3 format
- **Station Description:** A good, detailed description and pictures of equipment and operation is extremely welcome. ***The SAC contest committee will find the most innovative station and award this with a special prize.***
- **Awards:** The winning entry in each of the two categories will receive a special EXPLORER plaque. In addition, entries demonstrating a significant amount of innovation may receive special prize at the discretion of the SAC Contest Committee.