

UNION OF SWISS SHORTWAVE AMATEURS (USKA)



Issued March 2026

Rules and Regulations for Helvetia Contest

(c) 2026 by USKA (Union of Swiss Shortwave Amateurs)

Approved by the USKA Executive Committee

Table of Contents

1	General Rules for Helvetia Contest	3
1.1	Category: Single Operator Stations	3
1.2	Category: Multi Operator Stations	3
1.3	Location	3
1.4	Shortwave Listeners (SWLs)	3
1.5	Station Equipment	3
1.6	General Contest Rules	3
1.7	Abbreviations	3
2	Helvetia Contest	4
2.1	Date and Time	4
2.2	Contest Goal	4
2.3	Categories	4
2.3.1	Real Time Contesting (RTC)	4
2.3.2	Classic	4
2.4	Bands	5
2.5	Contest Exchange	5
2.5.1	Participants in Switzerland	5
2.5.2	Participants in Other Countries	5
2.6	Double Contacts	5
2.7	Scoring of Contacts, Multipliers	5
2.7.1	Shortwave Listeners (SWLs)	5
2.8	Final Score	5
2.9	Rest Periods for Single Operator Stations	5
2.10	Certificates and Prizes	5
2.11	The Cantons of Switzerland	6

1 General Rules for Helvetia Contest

1.1 Category: Single Operator Stations

During the entire contest all participants must perform all functions by themselves (including operating the station, making contacts, keeping the log, monitoring the band and dupe checking). The operator may enlist the assistance of third parties for station setup and tear down, maintenance of power supplies and generators, dupe checking following the contest, and the preparation of final logs and other contest documents.

For HB3 stations a separate ranking list will be generated.

1.2 Category: Multi Operator Stations

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

1.3 Location

The station location may not be changed during the competition. The location of the antenna is considered the station location.

1.4 Shortwave Listeners (SWLs)

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

1.5 Station Equipment

At any time, only a single signal may be transmitted. The transmitter, receiver and antennas are to be set up at the same location and must be within a single 500-meter diameter circle. Antennas must be physically connected by RF transmission lines to the transmitters and receivers. The use of DX clusters, skimmers or other alarming-systems is permitted. Self-spotting or asking to be spotted is not permitted. Remote operation is permitted.

1.6 General Contest Rules

All participants agree to abide by the established rules and to uphold the necessary HAM spirit. The Radiosport Manager and contest evaluator may impose sanctions in the form of point deductions or disqualifications in the event of rule violations, unsportsmanlike conduct, or other irregular behavior. These decisions are final.

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

1.7 Abbreviations

SOAB	Single Operator All Band
MOAB	Multi Operator All Band
HP	High Power; a maximum of 1000 Watt
LP	Low Power; a maximum of 100 Watt
QRP	for CW, a maximum of 5 Watt for SSB, a maximum of 10 Watt for digital modes, a maximum of 5 Watt
Mixed	CW und/oder SSB und/oder Digital
Digital	This refers to modes such as RTTY, PSK31, PSK63, FT4 and FT8. Cabrillo Tag for RTTY = RY, resp. PSK31, PSK63, FT4 and FT8 = DG
SWL	Short Wave Listener

2 Helvetia Contest

The Helvetia Contest is open to amateur radio operators and SWLs in Switzerland and in other countries.

2.1 Date and Time

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

2.2 Contest Goal

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

2.3 Categories

2.3.1 Real Time Contesting (RTC)

The QSOs are uploaded in real time during the contest by the logging program to <https://hamscore.com/scoreboard/>. Shortly after the contest, the final ranking is generated and published.

- SOAB CW HP
- SOAB CW LP
- SOAB SSB HP
- SOAB SSB LP
- SOAB Mixed HP
- SOAB Mixed LP
- SOAB Mixed QRP
- MOAB CW HP
- MOAB SSB HP
- MOAB Mixed HP

2.3.2 Classic

The contest logs will be uploaded to <https://contestlog.uska.ch> after the contest. The ranking will be compiled as quickly as possible. Anyone participating in the Real Time Contesting (RTC) must also submit their log to <https://contestlog.uska.ch> for the "Classic" category.

- SOAB CW HP
- SOAB CW LP
- SOAB SSB HP
- SOAB SSB LP
- SOAB Mixed HP
- SOAB Mixed LP
- SOAB Mixed QRP
- MOAB CW HP
- MOAB SSB HP
- MOAB Mixed HP
- SWL

Each station can log one QSO per band in CW, SSB, and a maximum of one digital mode: RTTY, PSK31, PSK63, FT4, or FT8.

Logs must be submitted within 8 days via the web-based user interface on the USKA website:

<https://contestlog.uska.ch>.

SWL logs can be sent to contest@uska.ch.

A log is considered accepted when the evaluator sends an email confirmation of receipt (please also check your spam folder).

Only the Cabrillo format is accepted. The downtime of single-person stations must be listed under SOAPBOX: or OFFTIME:.

In addition to logs, reports and photos of contest experiences can also be uploaded to the Soap-box.

Files must be named with the participant's call sign, e.g., HB9A.CBR, HB9A.ALL, or HB9A.LOG. By submitting an electronic log, the participant declares that they have fully complied with the competition rules and concession regulations. A written declaration is not required.

2.4 Bands

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

The IARU bandplan is to be followed.

2.5 Contest Exchange

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

2.5.1 Participants in Switzerland

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

2.5.2 Participants in Other Countries

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

2.6 Double Contacts

The same station, regardless of its location, will only be counted once per band and per operating mode. Duplicate contacts should be left in the log and will not be counted.

2.7 Scoring of Contacts, Multipliers

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

2.7.1 Shortwave Listeners (SWLs)

Monitored contact:	3 points
Multipliers: Canton and DXCC country (including Switzerland) per band:	1 point

2.8 Final Score

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

2.9 Rest Periods for Single Operator Stations

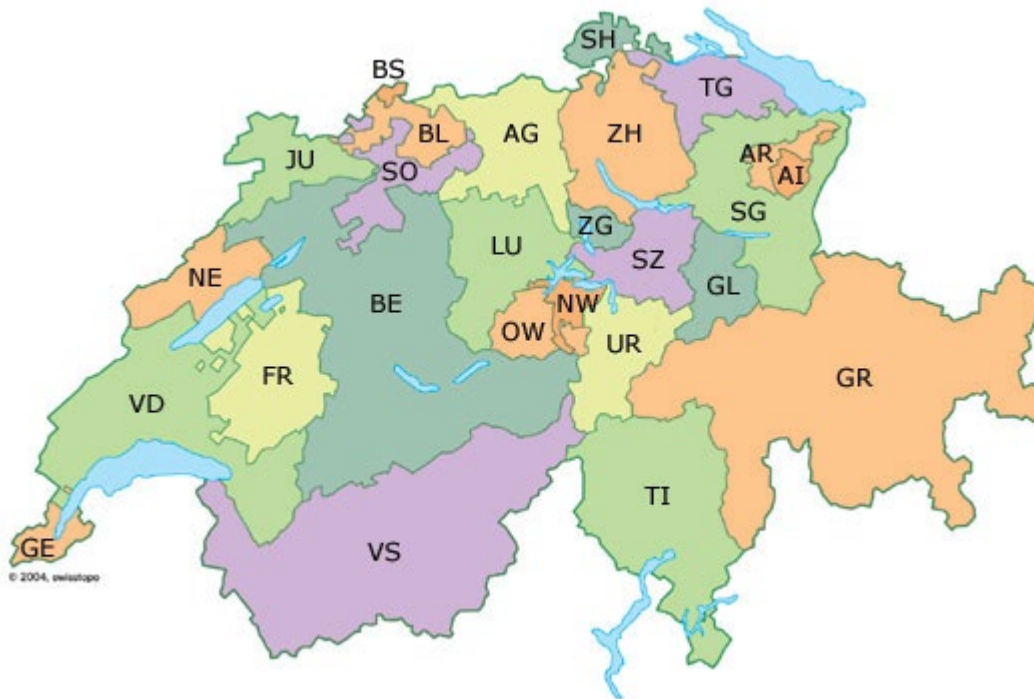
Single operator stations must include a rest period of at least six hours, and it may be divided into a maximum of two periods of any length; the start and end times are to be noted in the log. Additional rest periods are permitted and may be taken at any desired time.

2.10 Certificates and Prizes

For participants from Switzerland: The three highest-ranked participants in each category will receive a certificate electronically.

For participants from abroad, a ranking list will be compiled, divided by DXCC countries and call sign districts of the United States and Canada. In the United States, the call sign district is determined by the state in which the station is located. The top-ranked stations in each category within a country and call sign district of the United States and Canada will receive a certificate electronically.

2.11 The Cantons of Switzerland



AG	Aargau
AI	Appenzell Innerrhoden
AR	Appenzell Ausserrhoden
BE	Bern
BL	Basel-Landschaft
BS	Basel-Stadt
FR	Freiburg / Fribourg
GE	Genf / Geneva
GL	Glarus
GR	Graubünden
JU	Jura
LU	Luzern
NE	Neuenburg / Neuchâtel
NW	Nidwalden
OW	Obwalden
SG	St. Gallen
SH	Schaffhausen
SO	Solothurn
SZ	Schwyz
TG	Thurgau
TI	Tessin / Ticino
UR	Uri
VD	Waadt / Vaud
VS	Wallis / Valais
ZG	Zug
ZH	Zürich