

2025 INTERNATIONAL FRIENDSHIP EXCHANGE & DX CONTEST RULES

- I. **OBJECTIVE:** For Girl Scouts to communicate, to connect, to be partners in doing something good for others and to foster international friendship & understanding through ham radio in cooperation with licensed amateur radio operators.
- To convey Thinking Day greetings.
- To encourage the girls for regular QSOs
- II. **CONTEST PERIOD:** Phone only
UTC 02:00 to 08:00, PHT 10:00 A.M. to 4:00 P.M. non-stop 6 hrs
Saturday, February 15, 2025
Calling Frequency – 7.090 MHz
- III. **BANDS:** **7MHz, 14MHz, 21MHz and 28MHz**
- IV. **ENTRY CATEGORIES:**
1. Multi-Band, Multi-Operator, Single transmitter FIXED Station High Power (Total Power must not exceed the class privilege)
 2. Multi-Band, Multi-Operator, Single transmitter FIXED Station Low Power (Total Power must not exceed 100w)
 3. Multi-Band, Multi-Operator, Single transmitter FIELD Station High Power (Total Power must not exceed the class privilege)
 4. Multi-Band, Multi-Operator, Single transmitter FIELD Station Low Power (Total Power must not exceed 100w)

Fixed and Field stations both for high power and low power must be within the **geographic jurisdiction of the Girl Scout Council of where Girl Scout Patrols "Entrant/s" are registered.**

Each entry must indicate their category on their contest logsheets and state the actual maximum power output.

Each Girl Scout Council may register a minimum of one (1) Girl Scout Patrol/"Entrant/s" per category.

Note:

"Entrant/s" is the term used by Amateur Radio Association which refers to contestants in ham radio contest.

"Observer/s" refers to a person who is present at the venue but not involved in the contest proper. They will not get a national certificate but GSP Councils may issue Certificate of Appearance/Appreciation for the observers both girls and amateurs.

- V. **POWER AND FREQUENCIES** : Shall be within the limits of the Radio Station License of the assisting amateur or club station.
- VI. **GENERAL RULES:**
1. Only registered Senior and Cadet Girl Scouts for the year 2024-2025 may join. Entrants should have prior experience on Ham Radio activities, training, and orientations.
 2. There should be one (1) patrol per Amateur Radio Station (ARS). One patrol should have a minimum of six (6) and a maximum of eight (8) girl entrants, regardless of troop affiliation. All other girls in the station will be observers only.

3. Only amateurs/clubs with valid Radio Station Licenses can assist the Girl Scouts. Stations wishing to operate using a special callsign may request for an endorsement from PARA before filing the same at the concerned office/division of the National Telecommunications Commission.
4. During the contest proper, only 1-2 amateurs per club who is/are affiliated with PARA shall be allowed to assist the girls. Names of assisting amateurs shall also be indicated and submitted in the contest registration form. Other amateurs/club members not registered in the contest will only be observers.
5. Certificates and/or awards will only be issued to the following:
 - a) Participating Council
 - b) Participating Clubs (Registered in the INFEX/DX Contest Form)
 - c) Radio Amateurs (Registered in the INFEX/DX Contest Form)
 - d) Girl Scouts/Patrols
6. Under the full supervision of the licensed amateur radio operator, **ALL the members of the participating patrol/entrants should have radio contacts during the contest period.**
7. **Only Girl Scouts shall contact stations for her patrol.** No local assisting license amateur/club, including licensed Girl Scout amateurs, shall contact stations for his/her patrol.
8. DX1GSP need to be worked only once for the 50 points. Other stations can be worked once per band.
9. Amateur radio in digital mode and repeaters for the internet **MUST NOT BE USED DURING THE CONTEST.**
10. In the events that HERO is activated, all participants are not to use 7.095 MHz or the contest **MUST STOP.**
11. Participating stations must only be sending one transmitted signal per band. NO CROSS band/CROSS mode contacts.
12. Only the prescribed 2025 INFEX and DX contest registration form shall be submitted. Failure to submit Registration Form on or before **January 31, 2025** will not be allowed to join the contest proper.
13. All stations should check back to the Net Control, DX1GSP at 7.090 MHz at exactly 4:00 P.M.
14. Air marshalls will monitor the bands for proper implementation of the contest rules.
15. Entrants are not allowed to use mobile phones or any other communication device during the duration of the contest.

VII. CONTEST CALL AND EXCHANGE

For the LOCAL CALL

- Call CQ CQ (*de station call*) Example: CQ CQ this is/from DX1GSP
- Exchange:
Station Callsign, Name, QTH (town/city), Signal Report, Serial Number* and Thinking Day Greetings: *"The World Thinking Day Theme celebrates our unique journey as Girl Scouts and Girl Guides. Let us continue to share our story to others." Happy World Thinking Day!*

For the DX CALL

- Call CQ DX (not contest) Example: CQ DX this is/from DX1GSP
- Exchange :
Station Callsign, QTH (city/province/country), Signal Report and Serial Number*, if the station knows the mechanics of the DX Contest and Thinking Day Greetings. If not, assign a serial number 001 from the DX station. Explain Thinking Day and DX Contest briefly if the operator of the station worked does not know anything about the event.

* Serial Numbers start with 001.

VIII. SCORING

Any local individual station	- 2 points
Any local club station	- 5 points
Any DX Contact (both YL & OM station)	- 10 points

Bonus Points:

DX1GSP	- 50 points once in any band
International and Any Girl Guide contacts abroad	- 30 points
Council Report on INFEX & DX Contest:	
Written Report without photo/s	- 25 points
Written Report with photo/s	- 50 points

Submitted on or before February 28, 2025

In case of discrepancy of declaration of the category between the check in and submitted contest logsheet, the check in will be considered as the final category.

IX. LOG SUBMISSION

1. Duly accomplished Registration Form to be submitted on or before January 31, 2025.
2. Duly accomplished 2025 DX Contest Logsheet certified true and correct by the assisting licensed amateur.
3. Photocopy of the amateur/club's valid Radio Station License.
4. Submit Numbers 1 to 3 by email at nhqprogram@gmail.com or postal mail not later than **February 28, 2025** to :

MRS. JADE V. REYES
Program Director
Girl Scouts of the Philippines
National Headquarters
901 Padre Faura Street
1000 Ermita, Manila
Fax No.: (02) 8524-5144

X. DISQUALIFICATION

Violation of amateur radio regulations of the Philippines or the contest rules; unsportsmanlike conduct and taking credit for excessive unverifiable QSOs will be sufficient cause for disqualification.

XI. AWARDS

1. **Plaques for the 1st, 2nd, and 3rd Placers for each entry classification in item IV will be awarded both to the Councils and the amateurs or the club stations.** Certificates of Recognition will be given to the girls of the 12 winning patrols.
2. All registered participants to the DX Contest both girl scouts and amateurs/clubs will receive Certificates of Participation. Kindly refer to General Rule No.5.
3. The decision of the Awards Committee composed of GSP SHARES officers is final.
4. The list of winners and participants announced through a GSP Circular and shared to GSP Facebook page, PARA website, and PARA official Facebook page may also share the list.

For any inquiries and/or feedback, you may contact Mrs. Jade V. Reyes, Program Director and GSP SHARES President at telephone nos. (02)8523-8331 to 42 or local 212/221 and mobile no. 09209878972