

SWIMMING RULES OF SWIMMING CANADA



These Swimming rules were prepared by the Officials, Competitions and Rules Committee in English and French and have been approved by Swimming Canada. Where there is a discrepancy between the two versions, the English version shall be applied. They shall be in force and shall govern the conduct of all sanctioned Swimming Competitions in Canada until such time as revisions are approved and published.

FINA Facility Rules and Canadian Facility Rules and Guidelines can be found here:
<https://www.swimming.ca/en/swimmingcanadarules/>

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INTRODUCTION

Swimming Canada's goal is to conduct well organized, uniform, and consistently operated swim meets for the benefit of all swimmers. The objective of all meets is fair and fast swimming. When swimmers arrive at the meet site, they have had months and years of preparation with specific goals in mind and must be allowed to achieve the highest level of performance.

To advance this goal and these objectives Swimming Canada has adopted FINA rules for all meets held in Canada. These are supplemented by specific Canadian interpretations and policies as highlighted in PART I and PART II of this handbook. (Swimming Canada supplemental information is included in the FINA text but rule numbers are prefixed with a "C".) Where a conflict occurs, the Canadian interpretation shall apply. Provincial-level meets shall use FINA rules and will follow the same format (to a lesser degree) as Swimming Canada meets.

All the information in this handbook applies to all Swimming Canada/provincially sanctioned meets.

For all FINA meets and Cups assigned to Canada, the FINA Bureau, through its Canadian member federation, Aquatics Canada Aquatiques (ACA), or its designate Swimming Canada, in conjunction with the host section and club, appoints a competition management committee for each meet. This committee shall be responsible for all management and operating decisions of the specific Meet.

Swimming Canada competitions may include swimming Trials, the national and youth championships, special invitational meets, games, and any FINA meets held in Canada (World Cups, Pan-Pacific, World Long Distance, and Masters World Championships) and the special provisions that apply to their conduct are included in Appendix A.

INTERPRETATION

- 1) **"ACA"**: Shall mean Aquatics Canada Aquatiques - the body to which Swimming Canada is affiliated as a member along with Diving, Water Polo and Artistic Swimming. ACA is affiliated with FINA and is the body through which the member sports must work in matters pertaining to international and/or world aquatics.
- 2) **"CLUB/TEAM"**: Shall mean a corporate body or group of persons organized for the purpose of teaching, training, and competing in the sport of swimming, and whose members are registered with Swimming Canada or PS or with the FINA affiliated body in its own country.
- 3) **"EVENT"**: Shall mean an individual stroke(s) or a relay race assigned a specified number in a competition and having one or more heats.
- 4) **"FINA"**: Shall mean the Federation Internationale de Natation - the body which regulates and controls competitions in the four aquatic sports at the world level.
- 5) **"MAY"**: Shall mean that the action is optional at the discretion of the swimmer, coach, officer, or official involved.
- 6) **"OFFICER"**: Shall mean a representative of a PS or Swimming Canada.
- 7) **"OFFICIAL"**: Shall mean a person who has been certified for the position that he is working.
- 8) **"PARA"**: Shall mean Swimmers with a Disability.
- 9) **"POOL AREA"**: Shall mean any area of the competition under the jurisdiction of the Referee.
- 10) **"PS"**: Shall mean the provincial section.
- 11) **"SANCTION"**: Shall mean:
 - 1) the written approval to host a competitive swimming competition under the authority of Swimming Canada in an approved competition site having met the minimum standards of Swimming Canada with the expectation that qualified officials shall be used to conduct the meet under the published rules contained herein;
 - 2) A penalty.
- 12) **"SHALL"**: Shall mean that an action is mandatory.
- 13) **"SHOULD"**: Shall mean that the action is preferred under normal conditions.
- 14) **"UNATTACHED"**: Shall mean that the person so designated is ineligible to represent a club for reasons set down in the Swimming Canada Constitution and By-Laws.
- 15) **"U SPORTS"**: Shall mean the Canadian Interuniversity Sports.
- 16) **"U SPORTS TEAM"**: To be a member of a U Sports team, an individual swimmer shall be a registered student of that post-secondary institution.
- 17) **"U SPORTS/POST SECONDARY SWIMMER"**: Rules that apply to U Sport swimmers shall be interpreted and applied equally to swimmers and teams representing other post-secondary institutions.

PART I

GENERAL RULES

These General Rules are basic regulations for FINA competitions in all kinds of Swimming including Open Water swimming and Masters Competitions as well as for uniform regulations for the development of competition facilities.

In these rules, competitors shall include swimmers, either male or female.

FINA recognizes that these rules may be adjusted for competitions within a given federation but recommends that all Members adhere to these rules as closely as possible.

GR 1 ELIGIBILITY

GR 1.1 All competitors shall be registered with their National Federation to be eligible to compete.

CGR 1.1.1 Authority to Hold Meets in Canada

CGR 1.1.1.1 All meets in Canada shall be held under the authority of Swimming Canada or the PS as delegated. Permits for all FINA International meets shall be secured from Aquatics Canada.

CGR 1.1.1.2 All meets shall be conducted under FINA rules and regulations supplemented only by Swimming Canada or PS approved and published rules and regulations.

CGR 1.1.1.3 Provincial Sections shall sanction all meets and time trials held within their jurisdiction. The PS may make special rules and regulations for age group and senior events.

CGR 1.1.1.4 The Meet Information Package shall include all changes to, or specific application of Swimming Canada rules and regulations, including announcement of doping control.

CGR 1.2.1 Eligibility-Canada

CGR 1.2.1.1 Swimmers entering meets in Canada must comply with all FINA, Swimming Canada, and PS eligibility rules. (see GR 1)

CGR 1.2.1.2 To compete in any Swimming Canada sanctioned event, a U Sports team shall be registered with the PS as a University Team.

CGR 1.2.1.3 To compete in Swimming Canada events and U Sports events a U Sports swimmer shall be registered with Swimming Canada in the appropriate registration categories as outlined in the *National Registration Policy, Procedures and Rules Manual*. Similarly, a U Sports swimmer who wishes to represent their U Sports program and club program concurrently must register in the appropriate registration categories as outlined in the *National Registration Policy, Procedures and Rules Manual*. A swimmer may compete for only their Club or their U

Sports program (but not both) at a particular competition.

CGR 1.2.1.4 A swimmer's age shall be as of the first day of the meet.

CGR 1.2.1.5 Competitions designated as senior shall be open to all eligible swimmers of any age who meet the qualification standard.

CGR 1.2.1.6 Competitions designated as open shall be open to all swimmers registered with a FINA member and who meet the qualification standard.

CGR 1.2.1.7 Competitions designated as closed or restricted shall be those in which entry is restricted as published in the Meet Information Package.

CGR 1.2.1.8 Any competitor who wishes to change club affiliation must do so in accordance with the Swimming Canada Registration Policy and Procedures Manual.

CGR 1.2.1.9 A swimmer **NOT PREVIOUSLY REGISTERED with Swimming Canada in the prior competitive season**, who is a Canadian citizen whether by birth or naturalization (where naturalization means they are eligible to hold a Canadian passport), shall be eligible to compete in a sanctioned Trials Meet to select swimmers to compete for Canada by complying with registration with Swimming Canada at least **30 DAYS** prior to the beginning of the competition and complying with FINA rule GR 2.5.

CGR 1.2.1.10 A swimmer **PREVIOUSLY REGISTERED with Swimming Canada in the prior competitive season**, who is a Canadian citizen whether by birth or naturalization (where naturalization means they are eligible to hold a Canadian passport), shall be eligible to compete in a sanctioned Trials Meet to select swimmers to compete for Canada by complying with registration with Swimming Canada by the advertised **ENTRY DEADLINE** of the competition and complying with FINA rule GR 2.5.

CGR 1.2.1.11 A swimmer shall only compete in events of the gender in which they are registered.

CGR 1.3.1 Eligibility: Foreign Swimmers

CGR 1.3.1.1 A foreign swimmer who temporarily or permanently changes residence to Canada and who wishes to train and/or compete in Canada, must, prior to registration or meet entry, provide a "Letter of Permission" from the member federation of the country the swimmer has left. It shall be the responsibility of the club, the competitor and the provincial section to secure permission before allowing a foreign swimmer to train and/or compete in Canada.

CGR 1.3.1.2 A foreign swimmer (one not being a Canadian citizen nor having "Permanent Resident" status) who has resided in Canada and has been registered with Swimming Canada, and who has been actively training with a Canadian club from October 1 each year for a Swimming

Canada National Meet prior to March 31 and from April 1 for a Swimming Canada National Meet taking place after April 1 shall be classed as a Canadian swimmer for scoring and award purposes. All other foreign swimmers residing in Canada and registered with Swimming Canada through a club, shall compete with the club code but be identified as foreign for the purpose of points, medals and awards.

GR 2 INTERNATIONAL RELATIONS

- GR 2.1** A competition organized by a National Federation, Regional Body or Club in which other FINA recognised Federations, Clubs or Individuals participate, shall be regarded as an International Competition.
- GR 2.2** A Member shall not admit to its membership any club affiliated to another Member.
- GR 2.3** Any competitor who temporarily or permanently changes his residence to another country may join a club affiliated to the member in the new country and shall be regarded as coming within the jurisdiction of the latter.
- GR 2.4** No team shall be designated by the title of a country or Sport Country unless the competitors have been selected by the Member of the country or Sport Country.
- GR 2.5** When a competitor or competition official represents his/her country in a competition, he/she shall be a citizen, whether by birth or naturalization, of the nation he/she represents, provided that a naturalized citizen shall have lived in that country for at least one year prior to that competition. Competitors, who have more than one nationality according to the laws of the respective nations must choose one "Sport Nationality". This choice shall be exercised by the first representation of the competitor for one (1) of the countries.

As an additional requirement for the Sport Countries, when a competitor or competition official is eligible to represent a Sport Country (within the meaning of FINA rule C 3.16), the Competitor or competition official shall establish the specific link with the Sport Country by one (1) of the following documents: (i) Birth certificate of the Competitor or competition official in the Sport Country; or (ii) Proof of current residency for at least twelve (12) months in the Sport Country (as provided in FINA Rule GR 2.6.1); or (iii) Birth certificate of the mother, father, grandmother or grandfather of the competitor or competition official in the Sport Country.

- GR 2.6** Any competitor or competition official changing his sport nationality from one national governing body to another must have resided in the territory of and been under the jurisdiction of the latter for at least twelve months prior to his first representation for the country.

GR 2.6.1 Proof of Residence

- 1) Residence means the place/country where the competitor or competition official "lives and sleeps" and where he/she can be found in the majority of days of the year.
- 2) The proof of residence must include documentation establishing the applicant resides in the country. In this regard the official school or university confirmation or employment contract or any other relevant documentation may constitute evidence.

- 3) Certified registration of an address in the “new” country for at least twelve (12) months prior to first representation of the competitor or competition official for the “new” country must be sent to FINA.

GR 2.6.2 Proof of Jurisdiction

- 1) Certified membership in a club of the new country
- 2) Confirmation from the FINA Member of that country
- 3) Official result lists from national championships, national, regional or international club competitions in which the applicant has participated for his/her “new” club during the GR 2.6 requested time.
- 4) Applicants cannot represent any of the countries during the “transfer period”.

GR 2.7 Any application for change of affiliation must be approved by FINA.

GR 2.8 Competition Officials must be on current FINA Lists approved by the respective Technical Committee for the aquatics discipline in order to officiate at Olympic Games and World Championships. Nominated officials must be members of the nominating Federation and certified by the Member Federation on the nomination form.

GR 3 TOURS IN FOREIGN COUNTRIES (refer to FINA Handbook)

GR 4 UNAUTHORIZED RELATIONS

GR 4.1 No affiliated Member shall have any kind of relationship with a non-affiliated or suspended body.

GR 4.2 The exchange of competitors, administrators, directors, judges, officials, trainers, coaches, etc., with non-affiliated or suspended bodies is not permissible.

GR 4.3 The holding of demonstrations and/or exhibitions, clinics, training, competitions, etc., with non-affiliated or suspended bodies is not permissible.

GR 4.4 The Bureau may authorize relations with non-affiliated or suspended bodies as in Rules GR 4.1 through GR 4.3 above.

GR 4.5 Any individual or group violating this rule shall be suspended by the affiliated Member for a minimum period of one year, up to a maximum period of two years. FINA retains the right to review the suspension made by the affiliated Member and to increase it up to the maximum of two years in accordance with the circumstances involved. The affiliated Member shall abide by any such increase made on review. In the event that such individual or group has resigned its membership with the affiliated Member or is not a Member, it shall not be allowed to affiliate with that Member for a minimum period of three months up to a maximum period of two years. FINA retains the right to review any such sanction imposed by the affiliated Member and to increase it up to the maximum of two years in accordance with the circumstances involved. The affiliated Member shall abide by any such increase made on review.

GR 4.6 Each member that conducts a competition shall strictly enforce the FINA Rules governing eligibility.

GR 5 SWIMWEAR (refer also to FINA By-Law 8 “FINA Requirements for Swimwear Approval” at www.fina.org)

GR 5.1 The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.

GR 5.2 All swimsuits shall be non-transparent. It is permissible to wear two (2) caps.

CGR 5.2.1 A swimmer shall wear only one swimsuit in competition, and shall observe all FINA regulations related to swimwear as stated in the FINA By-Laws and Rules.

CGR 5.2.2 In competitions that are not National Level, Trials, or Selection meets, the Referee shall exempt swimwear from compliance with the GR 5 Swimwear rule for a participating swimmer, where an exemption is requested for medical or religious reasons, and the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to be creating a technical advantage. Such an exemption would only be granted for the swimsuit coverage requirements. Such an exemption may be granted for a) a swimsuit that covers more of the body, such as modesty swimwear, or b) the use of a separate garment worn underneath a regular swimsuit.

CGR 5.2.3 Swimwear not listed on the FINA website is permissible at all Club/Provincial meets, (see FINA BL 8.6). However, the swimwear fabric must be of a permeable open mesh textile material. Such swimwear includes training or 'drag' suits, modesty swimwear, as well as religious cover-ups.

CGR 5.2.4 A swimsuit that covers more of the body than stated in FINA BL 8.3 such as modesty swimwear or religious cover-ups, or the use of a separate garment worn underneath a regular swimsuit, is also permitted providing the fabric is permeable open mesh textile material and does not give the swimmer an advantage in terms of speed, buoyancy, or endurance. Swimwear for National level, Swimming Canada Team Selection meets or Swimming Canada National Competitions, must adhere to the FINA Rule. (ex: Trials competitions or events deemed to be National Team Selection competitions based on the meet handbook). Provincial Sections may also enforce FINA level suits only for certain level Provincial meets as specified by the Provincial Section.

GR 5.3 The Referee of a competition has the authority to exclude any competitor whose swimsuit or body symbols do not comply with this rule.

GR 5.4 Before any swimwear of new design, construction or material is used in competition, the manufacturer of such swimwear must submit the swimwear to FINA and obtain approval of FINA.

GR 6 ADVERTISING

GR 6.1 Identification in the form of logos on swimwear, i.e. swimsuit, cap and goggles, and pool deck equipment, i.e. track suits, official's uniforms, footwear, towels and bags, is permitted in accordance with regulations established in the By-Laws (BL 7). A two-piece swimsuit shall, in relation to advertising, be regarded as one. The name and the flag of the country of the competitor or the country code shall not be regarded as

advertisements.

GR 6.2 Body advertisement is not allowed in any way whatsoever.

GR 6.3 Advertising for tobacco, alcohol, or sports-related betting is not allowed.

GR 7 SUBSTITUTION, DISQUALIFICATION AND WITHDRAWAL

GR 7.1 Any entered competitor may be substituted by another entered competitor at the Team Leaders Meeting. It is mandatory for one representative of each Federation to take part in the Team Leaders Meeting. Failing to do so will result in a fine of 100 Swiss Francs.

GR 7.2 In all competitions except Water Polo, a competitor or team not wishing to take part in a semi-final or final in which qualification was earned shall withdraw within thirty (30) minutes following the preliminaries or the semi-finals of the event in which the qualification took place. The Member Federation of any competitor who withdraws from the heats/preliminary rounds after the Team Leaders Meeting or from a semi-final or final more than thirty (30) minutes after the preliminaries or semi-finals of the event in which qualification was earned, shall pay without excuse to the honorary treasurer the sum of one-hundred (100) Swiss Francs; in case of a relay, duet, team or combination, the sum shall be two-hundred (200) Swiss Francs.

GR 7.3 (applies to Water Polo)

GR 7.4 In Swimming, Diving, and Artistic Swimming where a competitor who competed in the semi-finals or final is disqualified for any reason, including medical control, the position he would have held shall be awarded to the competitor who finished next, and all the lower placing competitors in the semi-finals or final shall be advanced one place. If the disqualification occurs after the presentation of awards, the awards shall be returned and given to the appropriate competitors applying the foregoing provisions.

GR 7.5 If an error by an official follows a fault by a competitor, the fault by the competitor may be expunged.

GR 8 SMOKING BAN (refer to FINA Handbook)

GR 9 OLYMPIC GAMES, WORLD CHAMPIONSHIPS, WORLD SWIMMING CHAMPIONSHIPS (25m), AND GENERAL RULES FOR FINA COMPETITIONS

GR 9.1 Organization (refer to FINA Handbook)

GR 9.2 Protests (refer also to FINA Handbook)

GR 9.2.1 Protests are possible

a) if the rules and regulations for the conduct of the competition are not observed;

b) if other conditions endanger the competition and/or competitors, or

c) against decisions of the Referee; however, no protest shall be allowed against decisions of fact.

GR 9.2.2 Protests must be submitted

- a) to the Referee,
- b) in writing on FINA forms,
- c) by the responsible team leader,
- d) together with a deposit of 500 Swiss Francs or its equivalent, and
- e) within 30 minutes following the conclusion of the respective event or match.

If conditions causing a potential protest are noted prior to the event, a protest must be lodged before the signal to start is given.

GR 9.2.3 All protests shall be considered by the Referee. If he rejects the protest, he must state the reasons for his decision. The team leader may appeal the rejection to the Jury of Appeal whose decision shall be final. In Olympic Games and World Championships the Commission in each discipline shall consider the protest and give recommendations to the Jury of Appeal.

Protests - Canada

CGR 9.2.3.1 All meets shall follow FINA rules for submitting a protest. (GR 9.2.2 (d) excluded)

CGR 9.2.3.2 The results of an event conducted "under protest" shall be withheld (not announced or published) and prizes, point scores, and awards shall not be awarded until the protest is resolved.

GR 9.3 Jury of Appeal (refer to FINA Handbook)

CGR 9.3.1.1 Jury of Appeal - Canada

Only protests meeting the criteria set out in GR 9.2 are acceptable for consideration by a Jury of Appeal.

CGR 9.3.1.2 The Jury of Appeal shall be chaired by the meet manager or designate at non-national meets and by the National Meet Director at National Competitions. The chairperson shall have no vote. The voting members shall be odd in number preferably either three (3) or five (5), and should be the most experienced Swimming Canada/PS officials or officers available, in addition to the option to include a coach. None of those participating on the Jury of Appeal can have been involved in the disputed decision or disqualification. In the event that there is no coach available, the jury will still convene, and the outcome shall be final.

CGR 9.3.1.3 The Jury of Appeal shall convene and reach a decision by majority vote as soon as practical during or after the session in question. The decision shall be reached on the day the written protest is received. When a decision is reached, the protestor and the Referee shall be informed immediately. After the jury's decision is handed down, the results of the competition shall be determined and posted, awards shall be presented, point scores shall be computed and the results shall be final.

CGR 9.3.1.4 The Jury of Appeal shall hear evidence as it sees fit;

however, the protestor(s), Referees, and officials whose decisions are being disputed shall have a right to present their case(s). The Jury shall conduct its business in private.

CGR 9.3.1.5 The Chairperson of the Jury shall make a formal written record of the proceedings, (Jury Record), including a description of the incident, the initial decision and protest, the jury members, the witnesses called, the final decision rendered and a brief description of its rationale. All members of the jury shall sign the "Jury Record". One copy shall be provided to the protestor and one copy, along with the original protest form and other pertinent data, to the Swimming Canada/PS office along with the official meet results.

CGR 9.3.1.6 A Jury of Appeal decision on disputes covering the conduct of the meet or the decision of a meet official shall be final and shall not be appealed.

CGR 9.3.1.7 The protestor or anyone affected by the Jury of Appeal's decision who is dissatisfied with the decision on a specific individual's qualification and eligibility has the right to appeal and so inform the Chairperson of the Jury within seven (7) days. The appeal shall be made in writing to the sanctioning PS (or to Swimming Canada for National Competitions) within thirty (30) days. Such an appeal or grievance shall be one of principle and its pursuit must not delay the meet or affect the final results.

CGR 9.3.1.8 Other than official video back-up systems, no hand-held video or T.V. cameras shall be used by the Jury of Appeal to review disqualifications.

GR 9.4 Management Committee (for Olympics & World Championships - see FINA Handbook)

GR 9.5 Commissions (for Olympics & World Championships - see FINA Handbook)

GR 9.6 Programming (refer to FINA Handbook)

CGR 9.6.1.1 The Program of Events listing the events and the order in which they are to be swum, shall be published in the Meet Information Package.

CGR 9.7.1 Point Scoring and Awards – Canada - Refer to Meet Information Package

GR 10 JUNIOR WORLD CHAMPIONSHIPS

(refer to FINA Handbook)

PART II

SWIMMING RULES

SW 1 MANAGEMENT OF COMPETITIONS

SW 1.1 The Management Committee appointed by the governing body shall have jurisdiction over all matters not assigned by the rules to the Referee, Judges or other officials and shall have power to postpone events and give directions consistent with rules adopted for conducting any event.

SW 1.2 (refer to FINA Handbook – for Olympic Games and World Championships only)

Duties of Officials - Canada

CSW 1.2.1 For each session there should be a minimum of the following certified officials:

- Referee
- 2 Inspectors of Turns (at each end)
- Chief Judge Electronics (if applicable)
- Chief Finish Judge
- 1 Timekeeper per lane
- 2 Safety Marshals
- Starter
- Chief Timekeeper
- 2 Judges of Stroke
- Clerk of Course
- Marshal
- Recorder-Scorer

Note: In some meets, the officials may perform in several capacities where the duties of each position are not in conflict with one another. Not having the minimum number of officials will not nullify the results of the competition.

SW 1.2.1 For all other international competitions, the governing body shall appoint the same or fewer number of officials, subject to the approval of the respective regional or international authority where appropriate.

SW 1.2.2 Where Automatic Officiating Equipment is not available, such equipment must be replaced by a Chief Timekeeper, one (1) Timekeeper per lane, and one (1) additional Timekeeper.

SW 1.2.3 A Chief Finish Judge and Finish Judges may be used when Automatic Equipment and/or digital watches are not used.

SW 1.3 The swimming pool and the technical equipment for Olympic games and World Championships shall be inspected and approved in due course prior to the Swimming competitions by the FINA Delegate together with a member of the Technical Swimming Committee.

SW 1.4 Where underwater video equipment is used by television, the equipment must be operated by remote control and shall not obstruct the vision or path of swimmers and must not change the configuration of the pool or obscure the required FINA markings.

SW 2 OFFICIALS

SW 2.1 Referee

SW 2.1.1 The Referee shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or regulations related to the competitions. He shall enforce all rules and decisions of FINA and shall decide all questions relating to the actual conduct of the meet, and event or the competition, the final settlement of which is not otherwise covered by the rules.

SW 2.1.2 The Referee may intervene in the competition at any stage to ensure that the FINA regulations are observed, and shall adjudicate all protests related to the competition in progress.

CSW 2.1.2.1 The Referee shall have the authority to call off or postpone (to a future time and date) all or any portion of a meet or any event even though it has actually started, provided the meet or event cannot be conducted or completed in a satisfactory manner or in fairness to the swimmers. If an event is stopped or postponed after having started, it shall be conducted at a future time with only the swimmers who were entered in the first instance. If a meet is postponed to another day, the program should be continued except for those heats which were completed. The Referee shall determine if any events are to be re-swum.

SW 2.1.3 When using Finish Judges without three (3) digital watches, the Referee shall determine placing where necessary. Automatic Officiating Equipment, if available and operating, shall be consulted as stated in SW 13.

SW 2.1.4 The Referee shall ensure that all necessary officials are in their respective posts for the conduct of the competition. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.

SW 2.1.5 At the commencement of each event, the Referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions on the starting platform (or for Backstroke swimming and Medley Relays to immediately enter the water). A second-long whistle shall bring the Backstroke and Medley Relay swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the Referee shall gesture to the Starter with a stretched out arm, indicating that the swimmers are under the Starter's control. The stretched out arm shall stay in that position until the start is given.

SW 2.1.6 A disqualification for starting before the starting signal must be observed and confirmed by both the Starter and the Referee.

SW 2.1.7 The Referee shall disqualify any swimmer for any other violation of the rules that he personally observes. The Referee may also disqualify any swimmer for any violation reported to him by other authorized officials. All disqualifications are subject to the decision of the Referee.

Disqualifications - Canada

CSW 2.1.7.1 A disqualification shall only be made by an official who personally observes a rule infraction within his/her assigned sphere of responsibility.

CSW 2.1.7.2 Infractions shall be reported immediately through channels established by the meet manager and approved by the Referee. The reason for, and the time of, the infraction shall be recorded on the disqualification form which shall be signed by the Official.

CSW 2.1.7.3 The swimmer, or the club coach, shall be informed of the full particulars of the disqualification within fifteen (15) minutes after the swimmer's race. However, the disqualification shall stand, even though the swimmer or coach is not informed within the fifteen (15) minute period, providing all reasonable efforts have been made to do so. When disqualifications are announced through a public address system, this shall satisfy the requirements of this rule.

CSW 2.1.7.4 In the event of a problem with a heat during Finals, the Referee shall resolve the problem immediately, or be satisfied that the problem is being resolved, without unnecessary delay of the meet.

CSW 2.1.7.5 Interfering with an official on duty, using obscene or abusive language in the pool area, or exhibiting other irresponsible behavior may cause a swimmer to be scratched from the rest of the meet.

CSW 2.1.7.6 The physical or verbal assaulting of an official, or causing wilful damage in the pool area by a swimmer, coach, or anyone else associated with a team or club is a major offence. The offender(s) shall be excluded from the meet, ordered from the pool area and/or building at the discretion of the Referee, and barred from re-entry for the remainder of the meet. The offence shall be reported to the sanctioning PS if a provincial meet, or to Swimming Canada if a Swimming Canada National Competition.

SW 2.2 Control-Room Supervisor

SW 2.2.1 The Supervisor shall supervise the automatic timing operation including the review of video timing.

SW 2.2.2 The Supervisor is responsible for checking the results from computer printouts.

SW 2.2.3 The Supervisor is responsible for checking the relay exchange printout and reporting any early takeoffs to the Referee.

SW 2.2.4 The Supervisor may review the video timing to confirm early takeoff.

SW 2.2.5 The Supervisor shall control withdrawals after the heats or finals, enter results on official forms, list all new records established, and maintain scores where appropriate.

SW 2.3 Starter

SW 2.3.1 The Starter shall have full control of the swimmers from the time the Referee turns the swimmers over to him (SW 2.1.5) until the race has commenced. The start shall be given in accordance with SW 4.

SW 2.3.2 The Starter shall report a swimmer to the Referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, wilful disobedience or misconduct.

SW 2.3.3 The Starter shall have power to decide whether the start is fair, subject only to the decision of the Referee.

SW 2.3.4 When starting an event, the Starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the Timekeepers can see and/or hear the starting signal and the swimmers can hear the signal.

SW 2.4 Clerk of Course

SW 2.4.1 The Clerk of Course shall assemble swimmers prior to each event.

SW 2.4.2 The Clerk of Course shall report to the Referee any violation noted in regard to advertising (GR 6) and if a swimmer is not present when called.

CSW 2.4.2.1

- a) Shall be responsible for "checking in" swimmers at the marshaling area prior to each event;
- b) Shall have control of the swimmers from the time they are checked in until they are turned over to the Referee;
- c) Shall have full charge of the working deck insofar as control of the swimmers is concerned. The Clerk of Course shall report un-disciplinary acts to the Referee and shall make an infraction report to the Referee of any swimmer who engages in an un-disciplinary act while under their control;
- d) Shall have the authority, if instructed by the Referee, to scratch swimmers who fail to report to the marshaling area when their heat or event is called for marshaling;
- e) Shall seed swimmers in deck-seeded meets, inform swimmers of their heat and the lane assignments, and distribute time cards;
- f) In pre-seeded meets, the Clerk of Course may be given the authority by the Referee to combine heats and move swimmers from one heat to another.

SW 2.5 Chief Inspector of Turns

SW 2.5.1 The Chief Inspector of Turns shall ensure that Inspectors of Turns fulfill their duties during the competition.

SW 2.6 Inspectors of Turns

SW 2.6.1 One Inspector of Turns shall be assigned to each lane at each end of the pool to ensure swimmers comply with the relevant rules after the start, for each turn, and at the finish.

SW 2.6.2 Jurisdiction for the Inspector of Turns at the start end commences from the start signal until the completion of the first arm stroke, except in Breaststroke where it shall be the second arm stroke.

SW 2.6.3 For each turn, jurisdiction for the Inspector of Turns commences from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after the turn, except in Breaststroke where it shall be the second arm stroke.

SW 2.6.4 Jurisdiction for the Inspector of Turns at the finish commences from the beginning of the last arm stroke before touching.

SW 2.6.5 When a Backstroke ledge is being used, each Inspector at the starting end shall install and remove the ledge.

SW 2.6.6 In individual events of 800 and 1500 metres, each Inspector of Turns at the start and turning end of the pool shall record the number of laps completed by the swimmer in his/her lane. The swimmers shall be informed of the remaining number of laps to be completed by displaying "lap cards" showing odd numbers at the turning end of the pool. Electronic equipment may be used, including under water display.

SW 2.6.7 Each Inspector at the starting end shall give a warning signal when the swimmer in his lane has two lengths plus five (5) metres to swim to finish in individual events of 800 and 1500 metres. The signal may be repeated after the turn until the swimmer has reached the five (5) metre mark on the lane rope. The warning signal may be by whistle or bell.

SW 2.6.8 Each Inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Equipment which judges relay take-offs is available, it shall be used in accordance with SW 13.1.

SW 2.6.9 Inspectors of Turns shall report to the Referee any violation on signed cards detailing the event, lane number, and the infraction.

SW 2.7 Judges of Stroke

SW 2.7.1 Judges of Stroke shall be located on each side of the pool.

SW 2.7.2 Each Judge of Stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns and the finishes to assist the Inspectors of Turns.

SW 2.7.3 Judges of Stroke shall report to the Referee any violation on signed

cards detailing the event, lane number, and the infraction.

SW 2.8 Chief Timekeeper

SW 2.8.1 The Chief Timekeeper shall assign the seating positions for all Timekeepers and the lanes for which they are responsible. It is advisable that there shall be three (3) Timekeepers for each lane. If Automatic Officiating Equipment is not used, there shall be two (2) additional Timekeepers designated, either of whom shall be directed to replace a Timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time. When using three (3) digital watches per lane, final time and place is determined by time.

CSW 2.8.1.1 When using less than three digital watches per lane, the final time and placing shall be determined by time.

SW 2.8.2 When only (1) Timekeeper per lane is available, an extra Timekeeper must be assigned in case of a malfunction of a stopwatch. In addition, the Chief Timekeeper must always record the time of the winner of each heat.

SW 2.8.3 The Chief Timekeeper shall collect from the Timekeepers in each lane a card showing the time recorded and, if necessary, inspect their watches.

SW 2.8.4 The Chief Timekeeper shall record or examine the official time on the card for each lane.

SW 2.9 Timekeepers

SW 2.9.1 Each Timekeeper shall take the time of the swimmers in the lane assigned to him in accordance with SW 11.3. The watches shall be certified correct to the satisfaction of the meet Management Committee.

SW 2.9.2 Each Timekeeper shall start his watch at the starting signal, and shall stop it when the swimmer in his lane has completed the race. Timekeepers may be instructed by the Chief Timekeeper to record times at intermediate distances in races longer than 100 metres.

CSW 2.9.2.1 In relay events, except in Mixed Relays, each Timekeeper in each lane shall record the time of the swimmer on the first leg of the relay as an Official Split. All other splits are taken by a single Timekeeper.

SW 2.9.3 Promptly after the race, the Timekeepers in each lane shall record the times of their watches on the card, give it to the Chief Timekeeper, and if requested present their watches for inspection. Their watches must be cleared at the short whistle of the Referee announcing the following race.

SW 2.9.4 Unless video timing is used, it may be necessary to use the full complement of Timekeepers, even when Automatic Officiating Equipment is used.

SW 2.10 Chief Finish Judge

SW 2.10.1 The Chief Finish Judge shall assign each Finish Judge his position and the placing to be determined.

SW 2.10.2 After the race, the Chief Finish Judge shall collect signed result sheets from each Finish Judge and establish the result and placing which will be sent

directly to the Referee.

SW 2.10.3 Where Automatic Officiating Equipment is used to judge the finish of a race; the Chief Finish Judge must report the order of finish recorded by the Equipment after each race.

SW 2.11 Finish Judges

SW 2.11.1 Finish Judges shall be positioned in elevated stands in line with the finish where they have at all times a clear view of the course and the finish line, unless they operate an Automatic Officiating device in their respective assigned lanes by depressing the push-button at the completion of the race.

SW 2.11.2 After each event the Finish Judges shall decide and report the placing of the swimmers according to the assignments given to them. Finish Judges other than push-button operators shall not act as Timekeepers in the same event.

SW 2.12 Desk Control (other than for Olympic Games and World Championships)

SW 2.12.1 The Chief Recorder is responsible for checking results from computer printouts or from results of times and placing in each event received from the Referee. The Chief Recorder shall witness the Referee's signing the results.

SW 2.12.2 The Recorders shall control withdrawals after the heats or finals, enter results on official forms, list all new records established, and maintain scores where appropriate.

SW 2.13 Officials' Decision Making

SW 2.13.1 Officials shall make their decision autonomously and independently of each other unless otherwise provided in the Swimming Rules.

CSW 2.13.1.1 Head Lane Timekeeper

- a) Shall determine that the proper swimmer is in the correct lane.
- b) Shall determine that the proper time card or document is being used.
- c) Shall determine that the proper times are being read and recorded.
- d) Shall determine and record the official time on the time card/document, if so directed by the Chief Timekeeper.
- e) Shall appoint one Timekeeper to take split times.
- f) Shall determine and report to the Chief Finish Judge, if a swimmer has made a light touch. (This may be done by a suitable notation on the time card when Automatic Officiating Equipment is not used).
- g) Shall determine that the members of a relay team swim in the correct order.
- h) If qualified may act as an Inspector of Turns and may be instructed to judge relay takeovers.

CSW 2.13.1.2 Chief Judge Electronics

- a) Shall oversee the operation of any Swimming Canada approved Automatic Officiating Equipment.
- b) Shall determine if the Automatic Officiating Equipment is in error and advise the Referee of any malfunction or light touch.
- c) Shall observe the touches of all swimmers and note any cases in which the Automatic Officiating Equipment fails to properly record the touch.
- d) Shall be positioned with the Automatic Officiating Equipment near the finish end with an unobstructed view of the finish of each lane.
- e) Shall be fully familiar with the rules of swimming and the operation of the Automatic Officiating Equipment.
- f) Shall ensure that the Automatic Officiating Equipment is activated manually to obtain placings when the system has failed to be activated by the starting signal.
- g) Shall have the same responsibilities as the Control Room Supervisor when the automatic timing operation is used as stated in SW 2.2.

CSW 2.13.1.3 Electronics Operator

Shall operate, or assist in the operation of any Swimming Canada approved Automatic Officiating Equipment.

CSW 2.13.1.4 Meet Manager

- a) Shall be responsible for all the organizational details of the meet, shall have control of the mechanics associated with the running of the meet, and shall be responsible for having the necessary equipment and personnel available during the meet. Appointments of personnel shall be subject to ratification by the Referee.
- b) Shall be responsible for the dissemination of all meet information and all meet forms.
- c) Shall be responsible for seeding all pre-seeded meets.
- d) Shall be responsible for the preparation of entry lists and/or heat sheets and have them available prior to the start of each session.
- e) Shall be responsible for issuing official results.
- f) Shall see that all record applications are processed
- g) Shall be the Chairperson of the Jury of Appeal at non-national meets

CSW 2.13.1.5 Safety Marshal

Shall be responsible to the Referee for all aspects of safety related

to conduct during the warm-up period by ensuring that all appropriate warm-up procedures are followed. (see "Swimming Canada Warm-up Procedures")

SW 3 SEEDING OF HEATS, SEMI-FINALS, AND FINALS

The starting stations for all events in Olympic Games, World Championships, Regional Games and other FINA competitions shall be by seeding as follows:

SW 3.1 Heats

SW 3.1.1 The best competitive times of all entrants for the announced qualifying period prior to the entry deadline of the competition, shall be submitted on entry forms or online, as requested, and listed in order of time by the Management Committee. Swimmers who do not submit official recorded times shall be considered the slowest and shall be placed at the end of the list with a 'no time'. Placement of swimmers with identical times or of more than one swimmer without times shall be determined by draw. Swimmers shall be placed in lanes according to the procedures set forth in SW 3.1.2 below. Swimmers shall be placed in trial heats according to submitted times in the following manner:

SW 3.1.1.1 If one heat, it shall be seeded as a final and swum only during the final session.

SW 3.1.1.2 If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc.

SW 3.1.1.3 If three heats, except 400m, 800m, and 1500m events, the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.

SW 3.1.1.4 If four or more heats, except the 400m, 800m, and 1500m events, the last three heats of the event shall be seeded in accordance with SW 3.1.1.3 above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in SW 3.1.2 below.

SW 3.1.1.5 For 400m, 800m and 1500m events, the last two heats of the event shall be seeded in accordance with SW 3.1.1.2.

CSW 3.1.1.5.1 For meets in Canada, seeding information for the 400m, 800m, and 1500m events, shall be clearly stated in the Meet Information Package.

SW 3.1.1.6 Exception: When there are two or more heats in an

event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.

SW 3.1.1.7 Where a 10 lane pool is available and equal times are established for the 8th place in the heats of 800m and 1500m Freestyle events, lane 9 will be used with a draw for lane 8 and lane 9. In case of three (3) equal times for 8th place, lane 9 and 0 will be used with a draw for lane 8, 9, and 0.

SW 3.1.1.8 Where a 10 lane pool is not available, SW 3.2.3 will apply.

SW 3.1.2 Except for 50 metre events in 50 metre pools, assignment of lanes shall be (number 1 lane being on the right side of the pool, 0 when using pools with 10 lanes, when facing the course from the starting end) by placing the fastest swimmer or team in the center lane in a pool with an odd number of lanes, or in lane 3 or 4 respectively in pools having 6 or 8 lanes. In pools using 10 lanes the fastest swimmer shall be placed in lane 4. The swimmer having the next fastest time is to be placed on his left, then alternating the others to right and left in accordance with the submitted times. Swimmers with identical times shall be assigned their lane positions by draw within the aforesaid pattern.

SW 3.1.3 When 50 metre events are contested in 50 metre pools, the races may be swum, at the discretion of the Management Committee, either from the regular starting end to the turning end or from the turning end to the starting end, depending upon such factors as existence of adequate Automatic Equipment, Starter's position, etc. The Management Committee should advise swimmers of their determination well before the start of the competition. Regardless of which way the race is swum, the swimmers shall be seeded in the same lanes in which they would be seeded if they were both starting and finishing at the starting end.

CSW 3.1.3.1 Qualifying times shall be established by Swimming Canada or the PS and must be achieved by the swimmer before entering a meet.

CSW 3.1.3.2 Seeding procedures and conversion of times information, if conversions are permitted, shall be clearly stated in the Meet Information Package.

SW 3.2 **Semi-finals and Finals**

SW 3.2.1 In the semi-finals, heats shall be assigned as in SW 3.1.1.2.

SW 3.2.2 Where no preliminary heats are necessary, lanes shall be assigned in accordance with SW 3.1.2 above. Where preliminary heats or semi-finals have been held, lanes shall be assigned as in SW 3.1.2 based, however, on times established in such heats.

SW 3.2.3 In the event that swimmers from the same or different heats have equal times registered to 1/100 second for either the eighth/tenth place or sixteenth/twentieth place depending on the use of 8 or 10 lanes, there shall be swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-

off shall take place after all involved swimmers have completed their heats at a time agreed between the event management and the parties involved. Another swim-off shall take place if equal times are registered again. If required, a swim-off will take place to determine 1st and 2nd reserve if equal times are recorded.

Swim-Offs - Canada

CSW 3.2.3.1 Swimmers may scratch from a swim-off without penalty, in which case they shall be given the ranking next in line and shall be eligible for points, if any, for the re-assigned position.

CSW 3.2.3.2 Times made in a swim-off may count as records, but they shall not elevate any of the swimmers beyond the highest qualifying position in dispute. Separate time cards, marked "swim-off" shall be used. Times achieved in a swim-off shall be recorded in the official results.

CSW 3.2.3.3 Any disqualification in a swim-off shall apply to the swim-off only. For example, any disqualified swimmer shall not lose the right to be an alternate for that "A" final or "B" final, or to compete in the "B" final (when applicable).

SW 3.2.4 Where one or more swimmers scratch from a semi-final or final, reserves will be called in order of classifications in heats or semi-finals. The event or events must be re-seeded and supplementary sheets must be issued detailing the changes or substitutions, as prescribed in SW 3.1.2.

SW 3.2.5 For heats, semi-finals and finals, swimmers shall report to the First Call Room at a time determined by the event management. After inspection, swimmers proceed to the Final Call Room.

SW 3.3 In other competitions, the draw system will be used for assigning lane positions.

CSW 3.4 Time-Final Events

Time-finals are those in which each swimmer swims only once for time. The final placing of all swimmers is determined by their times. Events to be conducted as time-finals must be so designated in the Meet Information Package.

CSW 3.4.1 Time-finals should normally be swum "slowest to fastest", with the swimmers seeded according to their submitted times. However, the 800m and 1500m events may be swum "fastest to slowest" in alternating event order (female/male).

CSW 3.4.2 Individual Freestyle events of 800m or longer may be conducted with more than one swimmer per lane and must be so designated in the Meet Information Package.

CSW 3.5 Time Trials

CSW 3.5.1 Class One Sanctioned Time Trial (Sanctioned Record attempts)

- (i) A Class One Time Trial is reserved for sanctioned record attempts. Such time trials shall be advertised at least three days prior to the attempt in order for a record to be recognized or accepted;

- (ii) No advertising is necessary for record attempts at sanctioned meets;
- (iii) The Time Trial shall be held in public and shall meet the minimum requirement of a PS;
- (iv) No coaching is permitted during the record attempt.

CSW 3.5.2 Class Two Sanctioned Time Trial

- (i) A Class Two Time Trial is a swimmer's attempt to achieve a time which may qualify the swimmer for entry into future meets;
- (ii) Class Two Time Trials may be conducted on a less stringent basis than sanctioned meets. For example, several swimmers may swim at the same time, they need not be doing the same event or swimming the same stroke; they need not be the same sex, and two Timekeepers per lane are sufficient;
- (iii) Individual Freestyle events of 800m or longer may be conducted with more than one swimmer per lane;
- (iv) Records shall not be accepted from Class Two Time Trials.

CSW 3.6 Scratches, Substitutions, & Deck Entries (applies to local Provincial Meets)

CSW 3.6.1 Once entered in an event, a swimmer who is not an alternate, may only withdraw or "scratch" from that event without penalty according to rules set down by the Provincial Section or stated in the Meet Information Package.

CSW 3.6.2 Heats & Finals: Scratch Deadlines shall be clearly stated in the Meet Information Package.

Time-Final Events: For individual events or relays that are Time Finals, the Scratch Deadlines shall be clearly stated in the Meet Information Package.

CSW 3.6.3 Penalties: Penalties for failure by a swimmer to scratch from Preliminaries, Finals, or Time Final events shall be clearly stated in the Meet Information Package.

CSW 3.6.4 'Name Change' Deadlines: 'Name Change' deadlines for relays should be clearly stated in the Meet Information Package and announced at the Coaches Technical Meeting.

CSW 3.6.5 Late or Deck Entries may be allowed at the discretion of the Meet Manager and shall be classified as Exhibition swims.

SW 4 THE START

SW 4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle (SW 2.1.5) from the Referee the swimmers shall step onto the starting platform and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

CSW 4.1.1 Where starting platforms are not available or in use (as per FR 2.3 and/or CFR 2.3.1), swimmers may start from the edge of the pool or from the

bulkhead. On the long whistle from the Referee the swimmers shall step forward to the edge of the pool and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot at edge of the pool or bulkhead. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

CSW 4.1.2 A swimmer may be permitted to start in the water but shall have at least one hand and one foot in contact with the end wall and poolside, as appropriate, until the starting signal is given. Standing on the bottom is prohibited.

SW 4.2 The start in Backstroke and Medley Relay races shall be from the water. At the Referee's first long whistle (SW 2.1.5), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (SW 6.1). When all swimmers have assumed their starting positions, the Starter shall give the command "take your marks". When all swimmers are stationary, the Starter shall give the starting signal.

SW 4.3 In Olympic Games, World Championships and other FINA events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

SW 4.4 Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the start procedure beginning with the long whistle (the second one for Backstroke) as per SW 2.1.5.

CSW 4.4.1 When swimmers are disqualified for a false start under this rule, the swimmer(s) shall not be allowed to swim under protest. If a protest is made and upheld by a Jury of Appeal, the swimmer(s) concerned shall swim on their own at a time determined by the Referee and the coaches concerned.

SW 5 FREESTYLE

SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in Individual Medley or Medley Relay events, Freestyle means any style other than Backstroke, Breaststroke or Butterfly.

SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

SW 6 BACKSTROKE

SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter, or

bending the toes over the lip of the gutter, is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

- SW 6.2** At the signal for starting and after turning, the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including, 90 degrees from horizontal. The position of the head is not relevant.
- SW 6.3** Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.
- SW 6.4** When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.
- SW 6.5** Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

SW 7 BREASTSTROKE

- SW 7.1** After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single Butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- SW 7.2** From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race, the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.
- SW 7.3** The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- SW 7.4** During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.
- SW 7.5** The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward Butterfly kicks are not permitted except as in SW 7.1.

Breaking the surface of the water with the feet is allowed unless followed by a downward Butterfly kick.

- SW 7.6** At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

SW 8 BUTTERFLY

- SW 8.1** From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.
- SW 8.2** Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to SW 8.5.
- SW 8.3** All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A Breaststroke kicking movement is not permitted.
- SW 8.4** At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.
- SW 8.5** At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

SW 9 MEDLEY SWIMMING

- SW 9.1** In Individual Medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one-quarter (1/4) of the distance.
- SW 9.2** In Freestyle, the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke.
- SW 9.3** In Medley Relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.
- SW 9.4** Each section must be finished in accordance with the rule which applies to the stroke concerned.

SW 10 THE RACE

- SW 10.1** All individual races must be held as separate gender events.

- CSW 10.1.1** All Canadian Age-Group, Provincial, and National records set shall be swum as separate gender events.
- SW 10.2** A swimmer swimming over the course alone shall cover the whole distance to qualify.
- SW 10.3** A swimmer must remain and finish the race in the same lane in which he/she started.
- SW 10.4** In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.
- SW 10.5** Standing on the bottom during Freestyle events or during the Freestyle portion of Medley events shall not disqualify a swimmer, but he shall not walk.
- SW 10.6** Pulling on the lane rope is not allowed.
- SW 10.7** Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the Referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.
- SW 10.8** No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee.
- CSW 10.8.1** In Canada, any kind of tape on the body is not permitted unless approved by the Referee.
- SW 10.9** Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled race in the meet.
- SW 10.10** There shall be four swimmers on each relay team. Mixed Relays may be swum. Mixed Relays must consist of two (2) Men and two (2) Women. Split times achieved in these events cannot be used for records and/or entry purposes.
- CSW 10.10.1** Members of a relay team shall be registered with their PS and members of the same club.
- SW 10.11** In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.
- SW 10.12** Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.
- SW 10.13** The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a Member for that event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.
- CSW 10.13.1** Unattached swimmers shall not participate in relay events. A

swimmer shall compete as a member of only one relay team per event. The members of a relay team and their order of competing must be listed before the last scratch deadline.

CSW 10.13.2 The offending swimmer(s) of a relay team disqualified in heats shall not be used as a member(s) of a relay team in the final of the same event.

- SW 10.14** Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.
- SW 10.15** Should a foul endanger the chance of success of a swimmer, the Referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, the Referee may order it to be re-swum.
- SW 10.16** No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.

SW 11 TIMING

- SW 11.1** The operation of Automatic Officiating Equipment shall be under the supervision of appointed officials. Times recorded by Automatic Equipment shall be used to determine the winner, all placing and the time applicable to each lane. The placing and times so determined shall have precedence over the decisions of Timekeepers. In the event that a break-down of the Automatic Equipment occurs or that it is clearly indicated that there has been a failure of the Equipment, or that a swimmer has failed to activate the Equipment, the recordings of the Timekeepers shall be official (See SW 13.3).
- SW 11.2** When Automatic Equipment is used the results shall be recorded only to 1/100 of a second. In the event of equal times, all swimmers who have recorded the same time at 1/100 of a second shall be accorded the same placing. Times displayed on the electronic scoreboard should show 1/100 of a second.
- SW 11.3** Any timing device that is terminated by an official shall be considered a watch. Such manual times must be taken by three Timekeepers appointed or approved by the Member in the country concerned. All watches shall be certified as accurate to the satisfaction of the governing body concerned. Manual timing shall be registered to 1/100 of a second. Where no Automatic Equipment is used, official manual times shall be determined as follows:
- SW 11.3.1** If two of the three watches record the same time and the third disagrees, the two identical times shall be the official time.
- SW 11.3.2** If all three watches disagree, the watch recording the intermediate time shall be the official time.
- SW 11.3.3** With only two (2) out of three (3) watches working, the average time shall be the official time.
- SW 11.4** Should a swimmer be disqualified during or following an event, such disqualification should be recorded in the official results, but no time or place shall be recorded or

announced.

- SW 11.5** In the case of a relay disqualification, legal splits up to the time of the disqualification shall be recorded in the official results.
- SW 11.6** All 50 metre and 100 metre splits shall be recorded for lead-off swimmers during relays and published in the official results.

SW 12 WORLD RECORDS

- SW 12.1** For World Records and World Junior Records in 50 metre courses, the following distances and styles for both sexes shall be recognized:

Freestyle	50, 100, 200, 400, 800 and 1500 metres
Backstroke	50, 100 and 200 metres
Breaststroke	50, 100 and 200 metres
Butterfly	50, 100 and 200 metres
Individual Medley	200 and 400 metres
Freestyle Relays	4x100 and 4x200 metres
Medley Relays	4x100 metres
Mixed Relays	4x100 metres Freestyle and 4x100 metres Medley

- SW 12.2** For World Records and World Junior Records in 25 metre courses, the following distances and styles for both sexes shall be recognized:

Freestyle	50, 100, 200, 400, 800 and 1500 metres
Backstroke	50, 100 and 200 metres
Breaststroke	50, 100 and 200 metres
Butterfly	50, 100 and 200 metres
Individual Medley	100, 200 and 400 metres
Freestyle Relays	4x50, 4x100 and 4x200 metres
Medley Relays	4x50 and 4x100 metres
Mixed Relays	4x50 metres Freestyle and 4x50 metres Medley

- SW 12.3** The age groups for World Junior Records are the same as for the FINA World Junior Swimming Championships.

- SW 12.4** Members of relay teams must be of the same nationality.

- SW 12.5** All records must be made in scratch competition or an individual race against time, held in public and announced publicly by advertisement at least three days before the attempt is to be made. In the event of an individual race against time being sanctioned by a Member, as a time trial during a competition, then an advertisement at least three (3) days before the attempt is to be made shall not be necessary.

- SW 12.6** The length of each lane of the course must be certified by a surveyor or other qualified official appointed or approved by the Member in the country in which it is situated.

- SW 12.7** Where a moveable bulkhead is used, course measurement of the lane must be

confirmed at the conclusion of the session during which the time was achieved.

- SW 12.8** World Records and World Junior Records will be accepted only when times are recorded by Automatic Officiating Equipment, or Semi-Automatic Officiating Equipment in the case of Automatic Officiating Equipment system malfunction.
- SW 12.9** World Records and World Junior Records can be established only by swimmers wearing FINA approved swimsuits.
- SW 12.10** Times which are equal to 1/100 of a second will be recognised as equal records and swimmers achieving these equal times will be called "Joint Holders". Only the time of the winner of a race may be submitted for a World Record – except for World Junior Records. In the event of a tie in a record-setting race, each swimmer who tied shall be considered a winner.
- SW 12.11** World Records and World Junior Records can be established only in water with less than 3 gr/litres of salt. No World Records will be recognised in any kind of sea or ocean water.
- SW 12.12** The first swimmer in a relay, except in Mixed Relays, may apply for a World Record or World Junior Record. Should the first swimmer in a relay team complete his distance in record time in accordance with the provisions of this subsection, his performance shall not be nullified by any subsequent disqualification of his relay team for violations occurring after his distance has been completed.
- SW 12.13** A swimmer in an individual event may apply for a World Record or a World Junior Record at an intermediate distance if he or his coach or manager specifically requests the Referee that his performance be especially timed or if the time at the intermediate distance is recorded by Automatic Officiating Equipment. Such swimmer must complete the scheduled distance of the event to apply for a record at the intermediate distance.
- SW 12.14** Applications for World Records and World Junior Records must be made on the FINA official forms by the responsible authority of the organizing or management committee of the competition and signed by any authorized representative of the Member in the country of the swimmer, certifying that all regulations have been observed including a negative doping test certification (DC 5.3.3.2). The application form shall be forwarded to the Honorary Secretary of FINA within fourteen (14) days after the performance.
- SW 12.15** A claim of a World Record or a World Junior Record performance shall be provisionally reported by email or facsimile to the Honorary Secretary of FINA within seven (7) days of the performance.
- SW 12.16** The Member in the country of the swimmer should report this performance by letter to the Honorary Secretary of FINA for information and action, if necessary, to assure that the official application has been properly submitted by the appropriate authority.
- SW 12.17** On receipt of the official application and upon satisfaction that the information contained in the application, including a negative doping control test certificate, is accurate, the Honorary Secretary of FINA shall declare the new World Record or a World Junior Record, see that such information is published, and see that certificates are provided to those persons whose applications have been accepted.

- SW 12.18** All records made during the Olympic Games, World Championships, World Junior Swimming Championships, and World Cups shall be automatically approved.
- SW 12.19** If the procedure of SW 12.14 has not been followed, the Member in the country of a swimmer can apply for a World Record or a World Junior Record in default thereof. After due investigation, the Honorary Secretary of FINA is authorized to accept such record if the claim is found to be correct.
- SW 12.20** If the application for a World Record or a World Junior Record is accepted by FINA, a diploma, signed by the President and the Honorary Secretary of FINA shall be forwarded by the Honorary Secretary to the Member in the country of the swimmer for presentation to the swimmer in recognition of the performance. A fifth World Record diploma will be issued to all Members whose relay teams establish a World Record or a World Junior Record. This diploma is to be retained by the Member.
- SW 12.21** From time to time, FINA may add new events for which swimmers may establish World Records or World Junior Records. For each such event, FINA will establish Target times; if a swimmer achieves a time that is better than the Target Time, it shall be considered a World record or World Junior Record, as long as all requirements in SW 12 are met.

Note: The FINA World Record form is available on the FINA website:

<https://www.fina.org/content/world-record-world-junior-record-application-form-demande-dhomologation-de-record-du-monde>

CSW 12.22 Canadian Records: A Canadian Record shall be:

CSW 12.22.1 A performance by a swimmer who is eligible for selection to a National Team representing Canada in the Olympic Games, the Commonwealth Games, the Pan American Games, the World Championships, or any such major international meet, or

CSW 12.22.2 A performance by a swimmer who is a "permanent resident" by Canadian law and as defined by ACA and is registered with Swimming Canada, or

CSW 12.22.3 A performance by a Canadian club relay team, when all members of the team are eligible to hold Canadian records, are registered with the same club, and are eligible to compete for that club.

CSW 12.22.4 A National Relay record is set when all members of the relay team who set the record are members of the Canadian national team, a Provincial team, or a Canada Games team.

CSW 12.22.5 A National Relay record may be set by a U Sports Team. They shall not be eligible to set a Club relay record unless all four swimmers are currently registered with the same Age Group Club.

CSW 12.22.6 Record swims shall be timed and recorded by an Automatic Officiating Equipment system or by three (3) Timekeepers.

CSW 12.22.7 A time achieved while swimming the first "leg" of a relay, other than a Mixed Relay, (see SW 10.10) with an electronic timing system start, may count as a record.

CSW 12.22.8 A record time shall be achieved in the relevant stroke-event. All

times achieved in a Freestyle event shall be regarded as Freestyle, no matter what stroke is swum.

CSW 12.22.9 Canadian records may be considered for acceptance from any competition sanctioned by PS, Swimming Canada, or FINA, other than a Class Two Time Trial, and a certificate shall be awarded to the record holder.

CSW 12.22.10 Records shall be recognized in each of the following events: (50m and 25m pools)

Freestyle	50, 100, 200, 400, 800 and 1500 metres
Backstroke	50, 100 and 200 metres
Breaststroke	50, 100 and 200 metres
Butterfly	50, 100 and 200 metres
Individual Medley	200 and 400 metres (and 100 metres in 25m pools)
Freestyle Relays	4x50, 4x100 and 4x200 metres
Medley Relays	4x50 and 4x100 metres
Mixed Relays	4x50 and 4x100 metres Freestyle and 4x50 and 4x100 metres Medley

SW 13 AUTOMATIC OFFICIATING PROCEDURE

SW 13.1 When Automatic Officiating Equipment (see FR 4) is used in any competition, the placing and times so determined and relay take-offs judged by such Equipment shall have precedence over the Timekeepers and Inspectors of Turns.

SW 13.2 When the Automatic Equipment fails to record the place and/or time of one or more swimmers in a given race:

SW 13.2.1 Record all available Automatic Equipment times and places.

SW 13.2.2 Record all human times and places.

SW 13.2.3 The official place will be determined as follows:

SW 13.2.3.1 A swimmer with an Automatic Equipment time and place must retain his relative order when compared with the other swimmers having an Automatic Equipment time and place within that race.

SW 13.2.3.2 A swimmer not having an Automatic Equipment place but having an Automatic Equipment time will establish his relative order by comparing his Automatic Equipment time with the Automatic Equipment times of the other swimmers.

SW 13.2.3.3 A swimmer having neither an Automatic Equipment place nor an Automatic Equipment time shall establish his relative order by the time recorded by the Semi-Automatic Equipment or by three digital watches.

SW 13.3 The official time will be determined as follows:

SW 13.3.1 The official time for all swimmers having an Automatic Equipment

time will be that time

CSW 13.3.1.1 Official Split Times for meets other than National Competitions:

A time achieved by a swimmer while swimming any part of an individual event for an interval shorter than the total distance, shall be official under the following conditions and may be used for entry or record purposes:

- (i) The Referee/Meet Management must be advised prior to commencement of the event.
- (ii) The swimmer must complete the full distance of the event.
- (iii) The official split shall be reported as a separate event in the meet results.
- (iv) An Official Split cannot be requested for the first swimmer in a Mixed Relay event. (see SW 10.10)
- (v) In the case of a disqualification, legal splits up to the time of the disqualification shall be recorded in the official results.

CSW 13.3.1.2 Official Splits at National Meets:
Information on Official Splits at National Competitions shall be clearly stated in the Meet Information Package.

SW 13.3.2 The official time for all swimmers not having an Automatic Equipment time will be the three digital watches or the Semi-Automatic Equipment time.

SW 13.4 To determine the relative order of finish for the combined heats of an event, proceed as follows:

SW 13.4.1 The relative order of all swimmers will be established by comparing their official times.

SW 13.4.2 If a swimmer has an official time which is tied with the official time(s) of one or more swimmers, all swimmers having that time shall be tied in their relative order of finish in that event.

AGE GROUP SWIMMING RULES

SWAG 1 Federations may adopt their own Age Group rules using FINA technical rules.

CSWAG 1.1 Age Group Swimming competitions shall be under the jurisdiction of Swimming Canada, and by extension, the PS, and shall be administered by Swimming Canada or PS.

CSWAG 1.1.1 General Rules and Swimming Rules contained herein shall apply to Age Group swimming.

CSWAG 1.1.2 Each PS shall be responsible for promoting and sponsoring age group competitions which may be either provincial championships or non-championship meets. Such meets may be open or closed meets.

CSWAG 1.1.3 Age Group competition categories shall be based on single or multiple age ranges by chronological age or year of birth and published in the Meet Information Package. (This allows for any age grouping combinations)

CSWAG 1.1.4 When an 'Individual' event is designated as age group, only swimmers in that age group shall be eligible to compete in that event.

CSWAG 1.1.5 A swimmer may only compete in that swimmer's own age group. If an event is not offered in that swimmer's age group, the swimmer may enter that same event in the senior category, should it be offered in the meet program.

CSWAG 1.1.6 In a meet where both age-group and senior events are offered, an age group swimmer may swim in either section, but not a combination; except that when the swimmer is entered in the age-group competition, the swimmer may also swim in senior events that are not offered in the swimmer's age group.

CSWAG 1.1.7 In age-group relays, one (1) or two (2) swimmers may be from a younger age group. In such cases, the swimmer(s) may swim in both their own age-group relay as well as in one or more older age-group relays.

CSWAG 1.2 National Age Group Records

CSWAG 1.2.1 In individual events, swimmers shall be the correct age on the first day of the meet in which the record was made.

CSWAG 1.2.2 A record time may be achieved in senior or age group events.

CSWAG 1.2.3 The swimmer shall meet the eligibility requirements to hold Canadian records.

CSWAG 1.2.4 National Age Group records shall be recognized for the same individual events as Canadian records with the exception, no records shall be kept for the stroke 50's (Back, Breast, Fly) and 100 IM in the following age categories: 11-12, 13-14, 15-17.

CSWAG 1.2.5 A swimmer need not place first in a heat or in an overall event to set a national age group record while competing in a senior event.

CSWAG 1.3 Swimming Canada approved age groups are 11-12, 13-14, and 15-17 only. These age groups shall be recognized for National Age Group record keeping. The swimmer's age shall be that on the first day of the meet unless otherwise specified by Swimming Canada. Swimming Canada or the PS may authorize additional younger or older age groups.

POST-SECONDARY SWIMMING

CSWPS 1.1 All current Swimming Canada competition rules shall apply to university and high school swimming established by U Sports or the Conference Athletic Associations (Atlantic, Quebec, Ontario, & Canada West) shall apply.

CSWPS 1.2 Each conference is responsible for its own championship meet format.

APPENDIX A: SWIMMING CANADA NATIONAL COMPETITION RULES

SNC 1 SWIMMING CANADA NATIONAL COMPETITIONS

SNC 1.1.1 The term Swimming Canada National Competition shall apply to those meets held in Canada as named by Swimming Canada.

SNC 1.1.2 Swimming Canada National Competitions shall be sanctioned by Swimming Canada and contracted for operations with a Local Organizing Committee.

SNC 1.1.3 At all Swimming Canada National Competitions, swimmers, coaches, officials, and other authorized personnel shall be issued a Deck Accreditation Card which shall be worn in order to gain access to the pool area.

SNC 1.1.4 Swimming Canada National Competitions shall not be sanctioned in a pool that does not meet the water depth as stated in FR 2.3. **Effective September 1, 2018.**

SNC 1.2 National Meet Director and National Meet Referee (used only at Swimming Canada National Competitions)

SNC 1.2.1 The National Meet Director shall be appointed by Swimming Canada.

SNC 1.2.2 The National Meet Director shall give directions consistent with rules adopted for the conducting of any competition. Responsibilities include:

- a) the inspection and control of all technical equipment prior to and during the competition;
- b) working with National Meet Referee, Swimming Canada Event staff and the Local Organizing committee on the overall delivery of the competition itself;
- c) the logistics of the competition itself;
- d) shall chair the Jury of Appeal.

SNC 1.2.3 The National Meet Referee shall be appointed by the Swimming Canada Officials, Competitions and Rules Committee (OCRC).

SNC 1.2.4 The National Meet Referee shall have jurisdiction over all matters not assigned by the rulebook to the Referee, Judges or other officials. The National Meet Referee shall give directions consistent with the rules adopted for the conducting of any competition. Responsibilities include:

- a) finalizing and submitting, for approval to the OCRC, the rosters for senior official appointments at the competition;
- b) investigating cases of protest in preparation for the Jury of Appeal;
- c) working with the National Meet Director and Swimming Canada Event staff on the overall delivery of the competition itself.

SNC 1.3 Jury of Appeal for National Competitions (See rules CGR 9.3.1.1 to CGR 9.3.1.8)

SNC 1.4 Program of Events

SNC 1.4.1 A detailed Meet Information Package covering Swimming Canada National

Competitions shall be circulated by Swimming Canada (posted on the Swimming Canada website) at least 90 days prior to the meet. These documents shall be published and circulated in both English and French. Where there is a discrepancy between the two versions, the English version shall be applied.

SNC 1.4.2 Swimming Canada shall establish all locations, dates, times and the format for Swimming Canada National Competitions. Once fixed, the program may be altered only under exceptional circumstances. Notice of any such change shall be posted at least twenty-four (24) hours before any such change comes in to effect.

SNC 1.4.3 All event qualification information for each Swimming Canada National Competition shall be clearly stated in the Meet Information Package.

SNC 2 MEET ENTRIES

SNC 2.1 Unless otherwise stated in the Meet Information Package, all entered events including relays shall require proof of time verification. Procedures for proof of time shall be clearly stated in the Meet Information Package.

SNC 2.1.1 Where an entry time is unable to be verified by proof of time procedures, the entry time shall be re-entered with a verified entry time from the qualifying period. Should an athlete not be able to prove an entry standard they will be removed from the event. Times shall be proven to 1/100th of a second.

SNC 2.2 Entry Limitations

SNC 2.2.1 In competitions where there is an entry limitation, swimmers shall enter events only to the allowable limitations.

SNC 2.2.2 Information on "Official Splits" at Swimming Canada National Competitions shall be clearly stated in the Meet Information Package.

SNC 2.3 Relay Entries - Swimming Canada National Competitions

SNC 2.3.1 Information on Relay Team Entry at Swimming Canada National Competitions shall be clearly stated in the Meet Information Package.

SNC 2.3.2 Relay team entry times must be proven and shall be either the actual time of the team members entered, or the combined time of the team members in their individual strokes and the distances to be swum as defined in SNC 2.3.3.

SNC 2.3.3 For seeding purposes, relay entry times shall be proved by one of the following methods:

- a) Four (4) individual swims less 1.5 seconds
- b) Three (3) individual swims plus one (1) relay split less 1.0 second
- c) Two (2) individual swims plus two (2) relay splits less 0.5 seconds
- d) One (1) individual swim plus three (3) relay splits
- e) A relay time for the team members listed to swim in that relay.

SNC 3 SCRATCHES, SUBSTITUTIONS, & PENALTIES

SNC 3.1 Scratch Deadlines shall be clearly stated in the Meet Information Package. Scratches without penalty may be made by depositing the scratch card of the swimmer or team for that event in the scratch box no later than the scratch deadline as defined in the Meet Information Package.

SNC 3.2 Preliminaries (Scratch Deadlines for Individual Events and Relays)

1. For all events having preliminaries and finals, the scratch deadline for preliminaries shall be clearly stated in the Meet Information Package. There shall be no further re-seeding for late scratches or "no shows" following the scratch deadline.
2. Relay 'Name Changes' shall be accepted each day up to 30 minutes before the start of the session in which the relay will be swum.

SNC 3.3 Finals and Time Final Events

1. The Scratch Deadline for Finals shall be 30 minutes following the completion of the preliminary sessions excluding time final events.
2. The Scratch Deadline for Timed Final Events shall be clearly stated in the Meet Information Package.

Note: The fastest seeded heat in Timed Final events shall have a full complement of swimmers with the intent of having no empty lanes.

SNC 3.4 Penalties

1. There shall be a \$50.00 penalty for Scratches made after the Scratch Deadline. This penalty shall apply to all step-downs, no-shows, and unexcused incomplete swims for Preliminaries, Timed Finals, and Finals. (Unexcused incomplete swims shall be the sole determination of the Referee).
2. Fines incurred in Preliminaries may be paid immediately, or at the end of the preliminary session. The swimmer in question may swim other events in that preliminary session prior to payment of the penalty.
3. Fines incurred in Finals must be paid immediately. The swimmer and/or relay swimmers in question shall not swim subsequent events (current session or other) until the fine has been paid.

SNC 4 SCORING

Stated in the Meet Information Package

SNC 4.1 Awards

Stated in the Meet Information Package

SNC 5 MEET FORMAT FOR SWIMMING CANADA NATIONAL COMPETITIONS

Stated in the Meet Information Package

SNC 6 DOPING CONTROL

Stated in the Meet Information Package

APPENDIX B: WORLD PARA SWIMMING (WPS) RULES

These rules are effective January 1, 2018.

For any discrepancy between the WPS Swimming Rules in effect and this document, you must use the aforementioned rules. Complete WPS Rules and Regulations can be found at:

<http://www.paralympic.org/Swimming/RulesandRegulations/Rules>

Note: WPS Rules shall apply to all identified para-swimmers attending a meet. The Referee should not make a decision related to impairment if a technical advisor or a para-swimming official is attending the meet.

A Para Swimming Meet Referee or a Technical Adviser will be appointed for Swimming Canada National Competitions and International Competitions which include para-swimmers. When one of these persons is not present at a competition, the Referee is responsible for including the Code of Exceptions on the heat sheets for all Canadian Para-swimmers competing in the competition. The Code of Exceptions is available on the Swimming Canada website: <https://swimming.ca/en/resources/para-swimming/para-swimming-classification/>

6.6 MEDICAL SERVICES

6.6.2.1 An athlete who wishes to compete with protective medical taping (covering for example: open wound, pressure sores, stoma, sensitive skin) must receive clearance from the Referee (in consultation with the medical delegate, if on site) prior to the start of each session or from the moment the taping is required. Violating this rule may result in the athlete being disqualified and/or disallowed from competing further in the competition.

10.2 OFFICIALS

10.2.7.6.2 For athletes with a hearing impairment, the Inspector of Turns shall use a visual cue to indicate to the athlete that they have two (2) lengths to swim to finish in individual events of 800 and 1500 metres.

10.2.7.6.3 For athletes with hearing and vision impairment, the Inspector of Turns shall notify the tapper 15 metres and two (2) lengths before the completion of the 800 and 1500 metres events. It shall be the responsibility of the tapper to indicate to the athlete that they are commencing the final two (2) lengths.

10.7 SUPPORT STAFF

Support Staff include any person designated to assist an athlete with logistics or with directional instructions.

10.7.1 Support Staff are not permitted to coach or massage athletes. When on deck or in the call room, Support Staff are not permitted to use or visibly carry stopwatches, radio communication devices, back packs or bags.

10.7.2 Support Staff are only permitted to assist an athlete on deck if such a requirement is recorded for that athlete

10.7.3 Support Staff may be required to assist an athlete with vision impairment that they are approaching the end of the pool by a single or double tap. This procedure is called tapping and the Support Staff is referred to as a "tapper". If tapping is required at both ends

of the pool, two separate tappers shall be used, one at each end of the pool.

10.7.3.1 For S11, SB11 and SM11 athletes, tapper(s) and tapping are mandatory for every turn and finish.

10.7.3.2 All tapping devices must be prior approved, recorded and deemed safe for use.

10.17 WORLD AND REGIONAL RECORDS

See section 10.17 in the World Para Swimming Rules and Regulations. Note that a WPS approval is required in order to ratify any WPS World or Regional Records. For Para-Swimming Canadian Records, a WPS approval is not required. The Para-Swimming Canadian Records must be reported on the Swimming Canada Records form. However, records will be accepted when times are reported by an Automatic Officiating Equipment system or by three (3) Timekeepers. Proper documentation must be submitted to Swimming Canada to ratify the record.

11.1 THE START

11.1.1 At the commencement of each race, the Referee shall signal to the athletes by a short series of whistles inviting them to remove all clothing except swimwear, followed by a long whistle indicating that they should take positions on the starting platform (or for Backstroke swimming and Medley Relays to immediately enter the water). A second long whistle shall bring the Backstroke and Medley Relay athlete immediately to the starting position. When the athletes and officials are prepared for the start, the Referee shall gesture to the Starter with a stretched out arm, indicating that the athletes are under the Starter's control. The stretched out arm shall stay in that position until the start is given.

11.1.2 The start in Freestyle, Breaststroke, Butterfly and Individual Medley events (when Butterfly is the initial stroke) shall be with a dive. On the long whistle from the Referee (11.1.1) the athletes shall step onto the starting platform and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all athletes are stationary, the Starter shall give the starting signal.

11.1.2.1 For an athlete with a vision impairment, on the long whistle from the Referee the athlete shall be permitted to orientate themselves prior to the Starter's command "take your marks".

11.1.2.2 The athlete who has balance problems i.e. standing stationary, may have assistance to balance themselves on the starting platform i.e. hold at the hips, hand, arm etc., by one (1) support staff. Support staff may aid the athlete to remain stationary at the start; however, the support staff shall not allow the athlete unfair advantage by being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the athlete at the start is not permitted.

11.1.2.3 An athlete with only one (1) fully functional leg does not need to have a foot at the front of the starting platform as long as they have one (1) hand or other part of the arm at the front of the starting platform.

11.1.2.4 An athlete may be permitted to start beside the starting platform.

11.1.2.5 An athlete may be permitted to take up a sitting position on the starting platform.

11.1.2.6 An athlete may be permitted to start in the water but is required to have one hand in contact with the starting place until the starting signal is given. Standing in or on the gutter or on the bottom is prohibited.

11.1.2.7 Sport Class S/SB/SM 1-3 athletes are permitted to have their foot/feet or the end of their limb(s) held to the wall, until the starting signal is given. Giving momentum to the athlete at the start is not permitted.

11.1.2.8 Where an athlete is unable to grip the starting place in a water start, the athlete may be assisted by a support staff and/or starting device. The device shall be cleared and deemed safe by World Para Swimming prior to the commencement of the competition. Giving momentum to the athlete at the start is not permitted. The athlete shall have part of the body in contact with the wall until the starting signal is given.

11.1.2.9 To prevent abrasion, one (1) layer of towel, or the like, may be placed on the starting platform.

11.1.3 The start in Backstroke, 75m/150m Individual Medley events and Medley Relay events shall be from the water. At the Referee's first long whistle (11.1.1), the athletes shall immediately enter the water. At the Referee's second long whistle the athletes shall return without undue delay to the starting position. When all athletes have taken their starting positions, the Starter shall give the command "take your marks". When all athletes are stationary, the Starter shall give the starting signal.

11.1.4 In IPC Games, IPC Competitions and WPS Sanctioned Competitions the command "take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

11.1.5 Any athlete starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the athlete(s) shall be disqualified upon completion of the event. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining athletes shall be called back and start again. The Referee repeats the start procedure beginning with the long whistle (the second one for Backstroke) as per 11.1.1.

11.1.6 For athletes with a hearing impairment, a strobe/starting light will be provided. If an athlete required additional arm signals by the Starter, this must be requested by the responsible Team Leader at the Technical Meeting.

11.1.7 In the case of a S1-10/SB1-9/SM1-10 and S/SB/SM14 athlete who additionally has a hearing impairment, Support Staff shall be permitted to convey the starting signal to the athlete by the use of a non-verbal instruction, when no starting light is available.

11.1.8 In the case of an athlete with vision impairment who additionally has a hearing impairment, Support Staff shall be permitted to convey the starting signal to the athlete by the use of a non-verbal instruction.

11.2 FREESTYLE

11.2.1 Freestyle means that in an event so designated the athlete may swim any style, except in Individual Medley or Medley Relay events where Freestyle means any style other than Backstroke, Breaststroke or Butterfly. For the 75m or 150m Individual Medley, Freestyle means any style other than Backstroke or Breaststroke.

11.2.2 Some part of the athlete must touch the wall upon completion of each length and at the finish.

11.2.3 Some part of the athlete must break the surface of the water throughout the race, except it shall be permissible for the athlete to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

11.2.3.1 For S1-5 athletes, during each complete stroke cycle some part of the athlete must break the surface of the water. One (1) stroke cycle is defined as one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s).

11.2.4 Standing on the bottom during Freestyle events or during the Freestyle portion of Medley events shall not disqualify a swimmer, but they shall not walk.

11.3 BACKSTROKE

11.3.1 Prior to the starting signal, the athletes shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a Backstroke ledge at the start, the toes (or parts thereof) of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touch pad is prohibited.

11.3.1.1 Where an athlete is unable to hold both the starting grips, it is permissible to hold the grips with one hand only.

11.3.1.2 Where an athlete is unable to hold either starting grip, it is permissible to hold the end of the pool.

11.3.1.3 Where an athlete is unable to hold the starting grips or end of the pool, the athlete may be assisted by a support staff or starting device. The device shall be cleared and deemed safe by World Para Swimming prior to the commencement of the competition. Giving momentum to the athlete at the start is not permitted. The athlete shall have part of the body in contact with the wall until the starting signal is given.

11.3.2 At the signal for starting and after turning the athlete shall push off and swim upon his back throughout the race except when executing a turn as set forth in 11.3.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

11.3.3 Some part of the athlete must break the surface of the water throughout the race. It is permissible for the athlete to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

11.3.3.1 For S1-5 athletes, during each complete stroke cycle some part of the athlete must break the surface of the water. One (1) stroke cycle is defined as one (1) full rotation of the shoulder joint/s and/or one (1) complete up and down movement of the hip joint/s.

11.3.4 When executing the turn there must be a touch of the wall with some part of the athlete's body in his respective lane. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or an immediate

continuous simultaneous double arm pull may be used to initiate the turn. The athlete must have returned to the position on the back upon leaving the wall.

11.3.4.1 For the athlete who has no arms or use of his arms during the turn, once the body has left the position on the back, the turn shall be initiated. The athlete must have returned to a position on the back upon leaving the wall.

11.3.5 Upon the finish of the race the athlete must touch the wall while on the back in his respective lane. It is not permissible to be completely submerged at the finish.

11.4 BREASTSTROKE

11.4.1 After the start and after each turn, the athlete may take one arm stroke completely back to the legs during which the athlete may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn, a single Butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

11.4.1.1 After the start and after each turn, an athlete who is unable to push off with the leg(s), may perform one (1) arm stroke that may not be simultaneous or on the horizontal plane to attain the breast position.

11.4.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one (1) arm stroke and one (1) leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

11.4.2.1 When an athlete does not have any legs or arms or parts thereof, either the kick or the respective arm stroke shall constitute a complete stroke cycle.

Interpretation: The normal position on the breast can include a roll movement of the body up to, but not including ninety (90) degrees from horizontal. The position of the head is not relevant.

11.4.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

11.4.3.1 Athletes with vision impairment approaching a turn or finish may push their hands forward from any point in the stroke cycle immediately after they have been tapped.

11.4.4 During each complete cycle, some part of the athlete's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

11.4.4.1 An athlete with lower limb impairment must show intent of simultaneous movement and show intent to kick in the same plane throughout the race or trail/drag the leg/s throughout the race.

11.4.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward Butterfly kick is not permitted except as in 11.4.1. Breaking the surface of the water with the feet is allowed unless followed by a downward Butterfly kick.

11.4.5.1 An athlete who is unable to use one (1) or both legs and/or foot/feet to gain normal propulsion shall not be required to turn the affected foot outwards during the propulsive part of the kick.

11.4.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turns and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Interpretation: "Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands, incidental contact at the fingers is not a concern.

11.4.6.1 At each turn and the finish of the race, where an athlete has different arm lengths only the longer arm must touch, but both arms must be stretched forward simultaneously.

11.4.6.2 At each turn and the finish of the race, an athlete with upper limbs too short to stretch above the head shall touch with any part of the upper body.

11.4.6.3 At each turn and the finish of the race, where an athlete can use only one (1) arm for the stroke cycle (as determined by the athlete's Code of Exception) the athlete must touch with the one (1) hand/arm that is used for the stroke. Where an athlete's impairment results in only one (1) arm being used, the non-functioning arm shall be dragged or stretched forward.

11.4.6.4 At each turn and the finish of the race, where the athlete who uses both arms but has restriction in the shoulder/elbow, only the longer arm must touch, but both arms must be stretched forward simultaneously.

11.4.6.5 SB11-12 athletes may have difficulty making a simultaneous touch at the turn and the finish if they are restricted due to contact with the lane rope. The athlete shall not be disqualified provided that no advantage was gained.

11.5 BUTTERFLY

11.5.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

Interpretation: The normal position of the breast can include a roll movement of the body up to, but not including ninety (90) degrees from horizontal. The position of the head is not relevant.

11.5.1.1 After the start and after each turn, an athlete who is unable to push off with the leg(s) may perform one (1) arm stroke that may not be simultaneous to attain the breast position.

11.5.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to 11.5.5.

Interpretation: "Both arms must be brought forward simultaneously over the water" means the entire arm from the shoulder to the wrist, not just part of it, must recover over the water. There is no requirement to see space between the arm and water.

11.5.2.1 S11-12 athletes may have difficulty bringing both arms forward simultaneously if they are restricted due to contact with the lane rope. The athlete shall not be disqualified provided that no advantage was gained.

11.5.2.2 Athletes with vision impairment approaching a turn or finish may bring their arms forward under the water immediately after they have been tapped.

11.5.2.3 Where part of an arm is missing, the remaining part of the arm shall be brought forward over the water simultaneously with the other arm.

11.5.2.4 Where an athlete can only use one (1) arm for the arm stroke (as determined by the athlete's Code of Exception), the arm shall be brought forward over the water. Where an athlete's impairment results in only one (1) arm being used the non-functioning arm shall be dragged or stretched forward. The position of the body must remain in line with the normal water surface.

11.5.2.5 At the turn and finish, athletes with no leg function may perform a half stroke with the arm(s) recovering forward under the surface of the water, in order to contact the wall.

11.5.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but no alternating movements are permitted. A Breaststroke kicking movement is not permitted.

11.5.3.1 When an athlete's impairment results in only one (1) leg being used, the non-functional leg shall drag.

Interpretation: "shall drag" means that the leg is not providing any propulsion but may follow the undulating hip line and appear to be alternating.

11.5.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

Interpretation: "Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

11.5.4.1 At each turn and the finish of the race where an athlete has different arm lengths only the longer arm must touch, but both arms must be stretched forward simultaneously.

11.5.4.2 At each turn and the finish of the race, an athlete with no or non-functional upper limbs or upper limbs too short to stretch above the head, shall touch with any part of the upper body.

11.5.4.3 At each turn and the finish of the race, where an athlete can only use one (1) arm (as determined by the athlete's Code of Exception) the athlete must touch with the one (1) hand/arm that is used for the stroke.

11.5.4.4 At each turn and the finish of the race, where the athlete who uses both arms but has restriction in the shoulder/elbow only the longer arm must touch, but both arms must be stretched forward simultaneously.

11.5.4.5 S11-12 athletes may have difficulty making a simultaneous touch at the turn and finish if they are restricted due to contact with the lane rope. The athlete shall not be disqualified provided that no advantage was gained.

11.5.5 At the start and at turns, an athlete is permitted one (1) or more leg kicks and one (1) arm pull under the water, which must bring him to the surface. It shall be permissible for an athlete to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The athlete must remain on the surface until the next turn or finish.

11.6 MEDLEY SWIMMING

11.6.1 In Individual Medley events, the athlete covers the four (4) swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must be used for one quarter (1/4) of the total distance.

11.6.1.1 In the 150 metre and 75 metre Individual Medley events, the athlete covers three (3) swimming strokes in the following order: Backstroke, Breaststroke and Freestyle. Each of the stroke must be used for one third (1/3) of the total distance.

11.6.2 In Medley Relay events, athletes will cover the four (4) swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must be used for one quarter (1/4) of the total distance.

11.6.3. In Freestyle the athlete must remain on his/her breast except when executing a turn. After executing a turn, the athlete must return to his/her breast before executing any kick or stroke.

Interpretation: The normal position on the breast can include a roll movement of the body up to, but not including ninety (90) degrees from horizontal. The position of the head is not relevant.

11.6.4 Each section must be finished in accordance with the rules which apply to the stroke concerned.

11.7 RELAY

11.7.10 In relay events, the team of an athlete whose feet/part of the body loses contact with the starting platform before the preceding team member touches the wall shall be disqualified.

11.7.10.1 In a relay event an athlete may commence in the water. The athlete may not lose hand/feet contact with the starting place until such time as the preceding team member touches the wall otherwise the athlete shall be disqualified.

11.7.11 Any relay team shall be disqualified from an event if a team member, other than the athlete designated to swim that length, enters the water when the race is being conducted, before all athletes of all teams have finished the race.

11.7.11.1 An athlete, in a relay event, who is to commence with a water start, may enter the water only when the preceding takeoff at the same end has been

executed.

11.7.12 The tapper is able to convey to the athlete the relay changeovers and convey the position/place of the relay. An extra tapper may be required, one for tapping the athlete completing the leg of the relay and one tapper for conveying the changeover. No coaching is permitted.

11.7.13 In relay events each Inspector of Turns at the starting end shall determine, whether the starting athlete is in contact with the starting platform when the preceding athlete touches the starting wall. When AOE, which judges relay take-offs is available, it shall be used in accordance with rule 10.10.

11.7.14 Any athlete having completed his/her leg in a relay event, must exit the pool as soon as possible without obstructing any other athlete(s) who has not yet finished his/her leg.

11.7.14.1 S/SB1-5 athletes may remain in their lanes until the last athlete of each team has completed the race. An athlete remaining in the water shall position him/herself away from the end of the pool, close to the lane rope but shall not obstruct any other athlete in another lane.

11.8 THE RACE

11.8.1 All individual races must be held as separate gender events.

11.8.2 An athlete swimming over the course alone shall cover the whole distance to qualify.

11.8.3 An athlete must remain and finish the race in the same lane in which they started.

11.8.3.1 If an athlete with vision impairment, who has a tapper for that event, surfaces in a lane not in use, the athlete shall be permitted to complete the race in that lane.

11.8.3.2 If an athlete with a vision impairment surfaces in a lane that is in use, it is preferable for the athlete to return to the correct lane. The tapper may give verbal instructions, but only after clearly identifying the athlete by name to prevent distraction or interference to other athletes. If the athlete finishes the race in an occupied lane without a foul, his result will be valid.

Interpretation: This table assist to clarify rules 11.8.3, 11.8.3.1 and 11.8.3.2

<i>Athlete with a tapper</i>	<i>11.8.3.1</i>	<i>Surfaces in an empty lane</i>	<i>No DSQ</i>
	<i>11.8.3.2</i>	<i>Surfaces in a lane in use, should try to get back, but will not be penalized if unable to do so.</i>	<i>No DSQ</i>
		<i>Surfaces in a lane in use, fouls the other athlete.</i>	<i>See 11.8.7.1</i>
<i>Athlete without a tapper</i>	<i>11.8.3</i>	<i>Completes swim in their own lane</i>	<i>No DSQ</i>
	<i>11.8.3</i>	<i>Surfaces in another lane</i>	<i>DSQ</i>

11.8.4 In all events an athlete, when turning, shall make physical contact with the end of the pool or course. The turn must be made from the wall and it is not permitted to take a stride or step from the bottom of the pool.

11.8.5 Pulling on the lane rope is not allowed.

11.8.6 Obstructing another athlete by swimming across another lane or otherwise

interfering shall disqualify the offender. Should the foul be intentional, the Referee shall report the matter to the host country NPC, to World Para Swimming and to the NPC of the athlete so offending.

11.8.7 Should a foul jeopardize the chance of success of an athlete, the Referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, the Referee may order it to be re-swum.

11.8.7.1 For athletes with vision impairment, should an accidental foul occur during a race, caused by an athlete either surfacing after the start or turn, in a lane that is in use by another athlete, or by swimming too close to the lane rope, etc., the Referee shall have the power to allow one or all athletes to re-swim the event. If the foul occurs in a final, the Referee may order the final to be re-swum.

11.8.8 S11, SB11 and SM11 athletes with the exception of those with prosthetics in both eyes shall be required to wear opaque (blackened in) goggles for competition. S11, SB11 and SM11 athletes whose facial structure will not support goggles shall be required to cover the eyes with an opaque covering. The goggles of the S11, SB11 and SM11 athletes shall be checked at the finish of the relevant event.

11.8.8.1 In the event that the goggles accidentally fall off during the dive or break during the race, the athlete shall not be disqualified.

11.8.9 No athlete shall be permitted to use or wear any device or swimsuit that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands or adhesive substances, etc.). Goggles may be worn. Any kind of strapping or stabilising of limb(s) that limits unwanted movement is prohibited. Taping on the body is not permitted unless approved under regulation 6.6.2.

11.8.9.1 No athlete shall be permitted to use prosthesis, except ocular, or orthoses during the race.

11.8.10 Any athlete not entered in an event, who enters the water while a race is being conducted before all athletes therein have completed the race, shall be disqualified from his next scheduled event.

11.8.11 Any athlete having finished his race may leave the pool as soon as possible without obstructing any other athlete who has not yet finished his race.

11.8.12 At the completion of each race, the Referee shall signal to the athletes by way of two (2) short whistle blasts that they are required to clear the water.

11.8.13 No pace making shall be permitted, nor may any device be used or plan adopted which has that effect.

11.8.14 If an error by an official follows a fault by an athlete, the fault by the athlete may be expunged by the Referee.

APPENDIX TWO: FACILITIES

1.1.6 Mats shall be placed on the deck beside the outside lanes, within one (1) metre of each end of the pool. Each mat shall be a minimum of one (1) metre-wide and two (2) metres in length.

Note: Mats are used for lower classes to prevent abrasion when athletes are exiting/entering the pool.

APPENDIX C: OPEN WATER SWIMMING RULES

All World Championships, World Cups and FINA Events shall be governed by the rules of FINA with the following exceptions and additions:

COWS 1 AUTHORITY

Swimming Canada reserves the right to sanction all Open Water swimming events at provincial, National and International levels staged and held within Canada. All such events shall be governed by the Rules and Guidelines for Open Water Swimming as published by Swimming Canada which themselves shall follow the FINA Rules for Open Water Swimming.

OWS 1 DEFINITIONS

OWS 1.1 OPEN WATER SWIMMING shall be defined as any competition that takes place in rivers, lakes, oceans or water channels except for 10km events.

OWS 1.1.1 MARATHON SWIMMING shall be defined as any 10km event in open water competitions.

OWS 1.2 The age limit for all FINA Open Water Swimming events must be at least 14 years of age. The age for all competitors will be considered as at 31st December of the year of the competition.

OWS 2 OFFICIALS

The following officials shall be appointed at Open Water Swimming competitions:

A Chief Referee (one per race)

Referees (2 minimum, additional Referees proportional to race entries)

Race Judges (one per competitor) except for events with a course of 10 km or less.

Turn Judges (one per alteration of course)

Feeding Platform Judge (when feeding platforms are used)

Chief Timekeeper plus 2 Timekeepers

Chief Finish Judge plus 2 Finish Judges

Clerk of the Course

Starter

Announcer

Recorder

Safety Officer

Medical Officer

Course Officer

Note: No official can act in more than one role simultaneously. They may only undertake a new role after all of the obligations of their previous role have been fulfilled.

OWS 3 DUTIES OF OFFICIALS

THE CHIEF REFEREE shall:

- OWS 3.1** Have full control and authority over all officials and shall approve their assignments and instruct them regarding all special features or regulations related to the competition. The Referee shall enforce all the Rules and decisions of FINA and shall decide all questions relating to the actual conduct of the competition, the final settlement of which is not otherwise covered by these Rules.
- OWS 3.2** Have authority to intervene in the competition at any stage to ensure that FINA Rules are observed.
- OWS 3.2.1** In case of hazardous conditions that jeopardize the safety of the swimmers and the officials, in conjunction with the Safety Officer, he can stop the race.
- OWS 3.3** Adjudicate on all protests related to the competition in progress.
- OWS 3.4** Give a decision in cases where the judges' decisions and times recorded do not agree.
- OWS 3.5** Signal to swimmers, by raised flag and short blasts on a whistle, that the start is imminent and when satisfied indicate by pointing the flag at the Starter that the competition may commence.
- OWS 3.6** Disqualify any swimmer for any violation of the Rules that he personally observes or which is reported to him by other authorized officials.
- OWS 3.7** Ensure that all necessary officials for the conduct of the competition are at their respective posts. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.
- OWS 3.8** Receive all reports prior to the start of the race and at the conclusion of the race from the Clerk of the Course, Recorder, Course Officer and Safety Officer to ensure all swimmers are accounted for.

THE REFEREES shall:

- OWS 3.9** Have authority to intervene in competition at any stage to ensure that FINA Rules are observed.
- OWS 3.10** Disqualify any swimmer for any violation of the Rules that he personally observes.

THE STARTER shall:

- OWS 3.11** Start the race in accordance to OWS 4 following the signal by the Chief Referee.

THE CHIEF TIMEKEEPER shall:

- OWS 3.12** Assign at least two Timekeepers to their positions for the start and finish.
- OWS 3.13** Ensure that a time check is made to allow all persons to synchronize their watches with the official running clocks 15 minutes before start time.
- OWS 3.14** Collect from each Timekeeper a card showing the time recorded for each swimmer, and, if necessary, inspect their watches.

OWS 3.15 Record or examine the official time on the card for each swimmer.

TIMEKEEPERS shall:

OWS 3.16 Take the time of each swimmer(s) assigned. The watches must have memory and print out capability and shall be certified correct to the satisfaction of the Management Committee.

OWS 3.17 Start their watches at the starting signal, and only stop their watches when instructed by the Chief Timekeeper.

OWS 3.18 Promptly after each finish record the time and swimmers' number on the time card and turn it over to the Chief Timekeeper.

Note: When Automatic Officiating Equipment is used, the same complement of hand timers is to be used.

THE CHIEF FINISH JUDGE shall:

OWS 3.19 Assign each Judge to a position.

OWS 3.20 Record and communicate any decision received from the Referees during the competition.

OWS 3.21 Collect after the race, signed results sheets from each Finish Judge and establish the result and placing which shall be sent directly to the Chief Referee.

OWS 3.22 Confirm to each Race Judge their escort boat and instruct them in their duties.

OWS 3.23 Record and communicate any decision received from the Referees during the competition.

OWS 3.24 Collect after the race, signed sheets from each Race Judge of their observations during the race which shall be sent directly to the Chief Referee.

FINISH JUDGES (two) shall:

OWS 3.25 Be positioned in line with the finish where they shall have at all times a clear view of the finish.

OWS 3.26 Record after each finish the placing of the swimmers according to the assignment given.

Note: Finish Judges shall not act as Timekeepers in the same event.

EACH RACE JUDGE shall:

OWS 3.27 Be positioned in an escort safety craft (where applicable), assigned by random draw prior to the start, so as to be able to observe, at all times, his appointed swimmer.

OWS 3.28 Ensure at all times that the Rules of competition are complied with, violations being recorded in writing and reported to a Referee at the earliest opportunity.

OWS 3.29 Have the power to order a swimmer from the water upon expiry of any time limit so ordered by the Chief Referee.

OWS 3.30 Ensure that his appointed swimmer does not take unfair advantage or commit unsporting impediment on another swimmer and if the situation requires instruct a swimmer to maintain clearance from any other swimmer.

TURN JUDGES shall:

- OWS 3.31** Be positioned so as to ensure all swimmers execute the alterations in course as indicated in the competition information documents and as given at the pre-race briefing.
- OWS 3.32** Record any infringement of the turn procedures on the record sheets provided and indicate the infringement at the time by blasts on a whistle, then immediately communicate the infringement to the Chief Referee.
- OWS 3.33** Promptly upon completion of the event deliver the signed record sheet to the Chief Finish Judge.

THE SAFETY OFFICER shall:

- OWS 3.34** Be responsible to the Chief Referee for all aspects of safety related to the conduct of the competition.
- OWS 3.35** Check that the entire course, with special regard to the start and finish areas, is safe, suitable, and free of any obstruction.
- OWS 3.36** Be responsible for ensuring that sufficient powered safety craft are available during competition so as to provide full safety backup to the escort safety craft.
- OWS 3.37** Provide prior to the competitions to all swimmers a tide/current chart clearly indicating the time of tide changes on the course and showing the effect of tides or current on a swimmer's progress along the course.
- OWS 3.38** In conjunction with the Medical Officer advise the Chief Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted.

THE MEDICAL OFFICER shall:

- OWS 3.39** Be responsible to the Chief Referee for all medical aspects related to the competition and competitors.
- OWS 3.40** Inform the local medical facilities of the nature of the competition and ensure that any casualties can be evacuated to medical facilities at the earliest opportunity.
- OWS 3.41** In conjunction with the Safety Officer, advise the Chief Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted.

THE COURSE OFFICER shall:

- OWS 3.42** Be responsible to the Management Committee for the correct survey of the course.
- OWS 3.43** Ensure the start and finish areas are correctly marked and all equipment has been correctly installed and, where applicable, is in working order.
- OWS 3.44** Ensure all course alteration points are correctly marked, and manned prior to the commencement of the competition.
- OWS 3.45** With the Referee and Safety Officer inspect the course and markings prior to the commencement of competition.

OWS 3.46 Ensure that Turn Judges are in position prior to the start of the competition and report this to the Chief Referee.

THE CLERK OF THE COURSE shall:

OWS 3.47 Assemble and prepare competitors prior to each event and ensure proper reception facilities at the finish are available for all competitors.

OWS 3.48 Ensure each competitor is identified correctly with their race number and that all swimmers have trimmed fingernails and toenails and are not wearing any jewellery, including watches.

OWS 3.49 Be certain all swimmers are present, in the assembly area, at the required time prior to the start.

OWS 3.50 Keep swimmers and officials informed of the time remaining before the start at suitable intervals until the last five minutes, during which one minute warnings shall be given.

OWS 3.51 Be responsible for ensuring that all clothing and equipment left in the start area is transported to the finish area and kept in safekeeping.

OWS 3.52 Ensure that all competitors leaving the water at the finish have the basic equipment required for their well being should their own attendants not be present at that time.

THE RECORDER shall:

OWS 3.53 Record withdrawals from the competition, enter results on official forms, and maintain record for team awards as appropriate.

OWS 3.54 Report any violation to the Chief Referee on a signed card detailing the event, and the rule infringement.

COWS 3.54.1 Be responsible to the Referee only for keeping the Official Results lists. These shall be when the Men's and Women's events start at the same time.

A combined finishing list by time and overall position

The Men's Results list

The Women's Results list

COWS 3.54.2 When completed and after being signed by the Chief Referee, the Officials Results Lists shall be known as the Ratified Results List for the Event.

EACH FEEDING PLATFORM JUDGE shall:

OWS 3.55 Be responsible for the management of the activity and the swimmers authorized representatives present on the platform, in accordance with FINA rules.

THE ANNOUNCER shall:

COWS 3.55.1 Be responsible to the Organizing Committee for the communication of all relevant information related to the current positions and abandonments from the race.

OWS 4 THE START

OWS 4.1 All Open Water competitions shall start with all competitors standing on a fixed

platform or in water depth sufficient for them to commence swimming on the start signal.

OWS 4.1.1 When starting from a fixed platform, competitors shall be assigned a position on the platform, as determined by random draw.

OWS 4.2 The Clerk of the Course shall keep competitors and officials informed of the time before start at suitable intervals and at one minute intervals for the last five minutes.

OWS 4.3 When the numbers of entries dictates, the start shall be segregated in the Men's and Women's competitions. The Men's events shall always start before the Women's event.

OWS 4.4 The start line shall be clearly defined by either overhead apparatus or by removable equipment at water level.

OWS 4.5 The Chief Referee shall indicate by a flag held upright and short blasts on a whistle when the start is imminent and indicate that the competition is under Starter's orders by pointing the flag at the Starter.

OWS 4.6 The Starter shall be positioned so as to be clearly visible to all competitors.

OWS 4.6.1 On the Starter's command "take your marks", they shall take up a starting position immediately in line with the start line where a platform is not used, or with at least one foot at the front of the platform.

OWS 4.6.2 The Starter will give the starting signal when he considers all swimmers are ready.

OWS 4.7 The start signal shall be both audible and visual.

OWS 4.8 If in the opinion of the Chief Referee an unfair advantage has been gained at the start the offending competitor will be given a yellow or red flag in accordance with OWS 6.3.

OWS 4.9 All escort safety craft shall be stationed prior to the start so as not to interfere with any competitor, and if picking up their swimmer from behind shall navigate in such a way as not to manoeuvre through the field of swimmers.

OWS 4.10 Although they may start together, in all other respects the men's and women's competitions shall be treated as separate events.

OWS 5 THE VENUE

OWS 5.1 World Championships and FINA competitions shall be for Open Water distances, 25 kilometres, 10 kilometres and 5 kilometres, conducted at a venue and course approved by FINA.

OWS 5.2 The course shall be in water that is subject to only minor currents or tide and may be salt or fresh water.

OWS 5.3 A certificate of suitability for use of the venue shall be issued by the appropriate local health and safety authorities. In general terms the certification must relate to water purity and to physical safety from other considerations.

OWS 5.4 The minimum depth of water at any point on the course shall be 1.40 metres.

OWS 5.5 The water temperature should be a minimum of 16°C and a maximum of 31°C. It should be checked the day of the race, 2 hours before the start, in the middle of the course at a depth of 40cm. This control should be done in the presence of a Commission made up of the following persons present: a Referee, a member of the Organizing Committee and one coach from the teams present designated during the Technical Meeting.

OWS 5.5.1 The Safety Officer shall monitor the temperature conditions periodically during the race.

OWS 5.6 All turns/alterations of course shall be clearly indicated. Directional Buoys which are alterations of the course shall be of a different colour to guidance buoys.

OWS 5.7 A clearly marked craft or platform, containing a Turn Judge, shall be positioned at all alterations of course in such a manner as not to obstruct a swimmer's visibility of the turn.

OWS 5.8 All Feeding Platforms, turning apparatus and Turn Judges craft/platforms shall be securely fixed in position and not be subject to tidal, wind or other movements.

OWS 5.9 The final approach to the finish shall be clearly defined with markers of a distinctive colour, and shall comprise the boundary of the course.

OWS 5.10 The finish shall be clearly defined and marked by a vertical face.

COWS 5.10.1 The finish apparatus shall consist of two floats with a vertical wall between them. The lower edge of the vertical wall shall be approximately 50cm above the surface of the water.

OWS 6 THE RACE

OWS 6.1 All Open Water competitions shall be Freestyle events and swimmers are required to complete the whole course, respecting all designated turning buoys and course boundaries.

OWS 6.2 Race Judges shall instruct any swimmer who is, in their opinion, taking unfair advantage by pacing or slip streaming with the escort craft to move clear.

OWS 6.3 Disqualification Procedure

OWS 6.3.1 If in the opinion of the Chief Referee or Referees, any swimmer, or swimmer's approved representative, or escort safety craft, takes advantage by committing any violation of the rules, or by making intentional contact with any swimmer, the following proceeding shall apply:

1st Infringement:

A yellow flag and a card bearing the swimmers number shall be raised to indicate and to inform the swimmer that he is in violation of the Rules.

2nd Infringement:

A red flag and a card bearing the swimmer's number shall be raised by the Referee (OWS 3.6) to indicate and to inform the swimmer that he is for the second time in violation of the Rules. The swimmer shall be disqualified. He must leave the water immediately and be placed in an escort craft, and take no further part in the race.

- OWS 6.3.2** If in the opinion of a Referee, an action of a swimmer or an escort safety craft, or a swimmer's approved representative is deemed to be "unsporting", the Referee shall disqualify the swimmer concerned immediately.
- OWS 6.4** Escort safety craft shall manoeuvre so as not to obstruct or place them directly ahead of any swimmer and not take unfair advantage by pacing or slip streaming.
- OWS 6.5** Escort safety craft shall attempt to maintain a constant position so as to station the swimmer at, or forward of, the mid point of the escort safety craft.
- OWS 6.6** Standing on the bottom during a race shall not disqualify a swimmer but they may not walk or jump.
- OWS 6.7** With the exception of Rule OWS 6.6 above swimmers shall not receive support from any fixed or floating object and shall not intentionally touch or be touched by their escort safety craft or crew therein.
- OWS 6.7.1** Rendering assistance by an official medical officer to a swimmer in apparent distress should always supersede official rules of disqualification through "intentional contact" with a swimmer (Rule OWS 3.1).
- OWS 6.8** For races where escort boats are used, each escort safety craft shall contain: a Race Judge, a person of the swimmer's choice, and the minimum crew required to operate the escort safety craft.
- OWS 6.8.1** Each escort safety craft shall display the swimmer's competition number so as to be easily seen from either side of the escort safety craft and the national flag of the swimmer's Federation.
- OWS 6.9** Each safety craft shall contain appropriately qualified safety personnel and the minimum crew required to operate the safety craft.
- OWS 6.10** No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Approved swimsuit, goggles, a maximum of two (2) caps, nose clip and earplugs may be used.
- OWS 6.11** Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Chief Referee, excessive.
- OWS 6.12** The pacing of a swimmer by another person entering the water is not permitted.
- OWS 6.13** Coaching and the giving of instructions by the approved swimmer's representative on the feeding platform or in the escort safety craft is permitted. No whistle shall be allowed.
- OWS 6.14** When taking sustenance swimmers may use Rule OWS 6.6 provided Rule OWS 6.7 is not infringed.
- OWS 6.15** No objects can be thrown from the feeding platform to the swimmer, including sustenance. The swimmers shall receive their feeding directly from their representative by a feeding pole or by hand.
- OWS 6.16** Feeding poles are not to exceed 5m in length when extended. No objects, rope or wire may hang off the feeding poles except national flags. National flags are allowed to be attached to the feeding pole but may not exceed the size of 30cm x 20cm.
- OWS 6.17** In all events, time limits shall apply as follows from the finish time of the first

swimmers: 15 minutes per 5km (or part thereof) up to a maximum time limit of 120 minutes.

OWS 6.17.1 Competitors who do not finish the course within the time limit shall be removed from the water except that the Chief Referee may allow a competitor outside the time limit to complete the course but not be eligible for any points or prizes.

COWS 6.17.1 At all Canadian National and Non-FINA International events a cut off time will be specified on the entry form or information sheet. This time limit will be based on the time at which the leading swimmer passed a particular point or finished the course.

COWS 6.17.2 After expiry of the designated time limit the Referee may order any or all swimmers not in compliance from the water.

COWS 6.17.3 The Chief Referee may delegate the responsibility for ordering swimmers "out of time" from the water to the Assistant Referee or to the Race Judges, in which case a specific time must be appointed after the first swimmer has set the qualifying time.

COWS 6.17.4 If the Chief Referee orders swimmers not in compliance with a cut off time from the water, designated escort safety craft shall collect the swimmers, starting at the rear of the course.

COWS 6.17.5 If, for any reason, a competition is abandoned after 50% of the allotted course has been completed by the leading swimmers, positions shall be awarded either by position, at the time of swimmers being taken from the water, or by their position at a manned turning point passed prior to the abandonment.

OWS 6.18 EMERGENCY ABANDONMENT:

OWS 6.18.1 In cases of emergency abandonment of races of 10km or less, the race will be restarted from the beginning at the earliest possible moment.

OWS 6.18.2 In cases of emergency abandonment for any race longer than 10km, where the race has been underway for at least three (3) hours, the final ranking will be as reported by the Chief Referee. If 3 hours of the race has not been completed, it will be restarted from the beginning at the earliest moment possible.

OWS 7 THE FINISH OF THE RACE

OWS 7.1 The area leading to the finish apparatus should be clearly marked by rows of buoys which narrow as they get closer to the finish wall. Escort safety craft should be stationed at the approach to and entrance of the finish lane to ensure that only the escort safety craft authorized to do so enter or cross this entrance.

OWS 7.2 The finish apparatus should, where possible, be a vertical wall at least 5 metres wide fixed if necessary to floatation devices, securely fastened in place so as not to be moved by wind, tide or the force of a swimmer striking the wall. The finish should be filmed and recorded by video system with slow motion and recall facilities including timing equipment. The finish should be filmed and recorded from each side and above by a video system with slow motion and recall facilities including timing

equipment.

OWS 7.2.1 When automatic Officiating Equipment is used for timing of competitions in accordance with rule SW 11, microchip transponder technology capable of providing split times is mandatory and should be added to the Equipment. Use of microchip transponder technology is mandatory for competitions at the World Championships and Olympic Games. Microchip transponder timing technology will be recorded officially in tenths of seconds. The final places will be determined by the Chief Referee based upon the Finish Judges' report and the finish video tape.

OWS 7.2.2 It is mandatory for all competitors to wear a microchip transponder on each wrist throughout the race. If a competitor loses a transponder, the Race Judge or other authorized Official, will immediately inform the Chief Referee who will instruct the responsible official on the water to issue a replacement transponder. Any swimmer who finishes the race without at least one transponder will be disqualified.

OWS 7.2.3 When at the finish of an Open Water Swimming competition, a vertical wall is available, swimmers must touch the vertical wall to finish the race. Any swimmer who does not touch the vertical wall will be disqualified.

- OWS 7.3** The Finish Judges and Timekeepers shall be placed so as to be able to observe the finish at all times. The area in which they are stationed should be for their exclusive use.
- OWS 7.4** Every effort should be made to ensure that the swimmers' representative can get from the escort safety craft to meet the swimmer as they leave the water.
- OWS 7.5** Upon leaving the water some swimmers may require assistance. Swimmers should only be touched or handled if they clearly display a need, or ask for assistance.
- OWS 7.6** A member of the medical team should inspect the swimmers as they leave the water. A chair, in which the swimmer can sit while an assessment is made, should be provided.
- OWS 7.7** Once cleared by the medical member, swimmers should be given access to refreshment.

COWS 8 RESULTS AND PRESENTATION CEREMONIES

- COWS 8.1** Where practical a presentation ceremony should take place at the finish site after expiry of any time limits.
- COWS 8.2** At all Provincial, National or International Events the flag of Swimming Canada shall be flown.
- COWS 8.3** When the last swimmer has left the water or on expiry of the time limit, the Chief Finish Judge shall ensure that his master copy of the placing and times for all swimmers has been accurately recorded and prepared for printing by the Recorder.