
TABLE OF CONTENTS

SW 1 MANAGEMENT OF COMPETITION.....	2
SW 2 OFFICIALS.....	3
SW 3 SEEDING OF TIMED FINALS.....	9
SW 4 THE START.....	10
SW 5 FREESTYLE.....	11
SW 6 BACKSTROKE.....	11
SW 7 BREASTSTROKE.....	12
SW 8 BUTTERFLY.....	12
SW 9 MEDLEY SWIMMING.....	13
SW 10 THE RACE.....	14
SW 11 TIMING.....	16
SW 12A RECORDS.....	16
SW 13M AUTOMATIC OFFICIATING PROCEDURE.....	19
SW 14 OFFICIALS ERROR.....	19
SW 15M MEDICAL DISABILITY.....	20

NOTES:

“*Not applicable to Masters*”: indicates a FINA/SAL rule number that does not apply to Masters.
“A”, “B”, or “C” after an SW Rule number indicates that a FINA Rule has been modified by Swimming Australia or Swimming Australia has added a rule to the FINA Rules.
“M” after a Rule number indicates that it is unique to/or a modification for Masters Swimming.

Swimmers with a disability may be exempt from some of these rules (see Rule SW 15M).

SW 1 MANAGEMENT OF COMPETITIONS

DEFINITIONS

Meet: *A swimming competition that may be comprised of individual and/or relay events.*

Event: *A subset of a meet in which all swimmers are doing the same distance and style, e.g, 50m Freestyle. Where there are more competitors than there are lanes, the event is divided into separate races called Heats.*

SW 1.1 *Not applicable to Masters*

SW 1.1AM A Meet Director shall be appointed by the controlling body and be responsible for the supervision of all organisational aspects of: preparations for the meet; its conduct; and follow-up. The Meet Director shall ensure that those decisions of the controlling body that do not come within the jurisdiction of the Meet Referee are implemented, ie, the Meet Director is responsible for ensuring that the conditions of the sanction to conduct the meet have been met.

SW 1.1.1M The Meet Director shall uphold the provisions of the National Safety Policy.

SW1.1.2M The Meet Director may delegate some or all of these duties, but is ultimately responsible for their satisfactory performance.

SW 1.2A *Not applicable to Masters*

SW 1.2BM It is recommended that Branch Sanctioned Meets comply with the minimum number of officials listed below:

Meet Director	1
Referee	1
Judges of Stroke	2
Inspector of Turns	2 - but 4 preferred for breaststroke
Starter	1
Recorders	2
Marshal	1 - 2 suggested
Clerk of Course	1 or more
Check Starter	1 - 2 suggested
Chief Timekeeper	1 - an assistant is suggested
Timekeepers	2 per lane
AOE/SAT Operator	1 - if AOE is used
Runner	1
Announcer	1

SW 1.2CM Where Automatic and Semi-Automatic Officiating Equipment is not available such equipment must be replaced by a Chief Timekeeper, and two (2) Timekeepers per lane, each with a digital watch.

SW 1.3 *Not applicable to Masters*

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 2.1M REFEREE

There shall be two roles for the position of Referee. The one person may act in both roles. The Meet Referee has overriding control of the conduct of the competition during the meet. The Event Referee has control of the event in progress.

SW 2.1.1M The Meet 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 competition. The Meet Referee shall enforce all rules and decisions of the Association and shall decide all questions relating to the actual conduct of the competition, the final settlement of which is not otherwise covered by the rules.

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

SW 2.1.3 *Not applicable to Masters*

SW 2.1.4M The Meet Referee shall ensure that all necessary officials are at 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 2.1.5M At the commencement of each event, the Event Referee shall signal to the swimmers, by a long whistle indicating that they should take their starting positions or for backstroke swimming and medley relays to immediately enter the water. A second long whistle shall bring the backstroke and medley relay swimmers immediately to the starting position. When the swimmers and officials are prepared for the start, the Event 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 2.1.6M A disqualification for starting before the starting signal must be observed and confirmed by both the Starter and the Event Referee.

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

SW 2.1.8AM The Event Referee shall have the authority to commence a race prior to the swimmers in the previous race leaving the water.

Clarification: The Event Referee may, in the interests of saving time, instruct swimmers to remain in the water until after the start of the next heat.

SW 2.1.9M At the completion of the event the Event Referee will give two short blasts on his whistle to signal the swimmers to leave the water. This signal may need to be repeated.

SW 2.1.10M With the assistance of other approved Officials, the Event Referee shall notify the swimmer of his disqualification, and the reason for his disqualification, before he leaves the water. However, failure to notify before leaving the water does not make the disqualification invalid. The Event Referee must ensure that the swim time has been marked ineligible.

SW 2.1.11M All Referees shall have a list of all medical disabilities (refer to SW 15M) notifications prior to the commencement of the meet.

SW 2.2 CONTROL ROOM SUPERVISOR (where applicable)

SW 2.2.1 The supervisor shall supervise the automatic timing operation including the review of backup timing cameras.

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 used for backup timing to confirm early takeoff.

SW 2.2.5M The supervisor shall, 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 CLERKS OF COURSE

SW 2.4.1M The Clerks of Course shall collect swimmers from the Marshalling area prior to their heat of the event (see Marshal SW 2.20).

SW 2.4.2M The Clerks of Course shall report to the Referee if a swimmer is not present when called.

SW 2.5 CHIEF INSPECTOR OF TURNS

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

SW 2.5.2 The Chief Inspector of Turns shall receive the reports from the Inspectors of Turns if any infringement occurs and shall present them to the Referee immediately.

SW 2.5.3M The Chief Inspector of Turns must be an accredited referee.

SW 2.6 INSPECTORS OF TURNS

SW 2.6.1M At least one Inspector of Turns (more preferred) shall be assigned to each end of the pool.

SW 2.6.2M Each Inspector of Turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last armstroke before touching and ending with the completion of the first surface armstroke after turning. The Inspector of Turns at the starting end of the pool shall ensure that the swimmers comply with the relevant rules from the start and ending with completion of the first surface armstroke. The inspectors of turns at the finish end of the pool shall also ensure that swimmers finish their race according to the current rules.

SW 2.6.3M In individual events of 400 (except Individual Medley), 800, or 1500 metres, an Inspector of Turns at the start or turning end of the pool shall record the number of laps completed by the swimmer in his lane

and keep the swimmer informed of the remaining number of laps to be completed by displaying lap cards where available. Electronic equipment may be used, including under water display. This duty may be delegated to a designated Lane Timekeeper.

SW 2.6.4M In individual events of 400m or longer (except 400m Individual Medley), a warning signal of either a whistle or bell must be given by the Inspectors of Turns at the starting end, or alternatively, by a designated Lane Timekeeper when the swimmer in his lane has two laps plus five (5) metres to swim to finish. The signal may be repeated after the turn until the swimmer has reached the five (5) metre mark on the lane rope.

SW 2.6.5M Each Inspector 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 2.6.6M Inspectors of Turns shall report any violation on signed cards (or sheets) detailing the event, heat, and lane number and the infringement to the Referee (to the Chief Inspector of Turns when there is one).

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 2.7.3M Judges of Stroke shall report any violation to the Referee on signed cards (or sheets) detailing the event, heat, and lane number and the infringement.

SW 2.8 CHIEF TIMEKEEPER

SW 2.8.1M The Chief Timekeeper shall assign the seating positions for all timekeepers and the lanes for which they are responsible. There shall be two (2) or 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.

SW2.8.2 *Not applicable to Masters*

SW 2.8.3M The Chief Timekeeper shall, if necessary, inspect the watches of Lane Timekeepers.

SW 2.8.4 *Not applicable to Masters*

SW 2.8.5M The Chief Timekeeper shall signal the Referee when all Timekeepers are ready.

SW 2.9 TIMEKEEPERS

SW 2.9.1M Each timekeeper shall take the time of the swimmers in the lane assigned to him in accordance with SW 11.3M.

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. (Refer to SW 12.6.9M).

SW 2.9.3M Promptly after the race, the timekeepers in each lane shall present their watch to the designated Lane Timekeeper who shall record the times on the swimmer's card (or sheet). If requested they shall present their watches to the Chief Timekeeper for inspection.

SW 2.9.4 Unless a video backup system is used, it may be necessary to use the full complement of timekeepers even when Automatic Officiating Equipment is used.

SW 2.9.5M In each lane a timekeeper shall be responsible for ascertaining that the swimmer who finishes the race in that lane is the one whose name appears on the lane time card, timekeeper's record sheet or timekeeper's copy of the program.

SW 2.9.6M On finding a watch has failed, a timekeeper shall immediately notify the Chief Timekeeper. He must not start another watch to try to contrive an elapsed time.

SW 2.10 CHIEF FINISH JUDGE *Not applicable to Masters*

SW 2.11 FINISH JUDGES *Not applicable to Masters*

SW 2.12M RECORDER

SW 2.12.1M The Chief Recorder is responsible for checking results from computer printouts or from results of times and placing in each event received from the AOE, and/or manual times.

SW 2.12.2M The recorders shall enter results on official forms including disqualifications, list all new records established, and maintain scores where appropriate. In the case of records being set or broken, shall ensure that all details have been recorded correctly.

SW 2.12.3M The Recorder shall be in possession of the current Medical Disability (MD) list, and ensure that all relevant officials are notified when an MD has been requested. Note that MDs cannot set or break records (see SW 15M).

SW 2.12.4M The Recorder shall keep a record of points scored by both individuals and teams.

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.

SW 2.14A CHECK STARTERS

SW 2.14.1M The Check Starters shall receive the swimmers from the Clerks of Course.

SW 2.14.2M The Check Starters shall ensure that swimmers are seated or standing behind the lane in which they are to swim prior to the completion of the previous heat.

SW 2.15A PRESENTATION OFFICERS *Not applicable to Masters*

SW 2.16A ANNOUNCER

SW 2.16.1 The Announcer shall keep swimmers, officials and spectators informed in such a manner as to maintain a high level of interest in all aspects of the meet. All announcements shall be made at the direction of the Referee and Meet Director or their authorised representative.

SW 2.17A PRESS STEWARD

SW 2.17.1 The Press Steward shall obtain the results of each finish from the Recorders and keep the media informed on all details of results during competition and the current performances of the swimmers.

SW 2.18A A.O.E. OPERATORS

SW 2.18.1 The A.O.E. Operators shall operate the automatic timing and judging equipment at the direction of the Referee, provide the times and placings recorded by the equipment and inform the Control Room Supervisor of any recording malfunction.

SW 2.19M RUNNER

SW 2.19.1M The Runner shall collect all recorded times from the Lane Timekeepers after each heat if individual cards are used or after each event where sheets are used, and take them to the Recorder.

SW 2.19.2M If required, the Runner shall distribute time recording slips to Lane Timekeepers (for example 50 metre events in 50 metre pools).

SW 2.20M MARSHAL

SW 2.20.1M The Marshal shall assemble swimmers prior to each event, and allocate swimmers to heats and lanes if required.

SW 2.20.2M The Marshal shall have a list of all medical disabilities (see SW 15M) notifications prior to the commencement of the meet for deck seeding only. The Marshal will give written notification to the Referee of the heats and lanes of these swimmers prior to the start of their heats.

SW 3 SEEDING OF TIMED FINALS

3A, 3.1 to 3.3 *Not applicable to Masters*

SW 3.4M For deck-seeded events:

SW 3.4.1M Individual swimmers shall be seeded from slowest to fastest in each event, regardless of gender or age.

SW 3.4.2M Relay teams shall be seeded as per GR 8.3.4.

SW 3.5M When 50m events are contested in 50m pools, the races may be swum at the discretion of Meet Director, either from the start end to the turning end or from the turning end to the starting end, depending upon such factors as the depth of the pool, the availability and height of starting platforms, existence of adequate automatic equipment, Starter's position. 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.

SW 3.6M With due notification (see GR 6.12), the Meet Director may arrange 400, 800 and 1500m freestyle to be swum two (2) swimmers in a lane.

SW 3.6.1M When two swimmers are required to swim in the one lane (see GR 6.12) the men's and the women's events must be conducted as two separate events (e.g. Event 11 400m Men's Freestyle and Event 12 400m Women's Freestyle).

SW 3.6.2M Meet Directors may advertise that backstroke, breaststroke, and butterfly are not permitted in freestyle events where it is required to swim two to a lane. Where swimmers are permitted to swim a form stroke they must have a lane to themselves.

SW 3.6.3M When two swimmers are required to swim in the one lane, each roped lane shall be considered as being two lanes. The start must be staggered for the two heats of swimmers who will swim together. The swimmers shall remain on their nominated side of the lane. A swimmer must not interfere with or foul the other swimmer in their roped lane. Each swimmer must finish on their nominated side of the roped lane.

Clarification: The Clerk of Course shall advise swimmers not to cross the black centre line.

SW 4 THE START

SW 4.1M In Freestyle, Breaststroke, Butterfly and Individual Medley races, on the long whistle (SW 2.1.5M) from the Referee the swimmers may either step onto the starting platform or to the edge of the pool deck, and remain there with at least one foot at the front of their starting platform or the edge of the pool deck; or alternatively, they may enter the water and remain with one hand in contact with the pool end or the backstroke starting grips. 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.

Clarification: Where possible a visual signal should be used (eg an electronic flash) in addition to the auditory signal at the start.

Clarification: Sitting on the block or pool edge is discouraged as it is an unsafe practice. Swimmers who cannot stand unaided should use support staff or start in the water.

SW 4.2 The start in Backstroke and Medley Relay races shall be from in the water. At the Referee's first long whistle (SW 2.1.5M), 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 4.4M 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 who started before the starting signal 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 stood up and be started again.

Clarification: If a swimmer starts before the starting signal has been given, and the Starter incorrectly signals a technical false start, that swimmer shall be disqualified, however other swimmers will be recalled and allowed to start again.

Clarification: Starting before the starting signal must be an actual forward starting motion. This is to allow for the unsteadiness of some swimmers.

SW 4.5M The signal for a technical false start shall be the same as the starting signal but repeated together with dropping of the false start rope. Alternatively, if the Referee decides that the start is a technical false start, he shall blow his whistle, which shall be followed by the Starter's signal (repeated) and

dropping of the false start rope.

SW 4.6M Where a swimmer makes little or no attempt to take up and/or hold a starting position following the Referee's long whistle or the Starter's command, the Starter and the Referee shall consider this to be a disqualifiable infraction.

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 6.1M Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips or the end of the pool. Standing in or on the gutter or bending the toes over the lip of the gutter 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 6.4M. 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 6.4M 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.

Clarification: The swimmer who turns past the vertical and, in a continuous motion, touches the wall with any part of the body is deemed to have executed a legal turn. The swimmer may rest at the wall before pushing off on the back to resume swimming.

Clarification: Kicking of the legs while on the breast is allowed provided it is

part of the turning action.

- SW 6.5M Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

Clarification: If a swimmer applies to have one or more intermediate distances especially timed (see SW 12.6.9M) he must complete that distance in accordance with this rule.

SW 7 BREASTSTROKE

- SW 7.1M 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.

Clarification: The feet may break the surface when executing the single butterfly kick at the start and turns.

Clarification: A single breaststroke kick is allowed while submerged before starting the second arm 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 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 7.4M During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

Clarification: The second sentence refers to the starts and turns.

- 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 7.1M 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 each turn, the body shall be kept on the breast. Underwater kicking on the side is allowed. 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 8.2M 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.

Clarification: Both arms must be brought forward over the general surface of the water with the elbows being visible on the top of the water and the arms being brought back simultaneously.

SW 8.3M All up and down movements of the legs must be simultaneous. The legs or feet need not be at the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is permitted for butterfly. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

Clarification: Either a butterfly or breaststroke leg action may be used with the butterfly arm action. A mixture of these leg actions may be used during the performance of butterfly.

SW 8.3.1M For Butterfly events up to and including 200m, only one breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull.

SW 8.3.2M For Butterfly events longer than 200m, up to two breaststroke kicks are permitted per arm pull, except that two breaststroke kicks are permitted prior to the turn and the finish without an arm pull.

Note 1: This two kick rule does not apply to Individual Medley events.

Note 2: FINA rules allow only one breaststroke kick per butterfly arm stroke in all events i.e. 8.3.1M applies over all distances at meets run under FINA rules.

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 9.1M In individual medley events, the swimmer covers the four swimming styles in

the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

Clarification: A swimmer who commences any leg with the wrong stroke cannot negate the error by stopping and returning to the pool end to recommence using the correct stroke.

SW 9.2M In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

Clarification: A swimmer who commences any leg with the wrong stroke cannot negate the error by stopping and returning to the pool end to recommence using the correct stroke.

SW 9.3M Each section must be finished in accordance with the rule which applies to the style concerned.

Clarification: This rule applies to both Individual and Relay events.

SW 10 THE RACE

SW 10.1 *Not applicable to Masters*

SW 10.2M A swimmer swimming over the course alone shall cover the whole distance to qualify for points, records and awards.

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 10.5M Standing on the bottom during a race shall not disqualify a swimmer but he shall not walk or push off to resume the swim.

Clarification: If a swimmer has to stop during a race (to adjust their goggles or swimming costume or has swallowed water) he may resume without penalty.

SW 10.6M Pulling on the lane rope is not allowed.

Clarification: Holding on to the lane rope during a race shall not disqualify a swimmer but he shall not propel himself forward by pulling on the lane rope.

SW 10.7M 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 body promoting the meet, and to the club of the swimmer so offending.

SW 10.8M 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 the Meet Referee.

Note: see Rule SW 10.16 re pacing devices.

Note: refer to the MSA web site for detailed information on swimwear rules.

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 10.9.1M Swimmers in individual events shall remain in the water in their lane until all swimmers in the race have finished, unless instructed to leave the water by the Referee.

SW 10.9.2M The Referee shall be empowered to allow a swimmer to remain in the water while the next heat starts to enable him to recover before leaving the water.

SW 10.10M 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.

SW 10.11M In relay events, the team of a swimmer whose feet lose touch with the starting platform or edge of the pool deck, or, if starting in the water, with the pool end wall before the preceding team-mate touches the wall shall be disqualified.

SW 10.11AM The swimmer who is next to swim in a relay team must be standing on the starting platform, or the edge of the pool deck, or in the water with one hand in contact with the pool end or the backstroke starting grips, immediately prior to his/her start. Running starts shall not be permitted.

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 10.13M The members of a relay team, their registration numbers and their order of competing must be nominated before the race. Any relay team member may compete in a race only once (refer to GR 8.3.5). Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.

SW 10.14M Any relay swimmer having finished his leg, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his leg. Otherwise the relay team at fault may be disqualified.

SW 10.15M 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 or a later heat or, the Referee may order the heat to be re swum.

SW10.16 No pacemaking shall be permitted, nor may any device be used or plan adopted which has that effect.

SW10.17M In freestyle events, except as in SW 3.6.2M, a swimmer may nominate a form stroke or medley for sealed handicap, Top Ten, Award Swims or record attempt purposes when the nominated form stroke/distance event is not available elsewhere in the program. The swimmer shall comply with all the rules relating to the nominated stroke or strokes. The swimmer must notify the Meet Referee of their intention to swim other than freestyle in the event by the close of entries for the Meet.

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 placings and the time applicable to each lane. The placings 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 timekeepers shall be official. (See SW 13.3M).

SW 11.2 When Automatic Equipment is used, the results shall be recorded only to 1/100 of second. When timing to 1/1000 of a second is available, the third digit shall not be recorded or used to determine time or placement. 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 only to 1/100 of a second.

SW 11.3M Any timing device that is stopped by an official shall be considered a watch. Such manual times must be taken by two or three timekeepers. Manual timing shall be registered to 1/100 of a second. Semi-automatic timing (SAT) shall take preference over digital stopwatches. Official manual times shall be determined as follows:

SW 11.3.1M If two of three watches record the same time, the two identical times shall be the official time.

SW 11.3.2M If three watches disagree, the watch recording the intermediate time shall be the official time.

SW 11.3.3M With only two (2) watches working the slower 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 11.6M Where possible all 25 metre, 50 metre and 100 metre splits shall be recorded for lead-off swimmers during relays and published in the official results.

SW 12A RECORDS

SW 12.1 to 12.4 - *Not applicable to Masters*

SW 12.5M MASTERS WORLD RECORDS

SW 12.5.1M World record lists for each age group and gender shall be made available.

SW 12.5.2M World records require AOE times or three (3) manual times recorded to 1/100th of a second.

SW 12.5.3M Application for records on the appropriate form shall be forwarded to the National Recorder within 30 days of the end of the meet.

SW 12.5.4M 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.

SW12.5.5M Applications for Masters World Records must conform to the provisions of FINA Masters Rule MSW 5 Records

SW 12.6M MASTERS NATIONAL RECORDS

SW 12.6.1M National records shall be kept of the fastest times recorded in each age group and gender for the following recognised events:

SW 12.6.2M Individual events swum in a Long Course pool (50m or 55 yard):

Freestyle 50, 100, 200, 400, 800 & 1500m
Backstroke 50, 100, 200, 400, 800 & 1500m
Breaststroke 50, 100, 200, 400, 800 & 1500m
Butterfly 50, 100, 200, 400 & 800m
Individual Medley 200, 400 & 800m.

SW 12.6.3M Individual events swum in a Short Course pool (25m):

Freestyle 25, 50, 100, 200, 400, 800 & 1500m
Backstroke 25, 50, 100, 200, 400, 800 & 1500m
Breaststroke 25, 50, 100, 200, 400, 800 & 1500m
Butterfly 25, 50, 100, 200, 400 & 800m
Individual Medley 100, 200, 400 & 800m.

SW 12.6.4M Teams events swum in a Long Course pool (50m or 55 yard):

Freestyle Relay: 4 x 50m, 4 x 100m, 4 x 200m Women, Men and Mixed;
Medley Relay: 4 x 50m, 4 x 100m Women, Men and Mixed.

SW 12.6.5M Teams events swum in a Short Course pool (25m):

Freestyle Relay: 4 x 25m, 4 x 50m, 4 x 100m, 4 x 200m Women, Men and Mixed;
Medley Relay: 4 x 25m, 4 x 50m, 4 x 100m Women, Men and Mixed.

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- SW 12.6.6M Records may only be set or broken by members and only in events conducted as scratch start races.
- SW 12.6.7M To be eligible to break a National Relay Record all members of a team must be registered members of the one club that they have nominated as the club they will represent.
- SW 12.6.8M In relay events, the first swimmer may request the Referee to have their performance specially timed for possible recognition as a record. The performance shall stand regardless of any subsequent disqualification of the relay team or team member for violations occurring after their distance has been completed.
- SW 12.6.9M A swimmer in an individual event longer than 100 metres may apply to have their intermediate distances timed for record attempts. A swimmer must complete the scheduled distance of an event to be eligible for a record at the intermediate distance. (See SW 2.9.2).
- SW 12.6.10M A swimmer who has nominated an MD in an event cannot set a record in that event. (See SW 15M).
- SW 12.6.11M Deleted October 2010.
- SW 12.6.12M National Records may be broken or set at:
- SW 12.6.12.1M any swim meet involving two or more clubs that has been sanctioned by the Association or any of its affiliated branches;
 - SW 12.6.12.2 any official Swimming Australia meet, including those conducted or sanctioned by affiliated State Associations;
 - SW 12.6.12.3M FINA World Masters meets;
 - SW 12.6.12.4M any Masters meet which has been sanctioned by FINA or any of its affiliated members, subject to approval by the National Recorder;
 - SW 12.6.12.5M swim meets that have been sanctioned by FINA or any of its affiliated members, subject to approval by the National Recorder.
- SW 12.6.13M Times must be recorded as per SW 11.
- SW 12.6.14M All rules must be complied with and verified by the Referee.
- SW 12.6.15M For a record to be recognised:
- SW 12.6.15.1M the length of each lane of the course must have been certified by a surveyor or other qualified official;

SW 12.6.15.2M a printout of the records from the official meet recording system must be signed by the Meet Referee and submitted to the Branch Recorder by the Meet Recorder within 7 days of the meet;

SW 12.6.15.3M the Meet Director must check that all results have been given to the Branch Recorder.

SW 12.6.16M The Branch Recorder shall verify all records that are broken or established and notify the National Recorder within 30 days of the meet in the stipulated format.

SW 12.6.17M The National Office will issue Certificates for all new records established.

SW 12.7 *Not applicable to Masters*

SW 13M AUTOMATIC OFFICIATING PROCEDURE

SW 13.1M When Automatic Officiating Equipment (See FINA FR 4) is used in any competition, the placings and times so determined and relay take-offs judged by such Equipment shall have precedence over the decisions of human Inspectors of Turns and timers.

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

SW 13.2.1M Record Automatic Equipment times;

SW 13.2.2M Record human times;

SW 13.2.3 *Not applicable to Masters*

SW 13.3M 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;

SW 13.3.2M The official time for all swimmers not having an Automatic Equipment time will be the Semi-Automatic Equipment time or failing this, the digital watch time determined by SW 11.3M.

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.

SW 14 OFFICIALS ERROR - *Not applicable to Masters*

SW 15M MEDICAL DISABILITY

SW 15.1M In judging the start, stroke, kick, turn or finish of a swimmer with a manifest physical disability, the event referee should follow the general principle that, if a part of the body is absent or cannot be used, it is not judged; if it is used during the stroke, kick, turn or finish, it should be in accordance with the relevant MSA Rules.

Note: Manifest means that the disability is obvious to the eye, eg. having only one leg is obvious or manifest.

Clarification: Based on the above, judgements should be made on the actual rule, not the swimmer's technique. For example, the breaststroke swimmer with one arm or leg shorter than the other may have a non-symmetrical stroke or kick, but, as long as the arm or leg action were simultaneous, it would meet that portion of the rule that states that the kick must be simultaneous.

SW 15.1.1M Such swimmers may participate in all the activities and competitions of Masters Swimming Australia.

Note: These swimmers might not be eligible to compete in some international competitions.

SW 15.2M A swimmer with a non-manifest disability shall provide a medical certificate stating the swimming actions(s) that may/will be affected. The certificate must be signed by an eligible healthcare practitioner, i.e. a medical doctor, physiotherapist, chiropractor or osteopath.

Note: Non-manifest means that the disability is not obvious to the eye, e.g. having only one leg is obvious or manifest.

SW 15.3M For a non-manifest medical disability to be considered for a meet, the Medical Disability Certificate must be registered with the National Office before the close of entries for that meet.

SW 15.4M For a non-manifest medical disability that has occurred after the close of entries, the medical disability or the Medical Disability Certificate may be accepted at the discretion of the Referee.

SW 15.5M When a swimmer with a Medical Disability Certificate is allocated a heat and lane number, the Referee's heat program should be marked accordingly, or the Referee notified.

SW 15.6M A non-manifest medical disability will not be considered for swimmers competing in the National Championships.

MASTERS SWIMMING AUSTRALIA INC
Swimming Rules
February 2015



SW 15.7M The time for a swimmer with a Medical Disability Certificate will be eligible for placing, points and the medal in that event and for inclusion in National Top Ten, but cannot be accepted for records (refer SW 12.6.14M) or World Top 10.

SW 15.8M The Referee, at his discretion, may take non-manifest medical disabilities into account, when determining if a swimmer should be disqualified.