



SWIMMING OFFICIALS GROUP

FINA SWIMMING RULES

(As amended following the FINA Technical Congress July 2013)

Where no reference is made to a rule the existing rule within the FINA Handbook 2009-2013, together with any subsequent reference to those rules by Home Countries is still valid

New wording is shown in bold lettering and deletions by a strikethrough, where parts of rules have been amended the old wording is shown in order to aid clarity of the new rule.

These rule changes will be implemented by British Swimming from 1st October 2013

SW 1 MANAGEMENT OF COMPETITIONS

SW 1.2 At the Olympic Games and World Championships the FINA Bureau shall appoint the following minimum numbers of officials for the control of the competitions:

- referee ~~(1)~~ **(2)**
- control-room supervisor(1)
- judges of stroke (4)
- starters (2)
- chief inspectors of turns (2, 1 at each end of the pool)
- inspectors of turns (1 at each end of each lane)
- chief recorder (1)
- clerks of course (2)
- ~~false start rope personnel (1)~~
- **announcer (1)**

SW1.2.3 A chief finish judge and finish judges ~~are required~~ **may be used** when Automatic Equipment and/or three (3) digital watches per lane are not used.

SW 2 OFFICIALS

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.

SW 2.8.2 (new) **When only one (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.**

The following rules on seeding relate to Olympic Games, World Championships, Regional Games and other FINA competitions where all events are heats and finals. They do not impose requirements on Heat Declared Winner (HDW) events.

In relation to SW3.1.1 the determining of the qualification period for entry into the above competitions will be by the FINA Bureau.

SW 3 SEEDING OF HEATS, SEMI-FINALS AND FINALS

SW 3.1.1 The best competitive times of all entrants for the ~~preceding twelve (12) months~~ **announced qualifying period** prior to the entry deadline of the competition shall be submitted on entry forms **or on-line, 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 3.1.1.3 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 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 heats 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 3.1.5 (new) For 400m, 800m and 1500m events, the last two heats of the event shall be seeded in accordance with SW 3.1.1.2.

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 a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place ~~not less than one hour~~ 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.

SW 6 BACKSTROKE

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 sub-merged during the turn, ~~at the finish~~ 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 an **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 7 BREASTSTROKE

(For ease of reading the complete section of rules relating to breaststroke has been re-produced)

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. A single butterfly kick is permitted during the first arm stroke followed by a breaststroke kick.

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 7.4 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.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. ~~A scissor, Flutter~~ **Alternating movements** or downward butterfly kicks **is 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

(For ease of reading the complete section of rules relating to butterfly has been re-produced)

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. Under water 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 8.2 Both arms shall be brought forward together **simultaneously** over the water and brought backward simultaneously **under the water** through-out 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.

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 10 THE RACE

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.

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.**

SW 12 WORLD RECORDS

From SW12.5 onwards the paragraphs have been re-numbered within SW12. Content changes are as follows:

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

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 4 x 100 and 4 x 200 metres

Medley Relay 4 x 100 metres

Mixed Relays 4 x 100 metres Freestyle and 4 x 100 metres Medley

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

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 **4 x 50**, 4 x 100 and 4 x 200 metres

Medley Relay **4 x 50 and** 4 x 100 metres

Mixed Relays 4 x 50 metres Freestyle and 4 x 50 metres Medley

SW 12.11 The first swimmer in a relay, **except in mixed relays**, may apply for a World 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 12.18 If the procedure of SW **12.13** has not been followed, the Member in the country of a swimmer can apply for a World Record in default thereof. After due investigation, the Honorary Secretary of FINA is authorised to accept such record if the claim is found to be correct.

As at 29th August 2013 the following agreed changes had not been published in their final format so may be subject to further alteration.

FINA GENERAL RULES

GR 5 SWIMWEAR

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

Miscellaneous Facilities Rules changes in summary:

FR 2.7 An adjustable backstroke starting platform may be used.
FR 2.10 Use of a False Start Rope is optional as in 'may be' suspended replaces 'shall'

MASTERS SWIMMING RULES (selected)

MSW 2 For all purposes pertaining to Masters ~~World Records and Masters World Championships~~ meet competition, the actual attained age of the competitor shall be determined as of December 31st of the year of competition.

MSW 5.4 (new) **The first swimmer in mixed relays may apply for a Masters World Record**

MSW 5.3 **World Records can only be established in a Masters meet:**
a. formally sanctioned by a FINA Member Federation; and
b. organised for on behalf of a club or an organisation, which is a member of this FINA Member Federation or recognised by FINA; and
c. conducted under the rules of FINA (and specially those relevant to Masters Swimming); and
d. in which only swimmers registered in a club member of a FINA Member Federation participated.