
TECHNICAL RULES

TECHNICAL RULES OF RACING

Changes to the Technical Rules of Racing normally come into effect from 1st September in each year, unless the Board decides on a different date.

- 501** All Racing competitions held under the jurisdiction of the ASA or its Regions, subject to the overriding condition that the published ASA Health and Safety guidelines take precedence over the provisions of any or all of them, shall be held under the:
- 501.1** relevant parts of the FINA Swimming Rules;
 - 501.2** ASA Judicial Laws and Rules (101 et seq.);
 - 501.3** ASA General Competition Laws (401 et seq.) and
 - 501.4** the following additional Rules.
- 502** A permanently disabled swimmer shall not be disqualified in a competition in a case where his disability prevents him from complying with the rules of a particular stroke, provided that the disability has been notified to the referee by the swimmer or his representative before the race takes place. Notification must be by a Certificate of Swimming Disability issued by the ASA Medical Advisory Committee or a Functional Ability Card (see Guidelines to Competition – Certificates of Disability).
- 503** The starter shall, after consultation with the competitors or their representatives, make adequate provision for any disabled swimmers to be able to perceive a starting signal.
- 504** In events confined to Masters swimmers:
- 504.1** when using the forward start the referee's whistle shall indicate that the swimmers may take their positions with at least one foot at the front of the starting platform or pool deck or in the water holding the rail or side of the pool or other starting place with one or both hands;
 - 504.2** in a backstroke race, prior to the starting signal, swimmers shall line up in the water facing the starting end, holding the rail or side of the pool or other starting place with one or both hands;
 - 504.3** a breaststroke kicking movement is permitted for butterfly.
- 505 English Records**
- 505.1** The following distances and strokes shall be recognised for English open and junior records:
- 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 Relay Team: 4x100 and 4x200 metres;
 - Medley Relay Team: 4x100 metres.
- All open records shall be recognised for men and women, for long and short course events. The open classification shall have no age limits.
- All junior records shall be recognised for males and females, in short course events only. In the junior classification, a swimmer shall be under the age of 16 years at midnight on the day of the swim.
- 505.2** The following distances and strokes shall be recognised for English Age Group records:
- Freestyle: 50, 100, 200, 400, 800 and 1500 metres;
 - Backstroke: 100 and 200 metres;

Breaststroke: 100 and 200 metres;
Butterfly: 100 and 200 metres;
Individual Medley: 200 and 400 metres.

Age Group records shall be recognised for males and females, in long course events only, in the following age groups:

13 years and under;

14 years;

15 years;

16 years;

17 years;

18 years.

For each group the age specified shall be the age of the swimmer at midnight on the day of the record.

The following conditions shall apply to all records except where the text indicates otherwise:

505.3 The Swimmers

505.3.1 For individual records, the swimmers must be English in accordance with ASA Law 314.

505.3.2 For team records, all team members must be English in accordance with ASA Law 314 and a team must represent Great Britain, the ASA, one of its Regions or a club affiliated thereto.

505.3.3 Swimmers shall be eligible competitors and registered in accordance with ASA Law 401.1.

505.4 The Pool

505.4.1 Short Course Records may be made only in pools of 25 metres or 27.5 yards in length. Long Course records may be made only in pools 50 metres or 55 yards in length.

505.4.2 The start and finish shall be at ends of the pool.

505.4.3 All records shall be made in still water. Any movement of water due to the normal operation of the filtration system may be disregarded.

505.4.4 The course shall be certified correct by an appropriate qualified person.

505.4.5 The height of the platform above the water surface shall not exceed 0.75 metres

505.5 The Event

505.5.1 An open or junior record may only be made in:

505.5.1.1 a scratch competition held in public under ASA Laws provided that the Referee, Starter, Judges and Timekeepers are registered with the ASA as officials in the capacity in which they are officiating; or

505.5.1.2 an unpaced individual race against time held in public provided that the date and venue have been fixed and advertised as such before the day of the event and the Referee, Starter, Judges and Timekeepers are registered with the ASA as officials in the capacity in which they are officiating; or

505.5.1.3 a scratch competition held under the auspices and in accordance with record conditions of the Scottish or Welsh ASA's, or of any country affiliated to FINA, provided that the relevant conditions of this ASA Technical Rule are complied with.

505.5.2 An Age Group record may only be made in an event in which the accepted time is eligible to be included in the British Rankings.

505.5.3 A swimmer in an individual event may apply for a record at an intermediate distance if he, his coach or his manager requests the

Referee that his performance be timed at that distance which must be from the start of the event. The swimmer must complete the scheduled distance of the event without disqualification.

- 505.5.4** The first swimmer in a relay event may apply for a record over the distance of his leg or an intermediate distance if he, his coach or his manager requests the Referee that his performance be timed at that distance. Such performance shall not be nullified by any disqualification of his team or team members occurring after his leg is completed.

505.6 Timing

- 505.6.1** The time shall be taken by automatic officiating equipment or, if this has malfunctioned, by semi-automatic officiating equipment or by three timekeepers using hand-held watches.
- 505.6.2** When human timekeepers are used, the Chief Timekeeper or Referee shall inspect the timers used and record the times. The accepted time shall be publicly announced.

EXTRACTS OF FINA RULES

The following extracts of Swimming, Masters and Facility Rules has been compiled following the 2005 FINA Technical Congress. A full set of FINA Rules may be found at www.fina.org

Immediately following these extracts are the 'ASA Guidelines to FINA Rules' and should be read in conjunction with the FINA Rules to assist in their application.

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 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)
- 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)

SW 1.2.2 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 1.2.3 Where Automatic Officiating Equipment is not available, such equipment must be replaced by chief timekeeper, 3 timekeepers per lane and 2 additional timekeepers.

SW 1.2.4 A chief finish judge and finish judges are required when Automatic Equipment and/or three (3) digital watches per lane 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.

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 The referee shall disqualify any swimmer for any violation of the rules that he personally observes. The 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 referee.

SW 2.2 Control-room Supervisor

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 2.2.5 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.

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 2.6 Inspectors of Turns

SW 2.6.1 One inspector of turns shall be assigned to each lane at each end of the pool.

SW 2.6.2 Each inspector of turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke 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 arm stroke. The inspectors of turns at the finish end shall also ensure that the swimmers finish their race according to the current rules.

SW 2.6.3 In individual events of 800 and 1500 metres, each inspector of turns at the 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". Semi-electronic equipment may be used, including under water display.

SW 2.6.4 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) metres mark on the lane rope. The warning signal may be by whistle or bell.

SW 2.6.5 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 2.6.6 Inspectors of turns shall report any violation on signed cards detailing the event, lane number, and the infringement delivered to the chief inspector of turns who shall immediately convey the report to the referee.

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 any violation to the referee on signed cards detailing the event, lane number, and the infringement.

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. 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 The chief timekeeper shall collect from the timekeepers in each lane a card showing the times recorded and, if necessary, inspect their watches.

SW 2.8.3 The chief timekeeper shall record or examine the official time on the card for each lane.

SW 2.9 Timekeeper

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.

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. They shall not clear their watches until they receive the "clear watches" signal from the chief timekeeper or the referee.

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 2.10 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 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.

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 preceding twelve months prior to the entry deadline of the competition, shall be submitted on entry forms 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, 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, 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 3.1.1.5 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 3.1.1.6 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 3.1.1.7 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 when facing the course from the starting end) by placing the fastest swimmer or team in the centre lane in pool with an odd number of lanes, or in lane 3 or 4 respectively in pools having 6 or 8 lanes. 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.

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 place or sixteenth place, 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 heat. Another swim-off shall take place if equal times are registered again. If requested a swim-off will take place to determine 1st and 3rd reserve if equal times are recorded.

SW 3.2.4 Where one or more swimmers scratch from a semi-final or final substitutes 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 3.3 In other competitions, the draw system may be used for assigning lane positions.

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.

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.

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.

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, 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 a continuous single arm pull or a 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 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. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

SW 7.2 All movements of the arms shall be simultaneous and in 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 shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

Interpretation: A dolphin kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull whilst wholly submerged followed by a breaststroke kick.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted except as in SW 7.4. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

SW 7.6 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 level. 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. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

SW 8.2 Both arms shall be brought forward together over the water and brought backward simultaneously 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 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 styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.

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

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

SW 10 THE RACE

SW 10.1 A swimmer swimming over the course alone shall cover the whole distance to qualify.

SW 10.2 A swimmer must finish the race in the same lane in which he started.

SW 10.3 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 10.4 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 10.5 Pulling on the lane rope is not allowed.

SW 10.6 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 10.7 No swimmer shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn.

SW 10.8 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 There shall be four swimmers on each relay team.

SW 10.10 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 10.11 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 10.12 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.

SW 10.13 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 10.14 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, he/she may order it to be re-swum.

SW 10.15 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. 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 11.3 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 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	4x100 and 4x200 metres
Medley Relay	4x100 metres

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	4x100 and 4x200 metres
Medley Relay	4x100 metres

SW 12.3 Members of relay teams must be of the same nationality.

SW 12.4 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 12.5.1 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 12.5.2 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 12.6 World Records will be accepted only when times are reported by Automatic Officiating Equipment, or Semi-Automatic Officiating Equipment in the case of Automatic Officiating Equipment system malfunction.

SW 12.7 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. In the event of a tie in a record-setting race, each swimmer who tied shall be considered a winner.

SW 12.8 The first swimmer in a relay 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 12.9 A swimmer in an individual event may apply for a World 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 12.10 Applications for World Records must be made on the FINA official forms (see next page) by the responsible authority of the organising or management committee of the competition and signed by an authorised representative of the Member in the country of the swimmer, certifying that all regulations have been observed including a negative doping test certification (DC 6.2). The application form shall be forwarded to the Honorary Secretary of FINA within 14 days after the performance.

SW 12.11 A claim of a World Record performance shall be provisionally reported by telegram, telex or facsimile to the Honorary Secretary of FINA within 7 days of the performance.

SW 12.12 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 12.13 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, see that such information is published, and see that certificates are provided to those persons whose applications have been accepted.

SW 12.14 All records made during the Olympic Games, World Championships and World Cups shall be automatically approved.

SW 12.15 If the procedure of SW 12.10 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.

SW 12.16 If the application for a World 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. This diploma is to be retained by the Member.

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.

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.

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 RULES — SWIMMING

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

MASTERS GENERAL RULES

The Masters program shall promote fitness, friendship, understanding and competition through Swimming, Diving, Synchronised Swimming, Water Polo and Open Water Swimming among those competitors with a minimum age limit of 25 years (Note: exception in MSS 5).

MGR 1 The Members shall register Masters competitors in a special category for each of the five recognised disciplines. A competitor who registers for Masters in any discipline will still retain his/her unrestricted right to compete in other competitions.

MGR 2 Except for specific exceptions in the FINA Rules and regulations all other FINA Rules and Regulations shall apply to Masters Competitions.

MGR 3 Individual entries shall only be accepted from persons representing clubs. No swimmer or team may be designated as representing a country or Federation.

MGR 4 Age shall be determined as of December 31 of the year of competition.

MGR 5 The organising federation of FINA World Masters Championships shall pay the travelling and accommodation expense of one member from the FINA Bureau.

MGR 6 Entry fees shall be decided upon by the country that is hosting the meet, but they shall be subject to approval by FINA.

MGR 7 For Masters World Championships, the Management Committee shall consist of the Bureau Liaison, the Chairman and Honorary Secretary of the Masters Committee and other members of the Bureau and Masters Committee present.

MGR 8 Masters Competitors must be aware of the need of being well prepared and

medically fit before entering into Masters competitions. They shall assume full responsibility for the risks included in competing in such competitions. In consideration of their entry, they must agree to waive and release FINA, the Organising National Federation and the Organising Committee from any kind of liability for accidents, which may cause death, injury or property loss. Entry Forms containing a warning of the risks, an Accident Waiver and Release of Liability must be signed by each Masters competitor.

MASTERS SWIMMING RULES

MSW 1 Age Groups

MSW 1.1 Individual Events: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 ... (five year age groups as high as is necessary).

MSW 1.2 Relays: To be conducted on the total age of team members in whole years. Age groups of relay events are as follows: 100 - 119, 120 - 159, 160 - 199, 200 - 239, 240 - 279, 280 - 319, 320 - 359, and ... (forty year increments as high as is necessary).

MSW 2 Age Determining Date

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 3 Technical Swimming Rules

The Swimming Rules in Part III of this Handbook shall apply to Masters with the following exceptions:

MSW 3.1 Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.

MSW 3.2 When using the forward start, the referee's whistle shall indicate that the swimmers may take their positions with at least one foot at the front of the starting platform or pool deck, or in the water with one hand having contact with the starting wall.

MSW 3.3 Any swimmer starting before the starting signal has been given by the Starter, shall be disqualified. (Supersedes SW 4.1).

MSW 3.4 All Masters events shall be conducted on a timed final basis.

MSW 3.5 Swimmers may be allowed to remain in their lane while other swimmers are competing until directed by the referee to exit the pool.

MSW 3.6 The order of swimmers by gender is optional in mixed relays.

MSW 3.7 Events shall be pre-seeded with oldest age groups first, slowest heats swum first within each age group. Events 400 metres and over may be deck seeded from slowest to fastest, regardless of age.

MSW 3.8 The Organising Committee may arrange 400 metre, 800 metre and 1500 metre Freestyle to be swum two (2) swimmers of the same sex in a lane. Separate timing will be required for each swimmer.

MSW 3.9 The Warm Up must be supervised.

MSW 3.10 A breaststroke kicking movement is permitted for butterfly.

MSW 4 Events

The following events may be conducted for each age group.

MSW 4.1 Short course (25 m)

50, 100, 200, 400, 800, 1500 m Freestyle

50, 100, 200 m Backstroke

50, 100, 200 m Breaststroke

50, 100, 200 m Butterfly

100, 200, 400 m Individual Medley
200 m Freestyle Relay
200 m Medley Relay
200 m Mixed Freestyle Relay (2 women and 2 men)
200 m Mixed Medley Relay (2 women and 2 men)

MSW 4.2 Long course (50 m)
50, 100, 200, 400, 800, 1500 m Freestyle
50, 100, 200 m Backstroke
50, 100, 200 m Breaststroke
50, 100, 200 m Butterfly
200, 400 m Individual Medley
200 m Freestyle Relay
200 m Medley Relay
200 m Mixed Freestyle Relay (2 women and 2 men)
200 m Mixed Medley Relay (2 women and 2 men)

MSW 4.3 It is not necessary to conduct all of the above events in a meet. However, each age division should include shorter Freestyle, Backstroke, Breaststroke and Butterfly events plus an Individual Medley and Relays.

MSW 5 Relays

Relays shall consist of four swimmers each registered with the same club. No swimmer is allowed to represent more than one club.

MSW 6 Records

Masters World Records for all events listed in MSW 4 for both sexes in each age group shall be recognised and maintained in 1/100 second time (2 decimal places) and according to the provisions listed on the application form. World Records may also be recorded with manual timing in 1/100 second time (2 decimal places in accordance with SW 11.3).

MSW 6.1 Applications for Masters World Records must be made on the FINA official forms (See next page) by the individual in question within 60 days from the end of the event.

MSW 6.2 World Records can only be established in a Masters meet sanctioned by a Member.

MSW 7 Swimmers who had to be disqualified must be listed with coded reason for disqualification in the results list.

MSW 8 A swimmer can compete only once per relay event.

MSW 9 Qualifying standards for World Championships will be considered by FINA and the Organising Committee if deemed necessary.

FINA FACILITIES RULES

(These rules are considered desirable and are subject to ASA Health & Safety Requirements)

FR 2 SWIMMING POOLS

FR 2.1 Length

FR 2.1.1 50.0 metres. When touch panels of Automatic Officiating Equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that ensures the required distance of 50.0 metres between the two panels.

FR 2.1.2 25.0 metres. When touch panels of Automatic Officiating Equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that ensures the required distance of 25.0 metres between the two panels.

FR 2.2 Dimensional Tolerances

FR 2.2.1 Against the nominal length of 50.0 metres, a tolerance of plus 0.03 metre in each lane minus 0.00 metre on both end walls at all points from 0.3 metre above to 0.8 metre below the surface of the water is allowed. These measurements should be certified by a surveyor or other qualified official, appointed or approved by the Member in the country in which the pool is situated. Tolerances cannot be exceeded when touch panels are installed.

FR 2.2.2 Against the nominal length of 25.0 metres, a tolerance of plus 0.03 metre in each lane minus 0.00 metre on both end walls at all points from 0.3 metre above to 0.8 metre below the surface of the water is allowed. These measurements should be certified by a surveyor or other qualified official, appointed or approved by the Member in the country, in which the pool is situated. Tolerances cannot be exceeded when touch panels are installed.

FR 2.3 Depth -A minimum depth of 1.35 metres, extending from 1.0 metre to at least 6.0 metres from the end wall is required for pools with starting blocks. A minimum depth of 1.0 metre is required elsewhere.

FR 2.4 Walls

FR 2.4.1 End walls shall be parallel and form right angles to the swimming course and to the surface of the water, and shall be constructed of solid material, with a non slip surface extending 0.8 metre below the water surface, so as to enable the competitor to touch and push off in turning without hazard.

FR 2.4.2 Rest ledges along the pool walls are permitted; they must be not less than 1.2 metres below the water surface, and may be 0.1 metre to 0.15 metre wide.

FR 2.4.3 Gutters may be placed on all four walls of the pool. If end wall gutters are installed, they must allow for attachment of touch panels to the required 0.3 metre above the water surface. They must be covered with a suitable grill or screen.

FR 2.5 Lanes shall be at least 2.5 metres wide, with two spaces of at least 0.2 metre outside of the first and last lanes.

FR 2.6 Lane Ropes

FR 2.6.1 Lane ropes shall extend the full length of the course, secured at each end wall to anchor brackets recessed into the end walls. The anchor shall be positioned so that the floats at each end wall of the pool shall be on the surface of the water. Each lane rope will consist of floats placed end-to-end having a minimum diameter of 0.05 metre to a maximum of 0.15 metre.

In a swimming pool the colour of the lane ropes should be as follows:

Two (2) GREEN ropes for lanes 1 and 8

Four (4) BLUE ropes for lanes 2, 3, 6 and 7

Three (3) YELLOW ropes for lanes 4 and 5

The floats extending for a distance of 5.0 metres from each end of the pool shall be of RED colour.

There shall not be more than one lane rope between each lane. The lane ropes shall be firmly stretched.

FR 2.6.2 At the 15-metre mark from each end wall of the pool the floats shall be distinct in colour from the surrounding floats.

FR 2.6.3 In 50 metre pools the floats shall be distinct to mark 25 metres.

FR 2.6.4 Lane numbers of soft material may be placed on the lane ropes at the start and turning end of the pool.

FR 2.7 Starting Platforms - Starting platforms shall be firm and give no springing effect. The height of the platform above the water surface shall be from 0.5 metre to 0.75 metre. The surface area shall be at least 0.5 metre x 0.5 metre and covered with non-slip material. Maximum slope shall not be more than 10°. The starting platform may have an adjustable setting back plate. The platform shall be constructed so as to permit the gripping of the platform by the swimmer in the forward start at the front and the sides; it is recommended that, if the thickness of the starting platform exceeds 0.04 metre, grips of at least 0.1 metre width on each side and 0.4 metre width in the front be cut out to 0.03 metre from the surface of the platform. Handgrips for the forward start may be installed on the sides of the starting platforms. Handgrips for backstroke starts shall be placed within 0.3 metre to 0.6 metre above the water surface both horizontally and vertically. They shall be parallel to the surface of the end wall, and must not protrude beyond the end wall. The water depth from a distance of 1.0 metre to 6.0 metres from the end wall must be at least 1.35 metres where starting platforms are installed. Electronic read-out boards may be installed under the blocks. Flashing is not allowed. Figures must not move during a backstroke start.

FR 2.8 Numbering - Each starting block must be distinctly numbered on all four sides, clearly visible. Lane number 1 shall be on the right-hand side when facing the course from the starting end with exception of 50m events, which may start from the opposite end. Touch panels may be numbered on the top part.

FR 2.9 Backstroke Turn Indicators - Flagged ropes shall be suspended across the pool, 1.8 metres above the water surface, from fixed standards placed 5.0 metres from each end wall. Distinctive marks must be placed on both sides of the pool, and where possible on each lane rope, 15.0 metres from each end wall.

FR 2.10 False Start Rope shall be suspended across the pool not less than 1.2 metres above the water level from fixed standards placed 15.0 metres in front of the starting end. It shall be attached to the standards by a quick release mechanism. The rope must effectively cover all lanes when activated.

FR 2.11 Water Temperature shall be 25° - 28°. During competition the water in the pool must be kept at a constant level, with no appreciable movement. In order to observe health regulations in force in most countries, inflow and outflow is permissible as long as no appreciable current or turbulence is created.

FR 2.12 Lighting - Light intensity over starting platforms and turning ends shall not be less than 600 lux.

FR 2.13 Lane Markings - shall be of a dark contrasting colour, placed on the floor of the pool in the centre of each lane.

Width: minimum 0.2 metre, maximum 0.3 metre.

Length: 46.0 metres for 50 metre long pools;

21.0 metres for 25 metre long pools.

Each lane line shall end 2.0 metres from the end wall of the pool with a distinctive cross line 1.0 metre long and of the same width as the lane line. Target lines shall be placed on the end walls or on the touch panels, in the

centre of each lane, of the same width as the lane lines. They shall extend without interruption from the deck edge (curb), to the floor of the pool. A cross line 0.5 metre long shall be placed 0.3 metre below the water surface, measured to the centre point of the cross line.

For pools constructed after 1 January 2006, cross lines 0.5 metre long shall be placed at the 15 metre mark from each end of the pool.

FR 2.14 Bulkheads – when a bulkhead serves as an end wall, it must extend the full width of the course and present a solid smooth, non-slippery stable vertical surface on which touch pads may be mounted extending not less than 0.8m below and 0.3m above the surface of the water, and must be free of hazardous openings above or below the waterline which may be penetrated by a swimmer's hands, feet, toes or fingers. A bulkhead must be of a design that provides for the free movement of officials along its length without such movement creating any appreciable current or water turbulence.

FR 4 AUTOMATIC OFFICIATING EQUIPMENT

FR 4.1 Automatic and Semi-Automatic Officiating Equipment records the elapsed time of each swimmer and determines the relative place in a race. Judging and timing shall be to 2 decimal places (1/100 of a second). Equipment that is installed shall not interfere with the swimmers' starts, turns, or the function of the overflow system.

FR 4.2 The Equipment must:

FR 4.2.1 Be activated by the starter.

FR 4.2.2 Have no exposed wires on the pool deck, if possible.

FR 4.2.3 Be able to display all recorded information for each lane by place and by lane.

FR 4.2.4 Provide easy digital reading of a swimmer's time.

FR 4.3 Starting devices

FR 4.3.1 The starter shall have a microphone for oral commands.

FR 4.3.2 If a pistol is used, it shall be used with a transducer.

FR 4.3.3 Both the microphone and the transducer shall be connected to loudspeakers at each starting block where both the starter's commands and the starting signal can be heard equally and simultaneously by each swimmer.

FR 4.4 Touch panels for Automatic Equipment

FR 4.4.1 The minimum measurement of the touch panels shall be 2.4 metres wide and 0.9 metre high, and their thickness shall be 0.01 metre \pm 0.002 metre. They shall extend 0.3 metre above and 0.6 metre below the surface of the water. The equipment in each lane shall be connected independently, so it may be controlled individually. The surface of the panels shall be of a bright colour and shall bear the line markings approved for the end walls.

FR 4.4.2 Installation - The touch panels shall be installed in a fixed position in the centre of the lanes. The panels may be portable, allowing the pool operator to remove them when there are no competitors.

FR 4.4.3 Sensitivity - The sensitivity of the panels shall be such that they cannot be activated by water turbulence, but will be activated by a light hand touch. The panels shall be sensitive on the top edge.

FR 4.4.4 Markings - The markings on the panels shall conform with and superimpose on the existing markings of the pool. The perimeter and edges of the panels shall be defined by a 0.025 metre black border.

FR 4.4.5 Safety - The panels shall be safe from the possibility of electrical shock and shall not have sharp edges.

FR 4.5 With Semi-Automatic Equipment, the finish shall be recorded by buttons pushed by timekeepers at the finish touch of the swimmer.

FR 4.6 The following accessories are essential for a minimum installation of Automatic Equipment:

FR 4.6.1 Printout of all information, which can be regenerated during a succeeding race.

FR 4.6.2 Spectator readout board

FR 4.6.3 Relay take-off judging to 1/100 of a second. Where overhead video cameras are installed they may be reviewed as a supplement to the automatic system's judgement of relay take-off. For the differential in the relays take-off the manufacturer of the device shall be consulted.

FR 4.6.4 Automatic lap counter.

FR 4.6.5 Readout of splits.

FR 4.6.6 Computer summaries.

FR 4.6.7 Correction of erroneous touch.

FR 4.6.8 Automatic rechargeable battery operation possibility.

FR 4.7 For Olympic Games and World Championships the following accessories are also essential:

FR 4.7.1 The spectator electronic read-out board shall contain at least twelve (12) lines of thirty-two (32) characters, each capable of displaying both letters and numbers. Each character shall have a minimum height of 360 mm. Each line –matrix scoreboard shall be able to scroll up or down, with blink function, and each full matrix scoreboard shall be programmable, and capable of showing animation. The board must have a minimum size of 7.5 m width by 4.5m height.

FR 4.7.2 There shall be an air-conditioned control centre, with dimensions of a least 6.0 metres x 3.0 metres, located between 3.0 metres and 5.0 metres from the finish wall, with an unobstructed view of the finish wall at all times during the race. The referee must have easy access to the control centre during the competition. At all other times the control centre shall be able to be secured.

FR 4.7.3 Video-tape timing system.

FR 4.8 Semi-Automatic Equipment may be used as a backup to the Automatic Officiating Equipment at FINA or other major events if there are three buttons per lane, each operated by a separate official (in which case other finish judges shall not be required). An inspector of turns may operate one of the buttons.

ASA GUIDANCE TO FINA SWIMMING RULES

The following guidelines are provided to assist all participants in the sport in applying the rules in a manner that is safe, consistent and fair to all athletes at all levels of ability.

The guidance notes are sectioned in such a manner as to reflect FINA Swimming Rules. Where there is no specific guidance the FINA Rule as stated is to be used for reference. None of the following guidance notes are intended to overrule FINA Rules; they are intended to provide practical guidance in the running of competition.

The assimilation of athletes with disabilities into open competition is being progressed at all levels. Whilst there should be no alteration of the interpretation of swimming rules, where necessary adaptations to procedures should be made to accommodate athlete's needs, e.g. the starting procedure will be adapted to include a visual signal for deaf athletes.

The contents of this guidance does not affect the terms of competition for athletes in possession of a Certificate of Swimming Disability

SW 1 Management of Competitions.

- a) The following minimum numbers of officials shall be appointed to ensure control of all licensed meets and open competition:

Referee	(1)
Starter	(1)
Judges of Stroke	(2)
Inspectors of Turn	(2, 1 for each turn or take off line other than at the finish)
Finish Judges	(2)
Timekeeper	(1, for each lane - except in competitions where times are not required to determine race results.)
Chief Timekeeper	(1, where Timekeepers are appointed)
Clerk of the Course	(1)
Recorder	(1)
Announcer	(1)
- b) It should be noted that this list is the minimum number of officials to be appointed to fulfil the various roles. Where possible it is desirable to appoint additional officials especially towards the position where there is an Inspector of Turn at each end of each lane. (SW 1.2)
- c) In the case of an ASA Licensed Meet all officials must be appointed in accordance with the conditions of the license.

SW 2 Officials

- a) Responsibility for the safe conduct of all activities in those parts of the premises essential for the running of the competition remains with the Referee. However should the Referee not be satisfied with levels of behaviour then he/she has the authority to suspend competition and refer to the Promoter to restore order.
- b) In individual events of 800m or 1500m it will be at the discretion of the Promoter as to which end of the pool i.e. turn or finish end Lap Cards are displayed. The position of the Lap Cards will be notified to the competitors prior to the commencement of the race. Where Inspectors of Turn are not allocated to individual lanes at the finish end and lap cards are being displayed there, the lane Timekeeper shall operate the lap cards. (SW 2.6.3).
- c) Where Inspectors of Turn are not allocated to individual lanes at the finish

end, the lane Timekeeper shall give the warning signal to swimmers. (SW 2.6.4)

- d) Where a Chief Inspector of Turn has not been appointed, Inspectors of Turn will report any violations of rules directly to the Referee. (SW 2.6.6)

Recorder

- a) In the absence of a Chief Recorder the recorder shall:

- Be responsible where necessary for arranging the competitors into heats in a manner to be determined by the Promoter.
- Record the places and times on a results sheet when the race results confirmed by the Referee
- Extract the names of swimmers for any swim off, semi-final or final and arrange them in accordance with FINA Swimming Rules
- Ensure the early announcement or distribution of names of swimmers required for any swim off, semi-final or final.
- Be responsible for any computer generated meet management system and report to the Referee any inconsistencies observed

Announcer

- a) The Announcer shall:

- Make announcements as determined by the Referee in relation to events, heats, disqualifications, swim offs, semi-finals and finals.
- Make such announcements as are necessary in relation to all aspects of safety relating to the competition and venue.
- Make other announcements only as directed by the Promoter, Referee or other authorised person.

SW 3 Seeding of Heats, Semi Finals and Finals

Heats

- a) The arrangement of the swimming order for competitors in the heats of an event shall be by draw or by seeding on entry times.
- b) The provision of SW 3.1.1.1. should be observed in that where entries are sufficient for one heat only and that heat is to be contested as a 'straight final' it should be swum at the time of the programmed event final. Should the promoter conditions require then the swimmers shall swim both a heat and final.
- c) When a promoter wishes to 'spearhead' any or all of the heats the relevant provisions of SW 3.1.2 shall apply.
- d) When a promoter wishes to introduce 'cyclic' seeding the provisions of SW 3.1.1.2 to SW 3.1.1.4 shall apply.

Semi-Finals and Finals

- e) In all competitions the semi final, and final, lane allocations should be determined as described in SW 3.2.1 to SW 3.2.4. Or as is declared in the Promoters conditions for the event.
- f) Where manual timing is in use, the placings as determined by the Referee shall be used to identify those swimmers who will progress to the next round of competition within swimmers who have recorded equal times in the same heat.
- g) Where the numbers of swimmers qualified for a semi final or final due to a dead heat, or equal times, exceeds the number of lanes available, unless the promoter's conditions allow a lesser number of competitors than lanes available a swim off shall take place.
- h) If during a swim off, all competitors are either disqualified, or dead heat again progress in the competition shall be by further swim off, or alternative means as agreed by all competitors and the Referee.

SW 4 The Start

- a) Under FINA Swimming Rules the forward strokes i.e. Freestyle, Breaststroke and Butterfly all start with a dive. (SW 4.1) To allow for development and differing levels of competence of competitors, swimmers are given an option to start from either the pool deck or in the water.
- b) Those swimmers starting from the pool deck shall on the Referee's long whistle stand at the end of their lane. On the command 'take your marks' they shall immediately take up their starting position with at least one foot at the pool edge.
- c) Those swimmers starting in the water shall enter the water on the Referee's long whistle. On the command 'take your marks' they shall immediately take up the starting position in their own lane with at least one hand in contact with the start end of the pool or other starting place. Hand contact must be maintained with the starting place until the start signal has been given.

SW 5 Freestyle

- a) No additional guidance

SW 6 Backstroke

- a) No additional guidance

SW 7 Breaststroke

- a) No additional guidance

SW 8 Butterfly

- a) No additional guidance

SW 9 Medley Swimming

- a) No additional guidance

SW 10 The Race

Fouling

- a) In addition to disqualifying a competitor who commits a foul, should the Referee consider that the foul was intentional the Referee shall report the matter as a complaint under ASA Judicial Laws. (SW10.6)

Relay Events

- a) Unless specified by the Promoter conditions all relay teams shall consist of four swimmers in each team (SW 10.9)
- b) In the event of swimmers starting their leg in the water, the starting swimmer must maintain hand contact with the starting place until the preceding swimmer touches the wall. (SW 10.10)
- c) Unless specified by the Promoter's conditions the nomination of team members and the relay swimming order must be made before the race. (SW10.12) Teams may be changed between rounds provided they are from a pool entered for the race.

SW 11 Timing

- a) FINA timing and placing is primarily based around the premise of Automatic Officiating Equipment (AOE) or three manual Timekeepers.
- b) When AOE is available the Referee must determine whether or not the equipment operated correctly. As the equipment places by time, if the determination is that it worked then those AOE times and places must remain in the same relative order to themselves taking precedence over manual placings. (SW11.1)
- c) Any time achieved other than via a correctly operating fully automatic process i.e. timing started by the starting signal and stopped by the swimmer will be deemed a manual time, this includes semi AOE where the timing has been stopped by the Timekeeper and hand held watches. (SW11.3)
- d) When there are less than three manual times including Semi AOE, per

lane, placing by the Finish Judges shall take precedence over times in determining places.

- e) Where the AOE has not functioned correctly, the backup time recorded by the timing system and the official manual hand held time shall be considered when determining the official time for the swimmer. Should a suitable time not be available without causing conflict with the placings, the swimmer shall be awarded the same time as the swimmer with whom his time and placing conflicts. It is not permissible to alter a valid AOE time. This time shall be indicated as a Referee's Decision (RD) and cannot be used for British/English/Scottish/Welsh Record purposes; it may not be usable for other Record purposes, depending on the Record conditions.
- f) In situations where AOE is not in use, if times registered by the Timekeepers do not support the finish order, the swimmers involved shall be given the average of their times, raised to the next whole 1/100 second where necessary. It is not permissible to announce times which do not support the finish order decided by the Finish Judges / Referee. All times arrived at by such an averaging process (even if, coincidentally, any are actually the same as the swimmer's un-adjusted time) shall be indicated as a Referee's Decision (RD) and cannot be used for British/English/Scottish/Welsh Record purposes; it may not be usable for other Record purposes, depending on the Record conditions.
- g) Where no time is available, the swimmer shall be given the time of the next slowest swimmer. If the swimmer is last in the race, the Referee shall determine an acceptable time. This time shall be indicated as a Referee's Decision (RD) and cannot be used for British/English/Scottish/Welsh Record purposes; it may not be usable for other Record purposes, depending on the Record conditions. Alternatively, the swimmer may be offered the opportunity for an individual re-swim.

SW 12 World Records

- a) No additional guidance given

SW 13 Automatic Officiating Equipment

- a) Where AOE did not operate properly or was not in use, the Referee must decide on the finish order of a race by using all the information available. Where the finishing orders of the Finish Judges disagree in any way, their results and that of the Referee shall be considered. The relative order of any two swimmers shall be determined by a majority decision.

Example 1.

Judge A 5 6 8 4 3 1 2 7
 Judge B 5 6 8 4 1 3 2 7
 Referee (R) 5 8 6 1 3 4 2 7

The Judges only disagree on lanes 1 and 3. The Referee and Judge B have Lane 1 before Lane 3, so that is their relative order.

Result is 5 6 8 4 1 3 2 7

Example 2

Judge A 5 6 8 4 3 1 2 7
 Judge B 5 6 4 8 1 3 2 7
 Referee (R) 5 6 4 3 8 1 2 7

The places in doubt are Lanes 1, 3, 4 and 8. Judge B and the Referee have Lane 4 before Lane 8. All three have Lane 4 before Lane 3, and Lane 4 before Lane 1, so Lane 4 is the first in the group. Judge A and Judge B have Lane 8 before both Lane 3 and Lane 1, so Lane 8 is second in the group. Judge

A and the Referee have Lane 3 before Lane 1, so that is their relative order.

The result is 5 6 4 8 3 1 2 7

Example 3

Judge A 8 4 3 1 7 6 2 5

Judge B 3 4 1 8 5 6 7 2

Referee (R) 4 3 8 1 5 6 7 2

Judge A and the Referee have Lane 4 before Lane 3, Judge B and the Referee have Lane 3 before Lane 8, Judge A and the Referee have Lane 8 before Lane 1, all three have Lane 1 before Lane 5, Judge B and the Referee have Lane 5 before Lane 6, Lane 6 before Lane 7, Lane 7 before Lane 2.

The result is 4 3 8 1 5 6 7 2

- b) When automatic relay takeoff officiating equipment has been provided, it shall be used to determine the correctness of all relay takeoffs and shall have precedence over the decisions of Inspectors or Turn/Judges of Stroke provided that the Referee is satisfied that the equipment operated correctly.
- c) Any team having a takeoff time more negative than minus 0.03 seconds (e.g. 0.04) shall be judged to have carried out an early takeoff and shall be disqualified.

TECHNICAL RULES OF WATER POLO

Changes to the Technical Rules of Water Polo normally come into effect from 1st September in each year, unless the Board decides on a different date.

- 701** All water polo matches held under the jurisdiction of the ASA shall be played in accordance with the FINA Rules of Water Polo, the ASA Judicial Laws (101 et seq.) and the ASA General Competition Laws (401 et seq.).

TECHNICAL RULES OF SYNCHRONISED SWIMMING

Changes to the Technical Rules of Synchronised Swimming normally come into effect from 1st September in each year, unless the Board decides on a different date.

- 701** All synchronised swimming competitions in England shall normally be held under ASA Judicial Laws (101 et seq.), and ASA General Competition Laws (401 et seq.).

- 702** Competitions shall normally consist of two or three parts selected from:

- 702.1** Figures;
- 702.2** Technical routine;
- 702.3** Free routine;
- 702.4** Free combination.

- 703** A promoter may hold a competition for figures only or routine only.

- 704 Figure Competitions:-**

- 704.1** Each competitor must perform a pre-set number of figures.
- 704.2** All figures used in synchronised swimming competitions under ASA Technical Rules shall be those listed, and all movements shall be performed, as described in both the current FINA Handbook and ASA Synchronised Swimming handbook.
- 704.3** The full information shall be published, regularly updated and made readily available in the ASA Synchronised Swimming handbook.

- 704.4** For figure competitions, promoters may use the groups which are listed by FINA and published by the ASA, or they may make up their own groups, taking into account the likely standard of the competitors.
- 704.5** The promoter shall make a draw for the order of performance.
- 704.6** The referee shall draw one group to be performed by all competitors.
- 704.7** Competitors shall wear plain black one-piece swimsuits, conforming with ASA Law 412, and white caps, devoid of logos. In the event that the referee considers that a competitor's swimwear does not comply, the competitor will not be permitted to compete until changing into appropriate swimwear.

705 Routine competitions

may consist of solos, duets, teams and free combinations.

- 705.1** The Technical routine must contain the required elements selected by FINA every four (4) years. Music may be the same as that used in the free routine.
- 705.2** The Free routine may consist of any listed figures, strokes or parts thereof and are free with no restrictions as to choice of music, content or choreography.
- 705.3** The Free Combination has a maximum of ten (10) competitors who make a combination of routines (Solos, Duets, Trios, Teams). At least two (2) parts must have fewer than three (3) competitors and at least two (2) parts must have four (4) to ten (10) competitors. The start of the first part of the routine may be on the deck or in the water.

All of the following parts must start in the water.

A new part begins where the previous part ends.

706 Pool Specifications:

Where possible, pools used for synchronised swimming shall conform to the following standards:

- 706.1** For figure competitions, the areas shall each be 10 metres long and three metres wide. Each area shall be close to a wall of the pool, with the 10 metre long side parallel to and not more than 1.5 metres from the pool wall. The minimum depth of water shall be 3 metres;
- 706.2** For routine competitions, the minimum area shall be 12 metres by 25 metres, within which an area at least 12 metres square shall have a minimum depth of 2.5 metres. The minimum depth of the remaining area shall be 1.8 metres;
- 706.3** The areas for the figure competition may use the same area as that used for the routine competition;
- 706.4** The water must be clear enough for the bottom of the pool to be visible;
- 706.5** The water temperature shall be 26 degrees Celsius with a variation of not more than one degree up or down.

707 Automatic Officiating Equipment

Where provided, the minimum installation shall include:

- 707.1** one score-recorder-unit for each judge;
- 707.2** one control unit, with monitor for each panel of Judges, under the control of the referee;
- 707.3** result-recording unit with back up system;
- 707.4** print-out system for all recorded information, start lists and results;
- 707.5** scoreboard with control units, able to display all recorded information and the running time.

708 Sound Equipment

- 708.1** The promoter shall provide suitable sound equipment for reproducing an

Technical Rules of Synchronised Swimming

accompaniment, which shall meet all required electrical and mechanical safety standards. It shall include:

- 708.1.1** a Compact Disc player and back-up units;
- 708.1.2** microphones, as required, for announcements and ceremonies;
- 708.1.3** speakers as required to provide sound to both audience and competition areas;
- 708.1.4** under-water speaker;
- 708.1.5** such other facilities, if available, as are included in FINA Rule FR 13.

709 The promoter of an open competition shall be responsible for:

- 709.1** providing entry forms and judging slips;
- 709.2** preparing a list of entries;
- 709.3** providing programmes for officials and team managers, with starting times;
- 709.4** providing an information sheet for competitors, team managers and clubs containing the following information:
 - 709.4.1** details of the pool, with a diagram showing pool dimensions, depths of water, height of deck above water level, positions of fixtures such as diving boards and ladders, markings on the bottom and sides of the pool, the type of lighting, the position of the audience and the location of entrances and exits;
 - 709.4.2** any special safety requirements and emergency procedures.

710 Judging Figures

- 710.1** One to four panels of Judges may be used.
- 710.2** Where only one panel is used, all competitors shall perform the figures, one by one, in listed order.
- 710.3** Where two panels are used, each panel will judge two figures.
- 710.4** Where four panels are used, each panel shall judge one figure.
- 710.5** All figures shall begin at a signal from the referee (or assistant referee).

711 Routine Competitions

- 711.1** The order of performance of routines shall be decided by draw.
- 711.2** The names of swimmers competing in duet and team routines must be submitted to the Referee.
- 711.3** All competitors shall provide Compact Discs of their accompaniments, each labelled with the name, club or association, registered number and Phonographic Performance Limited label. Only one accompaniment is permitted on each CD, at the beginning of side A with a 4 second leeway.
- 711.4** Each competing club shall provide a completed cue sheet to the Meet Secretary.
- 711.5** Time limits for Technical routines and Free routines, including ten (10) seconds for deck movements shall be:
 - 711.5.1** Technical Routine solo 2 minutes 00 seconds;
Free Routine Solos: 3 minutes 00 seconds;
 - 711.5.2** Technical Routine Duets: 2 minutes 20 seconds;
Free Routine Duets: 3 minutes 30 seconds;
 - 711.5.3** Technical Routine Teams: 2 minutes 50 seconds;
Free Routine Teams 4 minutes 00 seconds;
 - 711.5.4** Free Combination: 5 minutes 00 seconds.

- 711.5.5** There shall be an allowance of fifteen (15) seconds less or plus the allotted time limits for Free Routines, Technical Routines and Free Combination.
- 711.5.6** In routine events, the walk-on of the athletes from the designated starting point to achievement of a stationary position(s) may not exceed 30 seconds. Timing shall commence when the first competitor passes the starting point and end when the last competitor becomes stationary.
- 711.6** Promoters may set time limits for routines up to FINA limits.
- 711.7** The timing of a routine shall start and finish with the accompaniment. The timing of deck movements shall end as the last competitor leaves the deck. Routines may start on the deck or in the water, but shall finish in the water.
- 711.8** The accompaniment and judging shall begin upon a signal from the referee. After the signal, the performance shall continue without interruption.
- 711.9** The timers shall check the overall time of the routine as well as that of the walk-on and deck movements. The times shall be recorded on the score sheet. If the time limit is exceeded for the deck work or there is a deviation from the routine time limit allowance in this Rule 711 the timer shall advise the referee or the appointed official designated by the referee.
- 711.10** Competitors' swimwear shall conform to ASA Law 412 and the FINA Rules and Guidelines on the matter. In the event that the referee considers that a competitor's swimwear does not comply, the competitor will not be permitted to compete until changing into appropriate swimwear.
Note: For the relevant FINA Rules and Guidelines see the ASA Synchronised Swimming Championships Conditions.
- 711.11** Promoters may restrict the numbers of competitors in routine competitions by taking previously determined and declared numbers of competitors with the highest figure scores into the Solo and the highest average figure scores into the Duet and Team competitions.
- 711.12** If any qualified solo competitor, duet, team or free combination declines to compete in the routine competitions, they may be replaced by those with the next highest figure scores, averaged where necessary.
- 712 Officials**
- 712.1** For an open competition, the minimum provision of officials shall be:
- 712.1.1** a Referee, plus Assistant Referee for each additional panel of Judges;
- 712.1.2** sufficient panels of Judges, each consisting of 5 Judges for figures competitions and 5 or 7 Judges for routine competitions. In routines two panels of Judges shall be used. Panel one shall judge Technical Merit/Execution and panel two shall judge Artistic Impression/Overall Impression;
- 712.1.3** for each panel for a figure competition, a Clerk of the Course, 2 Scorers and a Caller;
- 712.1.4** for the panel for a routine competition, a Timekeeper, a Clerk of the Course and 2 Scorers;
- 712.1.5** Chief Recorder;
- 712.1.6** Sound Centre Manager.
- 712.2** Officials, where possible, should be drawn from the ASA and Regional lists.
- 713 Duties of Officials**
- 713.1** In addition to the duties set out in ASA Laws 205 and 415, the referee shall have full control over the competition. He shall assign the other officials to their duties and instruct them about any special features of the competition.

He shall determine that the competitors are ready and signal the start of the accompaniment. He shall instruct the scorers to penalise competitors for any infringement of the rules. He shall approve results before announcements.

- 713.2** Assistant referees, where appointed, shall carry out duties assigned to them by the referee.
- 713.3** The Judges should:
- 713.3.1** be placed in elevated positions where possible with a clear view of the pool. During figure competitions, they should have a profile view of the competitors. During routine competitions, they should be located on more than one side of the pool, where possible;
 - 713.3.2** be provided with numbered cards for signalling their awards. When automatic officiating equipment is in use, the cards shall be used in case of failure of the equipment.
 - 713.3.3** In routine competitions, the Judges shall write their award on a judging paper provided by the promoter. The papers shall be collected before the awards are signalled and shall be used to give the accepted awards in the event of error or dispute.
 - 713.3.4** On a signal from the referee, or assistant referee, all Judges shall simultaneously signal their awards.
 - 713.3.5** If a judge, by reason of illness or other unforeseen circumstances, has made no award for any one figure or routine, the average of the awards of the remaining Judges shall be considered as his award, and this shall be calculated to the nearest 1/10th point.
- 713.4** The scorers shall record the awards and make the necessary calculations to obtain the scores.
- 713.5** The announcer shall make only such announcements as are authorised by the referee.
- 713.6** The timekeeper shall check the overall times of the routines and of the deck movements. The times shall be recorded. If the time limit for the deck work is exceeded or there is a deviation from the permitted routine time allowance, the timekeeper shall advise the referee.
- 713.7** The clerk of the course shall perform duties assigned by the referee. He shall obtain the order of the draw for each event and ascertain that the competitors are ready at the required time.
- 713.8** The Sound Centre Manager shall be responsible for obtaining and properly presenting the accompaniment for each routine. He shall carry out such accompaniment tests as are properly requested.

714 Marking

- 714.1** All judgments are made from the standpoint of perfection.
- 714.2** For figures, the performance shall be high and controlled, with each section of the figure clearly defined and in uniformed motion, unless otherwise specified in the description.
- 714.3** For free routines and free combination there shall be freedom of choice of music, movement and choreography.
- 714.4 Judgment of Routines**

In Routines the competitor can obtain points from 0 – 10 using 1/10th points.

Perfect	10
Near perfect	9.9 to 9.5
Excellent	9.4 – 9.0
Very Good	8.9 – 8.0
Good	7.9 – 7.0

Competent	6.9 – 6.0
Satisfactory	5.9 – 5.0
Deficient	4.9 – 4.0
Weak	3.9 – 3.0
Very weak	2.9 – 2.0
Hardly recognisable	1.9 – 0.1
Completely failed	0.0

714.4.1 For Free Routines and Free Combinations two scores shall be awarded 0 – 10 points each.

714.4.1.1 First Score – Technical Merit					
Consider	Solo	Duet	Team	Combination	
EXECUTION, of strokes, and parts thereof; propulsion techniques, precision of patterns	50%	40%	40%	40%	
SYNCHRONISATION; one with another and with music	10%	30%	30%	30%	
DIFFICULTY of strokes, figures and parts thereof, patterns, synchronisation	40%	30%	30%	30%	
714.4.1.2 Second Score – Artistic Impression					
Consider	Solo	Duet	Team	Combination	
CHOREOGRAPHY, variety, creativity, pool coverage, patterns, transitions	50%	50%	50%	60%	
MUSIC INTERPRETATION use of music	20%	30%	30%	30%	
MANNER OF PRESENTATION, total command	30%	20%	20%	10%	

714.4.2 For Technical Routines two scores shall be awarded, 0 to 10 points each.

714.4.2.1 First score – Execution				
Consider:				
Execution of required elements, strokes other figures and parts thereof, propulsion techniques and precision of patterns.				70%
Execution of rest of the routine				30%
714.4.2.2 Second score – Overall impression				
Consider	Solo	Duet	Free	
Choreography, use of music	40%	40%	40%	
Synchronisation	10%	20%	30%	
Difficulty	30%	30%	20%	
Manner of presentation	20%	10%	10%	

715 Judgment of Figures

715.1 All judgments are made from the standpoint of perfection.

Design: Consider: the accuracy of positions and transitions as specified in the figure description.

Control: Consider: extension, height, stability, clarity, uniform motion, unless otherwise specified in the figure description.

Figures are executed in a stationary position, unless otherwise specified in the figure description.

715.1.1 The competitor can obtain points from 0 – 10 using 1/10th points.

Perfect	10
Near perfect	9.9 to 9.5
Excellent	9.4 – 9.0
Very Good	8.9 – 8.0
Good	7.9 – 7.0
Competent	6.9 – 6.0
Satisfactory	5.9 – 5.0
Deficient	4.9 – 4.0
Weak	3.9 – 3.0
Very weak	2.9 – 2.0
Hardly recognisable	1.9 – 0.1
Completely failed	0.0

715.2 If a judge by reason of illness or other unforeseen circumstances has made no award for any one figure, the average of the awards of the other four (4) or six (6) judges shall be computed and shall be considered as that of the missing award. This shall be calculated to the nearest 0.1 point.

716 Calculation of Figure Result

716.1 The highest and lowest awards are cancelled (one each). The remaining awards are added, the sum divided by 3 and multiplied by the degree of difficulty, to obtain the score of each of the figures.

716.2 The sum of the figures shall be divided by that total of the degree of difficulty of the group and multiplied by 10, then the Penalties shall be deducted and this Result will be multiplied by:

0.5 (50%) if two competitions are held

(Figure or Technical routine and Free routine); or

0.25 (25%) if three competitions are held

(Figure, Technical routine and Free routine).

The figure score shall be calculated as follows:

716.2.1 For Solos, the result shall be obtained according to 716.2.

716.2.2 For Duets, for each competitor the result shall be obtained according to 716.2. These results shall be added and divided by two (2) to find the average score.

716.2.3 For teams, for each competitor who swim in a team routine the result shall be obtained according to 716.2. These results shall be added and the total divided by the number of competitors on the team to find the average score.

716.2.4 If a competitor after the preliminaries in Duet or Team is not able to swim figures (due to illness or injury), in Duet the figure score of the reserve is used to determine the total score for the duet, in Team, the higher figure score of the two reserves is used to determine the total score for the team.

717 Calculation of Routine Results

- 717.1** The score for Free Routines shall be the total of the Technical Merit and Artistic Impression awards and for Technical Routines the Execution and Overall Impression awards, after cancelling highest and lowest award (one each). These results shall be divided by the number of Judges less two (2) and multiplied by five (5) for a maximum of 100 points. Any penalty points shall be deducted thereafter.
- 717.2** Technical Routine The result of the Technical routine shall be multiplied by:
0.50 (50%) if two competitions are held
(Technical routine and Free routine); or
0.25 (25%) if three competitions are held
(Figures, Technical routine and Free routine);
- 717.3** Free Routine The result of the Free routine shall be multiplied by:
0.50 (50%) if two competitions are held
(Figure or Technical routine and Free routine); or
0.50 (50%) if three competitions are held
(Figure, Technical routine and Free routine).
Free Combination The result of the Free Combination shall be multiplied by
1.00 (100%).

718 Calculation of Final Results

- 718.1** The final result is determined by adding the results of the different performed competitions.
- 718.2** Results shall be calculated as follows:
- 718.2.1** In events which include three competitions – Figures, Technical routine and Free routine – results shall be calculated according to the percentages allocated to each event.
Figures 25%, Technical routine 25%, Free routine 50%;
- 718.2.2** In events which include only Figures and Free routine, results shall be calculated on the basis of:
Figures 50%, Free routine 50%;
- 718.2.3** In events which include only Technical routine and Free routine events, results shall be calculated on the basis of:
Technical routine 50%, Free Routine 50%.
- 718.3** In the case of equality in the final result in solo, duet, or team, a tie for the affected place(s) shall be declared unless a definite result is required, in which case the following shall be considered in the order listed below until the positions are determined:
The Free Routine final result scores;
The Technical Merit scores of the Free Routine ;
The Technical Routine final result scores;
The Execution scores of the Technical Routine;
The Technical Merit score of the Free Combination.

719 Penalty deductions in Figures

- 719.1** A two (2) point penalty shall be deducted if:
- 719.1.1** A competitor stops voluntarily and requests to do the figure again;
- 719.1.2** A competitor does not perform the announced figure, or if the figure does not have all the required elements, the assistant referee shall advise the judges and the competitor. The competitor shall have

another opportunity to perform the announced figure.

- 719.2** If the competitor makes the same or another mistake, the result of this figure will be zero.

720 Penalty deductions and disqualifications in routines

- 720.1** In team competitions, whether in Free Routine Preliminary, Free Routine Final or Technical Routine, a half-point (0.5) penalty shall be deducted from the total score for each member less than eight (8).

- 720.2** Penalties deductions in Free Routines, Technical Routines and Free Combinations.

- 720.2.1** A one (1) point penalty shall be deducted if:

720.2.1.1 The time limit of ten (10) seconds for deck movements is exceeded;

720.2.1.2 There is a deviation from the specified routine time limit allowed (less or more than) for the routine and in accordance with 711.5;

720.2.1.3 If the time limit of 30 seconds for the deck walk-on is exceeded;

720.2.1.4 There is any violation of 705.3.

- 720.2.2** A two (2) point penalty shall be deducted, if:

720.2.2.1 A competitor has made a deliberate use of the bottom of the pool during the routine;

720.2.2.2 A competitor has made a deliberate use of bottom of the pool during a routine to assist another competitor;

720.2.2.3 A routine is interrupted by a competitor during the deck movements and a new start is allowed;

720.2.2.4 During the deck movements in team routines competitors are executing stacks, towers or human pyramids.

720.3 Penalty deductions in Technical Routines

- 720.3.1** A two (2) point penalty shall be deducted from the Execution score for each required element omitted.

- 720.3.2** A one (1) point penalty shall be deducted from the Execution score for each part of a required element or action omitted by all competitors or if there is an incorrect /additional sequence in an element or action performed by all competitors.

- 720.3.3** A half-point (0.5) penalty shall be deducted from the Execution score for each competitor omitting a part of the required element or action, or if there is an incorrect /additional sequence in an element or action for each competitor, up to a maximum deduction of two (2) points.

- 720.3.4** In case of dispute about required elements, video recording may be used for final decision by the Referee.

720.4 Disqualifications in Technical Routines

- 720.4.1** If one (or more) competitor(s) stops swimming before the routine is completed the routine will be disqualified. If the cessation is caused by circumstances beyond the control of the competitor(s), the Referee shall allow the routine to be re-swum during the session.

- 720.4.2** Should the relevant time limit for a routine, set out in 711.5 be exceeded or not attained by more than 30 seconds the routine will be disqualified. Any allowance under 711.5 shall not be added to the time limit for the purposes of this section.

TECHNICAL RULES OF DIVING

Changes to the Technical Rules of Diving normally come into effect from 1st September in each year, unless the Board decides on a different date.

- 801** All Diving competitions held under the jurisdiction of the ASA and its Regions shall be held under (a) appropriate parts of the FINA Rules of Diving (D4 et seq.), (b) the ASA Judicial Laws (101 et seq.) and (c) the General Competition Laws of the ASA (401 et seq.).
- 802** If a diver before or during a competition is expected to perform a dive in such a way as to endanger his personal safety, or the safety of others, the referee may exclude him from the competition.

TECHNICAL RULES OF PLUNGING

Changes to the Technical Rules of Plunging normally come into effect from 1st September in each year, unless the Board decides on a different date.

- 901** A plunge shall be a standing dive, made head first from an indicated firm take-off (i.e. diving base), free from spring. The body shall be kept motionless, face downwards, and no progressive action shall be imparted to it other than the impetus of the dive.
- 901.1** The plunge shall terminate (if the competitor's face has not already been raised above the surface of water) at the expiration of 60 seconds, or such less time as may have been previously announced by the promoting body. The duration of such plunge shall be reckoned from the time the competitor dives from the take-off.
- 901.2** At the finish of any plunge the competitor shall leave the water quietly. Anyone disturbing the water so as to interfere with the progress of the next competitor shall be disqualified.
- 901.3** The distance traversed in a plunge shall be measured along a straight line, at right angles to the diving base, to a line parallel to the diving base, at the farthest point reached by any part of the competitor.
- 901.4** In the championship or level contests, each competitor shall be allowed three plunges, and the farthest shall win.

TECHNICAL RULES OF OPEN WATER SWIMMING

Changes to the Technical Rules of Open Water Swimming normally come into effect from 1st September in each year, unless the Board decides on a different date.

- 1001** All Open Water competitions held under the jurisdiction of the ASA subject to the overriding condition that the published ASA Health and Safety guidelines take precedence over the provisions of any or all of them, shall be held under the:
- 1001.1** FINA Open Water Swimming Rules;
- 1001.2** ASA Judicial Laws and Rules (101 et seq);
- 1001.3** ASA General Competition laws (401 et seq);
- with the following exceptions and additions.
- 1002 Age Limits**
- 1002.1** The minimum age limits for events shall be as defined by ASA Law 411.
- 1003 Officials**
- 1003.1** Two or more clerks of the course shall be appointed, including at least one of each sex.

1004 Duties of Officials

- 1004.1** Only in events of over 10km shall the race judges be positioned in an escort safety craft.
- 1004.2** It shall not be mandatory for the watches used by the timekeepers to have a print out capability.
- 1004.3** The safety officer shall have the authority to cancel or stop an event on safety grounds if, in his opinion, conditions are unsuitable. In arriving at his decision he shall, if practicable, take into account any views expressed by the referee.
- 1004.4** If a medical doctor has not been appointed as the medical officer, the safety officer shall assume:
 - 1004.4.1** the duties of the medical officer with respect to warning local medical facilities of the nature of the event and ensuring that sufficient first aid cover is available on site;
 - 1004.4.2** the sole responsibility for advising the referee if, in his opinion, conditions are unsuitable for staging the competition and making recommendations for the modification of the course or the manner in which the competition is conducted.
- 1004.5** In addition to any other duties the clerk of the course shall ensure that swimmers have trimmed toenails

1005 The Race

- 1005.1** If a swimmer is wearing a full body suit his competition number shall be marked in waterproof ink on both sides of his swim cap and on the back of both his hands.

1006 The Finish

- 1006.1** Where it is not practicable to provide a finish apparatus that is a vertical wall 5 metres wide, a finish apparatus shall be provided that is as wide as possible but not less than 2.5 metres wide. In designing the finish the promoter, course officer and safety officer must consider the level of competition and likely number of competitors so as to ensure a safe and fair finish.
- 1006.2** If it is not practicable to provide video coverage of the finish this must be stated in the promoter's conditions.

EXTRACTS OF FINA OPEN WATER SWIMMING RULES

FINA Open Water Swimming Rules 2005 – 2009 including 2008 amendments.

Immediately following these extracts are the ASA guidelines to FINA Open Water Swimming Rules which should be read in conjunction with the FINA Open Water rules to assist their application to local events held in England.

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 should be at least 14 years of age.

OWS 2 Officials

The following officials shall be appointed at Open Water Swimming competitions:
A Referee
Assistant Referees
Chief Timekeeper plus 3 Timekeepers

Chief Judge plus 2 Finish Judges
Safety Officer
Medical Officer
Course Officer
Clerk of the Course
Race Judges (one per competitor) except for events of 10 km or less
Turn Judges (one per alteration of Course)
Starter
Announcer
Recorder

OWS 3 Duties of Officials

The 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' decision 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 authorised officials.

The Assistant Referee shall:

OWS 3.7 Ensure that all necessary officials for the conduct of the competition are at their respective posts. He may, with the approval of the Referee, 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 from the Clerk of the Course, Course Officer and Safety Officer and inform the Referee of their contents 15 minutes before the scheduled start of the race.

OWS 3.9 Approve the draw for Race Judges and allocate them to their respective escort safety craft.

The Starter shall:

OWS 3.10 Be stationed in such a position as to be clearly visible to all competitors.

OWS 3.11 On signal of the Referee raise a distinctive flag into the vertical position.

OWS 3.12 Simultaneously bring the flag holding arm down, with arm kept straight, and activate an audible signal.

The Chief Timekeeper shall:

OWS 3.13 Assign at least three Timekeepers to their positions for the start and finish.

OWS 3.14 Ensure that a time check is made to allow all persons to synchronise their watches with the official running clocks 15 minutes before start time.

OWS 3.15 Collect from each Timekeeper a card showing the time recorded for each swimmer, and, if necessary, inspect their watches.

OWS 3.16 Record or examine the official time on the card for each swimmer.

Timekeepers shall:

OWS 3.17 Take the time of each swimmer assigned. The watches must have memory and print out capability and shall be certified correct to the satisfaction of the Management Committee.

OWS 3.18 Start their watches at the starting signal, and only stop their watches when instructed by the Chief Timekeeper.

OWS 3.19 Promptly after each finish record the time and swimmers' number on the timecard 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 Judge shall:

OWS 3.20 Assign each Judge to a position.

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

Finish Judges (three, one of whom shall be the Chief Judge) shall:

OWS 3.22 Be positioned in line with the finish where they shall have at all times a clear view of the finish.

OWS 3.23 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 3.24 Be positioned in an escort safety craft, assigned by random draw prior to the start, so as to be able to observe, at all times, his appointed swimmer.

OWS 3.25 Ensure at all times that the Rules of competition are complied with, violations being recorded in writing and reported to the Referee at the earliest opportunity.

OWS 3.26 Have the power to order a swimmer from the water upon expiry of any time limit so ordered by the Referee.

OWS 3.27 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 3.28 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 3.29 Record any infringement of the turn procedures on the record sheets provided and indicate the infringement to the Race Judge at the time of infringement by blasts on a whistle.

OWS 3.30 Promptly upon completion of the event deliver the signed record sheet to the Chief Judge.

The Safety Officer shall:

OWS 3.31 Be responsible to the Referee for all aspects of safety related to the conduct of the competition.

OWS 3.32 Check that the entire course, with special regard to the start and finish areas, is safe, suitable, and free of any obstruction.

OWS 3.33 Be responsible for ensuring that sufficient powered safety craft are available during the competition so as to provide full safety backup to the escort safety craft.

OWS 3.34 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 3.35 In conjunction with the Medical Officer advise the 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 3.36 Be responsible to the Referee for all medical aspects related to the competition and competitors.

OWS 3.37 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 3.38 In conjunction with the Safety Officer, advise the 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 3.39 Be responsible to the Management Committee for the correct survey of the course.

OWS 3.40 Ensure the start and finish areas are correctly marked and all equipment has been correctly installed and, where applicable, is in working order.

OWS 3.41 Ensure all course alteration points are correctly marked, and manned prior to the commencement of the competition.

OWS 3.42 With the Referee and Safety Officer inspect the course and markings prior to the commencement of competition.

OWS 3.43 Ensure that Turn Judges are in position prior to the start of the competition and report this to the Assistant Referee.

The Clerk of the Course shall:

OWS 3.44 Assemble and prepare competitors prior to each event and ensure proper reception facilities at the finish are available for all competitors.

OWS 3.45 Ensure each competitor is identified correctly with their race number and that all swimmers have trimmed fingernails and are not wearing any jewellery, including watches.

OWS 3.46 Be certain all swimmers are present, in the assembly area, at the required time prior to the start.

OWS 3.47 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 3.48 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 3.49 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 3.50 Record withdrawals from the competition, enter results on official forms, and maintain record for team awards as appropriate.

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 number of entries dictate the start shall be segregated in the Men's and Women's competitions. The Men's events shall always start before the Women's events.

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 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 command "take your marks" they shall take up a starting position 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 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 meter.

OWS 5.5 The water temperature should be a minimum of 16°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 40 cm. This control should be done in the presence of a

Commission made up of the following persons present: a Referee, a member of the Organising Committee and one coach from the teams present designated during the Technical Meeting.

OWS 5.6 All turns/alterations of course shall be clearly indicated.

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 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.

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

OWS 6 The Race

OWS 6.1 All Open Water competitions shall be Freestyle events.

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 Referee or an Assistant Referee, any swimmer, or escort safety craft, takes advantage of, by interfering with any swimmer, by making intentional contact with any swimmer, by pacing or by slip streaming, the following proceeding shall apply:

1st Infringement:

A yellow flag and a card bearing the swimmer's 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 the Referee, an action of a swimmer or an escort craft is deemed to be "Unsporting", the Referee shall disqualify the swimmer concerned immediately according to the FINA Rule.

OWS 6.4 Escort safety craft shall manoeuvre so as not to obstruct or place themselves 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 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 (OWS 3.1)

OWS 6.8 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 6.9 No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used.

OWS 6.10 Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Referee, excessive.

OWS 6.11 The pacing of a swimmer by another person entering the water is not permitted.

OWS 6.12 Coaching and the giving of instructions by the swimmer's representative in the escort safety craft is permitted. No whistle shall be allowed on an escort boat.

OWS 6.13 When taking sustenance swimmers may use Rule OWS 6.6 provided Rule OWS 6.7 is not infringed.

OWS 6.14 All swimmers shall have their competition number clearly displayed in waterproof ink on their upper back and arms.

OWS 6.15 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 6.16.1 In all events, time limits shall apply as follows from the finish time of the first swimmers:

Events under 25 km	30 minutes
Events of 25 km	60 minutes
Events over 25 km	120 minutes

OWS 6.16.2 Competitors who do not finish the course within the time limits shall be removed from the water except that the referee may allow a competitor outside the time limit to complete the course but not participate in any points or prizes awarded.

OWS 6.17 Emergency Abandonment

OWS 6.17.1 In cases of emergency abandonment of races of 10 km or less, the race will be restarted from the beginning at the earliest possible moment.

OWS 6.17.2 In cases of emergency abandonment for any race of longer than 10km, where the lead swimmer has accomplished at least $\frac{3}{4}$ of the race, the final ranking will be as reported by the head referee. If the lead swimmer has not completed $\frac{3}{4}$ of the race, it will be restarted from the beginning at the earliest moment possible.

OWS 7 The Finish of the Races

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.

OWS 7.2.1 When automatic Officiating Equipment is used for timing of competitions in accordance with rule SW 11, microchip transponder technology 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 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 Boat Judge will immediately inform the Referee who will instruct the responsible official on the water to issue a replacement transponder. Any competitor who finishes the race without a transponder 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.

ASA GUIDANCE TO FINA OPEN WATER SWIMMING RULES

All Racing competitions held under the jurisdiction of the ASA or its Regions, subject to the overriding condition that the published ASA Health and Safety guidelines take precedence over the provisions of any or all of them, shall be held under the:

- relevant parts of the FINA Open Water Swimming Rules;
- ASA Judicial Laws and Rules (101 et seq.);
- ASA General Competition Laws (401 et seq.) and

The following guidelines are provided to assist all participants in the sport in applying the rules in a manner that is safe, consistent and fair to all athletes at all levels of ability.

The guidance notes reflect the layout of the FINA Open Water swimming rules – where there is no specific guidance the FINA rules should be used.

These notes are not intended to overrule FINA rules; they are intended to provide practical guidance in the running of a competition.

OWS 1.2 – Age Limits. The minimum age limits for events shall be as defined by ASA Law 411.

OWS 3.24 – Race Judge. To improve the safety cover race judges may also be appointed to a position on the shore or in a safety boat. Individual escort safety boats will only be used where the safety case identifies this requirement.

OWS 3.17 – Timekeepers. Where possible watches with memory and print out capability should be used.

OWS 3.35 – Safety Officer. The safety officer shall have the authority to cancel or stop an event on

safety grounds if, in his opinion, conditions are unsuitable. In arriving at his decision he shall, if practicable, take into account any views expressed by the referee.

OWS 3.45 – Clerk of the course. In addition to ensuring finger nails are trimmed the clerk of the course shall ensure that toenails are trimmed

OWS 6.14 – The Race. The race number shall be marked on the backs of both hands in addition to both upper arms and back. If a competitor is wearing a full body suit the number can be marked on the suit or on his swimming hat.

OWS 7.2 – The Finish apparatus. Where it is not practicable to provide a finish apparatus that is a vertical wall 5 metres wide, a finish apparatus shall be provided that is as wide as possible but not less than 2.5 metres wide. If possible the finish apparatus should be designed to allow the swimmers to “swim through”. In designing the finish the promoter, course officer and safety officer must consider the level of competition and likely number of competitors so as to ensure a safe and fair finish.

OWS 7.2 – Video recording. If it is not practicable to provide video coverage of the finish this must be stated in the promoter's conditions.

TECHNICAL RULES OF DISABILITY SWIMMING

Changes to the Technical Rules of Disability Swimming normally come into effect from 1st September in each year, unless the Board decides on a different date.

1101 All disability swimming competitions held under the jurisdiction of the ASA or its Regions, subject to the overriding condition that the published ASA Health and Safety guidelines take precedence over the provisions of any or all of them, shall be held under the:

1101.1 relevant parts of the International Paralympic Committee Swimming Rules;

1101.2 ASA Judicial Laws and Rules (101 et seq.);

1101.3 ASA General Competition Laws (401 et seq.).

GUIDELINES FOR COMPETITIONS

WARM-UPS AND SWIM-DOWNS

This information is published by the ASA to remind officials and swimmers of ASA Law concerning warm-ups and swim-downs and pre-competition training. It should be read in conjunction with the ASA Safety Law - Prompt Cards for the different disciplines. It also provides guidance for them on the implementation of these laws.

1 The Promoter

The Promoter should comply with the requirements of the ASA Safety Laws Prompt Card for the Promoter of the relevant discipline.

2 The Referee

The Referee should comply with the requirements of the ASA Safety Laws Prompt Card for the Referee of the relevant discipline.

3 The Announcer

The Announcer should comply with the requirements of the ASA Safety Laws Prompt Card for the Announcer of the relevant discipline.