

SWIMMING OFFICIALS GROUP

FINA SWIMMING RULES

(As amended following the FINA Technical Congress July 2009)

Where no reference is made to a rule the existing rule within the FINA Handbook 2005-2009, together with any subsequent reference to those rules by Home Countries is still valid

New wording is shown in bold lettering

SW 2 OFFICIALS

SW 2.9 Timekeepers

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

SW 3 SEEDING OF HEATS, SEMI-FINALS AND FINALS

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

SW 3.2.3 In the event that swimmers from the same or different heats have equal times registered to 1/100 second for either the eighth/**tenth** place or sixteenth/**twentieth** place **depending on the use of 8 or 10 lanes**, there shall be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place not less than one hour after all involved swimmers have completed their heats. Another swim-off shall take place if equal times are registered again. If required, a swim off will take place to determine 1st and 2nd reserve if equal times are recorded.

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

SW 3.2.5 For heats, semi-finals and finals, swimmers must report to the First Call Room no later than 20 minutes prior to the start of their event. After inspection, swimmers proceed to the final call-room.

SW 4 THE START

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

SW 7 BREASTSTROKE

(For ease of reading the complete section of rules relating to breaststroke has been reproduced)

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. **From the start and throughout** the race the stroke cycle must be one arm stroke and one leg kick in that order. **All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.**

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. **All** movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward **butterfly** kick is not permitted except as in **SW 7.1** Breaking the surface of the water with the feet is allowed unless followed by a downward **butterfly** kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands 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.

The FINA interpretation paragraph has been removed, the contents having been incorporated into the new wording of the rules relating to breaststroke

SW 9 MEDLEY SWIMMING

SW 9.1 In individual medley events, the swimmer covers the four swimming **strokes** in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. **Each of the strokes must cover one quarter (1/4) of the distance.**

SW 9.2 In medley relay events, swimmers will cover the four swimming **strokes** 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 **stroke** concerned.

SW 10 THE RACE

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

All subsequent rules in SW 10 have been renumbered

SW 10.3 The swimmer must **remain and** finish the race in the same lane in which he/**she** started.

SW 10.8 No swimmer shall be permitted to use or wear any device that may aid his/**her** speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn. **Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee.**

SW 12 WORLD RECORDS

SW 12.7 World Records can be established only by swimmers wearing FINA approved swimsuits.

SW 12.8 Renumbering of SW 12.7

SW 12.9 World Records can be established only in fresh water. No World Records will be recognised in any kind of sea or ocean water.

All subsequent rules in SW 12 have been renumbered

FINA BY-LAWS

New By-Law BL 8

BL 8 SWIMWEAR

BL 8.1 All FINA approved swimwear to be used at the Olympic Games and FINA World Championships must be approved by FINA at least twelve (12) months prior to the start of the respective competition. In addition, it must be available for all competitors by 1st January of the year of the Olympic Games or FINA World Championships.

BL 8.2 In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

BL 8.3 From January 1st 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

It should be noted that BL 8.1 relates only to those specified Championships listed in the By-Law.

MASTERS SWIMMING RULES

MSW 3.10 A breaststroke kicking movement is permitted for butterfly.
Only one breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

MSW 4.1

Relay event are now referred to as for example 4x50m Relay rather than the total distance.

Additional events:-

4x100m Freestyle, Medley, Mixed Freestyle and Medley (2 women and 2 men) Relay.

4x200m Freestyle, Mixed Freestyle (2women and 2 men) Relay