

FINA Technical Rules

Many of you will already have attended a FINA Technical Rules update but for those of you who have not here are the Swimming Rules you need to know. Words highlighted in bold denote the new wording.

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 re-produced)*

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

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. **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

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 evens 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

SWIMWEAR

Rules governing swimwear are contained within FINA General Rule 5 and By Law BL 8

GR5 SWIMWEAR

GR5.1 The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports discipline and not carry any symbol which may be considered offensive.

GR5.2 All swimsuits shall be non transparent.

GR5.3 The referee of a competition has the authority to exclude any competitor whose swimsuit or body symbols do not comply with this Rule.

GR5.4 Before any swimwear of new design, construction or material is used in competition, the manufacturer of such swimwear must submit the swimwear to FINA and obtain approval of FINA.

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.

British Swimming has also published the following announcement.

In addition to complying with FINA General Rule 5, the swimwear in these competitions must comply with By-Laws 8.2 and 8.3 concerning the style and material used. This does not prevent the use of a zip (or other fastening) as this is not mentioned in these provisions. British Records may be achieved.

However, if a World or European Record is to be claimed then the swimwear must meet the requirements of the issuing authority. This is separate from the General Rules and By-Laws and is subject to change at any time. A list of approved swimsuits can be found on the FINA website.

Following the FINA Bureau meeting in January 2010 new rules for Masters and Open Water have been published in a press release.

14. Swimwear:

- **Open Water:** from June 1, 2010 Open Water Swimwear, for both Men and Women, shall not cover the neck, extend past the shoulder, nor shall extend below the ankle. All Open Water swimsuits shall comply with the FINA Criteria for Materials and Approval Procedures. Until June 2010, the 2009 models can be used in order to protect the athlete from sunburn, jellyfish etc.
- **Masters:** the same swimwear regulations as per pool swimming will be applied from January 15, 2010.

National Events

The opportunity to officiate at National Championships has proved to be very popular during 2009; so popular there were more volunteers than spaces for some competitions. The application form to officiate at the British Gas Masters and Senior Age Groups in Glasgow from 18-20th June is now posted on the website. Further opportunities will be available shortly for the British Gas ASA Age Group Championships, British Gas ASA Youth Championships and British Gas ASA National Championships. This is an excellent opportunity to gain experience and meet officials from other parts of the Country. The minimum qualification to apply is a Licensed Judge Level 1.

Courses and Training

The workbooks for Judge Level 1 and Judge Level 2/2S have been updated to reflect all the changes to the rules as above.

Referee Examination- November 2009

The following candidates were successful in the November Examination and subject to a successful final practical assessment will be qualified as a Referee.

Graeme Addison- ASA North East	Timothy Jones ASA South West
Caroline Ashcroft- ASA North West	Gary Leith- ASA North West
Tom Baster- ASA East	Stewart McLagan- ASA East
Ian Bond- ASA South East	Geraldine Metcalf- ASA East
Robert Boosey- ASA East	Jonathan Mills- ASA South East
Mike Burgin- ASA North East	Stewart Murray- ASA East
Stephen Christian- ASA East	Susan Oldham - ASA East Midland
Eve Edwards- WASA-South	Helen Perry- ASA South West
Colin Evison- ASA North West	Steve Redfern- ASA West Midland
Alistair Fale- ASA North East	Helen Smith- SASA North
Eldred Gibbons- ASA East	Heather Summerill- ASA West Midland
Joanne Highfield- ASA East Midland	Peter West- ASA North West
Andrew Humphreys- ASA West Midland	Joan Wheeler- ASA East

Congratulations to all of them and commiserations to those who did not quite achieve the required high standard.

Applications have now closed for the Referee Course and Examination in November 2010. Those considering application for 2011 have until 31st December 2010 to do so. As part of the preparation why not consider officiating at one or more of the National Events?

Do you have a question or query?

A panel of experts will be delighted to provide the answer. Please send any questions or queries to jane.davies@swimming.org

Question: Breaststroke: The swimmer had been disqualified for an infringement at the turn. The touch had been made simultaneously with both hands, but the hands were not on the same level.

Answer: There is no requirement for both hands to be on the same level. The touch shall be made with both hands simultaneously at, above, or below the water level. (SW 7.6) The swimmer should not have been disqualified.