

PART 5

SWIMMING RULES

**To be considered at the
FINA Technical Swimming
Congress**

**23 July 2009 / 09:30 hours
Rome, Italy**

FINA SWIMMING RULES

RULE N°	SUBMITTING BODY	PROPOSAL
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SW 2	OFFICIALS	
SW 2.5	Chief Inspector of Turns	
SW 2.5.3 NEW	FRA Fed. <i>Bureau & TSC does not recommend</i>	<u>As per the instruction of the Referee, the Chief Inspector of Turns will fill in the disqualification card according to the information given by the turning judges. He will then give this form to the Referee.</u> <i>Renumber thereafter</i>
SW 2.6	Inspector of Turns	
SW 2.6.3	CAN Aq. <i>Bureau & TSC does not recommend</i>	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. <i>Renumber thereafter</i>
SW 2.9	Timekeepers	
SW 2.9.3	FRA Fed <i>Bureau & TSC recommends</i>	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. They shall not clear their watches until they receive the "clear watches" signal from the chief timekeeper or the referee. <u>Their watches must be cleared at the short whistle of the Referee announcing the following race.</u>
SW 3	SEEDING OF HEATS, SEMI-FINALS AND FINALS	
SW 3.1.2	TSC <i>Bureau recommends</i>	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 (<u>0 when using pools with 10 lanes</u>) 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. <u>In pools using 10 lanes, the fastest swimmer shall be placed in lane 4.</u> 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.

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SW 3.2.3	TSC <i>Bureau recommends</i>	In the event that swimmers from the same or different heats have equal times registered to 1/100 second for either the eighth/ <u>tenth</u> place or sixteenth/ <u>twentieth</u> place <u>depending on the use of 8 or 10 lanes</u> , 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 1 st and 2 nd reserve if equal times are recorded.
SW 3.2.4	TSC <i>Bureau Recommends</i>	Where one or more swimmers scratch from a semi-final or final substitutes <u>reserves</u> 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.
<u>SW 3.2.5</u> <u>NEW</u>	TSC <i>Bureau recommends as amended:</i>	<u>For heats, semi-finals and finals, swimmers must report to the First Call Room no later than 15 minutes prior to the start of their event.</u> <u>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.</u> <u>After inspection, swimmers proceed to the final call-room.</u>
SW 4	THE START	
SW 4.4	TSC <i>Bureau recommends as amended:</i>	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. <u>The Referee repeats the starting procedure starting with the long whistle (the second one for backstroke) as per SW 2.1.5.</u> 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. <u>The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per SW 2.1.5.</u>
SW 4.4	FRA Fed. <i>Bureau & TSC does not</i>	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

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	<i>recommend</i>	swimmers shall be called back and start again. <u>The Referee repeats the starting procedure which follows the long whistle (the second one for backstroke) as per SW 2.1.5.</u>
SW 7	BREASTSTROKE	
SW 7.1 <i>Renumber as SW 7.2</i>	TSC <i>Bureau recommends</i>	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. <u>From the start and t</u> throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. <u>All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.</u>
SW 7.1	NZL Fed. <i>Bureau & TSC does not recommend</i>	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. <u>From the start and t</u> throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
SW 7.2 <i>Renumber as SW 7.1</i>	TSC <i>Bureau recommends</i>	All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. <u>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.</u>
SW 7.4	TSC <i>Bureau recommends</i>	During each complete cycle, some part of the swimmer's head must 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. <u>All</u> movements of the legs shall be simultaneous and in <u>on</u> the same horizontal plane without alternating movement. <i>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.</i>
SW 7.4	NZL Fed. <i>Bureau & TSC do not recommend</i>	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 <u>first arm stroke may pull completely back to the legs.</u> 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. <i>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.</i>
SW 7.4	USA Fed. <i>Bureau & TSC do not</i>	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. <u>A single downward dolphin kick followed by</u>

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	<i>recommend</i>	<p>a breaststroke kick is permitted while wholly submerged. Following which, a All movements of the legs shall be simultaneous and in the same horizontal plane without alternation movement.</p> <p><i>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.</i></p>
SW 7.5	TSC <i>Bureau recommends</i>	The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin butterfly kick is not permitted except as in SW 7.4 SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin butterfly kick.
SW 7.5	USA Fed. <i>Bureau & TSC do not recommend</i>	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 9	MEDLEY SWIMMING	
SW 9.1	TSC <i>Bureau recommends as amended:</i>	<p>In individual medley events, the swimmer covers the four swimming styles strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. <u>Each stroke must cover one fourth (1/4) of the distance.</u></p> <p>.....</p> <p>In individual medley events, the swimmer covers the four swimming styles strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. <u>Each of the strokes must cover one quarter (1/4) of the distance.</u></p>
SW 9.2	TSC <i>Bureau recommends</i>	In medley relay events, swimmers will cover the four swimming styles strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
SW 9.3	TSC <i>Bureau recommends</i>	Each section must be finished in accordance with the rule which applies to the style stroke concerned.
SW 10	THE RACE	
<u>SW 10.1</u> <u>NEW</u>	TSC <i>Bureau recommends</i>	<p><u>All individual races must be held as separate gender events.</u></p> <p><i>Renumber thereafter</i></p>
SW 10.2	TSC <i>Bureau recommends as amended:</i>	<p>A swimmer must finish the race in the same lane in which he started.</p> <p><u>The swimmer must remain in the same lane in which he/she started throughout the race.</u></p> <p>.....</p> <p><u>The swimmer must remain and finish the race in the same lane in which he/she started.</u></p>
SW 10.7	TSC <i>Bureau</i>	No swimmer shall be permitted to use or wear any device <u>or swimsuit</u> that may aid his/ her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn. <u>Any kind of tape on the body is not permitted.</u>

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	<i>recommends as amended:</i>	No swimmer shall be permitted to use or wear any device that may aid his/ <u>her</u> speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn. <u>Any kind of tape on the body is not permitted.</u>
SW 10.7	FRA Fed. <i>Bureau & TSC do not recommend</i>	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 10.7	USA Fed. <i>Bureau & TSC do not recommend</i>	No swimmer shall be permitted to use or wear any device <u>or swimsuit</u> that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.) Goggles may be worn. <u>An independent agency will utilize established globally recognized scientific testing procedures to determine compliance.</u>
<u>SW 10.8</u> <u>NEW</u>	FRA Fed. <i>Bureau & TSC do not recommend</i>	<u>Any swimwear worn for the races must be duly approved by FINA. It is allowed to wear swimming goggles and one or two swimming caps.</u> <i>Renumber thereafter</i>
SW 10.12	NZL Fed. <i>Bureau & TSC do not recommend</i>	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. <u>To ensure that each swimmer swims in the order that they have been nominated for, the Clerk of Course checks the ID of each swimmer at the check in room and identifies the order of swim by writing a number on the top of the foot or some part of the body that can be clearly seen by the person / official who is designated to check the order that swimmer should be swimming.</u>
SW 12	WORLD RECORDS	
<u>SW 12.7</u> <u>NEW</u>	Bureau	<u>World Records can be established only by swimmers wearing FINA approved swimsuits</u>
<u>SW 12.8</u> <u>NEW</u>	Bureau	<u>World Records can be established only in fresh water. No World Records will be recognised in any kind of sea or ocean water.</u>
SW 12.8	FRA Fed. <i>Bureau & TSC do not recommend</i>	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. <u>Individual and relays World Records shall only be recognised when these are set at the relevant race (stroke and distance).</u>
SW 12.9	FRA Fed.	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

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	<i>Bureau & TSC do not recommend</i>	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. <u>An application for the recognition of a World Record cannot be filled in for an intermediate distance or for a lead-off swimmer of a relay.</u>