

SWIMMING RULES OF SWIMMING CANADA



These Swimming rules were prepared by the Officials, Competitions and Rules Committee in English and French and have been approved by Swimming Canada. They shall be in force and shall govern the conduct of all sanctioned Swimming Competitions in Canada until such time as revisions are approved and published.

World Aquatics Facility Rules and Canadian Facility Rules and Guidelines can be found here:
<https://www.swimming.ca/en/swimmingcanadarules/>

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Table of Contents

INTRODUCTION.....	4
DEFINED TERMS	6
PART ONE	11
RULES APPLICABLE TO ALL AQUATIC SPORTS.....	11
1. GENERAL RULES FOR OLYMPIC GAMES, WORLD CHAMPIONSHIPS AND WORLD AQUATICS COMPETITIONS	11
2. INTERNATIONAL COMPETITIONS AND WORLD AQUATICS CALENDAR	11
3. SPORT NATIONALITY	11
4. ELIGIBILITY REQUIREMENTS FOR COMPETITION AND FOR SETTING WORLD RECORDS .	11
5. REGISTRATIONS AND SPORTS ENTRIES	15
6. SWIMWEAR.....	15
7. ADVERTISING AND OTHER IDENTIFICATION	16
8. MEDICAL RULES.....	16
9. FACILITIES AND EQUIPMENT.....	16
10. TECHNICAL OFFICIALS.....	17
11. AWARDS.....	18
12. APPEALS.....	18
PART TWO	20
SWIMMING RULES.....	20
1. SWIMMING COMPETITIONS	20
2. TECHNICAL OFFICIALS.....	20
3. SEEDING OF HEATS, SEMI-FINALS, AND FINALS	28
4. THE START	34
5. FREESTYLE.....	35
6. BACKSTROKE.....	36
7. BREASTSTROKE.....	36
8. BUTTERFLY	37
9. MEDLEY SWIMMING	38
10. THE RACE	38



11. TIMING	40
12. WORLD RECORDS.....	43
13. AGE GROUP RULES - SWIMMING	48
14. SWIMWEAR, TECHNOLOGY, AND WEARABLES	49
15. SWIMMING FACILITIES AND EQUIPMENT	49
16. SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS	50
PART THREE	51
OPEN WATER SWIMMING	51
C1. AUTHORITY	51
1. OPEN WATER SWIMMING COMPETITIONS	51
2. TECHNICAL OFFICIALS.....	52
3. THE START	58
4. THE RACE	60
5. THE FINISH OF THE RACE	65
6. MIXED TEAM EVENT	66
7. 3 KM KNOCKOUT SPRINT	67
8. AGE GROUP RULES AND ELIGIBILITY	70
9. REGISTRATION AND SPORT ENTRIES.....	71
10. SWIMWEAR, TECHNOLOGY, AND WEARABLES	71
11. IDENTIFICATION OF ATHLETES DURING THE RACE	72
12. OPEN WATER SWIMMING FACILITIES AND EQUIPMENT	73
13. WATER QUALITY AND VENUE SUITABILITY	77
14. OPEN WATER SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS	77
15. APPENDICES	77
PART EIGHT	78
MASTERS RULES.....	78
1. GENERAL PROVISIONS.....	78
2. MASTERS SWIMMING RULES	81
3. MASTERS OPEN WATER SWIMMING RULES	87
7. THE WORLD AQUATICS MASTERS CHAMPIONSHIPS	87
APPENDIX A: SWIMMING CANADA NATIONAL COMPETITION RULES.....	88



APPENDIX B: WORLD PARA SWIMMING (WPS) RULES	92
3. WORLD PARA SWIMMING RECOGNISED COMPETITIONS	93
5.1 ANTI-DOPING REQUIREMENTS	93
6. MEDICAL SERVICES	93
10.2 OFFICIALS	93
10.8 SUPPORT STAFF	94
10.10 SEEDING OF HEATS AND FINALS	94
10.13.6 TECHNICAL JURY OF APPEAL	95
10.16 SWIMWEAR	95
10.18 WORLD AND REGIONAL RECORDS	95
11.1 THE START	98
11.3 BACKSTROKE	100
11.4 BREASTSTROKE	101
11.5 BUTTERFLY	103
11.6 MEDLEY SWIMMING	105
11.7 RELAYS	105
11.8 THE RACE	106
APPENDIX ONE: CODES OF EXCEPTION	109
APPENDIX THREE: FACILITIES	109
APPENDIX A: SWIMMING CANADA COMPETITION RULES	

APPENDIX B: WORLD PARA SWIMMING (WPS) RULES

INTRODUCTION

Swimming Canada's goal is to conduct well organized, uniform, and consistently operated swim meets for the benefit of all Athletes. The objective of all meets is fair and fast swimming. When Athletes arrive at the meet site, they have had months and years of preparation with specific goals in mind and must be allowed to achieve the highest level of performance.

To advance this goal and these objectives Swimming Canada has adopted World Aquatics rules for all meets held in Canada. These are supplemented by specific Canadian interpretations and policies as highlighted in Part One and Part Two of this handbook. (Swimming Canada supplemental information is included in the World Aquatics text but rule numbers are prefixed with a "C".) Where a conflict occurs, the Canadian interpretation shall apply. Provincial-level meets shall use World Aquatics rules and will follow the same format (to a lesser degree) as



Swimming Canada meets.

All the information in this handbook applies to all Swimming Canada/provincially sanctioned meets.

For all World Aquatics meets and Cups assigned to Canada, the World Aquatics Bureau, through its Canadian member federation, Aquatics Canada/Aquatiques (ACA), or its designate Swimming Canada, in conjunction with the host section and club, appoints a competition management committee for each meet. This committee shall be responsible for all management and operating decisions of the specific Meet.

Swimming Canada competitions may include swimming Trials, the national and youth championships, special invitational meets, Games, and any World Aquatics meets held in Canada (World Cups, Pan-Pacific, World Long Distance, and Masters World Championships) and the special provisions that apply to their conduct are included in Appendix A.



DEFINED TERMS

Note: These Interpretations represent those most applicable to Swimming Canada competitions. For all other World Aquatics Interpretations, please refer to World Aquatics Part Nine.

- 1) **3 km Knockout Sprint** means the Open Water Swimming event described in Article 7 of Part Three.
- 2) **ACA** means Aquatics Canada Aquatiques - the body to which Swimming Canada is affiliated as a member along with Diving, Water Polo and Artistic Swimming. ACA is affiliated with World Aquatics and is the body through which the member sports must work in matters pertaining to international and/or world aquatics.
- 3) **Age Group Swimming** means swimming competitions conducted for all athletes (Olympic and Paralympic programs) classified by age. These events are typically organized by club, regional or provincial bodies and focus on athletes under 18 years of age. However, competitions may also include athletes who are older than 18 years. When this is expected, the details must be clearly outlined in the Meet Information Package.
- 4) **Appeal Form** means the form that is referenced in Article 12 of Part One and is available in electronic form on the World Aquatics website and in hard copy in competition Venues at World Aquatics Events.
- 5) **Aquatics** means all sport disciplines governed by World Aquatics, including Swimming, Open Water Swimming, Diving, High Diving, Water Polo, Artistic Swimming, Masters, and any other discipline that may be governed by World Aquatics from time to time.
- 6) **Athlete** means a person (i) who is taking part in aquatics competitions and events at national or international level, organised in accordance with the Constitution, World Aquatics Rules and/or regulations of World Aquatics Members or affiliated entities and/or (ii) who is registered by his/her respective national federation.
- 7) **Athlete Support Personnel** means any coach, trainer, manager, agent, doctor, therapist, nutritionist, team staff, or any other person working with, treating or assisting an Athlete participating in or preparing for a competition.
- 8) **Automatic Officiating Equipment** means, in Swimming, the automatic officiating equipment described in Articles 11 and 15.16 of Part Two and, in Open Water Swimming, the automatic officiating equipment described in Article 12.3.3 of Part Three.
- 9) **By-laws** means the World Aquatics By-laws.
- 10) **Close Friends** means a personal relationship between a Technical Official and an individual characterised by frequent social interaction, mutual trust, emotional closeness, and/or ongoing personal support.
- 11) **Club/Team** means a corporate body or group of persons organized for the purpose of teaching, training, and competing in the sport of swimming, and whose members are registered with Swimming Canada or PS or with the World Aquatics affiliated body in its own country.
- 12) **Competition Regulations** means these World Aquatics Competition Regulations (including



all nine Parts). Configuration means an arrangement of elements in a particular form, figure, or combination.

- 13) **Constitution** means the constitution of World Aquatics, as adopted or amended from time to time.
- 14) **Country** means a geographical territory or region which, in the discretion of World Aquatics, is considered to be autonomous in relation to the development and organisation of Aquatics.
- 15) **Emergency Action Plan** means the emergency action plan referenced in Article 8 of Part One.
- 16) **Event** means an individual stroke(s) or a relay race assigned a specified number in a competition and having one or more heats.
- 17) **GMS** means the World Aquatics General Management System.
- 18) **Integrity Code** means the World Aquatics Integrity Code.
- 19) **International Competition** means any competition organised or sanctioned by World Aquatics, any Continental or Regional Organisation or any Member in which other World Aquatics-recognised Federations, clubs or individuals participate. There are five tiers of International Competition, as defined in Article 2.1 of Part One.
- 20) **IOC** means the International Olympic Committee.
- 21) **List of Approved Swimwear** means the list of swimwear that has been approved by World Aquatics as updated from time to time and published on the World Aquatics website.
- 22) **LOC** means the local organising committee for a World Aquatics Event, which might (for example) be, a host Member Federation, or a private entity.
- 23) **Management Committee** means the persons appointed by World Aquatics to oversee the overall organisation and execution of a competition. The Bureau will act as the Management Committee for the Olympic Games and World Aquatics Championships. The Management Committee may delegate responsibilities to members of the World Aquatics Team.
- 24) **Masters** means the sports, competitions and events for Masters Participants described in Part Eight.
- 25) **Masters Team** means a team of Masters Participants competing together in a team Aquatics event.
- 26) **May** means that the action is optional at the discretion of the athlete, coach, officer, or official involved.
- 27) **Material** means all physical material and/or fabric used in Swimwear.
- 28) **Member Federation** means a National Body recognised by World Aquatics to be a member of World Aquatics.
- 29) **National Body** means a body which is established to represent the development and organization of Aquatics in a particular Country.
- 30) **NOC** means a National Olympic Committee recognised by the IOC.
- 31) **Officer** means a representative of a PS or Swimming Canada.



- 32) **Official** means a person who has been certified for the position that they are working.
- 33) **On-water Craft** means, in Open Water Swimming, any craft on the water, including Safety Craft and Escort Craft.
- 34) **Open Water Swimming** means the Aquatic sport described in Part Three.
- 35) **Part** means a part of these Competition Rules.
- 36) **Para** means Athletes with an Eligible Impairment.
- 37) **Pool Area** means any area of the competition under the jurisdiction of the Referee.
- 38) **PS** means the provincial section.
- 39) **Round One** means the first round of the 3 km Knockout Sprint event.
- 40) **Round Two** means the second round of the 3 km Knockout Sprint event.
- 41) **Round Three** means the third round of the 3 km Knockout Sprint event.
- 42) **Safety Craft** means any craft that provides close-support safety functions at Open Water Swimming competitions, which may include, for example, kayaks, paddleboards, or other vessels.
- 43) **Sanction** means:
 - 1) the written approval to host a competitive swimming competition under the authority of Swimming Canada in an approved competition site having met the minimum standards of Swimming Canada with the expectation that qualified officials will be used to conduct the meet under the published rules contained herein;
 - 2) A penalty.
- 44) **Shall** means that an action is mandatory.
- 45) **Should** means that the action is preferred under normal conditions.
- 46) **Sport Nationality** means an Athlete's affiliation and eligibility to represent a Member Federation in International Competition, as described in Article 3 of Part One.
- 47) **Swimming** means the Aquatic sport described in Part Two.
- 48) **Swimwear** means any swimsuit, wetsuit, swim cap, and goggles.
- 49) **Technical/ Team Leaders' Meeting** means the meeting between representatives of World Aquatics, the LOC, and Member Federations prior to a World Aquatics Event.
- 50) **Technical Committee** means the World Aquatics Technical Committees listed in Article 25.2 of the Constitution.
- 51) **Technical Masters Committee** means the Technical Committee for Masters competition.
- 52) **Technical Official** means the technical officials officiating at competition, including (depending on the Aquatic sport) Referees, Starters, Judges, and Technical Controllers.
- 53) **Technical Open Water Swimming Committee** means the Technical Committee for Open Water Swimming.
- 54) **Technical Swimming Committee** means the Technical Committee for Swimming.



- 55) **Therapeutic Use Exemption** has the meaning given to it in the World Aquatics Doping Control Rules.
- 56) **Timing Systems:** Every race will be timed with one or more of the following timing systems, listed in their preferred order of use:
- i. Automatic timing system: activated by a starting device and stopped at the finish of a race when the athlete touches the touchpad.
 - ii. Semi-automatic timing system: activated by a starting device and stopped by timekeepers pushing buttons or plungers when the athlete touches the wall/touchpad at the finish of the race.
 - iii. Manual timing system: activated by a timekeeper starting and stopping a manual, digital stopwatch.
- 57) **Timing System Selection:** Timing systems will be selected in the order in which results are used as follows:
- i. Primary timing system — The primary system will determine the official time unless a comparison of the primary with secondary and/or tertiary system times or a visual observation indicate a malfunction of the primary system. A primary system will consist of one of the following, listed in their preferred order of use:
 - a) Automatic timing system
 - b) Semi-Automatic timing system
 - c) Manual timing system
 - ii. Secondary timing system - If manually operated watches are not the primary system, a secondary system must be used. The secondary system may be:
 - a) Overhead video cameras
 - b) Semi-Automatic timing system
 - c) Manual timing system
 - iii. Tertiary System - Unless the primary system consists of manual watches, or the secondary system is a video system or includes at least one (1) manual watch per lane, a tertiary system of at least one (1) manual watch per lane should be provided.
- 58) **Top Ten Ranking** means the Masters Swimming rankings described in Article 2.7 of Part Eight.
- 59) **Unattached** means that the person so designated is ineligible to represent a club for reasons set down in the Swimming Canada Constitution and By-Laws.
- 60) **Unsporting Conduct** means, in Open Water Swimming, conduct that is unsporting, as described in Article 4.2.4 of Part Three.
- 61) **U Sports** means the Canadian Interuniversity Sports.
- 62) **U Sports Team:** To be a member of a U Sports team, an individual athlete will be a registered student of that post-secondary institution.
- 63) **U Sports/Post Secondary Athlete:** Rules that apply to U Sport athletes will be interpreted and applied equally to Athletes and teams representing other post-secondary institutions.
- 64) **WADA** means the World Anti-Doping Agency.



- 65) **Will** means that an action is mandatory.
- 66) **World Aquatics** means the body which regulates and controls competitions in the six aquatic sports at the world level. Always use World Aquatics or the acronym AQUA (never WA or other acronyms).
- 67) **World Aquatics Event** means all competitions organised by World Aquatics, including the Tier 1 and Tier 2 International Competitions listed at Article 2.1 of Part One (excluding the Olympic Games).
- 68) **World Aquatics Rules** means the By-laws and any other rules and regulations adopted by World Aquatics other than the Constitution.
- 69) **World Aquatics Technical Delegate** means the World Aquatics technical representative at a competition.



PART ONE

RULES APPLICABLE TO ALL AQUATIC SPORTS

1. GENERAL RULES FOR OLYMPIC GAMES, WORLD CHAMPIONSHIPS AND WORLD AQUATICS COMPETITIONS

Refer to World Aquatics Competition Regulations Part One Article 1.

2. INTERNATIONAL COMPETITIONS AND WORLD AQUATICS CALENDAR

Refer to World Aquatics Competition Regulations Part One Article 2.

3. SPORT NATIONALITY

3.1 Sport Nationality refers to an Athlete's affiliation and eligibility to represent a Member Federation.

3.1.1 An Athlete will be eligible to compete at an International Competition representing a Member Federation if he/she is affiliated to only one Member Federation and is a citizen of the Country that the Athlete represents by virtue of being a citizen by birth or naturalization.

Refer to World Aquatics Competition Regulations Part One Article 3.2-3.6 for further information on Sport Nationality.

4. ELIGIBILITY REQUIREMENTS FOR COMPETITION AND FOR SETTING WORLD RECORDS

4.1 To be eligible to compete in World Aquatics competitions and to set World Records in World Aquatics competitions and other Aquatics events recognised by World Aquatics, an Athlete must be affiliated to a Member Federation, unless otherwise granted permission to compete by World Aquatics in its sole discretion.

4.2 World Aquatics is committed to providing safe, fair, inclusive, and non-discriminatory opportunities for all Athletes wishing to compete in World Aquatics competitions. The Bureau has therefore adopted a Policy (and accompanying Operating Requirements) to address eligibility for the men's and the women's competition categories. Some provisions of the Policy are summarised in Articles 4.3 to 4.6 of this Part One for ease of reference, but the Policy and Operational Requirements should be referred to directly to establish their full meaning and effect.

4.3 Certification



4.3.1 Athletes must certify their chromosomal sex with their Member Federation in order to be eligible for World Aquatics competitions. Failure to do so, or provision of a false certification, will render the Athlete ineligible.

4.3.2 Member Federations must confirm their Athletes' certifications of chromosomal sex when registering their Athletes to compete in World Aquatics competitions.

4.3.3 World Aquatics reserves the right to include a chromosomal sex screen in its anti-doping protocol to confirm such certification.

4.4 Eligibility for the Men's Category

4.4.1 All male athletes, including athletes with 46 XY DSD, are eligible to compete in World Aquatics competitions and to set World Records in the men's category, regardless of their legal gender, gender identity, or gender expression.

4.4.2 Female-to-male transgender athletes (transgender men) may be eligible to compete in World Aquatics competitions and to set World Records in the men's category in accordance with the conditions of the Policy and Operational Requirements.

4.5 Eligibility for the Women's Category

4.5.1 All female athletes are eligible to compete in World Aquatics competitions and set World Records in the women's category, regardless of their legal gender, gender identity, or gender expression, in accordance with the conditions of the Policy and Operational Requirements.

4.5.2 Male-to-female transgender athletes (transgender women) and athletes with 46 XY DSD whose legal gender and/or gender identity is female may be eligible to compete in the women's category in World Aquatics competitions and to set World Records in the women's category in World Aquatics competitions and in other events recognised by World Aquatics in accordance with the conditions of the Policy and Operational Requirements.

4.6 Process for application

4.6.1 The process for applications for eligibility is set forth in the Operational Requirements appended to the Policy.

C4.6.1.1 Eligibility - Canada

C4.6.1.1.1 Athletes entering meets must comply with all World Aquatics, Swimming Canada, and PS eligibility rules (see Part One Articles 3, 4 and 5).

C4.6.1.1.2 To compete in any Swimming Canada sanctioned event, a U Sports team will be registered with the PS as a University Team.

C4.6.1.1.3 To compete in Swimming Canada events and U Sports events, a U Sports Athlete will be registered with Swimming Canada in the appropriate registration categories as outlined in the *National Registration Procedures & Rules Manual*. Similarly, a U Sports Athlete who wishes to represent their U Sports program and club program concurrently must register in the appropriate registration categories as outlined in the *National Registration Procedures & Rules Manual*. An Athlete may compete for only their Club or their U Sports



program (but not both) at a particular competition.

C4.6.1.1.4 An Athlete's age will be as of the first day of the meet.

C4.6.1.1.5 Competitions designated as closed or restricted will be those in which entry is restricted as published in the Meet Information Package.

C4.6.1.1.6 Any competitor who wishes to change club affiliation must do so in accordance with the Swimming Canada National Registration Procedures & Rules Manual.

C4.6.1.1.7 An Athlete **NOT PREVIOUSLY REGISTERED with Swimming Canada in the prior competitive season**, who is a Canadian citizen whether by birth or naturalization (where naturalization means they are eligible to hold a Canadian passport), will be eligible to compete in a sanctioned Trials Meet to select Athletes to compete for Canada by complying with registration with Swimming Canada at least **30 DAYS** prior to the beginning of the competition and complying with World Aquatics Competition Regulation Part One Article 3.

C4.6.1.1.8 An Athlete **PREVIOUSLY REGISTERED with Swimming Canada in the prior competitive season**, who is a Canadian citizen whether by birth or naturalization (where naturalization means they are eligible to hold a Canadian passport), will be eligible to compete in a sanctioned Trials Meet to select Athletes to compete for Canada by complying with registration with Swimming Canada by the advertised **ENTRY DEADLINE** of the competition and complying with World Aquatics Competition Regulation Part One Article 3.

C4.6.1.1.9 An Athlete will only compete in events of the gender in which they are registered.

C4.6.1.1.10 In age group swimming, combined gender swimming is permitted. Canadian Age Group records can not be set when heats involve individual mixed genders.

C4.6.2 Eligibility - Foreign Athletes

C4.6.2.1 A foreign Athlete who temporarily or permanently changes residence to Canada and who wishes to train and/or compete in Canada, must, prior to registration or meet entry, provide a "Letter of Permission" from the member federation of the country the Athlete has left. It will be the responsibility of the club, the competitor and the provincial section to secure permission before allowing a foreign Athlete to train and/or compete in Canada.

C4.6.2.2 A foreign Athlete (one not being a Canadian citizen nor having "Permanent Resident" status) who has resided in Canada and has been registered with Swimming Canada, and who has been actively training with a Canadian club from October 1 each year for a Swimming Canada National Meet prior to March 31 and from April 1 for a Swimming Canada National Meet taking place after April 1 will be classed as a Canadian Athlete for scoring and award purposes. All other foreign Athletes residing in Canada and registered with Swimming Canada through a club, will compete with the club code but be identified as foreign for the purpose of points, medals and awards.



C4.6.3 Eligibility and Affiliation with Prohibited Competitions (e.g., Enhanced Games)

Swimming Canada is firmly committed to clean, safe, and fair sport. In alignment with the Canadian Centre for Ethics in Sport (CCES), the World Anti-Doping Agency (WADA), and World Aquatics, Swimming Canada prohibits any form of affiliation with organizations or events that promote, condone, or glorify the use of prohibited substances or methods—such as the “Enhanced Games.”

1. Prohibited Conduct

Any individual affiliated with Swimming Canada including athletes, coaches, team personnel, Integrated Support Team (IST), contractors, or staff may be declared ineligible for participation in Swimming Canada programs, teams, or events if they:

- o Participate in or promote any event or organization that enables or encourages doping;
- o Provide services (e.g., coaching, technical, medical) to such events;
- o Endorse, support, or publicly affiliate with such events in a way that conflicts with Swimming Canada’s values and policies.

2. Ineligibility

Swimming Canada reserves the right to determine ineligibility for national teams, events, or programs based on any such affiliation. Each case will be assessed individually, with decisions guided by our commitment to clean sport. The nature of the affiliation and its impact on the integrity of swimming will be key factors in determining eligibility.

3. Alignment with World Aquatics

This rule supports and aligns with the World Aquatics By-law 10 Ineligibility, adopted 3 June 2025. Swimming Canada encourages all affiliated members and partners to maintain consistent standards and reject any efforts that undermine clean sport.

4. Health and Integrity Warning

Any involvement with initiatives like the Enhanced Games poses serious risks to athlete health and well-being and could carry potential anti-doping rule violations under the Canadian Anti-Doping Program.

5. Consequences

Such conduct may be considered a breach of:

- o Swimming Canada’s Code of Conduct and Ethics, specifically sections D.10, F.13.k, K.18, and K.19;
- o Any Swimming Canada Athlete Agreements;
- o Team Selection Criteria, which require adherence to anti-doping rules and prohibit past or current violations.

Violations may result in:

- o Loss of eligibility for club membership, participation in training programs (e.g., clubs, training centres), competitions, funding, and national team selection;
- o Termination of the Athlete Agreement;



- o Other disciplinary actions in accordance with Swimming Canada's policies and procedures.

6. Review and Determination

All cases will be reviewed on an individual basis by Swimming Canada. Decisions will consider the nature of the affiliation and the potential impact on the integrity of the sport.

5. REGISTRATIONS AND SPORTS ENTRIES

5.1 General provisions regarding registration and sport entries

5.1.6 The effect of disqualification from competition

5.1.8 If an error by a Technical Official follows a fault by an Athlete, the fault by the Athlete may be expunged. If a Technical Official's call on deck leads to a review of an Athlete's potential infraction, and it is deemed that the Athlete made no error, the Athlete will be cleared of the inquiry. Additionally, if an error by an Athlete follows a fault by a Technical Official, the fault of the Athlete may be expunged.

Refer to World Aquatics Competition Regulations Part One Article 5.

6. SWIMWEAR

- 6.1** Swimwear used in any Aquatic sport in the Olympic Games or in any World Aquatics Event must comply with the requirements of this Article 6 of this Part One. World Aquatics will only recognise a performance for qualification for the Olympic Games or any World Aquatics Event, and for World Aquatics Rankings purposes, if the Athlete used Swimwear that complies with the requirements of this Article 6 of this Part One.
- 6.2** In determining the requirements for Swimwear in Aquatic sports and other related matters, World Aquatics is guided by the principles of fair competition, the sound development of Aquatic sports, and Athlete safety and health.
- 6.3** Athletes must use Swimwear that is non-transparent (with the exception of goggles), is in good moral taste, is suitable for the individual Aquatic sport, and does not feature any symbol or marking that may be considered offensive.
- 6.5** Athletes in Swimming and Open Water Swimming competitions must use Swimwear that complies with the requirements of this Article 6 of this Part One and is on the List of Approved Swimwear at the time of the competition.
- 6.6** Refer to World Aquatics Competition Regulations Part One Article 6.6
- 6.7** World Aquatics will add approved Swimwear to the List of Approved Swimwear and publish and maintain the List of Approved Swimwear on its website. If a manufacturer notifies World Aquatics that Swimwear on the List of Approved Swimwear has been discontinued and is no longer available on the market then World Aquatics will remove the Swimwear from the List of Approved Swimwear.
- 6.8** Swimsuits used in Swimming competitions and in Open Water Swimming competitions with a water temperature of 18.0°C or above:



6.8.1 Design requirements:

6.8.1.1 The wearing of the swimsuit must not offend morality and good taste (in particular, because of the cut of the suit and/or exposure of body parts, whether covered or not).

6.8.1.2 For swimsuits used in Swimming competitions, women's swimsuits must not cover the neck or extend past the shoulders or below the knee, and men's swimsuits must not extend above the navel or below the knee.

6.8.1.3 In Open Water Swimming competitions:

6.8.1.3.1 Men's swimsuits and women's swimsuits must not cover the neck, extend past the shoulders, or extend below the ankle.

6.8.1.3.2 In accordance with Article 10.3 of Part Three, if the water temperature ranges between 18.0°C and 20.0°C, and the Chief Referee determines, on the joint recommendation of the Safety Officer and the Medical Officer, that conditions are hazardous for the Athletes, the Chief Referee may require all Athletes to compete in wetsuits.

6.8.1.4 Men's swimsuits must be in one (1) piece. Subject to compliance with the other requirements of Article 6.8.1 of this Part One, women's swimsuits may be in one (1) or two (2) pieces.

6.8.1.5 The wearing or covering of the body by any item that is not part of the swimsuit (or cap or goggles) is prohibited. Refer to World Aquatics Competition Regulations Part One Article 7.5.

6.8.1.6 Colours may vary freely and will not be considered as part of the design. However, colour variations must not affect compliance with the technical requirements of Article 6.8 of this Part One.

Refer to World Aquatics Competition Regulations Part One Article 6.

7. ADVERTISING AND OTHER IDENTIFICATION

Refer to World Aquatics Competition Regulations Part One Article 7.

8. MEDICAL RULES

Refer to World Aquatics Competition Regulations Part One Article 8.

9. FACILITIES AND EQUIPMENT

9.1 The provisions of Article 9 of this Part One are intended to provide the best possible facilities and environment for competitive use and training, and are not intended to govern use by or other issues related to the general public. For the avoidance of doubt, it is the responsibility of the owner or controller of a facility to provide safe and appropriate facilities and adequate supervision for activities undertaken by the general public.

Refer to World Aquatics Competition Regulations Part One Article 9.2-9.7.



- 9.8** In order to protect the health and safety of persons using swimming facilities for the purposes of recreation, training and competition, owners of public pools or pools restricted only to training and competition must comply with the requirements established by law and the health authorities in the country where the pool is situated.

Please refer to Part Two Article 15 and the Facility Rules and Guidelines of Swimming Canada for more information.

10. TECHNICAL OFFICIALS

10.1 General requirements

10.1.1 Technical Officials proposed to officiate at an Olympic Games or a World Aquatics Event:

- 10.1.1.1** must be fully certified by the respective Technical Committee;
- 10.1.1.2** must be a member of and certified by the nominating Member Federation;
- 10.1.1.3** either must be of the same nationality as the Country or other territory that the Member Federation represents, or must have resided in the Country or other territory that the Member Federation represents for at least a period of one (1) year prior to the relevant competition; and
- 10.1.1.4** if a Judge has previously been nominated by a different Member Federation (or otherwise represented a different Member Federation), that Judge must not have been nominated by a different Member Federation (or otherwise represented a different Member Federation) for at least a period of three (3) years prior to the relevant competition.

10.1.2 In order to officiate at an Olympic Games or a World Aquatics Event, a Technical Official must be listed on the respective sport's World Aquatics Officials List.

10.1.3 Each Technical Committee will propose Technical Officials to officiate at the Olympic Games or World Championships from the respective sport's World Aquatics Officials List, for approval by the Bureau.

10.1.4 If a nominated and approved Technical Official fails to report for duty at the relevant event, the nominating Member Federation must pay to World Aquatics a fine of 2,000 Swiss Francs.

10.2 Age requirements

10.2.1 In order to officiate competitions other than High Diving, and Water Polo at the Olympic Games or a World Aquatics Event, a Technical Official must be sixty-five (65) years old or younger at the date that his/her most-recent application for the respective World Aquatics Officials List was submitted.

10.3 Conflicts of Interest rules applicable to all Technical Officials:

Refer to World Aquatics Competition Regulations Part One Article 10.3.



11. AWARDS

Refer to World Aquatics Competition Regulations Part One Article 11.

12. APPEALS

12.1 The appeals process set out in this Article 12 of Part One will apply at World Aquatics Events and the Olympic Games. At competitions other than World Aquatics Events and the Olympic Games, the applicable competition organiser will have full discretion to govern the protest procedure applicable at the competition.

12.2 There are no grounds for appeal other than the following:

12.2.1 In Swimming: Any decision of a Referee as to the consequence of an Athlete's rule infraction.

12.2.2 In Open Water Swimming: Any decision, or lack thereof, of a Referee that affects the outcome of the results (including, but not limited to, an Athlete's receipt of a yellow card or a disqualification).

Refer to World Aquatics Competition Regulations Part One Articles 12.3-12.6.

C12.3 Appeals - Canada

C12.3.1 The process for the submission and hearing of an appeal is as follows:

C12.3.1.1 Appeals must be submitted in writing to the Referee or Administration Desk by the Coach/Team Leader within 30 minutes of result posting.

C12.3.1.2 All appeals shall be considered by the Referee as soon as reasonably possible following the submission of the appeal. The Referee shall accept or reject the appeal and provide written reasons.

C12.3.1.3 The Coach/Team Leader may appeal a rejection by the Referee to the Jury of Appeal within one (1) hour of the communication of the decision.

C12.3.2 The Chairperson of the Jury of Appeal will review the appeal and determine its validity as per Part One, Article 12.2.1 as soon as reasonably possible following its submission.

C12.3.2.1 If the Chairperson of the Jury of Appeal determines that the appeal is invalid, the matter will not proceed further.

C12.3.2.2 If the Chairperson of the Jury of Appeal determines that the appeal is valid, the appeal will be communicated to the Jury of Appeal for determination.

C12.3.2.3 The decision by the Chairperson of the Jury of Appeal regarding validity is final.

C12.3.3 The Jury of Appeal will render a final reasoned decision on a valid appeal as soon as reasonably practical.

C12.4 Appointment of the Jury of Appeal – Canada

C12.4.1 The Jury of Appeal shall be composed of three (3) members not involved in the disputed decision, and who in most circumstances should be the most experienced



Swimming Canada officials available, at the discretion of the National Meet Director or Meet Manager, one (1) of whom will be the designated Chairperson.

C12.4.2 Jury of Appeal members must not serve on a Jury of Appeal if they have a conflict of interest. Jury of Appeal members must declare any possible conflicts of interest when appointed, and have an ongoing obligation to declare any possible conflicts of interest that may arise.

C12.4.3 At National Competitions, Jury members will be appointed by the National Meet Director, in consultation with the National Meet Referee. One of the Jury members should be a coach from the CSCA approved list, if available. At all other Competitions, Jury members will be appointed by the Meet Manager in consultation with the Meet Referee, and may include a Coach.

C12.5 The Jury of Appeal rules of procedure – Canada

C12.5.1 The Jury of Appeal shall convene and reach a decision by majority vote as soon as practicable during or after the subject session. The decision shall be made on the day the appeal is filed.

C12.5.2 The Jury of Appeal shall conduct itself according to the Swimming Canada Standard Operating Procedure (SOP) for Jury of Appeal. The Appellant and respondent Referee shall present their respective cases, and the reporting official shall present their observations of the reported infraction. Only official video approved by the Meet Referee prior to the start of the competition may be consulted.

C12.5.3 Decisions of Referees will be afforded significant deference. The Jury of Appeal will not substitute its view for that of the Referee, unless the appellant presents clear evidence that the Referee's decision was made in error, arbitrarily, irrationally, or in abuse of the discretion afforded to the Referee.

C12.5.4 The decision of the Jury of Appeal is final.

C12.5.5 The Chairperson of the Jury shall keep a record of the proceedings, including: Jury of Appeal members; witness names; Jury ruling; majority reasons; and dissenting reasons (if applicable). All members of the Jury shall sign the "Jury Record".

C12.5.6 A copy of the Disqualification Form and Appeals Form shall be provided to each of the appellant, the respondent Referee, and to Swimming Canada/PS office.



PART TWO

SWIMMING RULES

1. SWIMMING COMPETITIONS

- 1.1** This Part Two applies to Swimming competitions at the Olympic Games, World Aquatics Events and any other events held under the rules of World Aquatics (specifically, these Competition Regulations).

C1.1.1 Authority to Hold Meets in Canada

C1.1.2 All meets will be held under the authority of Swimming Canada or the PS as delegated. Permits for all World Aquatics International meets will be secured from ACA.

C1.1.3 All meets will be conducted under World Aquatics rules and regulations supplemented only by Swimming Canada or PS approved and published rules and regulations.

C1.1.4 Provincial Sections will sanction all meets and time trials held within their jurisdiction. The PS may make special rules and regulations for age group, senior and masters events.

C1.1.5 The Meet Information Package will include all changes to, or specific application of Swimming Canada rules and regulations, including announcement of doping control.

C1.1.6 The Program of Events listing the events and the order in which they are to be swum, will be published in the Meet Information Package.

C1.1.7 Point Scoring and Awards – Canada

Refer to the Meet Information Package.

2. TECHNICAL OFFICIALS

- 2.1** At Swimming competitions, the competition organiser will appoint a sufficient number of Technical Officials to ensure the fairness, integrity, and safety of the competition.

Refer to World Aquatics Competition Regulations Part Two Articles 2.1.1-2.1.3.

- 2.2** No Technical Official may simultaneously act in more than one role. If all of the obligations of a Technical Official's assigned role have been fulfilled, the Technical Official may be assigned to and act in another role.

2.3 Referee:

2.3.1 The Referee at a competition will have full control and authority over all Technical Officials at that competition, approve their assignments, and instruct them regarding all special features or regulations related to the events. The Referee will enforce all rules and decisions of World Aquatics and will determine any matter relating to the actual conduct



of the meet, competition or any event that is not otherwise assigned to be determined by another person under these Competition Regulations (or other World Aquatics Rules).

C2.3.1.1 The Referee will have the authority to call off or postpone (to a future time and date) all or any portion of a meet or any event even though it has actually started, provided the meet or event cannot be conducted or completed in a satisfactory manner or in fairness to the Athletes. If an event is stopped or postponed after having started, it will be conducted at a future time with only the Athletes who were entered in the first instance. If a meet is postponed to another day, the program should be continued except for those heats which were completed. The Referee will determine if any events are to be re-swum.

2.3.2 The Referee may intervene in the competition at any stage to ensure that these Competition Regulations (or other World Aquatics Rules) are complied with. Appeals against a Referee's decision are adjudicated in accordance with Article 12 of Part One.

2.3.3 If Automatic Officiating Equipment and Semi-Automatic Officiating Equipment are not in use and Finish Judges are used, the Referee will determine placing if necessary.

2.3.4 The Referee will ensure that all Technical Officials necessary for the smooth conduct of the competition are in their respective posts for the duration of the competition. The Referee may appoint additional Technical Officials if necessary, and may substitute any Technical Official that the Referee determines is absent, incapable of acting or inefficient.

2.3.5 The Referee's role at the start is set out in Article 4 of this Part Two.

2.3.6 The Referee will disqualify an Athlete for initiating the start before the starting signal if the initiation was observed and confirmed by both the Starter and the Referee. When Automatic Officiating Equipment is available, the Referee will review the relevant footage to verify the disqualification. The Referee and the Starter are not required to concur.

C2.3.6.1 At local or provincial competitions, if only one of the Referee or Starter observes an Athlete initiating the start before the starting signal, the Referee may call a disqualification based on the single observation.

2.3.7 If the Referee personally observes any other breach of the Competition Regulations by an Athlete, the Referee will disqualify the Athlete. If a Technical Official verbally reports to the Referee any other breach of the Competition Regulations by an Athlete, the Referee may disqualify the Athlete. Once the disqualification is confirmed by the Referee, the reporting Technical Official will complete and sign a disqualification card, detailing the event, lane number, and the infraction.

Disqualifications - Canada

C2.3.7.1 A potential infraction will only be reported by an official who personally makes the observation within their assigned jurisdiction.

C2.3.7.2 Infractions will be reported immediately via infraction reporting protocol established by the meet manager and approved by the Referee. Upon acceptance of the infraction as a disqualification by the Referee, it shall be recorded on the approved disqualification form and shall be signed by the reporting official.



The Referee shall record the end of heat time and sign the disqualification form.

C2.3.7.3 The Athlete, or Coach, will be informed of the particulars of the disqualification within fifteen (15) minutes after the Athlete's race. In the event of non-compliance with the fifteen (15) minute deadline, the disqualification will stand only if all reasonable efforts have been made to inform the Athlete or Coach. When disqualifications are announced through a public address system, this will satisfy the requirements of this rule.

2.3.8 The Referee will appoint Technical Officials to determine, in relay races, whether – at the time that an Athlete touches the wall to complete their quarter of the total race distance – the feet of the Athlete in the same relay team who is next in order to compete remain in contact with the starting platform.

C2.3.9 Interfering with an official on duty, by obscene or abusive language, or by exhibiting other irresponsible behavior may result in removal of the Athlete from the remainder of the competition.

C2.3.10 Physical or verbal assault of an official, or wilful damage to the pool area by an Athlete, coach, official, or by any person associated with a team or club, will constitute an offence. The offender(s) may be excluded from the meet, removed from the pool area or building at the discretion of the Referee, and barred from re-entry for the remainder of the meet. The offence will be reported to the sanctioning PS, or to Swimming Canada at a Swimming Canada national competition.

2.4 Control Room Supervisor:

2.4.1 The Control Room Supervisor will supervise the operation of the Automatic Officiating Equipment and/or Semi-Automatic Officiating Equipment.

2.4.2 The Control Room Supervisor is responsible for checking the results from computer printouts, checking the relay exchange printout, and reporting any early take-offs during relays to the Referee.

2.4.3 The Control Room Supervisor may review the video timing to confirm early take-offs during relays.

2.4.4 The Control Room Supervisor will manage withdrawals after the heats and/or semi-finals, enter results on official forms, list all new records established, and maintain scoring for awards in accordance with Article 11 of Part One, where appropriate.

2.5 Starter

2.5.1 The Starter will have full control of the Athletes from the time the Referee so indicates in accordance with Article 4.1 or Article 4.2 of this Part Two until the race has commenced, and will start the race in accordance with Article 4 of this Part Two.

2.5.2 If an Athlete delays the start, willfully disobeys an order by the Starter, or commits any other misconduct at the start, the Starter will report that conduct to the Referee, who may disqualify the Athlete.



C2.5.2.1 For the purposes of Part Two Article 2.5.2, “misconduct” will include, but is not limited to:

- Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.
- Deliberate kicking or striking of the starting platform, including the back plate prior to the start.
- Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All Athletes must enter the pool with a controlled, feet-first entry.

2.5.3 The Starter will determine (subject only to the decision of the Referee) whether the start is fair and if it is not fair the Athletes will be recalled and the race restarted.

2.5.4 When officiating the start of a race, the Starter will stand on the side of the pool within approximately five (5) metres of the starting end of the pool where the Timekeepers can see and/or hear the starting signal and the Athletes can hear the signal.

2.5.5 The Starter will report to the Referee any false start or other breach observed.

2.6 Call Room Supervisor and Call Room Judges:

2.6.1 Call Room Judges will assemble Athletes prior to each race, and will report to the Call Room Supervisor if (1) there may be a potential breach in relation to permitted Swimwear and/or advertising, and/or (2) an Athlete is not present when called. The Call Room Supervisor will determine whether there is a breach in relation to permitted Swimwear and/or advertising and, if there is, the Call Room Supervisor will report that to the Referee.

2.7 Chief Inspector of Turns:

2.7.1 The Chief Inspector of Turns will ensure that the Inspectors of Turns fulfill their duties during the competition.

2.8 Inspectors of Turns:

2.8.1 One (1) Inspector of Turns will be assigned to each lane at each end of the pool, to ensure Athletes comply with the relevant rules after the start, for each turn, and at the finish.

C2.8.1.1 Additional responsibilities may include Timekeeper duties.

2.8.2 Jurisdiction for the Inspector of Turns at the start end commences from the start signal until the completion of the first arm stroke, except in Breaststroke where it will be the second arm stroke.

2.8.3 For each turn, jurisdiction for the Inspector of Turns commences from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after the turn, except in Breaststroke where it will be the second arm stroke.

2.8.4 Jurisdiction for the Inspector of Turns at the finish commences from the beginning of the last arm stroke before touching the wall.

2.8.5 When a Backstroke ledge is being used, each Inspector at the starting end will



install and remove the ledge in their lane. Once installed, the ledge will be set at zero (0).

2.8.6 In individual Freestyle races of 400m, 800m and 1500m, each Inspector of Turns at the starting end and turning end of the pool will record the number of laps completed by the display of “lap cards” that show odd numbers at the turning end of the pool. The “lap cards” must be displayed either at deck level or in the water (at the LOC’s discretion based on availability at the venue). Electronic equipment for the same purpose, including underwater display, may be used.

2.8.7 Each Inspector of Turns at the starting end will give a warning signal when the Athlete in their lane has two laps plus five (5) metres to swim to finish in individual Freestyle races of 400m, 800m and 1500m. The signal must be repeated after the turn until the Athlete has reached the five metre-mark on the lane rope. The warning signal may be by whistle or bell.

2.8.8 Each Inspector of Turns at the starting end will determine, in relay events, whether the starting Athlete is in contact with the starting platform when the preceding Athlete touches the starting wall. When Automatic Officiating Equipment that judges the compliance of relay take-offs is available, it will also be used.

2.8.9 Inspectors of Turns will report to the Referee any breach observed (including of the applicable stroke rules) within their jurisdiction.

2.9 Judges of Stroke:

2.9.1 Judges of Stroke will be located on each side of the pool.

2.9.2 Each Judge of Stroke will ensure that the rules related to the style of swimming designated for the event are being complied with, and will observe the turns and the finishes to assist the Inspectors of Turns.

2.9.3 Judges of Stroke will report to the Referee any breach observed (including of the applicable stroke rules) within their jurisdiction.

2.9.4 The Judges of Stroke will ensure that the Backstroke turn indicators are installed at 5 metres from each end wall before the commencement of each Backstroke or Medley event.

2.10 Chief Timekeeper (if required, in accordance with Article 2.1.3 of this Part Two):

2.10.1 The Chief Timekeeper will assign the seating positions for all Timekeepers and the lanes for which they are responsible. If Automatic Officiating Equipment and Semi-Automatic Officiating Equipment is not used, there will be two (2) Timekeepers for each lane and at least one (1) additional Timekeeper designated as a reserve (for example, to replace a Timekeeper whose watch malfunctions during an event, or who for any other reason is not able to record the time).

2.10.2 The Chief Timekeeper must record the time of the winner of each race.

2.10.3 The Chief Timekeeper will collect from the Timekeepers in each lane a card showing the times recorded and, if necessary, inspect their watches.

2.10.4 The Chief Timekeeper will record or examine the official time on the card for each



lane.

2.11 Timekeepers (if required, in accordance with Article 2.1.3 of this Part Two):

2.11.1 Each Timekeeper will record the time of the Athlete in the lane assigned to the Timekeeper in accordance with Article 11.2 of this Part Two.

2.11.2 Each Timekeeper will start his/her watch at the starting signal and stop his/her watch when the Athlete in their lane has completed the race distance. If instructed by the Chief Timekeeper, each Timekeeper will record times at intermediate distances in races longer than 100m.

C2.11.2.1 In relay events each Timekeeper in each lane will record the time of the Athlete on the first leg of the relay as an Official Split.

2.11.3 Promptly after the race, the Timekeepers in each lane will record the times of their watches on the card, give the card to the Chief Timekeeper, and if requested present their watches to the Chief Timekeeper for inspection. At the short whistles of the Referee announcing the following race, the Timekeeper will reset their watches.

2.11.4 Unless video timing is used, it may be necessary to use the full complement of Timekeepers (described at Article 2.10 of this Part Two) even when Automatic Officiating Equipment or Semi-Automatic Officiating Equipment is used.

2.12 Finish Judges (if required, in accordance with Article 2.1.3 of this Part Two):

2.12.1 Finish Judges will be positioned in line with the finish where they must at all times have a clear view of the course and the finish line.

2.12.2 After each race the Finish Judges will determine and report to the Referee the placing of the Athletes according to the assignments given to them.

2.12.3 Finish Judges will not act as Timekeepers for the same race (other than when a Timekeeper operates Semi-Automatic Officiating Equipment in accordance with Article 15.16.5 of this Part Two).

2.13 Chief Recorder (other than for the Olympic Games and World Aquatics Events):

2.13.1 The Chief Recorder is responsible for checking results from computer printouts or from the times and placing in each race received from the Referee. The Chief Recorder will witness the Referee's signature of the results.

C2.13.2 If the requirements of C2.21.1 are not met, a CJE cannot be used and the Chief Recorder will be used to assign times to a swim.

The Chief Recorder (CR) will:

C2.13.2.1 Use data from primary, secondary or tertiary timing systems to assign the official time.

C2.13.2.2 Use order of finish data from other judges/officials to the extent needed to determine the official time for each Athlete.



C2.13.2.3 Ensure that disqualifications and “no shows” are accurately reported in the results.

2.14 Recorder (other than for the Olympic Games and World Aquatics Events)

2.14.1 The Recorders will manage withdrawals after the heats and/or semi-finals, enter results on official forms, list all new records established, and maintain scoring for awards in accordance with Article 11 of Part One, where appropriate.

2.15 Video Review Supervisor

2.15.1 The Video Review Supervisor will ensure that Video Review Judges are in their respective posts and fulfil their duties during the competition.

2.15.2 The Video Review Supervisor will review and confirm all rule infractions reported to them by the Video Review Judges.

2.15.3 The Video Review Supervisor will review and confirm all rule infractions reported to them at the request of the Referee.

2.15.4 The Video Review Supervisor will report to the Referee any rule infraction confirmed in the video review.

2.16 Video Review Judges:

2.16.1 Video Review Judge will ensure that the rules related to the style of swimming designated for the competition are complied with, and will observe the turns and the finishes.

2.16.2 Video Review Judges will report any infraction observed to the Video Review Supervisor. If the infraction is confirmed, the Video Review Judge will complete a disqualification card and promptly provide it to the Video Review Supervisor who will provide it to the Referee.

2.17 Resolution Desk Judges:

2.17.1 Resolution Desk Judges will be available to receive initial queries from team leaders, such as inquiries regarding withdrawals, disqualifications, and swim-offs. The Resolution Desk Judges will communicate queries to the Technical Swimming Committee commission.

2.18 Warm-Up Supervisors:

2.18.1 Warm-Up Supervisors shall oversee warm-up sessions in the Competition Pool, ensuring that Warm-Up Guidelines are adhered to and the lanes used as defined.

C2.19 Meet Manager

The Meet Manager

C2.19.1 Will be responsible for all the organizational details of the meet, will have control of the mechanics associated with the running of the meet, and will be responsible for having the necessary equipment and personnel available during the meet. Appointments of personnel will be subject to ratification by the Referee.



- C2.19.2** Will be responsible for the dissemination of all meet information and all meet forms.
- C2.19.3** Will be responsible for seeding all pre-seeded meets.
- C2.19.4** Will be responsible for the preparation of entry lists and/or heat sheets and have them available prior to the start of each session.
- C2.19.5** Will be responsible for issuing official results.
- C2.19.6** Will see that all record applications are processed.

C2.20 Administration Desk (formerly “Clerk of Course”)

The Administration Desk

- C2.20.1** May be responsible for “checking in” Athletes at the marshaling area prior to each event;
- C2.20.2** May have control of the Athletes from the time they are checked in until they are turned over to the Referee;
- C2.20.3** May have full charge of the working deck insofar as control of the Athlete is concerned. They will report un-disciplinary acts to the Referee and will make an infraction report to the Referee of any Athlete who engages in an un-disciplinary act while under their control;
- C2.20.4** May have the authority, if instructed by the Referee, to scratch Athletes who fail to report to the marshaling area when their heat or event is called for marshaling;
- C2.20.5** In pre-seeded meets, they may be given the authority by the Referee to combine heats and move Athletes from one heat to another.
- C2.20.6** May be asked to coordinate swim offs and inform all those involved.
- C2.20.7** Maintains a record of scratches for timed finals, preliminaries and finals and provides the information to the meet office so that heat sheets may be produced.

C2.21 Chief Judge Electronics (CJE)

- C2.21.1** The Chief Judge Electronics may assign the official time to a swim when:
 - (i) A fully automatic timing system is in use;
 - (ii) The electronics operator and the CJE have a clear and unobstructed view of all timing equipment in use and the finish end of the pool;
 - (iii) The electronics operator and the CJE can use both visual and auditory evidence that the automatic timing system has been activated properly.

If any of these requirements are not met, the Chief Recorder will be used to assign official times.

- C2.21.2** The CJE will:

- C2.21.2.1** Use real-time observation of the touches of all Athletes to determine if the primary automatic timing system properly recorded the touch.

- C2.21.2.2** Approve times registered by the primary automatic timing system if no



errors or malfunctions occur.

C2.21.2.3 Assign times from secondary or tertiary timing systems if there is an error or malfunction in the time recorded by the primary automatic timing system.

C2.21.2.4 Report early takeovers for relays if automatic relay break detection is available.

C2.22 Electronics Operator

The Electronics Operator will operate, or assist in the operation of, any Swimming Canada approved Automatic Officiating Equipment.

3. SEEDING OF HEATS, SEMI-FINALS, AND FINALS

3.1 For the Olympic Games, heats, semi-finals, and finals should be swum using eight (8) lanes. For the World Aquatics Championships, the World Aquatics Junior Swimming Championships, and the World Aquatics Swimming Championships (25m), heats may be swum using ten (10) lanes and semi-finals and finals should be swum using eight (8) lanes.

3.2 In heats of Swimming events at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the heat and lane in which each Athlete or relay team starts will be determined by seeding, as follows:

3.2.1 Each Athlete (and/or the Athlete's Member Federation, as applicable) must specify, on the relevant physical or online entry form and by the specified deadline, the Athlete's fastest time achieved in competition for the event stroke and distance.

3.2.2 The Management Committee will collate the fastest times achieved in competition for the event stroke and distance for all entered Athletes and rank the Athletes in order from fastest to slowest.

C3.2.2.1 Qualifying times if required, will be clearly listed in the Meet Information Package.

C3.2.2.2 Seeding procedures and conversion of times information, if conversions are permitted, will be clearly stated in the Meet Information Package.

3.2.3 If an Athlete fails to specify his/her fastest time achieved in competition for the event stroke and distance in the correct form or by the specified deadline, the Management Committee will rank that Athlete at the end of the list (i.e., below the slowest Athlete otherwise listed).

3.2.3.1 If two or more Athletes enter with identical fastest times, the Management Committee will determine the relative ranking of those Athletes in the list by random draw.

3.2.4 The Management Committee will allocate Athletes into heats as follows:

3.2.4.1 If there are sufficient Athletes to form only one (1) heat, the race will be seeded as a final and swum as a direct final.



3.2.4.2 If there are sufficient Athletes to form two (2) heats, the fastest Athlete will be seeded in the second heat, the second-fastest Athlete will be seeded in the first heat, and the remaining entered Athletes will from fastest to slowest be seeded on an alternating basis between the second heat and the first heat.

3.2.4.3 With the exception of 400m, 800m, and 1500m events, if there are sufficient Athletes to form three (3) heats, the fastest Athlete will be seeded in the third heat, the second-fastest Athlete will be seeded in the second heat, the third-fastest Athlete will be seeded in the first heat, and the remaining entered Athletes will from fastest to slowest be seeded on an alternating basis between the third heat and the second heat and the first heat.

3.2.4.4 With the exception of 400m, 800m, and 1500m events, if there are sufficient Athletes to form four (4) or more heats:

3.2.4.4.1 The last three (3) heats of the event will be seeded in accordance with Article 3.2.4.3.

3.2.4.4.2 The heat prior to the last three (3) heats of the event will be comprised of the next fastest Athletes.

3.2.4.4.3 Any heat prior to the last four (4) heats of the event will be comprised of the next fastest Athletes (and so on if there are further heats).

3.2.4.4.4 In 400m, 800m, and 1500m events, the last two (2) heats of the event will be seeded in accordance with Article 3.2.4.2 of this Part Two and, if there are sufficient Athletes to form three (3) or more heats:

C3.2.4.4.4.1 Seeding information for the 400m, 800m, and 1500m events will be clearly stated in the Meet Information Package.

3.2.4.4.5 The heat prior to the last two (2) heats of the event will be comprised of the next fastest Athletes.

3.2.4.4.6 Any heat prior to the last three (3) heats of the event will be comprised of the next fastest Athletes (and so on if there are further heats).

3.2.4.5 If there are two (2) or more heats in an event, there must be a minimum of three (3) Athletes seeded into any one (1) heat, but subsequent withdrawals may reduce the number of Athletes in a heat to fewer than three (3) Athletes.

3.2.5 The Management Committee will assign lanes to Athletes as follows:

3.2.5.1 Subject to Article 3.2.5.2 of this Part Two, and with lane one (1) being considered the first lane on the right hand side of the pool when facing the course from the starting end (or lane zero (0) being considered the first lane on the right hand side of a pool using ten (10) lanes when facing the course from the starting end):

3.2.5.1.1 In a pool using an odd number of lanes, the fastest Athlete will be assigned the centre lane, the second-fastest Athlete will be assigned the next



lane to the left of the centre lane, and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

3.2.5.1.2 In a pool using six (6) lanes, the fastest Athlete will be assigned lane three (3), the second-fastest Athlete will be assigned lane four (4), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

3.2.5.1.3 In a pool using eight (8) lanes, the fastest Athlete will be assigned lane four (4), the second-fastest Athlete will be assigned lane five (5), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

3.2.5.1.4 In a pool using ten (10) lanes, the fastest Athlete will be assigned lane four (4), the second-fastest Athlete will be assigned lane five (5), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

3.2.5.1.5 If two or more Athletes are equally seeded in the rankings, and Articles 3.2.2 and 3.2.5 do not apply, the Athletes will be assigned the next available lanes by random draw.

3.2.5.2 If a 50m event is held in a 50m pool, the races may be swum, at the discretion of the Management Committee, either (1) from the regular starting end to the turning end, or (2) from the regular turning end to the starting end, depending on factors such as (for example) the existence of adequate Automatic Officiating Equipment or the Starter's position. The Management Committee should advise Athletes of its determination well before the start of the event. If the races are swum from the regular turning end, the lane numbering will still be calculated from the regular starting end and not from the actual starting end, and the Athletes will be assigned lanes in accordance with Article 3.2.5.1 of this Part Two.

3.2.6 Allocation of relay teams to heats and assignment of lanes will be done in accordance with Articles 3.2.1 to 3.2.5 of this Part Two, reading 'relay team' instead of 'Athlete'.

3.3 In semi-finals of Swimming events at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the semi-final and lane in which each Athlete or relay team starts will be determined by seeding, as follows:

3.3.1 Based on the times achieved by the Athletes in the heats (or, if direct semi-finals are held, the Athletes' entry times), the fastest Athlete will be seeded in the second semi-final, the second-fastest Athlete will be seeded in the first semi-final, and the remaining qualified Athletes will from fastest to slowest be seeded on an alternating basis between the second semi-final and the first semi-final.



3.3.2 Equal seedings for the final place in any semi-final phase will be resolved as follows:

3.3.2.1 If the event is equal to or shorter than 200m in distance, a swim-off between the tied Athletes may be held to determine which Athlete will compete in the semi-final.

3.3.3 If one or more Athletes withdraw from a semi-final, the Management Committee will give a place in the semi-finals to the fastest Athlete who had previously not qualified for the semi-finals if, in the Management Committee's discretion, it is reasonably possible to do so. If so, the Management Committee will, if practical, re-rank and reseed the Athletes in the semi-finals, determine the semi-final in which each Athlete will compete in accordance with Article 3.3.1 of this Part Two, and re-assign lanes to Athletes in accordance with Article 3.3.4 of this Part Two.

3.3.4 If no heats were held, the Management Committee will assign lanes to Athletes in accordance with Article 3.2.5.1 of this Part Two. If heats were held, the Management Committee will assign lanes in accordance with Article 3.2.5.1 of this Part Two, except it will use the official times achieved in the heats to rank Athletes from fastest to slowest (rather than the times initially provided by Athletes at entry).

3.4 In finals of Swimming events at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the lane in which each Athlete or relay team starts will be determined by seeding, as follows:

3.4.1 Based on the times achieved by the Athletes in the semi-finals (or, if a direct final is held, the Athletes' entry times), the fastest eight (8) Athletes will qualify for the final.

3.4.2 Equal seedings for the final place in any final will be resolved as follows:

3.4.2.1 If the event is equal to or shorter than 200m in distance, a swim-off between the tied Athletes may be held to determine which Athlete will compete in the final.

C3.4.2.1.1 Athletes may scratch from a swim-off without penalty, in which case they will be given the ranking next in line and will be eligible for points, if any, for the re-assigned position.

C3.4.2.1.2 Times made in a swim-off may count as records, but they will not elevate any of the Athletes beyond the highest qualifying position in dispute. Times achieved in a swim-off will be recorded in the official results.

C3.4.2.1.3 Any disqualification in a swim-off will apply to the swim-off only. For example, any disqualified Athlete will not lose the right to be an alternate for that "A" final or "B" final, or to compete in the "B" final (when applicable).

3.4.2.2 If the event is longer than 200m in distance (including relays) and seven (7) Athletes have been seeded into a final that is being held in a ten (10) lane pool, and two (2) Athletes are equally seeded in the rankings for the eighth place in that final, both Athletes will be seeded into that final (lane zero (0) will also be used, with the two



(2) Athletes assigned lane eight (8) or lane zero (0) by random draw).

3.4.2.3 If the event is longer than 200m in distance (including relays) and seven (7) Athletes have been seeded into a final that is being held in a ten (10) lane pool, and three (3) Athletes are equally seeded in the rankings for the eighth place in that final, all three (3) Athletes will be seeded into that final (lanes zero (0) and nine (9) will also be used, with the three (3) Athletes assigned lane eight (8) or lane zero (0) or lane nine (9) by random draw).

3.4.2.4 If the event is longer than 200m in distance (including relays) and seven (7) Athletes have been seeded into a final that is being held in a ten (10) lane pool, and more than three (3) Athletes are equally seeded in the rankings for the eighth place in that final, a swim-off may be held.

3.4.2.5 If the situation outlined in Article 3.4.2.2, Article 3.4.2.3, or Article 3.4.2.4 of this Part Two arises, but a ten (10) lane pool is not available, a swim-off may be held.

3.4.3 If one or more Athletes withdraw from a final, the Management Committee will give a place in the final to the fastest Athlete who had previously not qualified for the final if, in the Management Committee's discretion, it is reasonably possible to do so. If so, the Management Committee will re-rank and re-seed the Athletes in the final, and re-assign lanes to Athletes in accordance with Article 3.4.4 of this Part Two.

C3.4.3.1 When scratches are received after the scratch deadline and heat sheets production, reseeding is not necessary. Alternates are placed as applicable.

3.4.4 If no semi-finals were held, the Management Committee will assign lanes to Athletes in accordance with Article 3.2.5.1 of this Part Two. If semi-finals were held, the Management Committee will assign lanes in accordance with Article 3.2.5.1 of this Part Two, except it will use the official times achieved in the semi-finals to rank Athletes from fastest to slowest (rather than the times initially provided by Athletes at entry).

3.4.5 Allocation of relay teams to a final and assignment of lanes will be done in accordance with Articles 3.3.1 to 3.3.4 of this Part Two, reading 'relay team' instead of 'Athlete'.

3.5 For all heats, semi-finals and finals of Swimming events at the Olympic Games and World Aquatics Events, Athletes must report to the first call room at the time specified by the Management Committee. After inspection, Athletes will proceed to the final call room.

3.6 In Swimming competitions other than at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the draw system may be used to assign lane positions.

3.7 At the World Aquatics Swimming Championships (25m) and the World Aquatics Junior Swimming Championships:

3.7.1 In events of 50m and 100m, heats, semi-finals and finals will be held.



3.7.2 In events of 200m or more, only heats and finals will take place.

3.7.3 At the discretion of the Management Committee, the 800m Freestyle event and the 1500m Freestyle event may be conducted on a timed final basis with the fastest heat only conducted during the finals session.

C3.8 Timed Final Events

Timed finals are those in which each Athlete swims only once for time. The final placing of all Athletes is determined by their times. Events to be conducted as timed finals must be so designated in the Meet Information Package.

C3.8.1 Timed finals should normally be swum “slowest to fastest”, with the Athletes seeded according to their submitted times. However, the 800m and 1500m events may be swum “fastest to slowest” in alternating event order (female/male).

C3.9 Time Trials

C3.9.1 Class One Sanctioned Time Trial (Sanctioned Record attempts)

- (i) A Class One Time Trial is reserved for sanctioned record attempts. Such time trials will be advertised at least three days prior to the attempt in order for a record to be recognized or accepted;
- (ii) No advertising is necessary for record attempts at sanctioned meets;
- (iii) The Time Trial will be held in public and will meet the minimum requirement of a PS;
- (iv) No coaching is permitted during the record attempt.

C3.9.2 Class Two Sanctioned Time Trial

- (i) A Class Two Time Trial is an Athlete’s attempt to achieve a time which may qualify the Athlete for entry into future meets;
- (ii) Class Two Time Trials may be conducted on a less stringent basis than sanctioned meets. For example, several Athletes may swim at the same time, they need not be doing the same event or swimming the same stroke; they need not be the same gender, and two Timekeepers per lane are sufficient;
- (iii) Records will not be accepted from Class Two Time Trials.

C3.10 Scratches, Substitutions, & Deck Entries (applies to local Provincial Meets)

C3.10.1 Once entered in an event, an Athlete who is not an alternate, may only withdraw or “scratch” from that event without penalty according to rules set down by the Provincial Section or stated in the Meet Information Package.

C3.10.2 Heats & Finals: Scratch Deadlines will be clearly stated in the Meet Information Package.

Timed Final Events: For individual events or relays that are timed finals, the Scratch Deadlines will be clearly stated in the Meet Information Package.

C3.10.3 Penalties



Penalties for failure by an Athlete to scratch from preliminaries, finals, or timed final events will be clearly stated in the Meet Information Package.

C3.10.4 'Name Change' Deadlines

'Name Change' deadlines for relays should be clearly stated in the Meet Information Package and announced at the Coaches Technical Meeting.

C3.10.5 Deck Entries may be allowed for registered Athletes, will be clearly stated in the Meet Information Package and will be classified as Exhibition swims.

C3.11 Two (2) per lane swimming is not permitted in any competitions in Canada.

4. THE START

4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races will be with a dive.

4.1.1 Once all Athletes have removed their clothing, except for Swimwear, the Referee will signal the commencement of a race by a short series of whistles, which invites the Athletes to get ready at the starting end, followed by a long whistle, which indicates that the Athletes must take their positions on the starting platform and remain there.

C4.1.1.1 Where starting platforms are not available or in use (as per Part Two Article 15.8.4 and/or C16.1.4.1), Athletes may start from the edge of the pool or from the bulkhead. On the long whistle from the Referee the Athletes will step forward to the edge of the pool and remain there. On the Starter's command "take your marks", they will immediately take up a starting position with at least one foot at edge of the pool or bulkhead. The position of the hands is not relevant. When all Athletes are stationary, the Starter will give the starting signal.

C4.1.1.2 An Athlete may be permitted to start in the water but will have at least one hand and one foot in contact with the end wall and poolside, as appropriate, until the starting signal is given. Standing on the bottom is prohibited.

C4.1.1.3 In age group swimming, it is permissible for an Athlete to start from a standing position on the deck or bulkhead.

4.1.2 When the Athletes and Technical Officials are prepared for the start, the Referee will gesture to the Starter using a outstretched arm, which indicates that the Athletes are under the Starter's control. The Referee's outstretched arm will stay in that position until the starting signal is given.

4.1.3 On the Starter's command "take your marks", the Athletes will immediately take up a starting position with at least one foot in contact with the front of the starting platforms. The position of the Athlete's hands is not relevant.

4.1.4 When all Athletes are stationary, the Starter will give the starting signal.

4.2 The start in Backstroke and Medley relay races will be in the water.

4.2.1 Once all Athletes have removed their clothing, except for Swimwear, the Referee will signal the commencement of a race by a short series of whistles, which invites the



Athletes to get ready at the starting end, followed by a long whistle, which indicates that the Athletes must immediately enter the water.

4.2.2 At the Referee's second long whistle, the Athletes will return without undue delay to the starting position.

4.2.3 When the Athletes and Technical Officials are prepared for the start, the Referee will gesture to the Starter using a outstretched arm, which indicates that the Athletes are under the Starter's control. The Referee's outstretched arm will stay in that position until the starting signal is given.

4.2.4 When all Athletes have assumed their starting positions in the water in accordance with Article 6.1 of this Part Two, the Starter will give the command "take your marks".

4.2.5 When all Athletes are stationary, the Starter will give the starting signal.

4.3 At the Olympic Games, the World Aquatics Championships, and other World Aquatics Events, the command "take your marks" will be in English, and commands and the starting signal will be communicated to Athletes via loudspeakers mounted at or by each starting platform.

4.4 Any Athlete who initiates a start before the signal may be disqualified.

4.4.1 If the starting signal is given before the disqualification is declared, the race will continue and the Athlete will at the completion of the race.

4.4.2 If the disqualification is declared before the starting signal is given, the starting signal will not be given, the remaining Athletes will be stood down using the command "stand down please", and the Referee will repeat the starting procedure from the long whistle in accordance with Article 4.1.1 or 4.2.2 of this Part Two (as applicable).

C4.4.2.1 When Athletes are disqualified for initiating a start before the signal under this rule, the Athletes(s) will not be allowed to swim under appeal. If an appeal is made and upheld by a Jury of Appeal, the Athlete(s) concerned will swim on their own at a time determined by the Referee and the coaches concerned.

5. FREESTYLE

5.1 In a Freestyle race, Freestyle means an Athlete may swim any style. In an Individual Medley race or a Medley relay race, Freestyle means an Athlete may swim any style other than Backstroke, Breaststroke or Butterfly.

5.2 At least one part of the Athlete's body must touch the wall upon completion of each length and at the finish.

5.3 At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete's head must have broken the surface of the water.

5.4 Once some part of the head of the Athlete has passed the 5 metre-mark, immediately prior



to reaching for the finish wall, the Athlete may be completely submerged.

6. BACKSTROKE

- 6.1** Prior to the starting signal, the Athletes will 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. When using a Backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

C6.1.1 In age group swimming, bending the toes over the lip of the gutter or end wall, if the gutter or end wall is at the same level as the water level, is permitted when ledges are not used and the lip of the gutter or end wall is not above the surface of the water.

- 6.2** At the signal for starting and after each turn, the Athlete must push off and swim on their back throughout the race except when executing a turn in accordance with Article 6.4 of this Part Two. The Athlete's normal position on the back may include a roll movement of the body up to but not including 90 degrees from horizontal. The position of the head is not relevant.
- 6.3** At least one part of the Athlete's body must break the surface of the water throughout the race, except that during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete's head must have broken the surface of the water.
- 6.4** When executing the turn, the Athlete must touch the wall with at least one part of their body. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The Athlete must have returned to the position on the back upon leaving the wall.
- 6.5** When reaching for the finish wall, it is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark. At the finish of the race, the Athlete must touch the finish wall while on the back.

7. BREASTSTROKE

- 7.1** After the start and after each turn, the Athlete may take one arm stroke completely back to the legs during which the Athlete may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single Butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- 7.2** From the beginning of the first arm stroke after the start and after each turn, the Athlete's body must be on the breast.
- 7.3** It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast from the beginning of the first arm stroke after leaving the wall. *Athletes must not kick until they have returned past the vertical to the breast after the turn.* 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 must be simultaneous without alternating movement.

- 7.4** The hands must be pushed forward together from the breast on, under, or over the water. The elbows will be under water except for the final stroke before the turn, during the turn, and for the final stroke at the finish. The hands must be brought back on or under the surface of the water. The hands must not be brought back beyond the hip line, except during the first stroke after the start and after each turn.
- 7.5** During each complete stroke cycle, some part of the Athlete's head must break the surface of the water. All movements of the legs will be simultaneous without alternating movement.
- 7.6** The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward Butterfly kicks are not permitted except in accordance with Article 7.1 of this Part Two. Breaking the surface of the water with the feet is allowed unless followed by a downward Butterfly kick.
- 7.7** At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface. In this Article, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted). At the last stroke before each turn and at the finish, an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

8. BUTTERFLY

- 8.1** From the beginning of the first arm stroke after the start, the Athlete's body must be on the breast.
- 8.2** It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast after leaving the wall.
- 8.3** Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to Article 8.6 of this Part Two.
- 8.4** 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 must not alternate in relation to each other. A Breaststroke kicking movement is not permitted.
- 8.5** At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above or below the water surface. In this article, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted).
- 8.6** At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a



distance of not more than 15 metres after the start and after each turn. At the start and at each turn, the Athlete is permitted one or more leg kicks and one arm pull under the water, which must bring the Athlete to the surface. By the 15 metre-mark, the Athlete's head must have broken the surface of the water. It is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark prior to reaching for the finish wall.

9. MEDLEY SWIMMING

- 9.1** In individual medley events, the Athlete 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.
- 9.2** In a Medley relay race: the Athletes must perform the four swimming strokes, each for one quarter (1/4) of the total race distance, in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
- 9.3** For both individual Medley and Medley relay races: during the Freestyle section, the Athlete's body must be on the breast, except when executing a turn. The Athlete must return to the breast before any kick or stroke. Leaving the wall on the back during the Freestyle section is permissible; however, no kicking action is permitted until the Athlete has returned past the vertical to the breast at which point kicking – including one or more Butterfly kicks – may commence.
- 9.4** Each stroke section must be finished in accordance with the applicable rules for that stroke.

10. THE RACE

10.1 All individual races must be held as separate sex competitions.

C10.1.1 All Canadian Age-Group, and National records set will be swum as separate sex events.

10.2 In all races:

10.2.1 An Athlete must complete the course distance (or, in a relay, their quarter of the total race distance).

10.2.2 An Athlete must start the race in his/her allocated lane, remain in that lane throughout the race, and finish the race in that lane.

C10.2.2.1 If the Referee determines (in his/her sole discretion) that an Athlete in an age group swimming event has mistakenly started the race in the incorrect lane, the Athlete shall be allowed to race in said lane as long as they remain in that lane throughout the race and finish the race in that lane.

10.2.3 When performing a turn, an Athlete must make physical contact with the wall at the end of the pool or course, and – subject to Article 10.2.4 of this Part Two – the Athlete must not take a stride or step from the bottom of the pool.



10.2.4 An Athlete must not stand and/or walk on the pool bottom (except during Freestyle events or the Freestyle portion of Medley events, during which Athletes are permitted to stand on the pool bottom).

10.2.5 An Athlete must not pull on the lane rope.

10.2.6 An Athlete must not obstruct or otherwise interfere with another Athlete.

10.2.7 An Athlete who is not entered in a race must not enter the water during that race or before all Athletes in that race have completed the course distance.

10.2.8 An Athlete who has completed the course distance must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed the course distance.

10.2.9 An Athlete must not act (or attempt to act) as a pacemaker for another Athlete, and an Athlete must not use (or attempt to use) any pacemaking device or plan.

10.3 If the Referee determines (in his/her sole discretion) that an Athlete has breached any of the requirements of Article 10.2 of this Part Two, the Referee will disqualify the Athlete from that event (save in the case of breach of Article 10.2.7 of this Part Two, where the Referee will disqualify the Athlete that entered the water from the next race that the Athlete is scheduled to compete in at the competition).

10.3.1 The Referee must report apparently intentional breaches of Article 10.2.6 of this Part Two to the Management Committee, which will report the matter to (as appropriate) (1) the Member Federation representing the country in which the World Aquatics Event is being held, and (2) the Member Federation that the Athlete is registered with for further investigation and possible disciplinary action. Further or alternative disciplinary action may be taken by the Aquatics Integrity Unit in relation to breaches arising at a World Aquatics Event or by the relevant regulatory authority in relation to breaches arising at other competitions.

10.4 For all relay races:

10.4.1 Each relay team must be comprised of four (4) Athletes, and each relay team in a Mixed Relay must be comprised of two (2) men and two (2) women.

C10.4.1.1 Members of a relay team will be registered with their PS and members of the same club.

C10.4.1.2 Unattached Athletes will not participate in relay events.

C10.4.1.3 An Athlete will compete as a member of only one relay team per event.

10.4.2 Prior to the race and in accordance with the deadline specified by the Management Committee, the team leader must specify the order in which the relay team members will compete.

10.4.2.1 After that deadline, substitutions of one relay team member for another relay team member may be made only in the case of an evidenced medical



emergency and with the prior permission of the Referee, the World Aquatics Technical Delegate, or the Management Committee (as applicable).

C10.4.2.1.1 The deadline for submitting the members of a relay team and their order of competing will be clearly stated in the Meet Information Package.

10.4.2.2 The composition of a relay team may be changed between the heats and finals of an event, provided that all relay team members are eligible to compete in the relay event at the competition.

C10.4.2.2.1 The offending Athlete(s) of a relay team disqualified in heats will not be used as a member(s) of a relay team in the final of the same event.

10.4.3 An Athlete may compete in a race only once as a relay team member.

10.4.4 Athletes must commence relay exchanges from the starting platform, and must not perform a running start from the pool deck.

10.4.5 Until an Athlete touches the wall to complete their quarter of the total race distance, the feet of the Athlete in the same relay team who is next in order to compete must remain in contact with the starting platform.

10.4.6 Unless they are specified as next in order to compete in the relay, an Athlete who is a relay team member must not enter (or re-enter) the water during that race or before all Athletes in the race have completed the course distance.

10.4.7 An Athlete who has completed their distance must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed their distance.

10.5 If the Referee determines (in his/her sole discretion) that an Athlete or other person has breached any of the requirements of Article 10.4 of this Part Two, the Referee will disqualify the relevant relay team (and, if it was an Athlete that breached the requirement, will disqualify that Athlete).

10.6 If the Referee determines (in his/her sole discretion) that a breach of the requirements of Article 10.2 or Article 10.4 of this Part Two by an Athlete has adversely impacted the chances of success of another Athlete (or relay team), the Referee (in his sole discretion) may order that the impacted Athlete (or relay team) be permitted to compete again in the next heat or, if the breach occurred in the final heat or in a final, may order that the final heat or the final be re-swum.

11. TIMING

11.1 If Automatic Officiating Equipment (or, as relevant, Semi-Automatic Officiating Equipment) is used:

11.1.1 The appointed Officials will supervise the operation of the Automatic Officiating Equipment.

11.1.2 The Automatic Officiating Equipment will record the time taken by each Athlete to



complete the course and, based on those times, determine the winner and all placings. If two or more Athletes achieve equal times, those Athletes will be determined to have equal placing.

11.1.3 Times recorded by and placings determined from operation of the Automatic Officiating Equipment will be presumed to be accurate and will take precedence over any times recorded by and/or placings determined by Timekeepers and Finish Judges. The Control Room Supervisor must confirm to the Referee that there has not been any malfunction, break-down, or failure of the Automatic Officiating Equipment during a race.

11.1.4 The Automatic Officiating Equipment will record times to an accuracy of one hundredth (1/100) of a second.

11.1.5 Race times must be displayed on all outputs (including the Venue electronic scoreboard and official results reports) to an accuracy of one hundredth (1/100) of a second.

11.1.6 If Automatic Officiating Equipment is used and it fails to record the place and/or time of one or more Athletes in a race, the Referee will:

11.1.6.1 Collate all available times and places recorded by the Automatic Officiating Equipment and all available times and places recorded by the Timekeepers and any Finish Judges, if appointed.

11.1.6.2 Determine the official placings of the race as follows:

11.1.6.2.1 Athletes who have a time and place recorded by Automatic Officiating Equipment must retain their relative order in the race placings compared to other Athletes in the same race who also have a time and place recorded by Automatic Officiating Equipment.

11.1.6.2.2 If an Athlete has a time but not a place recorded by Automatic Officiating Equipment, the Athlete's race placing will be determined by comparison of the Athlete's time recorded by Automatic Officiating Equipment against the times of the other Athletes in the same race who have a time and place recorded by Automatic Officiating Equipment.

11.1.6.2.3 If an Athlete does not have a time or place recorded by Automatic Officiating Equipment, the Athlete's race placing will be determined by comparison of the Athlete's time recorded by Semi-Automatic Officiating Equipment or Timekeepers against the times of the other Athletes in the same race who have a time and place recorded by Automatic Officiating Equipment.

11.1.7 If Automatic Officiating Equipment is used and it fails to record the place and/or time of one or more Athletes in a race, the official times will be recorded as follows:

11.1.7.1 The official time for all Athletes who have a time recorded by Automatic Officiating Equipment will be that time.

11.1.7.2 The official time for all Athletes who do not have a time recorded by



Automatic Officiating Equipment will be the time recorded by Semi-Automatic Officiating Equipment or Timekeepers.

11.2 If no Automatic Officiating Equipment or Semi-Automatic Officiating Equipment is used:

11.2.1 Timekeepers will record the time taken by each Athlete to complete the course and, based on those times, the Referee will determine the winner and all placings. If two or more Athletes achieve equal times, those Athletes will be determined to have equal placing.

11.2.2 Each Timekeeper must be appointed or approved by the Member Federation in the country in which the competition is held and must use a watch (meaning any form of timing device) that is certified as accurate to the satisfaction of that Member Federation.

11.2.3 The time taken by an Athlete to complete the course will be recorded to an accuracy of one hundredth (1/100) of a second by two (2) Timekeepers. The official time for that Athlete will be determined as follows:

11.2.3.1 If the two (2) watches record different times, the average of the two (2) recorded times will be recorded as the Athlete's official time. If this calculation results in a value that is expressed in thousandths of a second, the final digit will not be recorded and the official time recorded will not be 'rounded' up or down.

11.2.3.2 If one (1) of the two (2) watches fails, the time recorded on the one (1) working watch will be recorded as the Athlete's official time.

11.2.3.3 If the two (2) watches both fail, the Athlete may be offered a reswim.

C11.2.3.4 If 3 watches are used, the times will be determined as follows:

C11.2.3.4.1 If two (2) of the three (3) watches record the same time and the third disagrees, the two identical times will be the official time.

C11.2.3.4.2 If all three (3) watches disagree, the watch recording the intermediate time will be the official time.

C11.2.3.4.3 With only two (2) out of three (3) watches working the average time will be the official time. When this calculation results in a value that is expressed in thousandths of a second, the final digit will be dropped without rounding.

11.2.4 Race times must be displayed on all outputs to an accuracy of one hundredth (1/100) of a second.

11.3 If an Athlete is disqualified during or following an individual race, the disqualification will be recorded in the official results and no time or placing will be recorded or announced.

11.4 If an Athlete is disqualified during or following a relay race or event, the disqualification will be recorded or announced (save the legal split times achieved by the relay team, members prior to participation of the Athlete that was disqualified will be recorded in the official results).

11.5 During relay races, the Automatic Officiating Equipment or Semi-Automatic Officiating



Equipment (or the Timekeepers, as applicable) will record the time splits at 50m and at 100m achieved by the first Athlete of each relay team, and those time splits will be published in the official results.

- 11.6** The relative order of placings for the combined heats of an event are calculated by comparison of the official times achieved by all Athletes. If two or more Athletes achieve equal official times, those Athletes will be tied in the order of placings (and presented in lists in descending order of lane assignment or, if lane assignments are tied, in alphabetical order).

C11.7 Official Split Times

C11.7.1 A time achieved by an Athlete while swimming any part of an individual event for an interval shorter than the total distance, will be official under the following conditions and may be used for entry or record purposes:

- (i) The Referee/Meet Management must be advised prior to commencement of the published event.
- (ii) The Athlete must complete the full distance of the published event.
- (iii) The official split will be reported as a separate non-scoring event in the meet results.
- (iv) In the case of a disqualification, legal splits up to the time of the disqualification will be recorded in the official results.

C11.7.2 Information on the process for requesting Officials Splits will be outlined in the Meet Information Package.

12. WORLD RECORDS

- 12.1** World Aquatics will recognise and maintain World Records and World Junior Records achieved in a 50m pool by both sexes in the following strokes and distances:

Freestyle	50m, 100m, 200m, 400m, 800m, and 1500m
Backstroke	50m, 100m, and 200m
Breaststroke	50m, 100m, and 200m
Butterfly	50m, 100m, and 200m
Individual Medley	200m, and 400m
Freestyle Relays	4x100m, and 4x200m
Medley Relays	4x100m
Mixed Relays	4x100m Freestyle, and 4x100m Medley

- 12.2** World Aquatics will recognise and maintain World Records and World Junior Records achieved in a 25m pool by both sexes in the following strokes and distances:

Freestyle	50m, 100m, 200m, 400m, 800m, and 1500m
Backstroke	50m, 100m, and 200m
Breaststroke	50m, 100m, and 200m
Butterfly	50m, 100m, and 200m
Individual Medley	100m, 200m, and 400m
Freestyle Relays	4x50m, 4x100m, and 4x200m



Medley Relays	4x50m, and 4x100m
Mixed Relays	4x50m Freestyle, and 4x50m Medley

12.3 In order for an Athlete's performance to be eligible for a World Record or World Junior Record, it must have been achieved in accordance with all relevant World Aquatics Rules including these Competition Regulations and the following (non-exhaustive) eligibility and other criteria:

12.3.1 The Athlete must have been wearing only permitted Swimwear in accordance with Article 6 of Part One.

12.3.2 For a World Junior Record, the Athlete must be fourteen (14), fifteen (15), sixteen (16), seventeen (17), or eighteen (18) years old as at 31 December in the year of the date of the performance.

12.3.3 For any relay World Record or World Junior Record, all members of a relay team must be of the same sport nationality in accordance with Article 3 of Part One.

12.3.4 An Athlete competing in a relay race is not eligible to set an individual World Record or World Junior Record, except for the Athlete who swims the first quarter of the total race distance in a relay. If the Athlete themselves is not disqualified but the relay team of that Athlete is disqualified for any reason that occurs or is identified after completion of the Athlete's performance, the Athlete's performance will be eligible for a World Record or World Junior Record.

12.3.5 The Athlete must have achieved a time faster than (or equal to) the preexisting World Record or World Junior Record.

12.3.5.1 If an Athlete achieves a time equal to a preexisting World Record or World Junior Record to an accuracy of one hundredth (1/100) of a second, that Athlete is entitled to apply for recognition of their performance as the "joint holder" of the World Record or World Junior Record.

12.3.5.2 Unless Article 12.3.5.3 of this Part Two applies, if more than one Athlete in a race achieves a time faster than (or equal to) the preexisting World Record or World Junior Record and there is only one winner of the race then only the winner of the race is entitled to apply for recognition of their performance as a World Record or World Junior Record.

12.3.5.3 If an Athlete achieves a time faster than (or equal to) the preexisting World Junior Record and finishes other than as winner of a race and no other better-placed eligible Athlete in the race also set a World Junior Record then the Athlete is entitled to apply for recognition of their performance as a World Junior Record.

12.3.5.4 If more than one Athlete in a race achieves a time faster than (or equal to) the preexisting World Record or World Junior Record and there is more than one winner of the race then all winners of the race are entitled to apply for recognition of their performance as a World Record or World Junior Record.



12.3.6 A performance by an Athlete in an individual race of a certain distance may be eligible for a World Record or a World Junior Record at an intermediate distance achieved during that race. The Athlete must complete the full distance of the individual race (not only the intermediate distance or a distance short of the full distance).

12.3.7 The performance must have taken place under the following conditions:

12.3.7.1 The performance must have been recorded by Automatic Officiating Equipment or, in the case of an Automatic Officiating Equipment system malfunction, Semi-Automatic Officiating Equipment.

12.3.7.2 The performance must have been achieved in water containing less than 3 grams/litre of salt, and must not have been achieved in any kind of sea or ocean water.

12.3.7.3 The performance must have been achieved (a) in ordinary competition or (b) in an individual race against time that is held in public and announced publicly by advertisement at least three days before the attempt is to be made (unless the individual race against time is sanctioned by a Member Federation as a time trial during a competition, in which case the requirement for advertisement does not apply).

12.3.7.4 The length of the pool lane in which the performance was swum must be certified by a surveyor or other qualified official appointed or approved by the Member Federation in the country in which it is situated.

12.3.7.5 If a moveable bulkhead is used, length of the pool lane in which the performance was swum must be confirmed at the conclusion of the session during which the performance was achieved by a surveyor or other qualified official appointed or approved by the Member Federation in the country in which it is situated must be confirmed.

12.3.8 Immediately after the World Record or World Junior Record individual performance (or at latest within 24 hours of the conclusion of the race), an anti-doping sample must have been collected from the Athlete (and the resulting analysis must be a negative finding). Immediately after the World Record or World Junior Record relay team performance (or at latest within 24 hours of the conclusion of the race), an anti-doping sample must have been collected from each of the four (4) Athletes in the finals relay team (and the resulting analyses must all be negative findings).

12.4 World Record or World Junior Record performances swum during the Olympic Games, the World Aquatics Championships, the World Aquatics Swimming Championships (25m), World Aquatics Junior Swimming Championships, and World Aquatics Swimming World Cups will be automatically approved, provided that all required conditions are met for World Records and/or World Junior Records.

12.5 The application procedure for recognition by World Aquatics of a World Record or World Junior Record performance swum at a competition other than the Olympic Games, the



World Aquatics Championships, the World Aquatics Swimming Championships (25m), the World Aquatics Junior Swimming Championships, and the Swimming World Cup is as follows:

12.5.1 A claim of a World Record or a World Junior Record performance must be provisionally reported by an authorised representative of the competition's management committee in writing to the Executive Director within seven (7) days of the performance.

12.5.2 An application for recognition by World Aquatics of a World Record or World Junior Record must be filed with the Executive Director within fourteen (14) days after the performance. The application must be made by the Referee on the World Aquatics official form. The Referee will certify that the requirements of Article 12.3 of this Part Two have been complied with.

12.5.3 On receipt of the application, the Executive Director will consider whether the requirements of Article 12.3 of this Part Two have been complied with. If they have been complied with, the Executive Director will declare the new World Record or World Junior Record, publish that information, and provide diplomas to the relevant Athlete(s).

12.5.4 If the application-filing procedure has not been followed (in full or in part) by the competition's Management Committee, the Athlete's Member Federation may file an application for recognition by World Aquatics of a World Record or a World Junior Record using the official form. On receipt of the application, the Executive Director will consider whether the requirements of Article 12.3 of this Part Two have been complied with. If they have been complied with, the Executive Director will declare the new World Record or World Junior Record, publish that information, and provide diplomas to the relevant Athlete(s).

12.6 If World Aquatics approves an application for an individual World Record or World Junior Record, the Executive Director will send to the Athlete's Member Federation that the Athlete is affiliated to a diploma signed by the President of World Aquatics for presentation to the Athlete in recognition of the performance.

12.7 If World Aquatics approves an application for a relay World Record or World Junior Record, the Executive Director will send to the Member Federation that the Athletes are affiliated to five (5) diplomas signed by the President of World Aquatics, one (1) for and to be retained by the Member Federation, and one (1) each for presentation to the four (4) relay team Athletes in recognition of their performances.

12.8 World Aquatics may (in its sole discretion) establish one (1) or more additional categories of World Record or World Junior Record (that require different strokes, distances, or other variables). If so, World Aquatics will establish a "target time" and, if an Athlete achieves a time faster than the "target time", that performance will be eligible for a World Record or World Junior Record (subject always to compliance with the requirements of Article 12.3 of this Part Two).

Note: The World Aquatics World Record form is available on the World Aquatics website: <https://www.worldaquatics.com/swimming/forms>.



C12.9 Canadian Records

A Canadian Record will be

C12.9.1 A performance by an Athlete who is eligible for selection to a National Team representing Canada in the Olympic Games, the Commonwealth Games, the Pan American Games, the World Championships, or any such major international meet, or

C12.9.2 A performance by an Athlete who is a “permanent resident” by Canadian law and as defined by ACA and is registered with Swimming Canada, or

C12.9.3 A performance by a Canadian club relay team, when all members of the team are eligible to hold Canadian records, are registered with the same club, and are eligible to compete for that club.

C12.9.4 A National Relay record is set when all members of the relay team who set the record are members of the Canadian National team, a Provincial team, or a Canada Games team.

C12.9.5 A National Relay record may be set by a U Sports Team. They will not be eligible to set a Club relay record unless all four Athletes are currently registered with the same Age Group Club.

C12.9.6 Record swims will be timed and recorded by Automatic Officiating Equipment or by two (2) watches.

C12.9.7 A time achieved while swimming the first “leg” of a relay with an electronic timing system start, may count as a record.

C12.9.8 A record time will be achieved in the relevant stroke-event. All times achieved in a freestyle event will be regarded as freestyle, no matter what stroke is swum.

C12.9.9 Canadian records may be considered for acceptance from any competition sanctioned by PS, Swimming Canada, World Aquatics, or WPS, other than a Class Two Time Trial, and a certificate will be awarded to the record holder.

C12.9.10 Records will be recognized in each of the following events: (50m and 25m pools)

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 (and 100 metres in 25m pools)
Freestyle Relays	4x50, 4x100 and 4x200 metres
Medley Relays	4x50 and 4x100 metres
Mixed Relays	4x50 and 4x100 metres Freestyle and 4x50 and 4x100 metres Medley



13. AGE GROUP RULES - SWIMMING

13.1 To be eligible to compete at the World Aquatics Junior Swimming Championships, an Athlete must be fourteen (14), fifteen (15), sixteen (16), seventeen (17), or eighteen (18) years old as at 31 December in the year of the start date of the competition.

13.2 To be eligible to compete at the Olympic Games, the World Aquatics Championships, or the World Aquatics Swimming Championships (25m), an Athlete must:

13.2.1 be at least fourteen (14) years old as at 31 December in the year of the start date of the competition; or

13.2.2 be younger than fourteen (14) years old as at 31 December in the year of the start date of the competition and have achieved at least the “B” standard entry time in the relevant event.

13.3 Member Federations and competition organisers may adopt the same and/or alternative age group eligibility rules for competitions within their jurisdiction.

C13.3.1 Swimming Canada recognized age groups for the purpose of national records are 11-12, 13-14, and 15-17 only. These age groups will be recognized for National Age Group record keeping. The Athlete’s age will be that on the first day of the meet unless otherwise specified by Swimming Canada. Swimming Canada or the PS may authorize additional younger or older age groups.

C13.3.2 Age Group Swimming competitions will be under the jurisdiction of Swimming Canada, and by extension, the PS, and will be administered by Swimming Canada or PS.

C13.3.2.1 Rules Applicable to all Aquatic Sports and Swimming Rules contained herein will apply to Age Group swimming.

C13.3.2.2 Each PS will be responsible for promoting and sponsoring age group competitions which may be either provincial championships or non-championship meets. Such meets may be open or closed meets.

C13.3.2.3 Age Group competition categories will be based on single or multiple age ranges by chronological age or year of birth and published in the Meet Information Package. (This allows for any age grouping combinations)

C13.3.2.4 When an ‘Individual’ event is designated as ‘age group’, only Athletes in that age group will be eligible to compete in that event.

C13.3.2.5 An Athlete may only compete in that Athlete’s own age group as defined in the meet package. (i.e. single, double age bands).

C13.3.2.6 In age group relays, one (1) or two (2) Athletes may be from a younger age group. In such cases, the Athlete(s) may swim in both their own age-group relay as well as in one or more older age-group relays.

C13.3.3 National Age Group Records

C13.3.3.1 In individual events, Athletes will be the correct age on the first day of the meet in which the record was made.

C13.3.3.2 A record time may be achieved in senior or age group events.



C13.3.3.3 The Athlete will meet the eligibility requirements to hold Canadian records.

C13.3.3.4 National Age Group Records will be recognized for the same individual events as Canadian Records. Records for the 50 Backstroke, 50 Breaststroke, and 50 Butterfly will only be maintained for the 18 & Under age category. No records will be maintained for the 100 IM in the 11-12, 13-14, and 15-17 age categories.

C13.3.3.5 An Athlete need not place first in a heat or in an overall event to set a National Age Group record while competing in a senior event.

C13.3.4 POST-SECONDARY SWIMMING

C13.3.4.1 All current Swimming Canada competition rules will apply to university and high school swimming established by U Sports or the Conference Athletic Associations (Atlantic, Quebec, Ontario, & Canada West) will apply.

C13.3.4.2 Each conference is responsible for its own championship meet format.

14. SWIMWEAR, TECHNOLOGY, AND WEARABLES

14.1 During competition, an Athlete must wear a swimsuit and may wear goggles and/or a cap, in each case that is permitted by Article 6 of Part One.

C14.1.1 An Athlete will wear only one swimsuit at a Swimming Canada National Competition, and will observe all World Aquatics regulations related to swimwear as stated in the World Aquatics By-Laws and Competition Regulations.

C14.1.2 In all other sanctioned age group and masters swimming events, swimwear is exempt from compliance with the Part Two Article 14 Swimwear, Technology and Wearables rules if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage. Such swimwear includes a) a swimsuit that covers more of the body, or b) the use of a separate garment worn over or under a regular swimsuit.

14.2 **Other than permitted Swimwear, an Athlete must not** wear or use during competition any device or swimwear that may aid his/her speed, buoyancy or endurance (such as, for example, webbed gloves, flippers, fins, or adhesive substances).

14.3 An Athlete is permitted to use an automated data collection device for the sole purpose of collecting data. Such device must not be capable of transmitting or used to transmit data, sounds, or signals to the Athlete and must not be capable of aiding or used to aid the Athlete's speed, buoyancy, or endurance.

14.4 An Athlete will be permitted to use tape on one (1) or two (2) fingers or toes (including to bind together two fingers or toes) if use of the tape is required to treat or protect an injury to a finger or toe.

15. SWIMMING FACILITIES AND EQUIPMENT

Refer to World Aquatics Competition Regulations Part Two Article 15 and the Facility Rules & Guidelines of Swimming Canada [Swimming Canada Rules - Swimming Canada](#)



16. SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS

Refer to World Aquatics Competition Regulations Part Two Article 16.

- C16** Swimming competitions must adhere to all regulations, guidelines and safety requirements within the jurisdiction of the facility/province.



PART THREE

OPEN WATER SWIMMING

All World Championships, World Cups and World Aquatics Events will be governed by the rules of World Aquatics with the following exceptions and additions:

C1. AUTHORITY

Swimming Canada reserves the right to sanction all Open Water swimming events at provincial, National and International levels staged and held within Canada. All such events will be governed by the [Swimming Canada Open Water Safety Guide and Meet Manager Guidelines](#) as published by Swimming Canada and Provincial Sections where it applies, which themselves will follow the World Aquatics Competition Regulations for Open Water Swimming. World Aquatics Open Water Swimming Rules may change over time, so please refer to the most current version on the World Aquatics website:

<https://www.worldaquatics.com/rules/competition-regulations>.

1. OPEN WATER SWIMMING COMPETITIONS

1.1 This Part Three applies to Open Water Swimming competitions at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (specifically, these Competition Regulations).

1.2 Open Water Swimming is any swimming event that takes place in rivers, lakes, seas, oceans, water channels or any other body of open water.

1.3 The Open Water Swimming program at the Olympic Games will be as follows:

Men	Women
10 km	10 km

1.4 The Open Water Swimming program of the World Aquatics Championships will be as follows:

Men	Women
10 km	10 km
5 km	5 km
3 km Knockout Sprint	3 km Knockout Sprint
Mixed Team Event – 4 x 1500 m Relay	

1.5 The program of the World Aquatics Junior Open Water Swimming Championships will be as follows:

Boys	Girls
14-15 Boys – 5 km	14-15 Girls – 5 km
16-17 Boys – 7.5 km	16-17 Girls – 7.5 km



18-19 Boys – 10 km	18-19 Girls – 10 km
3 km Knockout Sprint	3 km Knockout Sprint
14-16 years Relay Event	
Open Relay Event	

- 1.6** The structure of the competition program at the Olympic Games and any World Aquatics Event will be determined by World Aquatics, following consultation with the LOC, based on the events in the program.

2. TECHNICAL OFFICIALS

- 2.1** At Open Water Swimming competitions, the organiser or relevant governing body will appoint (at minimum):

- 2.1.1** One (1) Chief Referee (per event);
- 2.1.2** Three (3) Referees, plus additional Referees proportionate to the number of race entries, with at least one (1) Referee for every twenty (20) Athletes;
- 2.1.3** One (1) Chief Timekeeper and two (2) Timekeepers (unless Automatic Officiating Equipment and video recording of the finish is in use at the event, in which case only one (1) Timekeeper, who will act as Chief Timekeeper, will be appointed);
- 2.1.4** One (1) Chief Finish Judge and two (2) Finish Judges;
- 2.1.5** One (1) Safety Officer;
- 2.1.6** One (1) Medical Officer;
- 2.1.7** One (1) Course Officer;
- 2.1.8** One (1) Clerk of the Course;
- 2.1.9** One (1) Race Judge (per Athlete, only for events that exceed 10 km in distance and are not conducted on a loop course);
- 2.1.10** One (1) Turn Judge (per alteration of course);
- 2.1.11** One (1) Feeding Platform Judge (per feeding platform, if feeding platforms are used);
- 2.1.12** One (1) Relay Judge;
- 2.1.13** One (1) Starter;
- 2.1.14** One (1) announcer;
- 2.1.15** One (1) Recorder; and
- 2.1.16** One (1) Video Review Judge.

C2.1.17 In addition to the above officials, a Meet Manager will be appointed.

- 2.2** No Technical Official may simultaneously act in more than one role. If all of the obligations of a Technical Official's assigned role have been fulfilled, the Technical Official may be



assigned to and act in another role.

2.3 Unless provided otherwise in this Part Three, each Technical Official will make decisions within his/her role and responsibility with autonomy and independence from other Technical Officials (or any other person).

2.4 If a Technical Official observes any infraction within their assigned duties, they will (1) record the infraction; (2) immediately notify the Chief Referee; and (3) as soon as possible after the conclusion of the race, submit a signed Infraction Form to the Chief Referee.

2.5 Chief Referee:

2.5.1 The Chief Referee at a competition will have full control and authority over all Technical Officials at that competition, and will approve their assignments and instruct them regarding all special features or regulations related to the event. The Chief Referee will enforce all rules and decisions of World Aquatics and will determine any matter relating to the actual conduct of the meet, competition, or any event, that is not otherwise assigned under these Competition Rules (or other World Aquatics Rules) for determination by another person.

2.5.2 The Chief Referee will ensure that all Technical Officials necessary for the proper conduct of the competition are at their respective posts for the duration of the competition. The Chief Referee may appoint additional Technical Officials if necessary, and may substitute any Technical Official deemed absent, incapable of acting, or inefficient.

2.5.3 The Chief Referee will have authority to determine whether any breach of the rules of Part One and/or this Part Three has occurred, and will adjudicate all matters related to the competition in progress.

2.5.4 If hazardous conditions exist that jeopardize the safety of the Athletes and/or the officials, the Chief Referee may, after consulting with the Safety Officer and/or Medical Officer and/or World Aquatics Safety Delegate, stop a race.

2.5.5 The Chief Referee's role at the start of a race is set out in Article 3 of this Part Three.

2.5.6 If the Chief Referee personally observes any breach of the rules by an Athlete and/or by an Athlete's support personnel, or if such a breach is reported by another Technical Official to the Chief Referee, the Chief Referee may issue an infraction to, or disqualify, the Athlete.

2.5.7 Notwithstanding Article 4.2 of this Part Three, the Chief Referee may decide to enforce a disqualification at the end of the race.

2.5.8 The Chief Referee will obtain and receive all reports prior to the start and at the conclusion of the race from the Clerk of the Course, the Recorder, the Course Officer and Safety Officer to ensure all Athletes are accounted for.

2.5.9 The Chief Referee will determine any matter involving inconsistent finish times and placings in accordance with Article 12.4 of this Part Three.

2.5.10 The Chief Referee will receive all signed Infraction Forms from any Technical



Officials who have reported infractions in accordance with Article 2.4 of this Part Three.

2.5.11 If a Video Assistant Referee system is being used, the Chief Referee will review and consider any rule breaches reported by the Video Review Judge after the race has finished and, if necessary, enforce the rules.

2.6 Referee:

2.6.1 Except where responsibility is assigned in this Part Three to another Technical Official, an appointed Referee will have authority to determine whether any breach of the rules of Part One and/or this Part Three has occurred.

2.6.2 An appointed Referee may disqualify any Athlete for any breach of the Rules that they personally observe.

2.6.3 An appointed Referee will, with the Course Officer and Safety Officer, inspect the course and markings prior to the commencement of competition.

2.7 Starter:

2.7.1 Following the signal by the Chief Referee, the Starter will start the race, in accordance with Article 3 of this Part Three.

2.8 Chief Timekeeper:

2.8.1 Unless Article 2.1.3 of this Part Three applies, the Chief Timekeeper will assign at least two (2) Timekeepers to their positions for the start and finish.

2.8.2 The Chief Timekeeper will ensure that fifteen (15) minutes before the start time of each race, a time check is made to allow all Technical Officials to synchronise their watches with the official running clocks.

2.8.3 The Chief Timekeeper will collect from each Timekeeper the time recorded for each Athlete and, if necessary examine the Timekeeper's watches, and record the official time for each Athlete.

2.9 Timekeeper:

2.9.1 The Timekeepers will measure the time of each Athlete assigned. The watches used must have memory and recall capability and must be certified as accurate to the satisfaction of the organiser.

2.9.2 The Timekeepers will start their watches at the starting signal, and only stop their watches when each Athlete assigned finishes (or otherwise as instructed by the Chief Timekeeper).

2.9.3 The Timekeepers will promptly after each finish record the time of each Athlete assigned, provide the record to the Chief Timekeeper, and (if asked) permit the Chief Timekeeper to inspect any watch.

2.10 Chief Finish Judge:

2.10.1 For events of greater than 10 km in distance, the Chief Finish Judge will inform each Race Judge of their Escort Craft, and instruct the Race Judges in their duties.



2.10.2 The Chief Finish Judge will assign each Judge to a position, collect the signed results sheets from each Finish Judge after the race, and establish the results and placings, which will be sent directly to the Recorder.

2.10.3 The Chief Finish Judge record and communicate to the Finish Judges any decision received from the Referees during the competition.

2.10.4 The Chief Finish Judge will record and report to the Chief Referee any breach of the rules of this Part Three within the finish funnel the (1) he/she personally observes, and/or (2) is personally observed by a Finish Judge and reported to the Chief Finish Judge.

2.11 Finish Judge:

2.11.1 The Finish Judges will be positioned in line with the finish and at all times must have a clear view of the finish plate or line (as applicable).

2.11.2 The Finish Judges will record after each finish the placing of the assigned Athletes. Finish Judges must not act as Timekeepers in the same event.

2.11.3 The Finish Judges will record on the record sheets provided any breach of the rules of this Part Three within the finish funnel that he/she personally observes, then report the breach to the Chief Finish Judge.

2.12 Race Judge:

2.12.1 Each Race Judge will be positioned in an Escort Craft (where applicable), assigned by random draw prior to the start, so as to be able to observe at all times his/her assigned Athlete.

2.12.2 Each Race Judge will ensure at all times that the rules of this Part Three are complied with, and will record in writing any rule breach and, at the earliest opportunity, report it to the Chief Referee.

2.12.3 Each Race Judge will ensure that his/her assigned Athlete does not take unfair advantage or commit unsporting impediment on another Athlete and, if the situation requires, instruct an Athlete to maintain clearance from any Athlete in accordance with Articles 4.1.5 to 4.1.7 of this Part Three.

2.12.4 Race Judges have the authority to order an Athlete from the water after expiry of any time limit as ordered by the Chief Referee in accordance with Article 4.5.2 of this Part Three.

2.13 Turn Judge:

2.13.1 The Turn Judge must be positioned so as to ensure all Athletes execute the alterations in course as indicated in the competition information documents and as explained at the Technical/ Team Leaders' Meeting and the prerace safety briefing.

2.13.2 The Turn Judge must record on the record sheet provided any breach of the rules regarding turns and alterations, then immediately communicate the breach to the Chief Referee.

2.12.3 At the completion of the event, the Turn Judge must promptly deliver the signed record sheet to the Recorder.



2.14 Feeding Platform Judge:

2.14.1 The Feeding Platform Judge will manage the activity and the athlete support personnel present on the feeding platform, and ensure that feeding procedures – including the use of bottles and any other means of nutrition – are conducted in accordance with the rules (including Article 4.4 of this Part Three).

2.15 Relay Judge:

2.15.1 The Relay Judge will manage the activity on the relay changeover platform or changeover zone to ensure that all changeovers occur in accordance with the rules (including Article 6.1.7 of this Part Three).

2.16 Safety Officer:

2.16.1 The Safety Officer is responsible to the Chief Referee for all aspects of safety related to the conduct of the competition in accordance with Article 8 of Part One and Article 14 of this Part Three.

2.16.2 The Safety Officer must check prior to the competition that the entire course, with special regard to the start and finish areas, is safe, suitable, and free of any obstruction.

2.16.3 The Safety Officer is responsible for ensuring that a sufficient number of sufficiently powered Escort Craft and/or Safety Craft are available during the competition so as to provide full safety backup to the Escort Craft.

2.16.4 Prior to the events, the Safety Officer will provide to all Athletes a chart clearly indicating the estimated time of tide changes on the course and indicating the predicted effect of tides and/or currents on an Athlete's progress along the course.

2.16.5 The Safety Officer will, in conjunction with the Medical Officer, advise the Chief Referee if, in their opinion, conditions are unsuitable for staging or completing an event or competition and (if possible) make recommendations for the modification of the course or the manner in which an event or competition is conducted.

2.16.6 The Safety Officer will monitor water temperature conditions periodically during the race in accordance with Articles 12.2.3 of this Part Three.

2.17 Medical Officer:

2.17.1 The Medical Officer is responsible to the Chief Referee for all medical aspects related to the event and Athletes in accordance with Article 8 of Part One and Article 14 of this Part Three.

2.17.2 The Medical Officer will, in conjunction with the Safety Officer, advise the Chief Referee if, in their opinion, conditions are unsuitable for staging or completing an event or competition and (if possible) make recommendations for the modification of the course or the manner in which an event or competition is conducted.

2.18 Course Officer:

2.18.1 The Course Officer is responsible to the organiser for the correct survey of the course.



2.18.2 The Course Officer will ensure that the start area and the finish area are correctly marked, all equipment has been correctly installed, and the equipment is in working order.

2.18.3 The Course Officer will ensure that all course alterations and turn points are correctly marked, and all Turn Judges are in position prior to the start of the competition (and report this to the Chief Referee).

2.18.4 The Course Officer will, with an appointed Referee and Safety Officer, inspect the course and markings prior to the commencement of competition.

2.19 Clerk of the Course:

2.19.1 The Clerk of the Course will ensure that each Athlete is correctly identified with their race number, has trimmed fingernails and toenails, and is not wearing any jewellery, including watches.

2.19.2 The Clerk of the Course will record all wearables declared in the First Call room and ensure that only those wearables approved by World Aquatics for use in Open Water Swimming competitions are permitted for use in the event.

2.19.3 The Clerk of the Course will ensure that all Athletes are present in the assembly area at the required time prior to the start of an event.

2.19.4 The Clerk of the Course will record that all Athletes are present in the assembly area at the required time prior to the presentation of start of the event, and advise this to the Chief Referee.

2.19.5 The Clerk of the Course will keep Athletes and Technical Officials informed of the time remaining before the start of an event in accordance with Article 3.2.1 of this Part Three.

2.19.6 The Clerk of the Course will ensure that all Athlete clothing and equipment left in the start area is transported to the finish area and safely kept, and will ensure sufficient reception facilities at the finish are available for all Athletes.

2.19.7 The Clerk of the Course will ensure that all Athletes leaving the water at the finish have the basic equipment and facilities required for their well-being if their own athlete support personnel are not present.

2.19.8 The Clerk of the Course will notify the Chief Referee and Recorder of any Athletes who withdraw or did not finish (DNF) the competition.

2.20 Recorder:

2.20.1 The Recorder will record any withdrawals from the competition, document all infractions noted during the race at the designated time intervals, enter results on official forms, and (as appropriate) maintain records relevant to team awards.

C2.20.1.1 The Recorder will be responsible to the Chief Referee for keeping the Official Results lists.

C2.20.1.2 When completed and after being signed by the Chief Referee, the Official Results Lists will be known as the Ratified Results List for the Event.

2.21 Video Review Judge:



2.21.1 If a Video Assistant Referee system is in use, a Video Review Judge will be appointed.

2.21.2 The Video Assistant Referee system will be used to assist the Chief Referee to make any decisions to enforce any violation of the Competition Regulations.

2.21.3 For the 3km Knockout Sprint races, the Video Review Judge will observe any violation of the rules using the Video Assistant Referee system, record them, and report them to the Chief Referee.

2.21.4 The Video Review Judge will review all finishes of the race from the entry of the finish funnel to the finish plate, and record and report to the Chief Referee. Any breaches of the rules in accordance with Articles 5 and 12.1.3 of this Part Three.

2.21.5 Any infractions committed by any Athlete that the Video Review Judge has observed within the bounds of the finish funnel will result in the Athlete being disqualified from the race.

2.21.6 The Chief Referee will review and consider any violations reported by the Video Review Judge after the race has finished.

C2.22 Announcer

C2.22.1 The Announcer will be responsible to the Organizing Committee for the communication of all relevant information related to the current positions and abandonments from the race.

C2.23 Meet Manager

The Meet Manager will:

C2.23.1 be responsible for all the organizational details of the meet, will have control of the mechanics associated with the running of the meet, and will be responsible for having the necessary equipment and personnel available during the meet. Appointments of personnel will be subject to ratification by the Chief Referee.

C2.23.2 be responsible for the dissemination of all meet information and all meet forms.

C2.23.3 be responsible for the preparation of entry lists and/or heat sheets and have them available prior to the start of each race.

C2.23.4 be responsible for issuing official results once ratified by the Recorder and Chief Referee.

C2.23.5 be the Chairperson of the Jury of Appeal at non-National competitions.

3. THE START

3.1 The facilities for the start will be as follows:

3.1.1 At the Olympic Games and World Aquatics Events, the Athletes will start from a fixed starting platform. At all other Open Water Swimming competitions, the competition organiser will decide whether the Athletes will start from a fixed starting platform or in the water (in which case the water must be of sufficient depth for the Athletes to commence swimming at the starting signal in accordance with Article 12.2.2 of this Part Three).



3.1.2 If the Athletes will start from a starting platform, the Chief Referee (or a designated Technical Official) will assign each Athlete a position on the platform determined by random draw.

3.1.3 If the Athletes will start in the water, the start line must be clearly defined by overhead apparatus or removable equipment at the water surface.

3.2 Prior to the start of the race:

3.2.1 At suitable intervals before the start of the race (and at one-minute intervals during the last five minutes), the Clerk of the Course will inform Athletes and Technical Officials of the remaining time before the presentation of the start of the race.

3.2.2 A short pre-race briefing will be held immediately prior to each race, and all Athletes competing in that race must attend it.

3.2.2.1 An Athlete that fails without valid reason to attend the pre-race briefing in accordance with Article 3.2.2 of this Part Three may, at the Chief Referee's discretion, be disqualified or penalised from the competition.

3.2.2.2 An Athlete that is late without valid reason to attend the pre-race briefing in accordance with Article 3.2.2 of this Part Three will, at the Chief Referee's discretion, be issued with a yellow card.

3.2.3 Athletes must present themselves (and their approved competition accreditation) in the final call room at the time specified prior to the race by the organiser.

3.2.3.1 If an Athlete fails to comply with Article 3.2.3 of this Part Three, the Athlete will, at the discretion of the Chief Referee, be disqualified from the event and will not be permitted to compete in the race.

3.2.4 At the Olympic Games and World Aquatics Events, men's races and women's races will start separately. However:

3.2.4.1 If circumstances arise that require consideration of changes to the advertised competition program and timeline, the TOWSC Commission (or representative) present will determine (based on the number of entries, reports from the Medical Officer and Safety Officer, and other pertinent information provided by the LOC) the order of start and timeline for the competition.

3.2.4.2 If it is determined that simultaneous competitions will be scheduled, separate Chief Referees will be appointed for each competition, and the official results and placings will be determined as separate events.

3.2.4.3 The Chief Referee for each appointed event will determine the start time and order of races (including by sex and age), considering advice from the appointed Medical & Safety Officers, the TOWSC Commission (or representative) present, and/or the LOC.

3.2.5 For Open Water Swimming competitions other than at the Olympic Games and



World Aquatics Events, unless otherwise determined by the organiser prior to the event, the Chief Referee will determine (based on the number of entries) whether the men's race and women's race will start simultaneously or separately. Even if the men's race and the women's race start simultaneously, the official results and placings will be determined as separate races.

3.3 The start of the race:

3.3.1 The Chief Referee will indicate when the start is imminent by holding a green flag held upright and performing several short blasts on a whistle.

3.3.2 The Chief Referee will indicate that the race is under Starter's orders by pointing the flag at the Starter.

3.3.3 The Starter will be located in a position that is clearly visible to all Athletes.

3.3.4 On the Starter's command "take your marks", all Athletes will immediately take up a starting position with at least one foot in contact with the front of the starting platform (if a starting platform is used) or in line with the start line (if a starting platform is not used).

3.3.4.1 If, in the opinion of the Chief Referee, an athlete fails to follow the directions of the Chief Referee or Starter prior to and including the start of the race (inclusive of Article 3.3.4 of this Part Three), the Athlete will be issued with a yellow card, recorded as such, and notified on water (according to the process in Article 4.2.1.1 of this Part Three) at the earliest possible opportunity after the start by either the Chief Referee or another Referee in position to do so.

3.3.5 The Starter will give the starting signal when he/she considers all Athletes are ready. The starting signal must be both audible and visual using a white flag.

3.3.5.1 If the Chief Referee considers, in his/her discretion, that the start of the race was not a fair start for all Athletes, he/she may restart the race and, if so, will call all Athletes back to behind the start line or onto the starting platform (as applicable) and restart the race in accordance with Article 3.3 of this Part Three.

3.4 If the Chief Referee considers, in his/her discretion, that any Athlete has gained an unfair advantage at the start, the Athlete will be given either a yellow flag or red flag in accordance with Article 4.2 of this Part Three.

3.5 Prior to the start, Escort Craft and Safety Craft must be positioned so as not to interfere with any Athlete. When picking up an Athlete, On-water Craft must approach from behind or from the side and must not navigate or maneuver through the field of Athletes or otherwise interfere with any Athlete. If the intervention is required for medical reasons, it will be carried out by a Safety Craft.

4. THE RACE

4.1 Conduct of the race:

4.1.1 All Open Water competitions are Freestyle competitions.



4.1.2 An Athlete must follow the course, swim the course line around all turn buoys in the correct order and direction, not exceed the course boundaries, and complete the full course. An Athlete must not interfere with another Athlete to gain an unfair advantage, and must obey the instructions from the Technical Officials.

4.1.2.1 For the purpose set out in Article 4.1.2 of this Part Three, 'course boundaries' includes respecting the outside limits of the course and the safety boundaries, and swimming through any Intermediate Gate (if used) and the finish funnel. Any Athlete that exceeds or does not respect the course boundaries may be disqualified from the event.

4.1.2.2 If an athlete misses any turn buoy or intermediate gate (if used), the athlete may return to swim the correct course only if all of the following conditions are met: (1) it is deemed safe to do so; (2) the action does not interfere with any other athlete; (3) the correction is made before reaching the next turn buoy; and (4) no unfair advantage has been gained as a result of the error.

4.1.3 During the race, an Athlete must swim the course and must not walk, run, or jump.

4.1.4 During the race, an Athlete must not receive support from any fixed or floating object (other than by standing on the ground below the water), and must not intentionally touch (or be touched by) any On-water Craft and/or anyone aboard an On-water Craft (except if the Athlete is in distress or apparent distress and is being assisted by a member of the competition medical team).

4.1.4.1 If any appointed Technical Official considers, in his/her discretion, that an Athlete has breached Article 4.1.4 by receiving intentional support, or instigating intentional support that is not for medical reasons, the Technical Official will report that conduct to the Chief Referee directly. At the Chief Referee's discretion, the Athlete will be disqualified from the event.

4.1.5 An Athlete must not receive pacing from any person who is not competing in the race and who has entered the water. Any such infraction will result in a red flag being issued under the authority of the Chief Referee and/or any appointed Referee who has personally observed the infraction.

4.1.6 The pacing or slip streaming of an Athlete by any On-water Craft is not permitted.

4.1.7 Race Judges will instruct any Athlete who is, in their opinion, taking unfair advantage by pacing or slip streaming any On-water Craft to move clear.

4.1.7.1 If the Chief Referee considers, in his/her discretion, that an Athlete has continued to breach Article 4.1.6 and/or Article 4.1.7 of this Part Three after having been previously instructed by any Race Judge to move clear, the Athlete will be issued a yellow flag as described in Article 4.2.1.1 of this Part Three

4.1.8 Each Athlete must start the race with two microchip transponders, one on each



wrist. If during a race an Athlete loses a microchip transponder (or a microchip transponder becomes detached from the wrist), the Race Judge or other Technical Official will immediately inform the Chief Referee, who will instruct the responsible Technical Official on the water to issue to the Athlete a replacement microchip transponder. It will only be obligatory for an Athlete to take receipt of a replacement microchip transponder if they have lost both microchip transponders.

4.1.9 An Athlete who does not finish the race with at least one microchip transponder on their wrist will be disqualified from the event.

4.2 Misconduct:

4.2.1 Verbal and/or visual warnings:

4.2.1.1 An appointed Technical Official may issue a verbal and/or visual warning to an Athlete and/or their Athlete Support Personnel, on or off the water, if the Technical Official considers, in his/her discretion, that the conduct of the Athlete and/or Athlete Support Personnel requires such a warning.

4.2.1.2 The Technical Official will record the verbal and/or visual warning and, if the Technical Official considers it necessary, notify the Chief Referee.

4.2.2 Issuing a yellow card or red card:

4.2.2.1 The issuing of yellow cards and/or red cards to an Athlete for any infraction will be at the discretion of the Chief Referee and/or any appointed Referee if they determine that one (1) or more of the provisions of these Competition Regulations have been breached by the Athlete and/or their Athlete Support Personnel in the course of the race.

4.2.2.2 Where a Video Assistant Referee system is in use, the appointed Video Review Judge will record and report to the Chief Referee any rule violations personally observed.

4.2.2.3 If an Athlete commits a rule breach resulting in a first yellow card during a race, the Chief Referee or an appointed Referee will, if and when possible, raise a yellow flag and display a card bearing the Athlete's number to indicate a first infringement. The infraction will be recorded, and all Technical Officials will be notified.

4.2.2.4 Issuing a first yellow card constitutes an official warning to the Athlete that they have breached specific Articles of these Competition Regulations.

4.2.2.5 If an Athlete commits a second rule breach during the race, the Chief Referee or an appointed Referee will, if and when possible, raise a red flag and display a card bearing the Athlete's number to indicate a second infringement. The Athlete will be disqualified immediately or, at the discretion of the Chief Referee, disqualification may be enforced at the end of the race in accordance with Article 2.5.7 of this Part Three. The infraction will be recorded, and all Technical Officials



will be notified.

4.2.2.6 If the Chief Referee or a Referee determines that an Athlete (or their Escort Craft or Athlete Support Personnel) has committed Unsporting Conduct during the race that affects or interferes with Athletes in the water or the proper conduct of the event, the Athlete will be immediately disqualified from the event. The Chief Referee or an appointed Referee will, if and when possible, raise a red flag and display a card bearing the Athlete's number. The infraction will be recorded, and all Technical Officials will be notified.

4.2.2.7 Any Athlete disqualified in accordance with Article 4.2.2.5 or Article 4.2.2.6 of this Part Three must leave the water immediately, and take no further part in the race. The Chief Referee or the appointed Referee will give a physical signal by crossing their arms in front of their body to indicate that the Athlete may no longer compete in the event and must get out of the water.

4.2.3 Appendix 7 of this Part Three provides a summary of specific infractions and the corresponding yellow card or red card classifications with references to specific Articles of Part One and Part Three. At the discretion of the Chief Referee or any appointed Referee, infractions not listed in Appendix 7 may also be enforced if deemed appropriate.

4.2.4 Unsporting Conduct is conduct that is unsporting, which includes:

4.2.4.1 Any intentional violent physical action, whether during or outside of the competition, by an Athlete, an Escort Craft or an Athlete Support Personnel.

4.2.4.2 Intentional pushing, pulling or holding by an Athlete of another Athlete during the competition.

4.2.4.3 Any intentional physical action by an Athlete that pushes another Athlete against the buoys and/or markers defining the finish funnel.

4.2.4.4 Any action by an Athlete that impedes or prevents another Athlete from touching the finish plate.

4.3 Escort Craft:

4.3.1 Each Escort Craft will contain one (1) Race Judge, one (1) athlete support personnel, and the minimum crew required to safely operate the Escort Craft.

4.3.2 Escort Craft must be maneuvered so as not to obstruct or be placed directly ahead of any Athlete and not to take unfair advantage by pacing or slip streaming an Athlete.

4.3.3 Escort Craft must attempt to maintain a constant position so as to station the Athlete at, or forward of, the mid-point of the Escort Craft.

4.3.4 Each Escort Craft must display the Athlete's competition number and the national flag of the Athlete's Member Federation so that they are clearly visible from either side of the Escort Craft.

4.4 Feeding during the race:



4.4.1 If an Athlete receives sustenance at a feeding platform or from an Escort Craft, he/she must receive it in a biodegradable container by hand or by feeding pole.

4.4.2 Athletes must not carry gels or any other packaged nutrition during the event, including inside their swimwear.

4.4.3 An Athlete must not receive sustenance (or any other object) thrown from the feeding platform or Escort Craft.

4.4.4 If used, a feeding pole must not to exceed five (5) metres in length. No rope, wire, or object may hang from or be attached to a feeding pole except one (1) national flag. The flag must not be larger than 30cm x 20cm in size, and must be made from fabric material without hard edges or any weight or other items added.

4.4.5 The use of any feeding pole that has not been approved during the pre-race registration process in the first call room is prohibited. Any Athlete whose registered feeder uses an unapproved feeding pole may be disqualified from the event.

C4.4.5.1 Feeding poles will be inspected by the Clerk of the Course.

4.4.6 At World Aquatics Events, Athletes must use biodegradable drinks containers provided by World Aquatics.

4.4.7 Coaching and the giving of instructions to an Athlete by an athlete support person on the feeding platform or in the Escort Craft is permitted. The use of a whistle is not allowed.

C4.4.8 Each competitor must have a representative on the feeding platform. This individual must be a registered coach or support staff.

C4.4.9 For non-World Aquatics events, Club flags are allowed to be attached to the feeding poles.

4.5 Time Limits:

4.5.1 The time limit for a race will be calculated as follows: after the finish time of the first placed Athlete, the remaining Athletes will have ten (10) minutes per five (5) km (or part thereof) of the total course distance, up to a maximum of sixty (60) minutes, to complete the course.

4.5.2 Any Athlete who has not finished the course within the time limit will be recorded as over the time limit (OTL) in the results and will be removed from the water unless the Chief Referee, in his/her discretion permits the Athlete to complete the course, in such case, that Athlete will not be eligible for any resulting points, rankings or prizes.

C4.5.3 At non-World Aquatics International events a time limit will be specified on the entry form or information sheet. This time limit will be based on the time at which the leading competitor passed a particular point or finished the course.

C4.5.3.1 After expiry of the designated time limit the Chief Referee may order any or all competitors not in compliance from the water.

C4.5.3.2 The Chief Referee may delegate the responsibility for ordering competitors "out of time limit" from the water to the Referees or to the Race Judges,



in which case a specific time must be appointed after the first competitor has set the qualifying time.

C4.5.3.3 If the Chief Referee orders competitors not in compliance with a cut off time from the water, designated escort safety crafts will collect the competitors, starting at the rear of the course.

4.6 Race emergency abandonment:

4.6.1 The Chief Referee will manage all cases of race emergency abandonment in accordance with the Safety Plan and Articles 12.2.3 to 12.2.3.6 of this Part Three.

4.6.2 If the race emergency abandonment occurs in a race of ten (10) km or less, the race will be restarted from the beginning at the earliest possible moment. If one (1) or more Athletes has completed the race prior to the emergency abandonment, the final ranking will be as reported by the Chief Referee having regard to those Athlete(s) who have already finished.

4.6.3 If the race emergency abandonment occurs in a race of longer than ten (10) km and less than two (2) hours of the race has been completed, the race will be restarted from the beginning at the earliest moment possible. If two (2) or more hours of the race has been completed, the final ranking will be as reported by the Chief Referee.

C4.6.3.1 If, for any reason, a race is abandoned with no possibility to restart that race, the final ranking will be as reported by the Chief Referee at the time of abandonment.

5. THE FINISH OF THE RACE

- 5.1** No On-water Craft will enter the finish funnel unless specifically authorised to do so for safety or operational reasons.
- 5.2** The Finish Judges and Timekeepers will be positioned so that they are able to observe the finish at all times. The area in which they are located should be for their exclusive use.
- 5.3** If a finish plate is used, each Athlete must finish the race by touching the finish plate. Any Athlete who does not touch the finish plate will be disqualified.
- 5.4** If no finish plate is used, each Athlete must finish the race by swimming over the finish line. Placing will be determined with reference to the first part of each Athlete's body to cross the finish line.
- 5.5** Any violation of the rules by an Athlete within the limits of the finish funnel may, at the discretion of the Chief Referee, result in disqualification from the race.
- 5.6** If any violation of the rules by an Athlete occurs within the limits of the finish funnel, the Chief Referee will enforce disqualification in conjunction with the appointed Video Review Judge, in accordance with Article 2.21.4 of this Part Three.
- 5.7** The Chief Referee will determine the final places based on the results recorded by the Automatic Officiating Equipment or otherwise based upon the places recorded by the Finish Judges and (if in use) the video recording of the finish in accordance with Article 12.4



of this Part Three.

5.8 Post race assessment and assistance:

5.8.1 All involved should make reasonable efforts to ensure that the athlete support personnel on the Escort Craft can get from the Escort Craft to meet the Athlete as they leave the water.

5.8.2 Some Athletes may require assistance to leave the water or after they have left the water. Technical Officials, Athletes, athlete support personnel, and others must not touch or handle Athletes unless they clearly display a need or ask for assistance.

5.8.3 As they leave the water, each Athlete will be inspected and assessed by a member of the event medical team. A chair, in which the Athlete can sit while an assessment is made, should be provided. Once cleared by the event medical team member, the Athlete will receive their competition accreditation back, and should be given access to refreshments.

6. MIXED TEAM EVENT

6.1 The Mixed Team Event will proceed as follows:

6.1.1 Each relay team must be comprised of four Athletes, two (2) men and two (2) women.

6.1.2 All members of a team must be of the same sport nationality in accordance with Article 3 of Part One.

6.1.3 The first Athlete of each team will start together simultaneously in accordance with Article 3 of this Part Three.

6.1.3.1 The starting position on the platform will be determined by random draw in accordance with Article 3.1.2 of this Part Three.

6.1.3.2 For in-water starts, the start will be in accordance with Article 3.1.3 of this Part Three.

6.1.4 Each Athlete in the team must complete the 1.5 km course once.

6.1.5 The race will be started in accordance with Article 3 of this Part Three and conducted in accordance with Article 4 of this Part Three, and the finish will be conducted in accordance with Article 5 of this Part Three.

6.1.6 Each Athlete in the team must swim consecutively. The team members may swim in any order they choose. The order must be notified as advised in the Technical/ Team Leaders' Meeting.

6.1.6.1 If members of a relay team swim in an order other than the order notified, the team will be disqualified.

6.1.7 Changeovers:

6.1.7.1 Relay changeover platforms must be used for all World Aquatics Events.



6.1.7.2 Changeovers must be conducted in the changeover zone, which will be of sufficient size for the number of teams competing and, at minimum, 5 metres in length.

6.1.7.3 Athletes may only enter the changeover zone shortly before a changeover that they will be involved in. As a team's Athlete approaches the changeover zone in the water, the team's next Athlete may enter the changeover zone without obstructing any other Athlete or any Athlete's view of the finish.

6.1.7.4 If a relay changeover platform is used:

6.1.7.4.1 Until a team's Athlete in the water touches the relay changeover platform to complete their distance, the feet of the same team's Athlete who is next in order to compete must remain in contact with the relay changeover platform.

6.1.7.4.2 The Athlete who is next in order to compete must dive from the start position allocated to the team on the relay changeover platform into the water.

6.1.7.5 If a relay changeover platform is not used:

6.1.7.5.1 Changeovers will take place with both Athletes involved in the water. As a team's Athlete approaches the changeover zone in the water, the team's Athlete who is next in order to compete may enter the water.

6.1.7.5.2 Until a team's Athlete who is competing their distance makes contact with the team's next Athlete, at least one hand of the team's next Athlete must remain in contact with the platform.

6.1.7.5.3 The contact between the hands and/or forearms of the team's two Athletes must take place above the water.

6.1.7.6 An Athlete who has completed their distance must leave the water immediately once it is safe to do so and in accordance with instructions from the Technical Officials.

7. 3 KM KNOCKOUT SPRINT

7.1 Entries:

7.1.1 At the World Aquatics Championships and the World Aquatics Junior Open Water Swimming Championships, each Member Federation may enter up to two (2) Athletes in the men's 3 km Knockout Sprint and up to two (2) Athletes in the women's 3 km Knockout Sprint.

7.2 Race format:

7.2.1 The 3 km Knockout Sprint event will consist of three rounds: Round One, Round Two, and Round Three.

7.2.2 Athletes must qualify from Round One to compete in Round Two, and must



qualify from Round Two to compete in Round Three.

7.2.3 Each start will be conducted in accordance with Article 3 of this Part Three, each race will be conducted in accordance with Article 4 of this Part Three, and each finish will be conducted in accordance with Article 5 of this Part Three.

7.2.4 The Chief Referee is responsible of the start times for Round Two and Round Three in conjunction with an appointed Timekeeper, who assists the Chief Referee in controlling and monitoring the starts.

7.3 Round One:

7.3.1 The course distance is 1500 metres.

7.3.2 The entry list will be published by the organiser in advance of the Technical/ Team Leaders' Meeting.

7.3.3 The organiser will determine the number of heats based on the number of entries received.

7.3.4 Athletes listed in the World Aquatics Rankings will be allocated to heats in accordance with the 'serpentine system' to ensure balanced distribution of top-ranked athletes. All remaining athletes who are not included in the World Aquatics Rankings will be assigned to heats by random draw. Start lists will be published immediately after the allocation.

7.3.5 The Athletes who finish in the top ten (10) places of each heat in Round One will qualify to compete in Round Two.

7.3.6 If there is a tie for tenth (10th) place in any heat of Round One, all Athletes tied for tenth (10th) place will qualify to compete in Round Two.

7.3.7 If only one (1) heat in Round One is held, the Athletes who finish in the top twenty (20) places will qualify to compete in Round Two.

7.3.8 If an Athlete who had otherwise qualified to compete in Round Two is disqualified or withdraws from the event, the next-placed Athlete in the same heat will qualify for Round Two.

7.3.9 An Athlete who has otherwise qualified to compete in Round Two but does not wish to do so must formally withdraw within five (5) minutes after the finish of the last qualified Athlete in Round One.

7.4 Round Two:

7.4.1 The course distance is 1000 metres.

7.4.2 Round Two is swum as semi-final(s). There will be a minimum of one (1) heat and a maximum of two (2) heats in Round Two.

7.4.3 After the last qualified Athlete of the last heat in Round One has finished their race, there will be a minimum of eight (8) minutes interval before the start of the first heat



in Round Two.

7.4.4 The Chief Referee may adjust this interval if extenuating circumstances are deemed to exist.

7.4.5 Based on the results of Round One, Athletes will be allocated to heats in a manner that ensures balanced competition.

7.4.6 If there is one (1) heat in Round Two, the Athletes who finish in the top ten (10) places in Round Two will qualify to compete in Round Three.

7.4.7 If there are two (2) heats in Round Two, the Athletes who finish in the top ten (10) places of each heat in Round Two will qualify to compete in Round Three.

7.4.8 If an Athlete who has otherwise qualified to compete in Round Three is disqualified or withdraws from the event, the next-placed Athlete in the same heat will qualify for Round Three.

7.4.9 An Athlete who has otherwise qualified to compete in Round Three but does not wish to do so must formally withdraw within five (5) minutes after the finish of the last qualified Athlete in Round Two.

7.5 Round Three:

7.5.1 The course distance is 500 metres.

7.5.2 Round Three is swum as a Final. There will be only one race.

7.5.3 After the last qualified Athlete of the last heat in Round Two has finished the race, there will be a minimum of five (5) minutes interval before the start of Round Three.

7.5.4 The Chief Referee may adjust this interval if extenuating circumstances are deemed to exist.

7.6 Infringements:

7.6.1 If an Athlete receives a first infringement notice during Round One or Round Two in accordance with Article 4.2.1.1, that notice will remain valid for all subsequent rounds of the 3 km Knockout Sprint event in which the Athlete has qualified.

7.7 Appeals:

7.7.1 If an appeal is lodged from Round One in accordance with Article 12 of Part One, the Athlete involved in the appeal will be added as an additional qualifier in Round Two and will compete in Round Two 'under appeal'. The Athlete competing under appeal must qualify in Round Two in order to compete in Round Three.

7.7.2 If an appeal is lodged from Round Two in accordance with Article 12 of Part One, the Athlete involved in the appeal will be added as an additional qualifier in Round Three and will compete 'under appeal'.

7.7.3 In a case arising under Article 7.7.1 or 7.7.2 of this Part Three, only an Athlete



whose appeal directly challenges his/her own non-qualification for the next round will be permitted to compete 'under appeal'. The Chief Referee will make a preliminary determination based on the content of the appeal as to whether the appeal would impact upon the Athlete's eligibility to advance to the next round. An appeal that does not relate to the Athlete's qualification status will not entitle the Athlete to compete 'under appeal'.

7.7.4 If an Athlete competes under appeal and qualifies for Round Three, the next-qualified Athlete(s) will be qualified as necessary to maintain the planned field size.

7.7.5 All Appeals will be considered after the completion of Round Three.

7.7.6 If an appeal is deemed invalid or is otherwise dismissed, the results achieved by the Athlete under appeal in Round One, Round Two and Round Three (as applicable) will be expunged.

7.7.7 If an appeal is upheld, the resulting course of action will be determined on a case-by-case basis.

C7.8 The number of Athletes moving on to subsequent rounds will be dependent on the total number of entries and will be published in advance of the Technical Meeting.

8. AGE GROUP RULES AND ELIGIBILITY

8.1 To be eligible to compete at the Olympic Games or World Aquatics Championships, an Athlete must be at least fourteen (14) years old as at 31 December in the year of the event.

8.2 To be eligible to compete at the World Aquatics Junior Open Water Swimming Championships, an Athlete must be:

8.2.1 Fourteen (14) or fifteen (15) years old as at 31 December in the year of the event to compete in the 14-15 years age group events.

8.2.2 Sixteen (16) or seventeen (17) years old as at 31 December in the year of the event to compete in the 16-17 years age group events.

8.2.3 Eighteen (18) or nineteen (19) years old as at 31 December in the year of the event to compete in the 18-19 years age group events.

8.3 Member Federations and other competition organisers may adopt the same and/or alternative age group eligibility rules for competitions within their jurisdiction.

C8.3.1 To ensure standard safe practices the following age limits are in effect for all open water swimming competitions in Canada:

- Competitors **MUST** be 11 years of age or older to participate in any sanctioned open water swimming competitions in Canada.
- Competitors 11 years of age are limited to open water swimming events of **NO** more than 1,500m.
- Competitors 12-13 years of age are limited to open water swimming events of **NO** more than 3,000m.
- Competitors 14 years of age or older may participate in open water swimming events



that can range from 5,000m or more.

- Para Athletes must be 14 years of age or older and are limited to open water swimming events of NO more than 5,000m which must be completed within a 2 hour time limit, as per WPS rules.

Note: The maximum distance limits for each age group apply to the total cumulative distance swum within a single event, including multi-race formats (e.g., knockout or heats and finals).

9. REGISTRATION AND SPORT ENTRIES

- 9.1** At the Olympic Games and the World Aquatics Championships, each Member Federation may enter a maximum of two Athletes in each individual competition.
- 9.2** At the World Aquatics Championships, each Member Federation may enter only one (1) team. Each team must be comprised of two (2) men and two (2) women Athletes.
- 9.3** At the World Aquatics Junior Open Water Swimming Championships, each Member Federation may enter a maximum of two (2) Athletes in each individual competition.
- 9.4** At the World Aquatics Junior Open Water Swimming Championships, each Member Federation may enter only one (1) team in each team competition. Each team must be comprised of two (2) men and two (2) women Athletes. An Athlete may swim in only one (1) team competition.
- 9.5** The Bureau will determine and publish the principles and system of qualification for Open Water Swimming competitions at World Aquatics Events and (in collaboration with the IOC) the Olympic Games.

10. SWIMWEAR, TECHNOLOGY, AND WEARABLES

- 10.1** During Open Water Swimming competitions with a water temperature of 18.0°C or above, an Athlete: must wear one (1) swimsuit in one or two pieces (not a wetsuit, subject to Article 10.3 of this Part Three); must start the race wearing one (1) cap or two (2) caps in accordance with Articles 6.10 and 7.8.6 of Part One; and may wear goggles, in each case that is permitted by Article 6 of Part One. An Athlete may wear a nose clip and/or use earplugs.
- 10.2** During Open Water Swimming competitions with a water temperature of below 18.0°C, an Athlete must wear a wetsuit; must start the race wearing one (1) cap or two (2) caps in accordance with Articles 6.10 and 7.8.6 of Part One; and may wear goggles, in each case that is permitted by Article 6 of Part One. Only one swimsuit may be worn underneath the wetsuit.
- 10.3** If the water temperature is between 18.0°C and 20.0°C, and the Chief Referee determines on the recommendation of the Safety Officer and the Medical Officer that conditions are hazardous for the Athletes, the Chief Referee may require all Athletes to compete in wetsuits.



- 10.4** An Athlete is permitted to compete with grease, lubrication, or other similar substance applied to the skin, as long as the quantity of grease, lubrication, or other similar substance is not considered by the Chief Referee to be excessive.
- 10.5** At the start and during the race, Athletes must have trimmed fingernails and toenails and must not wear any jewellery, including watches.
- 10.6** Other than permitted Swimwear, tape, technology, and wearables permitted in Article 10 of this Part Three, an Athlete must not use or wear during competition any device or swimsuit that may aid his/her speed, buoyancy, or endurance (such as, for example, webbed gloves, flippers, or fins).
- 10.7** Each Athlete competing as a member of a team in a team event must wear a team cap of identical colour and style, in accordance with Article 7.8 of Part One.
- C10.7.1** Information on team caps will be clearly stated in the Meet Information Package.
- 10.8 Technology:**
- 10.8.1** Technology such as drones, GPS tracking, bio-medical sensors or devices that record physiological data including blood pressure, body temperature, stroke rate, and/or breathing rate, via the transponder are permitted when approved by World Aquatics and listed at the date of the event on the World Aquatics Open Water Swimming current list of approved wearables (published on the World Aquatics website).
- 10.8.2** An Athlete is permitted to use an automated data collection device for the sole purpose of collecting data. Such a device must not be capable of transmitting or used to receive data, sounds, or signals to the Athlete, and must not be capable of aiding or used to aid the Athlete's speed, buoyancy, or endurance.
- 10.8.3** An Athlete wearing any technology or wearable must declare the technology or wearable when reporting to the first call room. Failure to declare any technology and/or wearable will result in disqualification from the event.

11. IDENTIFICATION OF ATHLETES DURING THE RACE

- 11.1** Each Athlete will wear their Athlete number as follows:
- 11.1.1** On both shoulder blades on the upper back, horizontally, each number will be 100 mm high x 60 mm wide.
- 11.1.2** On the arms, vertically, each number will be 100 mm high x 60 mm wide.
- 11.1.3** On the hands, horizontally to the base of the wrist, in numerical digits.
- 11.1.4** The numerical digits must be clearly marked in a very dark (eg, black) or very light (eg, white) colour that contrasts with the underlying surface (eg, wetsuit, skin tone) on to which the numerical digits are marked so that they easily visible to the Technical Officials. The use of marker pens to mark the numerical digits on the Athlete's hands or full-body wetsuit is permitted.



12. OPEN WATER SWIMMING FACILITIES AND EQUIPMENT

12.1 The following facilities are required for an Open Water Swimming competition:

12.1.1 Each starting platform, feeding platform, relay changeover platform, turn buoys, and Turn Judge craft or platform must be securely fixed in position and not be subject to tidal, wind, or other movement.

12.1.2 The starting platform:

12.1.2.1 At World Aquatics Events, unless agreed otherwise in advance by World Aquatics, the length of the starting platform will be equal to or larger than the size produced by the formula: (number of Athletes times 60 cm) plus five (5) metres on each side of the starting platform.

12.1.2.2 The starting platform must be marked with Athlete start spaces 60 cm in width and each Athlete start space must be marked with ascending numbers, with number 1 in the Athlete start space that is furthest from the entry to the starting platform (or, if two Athlete start spaces are equally distant from the entry to the starting platform, the number 1 position will be specified at the Technical/ Team Leaders' Meeting).

12.1.2.3 The starting platform must be of sufficient width to allow for the necessary activities prior to the start and of sufficient design and construction to support the weight of the Athletes and Technical Officials at the start.

12.1.3 The finish:

12.1.3.1 The final approach to the finish must be clearly defined with markers of a distinctive colour that comprise the boundary of the course.

12.1.3.2 The area leading to the finish apparatus should be clearly marked by rows of horizontal markers that narrow as they get closer to the finish wall. For World Aquatic Events these markers must be inflatable tubes.

12.1.3.3 The finish must be a clearly defined vertical facing finish plate. The finish apparatus must at the Olympic Games and World Aquatics Events and should otherwise where possible be a vertical facing finish plate that is at least five (5) metres in width and is securely fastened in place so as not to be moved by the wind, the tide or the force of an Athlete striking the finish plate (and, if necessary, the finish plate may be fixed to floatation devices). The bottom of the finish plate will be no less than 500 mm and no greater than 700 mm above the waterline, unless otherwise agreed with the LOC, the Safety Officer, and the Chief Referee.

12.1.3.4 At the Olympic Games and World Aquatics Events, the finish must be filmed and recorded from each end of the finish plate and above the finish plate by a video system with slow motion and recall facilities including timing equipment. For other events, the finish should be filmed and recorded in the same way.

12.1.3.5 At the Olympic Games and World Aquatics Events, and at any other competition where a Video Assistant Referee is in use, additional cameras must be located at each end of the finish plate that film and record the breadth of the finish funnel continuously from the finish funnel entrance to the point that the coverage



provided by the finish cameras described in Article 12.1.3.4 of this Part Three begins (and the additional camera coverage must overlap with the finish camera coverage, as shown in the diagram at Appendix 5).

12.1.4 Turns and alterations of the course:

12.1.4.1 Each turn or alteration must be clearly indicated. Turn Buoys that indicate turns or alterations of the course must be of a different colour to guidance buoys. Wherever possible there will be a long distance (to be confirmed by World Aquatics) from the start to the first turn buoy to ease congestion at the turn.

12.1.4.2 At each turn or alteration of course, a Turn Judge on a clearly marked craft or platform will be positioned in a manner that does not obstruct an Athlete's visibility of the turn or alteration.

12.1.5 Feeding platforms:

12.1.5.1 Each feeding platform must be of sufficient size and buoyancy for the safe operation of the platform and the feeders and Technical Officials operating thereon. Unless agreed otherwise in advance by World Aquatics, the length of the feeding platform must be equal to or larger than the size produced by the formula: (number of feeders times 60 cm) plus five (5) metres. The width of the feeding platform must be sufficient to allow storage and preparation for Athlete feeding. There must be sufficient space (on one or more platforms) to accommodate all feeders. Access to the feeding platform by feeders and Technical Officials should be on the outside of the course wherever possible.

12.2 Water conditions:

12.2.1 The organiser must obtain from the appropriate local health and safety authorities a certificate of suitability for use of the venue. The certification must address water purity and the physical safety of Athletes from other risks.

12.2.2 At any point on the course, the depth of water must be at least 1.40 metres.

12.2.3 The water temperature should be a minimum of 16.0°C and a maximum of 31.0°C.

12.2.3.1 The water temperature will be measured by a commission comprised of an appointed Referee, a representative of the LOC, and a representative from one of the teams participating in the race, who is designated during the Technical/ Team Leaders' Meeting.

12.2.3.2 At the Olympic Games and World Aquatics Events, the representative of the LOC will be the appointed Safety Officer.

12.2.3.3 The water temperature will be measured two (2) hours before the start of the race at three points (selected by the commission for the Olympic Games and World Aquatics Events) around the course at a depth of 40 cm. The water temperature will be recorded as the average of the three temperatures measured.

12.2.3.4 If the water temperature is measured at below 16.0°C or above 31.0°C, the Chief Referee will, in consultation with the appointed Safety Officer and Medical Officer, determine whether and if so when to re-measure the water temperature,



whether to delay the start of the race, and/or whether to postpone and/or cancel the event, depending on the conditions and the circumstances.

12.2.3.5 For all races the Safety Officer will measure the water temperature ten (10) minutes prior to the race start and at thirty (30) minute intervals after the start of the race for the duration of the race in positions selected by the commission. All measurements and positions will be recorded and communicated to the Chief Referee and Medical Officer.

12.2.3.6 If the water temperature is measured at below 16.0°C or above 31.0°C at any measuring interval during the race, the race will continue if so decided by the Chief Referee, and the water temperature will be measured again 30 minutes later. If the water temperature remains below 16.0°C or above 31.0°C, the Chief Referee will stop the race and follow the process in Article 4.6 of this Part Three. The race will only be restarted if the water temperature is between 16.0°C and 31.0°C. The decision to restart the race will be at the absolute discretion of the Chief Referee in accordance with Article 12.2.3.4 of this Part Three.

12.2.3.7 Before restarting the race, the Chief Referee will also ensure that the conditions specified in Articles 4.6 of this Part Three have been met.

12.3 The following equipment is required for Open Water Swimming competitions at a World Aquatics Event (and other competitions where Automatic Officiating Equipment is used):

12.3.1 Microchip transponders that are used in conjunction with Automatic Officiating Equipment to time races and provide split times. Microchip transponder technology will record times to an accuracy of one tenth (1/10) of a second.

C12.3.1.1 Information on microchip transponders will be clearly stated in the Meet Information Package if microchip transponders are used.

12.3.2 Whether or not Automatic Officiating Equipment is used, sufficient Timekeepers and watches to measure and record the times of all Athletes in accordance with Article 12.4 of this Part Three.

12.3.3 Automatic Officiating Equipment supervised by assigned Technical Officials.

12.3.3.1 The Automatic Officiating Equipment will record the time and place of each Athlete to complete the course and, based on those placings and the video recording of the finish, the Chief Referee will determine the winner and all placings.

12.3.3.2 Times recorded by and placings determined from operation of the Automatic Officiating Equipment will be presumed to be accurate and will take precedence over any times recorded by and/or placings determined by Finish Judges and Timekeepers.

12.3.3.3 If a break-down or failure of the Automatic Officiating Equipment occurs or an Athlete fails to activate the Automatic Officiating Equipment, the Chief Referee will determine the official time(s) and placing(s) for the affected Athlete(s) based on procedure at Article 12.4 of this Part Three.



12.3.4 If one or more intermediate timing gates are used, they must be located on the course with a minimum width of six (6) metres (measured at the water surface) so that Athletes need not deviate from the swimming line of the course.

12.4 Procedure if no Automatic Officiating Equipment is used or if Automatic Officiating Equipment is used but fails:

12.4.1 If no Automatic Officiating Equipment is used, the Chief Referee will determine times as follows:

12.4.1.1 The time taken by an Athlete to complete the course will be recorded to an accuracy of one tenth (1/10) of a second by three (3) Timekeepers. The official time for that Athlete will be determined as follows:

12.4.1.1.1 If two (2) of the three (3) watches record an identical time and the third watch records a different time, the two identical times will be recorded as the Athlete's official time.

12.4.1.1.2 If all three (3) watches record different times, the watch recording the intermediate time will be recorded as the Athlete's official time.

12.4.1.1.3 If only two (2) of three (3) watches work and record different times, the average of the two recorded times will be recorded as the Athlete's official time. If this calculation results in a value that is expressed in hundredths of a second, the final digit will not be recorded and the official time recorded will not be 'rounded' up or down.

12.4.1.1.4 If only one (1) of the three (3) watches work, the time recorded on that watch will be used, and if none (0) of the three (3) watches work, the Chief Referee will establish the Athlete's place without an official time.

12.4.2 If Automatic Officiating Equipment is used and it fails to record the place and/or time of one or more Athletes in a race, the Chief Referee will:

12.4.2.1 Collate all available times and places recorded by the Automatic Officiating Equipment and all available times and places recorded by the Timekeepers.

12.4.2.2 Determine the official placings of the race as follows:

12.4.2.2.1 Each Athlete's race placing will be determined by Chief Referee based on the video recording of the finish of the race.

12.4.2.2.2 Subject to Article 12.4.2.2.1 of this Part Three, Athletes who have a time and place recorded by Automatic Officiating Equipment must retain their relative order in the race placings compared to other Athletes in the same race who also have a time and place recorded by Automatic Officiating Equipment.

12.4.2.2.3 If an Athlete has a time but not a place recorded by Automatic Officiating Equipment, their place will be determined as described in Article



12.4.2.2.1 of this Part Three.

12.4.2.2.4 If an Athlete does not have a time or place recorded by Automatic Officiating Equipment, the Athlete's race placing will be determined by the Chief Referee based on the placings recorded by the Finish Judges.

12.5 Video Assistant Referee:

12.5.1 A Video Assistant Referee is a system for collecting and reviewing images to be analyzed at the end of the race by the Chief Referee as a means to support decision-making regarding any infraction that has been reported by any authorised Technical Official to the Chief Referee.

12.5.2 At the Olympic Games and any World Aquatics Event, a Video Assistant Referee system will be in place, and a Video Review Judge will be appointed to review the available images, in accordance with Article 2.21 of this Part Three.

13. WATER QUALITY AND VENUE SUITABILITY

Refer to World Aquatics Competition Regulations Part Three Article 13 and the [Swimming Canada Open Water Swimming: Safety Guide Meet Manager Guidelines](#).

14. OPEN WATER SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS

Refer to World Aquatics Competition Regulations Part Three Article 14.

C14.2.1.1 Prior to sanction approval, hosts must have an approved safety plan in place for all events of any distance.

15. APPENDICES

Refer to World Aquatics Competition Regulations Part Three Article 15.



PART EIGHT

MASTERS RULES

All Masters Swimming competitions are to be conducted according to the World Aquatics Competition Regulations Part Eight. Masters Rules with the exception of Part Eight Article 3.1.1 and Part Eight Article 3.1.2 (age groups for individual events and relays).

All Masters Swimming competitions held in Canada are to be conducted according to the current Swimming Canada Rules found here: <https://www.swimming.ca/swimming-canada-rules/>

1. GENERAL PROVISIONS

- 1.1** This Part Eight provides for the participation of Masters Participants in Aquatic sports. World Aquatics intends by these rules to promote competition, fitness, friendship and understanding.
- 1.2** This Part Eight applies to World Aquatics Masters Events, being Masters events and/or competitions organized by World Aquatics, including where Masters events take place in 'mixed' competitions (competitions that include both Masters and non-Masters events), and to other Masters events held under the rules of World Aquatics (specifically, these Competition Regulations).
- 1.3** In this Part Eight, references to World Aquatics include the Technical Masters Committee.
- 1.4** Masters Participants are Athletes aged either 25 and over or 30 and over, dependent on and subject to the rules for the sport and event, as set out in this Part Eight.
- 1.5** Unless otherwise specified in this Part Eight, the age of a Masters Participant is determined by their age on 31 December in the year of start date of the relevant competition (the date that the first event at that competition begins).
- 1.6** As set out in each relevant section of this Part Eight, the rules in this Part Eight supplement and modify the rules throughout these Competition Regulations for each sport (Swimming, Open Water Swimming, Diving, High Diving, Water Polo and Artistic Swimming), as they apply to each sport in Masters events and competitions. As such:
 - 1.6.1** The rules in each relevant Part of the Competition Regulations apply to Masters events and competitions, unless stated otherwise in this Part Eight.
 - 1.6.2** Where there is overlap or conflict between an Article of this Part Eight and another rule or Part of these Competition Regulations, this Part Eight takes precedence as it applies to Masters events or competitions.
- 1.7** Registration of Masters Participants at World Aquatics Masters Events:
 - 1.7.1** To be eligible to compete at a World Aquatics Masters Event, whether as an individual or as part of a Masters team, each Masters Participant must be registered with



World Aquatics as a Masters Participant for the relevant sport.

1.7.2 Masters Participants who are registered as such with World Aquatics will retain the right to compete in other (non-Masters) competitions in any Aquatic sport, subject at all times to the rules governing the relevant sport, competition and event.

1.7.3 Masters Participants and Masters teams competing in Masters events must represent Clubs:

1.7.3.1 Entries for World Aquatics Masters Events will only be accepted from Masters Participants who are affiliated with a Club that is both affiliated with a Member Federation and recognised by World Aquatics.

1.7.3.2 A Masters Participant will only validly represent a Club where it is both affiliated with a Member Federation and recognised by World Aquatics.

1.7.3.3 No Masters Participant or Masters team will be designated as representing a Country or Member Federation.

1.8 A Masters Participant may represent only one Club per sport, in any one competition (but may, if permitted by the rules of the competition, compete for different Clubs in different sports).

1.9 Masters Participants must be aware of the need to be well-prepared and medically fit before entering into Masters competitions. By registering as a Masters Participant with World Aquatics and/or by participating in any Masters competition, each Masters Participant:

1.9.1 assumes full responsibility for the risks involved in competing;

1.9.2 in consideration of their entry, agrees to waive and release to the fullest extent possible World Aquatics, the Management Committee and/or the organising Member Federation from any kind of liability for accidents which may cause death, injury or property loss; and

1.9.3 agrees to sign and (whether signed or not) abide by the provisions in the applicable entry forms containing warnings of the relevant risks and waivers and/or releases in respect in relation to any liability or accident or otherwise.

1.10 Appeals

1.10.1 The rules governing appeals in World Aquatics Masters Events are set out in this Article 1.10. The rules governing appeals in Article 12 of Part One do not apply to World Aquatics Masters Events.

1.10.2 The only grounds for appeal at or in relation to a World Aquatics Masters Event are as follows:

1.10.2.1 where the rules and regulations for the organisation of the competition or event are not observed (including, but not limited to these Competition Regulations and/or the rules governing the qualification process, draw or schedule for the event);



1.10.2.2 any decision affected by unforeseen or dangerous conditions that is likely to have impacted the Masters Participants competing; or

1.10.2.3 a Referee's perceived failure to observe the applicable rules and regulations of the competition or event. No appeals will be allowed against decisions of fact.

1.10.3 If the conditions or circumstances giving rise to an appeal are identified or should reasonably have been identified by the Masters Participant prior to the start of the event, or prior to the match, race, routine or dive to which the appeal relates, the appeal must be made:

1.10.3.1 to the Referee, whether verbally or in writing;

1.10.3.2 by a Masters Participant or Masters team, or a person authorised to appeal on their behalf;

1.10.3.3 before either:

1.10.3.3.1 the start of that competition or event, if the appeal relates to the competition or event as a whole; or

1.10.3.3.2 the start of the match, race, routine or dive, if the appeal relates to a match or race, routine or dive within an event.

1.10.4 If an appeal is made prior to the start of the event (or a match, race, routine or dive within an event) in accordance with Article 1.10.3 of this Part Eight, the Referee will consider the appeal and decide prior to the start of the relevant competition, event, match, race, routine or dive whether to allow or reject it:

1.10.4.1 If the Referee rejects the appeal, the Referee must communicate that decision, with reasons and the applicable consequences, to the relevant Masters Participant, Masters team or other person authorised to appeal on their behalf.

1.10.4.2 If the Referee accepts the appeal, the Referee must communicate that decision, with reasons and the applicable consequences, to the Masters Participant, Masters team or other person authorised to appeal on their behalf, and to any other affected Masters Participant or Masters team.

1.10.5 If an appeal is made after either:

1.10.5.1 the start of the competition or event, where the appeal relates to the competition or event as a whole; or

1.10.5.2 the start of the match, race, routine or dive to which the appeal relates,

1.10.5.3 then the appeal must be made:

1.10.5.4 to the Referee;

1.10.5.5 in writing on the forms published for appeals by World Aquatics;

1.10.5.6 by a Masters Participant or Masters team affected by the subject of the Appeal, or a person authorised to appeal on their behalf;

1.10.5.7 with a deposit of 500 US Dollars (or an equivalent amount in the local currency in the country in which the competition is being held); and



1.10.5.8 within 30 minutes following the conclusion of the respective event or match.

1.10.6 If an appeal is made pursuant to Article 1.10.5 of this Part Eight, the appeal will be considered by the Referee, who will decide whether to allow or reject it:

1.10.6.1 If the Referee rejects the appeal, the Referee must communicate that decision, with reasons and the applicable consequences, to the relevant Masters Participant, Masters team or other person authorised to appeal on their behalf.

1.10.6.2 If the Referee accepts the appeal, the Referee must communicate that decision, with reasons and the applicable consequences, to the Masters Participant, Masters team or other person authorised to appeal on their behalf, and to any other affected Masters Participant or Masters team.

1.10.7 At the World Aquatics Masters Championships, an appeal may be made in accordance with the process set out in Articles 1.10.3 to 1.10.6 of this Part Eight or, alternatively:

1.10.7.1 to the Technical Masters Committee;

1.10.7.2 by a Masters Participant, Masters team or other person authorised to appeal on their behalf;

1.10.7.3 in writing on the forms published for appeals by World Aquatics;

1.10.7.4 with a deposit of 500 US Dollars (or an equivalent amount in the local currency in the country in which the competition is being held);

1.10.7.5 no later than 30 minutes after the conclusion of the event, match, race, routine or dive to which the appeal relates.

1.10.8 If an appeal is made to the Technical Masters Committee pursuant to Article 1.10.7 of this Part Eight, the Technical Masters Committee will, as soon as reasonably practicable, consider the appeal and communicate the final decision, with reasons, to the Masters Participant, Masters team or other person authorised to appeal on their behalf, and to any other affected Masters Participant or Masters team.

1.10.9 Any appeal made outside of the grounds listed in Article 1.10.2 of this Part Eight will be rejected. Any appeal that does not comply with the requirements of this Article 1.10 of this Part Eight will be rejected, irrespective of the validity of the reason(s) for the appeal.

1.10.10 In each case where an appeal is made under this Article 1.10 of this Part Eight, if the appeal is rejected or denied, the deposit will be retained by World Aquatics. If the appeal is upheld, the deposit will be returned.

For Appeals – Canada, refer to Swimming Canada Rule Part One Article C12.3.2.

2. MASTERS SWIMMING RULES

2.1 Except as stated below, the rules applying to swimming, including in part two, apply to masters swimming.

2.2 Masters Participants in Masters Swimming events must be 25 years of age or older. The age



groups for individual Masters Swimming events begin with the 25 – 29 age group and continue in five-year age groups ascending as high in age as necessary (i.e., 30 – 34, 35 – 39; 40 – 44, and so on). The age groups for Masters relay teams are determined in accordance with Article 2.5.4 of this Part Eight.

C2.2.1 Masters Participants must be 18 years of age, on the first day of the competition, to be eligible to compete in all Swimming Canada Masters events.

Age groups

- Individual events as per Part Eight Article 2.2 with the addition of 18-24
- Relay events as per Part Eight Article 2.5.4 with the addition of 72-99

2.3 Masters Swimming events:

2.3.1 The following events may be conducted for any Masters age group at a competition:

2.3.1.1 Short course (25 m)

- 2.3.1.1.1** Freestyle: 50m, 100m, 200m, 400m, 800m and 1500m.
- 2.3.1.1.2** Backstroke: 50m, 100m and 200m.
- 2.3.1.1.3** Breaststroke: 50m, 100m and 200m.
- 2.3.1.1.4** Butterfly: 50m, 100m and 200m.
- 2.3.1.1.5** Individual Medley: 100m, 200m and 400m.
- 2.3.1.1.6** Freestyle Relay: 4 x 50m, 4x100m, 4x200m.
- 2.3.1.1.7** Medley Relay: 4 x 50m, 4 x 100m.
- 2.3.1.1.8** Freestyle Mixed Relay: 4 x 50m, 4 x 100m, 4 x 200m.
- 2.3.1.1.9** Medley Mixed Relay: 4 x 50m, 4 x 100m.

2.3.1.2 Long course (50 m)

- 2.3.1.2.1** Freestyle: 50m, 100m, 200m, 400m, 800m and 1500m.
- 2.3.1.2.2** Backstroke: 50m, 100m and 200m.
- 2.3.1.2.3** Breaststroke: 50m, 100m and 200m.
- 2.3.1.2.4** Butterfly: 50m, 100m and 200m.
- 2.3.1.2.5** Individual Medley: 200m and 400m.
- 2.3.1.2.6** Freestyle Relay: 4 x 50m, 4 x 100m and 4 x 200m.
- 2.3.1.2.7** Medley Relay: 4 x 50m, 4 x 100m.
- 2.3.1.2.8** Freestyle Mixed Relay: 4 x 50m, 4x100m and 4x200m.
- 2.3.1.2.9** Medley Mixed Relay: 4 x 50m, 4x100m.

2.4 Masters Swimming technical rules

2.4.1 The Start

2.4.1.1 When using the forward start, the Referee's whistle will indicate that Masters Participants may take their starting positions, on the starting platform or pool deck with at least one foot in contact with the front of the starting platform or pool deck, or in the water with at least one hand in contact with the starting wall.

2.4.1.2 When the Referee considers that all Masters Participants are ready to start



(noting that Masters Participants do not necessarily need to be stationary in order to be ready), the Referee will indicate that the Starter may give the starting signal.

2.4.1.3 Any Masters Participant who initiates a start before the starting signal (observed and confirmed by both the Referee and the Starter) may be disqualified upon the completion of the race, at the discretion of the Referee, who will consider (consulting the Starter, if required) whether the relevant Masters Participant gained a significant advantage from their false start.

2.4.2 The disqualification of Masters Participants is as set out in Part Two, except as set out in this Part Eight, including Articles 2.4.1.3 and 2.4.7 of this Part Eight. Where a Masters Participant is disqualified, the results must state the reason for their disqualification with the relevant code.

2.4.3 To aid the efficient and coherent progress of the competition, including in order to avoid a Masters Participant or team having to swim a race alone and/or to fill empty lanes in a race(s), the Management Committee or other competition organiser may in their discretion decide that:

2.4.3.1 Masters age groups and/or sexes will be combined to swim in the same race or set of races (while remaining separate events for the purposes of results and awards); and/or

2.4.3.2 In any Freestyle 400m, 800m, or 1500m Masters race(s), two (2) Masters Participants of the same sex may swim in the same lane. Separate timing will be required for each Masters Participant.

C2.4.3.2.1 Two (2) per lane swimming is not permitted in any competitions in Canada.

C2.4.3.2.2 Positive check-in requirements and penalties for distance events are to be clearly outlined in the Meet Information Package.

2.4.4 All Masters events will be conducted on a timed final basis.

2.4.5 Masters Participants must remain in their lane until directed by the Referee to exit the pool (which may, at the discretion of the Referee, be during the race, after the race or after the start of the following race).

2.4.6 The warm-up must be supervised by a suitable person(s), to be determined by the Referee.

C2.4.6.1 All Swimming Canada Competition Warm-Up Safety Procedures must be followed - <https://www.swimming.ca/rules-and-forms/>.

2.4.7 In Butterfly races, a Masters Participant may use a Breaststroke kicking movement instead of a Butterfly kicking movement. Only one Breaststroke kick is permitted per arm pull, except that:

2.4.7.1 a single Breaststroke kick is permitted prior to the turn and the finish without an arm pull; and



2.4.7.2 a single Breaststroke kick is permitted after the start and after each turn prior to the first arm pull.

2.5 Masters Swimming relay events

2.5.1 Each Masters team in a Masters relay event will consist of four (4) Masters Participants each registered with the same club.

2.5.2 In accordance with Part Two: a Masters team in a Mixed Relay event consists of two (2) female and two (2) male Masters Participants. A Masters team in a relay event that is not a Mixed Relay event consists of four (4) Masters Participants of the same sex. In each case, all Masters Participants must be registered with the same Club.

2.5.3 The age group of a Masters team competing in a Masters Relay is determined by the sum of the age of the four (4) team members, calculated in accordance with Article 1.5 of this Part Eight.

2.5.4 Masters relay event age groups are as follows:

2.5.4.1.1 100 – 119 years; and

2.5.4.1.2 thereafter, age groups in forty (40) year increments as high as is necessary (beginning with 120 – 159 years, 160 – 199 years, and so on).

C2.5.5 Relay Name Submissions and/or Changes

As per Part Two Article C3.10.5, 'Name Change' submission and/or change deadlines for relays should be clearly stated in the Meet Information Package and announced at the Coaches Technical Meeting where applicable. Additionally, for Masters Swimming relay name changes may not change the age group in which the relay was entered.

2.6 Masters Swimming World Records

C2.6.0 Canadian Records

Canadian Records will be recognized from performances at any Provincial Section, Swimming Canada or World Aquatics sanctioned Masters swim meet. Masters Participants must be affiliated with Swimming Canada through their PSO or a Swimming Canada Swim Club and must represent their Canadian club to be eligible for a Canadian Record. Relay Team Masters Participants must all be affiliated with the same Swimming Canada Swim Club.

Canadian Records will be recognized for the following events, both short course and long course:

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 (and 100 metres in 25m pools)
Freestyle Relays	4x50, 4x100 and 4x200 metres
Medley Relays	4x50, 4x100 and 4x200 metres



Mixed Relays 4x50, 4x100 and 4x200 metres Freestyle
 4x50, 4x100 and 4x200 metres Medley

Canadian Records will be recognized for the following age groups for men and women:

Age Groups, individual events

18-24	40-44	60-64	80-84	etc. as required
25-29	45-49	65-69	85-89	
30-34	50-54	70-74	90-94	
35-39	55-59	75-79	95-99	

Age Groups, relay events

72-99	160-199	280-319
100-119	200-239	320-359
120-159	240-279	etc. as required

Canadian Record applications must be submitted on the forms provided on the Swimming Canada website: <https://www.swimming.ca/canadian-record-application-procedure/>.

The time of the first Masters Participant in all relays (including mixed relays) may be used for an individual record application.

Intermediate times (official splits), duly confirmed, may be used for an individual record application as per Part Two Article C11.7.1(i to iv). As per Part Two C11.7.2, information on the process for requesting Officials Splits will be outlined in the Meet Information Package.

2.6.1 World Records will be maintained for all events listed in Article 2.3 of this Part Eight, for both sexes and for all Masters age groups in which an event has been completed.

2.6.2 For the avoidance of doubt, events in long course (50m) and short course (25m) pools are separate events and will have separate World Records and separate Top Ten Rankings.

2.6.3 The age group of the Masters Participant or team at the time of the relevant performance determines the relevant age group for the World Record and Top Ten Ranking, regardless of the age of the Masters Participant(s) at the time of the application or publication of the rankings.

2.6.4 In order for a performance to be eligible for a Masters Swimming World Record, it must have been achieved in accordance with all relevant World Aquatics Rules including these Competition Regulations and the eligibility and other criteria set out in Articles 12.3 to 12.8 of Part Two, as applicable, except that:

2.6.4.1 The Masters Participant(s) must have been wearing Swimwear permitted in accordance with Article 6 of Part One or a World Aquatics Masters Championships Accepted Swimsuit as set out in this Part Eight.

2.6.4.2 Masters World Records can only be established in any Masters event in a competition that is:

2.6.4.2.1 formally sanctioned by World Aquatics and/or a Member Federation;



2.6.4.2.2 organised by World Aquatics, or by or on behalf of a Club or an organisation that is a member of a Member Federation or otherwise recognised by World Aquatics;

2.6.4.2.3 conducted under the rules of World Aquatics (including but not limited to these Competition Regulations and this Part Eight); and

2.6.4.2.4 where only Masters Participants registered with a Club participate.

2.6.4.3 Articles 12.3.7.4, 12.3.7.5 and 12.3.8 of Part Two do not apply to Masters Swimming World Records. The requirements for pool length and facility certification will be prescribed by World Aquatics pursuant to Article 2.8.4 of this Part Eight.

2.6.4.4 The application procedure for recognition of a Masters Swimming World Record is set out in Article 2.8 of this Part Eight.

2.7 Masters Swimming Top Ten Rankings

Refer to World Aquatics Competition Regulations Part Eight Article 2.7.

2.8 Masters Swimming World Record and Top Ten Ranking applications

2.8.1 Applications for recognition of Masters World Record and Top Ten Ranking performances must be made to World Aquatics by the National Masters Recorder, a person authorised by the relevant Member Federation to submit the application.

2.8.2 Applications must be submitted:

2.8.2.1 on the World Aquatics “Aqua App” on the webpage:
<https://aqua.apps.worldaquatics.com/account/login>;

2.8.2.2 within thirty (30) days of the relevant race.

C2.8.3 World Records Applications - Canada

Applications must be submitted to Swimming Canada for submission to World Aquatics within 7 days of the performance and must include a certification of pool length, proof of date of birth and timing record as per World Aquatics requirements.

For more detailed information on World Record applications, please refer to World Aquatics Competition Regulations Part Eight Article 2.6.

2.8.3 World Aquatics will inform the Member Federation on behalf of which the application was made of the results of the application.

2.8.4 The detailed process for Masters World Record and Top Ten Ranking applications is published by World Aquatics (in a “how to” document on the World Aquatics website). As part of each application, the Referee will be required to certify that the race was held in accordance with the rules of World Aquatics.

C2.9 Swimwear

Refer to Part Two Articles C14.1.1 and C14.1.2 for exemptions to World Aquatics Competition Regulations swimwear rules for masters meets sanctioned within Canada.



3. MASTERS OPEN WATER SWIMMING RULES

3.1 A Masters Open Water Swimming event is a Masters swimming event that takes place in rivers, lakes, seas, oceans, water channels, or any other body of open water.

3.2 Except where stated below, the rules applicable to Open Water Swimming in these Competitions Regulations, including in Part Three, apply to Masters Open Water Swimming.

C3.2.1 In Canada, entry in Open Water Swimming events for Masters Participants will be outlined in the Meet Information Package.

3.3 Masters Open Water Swimming events may be any distance between 1500m and 5000m, as decided by World Aquatics at each competition.

C3.3.1 In Canada, Masters Participants may enter distance events greater than 5km. Athletes may be required to provide proof of ability to complete the distance. Specific entry requirements and/or qualifying time standards will be outlined in the Meet Information Package for the event.

3.4 Masters Participants in Open Water Swimming events must be 25 years of age or older. The age groups for Masters Open Water Swimming events begin with the 25 – 29 age group and continue in five-year age groups ascending as high in age as necessary (i.e., 30 – 34, 35 – 39; 40 – 44, and so on).

C3.4.1 Age Groups for Open Water Swimming are the same as for Swimming Canada Masters individual events (Part Eight Article C2.2.1).

3.5 Masters Participants in Masters Open Water Swimming events must wear swim caps of a colour that is approved by the Management Committee.

3.6 Safety is of paramount importance in all Masters Open Water Swimming events. Masters Participants in Open Water Swimming must, in accordance with Article 1.9 of this Part Eight, be aware of the need to be well-prepared and medically fit before entering into any Open Water Swimming Event.

C3.6.1 Refer to the World Aquatics Competition Regulations [Swimming Canada Open Water Safety Guide and Meet Manager Guidelines](#) for detailed requirements for open water competitions in Canada.

7. THE WORLD AQUATICS MASTERS CHAMPIONSHIPS

Refer to World Aquatics Competition Regulations Part Eight Article 7 and the Swimming Canada website: <https://www.swimming.ca/swimming-canada-rules/>.



APPENDIX A: SWIMMING CANADA NATIONAL COMPETITION RULES

SNC 1. SWIMMING CANADA NATIONAL COMPETITIONS

SNC 1.1.1 The term Swimming Canada National Competition will apply to those meets held as named by Swimming Canada.

SNC 1.1.2 Swimming Canada National Competitions will be sanctioned by Swimming Canada and contracted for operations with a Local Organizing Committee.

SNC 1.1.3 At all Swimming Canada National Competitions, Athletes, coaches, officials, and other authorized personnel will be issued a Deck Accreditation Card which will be worn in order to gain access to the pool area.

SNC 1.1.4 Swimming Canada National Competitions will not be sanctioned in a pool that does not meet the water depth as stated in Part Two Article 15.4.3.

SNC 1.2 National Meet Director and National Meet Referee (used only at Swimming Canada National Competitions)

SNC 1.2.1 The National Meet Director will be appointed by Swimming Canada.

SNC 1.2.2 The National Meet Director will give directions consistent with rules adopted for the conducting of any competition. Responsibilities include:

- a) the inspection and control of all technical equipment prior to and during the competition;
- b) working with National Meet Referee, Swimming Canada Event staff and the Local Organizing committee on the overall delivery of the competition itself;
- c) the logistics of the competition itself;
- d) will chair the Jury of Appeal.

SNC 1.2.3 The National Meet Referee will be appointed by the Swimming Canada Officials, Competitions and Rules Committee (OCRC).

SNC 1.2.4 The National Meet Referee will have jurisdiction over all matters not assigned by the rulebook to the Referee, Judges or other officials. The National Meet Referee will give directions consistent with the rules adopted for the conducting of any competition. Responsibilities include:

- a) finalizing and submitting, for approval to the OCRC, the rosters for senior official appointments at the competition;
- b) investigating cases of appeal in preparation for the Jury of Appeal;
- c) working with the National Meet Director and Swimming Canada Event staff on the overall delivery of the competition itself.



SNC 1.3 Jury of Appeal for National Competitions

Refer to World Aquatics Competition Regulation Part One Article C12.3.3.

SNC 1.4 Program of Events

SNC 1.4.1 A detailed Meet Information Package covering Swimming Canada National Competitions will be circulated by Swimming Canada (posted on the Swimming Canada website) at least 90 days prior to the meet. These documents will be published and circulated in both English and French. Where there is a discrepancy between the two versions, the English version will be applied.

SNC 1.4.2 Swimming Canada will establish all locations, dates, times and the format for Swimming Canada National Competitions. Once fixed, the program may be altered only under exceptional circumstances. Notice of any such change will be posted at least twenty-four (24) hours before any such change comes in to effect.

SNC 1.4.3 All event qualification information for each Swimming Canada National Competition will be clearly stated in the Meet Information Package.

SNC 2. MEET ENTRIES

SNC 2.1 Unless otherwise stated in the Meet Information Package, all entered events including relays will require proof of time verification. Procedures for proof of time will be clearly stated in the Meet Information Package.

SNC 2.1.1 Where an entry time is unable to be verified by proof of time procedures, the entry time will be re-entered with a verified entry time from the qualifying period. Should an athlete not be able to prove an entry standard they will be removed from the event. Times will be proven to 1/100th of a second.

SNC 2.1.2 Where a Swimming Canada National Competition offers Qualifying Benefits, should an Athlete meet the criteria to add an event as a qualifying benefit and has not posted a time within the qualification window, they must be entered as “NT”.

SNC 2.2 Entry Limitations

SNC 2.2.1 In competitions where there is an entry limitation, Athletes will enter events only to the allowable limitations.

SNC 2.2.2 Information on “Official Splits” at Swimming Canada National Competitions will be clearly stated in the Meet Information Package.

SNC 2.3 Relay Entries - Swimming Canada National Competitions

SNC 2.3.1 Information on Relay Team Entry at Swimming Canada National Competitions will be clearly stated in the Meet Information Package.

SNC 2.3.2 Relay team entry times must be proven and will be either the actual time of the team members entered, or the combined time of the team members in their individual strokes and the distances to be swum as defined in SNC 2.3.3.

SNC 2.3.3 For seeding purposes, relay entry times will be proved by one of the following methods:



- a) Four (4) individual swims less 1.5 seconds;
- b) Three (3) individual swims plus one (1) relay split less 1.0 second;
- c) Two (2) individual swims plus two (2) relay splits less 0.5 seconds;
- d) One (1) individual swim plus three (3) relay splits;
- e) A relay time for the team members listed to swim in that relay.

SNC 3. SCRATCHES, SUBSTITUTIONS, & PENALTIES

SNC 3.1 Scratch Deadlines will be clearly stated in the Meet Information Package. Scratches without penalty may be made by submitting the online scratch form naming the Athlete or team and event no later than the scratch deadline as defined in the Meet Information Package.

SNC 3.2 Preliminaries (Scratch Deadlines for Individual Events and Relays)

SNC 3.2.1 For all events having preliminaries and finals, the scratch deadline for preliminaries will be clearly stated in the Meet Information Package. There will be no further re-seeding for withdrawals or “no shows” following the scratch deadline.

SNC 3.2.2 Relay ‘Name Changes’ will be accepted each day up to 30 minutes before the start of the session in which the relay will be swum.

SNC 3.3 Finals and Timed Final Events

SNC 3.3.1 The Scratch Deadline for finals will be 30 minutes following the completion of the preliminary sessions excluding timed final events.

SNC 3.3.2 The Scratch Deadline for timed final events will be clearly stated in the Meet Information Package.

Note: The fastest seeded heat in timed final events will have a full complement of Athletes with the intent of having no empty lanes.

SNC 3.4 Penalties

SNC 3.4.1 There will be a \$50.00 penalty for Scratches made after the Scratch Deadline. This penalty will apply to all step-downs, no-shows, and unexcused incomplete swims for timed finals, and finals. (Unexcused incomplete swims will be the sole determination of the Referee).

SNC 3.4.2 Fines incurred during a Swimming Canada National Competition must be paid no later than 7 days after the final day of competition (i.e. if the final day of competition is Sunday, August 6, fines must be paid by 11:59 PST on Sunday, August 13).

SNC 3.4.3 Any fines not paid will be doubled and due immediately. Entry to future Swimming Canada National Competitions will not be permitted until fines are paid in full.

SNC 4. SCORING AND AWARDS

Stated in the Meet Information Package.



SNC 5. MEET FORMAT FOR SWIMMING CANADA NATIONAL COMPETITIONS

Stated in the Meet Information Package.

SNC 6. DOPING CONTROL

Stated in the Meet Information Package.



APPENDIX B: WORLD PARA SWIMMING (WPS) RULES

Table of Contents

3.	WORLD PARA SWIMMING RECOGNISED COMPETITIONS.....	93
5.1	ANTI-DOPING REQUIREMENTS	93
6.	MEDICAL SERVICES	93
10.2	OFFICIALS	93
10.8	SUPPORT STAFF	94
10.10	SEEDING OF HEATS AND FINALS	94
10.13.6	TECHNICAL JURY OF APPEAL	95
10.16	SWIMWEAR	95
10.18	WORLD AND REGIONAL RECORDS	95
11.1	THE START	98
11.3	BACKSTROKE	100
11.4	BREASTSTROKE	101
11.5	BUTTERFLY	103
11.6	MEDLEY SWIMMING	105
11.7	RELAYS	105
11.8	THE RACE	106
	APPENDIX ONE: CODES OF EXCEPTION	109
	APPENDIX THREE: FACILITIES	109

These rules are effective February 1, 2026.

For any discrepancy between the World Para Swimming Rules in effect and this document, you must use the World Para Swimming Rules. Complete World Para Swimming Rules and Regulations can be found at: <https://www.paralympic.org/swimming/rules>.

NOTE: WPS Rules shall apply to all identified Para Athletes attending a meet. The Referee should not make a decision related to impairment if a Para swimming official is attending the meet.

A Para Swimming National Meet Referee will be appointed for Swimming Canada National Competitions and International Competitions which include Para Athletes. When a Para Swimming National Meet Referee or a Technical Advisor is not present at a competition, the Meet



Manager/Referee is responsible for including the Sport Classes and the Code of Exceptions on the heat sheets for all Para Athletes competing in the competition. The Para swimming active roster which lists all the Sport Classes and Codes of Exceptions for each Canadian Para Athletes is available on the Swimming Canada website: <https://www.swimming.ca/classification-2/>

3. WORLD PARA SWIMMING RECOGNISED COMPETITIONS

3.1 COMPETITION LEVELS

Note that WPS added a new level of competition. As of February 1, 2026, there is a new level named: WPS Approved Plus Competition.

The main differences between “Approved” and “Approved Plus” are the requirements to have doping control conducted, and to have WPS ITO in attendance to support the “Approved Plus” Competition. WPS International Technical Official ensures the WPS Rules and Regulations and facility requirements are upheld and verify the results.

To achieve WPS MQS (10.5) and MET (10.6), these times must be performed at a WPS Approved Plus competition. Similarly, WPS World and Regional records (10.18) must be achieved at a WPS Approved Plus competition as well.

5.1 ANTI-DOPING REQUIREMENTS

5.1.2 All doping control conducted at all World Para Swimming Recognised Competitions must be conducted in accordance with the anti-doping rules of a signatory to the World Anti-Doping Code and International Standards with relevant testing authority and results management authority.

6. MEDICAL SERVICES

6.6.2.1 An Athlete who wishes to compete with protective medical taping (covering for example: open wound, pressure sores, stoma, sensitive skin) must receive clearance from the Referee (in consultation with the Chief Medical Officer, if on site) prior to the start of each session or from the moment the taping is required. Violating this rule may result in the Athlete being disqualified and/or disallowed from competing further in the competition. Kinesiology taping (K-Tape) is not considered as protective medical taping and is prohibited from being worn during competition.

10.2 OFFICIALS

10.2.1.2 For health and safety reasons, the Technical Delegate may, in their discretion, allocate an additional Code(s) of Exception to an Athlete(s). Such code(s) are applicable only for that competition and will not appear in the World Para Swimming Classification Master List.

10.2.2.5 A disqualification for starting before the starting signal must be observed by either the Referee or Starter. It is not necessary that both Referee and Starter have observed the infraction. When Automatic Officiating Equipment (AOE) is available, it may be used to verify the disqualification.



10.2.2.6 The Referee shall disqualify any Athlete for any violation of World Para Swimming Rules and Regulations that the Referee personally observes. The Referee may also disqualify any Athlete for any violation reported to them by other Officials.

10.2.7.8 For Athletes with a hearing impairment, the Inspector of Turns shall use a visual cue to indicate to the Athlete that they have two (2) lengths to swim to finish in individual Events of 800 and 1500 metres.

10.2.7.9 For Athletes with hearing and/or Vision Impairment, the Inspectors of Turns shall notify the Tapper 15 metres and two (2) lengths before the completion of the 800 and 1500 metres Events. It shall be the responsibility of the Tapper to indicate to the Athlete that they are commencing the final two (2) lengths.

10.8 SUPPORT STAFF

Support Staff include any person designated to assist an Athlete with logistics or with directional instructions.

10.8.1 Support Staff are not permitted to coach or massage Athletes. When on the pool deck or in the call room, Support Staff are not permitted to use or visibly carry stopwatches, communication devices, backpacks or bags.

10.8.2 Support Staff are only permitted to assist an Athlete on the pool deck if such a requirement is recorded for that Athlete in the World Para Swimming Classification Master List or if Rule 10.2.1.2 is implemented.

10.8.3 Support Staff may be required to assist an Athlete with a Vision Impairment that is approaching the end of the pool by a single or double tap. This procedure is called tapping and the relevant Support Staff who carry out the tapping are referred to as “Tappers”. If tapping is required at both ends of the pool, two (2) separate Tappers shall be used, one (1) at each end of the pool.

10.8.3.1 For Athletes in Sport Classes S11, SB11 and SM11, Tapper(s) and tapping are mandatory for every turn and finish.

10.8.3.2 All tapping devices must be prior approved and deemed safe for use (in both construction and length) by World Para Swimming.

10.8.3.3 For Athlete in Sport Classes other than S11, SB11 and SM11, Tappers and/or tapping is optional and does not have to be consistent throughout the race or whole competition.

10.10 SEEDING OF HEATS AND FINALS

10.10.2 Finals

10.10.2.3.1 Where WPS Points system is used, assignment of lanes shall be done by placing the highest WPS points scoring Athlete or team in the centre lane in the pool with an odd number of lanes, or in lane 3 or 4 respectively in pools having six (6) or eight (8) lanes. In pools using ten (10) lanes, the highest WPS points scoring Athlete shall be placed in lane 4. The Athlete with the next highest points is to be placed on their left, then alternating the others to right and left in



accordance with the WPS points scored in the heats. Athletes with identical points shall be assigned their lane positions by drawing within the aforesaid pattern. Lane number 1 shall be on the right side of the pool when facing the course from the starting end (or lane number 0 when using pools with 10 lanes).

10.13.6 TECHNICAL JURY OF APPEAL

10.13.6.3 No Technical Official who has participated in a decision that is being appealed may serve on the Technical Jury of Appeal that reviews it. The Jury of Appeal shall consist of a Chairperson and two (2) other officials appointed by World Para Swimming. The Jury shall consider if any other available evidence should be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee shall be upheld.

10.13.6.4 The Jury of Appeal may consider the matter 'de novo' (afresh) and may consider any evidence including written submissions from Athletes, even if it was not available to the Referee.

10.16 SWIMWEAR

10.16.8 No Athlete shall be permitted to use or wear any device or swimsuit that may aid their speed, buoyancy or endurance during a Competition (such as webbed gloves, flippers, fins, power bands or adhesive substances, etc.). The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilised to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed. No communication devices may be worn. The current list of approved wearables can be found on the WPS website.

10.16.9 Any kind of strapping or improper use of swimwear that limits unwanted movement is prohibited. Taping on the body is not permitted unless approved under regulation 6.6.2.

10.18 WORLD AND REGIONAL RECORDS

10.18.1 All records may only be set at Paralympic Games, World Para Swimming Championships, World Para Swimming Sanctioned Competitions or World Para Swimming Approved Plus Competitions. Records from performance times achieved at World Para Swimming Approved Competitions shall not be recognised.

10.18.2 Subject to Rule 10.18.3 below, records shall only be ratified if the Athlete is licensed by World Para Swimming prior to the start of the Competition and has a Sport Class Status of 'Confirmed' (C) or 'Review with a Fixed Review Date' (FRD) which is after the year when the record was achieved, in accordance with the following table:

Record Name	WPS Licence Required	Sport Class Status Required
Official World Record	Yes	C, FRD*
Official Regional Record	Yes	C, FRD*



Official Paralympic Record	Yes	C, FRD*
Official World Championships Record	Yes	C, FRD*
Official Regional Championships Record	Yes	C, FRD*
Official Regional Games Record	Yes	C, FRD*

FRD*: 'Review' with a 'Fixed Review Date' which is after the year when the record was achieved.

10.18.3 If a record-breaking performance is set by an Athlete with a 'New' or 'Review' Sport Class Status, the NPC has six (6) weeks after the end of the Competition to present the Athlete for Classification by World Para Swimming. The record will be ratified only if the outcome of the Athlete's classification validates the original Sport Class and they are allocated a Sport Class Status of 'Confirmed' (C) or 'Review with a Fixed Review Date' (FRD) which is after the year when the record is achieved. In the case of an Athlete having a change in Sport Class, see Rules 10.14 and 10.17.4.

10.18.4 An Athlete is only eligible to set records in their own Sport Class, regardless of the format of that Event.

10.18.5 For World and/or Regional Records in both Short Courses and Long Courses the following distances and styles for both genders shall be recognised:

Individual Events:

50m	Freestyle	S1-13
100m	Freestyle	S1-14
200m	Freestyle	S1-14
400m	Freestyle	S6-14
800m	Freestyle	S6-14
1500m	Freestyle	S6-14
50m	Backstroke	S1-13
100m	Backstroke	S1-14
200m	Backstroke	S6-14
50m	Breaststroke	SB1-SB9; SB11-13
100m	Breaststroke	SB1-SB9; SB11-14
200m	Breaststroke	SB4-SB9; SB11-14
50m	Butterfly	S1-13
100m	Butterfly	S5-14
200m	Butterfly	S8-14
75m	Ind. Medley	SM1-4 (Short Course only)
100m	Ind. Medley	SM1-13 (Short Course only)
150m	Ind. Medley	SM1-4
200m	Ind. Medley	SM3-14



400m Ind. Medley SM8-14

Relays

4 x 50m	Freestyle	Maximum 20 points for S1-10
4 x 100m	Freestyle	Maximum 34 points for S1-10
4 x 100m	Freestyle	S14
4 x 50m	Medley	Maximum 20 points for S1-10
4 x 100m	Medley	Maximum 34 points for S1-10
4 x 100m	Medley	S14
4 x 100m	Freestyle	Maximum 49 points for S11-13
4 x 100m	Medley	Maximum 49 points for S11-13
Mixed 4 x 50m	Freestyle	Maximum 20 points for S1-10
Mixed 4 x 50m	Medley	Maximum 20 points for S1-10
Mixed 4 x 100m	Freestyle	Maximum 34 points for S1-10
Mixed 4 x 100m	Medley	Maximum 34 points for S1-10
Mixed 4 x 100m	Freestyle	S14
Mixed 4 x 100m	Medley	S14
Mixed 4 x 100m	Freestyle	Maximum 49 points for S11-13
Mixed 4x100m	Medley	Maximum 49 points for S11-13

10.18.6 World Para Swimming shall be solely responsible for the ratification of all official records.

10.18.7 Anti-Doping requirements in order for a World or Regional Record to be recognised:

10.18.7.1 In order for a World or Regional Record to be recognised by World Para Swimming, doping control must have been conducted at the Competition at which the record-breaking performance is made. Such doping control must have been conducted in accordance with the anti-doping rules of a signatory to the World Anti-Doping Code and International Standards and must have been arranged in advance of the start of the first day of competition. World Para Swimming may request the LOC to provide written proof that such doping control has been conducted at the Competition at which the record-breaking performance was made.

10.18.7.2 It is not a requirement that the Athlete who breaks a World or Regional Record is selected for testing.

10.18.7.3 In the case where a World or Regional Record is broken at a Competition at which doping control has not been conducted in accordance with this Rule 10.18.7, the World or Regional Record shall not be recognised.

10.18.8 Times which are equal to 1/100 of a second will be recognised as equal records and Athletes achieving these equal times will be called 'joint holders'.

10.18.9 An Athlete in an individual Event may apply for a record at an intermediate distance, if their Team Leader specifically requests the Referee (in writing, prior to the start of the relevant Session) that their performance be especially timed; unless the time at the intermediate distance is recorded by AOE. Such Athlete must complete the scheduled distance of the Event to apply for a record at the intermediate distance.



10.18.10 The first Athlete in a relay team (except for mixed relays) may apply for a record for their leg of the relay. Should the first Athlete in a relay team complete the distance in record time in accordance with the provisions of this subsection, their performance shall not be nullified by any subsequent disqualification of the relay team for violations occurring after their distance has been completed.

10.18.11 Records can be established only in water with less than 3 gr/litre of salt. No World Records will be recognised in any kind of sea or ocean water.

10.18.12 The length of each lane of the course must be certified by a surveyor or other qualified official.

10.18.13 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.

10.18.14 All records (including intermediate distances) set during World Para Swimming Competitions outlined in Rule 10.18.1 above where a World Para Swimming Technical Delegate is appointed shall be processed by World Para Swimming.

10.18.15 Applications for records must be made on the World Para Swimming official form by the responsible authority of the LOC and must be accompanied by a copy of the AOE output. The World Para Swimming application form shall be received within fifteen (15) days of the record setting performance.

For Para swimming Canadian Records, a WPS approval is not required and there is no doping control requirements. Para swimming Canadian Records must be reported on the Swimming Canada Records form. Records will be accepted when times are reported by an Automatic Officiating Equipment system or by three (3) Timekeepers.

As per WPS Rule 11.8.1 and Canadian Rule Part Two Article C10.1.1, events must be swum as separate gender events to set a Canadian Record. Proper documentation must be submitted to Swimming Canada to ratify the record.

11.1 THE START

11.1.1 Once all Athletes have removed their clothing, except for swimwear, the Referee shall signal the commencement of an Event by a short series of whistles inviting them to get ready at the starting end, followed by a long whistle indicating that they should take 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 Athletes immediately to the starting position. When the Athletes and Officials are prepared for the start, the Referee shall gesture to the Starter with a stretched-out arm, indicating that the Athletes are under the Starter's control. The stretched-out arm shall stay in that position until the start is given.

11.1.1.1 Athletes entering the water from the side of the pool are requested to enter the water on the series of short whistle blasts. Athletes entering the water from behind the starting blocks shall wait for the long whistle.

11.1.2 The start in Freestyle, Breaststroke, Butterfly and Individual Medley Events (when Butterfly is the initial stroke) shall be with a dive. On the long whistle from the Referee (see Rule 11.1.1) the Athletes shall step onto the starting platform and remain there. On the



Starter's command "take your marks", Athletes shall immediately take up a starting position with at least one (1) foot at the front of the starting platform. The position of the hands is not relevant. When all Athletes are stationary, the Starter shall give the starting signal.

11.1.2.1 For an Athlete with a Vision Impairment, on the long whistle from the Referee, the Athlete shall be permitted to orientate themselves prior to the Starter's command of "take your marks".

11.1.2.2 Athletes with balance problems (i.e., who have difficulty standing stationary), may have assistance to balance themselves on the starting platform (i.e., hold at the hips, hand, arm etc.) by one (1) Support Staff. Support Staff may aid the Athlete to remain stationary at the start; however, the Support Staff shall not allow the Athlete an unfair advantage by being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the Athlete at the start is not permitted.

11.1.2.3 An Athlete with less than, or equal to one (1) fully functional leg does not need to have a foot at the front of the starting platform, so long as they have one (1) hand or other part of the arm at the front of the starting platform.

11.1.2.4 An Athlete may be permitted to start beside the starting platform.

11.1.2.5 An Athlete may be permitted to take up a sitting position on the starting platform.

11.1.2.6 An Athlete may be permitted to start in the water but is required to have one hand in contact with the starting place until the starting signal is given. Standing in or on the gutter or on the bottom is prohibited.

11.1.2.7 Athletes in Sport Classes S/SB/SM1-3 athletes are permitted with the assistance of Support Staff, to have their foot/feet or the end of their lower limb(s) held to the wall, until the starting signal is given. Giving momentum to the Athlete at the start is not permitted.

11.1.2.8 Where an Athlete is unable to grip the starting place in a water start, the Athlete may be assisted by a Support Staff and/or starting device. The device shall be cleared and deemed safe by the World Para Swimming appointed Officials prior to the commencement of the Competition. Giving momentum to the Athlete at the start is not permitted. The Athlete shall have part of the body in contact with the wall until the starting signal is given.

11.1.2.9 To prevent abrasion, one layer of towel, or the like, may be placed on the starting platform.

11.1.3 The start in Backstroke, 75m/150m individual Medley Events and Medley Relay Events shall be from the water. At the Referee's first long whistle (see Rule 11.1.1), the Athletes shall immediately enter the water. At the Referee's second long whistle the Athletes shall return without undue delay to the starting position. When all Athletes have taken their starting positions, the Starter shall give the command "take your marks". When all Athletes are stationary, the Starter shall give the starting signal.



11.1.4 In Paralympic Games, World Para Swimming Championships and WPS Sanctioned Competitions, the command “take your marks” shall be in English and the start shall be by multiple loudspeakers, mounted one (1) at each starting platform.

11.1.5 Any Athlete initiating a start before the signal may be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the Athlete(s) 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 Athletes 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 Rule 11.1.1.

11.1.6 For Athletes with a hearing impairment, a strobe/starting light will be provided. If an Athlete requires additional arm signals by the Starter, this must be requested by the responsible Team Leader before the start of the relevant Session.

11.1.7 In the case of an Athlete in Sport Class S1-10/SB1-9/SM1-10 and S/SB/SM14 who additionally has a hearing impairment, Support Staff shall be permitted to convey the starting signal to the Athlete by the use of a non-verbal instruction when no starting light is available.

11.1.8 In the case of an Athlete with a Vision Impairment who additionally has a hearing impairment, Support Staff shall be permitted to convey the starting signal to the Athlete by the use of a non-verbal instruction.

11.2 FREESTYLE

11.2.1 Freestyle means that in an Event so designated the Athlete may swim any style, except in individual Medley or Medley Relay Events where Freestyle means any style other than Backstroke, Breaststroke or Butterfly. For the 75m or 150m individual Medley, Freestyle means any style other than Backstroke or Breaststroke.

11.2.2 Some part of the Athlete must touch the wall upon completion of each length and at the finish.

11.2.3 Some part of the Athlete must break the surface of the water throughout the race, except it shall be permissible for the Athlete 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 Athlete’s head must have broken the surface.

11.2.3.1 For Athletes in Sport Classes S1-5, during each complete stroke cycle some part of the Athlete must break the surface of the water. One (1) stroke cycle is defined as one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s).

11.2.4 Standing on the bottom during Freestyle Events or during the Freestyle portion of Medley Events shall not disqualify an Athlete, but they shall not walk.

11.3 BACKSTROKE

11.3.1 Prior to the starting signal, the Athletes 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. When using a backstroke ledge at



the start, at least one (1) toe of both feet (or parts thereof) must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touch pad is prohibited.

11.3.1.1 Where an Athlete is unable to hold both the starting grips, it is permissible to hold the grips with one (1) hand only.

11.3.1.2 Where an Athlete is unable to hold either starting grip, it is permissible to hold the end of the pool.

11.3.1.3 Where an Athlete is unable to hold the starting grips or end of the pool, the Athlete may be assisted by a Support Staff or starting device. The device shall be cleared and deemed safe by World Para Swimming representative prior to the commencement of the Competition. Giving momentum to the Athlete at the start is not permitted. The Athlete shall have part of the body in contact with the wall until the starting signal is given.

11.3.2 At the signal for starting and after turning the Athlete shall push off and swim upon his back throughout the race except when executing a turn, as set forth in Rule 11.3.4. The position on the back may include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

11.3.3 Some part of the Athlete must break the surface of the water throughout the race, except that once some part of the head of the athlete has passed the 5 metres mark immediately prior to reaching for the finish, the Athlete may be completely submerged. It is permissible for the Athlete 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 Athlete's head must have broken the surface.

11.3.3.1 For Athletes in Sport Classes S1-5, during each complete stroke cycle some part of the Athlete must break the surface of the water. One (1) stroke cycle is defined as one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s).

11.3.4 When executing the turn there must be a touch of the wall with some part of the Athlete's body. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or an immediate continuous simultaneous double arm pull may be used to initiate the turn. The Athlete must have returned to the position on the back upon leaving the wall.

11.3.5 For Athletes who have no arms or use of their arms during the turn, once the body has left the position on the back, the turn shall be initiated. The Athlete must have returned to a position on the back upon leaving the wall.

11.3.6 Upon the finish of the race the Athlete must touch the wall while on the back.

11.4 BREASTSTROKE

11.4.1 After the start and after each turn, the Athlete may take one (1) arm stroke completely back to the legs during which the Athlete may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn, a single Butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.



11.4.1.1 After the start and after each turn, an Athlete who is unable to push off with the leg(s), may perform one (1) arm stroke that may not be simultaneous to attain the breast position.

11.4.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one (1) arm stroke and one (1) leg kick in that order. All movements of the arms shall be simultaneous without alternating movement.

11.4.2.1 When an Athlete does not have any legs or arms or parts thereof, either the kick or the respective arm stroke shall constitute a complete stroke cycle.

11.4.2.2 The position on the breast may include a roll movement of the body up to, but not including ninety (90) degrees from horizontal. The position of the head is not relevant.

11.4.3 The Athlete's 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.

11.4.3.1 Athletes with Vision Impairment approaching a turn or finish may push their hands forward from any point in the stroke cycle immediately after they have been tapped.

11.4.4 During each complete cycle, some part of the Athlete's head must break the surface of the water. All movements of the legs shall be simultaneous without alternating movement.

11.4.4.1 An Athlete with lower limb impairment must show a simultaneous intent to kick throughout the race or trail/drag the leg(s) throughout the race.

11.4.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward Butterfly kicks are not permitted except as in Rule 11.4.1. Breaking the surface of the water with the feet is permitted unless followed by a downward Butterfly kick.

11.4.5.1 An Athlete who is unable to use one or both legs and/or foot/feet to gain propulsion shall not be required to turn the affected foot/feet outwards during the propulsive part of the kick.

11.4.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turns and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch. For the purposes of this Rule, "separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is permitted.



11.4.6.1 At each turn and the finish of the race, where an Athlete has different arm lengths only the longer arm must touch but both arms must be stretched forward simultaneously.

11.4.6.2 At each turn and the finish of the race, an Athlete with upper limbs which are too short to stretch above the head shall touch with any part of the upper body.

11.4.6.3 At each turn and the finish of the race, where an Athlete can use only one (1) arm for the stroke cycle, the Athlete must touch with the one (1) hand/arm that is used for the stroke. Where an Athlete's impairment results in only one (1) arm being used, the non-functioning arm shall be dragged or stretched forward throughout the race.

11.4.6.4 At each turn and the finish of the race, where the Athlete who uses both arms but has restriction in the shoulder/elbow, only the longer arm must touch, but both arms must be stretched forward simultaneously.

11.4.6.5 Athletes in Sport Classes SB11-12 may have difficulty making a simultaneous touch at the turn and the finish if they are restricted due to contact with the lane rope. The Athlete shall not be disqualified provided that no advantage was gained.

11.5 BUTTERFLY

11.5.1 From the beginning of the first arm stroke after the start and each turn, the Athlete's body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

11.5.1.1 After the start and after each turn, an Athlete who is unable to push off with the leg(s) may perform one (1) arm stroke that may not be simultaneous to attain the breast position.

11.5.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to Rule 11.5.5. For the purposes of this Rule, "the entire arm from the shoulder to the wrist", not just part of it, must recover over the water. There is no requirement to see space between the arm and water.

11.5.2.1 Athletes in Sport Classes S11-12 may bring both arms forward non-simultaneously if they are restricted due to contact with the lane rope. The Athlete shall not be disqualified provided that no advantage was gained.

11.5.2.2 Athletes with a Vision Impairment approaching a turn or finish may bring their arms forward under the water immediately after they have been tapped.

11.5.2.3 Where part of an arm is missing, the remaining part of the arm shall be brought forward over the water simultaneously with the other arm.

11.5.2.4 Where an Athlete can only use one (1) arm for the arm stroke, the arm shall be brought forward over the water. The position of the body must remain in line with the water surface. Where an Athlete's impairment results in only one (1) arm



being used the non-functioning arm shall be dragged or stretched forward throughout the race. This rule ensures an Athlete who competes using only one arm for the stroke stays on the breast in line/parallel to the water surface, as Butterfly was originally intended and are not swimming on their side. For the purposes of this Rule “the body” is the trunk of an Athlete, including the shoulders.

11.5.2.5 At the turn and finish, Athletes with no leg propulsion may perform a half stroke with the arm(s) recovering forward under the surface of the water, in order to contact the wall.

11.5.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but no alternating movements are permitted. A Breaststroke kicking movement is not permitted.

11.5.3.1 When an Athlete’s impairment results in only one (1) leg being used, the non-functional leg shall drag. For the purposes of this Rule “shall drag” means that the leg is not providing any propulsion but may follow the undulating hip line and appear to be alternating.

11.5.4 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface. For the purposes of this Rule “separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is permitted.

11.5.4.1 At each turn and the finish of the race where an Athlete has different arm lengths only the longer arm must touch, but both arms must be stretched forward simultaneously.

11.5.4.2 At each turn and the finish of the race, an Athlete with no or non-functional upper limbs or upper limbs too short to stretch above the head, shall touch with any part of the upper body.

11.5.4.3 At each turn and the finish of the race, where an Athlete can only use one (1) arm, the athlete must touch with the one (1) hand/arm that is used for the stroke.

11.5.4.4 At each turn and the finish of the race, where the Athlete who uses both arms but has restriction in the shoulder/elbow only the longer arm must touch, but both arms must be stretched forward simultaneously.

11.5.4.5 Athletes in Sport Classes S11-12 may have difficulty making a simultaneous touch at the turn and finish if they are restricted due to contact with the lane rope. The Athlete shall not be disqualified provided that no advantage was gained.

11.5.5 At the start and at turns, an Athlete is permitted one (1) or more leg kicks and one (1) arm pull under the water, which must bring the Athlete to the surface. It is permitted for an Athlete to be completely submerged for not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The Athlete must remain on the surface until the next turn or finish.



11.5.5.1 For Athletes in Sport Classes S1-5, some part of the Athlete must break the surface of the water during one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s).

11.6 MEDLEY SWIMMING

11.6.1 In individual Medley Events, the Athlete covers the four (4) swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must be used for one quarter (1/4) of the total distance. Leaving the wall on the back during the Freestyle portion is permissible but no kicking action is permitted until the Athlete has returned past the vertical to the breast at which point kicking, including a Butterfly kick(s), may commence.

11.6.1.1 In the 150 metre and 75 metre individual Medley Events, the Athlete covers three (3) swimming strokes in the following order: Backstroke, Breaststroke and Freestyle. Each of the strokes must be used for one third (1/3) of the total distance. Leaving the wall on the back during the Freestyle portion is permissible but no kicking action is permitted until the Athlete has returned past the vertical to the breast at which point kicking including a Butterfly kick(s) may commence.

11.6.2 In Medley Relay Events, Athletes will cover the four (4) swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must be used for one quarter (1/4) of the total distance.

11.6.3 In Freestyle the Athlete must remain on their breast except when executing a turn. After executing a turn, an Athlete must return to their breast before executing any kick or stroke. For the purposes of this Rule the position on the breast may include a roll movement of the body up to, but not including ninety (90) degrees from horizontal. The position of the head is not relevant.

11.6.4 Each section must be finished in accordance with the Rules which apply to the stroke concerned.

11.7 RELAYS

11.7.10 In Relay Events, the team of an Athlete whose feet/part of the body loses contact with the starting platform before the preceding team member touches the wall shall be disqualified.

11.7.10.1 In a Relay Event an Athlete may commence in the water. The Athlete may not lose contact with the starting place until such time as the preceding team member touches the wall otherwise the team Athlete shall be disqualified.

11.7.11 Any Relay team shall be disqualified from an Event if a team member, other than the Athlete designated to swim that length, enters the water when the race is being conducted before all Athletes of all teams have finished the race.



11.7.11.1 An Athlete in a Relay Event who is to commence with a water start may enter the water only when the preceding takes off at the same end has been executed.

11.7.12 The Tapper may convey to the Athlete the relay changeovers and convey the position/place of the relay. An extra Tapper may be required, one for tapping the Athlete completing the leg of the relay and one Tapper for conveying the changeover. No coaching is permitted.

11.7.13 Any Athlete having completed their leg in a Relay Event, must exit the pool as soon as possible without obstructing any other Athlete(s) who has not yet finished their leg.

11.7.13.1 Athletes in Sport Classes S/SB1-5 may remain in their lanes until the last Athlete of each team has completed the race. An Athlete remaining in the water shall position themselves away from the end of the pool, close to the lane rope but shall not obstruct any other Athlete in another lane.

11.7.14 During Relay exchanges, running starts from the pool deck are not permitted. It is not permitted for Athletes to place either foot on the block behind the moveable backplate or to place one or both feet on top of the moveable backplate.

11.8 THE RACE

11.8.1 All individual races must be held as separate gender Events.

11.8.2 An Athlete swimming over the course alone shall cover the whole distance to qualify. An Athlete who does not complete the whole distance in accordance with the relevant Rules shall be disqualified.

11.8.3 Subject to the following Rules, an Athlete must remain and finish the race in the same lane in which they started.

11.8.3.1 If an Athlete with a Vision Impairment, who has a Tapper for that Event, surfaces in a lane not in use, the Athlete shall be permitted to complete the race in that lane.

11.8.3.2 If the Athlete with a Vision Impairment surfaces in a lane that is in use, it is preferable for the Athlete to return to the correct lane. While the athlete returns to the correct lane, they may be fully submerged. The Tapper may give verbal instructions, but only after clearly identifying the Athlete by name to prevent distraction or interference to other Athletes. If the Athlete finishes the race in an occupied lane without a foul, their result will be valid.

Interpretation: The following table assists to clarify Rules 11.8.3, 11.8.3.1 and 11.8.3.2

Athlete with a Tapper	11.8.3.1	Surfaces in an empty lane	No DSQ
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	11.8.3.2	Surfaces in a lane in use, should try to get back, but will not be penalized if unable to do so.	No DSQ
		Surfaces in a lane in use, fouls the other Athlete.	See 11.8.7.1
Athlete without a Tapper	11.8.3	Completes swim in their own lane	No DSQ
	11.8.3	Surfaces in another lane	DSQ

11.8.4 In all Events, an Athlete, 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.

11.8.5 Pulling on the lane rope is not permitted.

11.8.6 Obstructing another Athlete by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be deemed intentional by the Referee, the Referee shall report the matter to the NPC(s) of the affected Athlete(s), to World Para Swimming and to the NPC of the offending Athlete.

11.8.7 Should a foul jeopardize the chance of success of an Athlete, the Referee shall have the power to allow the Athlete whose race was jeopardized to compete in the next heat or, should the foul occur in a final Event or in the last heat, the Referee may order it to be re-swum.

11.8.7.1 For Athletes with a Vision Impairment, should an accidental foul occur during a race, caused by an Athlete either surfacing after the start or turn, in a lane that is in use by another Athlete, or by swimming too close to the lane rope, etc., the Referee shall have the power to allow one (1) or more Athletes to re-swim the event.

11.8.8 Athletes in Sport Classes S11, SB11 and SM11 except for those with prosthetics in both eyes shall be required to wear opaque (blackened in) goggles for competition. Athletes in Sport Classes S11, SB11 and SM11 whose facial structure will not support goggles shall be required to cover the eyes with an opaque covering. The goggles of Athletes in Sport Classes S11, SB11 and SM11 shall be checked at the finish of the relevant Event.

11.8.8.1 If the goggles accidentally fall off during the dive or break during the race, the Athlete shall not be disqualified.

11.8.9 No Athlete shall be permitted to use a prosthesis (except ocular), or orthoses during the race.

11.8.10 The wearing of cochlear implants and insulin pumps is permitted.



11.8.11 Any Athlete not entered in an Event, who enters the water while a race is being conducted before all Athletes therein have completed the race, shall be disqualified from their next scheduled Event.

11.8.12 Any Athlete having finished their race may leave the pool as soon as possible without obstructing any other Athlete who has not yet finished their race.

11.8.13 At the completion of each race, the Referee shall signal to the Athletes by way of two (2) short whistle blasts that they are required to clear the water.

11.8.14 No pace making shall be permitted, nor may any device be used or plan adopted which has that effect.

11.8.15 If an error by a Technical Official follows a fault by the Athlete, the fault by the Athlete may be expunged by the Referee.



APPENDIX ONE: CODES OF EXCEPTION

Some Athletes, due to the nature of their Impairment(s), may be allocated certain exceptions (Codes of Exceptions) in accordance with the Rules and Regulations. The Classification Panel must allocate any exception during the Technical Assessment. The below table outlines the types of Codes of Exceptions that may be allocated to Athletes.

Exception	WPS Rule	Description
H	11.1.6, 11.1.7, 11.1.8, Appendix Two: Facilities 1.4.4.3	Hearing impairment (light or signal required)
Y	11.1.2.8, 11.3.1.3	Starting device
E	11.3.1.2	Unable to grip for backstroke start
A	11.1.2.2, 11.1.2.8, 11.1.7, 11.1.8, 11.3.1.3	Assistance required
T	10.8.3, 10.8.3.1, 10.8.3.2, 10.8.3.3, 11.7.12	Tapper
B	11.8.8	Blackened Goggles
1	11.3.1.1	One hand start
2	11.4.6.3	One hand touch (breaststroke)
3	11.4.6.1, 11.4.6.4	Simultaneous intent to touch (breaststroke)
4	11.5.4.3	One hand touch (butterfly)
5	11.5.4.1, 11.5.4.4	Simultaneous intent to touch (butterfly)
7	11.4.6.2, 11.5.4.2	Part of upper body must touch
8	11.4.5.1	Right foot must turn out
9	11.4.5.1	Left foot must turn out
12	11.4.4.1	Leg drag or show intent to kick
+	11.4.1, 11.4.5	Butterfly kick is able to be performed (illegal in breaststroke)

APPENDIX THREE: FACILITIES

1.1.5 Mats shall be placed on the pool deck beside the outside lanes, within one (1) metre of each end of the pool. Each mat shall be a minimum of one (1) metre wide and two (2) metres in length.

Note: Mats are used for lower classes to prevent abrasion when Athletes are exiting/entering the pool.

