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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INTRODUCTION

Swimming Canada's goal is to conduct well organized, uniform, and consistently operated swim meets for the benefit of all swimmers. The objective of all meets is fair and fast swimming. When swimmers 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 I and PART II 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.

INTERPRETATION

1) **"ACA":** Shall mean 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.

2) **“AGE GROUP SWIMMING”:** 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.

3) **"CLUB/TEAM":** Shall mean 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.

4) **"EVENT":** Shall mean an individual stroke(s) or a relay race assigned a specified number in a competition and having one or more heats.

5) **"MAY":** Shall mean that the action is optional at the discretion of the swimmer, coach, officer, or official involved.

6) **"OFFICER":** Shall mean a representative of a PS or Swimming Canada.

7) **"OFFICIAL":** Shall mean a person who has been certified for the position that they are working.

8) **"PARA":** Shall mean Swimmers with a Disability.

9) **"POOL AREA":** Shall mean any area of the competition under the jurisdiction of the Referee.

10) "**PS":** Shall mean the provincial section.

11) **"SANCTION":** Shall mean:

    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 shall be used to conduct the meet under the published rules contained herein;

    2) A penalty.

12) **"SHALL":** Shall mean that an action is mandatory.

13) **"SHOULD":** Shall mean that the action is preferred under normal conditions.

14) **“TIMING SYSTEMS”:** Every race shall 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 swimmer touches the touchpad.
    ii. Semi-automatic timing system: activated by a starting device and stopped by timekeepers pushing buttons or plungers when the swimmer 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.

15) "TIMING SYSTEM SELECTION": Timing systems shall be selected in the order in which results are used as follows:

i. Primary timing system — The primary system shall 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 shall 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.

16) "UNATTACHED": Shall mean that the person so designated is ineligible to represent a club for reasons set down in the Swimming Canada Constitution and By-Laws.

17) "U SPORTS": Shall mean the Canadian Interuniversity Sports.

18) "U SPORTS TEAM": To be a member of a U Sports team, an individual swimmer shall be a registered student of that post-secondary institution.

19) "U SPORTS/POST SECONDARY SWIMMER": Rules that apply to U Sport swimmers shall be interpreted and applied equally to swimmers and teams representing other post-secondary institutions.

20) "WORLD AQUATICS": Shall mean 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).

PART I

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 I 1.

2. INTERNATIONAL COMPETITIONS AND WORLD AQUATICS CALENDAR

Refer to World Aquatics Competition Regulations Part I 2.

3. SPORT NATIONALITY

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

3.1.1 An Athlete shall be eligible to compete at an International Competition representing a World Aquatics Member if he/she is affiliated to a sole World Aquatics Member 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 I 3.2-3.6 for further information on Sport Nationality.

4. POLICY ON ELIGIBILITY FOR THE MEN'S AND WOMEN'S COMPETITION CATEGORIES

World Aquatics is committed to providing safe, fair, inclusive, and non-discriminatory opportunities for all Aquatics Athletes wishing to compete in World Aquatics Competitions. World Aquatics Bureau has thus adopted a Policy on Eligibility for the men's and women's competition categories and fully refers to it. Such Policy and its annexes are a standalone regulation, being noted that some of its provisions are nonetheless included in the present Competitions Regulations regarding eligibility per category (Competitions Regulations Part I 5.2 to 5.6).

5. ELIGIBILITY REQUIREMENTS FOR COMPETITION AND FOR SETTING WORLD AQUATICS RECORDS

5.1 Affiliation

Any Athlete shall be affiliated to a World Aquatics Member for being eligible to compete in World Aquatics Competitions and to set World Aquatics World Records in World Aquatics Competitions and other Aquatics events recognised by World Aquatics.

C5.1.1 Eligibility - Canada

C5.1.1.1 Swimmers entering meets must comply with all World Aquatics, Swimming Canada, and PS eligibility rules (see Part I 3, 4 and 5).

C5.1.1.2 To compete in any Swimming Canada sanctioned event, a U Sports

team shall be registered with the PS as a University Team.

C5.1.1.3 To compete in Swimming Canada events and U Sports events, a U Sports swimmer shall be registered with Swimming Canada in the appropriate registration categories as outlined in the *National Registration Policy, Procedures and Rules Manual*. Similarly, a U Sports swimmer 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 Policy, Procedures and Rules Manual*. A swimmer may compete for only their Club or their U Sports program (but not both) at a particular competition.

C5.1.1.4 A swimmer's age shall be as of the first day of the meet.

C5.1.1.5 Competitions designated as closed or restricted shall be those in which entry is restricted as published in the Meet Information Package.

C5.1.1.6 Any competitor who wishes to change club affiliation must do so in accordance with the Swimming Canada Registration Policy and Procedures Manual.

C5.1.1.7 A swimmer **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), shall be eligible to compete in a sanctioned Trials Meet to select swimmers 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 I 3.

C5.1.1.8 A swimmer **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), shall be eligible to compete in a sanctioned Trials Meet to select swimmers 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 I 3.

C5.1.1.9 A swimmer shall only compete in events of the gender in which they are registered.

C5.1.1.10 In age group swimming, combined gender swimming is permitted. Canadian Age Group records can not be set when heats involve individual mixed genders.

C5.1.2 Eligibility - Foreign Swimmers

C5.1.2.1 A foreign swimmer 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 swimmer has left. It shall be the responsibility of the club, the competitor and the provincial section to secure permission before allowing a foreign swimmer to train and/or compete in Canada.

C5.1.2.2 A foreign swimmer (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 shall be classed as a Canadian swimmer for scoring and award purposes. All other foreign swimmers residing in Canada and registered with Swimming Canada through a club, shall compete with the club code but be identified as foreign for the purpose of points, medals and awards.

C5.1.3 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:

   - Participate in or promote any event or organization that enables or encourages doping;
   - Provide services (e.g., coaching, technical, medical) to such events;
   - 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:

   - Swimming Canada's Code of Conduct and Ethics, specifically sections D.10, F.13.k, K.18, and K.19;
   - The Athlete Agreement, including Articles 5.8, 5.29–5.31, 5.39–5.40, and 9.2;
   - Team Selection Criteria, which require adherence to anti-doping rules and prohibit past or current violations.

Violations may result in:

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

5.2 Eligibility per category

5.2.1 Subject to the requirements set forth below, all Athletes are eligible to compete in the men's category or in the women's category in World Aquatics Competitions and to set World Aquatics World Records in World Aquatics competitions and other events recognised by World Aquatics, whatever their legal gender, gender identity, or gender expression. No Athlete is excluded from a World Aquatics Competition or from setting World Aquatics World Records based on their legal gender, gender identity, or gender expression.

5.2.2 All issues relating to the eligibility of an Athlete under this Regulations to compete in a particular sex category will be determined by World Aquatics following consultation, as necessary, with one or more independent scientific and medical experts appointed by the World Aquatics Executive. It is an important part of this Regulations that the experts can assess whether a given Athlete meets the eligibility criteria set out below. To that end, World Aquatics may ask the Athlete to provide further information and documents and/or to submit to one or more medical examinations. All costs associated with this assessment will be borne by World Aquatics.

Refer to Part I 5.3-5.6 in the World Aquatics Competition Regulations.

5.7 Competition Officials Eligibility

Competition Officials must be on current World Aquatics Lists approved by the respective Technical Committee for the aquatics sport in order to officiate at Olympic Games and World Championships. Nominated officials must be members of the nominating Federation and certified by the Member Federation on the nomination form.

6. REGISTRATIONS AND SPORTS ENTRIES

6.1 General - Registration and Sport Entries

6.1.6 Specific cases

6.1.6.2 If an error by an official follows a fault by a competitor, the fault by the competitor may be expunged. If an 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 a competitor follows a fault by an official, the fault of the competitor shall be expunged.

Refer to World Aquatics Competition Regulations Part I 6.

7. SWIMWEAR AND WEARABLES

7.1 Swimwear for all Aquatics Disciplines

Swimwear to be used in World Aquatics Competitions, World Aquatics Sanctioned Competitions, qualifying events for World Aquatics Competitions or Olympic Games shall meet the requirements provided in this section. The Rules in this Section are also complemented by Swimwear Rules per Aquatics Disciplines (under Sections II to IX under) and Technical & Approval Implementing Rules for Swimwear (Part I 7.5).

The Athlete' safety and health are to be taken into consideration in regard to Swimwear. All matters regarding Swimwear shall be aligned with the fair play and a sound development of the Disciplines.

Athletes' Swimwear shall be non-transparent, in good moral taste and suitable for the individual Aquatics disciplines and not to carry any symbol which may be considered offensive.

These rules do not regulate directly issues on markings (team, emblems, manufacturer markings, sponsor markings), which are described under Section Part I 8. However, they address markings (including also technical markings) in connection with their potential relevance from the point of view of the approval criteria (notably thickness and permeability).

7.2 Swimwear Approval Procedure for Swimming and Open Water

Refer to World Aquatics Competition Regulations Part I 7.2.

7.3 Testing

Testing standards applicable to the examination, in particular thickness and permeability measurements, are determined under the Technical & Approval Implementing Rules for Swimwear (Part I 7.5).

7.4 List of Approved Swimwear

The latest List of Approved Swimwear is updated after each approval or removal of a Product. The List references the Swimwear that may be used by Athletes at World Aquatics Competitions, World Aquatics Sanctioned Competitions, qualifying events for World Aquatics Competitions or Olympic Games in Swimming and Open Water.

In order to present an accurately updated publication of the List of Approved Swimwear, Applicants shall notify to World Aquatics, about (i) formerly approved Swimwear which are discontinued. The discontinued and not available Products will be removed from the List of Approved Swimwear.

7.5 Technical and Approval Implementing Rules for Swimwear

Refer to World Aquatics Competition Regulations Part I 7.5.

8. ADVERTISING IDENTIFICATION

Refer to World Aquatics Competition Regulations Part I 8.

9. MEDICAL RULES

Refer to World Aquatics Competition Regulations Part I 9.

10. FACILITIES

10.1 General

The present Section related to Facilities is intended to provide the best possible environment for competitive use and training. This section does not intend to govern issues related to the general public. It is the responsibility of the owner or controller of a facility to provide supervision for activities undertaken by the general public.

Refer to World Aquatics Competition Regulations Part I 10.2-10.7.

10.8 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 II 16 and the Facility Rules and Guidelines of Swimming Canada for more information.

11. TECHNICAL OFFICIALS

11.1 General

The Judges nominated must be of the same nationality as the World Aquatics Member proposing them and fully certified by the respective Technical Committee. A naturalised Judge would be eligible to represent the World Aquatics Member that proposed him/her, if he/she will have lived in the territory of that Member for at least one year prior to that competition. A three- year transition period is required between the international representation of two different Members.

The World Aquatics Technical Committees will propose Technical Officials (Judges and Referees) to act at the Olympic Games or World Championships from the current World Aquatics Officials Lists in the respective discipline, for approval by the World Aquatics Bureau or World Aquatics Executive.

For no show of nominated Officials, the respective Federation will be fined 2'000 Swiss Francs.

11.2 Age

The maximum age of Technical Officials (Judges, Starters and Referees) when officiating at World Aquatics Championships or World Aquatics Competitions, except Masters and Water Polo, shall be sixty-five (65) years when application is made for the respective World Aquatics List.

For Water Polo, the age limit shall be sixty (60) years during the year of competition.

11.3 Technical Lists

Technical Officials must be on current World Aquatics Lists approved by the respective Technical Committee for the Aquatics discipline in order to officiate at Olympic Games, World Aquatics Championships or World Aquatics Competitions. Nominated officials must be members of the nominating Federation and certified by the Member Federation in submitting their nomination.

12. SCORES, MEDALS AND TROPHIES

Refer to World Aquatics Competition Regulations Part I 12.

13. APPEALS

13.1 Appeal Procedure

13.1.1 An appeal must be submitted on the official World Aquatics appeal form ("Appeal Form"), which can be found on the World Aquatics website and in venue.

The Appeal Form must be submitted in accordance with the following timelines:

- Swimming: within thirty (30) minutes of the respective event's completion.
- Open Water Swimming: within thirty (30) minutes of the respective race's completion.

13.1.2 The appeal must be submitted to the designated World Aquatics representative ("World Aquatics Representative"), who shall be identified at the beginning of the applicable competition. The appeal shall only be considered complete if it is accompanied by a deposit of five hundred (500) United States dollars (or an equivalent amount in the applicable local currency).

13.1.3 The World Aquatics Representative will present the appeal to the Chair of the Jury of Appeal, who will review the appeal and determine its validity. The Chair shall determine the validity as soon as reasonably possible following the appeal's submission.

13.1.4 If the Chair deems the appeal to be invalid, pursuant to the criteria in section 14, the deposit shall be forfeited. If the appeal is deemed to be valid, the Chair shall initiate a review by the Jury of Appeal which shall render a final decision on the appeal as soon as reasonably practical. The Chair's decision regarding validity is final.

13.1.5 If the Jury rules in favour of the appealing party, the deposit shall be returned to the appealing party, and the ensuing course of action shall be decided on a case-by-case basis.

13.1.6 If the Jury rules against the appealing party, the deposit shall be forfeited.

C13.1.6 Appeals - Canada

C13.1.6.1 Appeals must be submitted to the Referee; in writing, by the responsible coach or Team Leader; within 30 minutes following the conclusion of the respective Swimming event. If conditions causing a potential appeal are noted prior to the event, an appeal must be lodged before the respective session begins.

C13.1.6.2 All appeals shall be considered by the Referee. If the Referee rejects the protest, the Referee must state the reasons for her/his decision. The Team Leader may appeal the rejection to the Jury of Appeal within one (1) hour from the moment when the decision has been communicated. The decision taken by the Jury of Appeal shall be final.

C13.1.6.3 The results of an event conducted "under appeal" shall be withheld (not announced or published) and prizes, point scores, and awards shall not be awarded until the appeal is resolved.

13.2 Jury of Appeal

13.2.1 The Jury of Appeal shall be comprised of three members. One of the three members shall be the designated Chair. The three members shall be assigned by the World Aquatics President or Executive Director.

13.2.2 Jury members shall be void of conflicts of interest in advance of their appointment. Jury members have an obligation to declare any possible conflicts of interest that may arise, for which the World Aquatics Executive Director shall determine whether a conflict exists.

The World Aquatics Bureau shall also designate a fourth individual who will act as a standby Jury of Appeal member in the event that a selected Jury member must recuse himself/herself due to a conflict of interest (including, but not limited to, having business relations with or the same nationality as an appealing party).

13.2.3 The Jury of Appeal may consult video footage, documents and witnesses when making its decision, and may additionally choose to consult any other potentially impacted party, in person or in writing.

13.2.4 Decisions of referees shall be afforded a significant degree of deference. The Jury of Appeal shall not substitute its view of the appealed matter for that of the referee unless the appellant presents clear evidence that the referee's decision was made arbitrarily, irrationally, or in abuse of the discretion afforded to the referee.

13.2.5 Each member shall have one vote and the majority vote shall prevail.

13.2.6 The decision of the Jury is final.

C13.2.3 Jury of Appeal - Canada

Only appeals meeting the criteria set out in Part I.13.1 are acceptable for consideration by a Jury of Appeal.

C13.2.3.1 The Jury of Appeal shall be chaired by the National Meet Director at National Competitions. The voting members shall be odd in number preferably either three (3) or five (5), and should be the most experienced Swimming Canada/PS officials or officers available, in addition to the requirement to include a coach, as determined by the CSCA after the entry deadline. None of those participating on the Jury of Appeal can have been involved in the disputed decision or disqualification.

C13.2.3.2 The members of the Jury of Appeal will be determined by the Meet Manager in collaboration with the Competition Coordinator/Meet Referee or designate, if applicable, at non-national meets. The voting members shall be odd in number preferably either three (3) or five (5), and should be the most experienced Swimming Canada/PS officials or officers available, in addition to the option to include a coach. None of those participating on the Jury of Appeal can have been involved in the disputed decision or disqualification. In the event that there is no coach available, the jury will still convene, and the outcome shall be final.

C13.2.3.3 The Jury of Appeal shall convene and reach a decision by majority vote as soon as practical during or after the session in question. The decision shall be reached on the day the written appeal is received. When a decision is reached, the appealing party and the Referee shall be informed immediately. After the jury's decision is handed down, the results of the competition shall be determined and posted, awards shall be presented, point scores shall be computed and the results shall be final.

C13.2.3.4 The Jury of Appeal shall hear evidence as it sees fit; however, the appealing party(ies), Referees, and officials whose decisions are being disputed shall have a right to present their case(s). The Jury shall conduct its business in private.

C13.2.3.5 The Chairperson of the Jury shall make a formal written record of the proceedings, (Jury Record), including a description of the incident, the initial decision and appeal, the jury members, the witnesses called, the final decision rendered and a brief description of its rationale. All members of the jury shall sign the "Jury Record". One copy shall be provided to the appealing party and one copy, along with the original appeal form and other pertinent data, to the Swimming Canada/PS office along with the official meet results.

C13.2.3.6 A Jury of Appeal decision on disputes covering the conduct of the meet or the decision of a meet official shall be final and shall not be appealed.

C13.2.3.7 The appealing party or anyone affected by the Jury of Appeal's decision who is dissatisfied with the decision on a specific individual's qualification and eligibility has the right to appeal and so inform the Chairperson of the Jury within seven (7) days. The appeal shall be made in writing to the sanctioning PS (or to Swimming Canada for National Competitions) within thirty (30) days. Such an appeal or grievance shall be one of principle and its pursuit must not delay the meet or affect the final results.

C13.2.3.8 Other than official video back-up systems, no hand-held video or T.V. cameras shall be used by the Jury of Appeal to review disqualifications.

14 MATTERS THAT CAN BE APPEALED

14.1 The following can be appealed in Swimming:

- Any decision of a referee as to the consequence of an Athlete's rule infraction.

14.2 The following can be appealed 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).

PART II

SWIMMING RULES

1. MANAGEMENT OF COMPETITIONS

C1.0 Authority to Hold Meets in Canada

C1.0.1 All meets shall be held under the authority of Swimming Canada or the PS as delegated. Permits for all World Aquatics International meets shall be secured from ACA.

C1.0.2 All meets shall be conducted under World Aquatics rules and regulations supplemented only by Swimming Canada or PS approved and published rules and regulations.

C1.0.3 Provincial Sections shall 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.

C1.0.4 The Meet Information Package shall include all changes to, or specific application of Swimming Canada rules and regulations, including announcement of doping control.

C1.0.5 The Program of Events listing the events and the order in which they are to be swum, shall be published in the Meet Information Package.

C1.0.6 Point Scoring and Awards – Canada

Refer to the Meet Information Package.

1.1 The Management Committee appointed by the governing body shall have jurisdiction over all matters not assigned by the rules to the Referee, Judges or other officials and shall have power to postpone events and give directions consistent with rules adopted for conducting any event.

1.2 Organisers of swimming competition shall appoint sufficient officials to ensure the fairness, integrity and safety of the competition.

1.2.1 Refer to World Aquatics Competition Regulations Part II 1.2.1 for the minimum number of officials at the Olympic Games, the World Aquatics Championships, and the World Aquatics Swimming Championships (25m).

Duties of Officials - Canada

C1.2.1 For each session there should be a minimum of the following certified officials:

Meet Manager

Referee

2 Inspectors of Turns (at each end)

Chief Judge Electronics or Chief Recorder (not both)

Recorder

1 Timekeeper per lane

2 Safety Marshals
Starter
Chief Timekeeper
2 Judges of Stroke
Administration Desk

Note: In some meets, the officials may perform in several capacities where the duties of each position are not in conflict with one another. Not having the minimum number of officials will not nullify the results of the competition.

1.2.2 For all other international competitions, the governing body shall appoint the same or fewer number of officials, subject to the approval of the respective regional or international authority where appropriate.

1.2.3 Where Automatic Officiating Equipment is not available, such equipment must be replaced by a Chief Timekeeper. Wherever possible, a minimum of one (1) Timekeeper per lane shall be appointed together with one (1) additional Timekeeper in case of a watch malfunction. It is advisable that there be three (3) Timekeepers for each lane.

1.2.4 Finish Judges may be used when Automatic Equipment and/or watches are not used.

1.3 The swimming pool and the technical equipment for Olympic Games and World Aquatics Championships shall be inspected and approved in due course prior to the Swimming competitions by the World Aquatics Delegate together with a member of the Technical Swimming Committee.

1.4 Where underwater video equipment is used by television, the equipment must be operated by remote control and shall not obstruct the vision or path of swimmers and must not change the configuration of the pool or obscure the required World Aquatics markings.

1.5 The event management shall specify for heats, semi-finals, and finals the presentation and preparation protocol that the competitors must respect when they leave the final call-room.

1.6 Program of World Aquatics and Olympic Games Swimming Competitions

Refer to World Aquatics Competition Regulations Part II 1.6.

2. OFFICIALS

2.1 Referee

2.1.1 The Referee shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or regulations related to the competitions. She/He shall enforce all rules and decisions of World Aquatics and shall decide all questions relating to the actual conduct of the meet, and event or the competition, the final settlement of which is not otherwise covered by the rules.

2.1.2 The Referee may intervene in the competition at any stage to ensure that the World Aquatics regulations are observed, and shall adjudicate all protests related to the competition in progress.

C2.1.2.1 The Referee shall 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 swimmers. If an event is stopped or postponed after having started, it shall be conducted at a future time with only the swimmers 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 shall determine if any events are to be re-swum.

2.1.3 When using Finish Judges without three (3) digital watches, the Referee shall determine placing where necessary. Automatic Officiating Equipment, if available and operating, shall be consulted as stated in Part II 13.

2.1.4 The Referee shall ensure that all necessary officials are in their respective posts for the conduct of the competition. He/She may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He/She may appoint additional officials if considered necessary.

2.1.5 Once all swimmers have removed their clothing, except for swimwear, the Referee shall signal the commencement of an event by a series of short whistles inviting them to get ready at the starting end, followed by a long whistle indicating that they should take their positions on the starting platform (or for backstroke swimming and medley relays to immediately enter the water). A second-long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the Referee shall gesture to the Starter with a stretched out arm, indicating that the swimmers are under the Starter's control. The stretched out arm shall stay in that position until the start is given.

2.1.6 A disqualification for initiating the start before the starting signal must be observed and confirmed by both the Starter and the Referee. When Automatic Officiating Equipment is available, it may be used to verify the disqualification.

C2.1.6.1 At local or provincial competitions, if only one of the Referee or Starter observes a swimmer initiating the start before the starting signal, the Referee may call a disqualification based on the single observation.

2.1.7 The Referee shall disqualify any swimmer for any other violation of the rules that they personally observe. The Referee may also disqualify any swimmer for any violation reported to them by other authorized officials. All disqualifications are subject to the decision of the Referee.

2.1.8 All potential infractions shall be verbally reported to the Referee. Once confirmed by the Referee, a signed disqualification card shall be completed by the reporting official, detailing the event, lane number and the infraction.

Disqualifications - Canada

C2.1.8.1 A potential infraction shall only be reported by an official who personally observes a rule infraction within their assigned sphere of responsibility.

C2.1.8.2 Infractions shall be reported immediately through channels established by the meet manager and approved by the Referee. The infraction shall be recorded on the approved disqualification form which shall be signed by

the official. When the disqualification is accepted, it shall be signed by the Referee on disqualification form.

C2.1.8.3 The swimmer, or the club coach, shall be informed of the full particulars of the disqualification within fifteen (15) minutes after the swimmer's race. However, the disqualification shall stand, even though the swimmer or coach is not informed within the fifteen (15) minute period, providing all reasonable efforts have been made to do so. When disqualifications are announced through a public address system, this shall satisfy the requirements of this rule.

C2.1.8.4 In the event of a problem with a heat during finals, the Referee shall resolve the problem immediately, or be satisfied that the problem is being resolved, without unnecessary delay of the meet.

C2.1.8.5 Interfering with an official on duty, using obscene or abusive language in the pool area, or exhibiting other irresponsible behavior may cause a swimmer to be scratched from the rest of the meet.

C2.1.8.6 The physical or verbal assaulting of an official, or causing wilful damage in the pool area by a swimmer, coach, official, or anyone else associated with a team or club is a major offence. The offender(s) may be excluded from the meet, ordered from the pool area and/or building at the discretion of the Referee, and barred from re-entry for the remainder of the meet. The offence shall be reported to the sanctioning PS, or to Swimming Canada if a Swimming Canada national competition.

2.1.9 The Referee shall appoint officials who shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Officiating Equipment which judges relay take-offs is available, it shall be used in accordance with Part II 13.1.

2.2 Control Room Supervisor

2.2.1 The Control Room Supervisor shall supervise the operation of the Automatic Officiating Equipment.

2.2.2 The Control Room Supervisor is responsible for checking the results from computer printouts.

2.2.3 The Control Room Supervisor is responsible for checking the relay exchange printout and reporting any early takeoffs to the Referee.

2.2.4 The Control Room Supervisor may review the video timing to confirm early takeoff.

2.2.5 The Control Room Supervisor shall

- control withdrawals after the heats and/or semi-finals,
- enter results on official forms,
- list all new records established, and
- maintain scores where appropriate.

2.3 Starter

2.3.1 The Starter shall have full control of the swimmers from the time the Referee

turns the swimmers over to him/her (Part II 2.1.5) until the race has commenced. The start shall be given in accordance with Part II 4.

2.3.2 The Starter shall report a swimmer to the Referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, wilful disobedience or misconduct.

C2.3.2.1 For the purposes of Rule II 2.3.2, "misconduct" shall 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 swimmers must enter the pool with a controlled, feet-first entry.

2.3.3 The Starter shall have power to decide whether the start is fair, subject only to the decision of the Referee.

2.3.4 When starting an event, the Starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the Timekeepers can see and/or hear the starting signal and the swimmers can hear the signal.

2.3.5 The Starter shall report to the Referee any violation observed within their jurisdiction.

2.4 Call Room Supervisor

2.4.1 The Call Room Supervisor shall assemble swimmers prior to each event.

2.4.2 The Call Room Supervisor shall report to the Referee any violation noted with regard to:

- swimwear;
- advertising (Part I 8 Advertising Identification); and
- if a swimmer is not present when called.

2.5 Chief Inspector of Turns

2.5.1 The Chief Inspector of Turns shall ensure that Inspectors of Turns fulfill their duties during the competition.

2.6 Inspectors of Turns

2.6.1 One Inspector of Turns shall be assigned to each lane at each end of the pool to ensure swimmers comply with the relevant rules after the start, for each turn, and at the finish.

C2.6.1.1 Additional responsibilities may include Timekeeper duties.

2.6.2 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 shall be the second arm stroke.

2.6.3 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 shall be the second arm stroke.

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

2.6.5 When a backstroke ledge is being used, each Inspector at the starting end shall install and remove the ledge. Once installed, the ledge shall be set at zero (0).

2.6.6 In individual events of 800 and 1500 metres, each Inspector of Turns at the start and turning end of the pool shall record the number of laps completed by the swimmer in his/her lane. The swimmers shall be informed of the remaining number of laps to be completed by displaying “lap cards” showing odd numbers at the turning end of the pool. Electronic equipment may be used, including under water display.

2.6.7 Each Inspector at the starting end shall give a warning signal when the swimmer in his/her lane has two lengths plus five (5) metres to swim to finish in individual events of 800 and 1500 metres. The signal may be repeated after the turn until the swimmer has reached the five (5) metre mark on the lane rope. The warning signal may be by whistle or bell.

2.6.8 Each Inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Equipment which judges relay take-offs is available, it shall be used in accordance with Part II 13.1.

2.6.9 Inspectors of Turns shall report to the Referee any violation observed within their jurisdiction.

2.7 Judges of Stroke

2.7.1 Judges of Stroke shall be located on each side of the pool.

2.7.2 Each Judge of Stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns and the finishes to assist the Inspectors of Turns.

2.7.3 Judges of Stroke shall report to the Referee any violation observed within their jurisdiction.

2.8 Chief Timekeeper

2.8.1 The Chief Timekeeper shall assign the seating positions for all Timekeepers and the lanes for which they are responsible. It is advisable that there shall be three (3) Timekeepers for each lane. If Automatic Officiating Equipment is not used, there shall be two (2) additional Timekeepers designated, either of whom shall be directed to replace a Timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time. When using digital watches, final time and place is determined by time.

2.8.2 When only (1) Timekeeper per lane is available, an extra Timekeeper must be assigned in case of a malfunction of a watch. In addition, the Chief Timekeeper must always record the time of the winner of each race.

2.8.3 The Chief Timekeeper shall collect from the Timekeepers in each lane a card showing the time recorded and, if necessary, inspect their watches.

2.8.4 The Chief Timekeeper shall record or examine the official time on the card for each lane.

2.9 Timekeepers

2.9.1 Each Timekeeper shall take the time of the swimmers in the lane assigned to him/her in accordance with Part II 11.3.

2.9.2 Each Timekeeper shall start their watch at the starting signal, and shall stop it when the swimmer in his/her lane has completed the race. Timekeepers may be instructed by the Chief Timekeeper to record times at intermediate distances in races longer than 100 metres.

C2.9.2.1 In relay events, except in mixed relays, each Timekeeper in each lane shall record the time of the swimmer on the first leg of the relay as an Official Split. All other splits are taken by a single Timekeeper.

2.9.3 Promptly after the race, the Timekeepers in each lane shall record the times of their watches on the card, give it to the Chief Timekeeper, and if requested present their watches for inspection. Their watches must be cleared at the short whistle of the Referee announcing the following race.

2.9.4 Unless video timing is used, it may be necessary to use the full complement of Timekeepers, even when Automatic Officiating Equipment is used.

2.10 Finish Judges – if required

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

2.10.2 After each event the Finish Judges shall decide and report the placing of the swimmers according to the assignments given to them. Finish Judges other than push-button operators shall not act as Timekeepers in the same event.

2.11 Chief Recorder (other than for Olympic Games and World Championships)

2.11.1 The Chief Recorder is responsible for checking results from computer printouts or from results of times and placing in each event received from the Referee. The Chief Recorder shall witness the Referee's signing the results.

C2.11.2 If the requirements of C2.18.1 are not met, a CJE cannot be used and the Chief Recorder shall be used to assign times to a swim.

The Chief Recorder (CR) shall:

C2.11.2.1 Use data from primary, secondary or tertiary timing systems to assign the official time.

C2.11.2.2 Use order of finish data from other judges/officials to the extent needed to determine the official time for each swimmer.

C2.11.2.3 Ensure that disqualifications and “no shows” are accurately reported in the results.

2.12 Recorder (other than for Olympic Games and World Championships)

2.12.1 The recorders shall control withdrawals after the heats or semi-finals, enter results on official forms, list all new records established, and maintain scores where

appropriate.

2.13 Video Review Supervisor

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

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

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

2.13.4 The Video Review Supervisor shall report to the Referee any violation confirmed in the video review.

2.14 Video Review Judge

2.14.1 Each Video Review Judge shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns and the finishes.

2.14.2 Video Review Judges shall report any violation observed to the Video Review Supervisor. If the infraction is confirmed, the Video Review Judge shall complete a disqualification card.

2.15 Officials' Decision Making

2.15.1 Officials shall make their decision autonomously and independently of each other unless otherwise provided in Part II.

C2.16 Meet Manager

The Meet Manager

C2.16.1 Shall be responsible for all the organizational details of the meet, shall have control of the mechanics associated with the running of the meet, and shall be responsible for having the necessary equipment and personnel available during the meet. Appointments of personnel shall be subject to ratification by the Referee.

C2.16.2 Shall be responsible for the dissemination of all meet information and all meet forms.

C2.16.3 Shall be responsible for seeding all pre-seeded meets.

C2.16.4 Shall be responsible for the preparation of entry lists and/or heat sheets and have them available prior to the start of each session.

C2.16.5 Shall be responsible for issuing official results. The Meet Manager shall remove swimmer's time from first leg of mixed relays prior to exporting results from meet management software.

C2.16.6 Shall see that all record applications are processed.

C2.16.7 Shall be the Chairperson of the Jury of Appeal at non-national meets.

C2.17 Administration Desk (formerly "Clerk of Course")

The Administration Desk

C2.17.1 May be responsible for "checking in" swimmers at the marshaling area prior

to each event;

C2.17.2 May have control of the swimmers from the time they are checked in until they are turned over to the Referee;

C2.17.3 May have full charge of the working deck insofar as control of the swimmers is concerned. They shall report un-disciplinary acts to the Referee and shall make an infraction report to the Referee of any swimmer who engages in an un-disciplinary act while under their control;

C2.17.4 May have the authority, if instructed by the Referee, to scratch swimmers who fail to report to the marshaling area when their heat or event is called for marshaling;

C2.17.5 In pre-seeded meets, they may be given the authority by the Referee to combine heats and move swimmers from one heat to another.

C2.17.6 May be asked to coordinate swim offs and inform all those involved.

C2.17.7 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.

C2.18 Chief Judge Electronics (CJE)

C2.18.1 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 shall be used to assign official times.

C2.18.2 The CJE shall:

C2.18.2.1 Use real-time observation of the touches of all swimmers to determine if the primary automatic timing system properly recorded the touch.

C2.18.2.2 Approve times registered by the primary automatic timing system if no errors or malfunctions occur.

C2.18.2.3 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.

C2.18.2.4 Report early takeovers for relays if automatic relay break detection is available.

C2.19 Electronics Operator

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

C2.20 Safety Marshal

The Safety Marshal shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period by ensuring that all appropriate warm-up procedures are followed (see Swimming Canada Competition Warm-Up Safety

Procedures - https://www.swimming.ca/rules-and-forms/).

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

The starting stations for all events in Olympic Games, World Championships, Regional Games and other World Aquatics competitions shall be by seeding as follows:

3.1 Heats

3.1.1 The best competitive times of all entrants for the announced qualifying period prior to the entry deadline of the competition, shall be submitted on entry forms or online, as requested, and listed in order of time by the Management Committee. Swimmers who do not submit official recorded times shall be considered the slowest and shall be placed at the end of the list with a 'no time'. Placement of swimmers with identical times or of more than one swimmer without times shall be determined by draw. Swimmers shall be placed in lanes according to the procedures set forth in Part II 3.1.2 below. Swimmers shall be placed in trial heats according to submitted times in the following manner:

3.1.1.1 If one heat, it shall be seeded as a final and swum only during the final session.

3.1.1.2 If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc.

3.1.1.3 If three heats, except 400m, 800m, and 1500m events, the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.

3.1.1.4 If four or more heats, except the 400m, 800m, and 1500m events, the last three heats of the event shall be seeded in accordance with Part II 3.1.1.3 above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in Part II 3.1.2 below.

3.1.1.5 For 400m, 800m and 1500m events, the last two heats of the event shall be seeded in accordance with Part II 3.1.1.2.

C3.1.1.5.1 Seeding information for the 400m, 800m, and 1500m events shall be clearly stated in the Meet Information Package.

3.1.1.6 Exception: When there are two or more heats in an event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.

3.1.1.7 When a ten (10) lane pool is available and equal times are established for the 8th place in the heats of events in excess of 200m and including relay events, lane 0 will be used. A random draw will be held to determine which competitor is allocated in lane 8 and lane 0. In case of three (3) equal times for 8th place, lane 9 and 0 will be used with a random draw for lane 8, 9, and 0. In the event that there are more than three (3) competitors or teams having equal

times for 8th place in the heats or semi-finals, a swim-off may be held.

3.1.1.8 Where a 10 lane pool is not available, Part II 3.2.3 will apply.

C3.1.1.9 Qualifying times if required, shall be clearly listed in the Meet Information Package.

C3.1.1.10 Seeding procedures and conversion of times information, if conversions are permitted, shall be clearly stated in the Meet Information Package.

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

3.1.3 When 50 metre events are contested in 50 metre pools, the races may be swum, at the discretion of the Management Committee, either from the regular starting end to the turning end or from the turning end to the starting end, depending upon such factors as existence of adequate Automatic Equipment, Starter's position, etc. The Management Committee should advise swimmers of their determination well before the start of the competition. Regardless of which way the race is swum, the swimmers shall be seeded in the same lanes in which they would be seeded if they were both starting and finishing at the starting end.

3.2 Semi-finals and Finals

3.2.1 In the semi-finals heats shall be assigned as in Part II 3.1.1.2.

3.2.2 Where no preliminary heats are necessary, lanes shall be assigned in accordance with Part II 3.1.2 above. Where preliminary heats or semi-finals have been held, lanes shall be assigned as in Part II 3.1.2 based, however, on times established in such heats.

3.2.3 In the event that swimmers from the same or different heats have equal times registered to 1/100 second for either the eighth/tenth place or sixteenth/twentieth place depending on the use of 8 or 10 lanes, there may be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place after all involved swimmers have completed their heats at a time agreed between the event management and the parties involved. Another swim-off may take place if equal times are registered again. If required, a swim-off will take place to determine 1st and 2nd reserve if equal times are recorded.

C3.2.3.1 Swimmers may scratch from a swim-off without penalty, in which case they shall be given the ranking next in line and shall be eligible for points, if any, for the re-assigned position.

C3.2.3.2 Times made in a swim-off may count as records, but they shall not elevate any of the swimmers beyond the highest qualifying position in dispute. Times achieved in a swim-off shall be recorded in the official results.

C3.2.3.3 Any disqualification in a swim-off shall apply to the swim-off only. For example, any disqualified swimmer shall not lose the right to be an alternate for that “A” final or “B” final, or to compete in the “B” final (when applicable).

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

C3.2.4.1 When scratches are received after the scratch deadline, reseeding is not necessary. Alternates are placed as applicable.

3.2.5 For heats, semi-finals and finals, swimmers shall report to the First Call Room at a time determined by the event management. After inspection, swimmers proceed to the final call room.

3.3 In other competitions, the draw system will be used for assigning lane positions.

3.4 In the World Aquatics Swimming Championships (25m) and World Aquatics Junior Swimming Championships, the 800m Freestyle and the 1500m Freestyle may at the discretion of the Bureau be conducted on a timed final basis with the fastest heat only conducted during the finals session.

In distances of 50m, 100m and 200m, heats, semi-finals and finals will be held. At the World Aquatics Swimming Championships (25m) and World Aquatics Junior Swimming Championships events of 200m and above only heats and finals will take place.

C3.5 Timed Final Events

Timed finals are those in which each swimmer swims only once for time. The final

placing of all swimmers is determined by their times. Events to be conducted as timed finals must be so designated in the Meet Information Package.

C3.5.1 Timed finals should normally be swum "slowest to fastest", with the swimmers seeded according to their submitted times. However, the 800m and 1500m events may be swum "fastest to slowest" in alternating event order (female/male).

C3.5.2 Two (2) per lane swimming is not permitted in any competitions in Canada.

C3.6 Time Trials

C3.6.1 Class One Sanctioned Time Trial (Sanctioned Record attempts)

(i) A Class One Time Trial is reserved for sanctioned record attempts. Such time trials shall 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 shall be held in public and shall meet the minimum requirement of a PS;

(iv) No coaching is permitted during the record attempt.

C3.6.2 Class Two Sanctioned Time Trial

(i) A Class Two Time Trial is a swimmer's attempt to achieve a time which may qualify the swimmer for entry into future meets;

(ii) Class Two Time Trials may be conducted on a less stringent basis than sanctioned meets. For example, several swimmers 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 shall not be accepted from Class Two Time Trials.

C3.7 Scratches, Substitutions, & Deck Entries (applies to local Provincial Meets)

C3.7.1 Once entered in an event, a swimmer 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.

C3.7.2 **Heats & Finals:** Scratch Deadlines shall be clearly stated in the Meet Information Package.

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

C3.7.3 Penalties

Penalties for failure by a swimmer to scratch from preliminaries, finals, or timed final events shall be clearly stated in the Meet Information Package.

C3.7.4 'Name Change' Deadlines

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

C3.7.5 Deck Entries may be allowed for registered swimmers, shall be clearly stated in the Meet Information Package and shall be classified as Exhibition swims.

4. THE START

4.1 The start in freestyle, breaststroke, butterfly and individual medley races shall be with a dive. On the long whistle (Part II 2.1.5) from the Referee the swimmers shall step onto the starting platform and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

C4.1.1 Where starting platforms are not available or in use (as per Part II 16.1.4 and/or C16.1.4.1), swimmers may start from the edge of the pool or from the bulkhead. On the long whistle from the Referee the swimmers shall step forward to the edge of the pool and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot at edge of the pool or bulkhead. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

C4.1.2 A swimmer may be permitted to start in the water but shall 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.

C4.1.3 In age group swimming, it is permissible for a swimmer to start from a standing position on the deck or bulkhead.

4.2 The start in backstroke and medley relay races shall be from the water. At the Referee's first long whistle (Part II 2.1.5), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (Part II 6.1). When all swimmers have assumed their starting positions, the Starter shall give the command "take your marks". When all swimmers are stationary, the Starter shall give the starting signal.

4.3 In Olympic Games, World Championships and other World Aquatics events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

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

C4.4.1 When swimmers are disqualified for initiating a start before the signal under this rule, the swimmer(s) shall not be allowed to swim under appeal. If an appeal is made and upheld by a Jury of Appeal, the swimmer(s) concerned shall swim on their own at a time determined by the Referee and the coaches concerned.

5. FREESTYLE

5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

5.2 Some part of the swimmer must touch the wall upon completion of each length and at

the finish.

5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

6. BACKSTROKE

6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter, or bending the toes over the lip of the gutter, is prohibited. 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 available 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 turning, the swimmer shall push off and swim upon his/her back throughout the race except when executing a turn as set forth in Part II 6.4. The normal position on the back can include a roll movement of the body up to, but not including, 90 degrees from horizontal. The position of the head is not relevant.

6.3 Some part of the swimmer must break the surface of the water throughout the race except that once some part of the head of the swimmer has passed the 5 metres mark immediately prior to reaching for the finish, the swimmer may be completely submerged. It is also permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

6.4 When executing the turn there must be a touch of the wall with some part of the swimmer'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 immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

6.5 Upon the finish of the race the swimmer must touch the wall while on the back.

7. BREASTSTROKE

7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. 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 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 arm stroke and one leg kick in that order. All movements

of the arms shall be simultaneous without alternating movement.

7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the 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.

7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous without alternating movement.

7.5 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 Part II 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

7.6 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 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.

* "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 not a concern.

8. BUTTERFLY

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

8.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to Part II 8.5.

8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

8.4 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.

** "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 not a concern.

8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him/her to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

9. MEDLEY SWIMMING

9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: butterfly, backstroke, breaststroke and freestyle. Each of the strokes must cover one-quarter (1/4) of the distance.

9.2 In freestyle, the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke. Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including a butterfly kick(s), may commence.

9.3 In medley relay events, swimmers will cover the four swimming strokes in the following order: backstroke, breaststroke, butterfly and freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

9.4 Each section must be finished in accordance with the rule which applies to the stroke concerned.

10. THE RACE

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

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

10.2 A swimmer swimming over the course alone shall cover the whole distance to qualify. A swimmer who does not complete the whole distance in accordance with relevant World Aquatics rules shall be disqualified.

10.3 On the pool deck, after respecting the presentation protocol outlined in Part II 1.5, the competitors must immediately remove all clothing except for swimwear.

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

10.5 In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.

10.6 Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but they shall not walk.

10.7 Pulling on the lane rope is not allowed.

10.8 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the Referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.

10.9 Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from his/her next scheduled race in the meet.

10.10 There shall be four swimmers on each relay team. Mixed relays may be swum. Mixed relays must consist of two (2) Men and two (2) Women. Split times achieved in these events cannot be used for records and/or entry purposes.

C10.10.1 Members of a relay team shall be registered with their PS and members of the same club.

C10.10.2 In age group swimming where mixed gender racing is permitted, an official split for the first leg of a mixed gender relay is permitted. No Canadian Age Group records will be recognized.

10.11 Relay exchanges must commence from the starting platform. Running starts from the pool deck are not permitted.

10.12 In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.

10.13 Any relay team shall be disqualified from a race if a team member, other that the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.

10.14 The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a Member for that event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.

C10.14.1 Unattached swimmers shall not participate in relay events.

C10.14.2 A swimmer shall compete as a member of only one relay team per event.

C10.14.3 The deadline for submitting the members of a relay team and their order of competing shall be clearly stated in the Meet Information Package.

C10.14.4 The offending swimmer(s) of a relay team disqualified in heats shall not be used as a member(s) of a relay team in the final of the same event.

10.15 Any swimmer having finished his/her race, or his/her distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his/her race. Otherwise, the swimmer committing the fault, or his/her relay team, shall be disqualified.

10.16 Should a foul endanger the chance of success of a swimmer, the Referee shall have the power to allow him/her to compete in the next heat or, should the foul occur in a final event or in the last heat, he/she may order it to be re-swum.

10.17 No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.

11. TIMING

11.1 The operation of Automatic Officiating Equipment shall be under the supervision of appointed officials. Times recorded by Automatic Equipment shall be used to determine the winner, all placing and the time applicable to each lane. The placing and times so determined shall have precedence over the decisions of Timekeepers. In the event that a break-down of the Automatic Equipment occurs or that it is clearly indicated that there has been a failure of the Equipment, or that a swimmer has failed to activate the Equipment, the recordings of the Timekeepers shall be official (See Part II 13.3). In the event that there is failure of all timing devices in a lane then the swimmer may be offered

a reswim.

11.2 When Automatic Equipment is used the results shall be recorded only to 1/100 of a second. In the event of equal times, all swimmers who have recorded the same time at 1/100 of a second shall be accorded the same placing. Times displayed on the electronic scoreboard should show 1/100 of a second.

11.3 Any timing device that is terminated by an official shall be considered a watch. Such manual times must be taken by three Timekeepers appointed or approved by the Member in the country concerned. All watches shall be certified as accurate to the satisfaction of the governing body concerned. Manual timing shall be registered to 1/100 of a second. Where no Automatic Equipment is used, official manual times shall be determined as follows:

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

11.3.2 If all three (3) watches disagree, the watch recording the intermediate time shall be the official time.

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

11.4 Should a swimmer be disqualified during or following an event, such disqualification should be recorded in the official results, but no time or place shall be recorded or announced.

11.5 In the case of a relay disqualification, legal splits up to the time of the disqualification shall be recorded in the official results.

11.6 All 50 metre and 100 metre splits shall be recorded for lead-off swimmers during relays and published in the official results.

12. WORLD RECORDS

12.1 For World Records and World Junior Records in 50 metre courses, the following distances and styles for both sexes shall be recognized:

Freestyle	50, 100, 200, 400, 800 and 1500 metres
Backstroke	50, 100 and 200 metres
Breaststroke	50, 100 and 200 metres
Butterfly	50, 100 and 200 metres
Individual Medley	200 and 400 metres
Freestyle Relays	4x100 and 4x200 metres
Medley Relays	4x100 metres
Mixed Relays	4x100 metres Freestyle and 4x100 metres Medley

12.2 For World Records and World Junior Records in 25 metre courses, the following distances and styles for both sexes shall be recognized:

Freestyle	50, 100, 200, 400, 800 and 1500 metres
Backstroke	50, 100 and 200 metres
Breaststroke	50, 100 and 200 metres
Butterfly	50, 100 and 200 metres

Individual Medley	100, 200 and 400 metres
Freestyle Relays	4x50, 4x100 and 4x200 metres
Medley Relays	4x50 and 4x100 metres
Mixed Relays	4x50 metres Freestyle and 4x50 metres Medley

12.3 The age groups for World Junior Records are the same as for the World Aquatics World Junior Swimming Championships.

12.4 Members of relay teams must be of the same nationality.

12.5 All records must be made in scratch competition or an individual race against time, held in public and announced publicly by advertisement at least three days before the attempt is to be made. In the event of an individual race against time being sanctioned by a Member Federation, as a time trial during a competition, then an advertisement at least three (3) days before the attempt is to be made shall not be necessary.

12.6 The length of each lane of the course 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.

12.7 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.

12.8 World Records and World Junior Records will be accepted only when times are recorded by Automatic Officiating Equipment, or Semi-Automatic Officiating Equipment in the case of Automatic Officiating Equipment system malfunction.

12.9 World Records and World Junior Records can be established only by swimmers wearing World Aquatics approved swimwear (see Part II 15).

12.10 Times which are equal to 1/100 of a second will be recognised as equal records and swimmers achieving these equal times will be called « Joint Holders ». Only the time of the winner of a race may be submitted for a World Record – except for World Junior Records. In the event of a tie in a record-setting race, each swimmer who tied shall be considered a winner.

12.11 World Records and World Junior Records can be established only in water with less than 3 gr/litres of salt. No World Records will be recognised in any kind of sea or ocean water.

12.12 The first swimmer in a relay, except in mixed relays, may apply for a World Record or World Junior Record. Should the first swimmer in a relay team complete his/her distance in record time in accordance with the provisions of this subsection, his/her performance shall not be nullified by any subsequent disqualification of his/her relay team for violations occurring after his/her distance has been completed.

12.13 A swimmer in an individual event may apply for a World Record or a World Junior Record at an intermediate distance if he/she or his/her coach or manager specifically requests the Referee that his/her performance be especially timed or if the time at the intermediate distance is recorded by Automatic Officiating Equipment. Such swimmer must complete the scheduled distance of the event to apply for a record at the intermediate distance.

12.14 Applications for World Records and World Junior Records must be made on the World Aquatics official form by the responsible authority of the organizing or management committee of the competition and signed by an authorized representative of the Member

Federation in the country of the swimmer, certifying that all regulations have been observed including a certification of the pool measurement and that the athlete was subject to an anti-doping test immediately after the race, or at the latest, within 24 hours of the conclusion of the Event, and such test returned a negative finding. When a relay team breaks or equals a World Record / World Junior Record, only the four Athletes who swam this specific race must return a negative finding. The application form shall be forwarded to the Executive Director of World Aquatics within fourteen (14) days after the performance.

12.15 A claim of a World Record or a World Junior Record performance shall be provisionally reported by email to the Executive Director of World Aquatics within seven (7) days of the performance.

12.16 The Member Federation in the country of the swimmer should report this performance by letter to the Executive Director of World Aquatics for information and action, if necessary, to assure that the official application has been properly submitted by the appropriate authority.

12.17 On receipt of the official application and upon satisfaction that the information contained in the application, including a certification of the pool measurement and a negative doping control test certificate, is accurate, the Executive Director of World Aquatics shall declare the new World Record or a World Junior Record, see that such information is published, and see that certificates are provided to those persons whose applications have been accepted.

12.18 All records made during the Olympic Games, World Championships, World Junior Swimming Championships, and World Cups shall be automatically approved.

12.19 If the procedure of Part II 12.14 has not been followed, the Member Federation in the country of a swimmer can apply for a World Record or a World Junior Record in default thereof. After due investigation, the Executive Director of World Aquatics is authorized to accept such record if the claim is found to be correct.

12.20 If the application for a World Record or a World Junior Record is accepted by World Aquatics, a diploma, signed by the President of World Aquatics shall be forwarded by the Executive Director to the Member Federation in the country of the swimmer for presentation to the swimmer in recognition of the performance. A fifth World Record diploma will be issued to all Member Federation whose relay teams establish a World Record or a World Junior Record. This diploma is to be retained by the Member Federation.

12.21 From time to time, World Aquatics may add new events for which swimmers may establish World Records or World Junior Records. For each such event, World Aquatics will establish Target times; if a swimmer achieves a time that is better than the Target Time, it shall be considered a World Record or World Junior Record, as long as all requirements in Part II 12 are met.

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

C12.22 Canadian Records

A Canadian Record shall be

C12.22.1 A performance by a swimmer 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

C12.22.2 A performance by a swimmer who is a “permanent resident” by Canadian law and as defined by ACA and is registered with Swimming Canada, or

C12.22.3 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.

C12.22.4 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.

C12.22.5 A National Relay record may be set by a U Sports Team. They shall not be eligible to set a Club relay record unless all four swimmers are currently registered with the same Age Group Club.

C12.22.6 Record swims shall be timed and recorded by Automatic Officiating Equipment or by three (3) watches.

C12.22.7 A time achieved while swimming the first “leg” of a relay, other than a Mixed Relay, (see Part II 10.10) with an electronic timing system start, may count as a record.

C12.22.8 A record time shall be achieved in the relevant stroke-event. All times achieved in a freestyle event shall be regarded as freestyle, no matter what stroke is swum.

C12.22.9 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 shall be awarded to the record holder.

C12.22.10 Records shall 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. AUTOMATIC OFFICIATING PROCEDURE

13.1 When Automatic Officiating Equipment (See Part II 16.3 Automatic Officiating Equipment for Swimming) is used in any competition, the placing and times so determined and relay take-offs judged by such Equipment shall have precedence over the Timekeepers and Inspectors of Turns.

13.2 When the Automatic Equipment fails to record the place and/or time of one or more swimmers in a given race:

13.2.1 Record all available Automatic Equipment times and places.

13.2.2 Record all human times and places.

13.2.3 The official place will be determined as follows:

13.2.3.1 A swimmer with an Automatic Equipment time and place must retain his/her relative order when compared with the other swimmers having an Automatic Equipment time and place within that race.

13.2.3.2 A swimmer not having an Automatic Equipment place but having an Automatic Equipment time will establish his/her relative order by comparing his/her Automatic Equipment time with the Automatic Equipment times of the other swimmers.

13.2.3.3 A swimmer having neither an Automatic Equipment place nor an Automatic Equipment time shall establish their relative order by the time recorded by the Semi-Automatic Officiating Equipment or by watches.

13.3 The official time will be determined as follows:

13.3.1 The official time for all swimmers having an Automatic Equipment time will be that time.

13.3.2 The official time for all swimmers not having an Automatic Equipment time will be the times recorded by Semi-Automatic Equipment or watches.

C13.3.3 Official Split Times

C13.3.3.1 A time achieved by a swimmer while swimming any part of an individual event for an interval shorter than the total distance, shall 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 swimmer must complete the full distance of the published event.

(iii) The official split shall 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 shall be recorded in the official results.

(v) An Official Split cannot be requested for the first swimmer in a Mixed Relay event. (see Part II 10.10).

C13.3.3.2 Information on the process for requesting Officials Splits will be outlined in the Meet Information Package.

13.4 To determine the relative order of finish for the combined heats of an event, proceed as follows:

13.4.1 The relative order of all swimmers will be established by comparing their official times.

13.4.2 If a swimmer has an official time which is tied with the official time(s) of one or more swimmers, all swimmers having that time shall be tied in their relative order of finish in that event.

14. AGE GROUP RULES - SWIMMING

14.1 World Aquatics Junior Swimming Championships

Age groups shall be between 14-18 years, as of 31st December in the year of competition, for both Boys and Girls.

14.2 Minimum age for Olympic Games, World Aquatics Championships and World Aquatics Swimming Championships (25m)

The minimum age for swimmers competing in the Olympic Games, World Aquatics Championships and World Aquatics Swimming Championships (25m) shall be the same as the minimum age for the World Aquatics Junior Swimming Championships: Girls and Boys, at least 14 years of age, on 31st December in the year of competition. Younger competitors may participate in these competitions if they have achieved at least the “B” Standard Entry Time in the respective event.

14.3 Federations may adopt their own Age Group rules using World Aquatics technical rules.

C14.3.1 Swimming Canada recognized age groups for the purpose of national records are 11-12, 13-14, and 15-17 only. These age groups shall be recognized for National Age Group record keeping. The swimmer’s age shall 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.

C14.3.2 Age Group Swimming competitions shall be under the jurisdiction of Swimming Canada, and by extension, the PS, and shall be administered by Swimming Canada or PS.

C14.3.2.1 Rules Applicable to all Aquatic Sports and Swimming Rules contained herein shall apply to Age Group swimming.

C14.3.2.2 Each PS shall 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.

C14.3.2.3 Age Group competition categories shall 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)

C14.3.2.4 When an 'Individual' event is designated as 'age group', only swimmers in that age group shall be eligible to compete in that event.

C14.3.2.5 A swimmer may only compete in that swimmer's own age group as defined in the meet package. (i.e. single, double age bands).

C14.3.2.6 In age group relays, one (1) or two (2) swimmers may be from a younger age group. In such cases, the swimmer(s) may swim in both their own age-group relay as well as in one or more older age-group relays.

C14.3.3 National Age Group Records

C14.3.3.1 In individual events, swimmers shall be the correct age on the first day of the meet in which the record was made.

C14.3.3.2 A record time may be achieved in senior or age group events.

C14.3.3.3 The swimmer shall meet the eligibility requirements to hold Canadian records.

C14.3.3.4 National Age Group Records shall be recognized for the same individual events as Canadian Records. Records for the 50 Backstroke, 50 Breaststroke, and 50 Butterfly shall only be maintained for the 18 & Under age category. No records shall be maintained for the 100 IM in the 11-12, 13-14, and 15-17 age categories.

C14.3.3.5 A swimmer 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.

15. SWIMWEAR AND WEARABLES

15.1 Competitors must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit. All swimsuits shall comply with the requirements set forth in these Competition Regulations.

15.2 For swimming competitions, Swimsuits for men shall not extend above the navel nor below the knee. For women, the swimsuit shall not cover the neck, nor extend past the shoulder, nor below knee. The Swimsuits shall be made from textile materials.

C15.2.1 A swimmer shall wear only one swimsuit at a Swimming Canada National Competition, and shall observe all World Aquatics regulations related to swimwear as stated in the World Aquatics By-Laws and Competition Regulations.

C15.2.2 In all other sanctioned age group and masters swimming events, swimwear is exempt from compliance with the Part II 15 Swimwear 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.

15.3 No swimmer shall be permitted to use or wear any device or swimsuit that may aid

his/her 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. Goggles may be worn. As a consequence of injury, it is permissible to tape not more than one or two fingers or toes. Any other kind of tape on the body is not permitted unless approved by the Referee or other designated person.

C15.3.1 In all sanctioned age group swimming events, taping is permitted. Approval may be required for taping at championship events, and the process for this approval shall be stated in the Meet Information Package.

C15.3.2 At a Swimming Canada national competition, a Taping Review Committee shall be established in advance of the competition. All tape worn during competition must be approved by this committee. If verification of taping is not completed or approval is not granted prior to competition, the swimmer may be subject to disqualification under the applicable rule for unauthorized equipment or medical support.

15.4 A World Record (including Junior World Record and Masters World Record) will only be recognised by World Aquatics if approved Swimwear has been used.

World Aquatics may request the Athlete to submit her/his swimsuit worn during the World Record for conducting further analysis in its laboratory.

16. SWIMMING FACILITIES AND EQUIPMENT

Refer to World Aquatics Competition Regulations Part II 16 and the Facility Rules & Guidelines of Swimming Canada https://www.swimming.ca/swimming-canada-rules/.

17. MEDICAL AND SAFETY SPECIFIC REQUIREMENTS FOR SWIMMING

Refer to World Aquatics Competition Regulations Part II 17.

C17.3.1 Swimming competitions must adhere to all regulations, guidelines and safety requirements within the jurisdiction of the facility/province.

C18. POST-SECONDARY SWIMMING

C18.1.1 All current Swimming Canada competition rules shall apply to university and high school swimming established by U Sports or the Conference Athletic Associations (Atlantic, Quebec, Ontario, & Canada West) shall apply.

C18.1.2 Each conference is responsible for its own championship meet format.

PART III

OPEN WATER SWIMMING

All World Championships, World Cups and World Aquatics Events shall 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 shall 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 shall 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. WORLD AQUATICS CHAMPIONSHIPS AND OLYMPIC GAMES

1.1 Open Water Swimming is defined as any competition that takes place in rivers, lakes, oceans or water channels or any other body of open water.

C1.1 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.
- The same age restrictions apply to para swimmers who 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). Swimmers aged 12 or 13 may not exceed 2,500m in total distance across all rounds of a single event.

Refer to World Aquatics Competition Regulations Part III 1.2-1.5.

1.3 Program of the World Aquatics Championships

Men	Women	Mixed Team Events
10 kilometres	10 kilometres	N/A
5 kilometres	5 kilometres	N/A
		4x1500 m Relay
*Knockout Sprint	*Knockout Sprint	

* Knockout Sprint event may be included in the World Aquatics Championships Programme subject to agreement between World Aquatics and the Organising Committee.

1.3.2 Description of the Knockout Sprint Race:

1. Male and Female races will be swum separately.
2. Each Federation may enter a maximum of two (2) Male, and two (2) female competitors.
3. For Round one (1) the entry list will be published in advance of the Team Leaders Meeting. – The number of heats to be swum in Rounds one (1) and two (2) will be determined after all the entries have been received and processed and will be announced at the Team Leaders Meeting. For round two (2) the maximum number of heats would be two (2). – Random draw for heats will be published in advance of Registrations opening.
4. In Round One (1) each competitor will swim 1500m, competitors advancing to Round two (2) will swim 1000m, and competitors advancing to Round three (3) will swim 500m.
5. The top ten (10) finishes from each heat in Round one (1) will advance to Round two (2) - or two (2) heats with the allocation process announced at the Team Leaders Meeting.
6. If there is one (1) heat in Round two (2) the top 10 from Round two (2) will advance to the Round three (3) final. If there are two (2) heats in Round two (2) the top 10 finishes from each heat will advance to the Round three (3) final.
7. If any competitor receives a 1st infringement during Rounds one (1) or two (2) then this penalty would remain in place if the competitor advances forward in any Rounds of the event.
8. In the event of disqualification or withdrawal from Rounds two (2) or three (3) the position competitor would have had shall be awarded to the competitor who finishes next, and all the lower placing competitors shall be advanced one place in the semi-final(s) or final.
9. Medals will be awarded for 1st, 2nd and 3rd places for each gender Male (M) and Female (F) as per Part One, Article 12.1.2.1.

Note: If a competitor in the World Aquatics Open Water Swimming 3km Knockout Sprint event not wishing to take part in a semi-final or final in which qualification was earned shall withdraw within five (5) minutes following the preliminaries or semi-final of the event in which the qualification took place. (Part I 6.1.4)

1.5 World Aquatics Junior Open Water Swimming Championships

1.5.2 Individual Events

- 14-15 years 5 km Boys and Girls
- 16-17 years 7.5 km Boys and Girls
- 18-19 years 10 km Boys and Girls
- *Open Knockout Sprint Boys and Girls

* Knockout Sprint events shall be included in the World Aquatics Championships Programme subject to agreement between World Aquatics and the Organising Committee.

2. OFFICIALS

The following officials shall be appointed at Open Water Swimming competitions:

- Chief Referee (one per race)
- Referees (2 minimum, additional Referees proportional to race entries)
- Chief Timekeeper plus 2 Timekeepers
- Chief Finish Judge plus 2 Finish Judges
- Safety Officer
- Medical Officer
- Course Officer
- Clerk of the Course
- Race Judges (one per competitor) except for events with a course of 10 km or less
- Turn Judges (one per alteration of course)
- Feeding Platform Judge (when feeding platforms are used)
- Relay Judge
- Starter
- Video Review Judge (at AQUA events with DRS only – see Part III 3.17 and 9.4)
- Announcer
- Recorder

NOTE: No official can act in more than one role simultaneously. They may only undertake a new role after all of the obligations of their previous role have been fulfilled.

C2.1 In addition to the above officials, a Meet Manager shall be appointed.

3. DUTIES OF OFFICIALS

3.1 Chief Referee

The Chief Referee shall:

3.1.1 have full control and authority over all officials and shall approve their assignments and instruct them regarding all special features or regulations related to the competition. The Chief Referee shall enforce all the Rules and decisions of World Aquatics and shall decide all questions relating to the actual conduct of the competition, the final settlement of which is not otherwise covered by these Rules.

3.1.2 ensure that all necessary officials for the conduct of the competition are at their respective posts. The Chief Referee may appoint substitutes for any who are absent,

incapable of acting or found to be inefficient and may appoint additional officials if considered necessary.

3.1.3 have authority to intervene in the competition at any stage to ensure that World Aquatics Rules are observed.

3.1.3.1 In case of hazardous conditions that jeopardize the safety of the competitors and the officials, in conjunction with the Safety Officer she/he can stop the race.

3.1.4 adjudicate on all appeals related to the competition in progress.

3.1.5 signal to competitors, by raised flag and short blasts on a whistle, that the start is imminent and when satisfied indicate by pointing the flag at the Starter that the competition may commence.

3.1.6 disqualify any competitor for any violation of the Rules that she/he personally observe, or which is reported to her/him by other authorised officials. Notwithstanding the provisions of Part III 5.3 hereof, the Chief Referee may decide to enforce the disqualification at the end of the race.

3.1.7 receive all reports prior to the start of the race and at the conclusion of the race from the Clerk of the Course, Recorder, Course Officer and Safety Officer to ensure all competitors are accounted for.

3.1.8 give a decision in cases where the Finish Judges' decisions and times recorded do not agree.

3.2 Referees

The Referees shall:

3.2.1 have authority to intervene in competition at any stage to ensure that World Aquatics Rules are observed.

3.2.2 disqualify any competitor for any violation of the Rules that they personally observe.

3.3 Starter

3.3.1 The Starter shall start the race in accordance to Part III 4 following the signal by the Chief Referee.

3.4 Chief Timekeeper

The Chief Timekeeper shall:

3.4.1 assign at least two (2) Timekeepers to their positions for the start and finish.

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

3.4.3 collect from each Timekeeper the time recorded for each competitor and, if necessary, inspect their watches.

3.4.4 record or examine the official time for each competitor.

3.5 Timekeepers

Timekeepers shall:

3.5.1 take the time of each competitor/s assigned. The watches must have memory and printout capability and shall be certified correct to the satisfaction of the Management Committee.

3.5.2 start their watches at the starting signal, and only stop their watches when instructed by the Chief Timekeeper.

3.5.3 promptly after each finish record the time of each competitor and turn it over to the Chief Timekeeper.

NOTE: When Automatic Officiating Equipment is used, the same complement of hand timers is to be used.

3.6 Chief Finish Judge

The Chief Finish Judge shall:

3.6.1 assign each Judge to a position.

3.6.2 record and communicate any decision received from the Referees during the competition.

3.6.3 record and report to the Chief Referee any violation of the Rules within the Finish Funnel observed personally, or reported by appointed Finish Judges.

3.6.4 collect after the race, signed results sheets from each Finish Judge and establish the result and placing which shall be sent directly to the Chief Referee.

3.6.5 confirm to each race judge their escort boat and instruct them in their duties.

3.7 Finish Judges

Finish Judges (two) shall:

3.7.1 be positioned in line with the finish where they shall have at all times a clear view of the finish.

3.7.2 record after each finish the placing of the competitors according to the assignment given.

3.7.3 record any violation of the Rules personally observed within the Finish Funnel on the record sheets provided, then communicate the violation to the Chief Finish Judge.

NOTE: Finish Judges shall not act as Timekeepers in the same event.

3.8 Race Judge

Each Race Judge shall:

3.8.1 be positioned in an escort safety craft (where applicable), assigned by random draw prior to the start, so as to be able to observe, at all times, their appointed competitor.

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

3.8.3 have the power to order a competitor from the water upon expiry of any time limit so ordered by the Chief Referee.

3.8.4 ensure that their appointed competitor does not take unfair advantage or commit unsporting impediment on another competitor and if the situation requires instruct a

competitor to maintain clearance from any other competitor.

3.9 Turn Judges

Turn Judges shall:

3.9.1 be positioned so as to ensure all competitors execute the alterations in course as indicated in the competition information documents and as given at the pre-race briefing.

3.9.2 record any infringement of the turn procedures on the record sheets provided, then immediately communicate the infringement to the Chief Referee.

3.9.3 promptly upon completion of the event deliver the signed record sheet to the Chief Referee.

3.10 Feeding Platform Judge

Each Feeding Platform Judge shall be responsible for the management of the activity and the competitors authorised representatives present on the platform, in accordance with World Aquatics rules.

3.10.1 Feeding Platform Judges will be responsible for checking that all authorised representatives are complying with the use of supplied World Aquatics biodegradable bottles as per Part Three, Section 5.13.5.

> **C3.10.1.1** Each competitor must have a representative on the feeding platform. This individual must be a registered coach or support staff.

3.11 Relay Judge

The Relay Judge/s shall manage the activity on the Relay platform and change-over zone to ensure all changeovers occur in accordance with the rules whereby the arriving competitor completes their lap before the departure of the next competitor.

3.12 Safety Officer

The Safety Officer shall:

3.12.1 be responsible to the Chief Referee for all aspects of safety related to the conduct of the competition.

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

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

3.12.4 provide prior to the competitions to all competitors a tide/current chart clearly indicating the time of tide changes on the course and showing the effect of tides or current on a competitor's progress along the course.

3.12.5 in conjunction with the Medical Officer advise the Chief Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted.

3.12.6 monitor temperature conditions periodically during the race.

3.13 Medical Officer

The Medical Officer shall:

3.13.1 be responsible to the Chief Referee for all medical aspects related to the competition and competitors.

3.13.2 inform the local medical facilities of the nature of the competition and ensure that any casualties can be evacuated to medical facilities at the earliest opportunity.

3.13.3 in conjunction with the Safety Officer, advise the Chief Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted.

3.14 Course Officer

The Course Officer shall:

3.14.1 be responsible to the Management Committee for the correct survey of the course.

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

3.14.3 ensure all course alteration points are correctly marked and manned prior to the commencement of the competition.

3.14.4 with the Referee and Safety Officer inspect the course and markings prior to the commencement of competition.

3.14.5 ensure that Turn Judges are in position prior to the start of the competition and report this to the Chief Referee.

3.15 Clerk of the Course

The Clerk of the Course shall:

3.15.1 assemble and prepare competitors prior to each event and ensure proper reception facilities at the finish are available for all competitors.

3.15.2 ensure each competitor is identified correctly with their race number and that all competitors have trimmed fingernails and toenails and are not wearing any jewellery, including watches.

3.15.3 record all approved wearables declared in the First Call room

3.15.4 be certain all competitors are present, in the assembly area, at the required time prior to the start.

3.15.5 keep competitors and officials informed of the time remaining before the start at suitable intervals until the last five minutes, during which one- minute warnings shall be given.

3.15.6 be responsible for ensuring that all clothing and equipment left in the start area is transported to the finish area and kept in safekeeping.

3.15.7 ensure that all competitors leaving the water at the finish have the basic equipment required for their well being should their own attendants not be present at that time.

3.15.8 The Clerk of the Course shall notify the Chief Referee and Recorder of any withdrawals and DNF's (Did-Not-Finish).

3.16 Recorder

The Recorder shall record withdrawals from the competition, enter results on official forms, and maintain records for team awards as appropriate.

C3.16.1 The Recorder shall be responsible to the Chief Referee for keeping the Official Results lists. These shall be when the Men's and Women's events start at the same time.

A combined results list by times and overall positions

The Men's Results list

The Women's Results list

C3.16.2 When completed and after being signed by the Chief Referee, the Officials Results Lists shall be known as the Ratified Results List for the Event.

3.17 Video Review Judge (VRJ)

3.17.1 At World Aquatics events where there is a Decision Review System (DRS) in use a Video Review Judge (VRJ) is to be appointed.

3.17.2 The DRS system will be used to assist the Chief Referee to make any decisions to enforce any violation of the Competition Regulations.

3.17.3 The Video Review Judge (VRJ) shall review all finishes of the Race from the entry of the Finish Funnel to the Finish Plate, and record and report any violation of the Rules to the Chief Referee.

3.17.4 For the 3km Knockout Sprint races the Video Review Judge (VRJ) shall enforce any violation of the Rules that they personally observe using the Decision Review System (DRS) if in use, and report these to the Chief Referee.

3.17.5 The Chief Referee will review and consider any violations reported by the Video Review Judge (VRJ) after a competition has finished.

C3.18 Announcer

C3.18.1 The Announcer shall be responsible to the Organizing Committee for the communication of all relevant information related to the current positions and abandonments from the race.

C3.19 Meet Manager

The Meet Manager shall:

C3.19.1 be responsible for all the organizational details of the meet, shall have control of the mechanics associated with the running of the meet, and shall be responsible for having the necessary equipment and personnel available during the meet. Appointments of personnel shall be subject to ratification by the Chief Referee.

C3.19.2 be responsible for the dissemination of all meet information and all meet forms.

C3.19.3 be responsible for the preparation of entry lists and/or heat sheets and have them available prior to the start of each race.

C3.19.4 be responsible for issuing official results.

C3.19.5 be the Chairperson of the Jury of Appeal at non-National competitions.

4. THE START

4.1 All Open Water competitions shall start with all competitors wearing an approved swim cap and standing on a fixed platform or in water depth sufficient for them to commence swimming on the start signal.

4.1.1 When starting from a fixed platform competitors shall be assigned a position on the platform, as determined by random draw.

4.1.2 For Olympic Games, World Aquatics Championships, and other World Aquatics competitions, the start shall be from a fixed platform.

4.2 The Clerk of the Course shall keep competitors and officials informed of the time before start at suitable intervals and at one-minute intervals for the last five minutes.

4.3 When the numbers of entries dictate the start shall be segregated in the Men's and Women's competitions.

4.4 The start line shall be clearly defined by either overhead apparatus or by removable equipment at water level.

4.5 The Chief Referee shall indicate by a flag held upright and short blasts on a whistle when the start is imminent and indicate that the competition is under Starter's orders by pointing the flag at the Starter.

4.6 The Starter shall be positioned so as to be clearly visible to all competitors.

4.6.1 On the Starter's command "take your marks" all competitors shall take up a starting position immediately in line with the start line where a platform is not used, or with at least one foot at the front of the platform.

4.6.2 The Starter will give the starting signal when he/she considers all competitors are ready.

4.7 The start signal shall be both audible and visual.

4.8 If in the opinion of the Chief Referee an unfair advantage has been gained at the start the offending competitor will be given a yellow or red flag in accordance with Part III 5.3.

4.9 All escort safety craft shall be stationed prior to the start so as not to interfere with any competitor, and if picking up their competitor from behind shall navigate in such a way as not to manoeuvre through the field of competitors.

4.10 Although they may start together, in all other respects the men's and women's competitions shall be treated as separate events.

5. THE RACE

5.1 All Open Water competitions shall be Freestyle events and competitors are required to complete the whole course, respecting all designated turning buoys and course boundaries.

5.2 Race Judges shall instruct any competitor who is, in their opinion, taking unfair advantage by pacing or slip streaming with the escort craft to move clear.

5.3 Disqualification Procedure

5.3.1 If in the opinion of the Chief Referee or Referees, any competitor, or competitor's

approved representative, or escort safety craft, takes advantage by committing any violation of the rules, or by making intentional contact with any competitor, the following procedure shall apply:

5.3.1.1 1st Infringement:
A yellow flag and a card bearing the competitor's number shall be raised to indicate and to inform the competitor that she/he is in violation of the Rules.

5.3.1.2 2nd Infringement:
A red flag and a card bearing the competitor's number shall be raised by the Referee (Part III 3.1.6) to indicate and to inform the competitor that she/he is for the second time in violation of the Rules. The competitor shall be disqualified.

5.3.2 If in the opinion of a Referee, an action of a competitor or an escort safety craft, or a competitor's approved representative is deemed to be "unsporting" the Referee shall disqualify the competitor concerned immediately. She/He must leave the water immediately and be placed in an escort craft and take no further part in the race.

5.4 Escort safety craft shall manoeuvre so as not to obstruct or place them directly ahead of any competitor and not take unfair advantage by pacing or slip streaming.

5.5 Escort safety craft shall attempt to maintain a constant position so as to station the competitor at, or forward of, the mid-point of the escort safety craft.

5.6 Standing on the bottom during a race shall not disqualify a competitor but they may not walk or jump.

5.7 With the exception of Rule Part III 5.6 above competitor shall not receive support from any fixed or floating object and shall not intentionally touch or be touched by their escort safety craft or crew therein.

5.7.1 Rendering assistance by an official medical officer to a competitor in apparent distress should always supersede official rules of disqualification through "intentional contact" with a competitor (Rule Part III 5.3.1).

5.8 For races where escort boats are used, each escort safety craft shall contain: a Race Judge, a person of the competitor's choice, and the minimum crew required to operate the escort safety craft.

5.8.1 Each escort safety craft shall display the competitor's competition number so as to be easily seen from either side of the escort safety craft and the national flag of the competitor's Federation.

5.9 Each safety craft shall contain appropriately qualified safety personnel and the minimum crew required to operate the safety craft.

5.10 No competitor shall be permitted to use or wear any device which may be an aid to their speed, endurance, or buoyancy. Approved swimsuit, goggles, a maximum of two (2) caps, nose clip and earplugs may be used.

5.11 Competitors shall be allowed to use grease or other such substances providing these are not, in the opinion of the Chief Referee, excessive.

5.12 The pacing of a competitor by another person entering the water is not permitted.

5.13 Feeding

5.13.1 Feeding poles are not to exceed 5m in length when extended. No objects, rope

or wire may hang off the end of the feeding pole except national flags. National flags are allowed to be attached to the feeding pole but may not exceed the size of 30cm x 20cm. Flags shall be of fabric material with no hard edges and without any weight or other items added.

5.13.2 Coaching and the giving of instructions by the approved competitor's representative on the feeding platform or in the escort safety craft is permitted. No whistle shall be allowed.

5.13.3 When taking sustenance competitors may use Rule Part III 5.6 provided Rule Part III 5.7 is not infringed.

5.13.4 No objects can be thrown from the feeding platform to the competitors, including sustenance. The competitors shall receive their feeding in biodegradable containers directly from their representative by a feeding pole or by hand.

5.13.5 For World Aquatics events, it is mandatory that World Aquatics biodegradable bottles are used. Each athlete will be given 6 bottles (distributed via National Federation). Feeding Judges shall check all feeders are complying with this rule.

C5.13.1 For non-World Aquatics events, Club flags are allowed to be attached to the feeding poles.

C5.13.2 Feeding poles shall be inspected by the Clerk of the Course.

5.14 Time Limits

In all events, time limits shall apply as follows from the finish time of the first competitors:

- 15 minutes per 5km (or part thereof) up to a maximum time limit of 120 minutes.

5.14.1 Competitors who do not finish the course within the time limit shall be removed from the water except that the Chief Referee may allow a competitor outside the time limit to complete the course but not be eligible for any points or prizes.

C5.14.2 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.

C5.14.3 After expiry of the designated time limit the Chief Referee may order any or all competitors not in compliance from the water.

C5.14.4 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.

C5.14.5 If the Chief Referee orders competitors not in compliance with a cut off time from the water, designated escort safety crafts shall collect the competitors, starting at the rear of the course.

5.15 Emergency Abandonment

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

5.15.1.1 Where a competitor/s has completed the race prior to abandonment, the final ranking will be as reported by the Chief Referee having regard to those competitor(s) who have already finished.

5.15.2 In cases of emergency abandonment for any race longer than 10km, the final ranking will be as reported by the Chief Referee. If 2 hours of the race has not been completed, it will be restarted from the beginning at the earliest moment possible.

C5.15.3 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.

6. THE FINISH OF THE RACE

6.1 Escort safety craft should be stationed at the approach to and entrance of the finish funnel to ensure that only the escort safety craft authorised to do so enter or cross this entrance.

6.2 The final places will be determined by the Chief Referee based upon the finish judges' report and the finish video tape.

6.3 All competitors must start the race with a microchip transponder on each wrist. If a competitor loses a transponder the Race Judge or other authorised Official, will immediately inform the Chief Referee who will instruct the responsible Official on the water to issue a replacement transponder. All competitors need to finish with at least one transponder on their wrist. Any competitor who finishes the race without at least one transponder will be disqualified.

C6.3.1 Information on microchip transponders shall be clearly stated in the Meet Information Package if microchip transponders are used.

6.4 When at the finish of an Open Water Swimming competition, a finish plate is available, competitors must touch the finish plate to finish the race. Any competitor who does not touch the finish plate will be disqualified.

6.5 The Finish Judges and Timekeepers shall be placed so as to be able to observe the finish at all times. The area in which they are stationed should be for their exclusive use.

6.6 Every effort should be made to ensure that the competitor's representative can get from the escort safety craft to meet the competitor as they leave the water.

6.7 Upon leaving the water some competitors may require assistance. Competitors should only be touched or handled if they clearly display a need, or ask for assistance.

6.8 A member of the medical team should inspect the competitors as they leave the water. A chair, in which the competitor can sit while an assessment is made, should be provided.

6.9 Once cleared by the medical member, competitors should be given access to refreshment.

7. SWIMWEAR & TECHNOLOGY

7.1 For open water swimming competitions with water temperature from 18°C and above, Swimsuits (men and women) shall not cover the neck, nor extend past the shoulder, nor extend below the ankle. Subject to these specific shape specifications, swimsuits for open water swimming competitions shall further comply with all other requirements applicable to swimsuits for swimming-pool competition.

7.2 For Open Water Swimming competitions in water with temperature below 18°C, the use of wetsuits is compulsory. Wetsuits are not permitted in Open Water Swimming

competitions in water with temperature 18.0°C and above except when conditions are hazardous for the competitors, the Chief Referee may, upon recommendation from the Safety Officer & Medical Officer declare wetsuits as mandatory in temperatures up to 20.0°C.

7.3 Wetsuits

Wetsuits shall completely cover torso, back, and thighs. They shall not extend beyond the neck, wrists and ankles.

The body parts, after the shoulder and/or below the thigh do not necessarily need to be covered.

7.4 Team Event

All competitors from the same team must wear the same team caps which shall also comply with the Competitions Rules Part I 8.

7.5 Technology

Technology such as drones, GPS tracking, bio-medical sensors or devices that record blood pressure, body temperature, stroke rate, breathing rate etc. via the transponder are permitted when approved by World Aquatics.

The technology may transmit such information but not act as a receiver giving advantage to the competitor such as "smart goggles", hearing devices, and the like.

An approved list of Wearables for World Aquatics competitions is available HERE.

Competitors must declare all Wearables when reporting to the First Call Room. Failure to declare may result in disqualification from the event.

C7.5.1 The use of technology such as drones, GPS tracking, bio-medical sensors or devices that record blood pressure, body temperature, stroke rate, breathing rate etc. are permitted via the transponder. The technology may receive such information, but shall not be utilised to transmit data, sounds, or signals to the swimmer and may not be used to give advantage to the competitor such as "smart goggles", hearing devices, and the like.

8. IDENTIFICATION OF COMPETITORS DURING THE RACE

8.1 Numbering of competitors

The number of Competitors is to appear on the arms, upper backs and hands of competitors. On the arms, the numbers shall be arranged vertically. On the upper backs and hands the numbering is horizontally. Numbering of the arms and backs shall be 100 mm high x 60 mm wide. The numbering of the hands of competitors is allowed by marking pens. For Competitors with darker skin and full body wet suits a white marker pen will be required.

9. OPEN WATER SWIMMING FACILITIES AND EQUIPMENT

9.1 Open Water Swimming Facilities

9.1.1 Start Platforms

Start Platforms shall be of sufficient size to allow 60cm space per competitor plus an additional 5m. Each competitor space should be identified and numbered with number 1 farthest from the entry to the platform. They shall be of sufficient width to allow for the necessary activities prior to the start and to support the weight of the competitors and officials at the start.

9.1.2 Finish

9.1.2.1 The final approach to the finish shall be clearly defined with markers of a distinctive colour and shall comprise the boundary of the course.

9.1.2.2 The area leading to the finish apparatus should be clearly marked by rows of buoys which narrow as they get closer to the finish wall. For World Aquatic events these buoys shall be inflatable tubes.

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

9.1.2.4 The finish apparatus should, where possible, be a finish plate at least 5 metres wide fixed if necessary to floatation devices, securely fastened in place so as not to be moved by wind, tide or the force of a competitor striking the wall. The finish should be filmed and recorded from each side and above by a video system with slow motion and recall facilities including timing equipment. For Olympic Games, World Aquatics Championships and other World Aquatics competitions this is mandatory.

9.1.2.5 Additional cameras on each side of the finish plate are required for the Decision Review System (DRS) describes in Part 3 9.4. These cameras shall cover the breadth of the finish funnel continuously from the entrance until overlapping the coverage provided by the finish cameras described in 9.1.2.4.

9.1.3 Turns/Alteration

9.1.3.1 All turns/alterations of the course shall be clearly indicated. Turn Buoys which are alterations of the course shall be of a different colour to guidance buoys. Wherever possible there shall be a long distance (to be confirmed by World Aquatics) from the start to the first turning buoy to ease congestion at the turn.

9.1.3.2 A clearly marked craft or platform, containing a Turn Judge, shall be positioned at all alterations of course in such a manner as not to obstruct a competitor's visibility of the turn.

9.1.4 Feeding Platforms

Feeding platforms shall be of sufficient size and buoyancy for the safe operation of the platform and the feeders and officials operating thereon. A minimum of 60cm of linear space per feeder plus 5m shall be required and of sufficient width to allow storage a preparation for competitor feeding. There needs to be sufficient space on one or more platforms to accommodate all feeders. Access to the platform shall be outside of the racecourse wherever possible.

9.1.5 All Platforms

All Starting Platforms, Feeding Platforms, Relay Platforms, turning apparatus and Turn Judges craft/platforms shall be securely fixed in position and not be subject to tidal, wind or other movements.

9.1.6 Water Conditions

9.1.6.1 A certificate of suitability for use of the venue shall be issued by the appropriate local health and safety authorities. In general terms the certification must relate to water purity and to physical safety from other considerations.

9.1.6.2 The minimum depth of water at any point on the course shall be 1.40 meter.

9.1.6.3 The water temperature should be a minimum of 16.0°C and a maximum of 31.0°C. It should be checked the day of the race, 2 hours before the start, , at three points around the course at a depth of 40 cm. The agreed temperature will be the average of the three taken. This control should be done in the presence of a Commission made up of the following persons present: a Referee, a member of the Organising Committee and one coach from the teams present designated during the Technical Meeting.

9.2 Automatic Officiating Equipment for Open Water Swimming

The operation of Automatic Officiating Equipment shall be under the supervision of appointed officials. Results recorded by Automatic Equipment shall be used to determine the winner, all placing and the time applicable to each competitor. The placing and times so determined shall have precedence over the decisions of judges & timekeepers. In the event that a break-down of the Automatic Equipment occurs or that it is clearly indicated that there has been a failure of the Equipment, or that a competitor has failed to activate the Equipment, the recordings of the judges & timekeepers shall be official.

9.2.1 Microchip Transponders

When automatic Officiating Equipment is used for timing of competitions in accordance with Rule Part III 8.2, microchip transponder technology capable of providing split times is mandatory and should be added to the Equipment. Use of microchip transponder technology is mandatory for World Aquatics competitions, at the World Aquatics Championships and Olympic Games. Microchip transponder timing technology will be recorded officially in tenths of seconds.

9.2.2 Intermediate Timing Gate

Where an intermediate timing gate is used it shall be placed such that it becomes part of the overall course within the swimming line of the course without deviation for the competitors. It shall be a minimum width of 6m wide at the swimming waterline.

9.3 Automatic Officiating Procedure for Open Water Swimming

9.3.1 Any timing device that is terminated by an official shall be considered a watch. Such manual times must be taken by three timekeepers appointed or approved by the Member in the country concerned. All watches shall be certified as accurate to the satisfaction of the governing body concerned. Manual timing shall be registered to 1/10 of a second. Where no Automatic Equipment is used, official manual times shall be determined as follows:

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

9.3.1.2 If all three (3) watches disagree, the watch recording the intermediate

time shall be the official time.

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

9.3.2 When the Automatic Officiating Equipment fails to record the place and/or time of one or more competitors in a given race:

9.3.2.1 Record all available Automatic Officiating Equipment times and places,

9.3.2.2 Record all human times and places.

9.3.2.3 The official place will be determined as follows:

- A competitor with an Automatic Officiating Equipment time and/or place must retain their relative order when compared with the other competitors having an Automatic Officiating Equipment time and/or place within that race.
- A competitor not having an Automatic Officiating Equipment place shall have their place established by the Chief Referee from the video recording of the finish of the race.
- A competitor having neither an Automatic Officiating Equipment place nor an Automatic Officiating Equipment time shall establish their relative order by the place recorded by the judges.

9.4 Decision Review System (DRS)

9.4.1 Decision Review System (DRS) is a system for collecting and reviewing images to be analysed at the end of the race by the Chief Referee as a means of decision support for an infraction that has been reported to the Chief Referee by any authorised Official.

9.4.2 At World Aquatics competitions where there is a Decision Review System (DRS) in use there will be a Video Review Judge (VRJ) appointed to review available images.

10. WATER QUALITY GUIDELINES FOR OPEN WATER

Refer to World Aquatics Competition Regulations III 10 and the Swimming Canada Open Water Swimming: Safety Guide Supplementary Rules Meet Manager Guidelines.

11. OPEN WATER SAFETY REGULATIONS

Refer to World Aquatics Competition Regulations III 11.

11.2 Submission of a Safety Plan to World Aquatics

11.2.3 No Covered Competition subject to these regulations shall be sanctioned or approved by World Aquatics without an approved safety plan in place.

C11.2.3.1 Prior to sanction approval, hosts must have an approved safety plan in place.

12. ANNEXES

Refer to World Aquatics Competition Regulations Part III 12.

PART VIII

MASTERS RULES

All Masters Swimming competitions are to be conducted according to the World Aquatics Competition Regulations Part VIII. Masters Rules with the exception of Part VIII 3.1.1 and Part VIII 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

The Masters program shall promote fitness, friendship, understanding and competition through Swimming, Diving, Artistic Swimming, Water Polo and Open Water Swimming among competitors with a minimum age of 25 years. (Note: exception in Part VIII 6.1.3).

The Technical Rules for the different disciplines (SW, OW, DV, WP and AS) in the Competition Regulations shall be followed with exceptions mentioned in this Masters part of the Competition Regulations.

2. MASTERS GENERAL RULES

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

2.2 Except for specific exceptions in the World Aquatics Rules and regulations all other World Aquatics Rules and Regulations shall apply to Masters Competitions.

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

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

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

2.6 Protests

2.6.1 Protests are possible

(a) if the rules and regulations for the conduct of the competition are not observed,

(b) if other conditions endanger the competitions and/or competitors, or

(c) against decisions of the referee; however, no protest shall be allowed against decisions of fact.

2.6.2 Protest must be submitted

(a) to the referee,
(b) in writing on World Aquatics Forms,
(c) by the participant,
(d) together with a deposit of 500 US Dollars or its equivalent, and
(e) within 30 minutes following the conclusion of the respective event or match.

If conditions causing a potential protest are noted prior to the event a protest must be lodged before the signal to start is given.

2.6.3 All protests shall be considered by the referee. If the referee rejects the protest, referee must state the reasons for her/his decision to the participant.

As a last recourse, at the World Aquatics Masters Championships, the participant can then submit his protest to the World Aquatics Masters Committee. The World Aquatics Masters Committee shall consider the protest and give the final decision.

2.6.4 If the protest is rejected, the deposit will be forfeited to the management body of the competition. If the protest is upheld, the deposit will be returned.

C2.6.5 Appeals - Canada

C2.6.5.1 All meets shall follow World Aquatics rules for submitting an appeal. (Part VIII 2.6.2 (d) excluded).

C2.6.5.2 The results of an event conducted “under appeal” shall be withheld (not announced or published) and prizes, point scores, and awards shall not be awarded until the appeal is resolved.

3. MASTERS SWIMMING RULES

The Swimming Rules in Part II of these Competition Regulation apply to Masters with the following exceptions:

3.1 Age Groups

C3.1.0 Swimmers 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 VIII 3.1.1 with the addition of 18-24
- Relay events as per Part VIII 3.1.2 with the addition of 72-99

3.1.1 Individual Events:

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

3.1.2 Relays:

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

3.1.3 For all purposes pertaining to Masters meet competition, the actual attained age of the competitor shall be determined as of December 31st of the year of competition.

3.2 Events

The following events may be conducted for each age group.

3.2.1 Short course (25 m)

50, 100, 200, 400, 800, 1500m – **Freestyle**
50, 100, 200m – **Backstroke**
50, 100, 200m – **Breaststroke**
50, 100, 200m – **Butterfly**
100, 200, 400m – **Individual Medley**
4 x 50m – **Freestyle Relay**
4 x 50m – **Medley Relay**
4 x 50m – **Mixed Freestyle Relay (2 women and 2 men)**
4 x 50m – **Mixed Medley Relay (2 women and 2 men)**
4 x 100m – **Freestyle Relay**
4 x 100m – **Medley Relay**
4 x 100m – **Mixed Freestyle Relay (2 women and 2 men)**
4 x 100m – **Mixed Medley Relay (2 women and 2 men)**
4 x 200m – **Freestyle Relay**
4 x 200m – **Mixed Freestyle Relay (2 women and 2 men)**

3.2.2 Long course (50 m)

50, 100, 200, 400, 800, 1500m – **Freestyle**
50, 100, 200m – **Backstroke**
50, 100, 200m – **Breaststroke**
50, 100, 200m – **Butterfly**
200, 400m – **Individual Medley**
4 x 50m – **Freestyle Relay**
4 x 50m – **Medley Relay**
4 x 50m – **Mixed Freestyle Relay (2 women and 2 men)**
4 x 50m – **Mixed Medley Relay (2 women and 2 men)**
4 x 100m – **Freestyle Relay**
4 x 100m – **Medley Relay**
4 x 100m – **Mixed Freestyle Relay (2 women and 2 men)**
4 x 100m – **Mixed Medley Relay (2 women and 2 men)**
4 x 200m – **Freestyle Relay**
4 x 200m – **Mixed Freestyle Relay (2 women and 2 men)**

3.3 Masters Swimming Technical Rules

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

3.3.2 The Start

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

3.3.2.2 When all swimmers are ready (instead of stationary) to start the starter shall give the starting signal.

3.3.2.3 Any swimmer(s) starting before the starting signal has been given may be disqualified upon the completion of the race.

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

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

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

C3.3.5.1 Two (2) per lane swimming is not permitted in any competitions in Canada.

C3.3.5.2 Positive check-in requirements and penalties for distance events are to be clearly outlined in the Meet Information Package**.**

3.3.6 The Warm Up must be supervised.

C3.3.6.1 All Swimming Canada Competition Warm-Up Safety Procedures must be followed - https://www.swimming.ca/rules-and-forms/.

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

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

3.4 Relays

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

3.4.2 Mixed Relays consist of two (2) female and two (2) male swimmers each registered with the same club. No swimmer is allowed to represent more than one club.

C3.4.3 Relay Name Submissions and/or Changes

As per Part II C3.7.4, '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.

3.5 Records

C3.5.0 Canadian Records

Canadian Records will be recognized from performances at any Provincial Section, Swimming Canada or World Aquatics sanctioned Masters swim meet. Swimmers 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 Swimmers 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 swimmer 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 II C13.3.3.1(i to iv). As per Part II C13.3.3.2, information on the process for requesting Officials Splits will be outlined in the Meet Information Package.

3.5.1 Masters World Records for all events listed in Part VIII 3.2 for both sexes in each age group shall be recognised and maintained in 1/100 second time (2 decimal places) and according to the provisions listed on the application form. World Records will be accepted only when times are recorded by Automatic Officiating Equipment, or Semi- Automatic Officiating Equipment in case of Automatic Officiating Equipment system malfunction.

3.5.2 Applications for Masters World Records must be made on the World Aquatics

official forms by the individual in question within 60 days from the end of the event.

3.5.3 **World Records** can only be established in a Masters meet:

a) formally sanctioned by a World Aquatics Member Federation; and

b) organised for on behalf of a club or an organisation, which is a member of this World Aquatics Member Federation or recognised by World Aquatics; and

c) conducted under the rules of World Aquatics (and specially those relevant to Masters Swimming); and

d) in which only swimmers registered in a club member of a World Aquatics Member Federation participated.

3.5.4 The first swimmer in mixed relays may apply for a Masters World Record.

3.6 Masters Swimming World Records Application Instructions

3.6.1 General

World Records for Masters are recognized by World Aquatics in both Long Course (50 metre pools only) and Short Course (25 metre pool only). Performance must be registered at a Masters meet as per Rule Part VIII 3.5.3.

3.6.2 Events and Age Groups

3.6.2.1 Individual Events - for Men and Women

Freestyle – 50m, 100m, 200m, 400m, 800m and 1500m;
Backstroke, Breaststroke and Butterfly – 50m, 100m and 200m;
Individual Medley – 100m (Short Course only), 200m and 400m.

3.6.2.1.1 Age Groups

25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80 – 84, 85 – 89, 90 – 94, 95 – 99,100 – 104, … (five year age groups as high as is necessary).

3.6.2.2 Relay Events - for Men, Women and Mixed (2 men and 2 women)

4x50m Freestyle, 4x50m Medley,
4x100m Freestyle, 4x100m Medley, 4x200m Freestyle

Relay Age Groups are calculated from the total age of team members (in whole years)

100 – 119 years, 120 to 159 years, 160 – 199 years, 200 to 239 years, 240 – 279 years, 280 to 319 years, 320 – 359 years, 360 to 399 years, … (forty year increments as high as is necessary).

3.6.3 Eligibility

All applicants must be financial members of a Federation affiliated with World Aquatics. Relay teams must be made up of four swimmers each properly registered with a single club. Swimmers may swim for only one club at any particular meet.

3.6.4 Timing

- Only electronic timing will be accepted OR
- Semi-Automatic Timing in the case of where the Automatic Timing system malfunctioned;
- Meet timing record or photocopy is to be attached to the application form.

3.6.5 Age Determining Date

For all purposes pertaining to Masters World Records and Masters World Championship meets, the actual attained age of the competitor as of 31 December of the year of the meet shall determine their age group for that competition and any record set during that competition.

3.6.6 Applications

Applications for records should be submitted on the World Aquatics Aqua App under: https://aqua.apps.worldaquatics.com/account/login within thirty (30) days of the event. Only the National Federation is to verify the details of the applicant and ensure that all documentation is complete including: a) Certification of pool length; b) Proof of date of birth; and c) Timing record. with only the National Masters Recorder being able to upload the documents into the app.

C.3.6.6.1 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 VIII 3.6.6.

For more detailed information on World Record applications, please refer to World Aquatics Competition Regulations Part VIII 3.6.

3.7 Appendix - Ruling for Masters Top Ten tabulations

Refer to World Aquatics Competition Regulations Part VIII 3.7.

3.8 Accepted Swimsuits for World Aquatic Masters Championships

For cultural, medical, modesty or religious reasons, World Aquatics Masters Championships participants ("**Athletes**") may compete in a swimsuit that covers more of the body than would otherwise be permitted under Article 15.2 of Part Two of the World Aquatics Competition Regulations ("**CR**"). Such a swimsuit is identified or referred to herein as a "**World Aquatics Accepted Swimsuit**".

This rule regarding World Aquatics Accepted Swimsuits only applies to World Aquatics Masters Championships.

Capitalized terms not defined herein shall have the meanings ascribed to such terms in the current CR.

World Aquatics Accepted Swimsuits:

(i) shall be made of traditional permeable textile (i.e. open mesh) Material (such as cotton, nylon, Lycra and the like), with no application of surface treatment closing the open mesh structure, in accordance with the current CR. The Material shall be flexible and soft folding:

(ii) shall not provide any technical advantage or any performance enhancement in terms of speed, buoyancy, or compression, and such swimsuits may be subject to inspection by World Aquatics in respect thereof, before and after competition;

(iii) shall be modest, in good taste and shall not be transparent;

(iv) may cover additional body surfaces including the legs, arms and/or head, but shall not cover the face, as this is a safety and drowning risk; and

(v) may not raise any safety issues or risks, including, but not limited to, swimwear that prohibits the body from moving freely and/or swimwear that impedes buoyancy.

Athletes are not required to justify their choice of swimsuit; however, Athletes are required, upon request by World Aquatics, to provide additional information pertaining to matters within this rule to assist with World Aquatics' decisions.

Athletes shall have the opportunity to present their proposed swimsuits to the applicable World Aquatics Technical Officials at an organized meeting (the "**Swimsuit Consultation**") prior to competition. If an Athlete fails to attend the Swimsuit Consultation, he or she bares the risk of his or her proposed swimsuit being rejected at any time. The decision to accept or not accept a swimsuit, as determined at the Swimsuit Consultation or at any time, shall be at the sole discretion of the World Aquatics Technical Officials.

Athletes shall wear only one swimsuit in one or two pieces. However, a specific opportunity to combine distinct upper and lower apparel components may be allowed (see the list of accepted /unacceptable swimsuits). World Aquatics Technical Officials may use their discretion to grant medical exemptions, enabling an Athlete to wear a swimsuit with an additional piece.

World Aquatics Accepted Swimsuits:

1. Full coverage with legging (with or without hood)
2. ¾ length
3. Rash shirt or well- fitted t-shirt
4. Swim skirt
5. Swim shorts
6. Trunks
7. Briefs
8. Swimwear with zippers/fasteners

Lower apparel component #4, #5, #6, and #7 can be combined with upper apparel component #3.

Unacceptable swimsuits:

- Loose fitting t-shirts
- Full body suit
- Full leg suit
- Open Water swimsuit (approved or not)

- Jammers (that are not on the List of Approved Swimwear)
- Full-knee (that are not on the List of Approved Swimwear)
- Loose fitting shorts
- Street wear
- Sportswear

Notes

Modifications: World Aquatics Accepted Swimsuits shall not be modified by the Athlete.

Other swimwear: This rule only applies to swimsuits. Other swimwear including wetsuits, goggles and/or swim caps must be approved World Aquatics in compliance with the Article 7 of Part One of the CR.

Definitions

World Aquatics Approved Swimsuit: A swimsuit that is approved by World Aquatics in accordance with the rules set forth in the Part One, Article 7 CR and valid on the date of approval. An *Approved* Swimsuit can be used at World Aquatics Competitions, World Aquatics Sanctioned Competitions, qualifying events for World Aquatics Competitions or Olympic Games and shall meet the requirements provided in Article 7 CR.

World Aquatics Accepted Swimsuit: A swimsuit that need not comply with the Article 7 CR and that may be authorised for use only in World Aquatics Masters Championships under the circumstances described above.

C3.8 Swimwear

Refer to Part II C15.2.1 and C15.2.2 for exemptions to World Aquatics Competition Regulations swimwear rules for masters meets sanctioned within Canada.

4. MASTERS OPEN WATER SWIMMING RULES

Masters Open Water Swimming shall be defined as any event for which the distance is greater than 1500 metres and where entry is restricted to Master swimmers.

The Open Water Swimming Rules in Part III of these Competitions Regulations shall apply to Masters Open Water Swimming with the following exceptions.

C4.0 In Canada, entry in Open Water Swimming events for Masters swimmers will be outlined in the Meet Information Package.

4.1 Masters Open Water Swimming events will be up to 5 km.

C4.1.1 In Canada, Masters swimmers 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 shall be outlined in the Meet Information Package for the event.

4.2 Age Groups for Open Water Swimming are the same as for Masters Swimming Individual Events (Part VIII 3.1).

C4.2.1 Age Groups for Open Water Swimming are the same as for Swimming Canada Masters individual events (Part VIII C3.1.0).

4.3 The water temperature shall be measured within 30 minutes before the start of the race and must be a minimum of 18°C and maximum of 31°C. The water temperature shall be

certified by the Safety Officer as measured in as near to the middle of the course as possible at a depth of 40 cm. If water temperature is below 18° C, the use of wetsuits is compulsory.

C4.3.1 Refer to the the World Aquatics Competition Regulations Part III 8.1.6 and Swimming Canada Open Water Safety Guide and Meet Manager Guidelines for detailed requirements for open water competitions in Canada.

4.4 It shall be compulsory for all swimmers to wear highly visible coloured swim caps and approved World Aquatics Swimwear.

4.5 At all Masters Open Water events the safety of the competition shall be of paramount importance.

8. WORLD AQUATICS MASTERS CHAMPIONSHIPS

Refer to World Aquatics Competition Regulations Part VIII 8 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 shall apply to those meets held as named by Swimming Canada.

SNC 1.1.2 Swimming Canada National Competitions shall be sanctioned by Swimming Canada and contracted for operations with a Local Organizing Committee.

SNC 1.1.3 At all Swimming Canada National Competitions, swimmers, coaches, officials, and other authorized personnel shall be issued a Deck Accreditation Card which shall be worn in order to gain access to the pool area.

SNC 1.1.4 Swimming Canada National Competitions shall not be sanctioned in a pool that does not meet the water depth as stated in Part II 16.1.4. **Effective September 1, 2018.**

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 shall be appointed by Swimming Canada.

SNC 1.2.2 The National Meet Director shall 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) shall chair the Jury of Appeal.

SNC 1.2.3 The National Meet Referee shall be appointed by the Swimming Canada Officials, Competitions and Rules Committee (OCRC).

SNC 1.2.4 The National Meet Referee shall have jurisdiction over all matters not assigned by the rulebook to the Referee, Judges or other officials. The National Meet Referee shall 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 I C13.2.3.

SNC 1.4 Program of Events

SNC 1.4.1 A detailed Meet Information Package covering Swimming Canada National Competitions shall be circulated by Swimming Canada (posted on the Swimming Canada website) at least 90 days prior to the meet. These documents shall be published and circulated in both English and French. Where there is a discrepancy between the two versions, the English version shall be applied.

SNC 1.4.2 Swimming Canada shall 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 shall 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 shall 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 shall require proof of time verification. Procedures for proof of time shall 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 shall 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 shall be proven to 1/100th of a second.

SNC 2.1.2 Where a Swimming Canada National Competition offers Qualifying Benefits, should a swimmer 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, swimmers shall enter events only to the allowable limitations.

SNC 2.2.2 Information on "Official Splits" at Swimming Canada National Competitions shall 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 shall be clearly stated in the Meet Information Package.

SNC 2.3.2 Relay team entry times must be proven and shall 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 shall 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 shall be clearly stated in the Meet Information Package. Scratches without penalty may be made by submitting the online scratch form naming the swimmer 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 shall be clearly stated in the Meet Information Package. There shall be no further re-seeding for withdrawals or "no shows" following the scratch deadline.

SNC 3.2.2 Relay 'Name Changes' shall 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 shall 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 shall be clearly stated in the Meet Information Package.

Note: The fastest seeded heat in timed final events shall have a full complement of swimmers with the intent of having no empty lanes.

SNC 3.4 Penalties

SNC 3.4.1 There shall be a $50.00 penalty for Scratches made after the Scratch Deadline. This penalty shall apply to all step-downs, no-shows, and unexcused incomplete swims for timed finals, and finals. (Unexcused incomplete swims shall 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

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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 or 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 that 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 themself 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
	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 jeopardised 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.