



PART TWO: SWIMMING RULES

1 MANAGEMENT OF COMPETITIONS

- 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 competitions shall appoint sufficient officials to ensure the fairness, integrity and safety of the competition.
- 1.2.1** At the Olympic Games, the World Aquatics Championships, and the World Aquatics Swimming Championships (25m), the following minimum number of officials for the control of the competition shall be appointed:
- Referee (2)
 - Starters (2)
 - Judges of Stroke (4)
 - Chief Inspector of Turns (2)
 - Inspectors of Turns (16/20 + 2 reserves)
 - Control Room Supervisor (1)
 - Video Review Supervisor (1)
 - Video Review Judges (4/5)
 - Call Room Supervisor (1)
 - Call room judges (4/5)
 - Resolution Desk judge
 - Warm-up supervisor(s)
- 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 shall 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 the Olympic Games and World Aquatics Championships shall be inspected and approved 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**
- The events and competition programme for each World Championships, including the World Aquatics Swimming Championships 25m will be agreed in advance by World Aquatics.


1.6.1 Program of the Olympic Games

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

Only entry times achieved in 50m pools will be accepted. Heats and semi-finals may be swum using 10 lanes. Finals should be swum using 8 lanes.

1.6.2 Program of the World Aquatics Championships (50m)

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

Only entry times achieved in 50m pools will be accepted. Heats and semi-finals may be swum using 10 lanes. Finals should be swum using 8 lanes.

1.6.3 Program of World Aquatics Swimming Championships (25m)

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



Entry times achieved in 25m and 50m pools will be accepted. Heats and semi-finals may be swum using 10 lanes. Finals should be swum using 8 lanes.

1.6.4 Program of the World Aquatics Junior Swimming Championships

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

Only entry times achieved in 50m pools will be accepted. Heats and semi-finals may be swum using 10 lanes. Finals should be swum using 8 lanes.

1.6.5 Program of the World Aquatics Swimming World Cup

The program of the World Aquatics Swimming World Cup will be defined by World Aquatics on an annual basis.

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.
- 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 Two, Article 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 short series of 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.



- 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 him by other authorised 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.
- 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 Two, Article 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 take-offs to the referee.
- 2.2.4** The Control Room Supervisor may review the video timing to confirm early take-off.
- 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 Two, Article 2.1.5) until the race has commenced. The start shall be given in accordance with Part Two, Article 4.
- 2.3.2** The Starter shall report a swimmer to the Referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, willful disobedience or misconduct.
- 2.3.3** The starter shall have the 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 One, Article 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 fulfil 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.
- 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 underwater display.
- 2.6.7** Each Inspector at the starting end shall give a warning signal when the swimmer in their 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) metres 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 Two, Article 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 one (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 times 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 in accordance with Part Two, Article 11.3.
- 2.9.2** Each timekeeper shall start their watch at the starting signal and shall stop it when the swimmer in their 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.
- 2.9.3** Promptly after the race, the timekeepers in each lane shall record the times of their watches on the card, give them to the Chief Timekeeper, and if requested present their watches for inspection. Their watches must be cleared at the short whistle of the Referee announcing the following race.
- 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 Aquatics 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.

2.12 Recorder (other than for Olympic Games and World Aquatics 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 Judge 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 Two.

3 SEEDING OF HEATS, SEMI-FINALS AND FINALS

The starting stations for all events in the Olympic Games, World Aquatics 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 on-line, 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 Two, Article 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 400m, 800m and 1500m events, the last three heats of the event shall be seeded in accordance with Part Two, Article 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 heats 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 Two, Article 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 Two, Article 3.1.1.2.
- 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 or semi-finals of events in excess of 200m and, including relay events, lane O will be used. A random draw will be held to determine which competitor is allocated in lane 8 and lane O. In case of three (3) equal times for 8th place, lane 9 and O will be used with a random draw for lane 8, 9 and O. 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 provisions outlined in Part Two, Article 3.2.3 will apply.
- 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 (O when using pools with 10 lanes) when facing the course from the starting end) by placing the fastest swimmer or team in the centre lane in pool with an odd number of lanes, or in lane 3 or 4 respectively in pools having 6 or 8 lanes. In pools using 10 lanes, the fastest swimmer shall be placed in lane 4. The swimmer having the next fastest time is to be placed on their 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 outlined in Part Two, Article 3.1.1.2.
- 3.2.2** Where no preliminary heats are necessary, lanes shall be assigned in accordance with Part Two, Article 3.1.2 above. Where preliminary heats or semi-finals have been held, lanes shall be assigned as in Part Two, Article 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.
- 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 Two, Article 3.1.2.
- 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 may 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.

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 Two, Article 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.
- 4.2** The start in the Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle (Part Two, Article 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 Two, Article 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 Aquatics 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 starting procedure beginning with the long whistle (the second one for Backstroke) as per Part Two, Article 2.1.5.

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.
- 6.2** At the signal for starting and after turning the swimmer shall push off and swim upon their back throughout the race except when executing a turn as set forth in Part Two, Article 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 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 Two, Article 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 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 shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to Part Two, Article 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.
- 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 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.

**"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.



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.
- 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 the relevant World Aquatics rules shall be disqualified.
- 10.3** On the pool deck, after respecting the presentation protocol outlined in Part Two, Article 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 their 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.
- 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 than 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.
- 10.15** Any swimmer having finished their race, or their distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished their race. Otherwise, the swimmer committing the fault, or their 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 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 Two, Article 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 Officiating 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:

11.4 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.

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

11.6 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.

11.7 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.

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

11.9 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 recognised:

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 Relay	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 recognised: