



Warringah Amateur Swimming Association Inc

RULES

Adopted or Amended	By Whom	Date
Adopted	Annual General Meeting	
Amended	Annual General Meeting	25th July 2005
Amended	General Meeting	5 November 2012
Amended	General Meeting	8 April 2013
Amended	General Meeting	2 September 2013
Amended	General Meeting	2 December 2013
Amended	General Meeting	1 September 2014
Amended	General Meeting	2 February 2015

Warringah Amateur Swimming Association Rules

COMPETITION

- 1.01 The Association may conduct Championships, Scratch, Handicap and Team Relay Events as well as other Meets as may be approved by a simple majority at a General Meeting.
- 1.02 Dates, venues, details of events, and general conditions for all WASA Carnivals for the ensuing season shall be recommended by the Race and Carnival Committee and ratified at a general meeting after the AGM and prior to 31 August. The Race Secretary will then publish the final programme.
- 1.03 Relay Events:
 - 1.03.1 *Scratch Meets*: A club may enter several teams, but only two teams may score points or win ribbons.
 - 1.03.2 A *swimmer* may only compete in one team in a particular relay event.
- 1.04 Scratch Meets:
 - 1.04.1 All events are timed finals.
- 1.05 Handicap Meets:
 - 1.05.1 Entry times must be in whole seconds (or minutes and whole seconds).
 - 1.05.2 For B/B/B events the stroke (Backstroke/Breaststroke/Butterfly) must be indicated on the entry form.
 - 1.05.3 The maximum allowable break is 2 seconds per 50 metres or part thereof (based on Entry Time). Swimmers recording faster times will be disqualified. (eg, "Break time" for a swimmer entered on 38 sec in a 50m event would be 36 sec).
 - 1.05.4 First and second placed competitors in each heat will progress to the next round. Additional swimmers, as per Rule 1.05.3, may progress to the next round to ensure all lanes are occupied. Finals are seeded based on entry times.
 - 1.05.5 Each swimmer may enter one Freestyle and one B/B/B event.

2 CONDITIONS OF ENTRY

- 2.01 Competitors must be swimming members of an affiliated WASA club and registered with WASA.
- 2.02 All swimmers shall abide by and be subject to the WASA Rules, By-Laws, policies and procedures.
- 2.03 Swimmers must meet the qualifying times, where applicable.
- 2.04 Entries shall be made on the appropriate Entry Form or electronically, as stipulated by the Race Committee.
- 2.05 Entries must be received by WASA prior to the Meet Entry Closing Date.

3 DETERMINATION OF AGE

- 3.01 Age is determined as at Date of the Meet, or first day of the meet for multi-day meets.

4 ENTRY FEE

- 4.01 Entry fees for WASA meets are determined by the committee at the Annual General Meeting, based on the recommendation of the Finance and Membership Committee.

5 AWARDS

- 5.01 **Jenny Oates Championship Meet** – WASA Championship Medals will be awarded to 1st, 2nd and 3rd placegetters in each age group.
- 5.02 **Peninsula Challenge Meets** – WASA Medals will be awarded to 1st, 2nd and 3rd placegetters in each age group.
- 5.03 **Handicap Meet** – WASA Medals will be awarded to 1st, 2nd and 3rd placegetters in each individual final.
- 5.04 **Relay Events** – WASA Ribbons will be awarded to 1st, 2nd and 3rd placegetters, up to a maximum of two (2) per club.

5.05 Perpetual Trophies

The *Jenny Oates Memorial Trophy* will be awarded to the club with the highest points at the Jenny Oates Championship Meet.

The *Curly Meakin Trophy* will be awarded to the club with the highest combined point score at the Peninsula Challenge meets.

The *Isa Wye Trophy* will be awarded to the club with the highest point score at the Handicap meet.

The *Warringah Trophy* will be awarded to the club with the highest combined points from all WASA meets.

- 5.06 **Age and Open Champions** – Trophies will be awarded to the swimmer with the highest points in each age group at the Jenny Oates Championship Meet.

6 POINT SCORES

- 6.01 Points shall be awarded, based on placings, in accordance with the following:

Individual Events (Scratch Meet)

1 st place	8 points	5 th place	4 points
2 nd place	7 points	6 th place	3 points
3 rd place	6 points	7 th place	2 points
4 th place	5 points	8 th and greater	1 point

Relay Events (Scratch Meet)

1st place	16 points	5 th place	8 points
2nd place	14 points	6 th place	6 points
3rd place	12 points	7 th place	4 points
4 th place	10 points	8 th and greater	2 points

Individual Events (Handicap Meet)

1 st place	8 points	3 rd place	6 points
2 nd place	7 points	All other finalists	3 points

Relay Events (Handicap Meet)

1 st place	16 points	3 rd place	12 points
2 nd place	14 points		

6.02 Where a Qualifying Time has been set, no points or awards will be awarded to any swimmer who does not achieve the Qualifying Time in the event.

6.03 Where two or more individual swimmers or relay teams record equal times, the appropriate points will be awarded for that place and the next placings will be deleted accordingly.

6.04 **Disqualification**

At Scratch meets, where a swimmer or team is disqualified, no points will be awarded.

At Handicap meets, where a swimmer breaks his/her time in the heats, or is disqualified for a rule infraction, he/she will not proceed to the next round. In finals, all swimmers in individual events will receive a minimum of 3 points.

7 **RECORDS**

7.01 A record is the establishment of a performance which equals or betters the previous best on record.

7.02 A Warringah Amateur Swimming Association (WASA) record shall be made in a pool without current or tide in a scratch event. (Note: A scratch event is one which is not handicapped.)

7.03 Age is determined as at the first day of the meet.

7.04 A record will be recognised by the award of a Record Certificate.

7.05 The time taken shall be the official recorded time.

7.06 Times which are equal to 1/100th of a second will be recognised as equal records and the swimmers achieving these equal times will be called "Joint Holders".

7.07 The swimmer must be a swimming member of WASA.

7.08 Relay records may only be set for the event the team is competing in.

7.09 Individual records may be set in any event which the swimmer is eligible to compete in. (Clarification: A 14 year-old swimmer competing in an Open event may break the 14 year and Open records.)

7.10 There shall be individual records recognised separately for Male and Female, short- and long-course for the following age, distance and stroke classes.

Short Course	25m	50m	100m	200m	400m	800m	1500m
FREESTYLE							
5/U	*	*					
6yrs	*	*					
7yrs	*	*					
8/U			*	*			
8yrs	*	*					
9yrs	*	*	*	*			
10yrs		*	*	*			
11yrs		*	*	*			
12yrs		*	*	*			
13yrs		*	*	*			
14yrs		*	*	*			
15yrs		*	*	*			
15/U		*	*	*			
16/O		*	*	*			
Open		*	*	*			
BACKSTROKE							
5/U	*	*					
6yrs	*	*					
7yrs	*	*					
8/U			*	*			
8yrs	*	*					
9yrs	*	*	*	*			
10yrs		*	*	*			
11yrs		*	*	*			
12yrs		*	*	*			
13yrs		*	*	*			
14yrs		*	*	*			
15yrs		*	*	*			
15/U		*	*	*			
16/O		*	*	*			
Open		*	*	*			
BREASTSTROKE							
5/U	*	*					
6yrs	*	*					
7yrs	*	*					
8/U			*	*			
8yrs	*	*					
9yrs	*	*	*	*			
10yrs		*	*	*			
11yrs		*	*	*			

Short Course	25m	50m	100m	200m	400m	800m	1500m
12yrs		*	*	*			
13yrs		*	*	*			
14yrs		*	*	*			
15yrs		*	*	*			
15/U		*	*	*			
16/O		*	*	*			
Open		*	*	*			
BUTTERFLY							
5/U	*						
6yrs	*						
7yrs	*	*					
8/U			*	*			
8yrs	*	*					
9yrs	*	*	*	*			
10yrs		*	*	*			
11yrs		*	*	*			
12yrs		*	*	*			
13yrs		*	*	*			
14yrs		*	*	*			
15yrs		*	*	*			
15/U		*	*	*			
16/O		*	*	*			
Open		*	*	*			
INDIVIDUAL MEDLEY							
8/U			*	*			
9,10,11,12,13,14,15			*	*			
15/U, 16/O			*	*			
Open			*	*			

Long Course	33m	50m	100m	200m	400m	800m	1500m
FREESTYLE							
5/U		*					
6yrs	*	*					
7/U			*				
7yrs		*					
8yrs		*	*				
9/U				*	*		
9yrs		*	*				
10yrs		*	*	*	*		
11yrs		*	*	*	*		
12yrs		*	*	*	*		
13yrs		*	*	*	*		
14yrs		*	*	*	*		
15yrs		*	*	*	*		

Long Course	33m	50m	100m	200m	400m	800m	1500m
15/U		*	*	*	*	*	*
16/O		*	*	*	*	*	*
Open		*	*	*	*	*	*
BACKSTROKE							
5/U		*					
6/U			*				
6yrs	*	*					
7yrs		*	*				
8yrs		*	*				
9/U				*			
9yrs		*	*				
10, 11, 12, 13, 14, 15		*	*	*			
15/U, 16/O		*	*	*			
Open		*	*	*			
BREASTSTROKE							
5/U		*					
6/U			*				
6yrs	*	*					
7yrs		*	*				
8yrs		*	*				
9/U				*			
9yrs		*	*				
10, 11, 12, 13, 14, 15		*	*	*			
15/U, 16/O		*	*	*			
Open		*	*	*			
BUTTERFLY							
5/U							
6/U			*				
6yrs	*						
7yrs		*	*				
8yrs		*	*				
9/U				*			
9yrs		*	*				
10, 11, 12, 13, 14, 15		*	*	*			
15/U, 16/O		*	*	*			
Open		*	*	*			
INDIVIDUAL MEDLEY							
9/U				*			
10, 11 yrs				*			
12, 13, 14, 15yrs				*	*		
15/U, 16/O				*	*		
Open				*	*		

7.11 There shall be relay records recognised separately for Male, Female and Mixed, short and long course for the following age, distance and stroke classes:

Short Course	25m	50m	100m	200m
FREESTYLE RELAY				
5/U	4x			
6yrs		4x		
7yrs		4x		
8/U		4x		
8yrs		4x		
9yrs		4x		

Long Course	50m	100m	200m
FREESTYLE RELAY			
7/U	4x		
9/U	4x, 8x		
10/U	4x		
11/U	4x, 8x, 10x		
12/U	4x		
13/U	4x, 8x		
15/U	4x, 6x, 8x		
Open	4x, 8x, 10x	4x	
MEDLEY RELAY			
9/U	4x		
10/U	4x		
11/U	4x	4x	
12/U	4x		
13/U	4x	4x	
15/U	4x	4x	
Open	4x	4x	

Extract from THE RULES OF SWIMMING – December 2014 Revision
(Courtesy of Swimming NSW)

GENERAL RULES

GR19 SWIMWEAR

GR19.1 General Swimsuit Rules

GR19.1.1 The swimwear (swimsuit, cap and goggles) of all swimmers shall be in good moral taste and suitable for the individual sports discipline.

GR19.1.2 Swimsuits worn by Competitors in Open Events, including ‘& Over’ events, conducted by WASA shall be non-transparent and conform to the following design:

(i) All swimsuits must be FINA approved;

Or

GR19.1.3 Swimmers may wear swimsuits, provided the suits meet the following criteria:

(i) Men’s swimsuits are limited to one (1) suit that covers at most the body surface from hips to knee. Swimsuits may not extend above the waist or below the knees.

(ii) Women’s swimsuits are limited to one (1) suit that is of “open back” and “open shoulder” designs that may extend down to the knee. Swimsuits must not extend below the knees.

(iii) No zippers or other fastening devices are allowed, except for a waist tie.

(iv) Swimsuits must be of textile material and must not contain any non-textile material such as polyurethane or neoprene.

GR19.1.4 Swimsuits worn by competitors in Age Group (18 & under) Events conducted by WASA shall be non-transparent and conform to the following design:

(i) Men’s swimsuits are limited to one (1) suit that covers at most the body surface from hips to knee. Swimsuits may not extend above the waist or below the knees.

(ii) Women’s swimsuits are limited to one (1) suit that is of “open back” and “open shoulder” designs that may extend down to the knee. Swimsuits must not extend below the knees.

(iii) No zippers or other fastening devices are allowed, except for a waist tie.

(iv) Swimsuits must be of textile material and must not contain any non-textile material such as polyurethane or neoprene.

GR19.1.5 The Referee of a competition has the authority to exclude any swimmer whose swimsuit does not comply with this Rule.

Clarification: Any “... **and Over**” event is treated as an Open Event and any approved swimwear can be worn.

SWIMMING RULES

SW1 MEET CONTROL

- SW1.1 The Race and Carnival Committee shall have jurisdiction over all matters NOT assigned by the Rules to the Referee, Judges or other officials and shall have the power to postpone events and to give directions, consistent with the Rules, relating to the methods to be adopted for the conduct of any event, which the Race and Carnival Committee may deem necessary, PROVIDED THAT:
- SW1.1.1 pool admission fees will, in no case, be returned, nor expenses allowed to any swimmer in consequence of any postponement or alteration;
- SW1.1.2 a MEET DIRECTOR shall be appointed by the Race and Carnival Committee as its representative in control of the meet.
- SW1.1.3 Swim meet officials shall be appointed by the Race and Carnival Committee and be responsible to the Meet Director.

SW2 SWIM MEET OFFICIALS, THEIR CONTROL, DUTIES AND POWERS

- SW2.1 A REFEREE shall be appointed and shall:
- SW2.1.1 have full control and authority over all officials, approve their assignments and instruct them regarding all special features or regulations relating to the competition. He/she shall enforce all the Rules and decisions and shall decide all questions relating to the actual conduct of the meet and event or competition, the final settlement of which is not otherwise covered by the rules;
- SW2.1.2 may intervene in the competition at any stage to ensure that the Association regulations and rules are observed, shall adjudicate all protests related to the competition in progress;
- SW2.1.3 shall disqualify any swimmer for any violation of the rules that he/she personally observes. The Referee may also disqualify any swimmer for any violation reported to him/her by other authorised officials. All disqualifications are subject to the decision of the Referee;
- SW2.1.4 have the power to disqualify any swimmer whose action during the conduct of an event in the opinion of the Referee is contrary to the good conduct of the meet;
- SW2.1.5 have authority to commence a race prior to swimmers in the previous race leaving the water;
- SW2.1.6 should the Finish Judges not be able to determine a result, add his/her placings to clarify the placings within the area of disagreement so that the result may be determined;
- SW2.1.7 when using Finish Judges without three (3) digital watches, the Referee shall determine placings where necessary. Automatic Officiating Equipment, if available and operating, shall be consulted (as stated in SW13);
- SW2.1.8 have authority to use any approved judging or timing devices;

- SW2.1.9 determine the result when a judging device is in use;
- SW2.1.10 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.
- SW2.1.11 at the commencement of each event, signal to the swimmers by a short series of whistles, inviting them to take off all clothing except for swimwear, 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 swimmers immediately to the starting position. When swimmers and officials are prepared for the start, the Referee shall gesture to the Starter with an outstretched arm, indicating that the swimmers are under the Starter's control. The outstretched arm shall stay in that position until the start is given;
- NOTE: Where circumstances warrant, the short series of whistles may be omitted;
- SW2.1.12 cause the Chief Recorder to be advised of any disqualification of a swimmer;
- SW2.1.13 where possible, advise promptly any swimmer so disqualified of the reason;
- SW2.1.14 signal swimmers to leave the water.

NOTE: Referees should be acquainted with the "Swimmers with a Disability Rules as published by SAL" and found on its website, www.swimming.org.au

- SW2.2 Not applicable to WASA.
- SW2.3 A **STARTER** shall be appointed and shall:
- SW2.3.1 have full control of the swimmers from the time the Referee turns the swimmers over to the Starter until the race has commenced. The start shall be given in accordance with SW4;
- SW2.3.2 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;
- SW2.3.3 have power to decide whether the start is fair, subject only to the decision of the Referee;
- SW2.3.4 when starting an event, the Starter shall stand on the side of the pool within approximately five (5) 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.

When starting a handicap event, The Starter shall stand behind the "limit" swimmer (who starts on "Go") and moves across the pool side behind the swimmers until the last swimmer (the "scratch" swimmer) has entered the water. Any swimmer who starts before his/her starting

number will be disqualified; however, a swimmer may return to the wall and restart from the water without penalty.

NOTE: When dealing with swimmers, a Starter should avoid any inclination to impatience.

For the start of an event, the Referee will give a long whistle to alert the Officials and spectators and also to call the swimmers to their positions on the starting platform or, in the case of backstroke events or medley relay events, to immediately enter the water. At the Referee's second long whistle, the swimmers shall return without undue delay to their starting positions in the water.

The Starter assumes control and gives the precautionary command as defined in these Rules. On receiving the command "take your marks", the swimmers will immediately take up their starting positions and remain stationary.

When starting an event with a pistol, the pistol should be held over the head.

SW2.4 **MARSHALLS** shall be appointed and shall:

SW2.4.1 ensure swimmers are reporting for the correct event;

SW2.4.2 mark off each swimmer as they report on the event sheet and ensure that once reported they do not leave the marshalling area without prior permission;

SW2.4.3 before closing an event, ensure the missing swimmer's names are called three times and mark the event sheet accordingly;

SW2.4.4 cross out each swimmer who reports as a non-starter or is reported as a non-starter or who has not reported by the closing time of the event;

SW2.4.5 note the closing time of the event on the event sheet;

SW2.4.6 after an event is closed, pass the swimmers to the Check Starters with the marked up event sheet;

SW2.4.7 if an amalgamation or reseed is possible within an event, consult the Referee for a decision. If the Referee decides to amalgamate or reseed an event, advise the Chief Recorder; signal the Referee when all is in readiness;

SW2.4.8 and

SW2.4.9 NOT RELEVANT TO WASA.

SW2.4.10 maintain order in the marshalling area at all times;

SW2.5 A **CHECK STARTER** shall be appointed and shall:

SW2.5.1 receive swimmers from the Marshals;

SW2.5.2 place the swimmers in the area designated by the Starter to receive starting instructions;

SW2.5.3 place swimmers in their respective starting positions for the event;

At handicap meets, ensure that swimmers are told their starting positions and starting numbers; report to the Referee any swimmer

who is not stationary at the start or started before his/her starting number was called.

- SW2.5.4 signal the Referee when all is in readiness;
- SW2.5.5 maintain general supervision to ensure the costumes of all swimmers are in accordance with GR19 and
- SW2.6 **INSPECTOR OF TURNS** shall:
 - SW2.6.1 ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last arm stroke before touching and ending with the completion of the first armstroke after turning. The Inspectors of Turns at the starting end of the pool shall ensure that the swimmers comply with the relevant rules from the start and ending with the completion of the first armstroke. The Inspectors of Turns at the finish end of the pool shall ensure that swimmers finish their race in accordance with the current rules.
 - SW2.6.2 each Inspector of Turns 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.
- SW2.7 **JUDGES OF STROKE** shall be appointed and shall:
 - SW2.7.1 be located on each side of the pool;
 - SW2.7.2 ensure that the rules relating 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, and
 - SW2.7.3 report any violation to the Referee on signed cards, detailing the event, lane number and the infringement.
- SW2.8 A **CHIEF TIMEKEEPER** shall be appointed and shall:
 - SW2.8.1 assign the seating positions for all Timekeepers and the lanes for which they are responsible. 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 are determined by time.
 - SW2.8.2 When only one (1) Timekeeper per lane is available, an extra Timekeeper must be assigned in case of a malfunction of a stopwatch. In addition the Chief Timekeeper must always record the time of the winner of each heat.
 - SW2.8.3 ascertain the method of start from the Starter and inform the Timekeepers of the method to be used;
 - SW2.8.4 appoint Chief Lane Timekeepers who shall check and record on a card or slip the event, heat number and times of all watches and determine the time for that lane;

- SW2.8.5 ensure that the card or slip is collected from each lane and forwarded to the Chief Recorder and, if necessary, inspect the watches and the time recorded on the lane;
- SW2.8.6 the Chief Timekeeper may instruct the Timekeepers to record times at the intermediate 100 metre distances in races longer than 100 metres.
- SW2.9 **TIMEKEEPERS** shall be appointed and:
- SW2.9.1 each Timekeeper shall take the time of the swimmers in the lane assigned to him/her in accordance with SW11.3. The watches shall be certified correct to the satisfaction of the Meet Management Committee;
- SW2.9.2 each Timekeeper shall start his/her watch at the starting signal and shall stop it when the swimmer in his 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;
- SW2.9.3 promptly after the race, the Timekeepers in each lane shall record the times on their watches on the card, give it to the Chief Timekeeper and, if requested, present their watches for inspection. They shall clear their watches on the long whistle signal from the Referee;
- SW2.9.4 keep a personal record of their individual times for every event; and
- NOTE: It is desirable to ensure that three (3) Timekeepers are appointed to each lane. There should be two (2) Reserve Timekeepers, one or other of whom shall replace any Timekeeper as directed.
- Sw2.10 A **CHIEF FINISH JUDGE** shall be appointed and shall:
- SW2.10.1 assign each Finish Judge his/her position and the placing to be determined;
- SW2.10.2 after each race, collect signed result sheets from each Finish Judge and establish the result and placing which will be sent directly to the Referee;
- SW2.10.3 Where Automatic Officiating Equipment is used to judge the finish of a race, the Chief Finish Judge must report the order of finish recorded by the equipment after each race.
- SW2.11 **FINISH JUDGES** – three (3) or more, one of whom shall be the Chief Finish Judge, shall be appointed.
- SW2.11.1 Finish Judges shall be positioned in elevated stands in line with the finish, where they have a clear view of the course and the finish line at all times.
- SW2.11.2 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.
- SW2.12 The **CHIEF RECORDER** shall:
- SW2.12.1 be responsible for the checking, compilation and distribution of results from the Automatic Officiating Equipment or from results of times and placings in each event, received from the Referee;

SW2.12.2 **RECORDERS** – three (3) or more, one of whom shall be Chief Recorder, shall be appointed and shall:

SW2.12.2.1 control withdrawals, before and after heats or finals, enter results on official forms, list all new records established and maintain point scored where appropriate;

SW2.12.2.2 supply this information to the Announcer.

SW2.12.2.3 compile lists of swimmers for any ensuing round or final of an event and distribute as necessary to officials, press and public.

SW2.13 An **ANNOUNCER** shall be appointed and shall:

SW2.13.1 report to the Referee and Meet Director, check the operation of the equipment and become acquainted with the chief officials of the meet and

SW2.13.2 make all announcements, as directed, necessary for the conduct and presentation of the meet and generally assist the Meet Director to maintain meet continuity.

SW3 STARTING POSITIONS

SW3.1 For the purpose of a scratch or championship swimming event, each entrant shall be required to submit his best competitive time for the relevant style and distance on the entry form, to comply with the conditions of entry stipulated by the promoting body.

SW3.2 The number of heats in any event shall be determined by the number of lanes of the pool or the width of the course available for use and the number of swimmers.

SW3.3 Assignment to lanes shall be by placing the fastest swimmer in the centre lane in pools with an odd number of lanes, or in lane 3 or 4 respectively in pools having six (6) or eight (8) lanes and in lane 4 in pools of ten (10) lanes, numbered zero (0) to nine (9). The swimmer having the next fastest time is to be placed on his left, then alternating the others to right and left in accordance with the submitted times. Swimmers with identical times shall be assigned their lane positions by draw within the aforesaid pattern.

SW3.9 AMALGAMATION OF HEATS

SW3.9.1 When a reduction in the number of heats is possible, owing to the withdrawal of swimmers, the Referee shall have the power to amalgamate two or more heats into one heat, or all heats into a final, PROVIDED THAT any alteration of the last heat shall be kept to a minimum

SW3.9.2 For the purpose of this Rule, a swimmer entered in an event who has not reported to the allotted place at the prescribed time shall be deemed to have withdrawn from the event.

PROCEDURE FOR AMALGAMATION OF HEATS

On receipt of the list of original entries from the Marshals, showing those who have withdrawn, the Check Starter shall immediately notify the Referee who shall establish the need to amalgamate heats. The actual

reseeding and amalgamation into heats or a final shall be delegated to the Chief Recorder. The Referee shall direct the Check Starter to notify the Chief Judge and Chief Timekeeper of the amalgamation and the heat reallocation numbering. The Chief Recorder shall ensure that the Announcer and the Control Room Supervisor receives the swimmer reallocation to heats or a final for public announcement.

SW4 THE START

- SW4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle from the Referee, the swimmers shall step on to 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.
- SW4.2 The start in Backstroke and Medley Relay races shall be from the water. At the Referee's first long whistle, 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. 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.
- SW4.3 Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure, beginning with the long whistle (the second one for Backstroke), as per SW2.1.11.
- SW4.4 In Handicap Events, the Starter will be positioned behind the starting platforms, behind the limit/first swimmer and will give the command "Get Ready, GO", at the same time bringing a handicap signalling device smartly down to a pre-arranged position and starting the stopwatch simultaneously with the word "Go". The Starter will move across the pool behind the competitors, counting off the seconds until the last swimmer's handicap starting number is called. Any swimmer who starts before "GO" or before his/her starting number shall be disqualified, unless he/she returns to the original starting point at the wall and restarts after the correct command or number.

NOTE: It is permissible for the Starter to give a "Stand Up" command if a swimmer is not stationary or is slow taking his/her starting position. If the swimmers are asked to "Stand Up" and a swimmer or swimmers do go into the water, if in the opinion of the Referee, the false start was caused by the Starter, the Referee shall have the discretion to allow the swimmers to start again.

SW5 FREESTYLE

- SW5.1 Freestyle means that, in an event so designated, the swimmer may swim any style, except that in medley or medley relay events, freestyle means any style other than Backstroke, Breaststroke or Butterfly.
- SW5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- SW5.3 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.

SW6 BACKSTROKE

- SW6.1 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.
- SW6.2 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 SW6.4. 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.

NOTE: References to “a backstroke ledge” in SNSW Rules are not relevant to WASA.

- SW6.3 Some part of the swimmer must break the surface of the water throughout the race. It is 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.
- SW6.4 When executing the turn, there must be a touch of the wall with some part of the swimmer’s body in his/her respective lane. During the turn, the shoulders may be turned over the vertical to the breast, after which an immediate continuous single arm pull or immediate 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.
- SW6.5 Upon the finish of the race, the swimmer must touch the wall while on the back in his/her respective lane.

NOTE: Backstroke start procedure shall be in accordance with SW4.2

SW7 BREASTSTROKE

- SW7.1 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.
- SW7.2 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 on to 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 and on the same horizontal plane without alternating movement.

- SW7.3 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.
- SW7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.
- SW7.5 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 SW7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- SW7.6 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.

CLARIFICATION: FINA has ruled that "separted" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands.

SW8 BUTTERFLY

- SW8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Underwater kicking on the side is allowed. It is not permitted to roll on to 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.
- SW8.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to SW8.5.
- SW8.3 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.
- SW8.4 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.

SW8.5 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 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.

SW9 MEDLEY SWIMMING

SW9.1 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.

SW9.2 In Medley relay events, swimmers will cover the four swimming styles in the following order:

Backstroke, Breaststroke, Butterfly and Freestyle

SW9.3 Each section must be finished in accordance with the rule which applies to the style concerned.

NOTE: FINA has ruled that, in the case of the change from Backstroke to Breaststroke, the swimmer must touch the wall **while still on the back before** the shoulder has rotated beyond the vertical.

SW10 THE RACE

SW10.1 A swimmer swimming over the course alone shall cover the whole distance to qualify.

SW10.2 The swimmer must remain and finish the race in the same lane in which he/she started.

SW10.3 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.

SW10.4 Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he/she shall not walk.

SW10.5 Pulling on the lane rope is not allowed.

SW10.6 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.

SW10.7 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). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by the session Referee.

Explanation: *The wearing of a medical bracelet is permitted.*

- SW10.8 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.
- SW10.9 The number of swimmers on each relay team will be specified in the rules for the particular meet.
- Mixed relays may be swum. A mixed relay team must comprise at least two (2) female members and two (2) male members.
- SW10.10 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.
- SW10.11 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.
- SW10.12 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.
- SW10.13 Except as provided in SW10.17, 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 relay team, shall be disqualified.
- SW10.14 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.
- SW10.15 No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.
- SW10.16 Swimmers shall not leave the water at the finishing point in any event until instructed by the Referee.
- SW10.17 Unauthorised persons shall not be permitted in those areas of the pool designated for competition, for the swimmers or officials for the duration of any competition.

SW11 DETERMINATION OF TIMES AND PLACINGS

At any swim meet, where the operation of approved Automatic Officiating Equipment is provided:

- SW11.1 The operation of this equipment shall be under the supervision of appointed Officials. Times recorded by Automatic Equipment shall be used to determine the winner, all placings 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 breakdown 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 SW13.3)

- SW11.2 When Automatic Equipment is used, the results shall be recorded only to 1/100 of a second. When timing to 1/1000 of a second is available, the third digit shall not be recorded or used to determine time or placement. 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. Time 1/100 of a second displayed on the electronic scoreboard should show only to 1/100 of a second.
- SW11.3 Any timing device that is terminated by an Official shall be considered a watch. Such manual times must be taken by three appointed and approved Timekeepers. 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:
- SW11.3.1 If two of three (3) watches record the same time, and the third disagrees, the two identical times shall be the official time;
- SW11.3.2 If all three (3) watches disagree, the watch recording the intermediate time shall be the official time;
- SW11.3.3 with only two (2) watch times recorded, the slower time recorded shall be the official time;
- SW11.3.4 with only one (1) watch time recorded, that shall be the official time.
- SW11.4 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.
- SW11.5 In the case of a relay disqualification, legal splits up to the time of the disqualification shall be recorded in the official results.
- SW11.6 All 50 metre and 100 metre splits shall be recorded for lead-off swimmers during relays and published in the official results.

PLACINGS

- SW11.7 The swimmers concerned in equal placing in an event shall jointly hold the title, and if the promoting body consents, divide the prize involved, or shall re-swim the event within seven (7) days at such time and place as the promoting body may direct.
- SW11.8 Where a swimmer is disqualified for any reason, including drug misuse or Doping Control, the placing he/she would have held shall be awarded to the swimmer next placed and the other swimmers advanced accordingly. When the disqualification occurs after the presentation of the awards, such awards shall be recalled and represented to the appropriate swimmers as determined by this Rule.

SW11.9 For determination of placings when Automatic Officiating Equipment is not used and if the times registered by the Timekeepers do not agree with the decision of the Finish Judges and where the time of a swimmer placed second is better, the first placed swimmer and the second placed swimmer shall be credited with the times calculated on the average of the actual times recorded for both the first and second places. The same principle is to apply to all placings. It is not permissible to announce times which do not support the classifications made by the Finish Judges.

NOTE: The Referee shall determine placings when the Finish Judges' decision is not supported by the times recorded.

SW12 RECORDS

Refer to **7 RECORDS** (Page 4).

SW13 AUTOMATIC OFFICIATING PROCEDURE

SW13.1 When Automatic Officiating Equipment (see www.fina.org under FINA Facilities) 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.

SW13.2 When the AOE fails to record the place and/or time of one or more swimmers in a given race:

SW13.2.1 Record all available Automatic Equipment times and places

SW13.2.2 Record human times and places

SW13.2.3 The official place will be determined as follows:

SW13.2.3.1 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.

SW13.2.3.2 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.

SW13.2.3.3 A swimmer having neither an Automatic Equipment place nor an Automatic Equipment time shall establish his/her relative order by the time recorded by the Semi-Automatic Equipment or by three digital watches.

SW13.3 The official time will be determined as follows:

SW13.3.1 The official time for all swimmers having an Automatic Equipment time will be that time.

SW13.3.2 The official time for all swimmers not having an Automatic Equipment time will be the three digital watches or the Semi-Automatic Equipment time.

SW13.4 To determine the relative order of finish for the combined heats of an event, proceed as follows:

SW13.4.1 The relative order of all swimmers will be established by comparing their official times.

SW13.4.2 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.