



SNZ REGULATIONS

FINA RULES

IPC RULES

Effective 1 October 2009

Table of Contents

SWIMMING NEW ZEALAND REGULATIONS	3
1 SWIMMING NEW ZEALAND AUTHORITY OVER NZ COMPETITIONS	3
2 NEW ZEALAND COMPETITION CONDITIONS & CRITERIA	3
3 WITHDRAWALS.....	9
4 PROTESTS.....	9
5 SEEDING OF HEATS AND FINALS	9
6 SWIM OFFS	9
7 REGIONAL & LOCAL COMPETITION RESULTS	10
8 TECHNICAL OFFICIAL APPOINTMENTS FOR NZ COMPETITIONS.....	10
9 NEW ZEALAND RECORDS.....	10
10 TROPHIES.....	11
10.1 General Trophies Rules.....	11
10.2 Individual and Relay Trophies.....	11
10.3 Regional Points Trophies.....	12
10.4 Club Points Trophies	13
GR GENERAL RULES.....	14
GR 1 ELIGIBILITY.....	14
SW SWIMMING RULES.....	14
SW 1 MANAGEMENT OF COMPETITIONS	14
SW 2 OFFICIALS.....	14
SW 3 SEEDING OF HEATS, SEMI-FINALS AND FINALS	16
SW 4 THE START	17
SW 5 FREESTYLE SWIMMING	18
SW 6 BACKSTROKE.....	18
SW 7 BREASTSTROKE	18
SW 8 BUTTERFLY.....	19
SW 9 MEDLEY SWIMMING.....	19
SW 10 THE RACE.....	19
SW 11 TIMING	20
SW 13 AUTOMATIC OFFICIATING PROCEDURE	20
SWAG AGE GROUP RULES – SWIMMING	21
FR FACILITIES RULES.....	21
FR 1 GENERAL.....	21
FR 2 SWIMMING POOLS.....	21
FR 4 AUTOMATIC OFFICIATING EQUIPMENT.....	22

RULES RELATING TO SWIMMERS WITH A DISABILITY	24
GN 1 ELIGIBILITY	24
GN 4 DISQUALIFICATION	24
GN 6 SUPPORT STAFF	24
BL2 ENTRIES	25
BL 3 QUALIFYING STANDARDS	25
BL 4 SWIMMING	25
SM 1 MANAGEMENT OF COMPETITION	25
SM 2 OFFICIALS	25
SM 4 THE START	25
SM5 FREESTYLE.....	27
SM 6 BACKSTROKE	27
SM 7 BREASTSTROKE	27
SM 8 BUTTERFLY	28
SM 9 MEDLEY SWIMMING.....	29
SM 10 THE RACE	29
SM 11 NATIONAL RECORDS.....	30
SM 12 WORLD RECORDS	30
EXCEPTIONS TABLE	31
IPC SWIMMING RECOGNISED EVENTS	32

Swimming New Zealand Regulations

These Swimming New Zealand (SNZ) Regulations provide basic rules for swimming competitions swum under FINA and SNZ Regulations for Regions and Clubs in New Zealand. SNZ recognises that these regulations may be adjusted for competitions within a given Region or Club but recommends that all members adhere to these regulations and FINA rules as closely as possible.

These regulations also provide specific rules for Swimming New Zealand Competitions, which will be governed by FINA rules with the following exceptions.

1 Swimming New Zealand Authority Over NZ Competitions

- 1.1 SNZ reserves full authority over all New Zealand Competitions. SNZ will retain all profits and carry any losses for New Zealand Competitions in accordance with the SNZ National Swimming Championships and Competition Hosting Agreement.
- 1.2 New Zealand Competitions shall be controlled by SNZ and managed through the SNZ Events staff or a designated person(s), and hosted by the local Regional Association.
- 1.3 SNZ has the power to sanction any swimmer, coach or team member for inappropriate behaviour at New Zealand Competitions. The sanction may include suspension from a race or the competition or expulsion from the venue or competition. SNZ shall advise the appropriate region of sanctions imposed.
- 1.4 In addition to the New Zealand Competitions, SNZ may conduct, or authorise to be conducted international, national, regional or other such competitions as SNZ shall determine.

2 New Zealand Competition Conditions & Criteria

- 2.1 All New Zealand Competitions shall be swum under Swimming New Zealand regulations. These regulations may also be adopted for use in Regional, inter- club, club or other competitions.
- 2.2 All members, swimmers and persons connected with SNZ National Competitions are bound by the rules and regulations of SNZ, FINA and the Sports Anti Doping Rules of Drug Free Sport New Zealand.
- 2.3 SNZ will publish annually a roster of the venues and dates for all New Zealand Competitions. New Zealand Competition qualifying times, conditions and criteria, closing date for entries, and entry fees shall be set by SNZ and shall be published no later than 31st July of each year.
- 2.4 Where the New Zealand Open Championships and the New Zealand Summer Championships are being used as a qualification meet for major competitions, the schedule of events listed in these rules may be altered to ensure appropriate qualifying opportunities for that major competition. Such alteration shall be at the discretion of and by prior approval of the SNZ Board and shall be notified with the publications of conditions and criteria in 2.3 above.
- 2.5 The qualifying period for New Zealand Open Championships starts on the first day of the preceding year's New Zealand Age Group Championships. The qualifying period for all other New Zealand Competitions starts on the first day of the preceding year's equivalent competition. The swimmers declared entry time shall be the fastest official time swum in the qualifying period.
- 2.6 Entries close at 12 midnight on the date specified by SNZ. Late entries will not be accepted.
- 2.7 A competitor at New Zealand Competitions shall be a financial member of SNZ or an invited visitor and must have achieved the qualifying time in all individual events entered except in those competitions where an additional unqualified swim is permitted. Only swimmers who have met at least one required individual qualifying standard in the respective competition may be entered in relay events.
- 2.8 Regions must submit entries for SNZ members. No club entries are permitted. All entries must include swimmer details and times. All relay entries must include the swimmers' names whose times were used to produce the entry time. Individual entry times may be verified against the SNZ Results database. Performances from regional and local competitions not held within the Results Database may not be eligible for entry to national competitions.
- 2.9 New Zealand competitions shall utilise all 8 or 10 lanes depending on the venue. Heats, preliminary-finals, semi-finals, finals and timed-finals will use all available lanes.

- 2.10 Over-the-top starts for heats will generally apply for all New Zealand competitions. Over the top starts may not apply at the discretion of and subject to prior approval of SNZ. The pool will be cleared before preliminary-final, semi-final, final and timed-final starts.
- 2.11 Where championship titles are awarded by age, the age of a competitor shall be as at the first day of competition.
- 2.12 Time-trials shall not be permitted for individual events at New Zealand competitions. Time-trials for relay events may be undertaken with prior approval of the SNZ Board.
- 2.13 The names of swimmers' in each relay team, and their order of swimming, shall be advised to control at least 30 minutes before the start of the session in which the event shall be swum. The composition of the relay team may be changed from that submitted at the time of submission of entries.

2.14 New Zealand Open Championships Criteria

- 2.14.1 Dates to be advised annually. The competition will be 5-days and long course (50m), and shall be held in late March/April. The exact timing will be dependent upon the scheduling of major international competitions (Olympics, Commonwealth Games and World Championships).
- 2.14.2 All swimmers shall only enter qualified events. Qualifying times swum in pools other than 50m must be converted to long course times using the SNZ Conversions.
- 2.14.3 The events which will be swum by males and females are:

Heats with A and B Finals	50m – FR, BK, BR, FL 100m – FR, BK, BR, FL 200m – FR, BK, BR, FL, IM 400m – FR, IM 800m FR (Female only) 1500m FR (Male only)
Timed finals	800m FR (Male only) 1500m FR (Female only) 4 x 100m MED (Regional/Club) 4 x 100m FR (Regional/Club) 4 x 200m FR (Regional/Club)

- 2.14.3.1 For 50m, 100m, 200m, 400m, 800m, 1500m events, there will be A and B Finals. B Finals will be swum when there are 20 or more swimmers that competed in the heats. The Open Championship placings will be determined from the A final.
- 2.14.4 All heats shall be Circle seeded. Finals shall be seeded in accordance with FINA Rule SW3. Relays will be timed-finals with all timed finals being swum at the end of the finals sessions.
- 2.14.5 A maximum of two (2) international visitors may progress from heats to finals in any one event. There is no limit on international visitor entries for timed-finals but only two (2) international visitors may swim in the fastest timed-final.
- 2.14.6 Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in all events. Visitor medals shall be awarded to visitors finishing in the 1st, 2nd, or 3rd places.
- 2.14.7 New Zealand national certificates to be presented to the top eight New Zealand place getters in all A finals, including relays.

2.15 New Zealand Summer Championships Criteria

2.15.1 The New Zealand Summer Championships (Short Course format or Long Course format) will only be held if required as a selection competition as determined by SNZ.

2.15.1.1 Commencing on the 2nd Thursday in December using a 3-day short course (25m) format (or if required as a qualification meet for major competitions the meet will commence on the Tuesday preceding the 2nd Thursday in December using a 5-day long course (50m) format). The selected format shall be approved and advised by SNZ in accordance with rule 2.2.3 of these Regulations.

2.15.2 All swimmers shall only enter qualified events.

2.15.3 Relays shall be swum at the end of the finals sessions.

2.15.4 A maximum of two (2) international visitors may progress from heats to finals in any one event. There is no limit on international visitor entries for timed-finals but only two (2) international visitors may swim in the fastest timed-final.

2.15.5 Short Course Format: Open events for the 3-day short course (25m) format which will be swum by males and females are:

Heats Finals	50m – FR, BK, BR, FL 100m – FR, BK, BR, FL, IM 200m – FR, BK, BR, FL, IM 400m – FR only
Timed-finals	4 x 100m MED (Regional/Club) 4 x 100m FR (Regional/Club) 4 x 200m FR (Regional/Club) 400m – IM 800m FR (Female only) 1500m FR (Male only)

2.15.5.1 All heats shall be Circle seeded. Timed-finals shall be Rank seeded, and the fastest timed-final race in individual events shall be swum in the finals session. Relays will be timed-finals with all timed-finals being swum in the finals session. Finals shall be seeded in accordance with FINA Rule SW3.

2.15.5.2 Qualifying times swim in pools other than 25m must be converted to short course times using the SNZ Conversions.

2.15.6 Long Course Format: Open events for the 5-day long course (50m) format which will be swum by males and females are:

Heats Semi-finals Finals	50m – FR, BK, BR, FL 100m – FR, BK, BR, FL
Heats Finals	200m – FR, BK, BR, FL, IM 400m – FR, IM 800m FR (Female) 1500m FR (Male)
Timed finals	4 x 100m MED (Regional/Club) 4 x 100m FR (Regional/Club) 4 x 200m FR (Regional/Club)

2.15.6.1 All heats shall be Circle seeded. Relays will be timed-finals with all timed-finals being swum in the finals session. Finals shall be seeded in accordance with FINA Rule SW3.

2.15.6.2 Qualifying times swum in pools other than 50m must be converted to long course times using the SNZ Conversions.

2.15.7 Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in all events. Visitor medals shall be awarded to visitors finishing in the 1st, 2nd, or 3rd places.

2.15.8 New Zealand national certificates to be presented to the top eight New Zealand place getters in all finals, including relays.

2.16 New Zealand Age Group Championships Criteria

- 2.16.1 Commencing on the 1st Tuesday in March using a 5-day long course (50m) format.
- 2.16.2 The New Zealand Age Group Championships shall be restricted to individual swimmers for the following age groups: 13 years, 14 years, 15 years, 16 years and 17-18 years combined. Relay events shall be swum as 15 and under and 16 and over. In any relay event swimmers 15 and under may swim in either their correct age group or 16 and over.
- 2.16.3 All swimmers shall only enter qualified events. Qualifying times swum in pools other than 50m must be converted to long course times using the SNZ Conversions.
- 2.16.4 Relays shall be swum at the end of the sessions.
- 2.16.5 The events which will be swum by males and females are:

Heats	50m – FR, BK, BR, FL
Age Group Finals	100m – FR, BK, BR, FL 200m – FR, BK, BR, FL, IM 400m – FR, IM 4 x 50m FR (Regional/Club) 4 x 50m MED (Regional/Club)
Timed-finals	800m FR (Female only) 1500m FR (Male only)

- 2.16.5.1 All heats shall be Circle seeded with all ages seeded together. Timed-finals shall be Rank seeded with all ages seeded together and the fastest timed-final race in individual events shall be swum in the finals session. Age Group Finals shall be seeded in accordance with FINA Rule SW3 with age groups seeded separately.
- 2.16.6 A maximum of two (2) international visitors may progress from heats to finals in any one event. There is no limit on international visitor entries for timed-finals but only two (2) international visitors may swim in the fastest timed-final.
- 2.16.7 Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in all events. Visitor medals shall be awarded to visitors finishing in the 1st, 2nd or 3rd places.
- 2.16.8 New Zealand national certificates to be presented to the top eight New Zealand place getters in all finals, including relays.

2.17 The New Zealand Disabled Swimming Championships Criteria

- 2.17.1 Shall be conducted as part of the New Zealand Age Group Championships.
- 2.17.2 Shall be swum as Open male and Open female.
- 2.17.3 Swimmers must qualify for at least one event and may enter up to two (2) unqualified events. Qualifying times must be swum in a 50m pool.
- 2.17.4 Swimmers must hold a National Classification to be eligible to compete.
- 2.17.5 The events which will be swum include the following subject to an athlete’s individual classification.

Heats	50m – FR, BK, BR, FL
Finals	100m – FR, BK, BR, FL 150m - IM 200m – FR, IM 400m – FR

- 2.17.6 All heats shall be Circle Seeded and swum with the New Zealand Age Group heats. Finals shall be mixed class and seeded in accordance with FINA Rule SW3.
- 2.17.7 A maximum of two (2) international visitors may progress from heats to finals in any one event.
- 2.17.8 Medals will be awarded for the 1st, 2nd and 3rd New Zealanders based on a percentage of the World Record time in relation to each classification. Visitor medals shall be awarded to visitors finishing in the 1st, 2nd and 3rd places based on a percentage of the World Record time in relation to each classification.
- 2.17.9 New Zealand national certificates to be presented to the top three New Zealand place getters in all events.

2.18 New Zealand Open Water Championships Criteria

- 2.18.1 Shall be held between January and April and will be swum by male and female as an open timed-final. Will be swum over FINA distances of 5km, 10km and/or 25km as determined by SNZ.
- 2.18.2 Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in the following age categories 13-15 years, 16-17 years and Open.
- 2.18.3 Medals shall be awarded for the 1st, 2nd and 3rd Visitors in the following age categories 13-15 years, 16-17 years and Open.
- 2.18.4 New Zealand national certificates to be presented to the top eight New Zealand place getters in all events.
- 2.18.5 There is no limit on international visitor entries for this competition.

2.19 New Zealand Junior Championships Criteria

- 2.19.1 Commencing on the 3rd Saturday in February using a 2-day long course (50m format) conducted on the same date(s), at 3 different venues (North, Central, South) using the same programme.
- 2.19.2 The New Zealand Junior Championships shall be restricted to swimmers for the following individual age groups: 10 and under, 11 years, and 12 years. Relay events shall be swum as 12 years and under.
- 2.19.3 All events at the New Zealand Junior Championships shall be swum as timed-finals in age groups. SNZ Regulation 2.10 regarding over the top starts in timed-finals may not apply at the discretion of, and subject to prior approval of, SNZ.
- 2.19.4 All swimmers shall only enter qualified events.
- 2.19.5 Qualifying times swum in pools other than 50m times must be converted using SNZ Conversions.
- 2.19.6 Regional relays only shall be swum at the end of the sessions.
- 2.19.7 The events which will be swum by males and females are:

Age Group Timed-finals	50m – FR, BK, BR, FL 100m – FR, BK, BR, FL 200m – FR, BK, BR, IM
12 years & Under Timed-finals	200m – FL 400m – FR, IM 4 x 50m FR (Regional) 4 x 50m MED (Regional)

- 2.19.8 Timed-finals shall be Rank seeded.
- 2.19.9 No international visitor entries allowed.
- 2.19.10 Medals shall be awarded for the 1st, 2nd and 3rd national place-getters. No regional medals will be presented.
- 2.19.11 New Zealand national certificates to be presented to the top eight New Zealand place getters in all events, including relays.
- 2.19.12 Regional ribbons will be presented to the 1st, 2nd, and 3rd regional place-getters.

2.20 New Zealand Short Course Championships Criteria

- 2.20.1 Commencing on the 1st Saturday of the September school holidays using a short course (25m) format.
- 2.20.2 Comprising of 2 championships over 6 consecutive days using a 3-day Open format followed by a 3-day Age Group format.
- 2.20.3 The Age Group format shall be restricted to swimmers for the following age groups: 13-14 years, 15-16 years and 17 years. The Open format will be Open. Age Group relay events shall be swum as 15 and under, and 16 and over. Open relay events shall be swum as Open.
 - 2.20.3.1 Swimmers may enter 1 or both championships if qualified.
- 2.20.4 All swimmers shall only enter qualified events. Qualifying times swum in pools other than 25m must be converted to short course times using the SNZ Conversions.
- 2.20.5 The schedule of events will be advised annually by SNZ by the first day of the preceding year's equivalent championships.

2.20.5.1 Heats shall be circle seeded with all ages seeded together. Timed-finals shall be Rank seeded, and the fastest timed-final race in individual events shall be swum in the finals session. Finals shall be seeded in accordance with FINA Rule SW3.

2.20.6 A maximum of two (2) international visitors may progress from heats to finals in any one event. There is no limit on international visitor entries for timed-finals but only two (2) international visitors may swim in the fastest timed-final.

2.20.7 Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in all events. Visitor medals shall be awarded to visitors finishing in the 1st, 2nd or 3rd places.

2.20.8 New Zealand national certificates to be presented to the top eight New Zealand place getters in all finals, including relays.

2.21 Division II Competition Criteria

2.21.1 Commencing on the Wednesday 15 days after the 1st Tuesday in March. Using a 4-day long course (50m) or short course (25m) programme. The venue may be short course or long course.

2.21.2 The Division II Competition shall be restricted to individual swimmers for the following age groups: 13 years, 14 years, 15 years and 16 and over. Club relay events shall be swum as 14 and under, and 15 and over. In any relay event swimmers 14 & under may swim in either their correct age group or 15 & over.

2.21.3 A swimmer who has qualified for either the New Zealand Open Championships or the New Zealand Age Group Championships is ineligible to enter the Division II Competition in that year.

2.21.4 All swimmers shall only enter qualified events. Qualifying times swum in pools other than 25m must be converted to short course times using the SNZ Conversions.

2.21.5 The events which will be swum by males and females are:

Heats	50m – FR, BK, BR, FL
Age Group Finals	100m – FR, BK, BR, FL, IM 200m – FR, BK, BR, FL, IM 4 x 50m FR (Regional/Club) 4 x 50m MED (Regional/Club)
Timed-finals	400m – FR, IM 800m FR (Female) 1500m FR (Male)

2.21.5.1 All heats shall be Circle seeded with all ages seeded together. Timed-finals shall be Rank seeded with all ages seeded together and the fastest timed-final race in individual events shall be swum in the finals session. Age Group Finals shall be seeded in accordance with FINA Rule SW3 with age groups seeded separately.

2.21.6 A maximum of two (2) international visitors may progress from heats to finals in any one event. There is no limit on international visitor entries for timed-finals but only two (2) international visitors may swim in the fastest timed-final.

2.21.7 Ribbons will be awarded for the 1st, 2nd and 3rd New Zealanders in all events. Visitor ribbons shall be awarded to visitors finishing in the 1st, 2nd and 3rd places. No medals or certificates will be awarded for this competition.

2.22 New Zealand 5km Pool Championships Criteria

2.22.1 Shall be held using a long course (50m) programme and conducted on the same date(s) at several venues. The date(s) and venues will be determined by SNZ.

2.22.2 Will be swum by male and female as an open 5km timed-final.

2.22.3 Medals shall be awarded for the 1st, 2nd and 3rd New Zealanders in the following age categories: 13-15 years, 16-17 years and Open.

2.22.4 Medals shall be awarded for the 1st, 2nd and 3rd Visitors in the following age categories: 13-15 years, 16-17 years and Open.

2.22.5 New Zealand national certificates to be presented to the top eight New Zealand place getters.

2.22.6 There is no limit on international visitor entries for this championship.

3 Withdrawals

- 3.1 In all competitions, a competitor or team not wishing to take part in a preliminary final, semi final and final in which qualification was earned shall withdraw within 30 minutes following the preliminaries or the semi-finals of the event in which the qualification took place. Any competitor or team who withdraws from preliminary finals, semi finals and finals more than 30 minutes after the preliminary or semi final in which qualification was earned shall pay without excuse to SNZ a fee as determined by SNZ.
- 3.2 For timed finals withdrawals must be advised by the end of the session preceding the start of the timed final event. i.e. the day before.

4 Protests

- 4.1 Protests are possible:
 - 4.1.1 If the rules and regulations for the conduct of the competition are not observed.
 - 4.1.2 If other conditions endanger the competitions and/or competitors, or
 - 4.1.3 Against decisions of the referee; however no decision shall be allowed against decision of fact
- 4.2 Protests must be submitted:
 - 4.2.1 To the referee
 - 4.2.2 In writing
 - 4.2.3 By the responsible team leader only
 - 4.2.4 Together with a fee as determined by SNZ
 - 4.2.5 Within 30 minutes following the conclusion of the respective competition.
 - 4.2.6 If conditions causing a potential protest are noted prior to the event a protest must be lodged before the signal to start is given.
- 4.3 All protests shall be considered by the referee. If the referee rejects the protest, they must state the reason for their decisions. The Regional Team Manager may appeal the rejection to the Jury of Appeal whose decision shall be final.
- 4.4 If the protest is rejected, the deposit will be forfeited to SNZ. If the protest is upheld the deposit will be returned.

5 Seeding Of Heats And Finals

- 5.1 Circle Seeding: Where competition heats are run with Circle seeding the heats shall be seeded in accordance with FINA Rule SW3.
- 5.2 Rank Seeding: Where heats and timed finals are run with Rank seeding, the following procedure shall apply:
 - 5.2.1 Seeding of heats or timed-finals will be according to the swimmers declared entry times, the fastest group of swimmers shall be placed in the last heat, the next fastest group of swimmers in the penultimate heat, and the next fastest in the preceding heat, etc until all swimmers are assigned to a heat.
 - 5.2.2 Lanes shall be assigned in descending order of submitted times within each heat in accordance with FINA Rule SW 3.1.2
 - 5.2.3 Exception: Where there are two or more heats or timed-finals in an event, there shall be a minimum of three swimmers seeded into any one heat or timed-final, but subsequent scratches may reduce the number of swimmers in such heat or timed-final to less than three.
- 5.3 Preliminary Finals, Semi Finals and Finals, other than timed-finals, shall be seeded in accordance with FINA Rule SW3.

6 Swim Offs

- 6.1 In the event that swimmers from the same or different heats have equal times registers to 1/100 second for either the last place in a final or semi-final there shall be a swim off to determine which swimmer shall advance to the appropriate finals. Such swim offs take place at the referee's discretion. Another swim off shall take place if equal times are registered again.

7 Regional & Local Competition Results

- 7.1 A complete set of official results of all regional and local competitions swum under SNZ rules must be forwarded in an electronic format to SNZ within 14 days of the competition for the SNZ Results Database.

8 Technical Official Appointments For NZ Competitions

- 8.1 SNZ will invite applications for technical officials for all New Zealand competitions.
- 8.1.1 SNZ shall appoint the key positions:
- meet director
 - referee/judge of stroke
 - starter (2)
 - chief inspector of turns (2)
 - chief recorder
 - chief timekeeper (1)
 - clerk of course
- 8.1.2 The meet director shall have the authority to alter or add to the SNZ appointments as necessary to ensure that there are sufficient officials to run the competition.
- 8.1.3 For the New Zealand Junior Championships SNZ may appoint a national meet director to liaise with SNZ and the venue meet directors where necessary.
- 8.2 A Jury of Appeal shall be appointed by SNZ prior to the competition. The Jury shall have the power to hear and adjudicate on appeals against decisions by the Referee. The Jury shall consist of the meet director and two other suitably qualified persons. Decisions by the Jury shall be final.
- 8.3 Any matter for which the SNZ Regulations do not provide shall be determined by the SNZ designated person as defined in regulation 1.2.

9 New Zealand Records

- 9.1 SNZ shall maintain a register of all New Zealand long-course and short-course individual and regional relay records, New Zealand long-course and short-course relay records.
- 9.2 New Zealand records will only be accepted when times are recorded by automatic timing or semi-automatic timing in the event of an automatic timing system malfunction and shall be recognised to 100th (one hundredth) of a second. Swimmers will be recognised as joint holders of the record when more than one has the same time.
- 9.3 Butterfly, Backstroke, Breaststroke and Individual Medley records cannot be set in Freestyle events.
- 9.4 The distances for New Zealand individual and relay records and age-group records for males and females shall be:

Long Course & Short Course Open & Age Group Records	50m – FR, BK, BR, FL 100m – FR, BK, BR, FL 200m – FR, BK, BR, FL, IM 400m – FR, IM 800m – FR 1500m – FR
Long Course & Short Course Open Records only	4 x 100m MED 4 x 100 FR 4 x 200m FR
Short Course Open & Age Group Records	100m – IM

- 9.5 New Zealand age group records will be recognised for males and females in yearly ages as follows:- 12 years and under, 13 years, 14 years, 15 years, 16 years, 17 years, and 18 years. Age will be determined as at the date of the swim.
- 9.6 A swimmer may establish a record for an intermediate distance within an individual record distance. The swimmer must successfully complete the entire distance for the record to be accepted.
- 9.7 The NZ relay record shall be the fastest time recorded by 4 New Zealanders.
- 9.8 For regional relay records all swimmers for whom the record is claimed must be current members of the one region.
- 9.9 The first swimmer in a relay event may establish a record for an individual record distance. The individual performance shall not be nullified by any team disqualifications for violations after the record is achieved.
- 9.10 An application must be received by SNZ within 21 days of the date of the performance, or within 21 days of a competitor/team returning from overseas. Record certificates shall be issued for all ratified records.

10 Trophies

10.1 General Trophies Rules

- 10.1.1 All trophies shall always remain the property of SNZ. Replicas or miniatures shall be awarded to the recipient. Original trophies shall be engraved with the recipient's name, unless specified otherwise.
- 10.1.2 Only Swimming New Zealand members are eligible for consideration for trophies or trophy points.
- 10.1.3 Points shall be awarded to Regions and Clubs based upon the finishing position in the finals or timed finals of the relative New Zealand Competitions.
- 10.1.4 No points shall be awarded or allocated to Visitors placing in any event. Swimming New Zealand members relative points place shall be advanced to replace any visitor.
- 10.1.5 Standard SNZ Points table shall be for the top 8 placing as follows:

Place	1	2	3	4	5	6	7	8
Points	10	7	6	5	4	3	2	1

- 10.1.6 Duncan Laing Trophy table shall be for the top 3 placing as follows:

Place	1	2	3
Points	10	7	6

10.2 Individual and Relay Trophies

10.2.1 BAXTER O'NEILL TROPHY 1959

The Baxter O'Neill trophy is awarded for Swimmer of the Year. It is presented for swimming performance, services to the sport, and character. The award shall be selected by the SNZ selectors. The period of selection will be from the end of the previous to the end of the current New Zealand Open Championships.

10.2.2 BILLIE FITZSIMMONS CUP

The Billie Fitzsimmons cup is awarded to the individual with the most outstanding performance of the year in the international competitions listed below. The award shall be selected by the SNZ selectors and be based on the highest place ranking in top international competition in the preceding calendar year. For the purposes of this award international competitions shall be ranked in descending order Olympics, World long Course, World Short Course, Commonwealth Games, and Pan Pacs.

10.2.3 INTERNATIONAL AWARD

The International award is awarded for the best individual long course performance by a New Zealander during each calendar year. The award shall be selected by the SNZ selectors and be based on the FINA points equivalent at the time of the performance. The Award shall be in the form of a framed certificate or medal stating details of the performance, which gained the Award.

10.2.4 HAROLD PETTIT TROPHY

The Harold Pettit trophy is awarded for the most outstanding individual performance, in an Open event, at the New Zealand Open Championships. The award shall be selected by the SNZ selectors and be based on the FINA points equivalent at the time of the performance. The statuette shall not be engraved.

10.2.5 LIFE MEMBERS TROPHY

The Life Members trophy is awarded for the most outstanding individual performance at the New Zealand Age Group Championships. The award shall be selected by the SNZ selectors and be based on the single event XLR8 points at the time of the performance.

10.2.6 BROCKETT AWARD

Cash prizes of \$500, each presented at the New Zealand Age Group Championships or New Zealand Open Championships whichever falls later to one male and one female swimmer who have the most outstanding 15 & under performance in the period. The award shall be selected by the SNZ selectors and be based on the single event XLR8 points at the time of the performance. The period of selection will be from the end of the previous to the end of the current New Zealand Age Group Championships.

10.2.7 HANSELLS TROPHY

The Hansells trophy is awarded to the swimmer who breaks an existing New Zealand Age Group Record by the greatest percentage margin at the New Zealand Age Group Championships. For the purposes of calculating the margin the approved schedule of New Zealand Age Group Records at the commencement of the New Zealand Age Group Championships shall be used.

10.2.8 DARMSTADT TROPHY

The Darmstadt trophy is awarded to the Men's Open 100m Freestyle Champion at the NZ Open Championships. A New Zealand team at the Darmstadt meet won this Trophy.

10.2.9 SOUTH AUSTRALIAN TROPHY

The South Australian trophy is awarded to the Women's Open 100m Freestyle Champion at the NZ Open Championships. The South Australian Amateur Swimming Association gifted this trophy in 1962.

10.2.10 STALAG SHIELD

The Stalag shields shall be awarded to the male and female 4x100m Freestyle Relay Regional Champions at the NZ Open Championships. Dominion Headquarters of the Returned Services Association presented the shields won by New Zealand swimmers in the Prisoner of War Camp, Stalag 383 in Germany to the New Zealand Swimming Federation in 1945. The shields shall not be engraved.

10.2.11 ROLAND ST. CLAIR MEMORIAL CUP

The Roland St Clair memorial cup is awarded to the Men's 10km Open Water Champion.

10.2.12 AUNTIE BROWN CUP

The Auntie Brown cup is awarded to the Women's 10km Open Water Champion.

10.2.13 SWIMMING NEW ZEALAND 5KM OPEN WATER CUPS

The Swimming New Zealand 5km Open Water Cups are awarded to the Men's and Women's 5km Open Water Championships.

10.2.14 ANNETTE KELLERMAN CUP

The Annette Kellerman trophy is awarded for the best result in open water events in New Zealand and overseas in the period. The award shall be selected by the SNZ selectors. The period of selection will be from the end of the previous to the end of the current New Zealand Open Water Championships. For the purpose of this award competitions shall be ranked in descending order Olympics, World Open Water, Pan Pacific Championships, Oceania and NZ Open Water.

10.2.15 NZ 25km CHAMPIONSHIP TROPHY

The NZ 25km Championship trophy is awarded to the winning female and to the winning male in the New Zealand 25km Open Water Swim. Two trophies gifted to Swimming New Zealand by Mrs Carol Walker of Auckland.

10.3 Regional Points Trophies

10.3.1 YALDHURST SHIELD

The Yaldhurst shield is awarded to the highest scoring Region for championships won at the New Zealand Open Championships. One point shall be awarded for each first placing in open individual events.

10.3.2 1914 - 1918 WAR MEMORIAL SHIELD

The War Memorial shield is awarded to the highest scoring Region for championships won at the New Zealand Age Group Championships. One point shall be awarded for each first placing in individual Age Group events.

10.3.3 FREYBERG SHIELD

The Freyberg shield is awarded to the highest points scoring Region at the New Zealand Age Group Championships and New Zealand Open Championships. Standard SNZ Points (Regulation 10.1.5) will be awarded in each individual event.

10.3.4 DENIS BLUNDELL TROPHY

The Denis Blundell trophy is awarded to the highest points scoring Region at the Division II Competition. Standard SNZ Points (Regulation 10.1.5) will be awarded in each individual event.

10.4 Club Points Trophies

10.4.1 CAIN TROPHY

The Cain trophy is awarded to the Club with most points in the individual events at the Division II Competition, the New Zealand Age Group Championships and the New Zealand Open Championships. Standard SNZ points (Regulation 10.1.5) will be awarded in each individual event.

10.4.2 DUNCAN LAING TROPHY

The Duncan Laing trophy is awarded to the Club with most points at the New Zealand Summer Championships, New Zealand Age Group Championships, and New Zealand Open Championships. The three meets shall be taken in the order stated. Duncan Laing Trophy points (Regulation 10.1.6) will be awarded in each individual event.

10.4.3 TOP PERFORMANCE CLUB TROPHY

The Top Performance Club trophy is awarded at each of the NZ Age Groups; NZ Open Water, NZ Short Course; NZ Summer and NZ Open Championships. A trophy for the top club, a plaque to the second and third placed clubs and certificates to the top ten placed clubs will be provided by Swimming New Zealand. Standard SNZ points (Regulation 10.1.5) will be awarded in all individual events and club relay events.

10.4.4 TOP DEVELOPEMENT CLUB TROPHY

The Top Development Club trophy is awarded at each of the NZ Juniors and Division II Competition. A trophy for the top club, a plaque to the second and third placed clubs and certificates to the top ten placed clubs will be provided by Swimming New Zealand. Standard SNZ points (Regulation 10.1.5) will be awarded in all individual events and club relay events.

10.4.5 TOP AWD CLUB TROPHY

The Top AWD Club trophy is awarded at the NZ Disabled Championships. A trophy for the top club, a plaque to the second and third placed clubs and certificates to the top ten placed clubs will be provided by Swimming New Zealand. Standard SNZ points (Regulation 10.1.5) will be awarded in all individual events.

FINA Rules

Note: The FINA rules presented below are those relevant to swimming in New Zealand.

Refer to the FINA Handbook for the entire FINA Rules and Regulations.

GR General Rules

These General Rules are basic regulations for FINA competitions of all kinds of Swimming, Open Water Swimming, Diving, Water Polo, Synchronised Swimming, and Masters Events as well as for uniform regulations for the development of competition facilities.

FINA recognises that these Rules may be adjusted for competitions within a given federation but recommends that all Members adhere to these rules as closely as possible.

GR 1 ELIGIBILITY

GR1.1 All competitors shall be registered with their National Federation to be eligible to compete.

GR 7 SUBSTITUTION, DISQUALIFICATION AND WITHDRAWAL

GR 7.5 If an error by an official follows a fault by a competitor, the fault by the competitor may be expunged.

SW Swimming Rules

SW 1 MANAGEMENT OF COMPETITIONS

SW1.1 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.

SW1.2.2 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.

SW1.2.3 Where Automatic Officiating Equipment is not available, such equipment must be replaced by chief timekeeper, timekeepers per lane, and 2 additional timekeepers.

SW1.2.4 A chief finish judge and finish judges are required when Automatic Equipment and/or three (3) digital watches per lane are not used.

SW 2 OFFICIALS

SW2.1 REFEREE

SW2.1.1 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. He shall enforce all rules and decisions of FINA 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.

SW2.1.2 The referee may intervene in the competition at any stage to ensure that the FINA regulations are observed, and shall adjudicate all protests related to the competition in progress.

SW2.1.3 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 SW 13.

SW2.1.4 The referee shall ensure that all necessary officials are in their respective posts for the conduct of the competition. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.

SW2.1.5 At the commencement of each event, the referee shall signal to the swimmers by a short series of whistles inviting them to remove 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 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.

SW2.1.6 The referee shall disqualify any swimmer for any violation of the rules that he personally observes. The referee may also disqualify any swimmer for violation reported to him by other authorised officials. All disqualifications are subject to the decision of the referee.

SW2.2 CONTROL-ROOM SUPERVISOR

SW2.2.1 The supervisor shall supervise the automatic timing operation including the review of backup timing cameras.

- SW2.2.2 The supervisor is responsible for checking the results from computer printouts.
- SW2.2.3 The supervisor is responsible for checking the relay exchange printout and reporting any early takeoffs to the referee.
- SW2.2.4 The supervisor may review the video used for backup timing to confirm early takeoff.
- SW2.2.5 The supervisor shall control withdrawals after the heats and finals, enter results on official forms, list all new records established, and maintain scores where appropriate.
- SW2.3 STARTER
- SW2.3.1 The starter shall have full control of the swimmers from the time the referee turns the swimmers over to him (SW2.1.5) until the race has commenced. The start shall be given in accordance with SW4.
- SW2.3.2 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.
- SW2.3.3 The starter shall 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 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.
- SW2.4 CLERK OF COURSE
- SW2.4.1 The clerk of course shall assemble swimmers prior to each event.
- SW2.4.2 The clerk of course shall report to the referee any violation noted in regard to advertising (GR 7) and if a swimmer is not present when called.
- SW2.5 CHIEF INSPECTOR OF TURNS
- SW2.5.1 The chief inspector of turns shall ensure that inspectors of turns fulfil their duties during the competition.
- SW2.5.2 The chief inspector of turns shall receive the reports from the inspectors of turns if any infringement occurs and shall present them to the referee immediately.
- SW2.6 INSPECTOR OF TURNS
- SW2.6.1 One inspector of turns shall be assigned to each lane at each end of the pool.
- SW2.6.2 Each inspector of turns shall 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 arm stroke after turning. The Inspector 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 completion of the first arm stroke. The inspectors of turns at the finish end shall also ensure that the swimmers finish their race according to the current rules.
- SW2.6.3 In individual events of 800 and 1500 metres, each inspector of turns at the turning end of the pool shall record the number of laps completed by the swimmer in his lane and keep the swimmer informed of the remaining number of laps to be completed by displaying "lap cards". Semi electronic equipment may be used, including under water display.
- SW2.6.4 Each inspector at the starting end shall give a warning signal when the swimmer in his 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.
- SW2.6.5 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 SW13.1.
- SW2.6.6 Inspectors of turns shall report any violation on signed cards detailing the event, lane number, and the infringement delivered to the chief inspector of turns who shall immediately convey the report to the referee.
- SW2.7 JUDGES OF STROKE
- SW2.7.1 Judges of stroke shall be located on each side of the pool.
- SW2.7.2 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.
- SW2.7.3 Judges of stroke shall report any violation to the referee on signed cards detailing the event, lane number, and the infringement.

SW2.8 CHIEF TIMEKEEPER

SW2.8.1 The chief timekeeper shall 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 three (3) digital watches per lane, final time and place is determined by time.

SW2.8.2 The chief timekeeper shall collect from the timekeepers in each lane a card showing the times recorded and, if necessary, inspect their watches.

SW2.8.3 The chief timekeeper shall record or examine the official time on the card for each lane.

SW2.9 TIMEKEEPERS

SW2.9.1 Each timekeeper shall take the time of the swimmers in the lane assigned to him 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 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 of their watches on the card, give it to the chief timekeeper, and if requested present their watches for inspection. They shall not clear their watches until they receive the 'clear watches' signal from the chief timekeeper or the referee.

SW2.9.4 Unless a video backup system is used, it may be necessary to use the full complement of timekeepers even when Automatic Officiating Equipment is used.

SW2.10 CHIEF FINISH JUDGE

SW2.10.1 The chief finish judge shall assign each finish judge his position and the placing to be determined.

SW2.10.2 After the race, the chief finish judge shall 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

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, unless they operate an Automatic Officiating device in their respective assigned lanes by depressing the "push-button" at the completion of the race.

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.

SW2.112 DESK CONTROL (other than for Olympic Games and World Championships)

SW2.12.1 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 signing the results.

SW2.12.2 The recorders shall control withdrawals after the heats or finals, enter results on official forms, list all new records established, and maintain scores where appropriate.

SW2.12 OFFICIAL'S DECISION MAKING

SW2.13.1 Officials shall make their decision autonomously and independently of each other unless otherwise provided in the Swimming Rules.

SW 3 SEEDING OF HEATS, SEMI-FINALS AND FINALS

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

SW3.1 HEATS

SW3.1.1 The best competitive times of all entrants for the preceding twelve months prior to the entry deadline of the competition, shall be submitted on entry forms 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 SW 3.1.2 below. Swimmers shall be placed in trial heats according to submitted times in the following manner:

SW3.1.1.1 If one heat, it shall be seeded as a final and swum only during the final session.

- SW3.1.1.2 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, etc.
- SW3.1.1.3 If three heats, 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.
- SW3.1.1.4 If four or more heats, the last three heats of the event shall be seeded in accordance with SW3.1.1.3 above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heats 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 SW3.1.2 below.
- SW3.1.1.5 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.
- SW3.1.1.6 Where a 10 lane pool is available and equal times are established for the 8th place in the heats of 800m and 1500m Freestyle events, lane 9 will be used with a draw for lane 8 and lane 9. In case of three (3) equal times for 8th place, lane 9 and 0 will be used with a draw for lane 8, 9 and 0.
- SW3.1.1.7 Where a 10 lane pool is not available SW 3.2.3 will apply.
- SW3.1.2 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 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 pool having 6 or 8 lanes. 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.
- SW3.1.3 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.
- SW3.2 SEMI-FINALS AND FINALS
- SW3.2.1 In the semi-finals heats shall be assigned as in SW 3.1.1.2.
- SW 3.2.2 Where no preliminary heats are necessary, lanes shall be assigned in accordance with SW3.1.2 above. Where preliminary heats or semi-finals have been held, lanes shall be assigned as in SW3.1.2 based, however, on times established in such heats.
- SW3.2.3 In the event that swimmers from the same or different heats have equal times registered to 1/100 second for either the eighth place or sixteenth place, there shall be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place not less than one hour after all involved swimmers have completed their heat. Another swim-off shall take place if equal times are registered again. If requested a swim-off will take place to determine 1st and 2nd reserve if equal times are recorded.
- SW3.2.4 Where one or more swimmers scratch from a semi-final or final event substitutes will be called in order of classifications in heats or semi-finals. The event or events must be re-seeded and supplementary sheets must be issued detailing the changes or substitutions, as prescribed in SW3.1.2.
- SW 3.3 In other competitions, the draw system may be used for assigning lane positions.
- SW 4 THE START
- SW4.1 The start in Freestyle, Breaststroke and Butterfly and Individual Medley races shall be with a dive. On the long whistle (SW2.1.5) 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.
- SW4.2 The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle (SW2.1.5), 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 (SW6.1). 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.
- SW4.3 In Olympic Games, World Championships and other FINA events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

- SW4.4 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.
- SW 5 FREESTYLE SWIMMING
- SW5.1 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.
- 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.
- SW 6 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 back throughout the race except when executing a turn as set forth in SW 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.
- 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, at the finish 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 a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a 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.
- SW 7 BREASTSTROKE
- SW7.1 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. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
- SW7.2 All movements of the arms shall be simultaneous and in 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 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.
- SW7.4 During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
- Interpretation: A dolphin kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull whilst wholly submerged followed by a breaststroke kick.*
- SW7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted except as in SW 7.4. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.
- SW7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. 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.

SW 8 BUTTERFLY

SW8.1 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

SW8.2 Both arms must be brought forward together over the water and brought backward simultaneously throughout the race, subject to SW 8.5.

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 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 to the surface. It shall be permissible for the 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.

SW 9 MEDLEY SWIMMING

SW9.1 In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.

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.

SW 10 THE RACE

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

SW10.2 A swimmer must finish the race in the same lane in which he 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 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 the Member of the swimmer so offending.

SW10.7 No swimmer shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn.

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 next scheduled race in the meet.

SW10.9 There shall be four swimmers on each relay team.

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 Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his 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 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 reswum.

- SW10.15 No pace making shall be permitted, nor may any device be used or plan adopted which has that effect.
- SW 11 TIMING
- SW11.1 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 placings and the time applicable to each lane. The placings and time so determined shall have precedence over the decision 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 (SW 13.3).
- 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. Times 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 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 either 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 the three watches record the same time and the third disagrees, the two identical times shall be the official time.
- SW11.3.2 If all three watches disagree, the watch recording the intermediate time shall be the official time.
- SW 11.3.3 With only two (2) of the three (3) watches working the average time 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 metres and 100 metre splits shall be recorded for lead-off swimmers during the relays and published in the official results.
- SW 13 AUTOMATIC OFFICIATING PROCEDURE
- SW13.1 When Automatic Officiating Equipment (see FR 4) 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 Automatic Officiating Equipment fails to record the place and/or time of one or more swimmer in a given race:
- SW13.2.1 Record all available Automatic Equipment times and places,
- SW13.2.2 Record all 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 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 relative order by comparing his 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 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 human time 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.

SWAG AGE GROUP RULES – SWIMMING

SWAG 1 Federations may adopt their own Age Group rules, using FINA technical rules.

FR Facilities Rules

FR 1 GENERAL

FR1.3 FINA Minimum Standard Pools. All other events held under FINA Rules should be conducted in pools that comply with all the minimum standards contained in this Part.

FR 2 SWIMMING POOLS

FR2.1 LENGTH

FR2.1.1 50.0 metres. When touch panels of Automatic Officiating Equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that ensures the required distance of 50.0 metres between the two panels.

FR2.1.2 25.0 metres. When touch panels of Automatic Officiating Equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that ensures the required distance of 25.0 metres between the two panels.

FR2.2 DIMENSIONAL TOLERANCES

FR2.2.1 Against the nominal length of 50.0 metres, a tolerance of plus 0.03 metre minus 0.00 metre on both end walls at all points from 0.3 metre above to 0.8 metre below the surface of the water is allowed. These measurements should be certified by a surveyor or other qualified official, appointed or approved by the Member in the country in which the pool is situated. Tolerances cannot be exceeded when touch panels are installed.

FR2.2.2 Against the nominal length of 25.0 metres, a tolerance of plus 0.03 metre minus 0.00 metre on both end walls at all points from 0.3 metre above to 0.8 metre below the surface of the water is allowed. These measurements should be certified by a surveyor or other qualified official, appointed or approved by the Member in the country in which the pool is situated. Tolerances cannot be exceeded when touch panels are installed.

FR2.3 DEPTH - A minimum depth of 1.35 metres, extending from 1.0 metre to at least 6.0 metres from the end wall is required for pools with starting blocks. A minimum depth of 1.0 metre is required elsewhere.

FR2.4 WALLS

FR2.4.1 End walls shall be parallel and form right angles to the swimming course and to the surface of the water, and shall be constructed of solid material, with a non slip surface extending 0.8 metre below the water surface, so as to enable the competitor to touch and push off in turning without hazard.

FR2.4.2 Rest ledges along the pool walls are permitted; they must be not less than 1.2 metres below the water surface, and may be 0.1 metre to 0.15 metre wide.

FR2.4.3 Gutters may be placed on all four walls of the pool. If end wall gutters are installed, they must allow for attachment of touch panels to the required 0.3 metre above the water surface. They must be covered with a suitable grill or screen.

FR2.5 LANES shall be at least 2.5 metres wide, with two spaces of at least 0.2 metre outside of the first and last lanes.

FR2.6 LANE ROPES

FR2.6.1 Lane ropes shall extend the full length of the course, secured at each end wall to anchor brackets recessed into the end walls. The anchor shall be positioned so that the floats at each end wall of the pool shall be on the surface of the water. Each lane rope will consist of floats placed end to end having a minimum diameter of 0.05 metre to a maximum of 0.15 metre. In a swimming pool the colour of the lane ropes should be as follows

- Two (2) GREEN ropes for lanes 1 and 8
- Four (4) BLUE ropes for lanes 2,3,6 and 7
- Three (3) YELLOW ropes for lanes 4 and 5

The floats extending for a distance of 5.00 metres from each end of the pool shall be of RED colour.

There shall not be more than one lane rope between each lane. The lane ropes shall be firmly stretched.

FR2.6.2 At the 15-metre mark from each end wall of the pool the floats shall be distinct in colour from the surrounding floats.

FR2.6.3 In 50 metre pools the floats shall be distinct to mark 25 metres.

FR2.6.4 Lane numbers of soft material may be placed on the lane ropes at the start and turning end of the pool.

- FR2.7 STARTING PLATFORMS shall be firm and give no springing effect. The height of the platform above the water surface shall be from 0.5 metre to 0.75 metre. The surface area shall be at least 0.5 metre x 0.5 metre and covered with non-slip material. Maximum slope shall not be more than 10°. The platform shall be constructed so as to permit the gripping of the platform by the swimmer in the forward start at the front and the sides; it is recommended that, if the thickness of the starting platform exceeds 0.04 metre, grips of a least 0.1 metre width on each side and 0.4 metre width in the front be cut out to 0.03 metre from the surface of the platform. Handgrips for backstroke starts shall be placed within 0.3 metre to 0.6 metre above the water surface both horizontally and vertically. They shall be parallel to the surface of the end wall, and must not protrude beyond the end wall. The water depth for a distance of 1.0 metre to 5.0 metres from the end wall must be at least 1.35 metres where starting platforms are installed. Electronic read-out boards may be installed under the blocks. Flashing is not allowed. Figures must not move during the Backstroke start.
- FR2.8 NUMBERING - Each starting block must be distinctly numbered on all four sides, clearly visible. Lane number 1 shall be on the right-hand side when facing the course from the starting end with exemption of 50m events, which may start from the opposite end. Touch panels may be numbered on the top part.
- FR2.9 BACKSTROKE TURN INDICATORS - Flagged ropes suspended across the pool, minimum 1.8 metres and maximum 2.5 metres above the water surface, from fixed standards placed 5.0 metres from each end wall. Distinctive marks must be placed on both sides of the pool, and where possible on each lane rope, 15.0 metres from each end wall.
- FR2.10 FALSE START ROPE shall be suspended across the pool not less than 1.2 metres above the water level from fixed standards placed 15.0 metres in front of the starting end. It shall be attached to the standards by a quick release mechanism. The rope must effectively cover all lanes when activated.
- FR2.11 WATER TEMPERATURE shall be 25°-28°. During competition the water in the pool must be kept at a constant level, with no appreciable movement. In order to observe health regulations in force in most countries, inflow and outflow is permissible as long as no appreciable current or turbulence is created.
- FR2.12 LIGHTING - Light intensity over starting platforms and turning ends shall not be less than 600 lux.
- FR2.13 LANE MARKINGS - shall be of a dark contrasting colour, placed on the floor of the pool in the centre of each lane.
- Width: minimum 0.2 metre, maximum 0.3 metre.
- Length: 46.0 metres for 50 metre long pools;
21.0 metres for 25 metre long pools.
- Each lane line shall end 2.0 metres from the end wall of the pool with a distinctive cross line 1.0 metre long and of the same width as the lane line. Target lines shall be placed on the end walls or on the touch panels, in the centre of each lane, of the same width as the lane lines. They shall extend without interruption from the deck edge (curb), to the floor of the pool. A cross line 0.5 metre long shall be placed 0.3 metre below the water surface, measured to the centre point of the cross line.
- FR2.14 BULKHEADS - when a bulkhead serves as an end wall, it must extend the full width of the course and present a solid smooth, non-slippery stable vertical surface on which touch pads may be mounted extending not less than 0.8m below and 0.3m above the surface of the water, and must be free of hazardous openings above and below the waterline which may be penetrated by a swimmer's hands, feet, toes or fingers. A bulkhead must be of design that provides for the free movement of officials along its length without such movement creating any appreciable current or water turbulence.
- FR 4 AUTOMATIC OFFICIATING EQUIPMENT
- FR4.1 Automatic and Semi-Automatic Officiating Equipment records the elapsed time of each swimmer and determines the relative place in a race. Judging and timing shall be to 2 decimal places (1/100 of a second). Equipment that is installed shall not interfere with the swimmers' starts, turns, or the function of the overflow system.
- FR4.2 The Equipment must:
- FR4.2.1 Be activated by the starter.
- FR4.2.2 Have no exposed wires on the pool deck, if possible.
- FR4.2.3 Be able to display all recorded information for each lane by place and by lane
- FR4.2.4 Provide easy digital reading of a swimmer's time.
- FR4.3 STARTING DEVICES
- FR4.3.1 The starter shall have a microphone for oral commands.

- FR4.3.2 If a pistol is used, it shall be used with a transducer.
- FR4.3.3 Both the microphone and the transducer shall be connected to loudspeakers at each starting block where both the starter's commands and the starting signal can be heard equally and simultaneously by each swimmer.
- FR4.4 TOUCH PANELS FOR AUTOMATIC EQUIPMENT
- FR4.4.1 The minimum measurement of the touch panels shall be 2.4 metres wide and 0.9 metre high, and their maximum thickness shall be 0.01 metre+/- 0.002 metre. They shall extend 0.3 metre above and 0.6 metre below the surface of the water. The equipment in each lane shall be connected independently, so it may be controlled individually. The surface of the panels shall be of a bright colour and shall bear the line markings approved for the end walls.
- FR4.4.2 Installation - The touch panels shall be installed in a fixed position in the centre of the lanes. The panels may be portable, allowing the pool operator to remove them when there are no competitors.
- FR4.4.3 Sensitivity - The sensitivity of the panels shall be such that they cannot be activated by water turbulence, but will be activated by a light hand touch. The panels shall be sensitive on the top edge.
- FR4.4.4 Markings - The markings on the panels shall conform with and superimpose on the existing markings of the pool. The perimeter and edges of the panels shall be defined by a 0.025 metre black border.
- FR4.4.5 Safety - The panels shall be safe from the possibility of electrical shock and shall not have sharp edges.
- FR4.5 With Semi-Automatic Equipment, the finish shall be recorded by buttons pushed by timekeepers at the finish touch of the swimmer.
- FR4.6 The following accessories are essential for a minimum installation of Automatic Equipment.
- FR4.6.1 Printout of all information which can be regenerated during a succeeding race.
- FR4.6.2 Spectator readout board.
- FR4.6.3 Relay take-off judging to 1/100 of a second. Where overhead video cameras are installed they may be reviewed as a supplement to the automatic system's judgement of relay take-off.
- FR4.6.4 Automatic lap counter.
- FR4.6.5 Readout of splits
- FR4.6.6 Computer summaries.
- FR4.6.7 Correction of erroneous touch
- FR4.6.8 Automatic rechargeable battery operation possibility.
- FR4.8 Semi-Automatic Equipment may be used as a backup to the Automatic Officiating Equipment at FINA or other major events if there are three buttons per lane, each operated by a separate official (in which case other finish judges shall not be required). An inspector of turns may operate one of the buttons

RULES RELATING TO SWIMMERS WITH A DISABILITY

Rules relating to swimmers with a disability in competition shall be the same as set out in Swimming New Zealand rules [for able bodied competition], with the following exceptions/inclusions:

GN 1 ELIGIBILITY

- GN 1.1 A competitor is eligible to compete if they have been classified according to the International Sports Federation for Persons with Mental Handicap [INAS-FMH] for persons with intellectual disability and shall be referred to as class S14, International Blind Sports Association [IBSA] for the visually impaired and shall be referred to as class S11, S12 and S13, or the Functional Classification System [FCS] for locomotor disability [i.e. amputees, cerebral palsy, les autres, spinal cord injured and polio] and shall be referred to as class S1-S10 swimmers.
- GN 1.2 Swimmers with a disability competing in able bodied competition are required to hold a PNZ Classification ID card. The Classification ID card is to be presented to the referee of the competition prior to the start of each session of the competition. On the back of each ID card are the swimmers exceptions to able bodied rules. See Exception Table for full description of swimmer exceptions. Refer to Exceptions Table

GN 4 DISQUALIFICATION

- GN 4.1 Where a competitor who competed in the finals is disqualified for any reason, including medical control or a classification decision, the position they would have held shall be awarded to the competitor who finished next and all the lower placing competitors in the finals shall be advanced one place. If the disqualification occurs after the presentation of awards, the awards shall be returned and given to the appropriate competitors applying the foregoing provisions.
- GN 4.2 If a competitor does not attend classification protest when requested they may be disqualified from further competition.
- GN 4.3 S11 swimmers with the exception of those with prosthetics in both eyes shall be required to wear opaque goggles for competition. S11 swimmers whose facial structure will not support goggles shall be required to cover the eyes with an opaque covering. The goggles of the S11 swimmers shall be checked during the marshalling of the relevant event and at the finish. S11 swimmers found to be competing without opaque goggles or covering shall be disqualified, from the S11 class event.
- GN 4.4 Verbal communication by the tapper or support staff before the start of the event shall lead to the competitor being disqualified. Tappers deemed to be coaching will result in the disqualification of the competitor. Refer to GN 6.2.
- GN 4.5 A swimmer who competes with an open wound and has not received prior clearance from the IPC Medical Officer for the competition, may result in the competitor being disqualified and disallowed from competing in further nominated events in the competition.
- GN 4.6 If an error by an official or classifier, either technical or in classification, follows a fault by a competitor, the fault by a competitor, the fault by the competitor shall be expunged.

GN 6 SUPPORT STAFF

Definition of Support Staff:

Support staff is any person designated by the organising committee to assist a swimmer. Support staff shall not verbally communicate or coach the competitor while assisting or tapping. If such communication occurs, the competitor shall be disqualified.

- GN 6.1 FCS swimmers may require support staff on pool deck during competition to assist with entering and exiting the water and during the start. Support staff are in place solely to assist the swimmer on entry, exit and the start and shall not verbally communicate with the swimmer. Deck access for support staff shall be applied for.
- GN 6.2 A person may be required to indicate to the visually impaired swimmer that they are approaching the end of the pool in both individual and relay events. Also where necessary, a swimmer may have a touch by a person to indicate the start of their leg of the relay. This procedure is called tapping and the person is referred to as a 'tapper'. For S11 competitors tapping is compulsory.
- GN 6.2.1 The tapping device must be deemed safe by the technical adviser or the organising committee.
- GN 6.2.2 When tapping is required during competition, each competitor shall have two tappers, positioning them at each end of the pool.
- GN 6.3 In the case of a blind and deaf swimmer, the person tapping shall be permitted to convey the starting signal to the competitor by the use of a non verbal instruction.

GN 6.4 A FCS swimmer may be tapped for safety reasons. A FCS swimmer required tapping shall be required to obtain a medical certificate.

BL2 ENTRIES

BL 2.7 When an event is not offered in the swimmer's classification, a swimmer may choose to enter an event in the higher class. The swimmer must meet the qualifying standard for that class to be eligible. A swimmer's classification does not alter for this event.

BL 2.8 Any competitor swimming breaststroke in a freestyle individual or relay event shall note the following: When the SB class [i.e. SB7] is lower or the same as the S class [i.e. S7 or S8] the swimmer may swim breaststroke in the freestyle event. If the SB class [i.e. SB7] is higher than the S class [i.e. S6] the swimmer may only swim in the equivalent higher S class [i.e. S7] for the freestyle individual and relay events.

BL 3 QUALIFYING STANDARDS

BL 3.1 Qualifying standards will be laid down by Swimming New Zealand in conjunction with Paralympics New Zealand for each official competition.

BL 4 SWIMMING

BL 4.5 For swimmers with an intellectual disability [class S14] there shall be no exceptions to the FINA rules when competing.

BL 4.6 For swimmers with a visual impairment [class S11, S12 & S13], the intent is to perform all strokes as described by IPC Swimming, but consideration may be required due to the lack of, or limited amount of sight.

BL 4.7 A swimmer with an open wound shall not be permitted to compete unless they have received prior clearance from the IPC Medical Officer for the competition.

SM 1 MANAGEMENT OF COMPETITION

SM 1.1 At National Competitions, events for the disabled will be controlled by the same technical officials as those for able bodied, with the addition of two technical advisers.

SM 2 OFFICIALS

SM 2.2 REFEREE

SM 2.2.2 The referee may intervene in the competition at any stage to ensure that the IPC Swimming Rules are observed, and shall adjudicate all technical protests with consultation with the technical advisers related to the competition in progress.

SM 2.2.7 The referee, after consultation with the technical adviser, shall disqualify any swimmer for any violation of the rules that the referee personally observes or which is reported to them by other authorised officials.

SM 2.7 JUDGES OF STROKES

SM 2.7.3 Judges of stroke shall report any violation, after consultation with the technical adviser, to the referee on signed cards detailing the event, lane number, and the swimmer's name and the infringement.

SM 2.13 TECHNICAL ADVISERS

SM 2.13.1 The technical advisers are responsible for advising the referee, chief inspector of turns, the judges of strokes and the starter about the adaptations of the swimming rules pertaining to individual swimmers.

SM 2.13.2 The technical advisers shall report any infringements of the IPC Swimming Rules to the referee immediately.

SM 2.13.3 The technical advisers shall disqualify any swimmer for any violations of the rules.

SM 2.13.4 The technical adviser is required to hold swimming knowledge in the form of relevant accredited swimming officiating and/or coaching accreditation.

SM 4 THE START

SM 4.2 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle [SM 2.2.5] 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 [shot, horn, whistle or command].

- SM 4.2.1 For a swimmer with a visual impairment, on the long whistle from the referee the swimmer shall be permitted to orientate themselves prior to the starters command 'take your marks'.
- SM 4.2.2 the swimmer who has balance problems, may have assistance to balance themselves on the starting platform i.e. hold at the hips, hand, arm etc, by a volunteer only.
- SM 4.2.3 A swimmer may be permitted to start beside the starting platform.
- SM 4.2.4 A swimmer with a lower limb disability may be permitted to take up a sitting position on the starting platform.
- SM 4.2.5 A swimmer may be permitted to start in the water but is required to have one hand in contact with the poolside until the starting signal is given.
- SM 4.2.6 A visually impaired swimmer due to a medical reason may start in the water on presentation of a medical certificate.
- SM 4.2.7 Where a swimmer is unable to grip the poolside, in a water start, the swimmer may be assisted by a support staff or supporting device. The device shall be cleared and deemed safe by the technical adviser. Giving momentum to the swimmer at the start is not permitted and shall result in a false start. The swimmer shall have part of the body in contact with the wall until the starting signal is given. In exceptional circumstances the swimmer who has approval by the technical adviser, is permitted to have their foot/feet held to the wall until the starting signal is given.
- SM 4.2.8 Class S1, S2 and S3 swimmers are permitted to have their foot/feet held to the wall until the starting signal is given. Giving momentum to the swimmer at the start is not permitted and shall result in a false start.
- SM 4.2.9 To prevent abrasion, one layer of towel, or the like, may be placed on the starting platform. The article shall not dramatically increase the height of the starting platform.
- SM 4.2.10 In the case of a swimmer who is blind and deaf, the person tapping shall be permitted to convey the starting signal to the competitor by the use of a non verbal instruction.
- SM 4.2.11 In the case of a swimmer who swims in the FCS and is deaf, the swimmer shall be permitted, when no starting light is available, to have conveyed the starting signal by the use of a non verbal instruction.
- SM 4.3 No swimmer shall be permitted to use a starting device that will enhance the swimmers true ability above their classification level.
- SM 4.4 The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle [SM 2.2.5], 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 [SM 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.
- SM 4.5 The starter shall call back the swimmers at the first false start and remind them of not starting before the starting signal. After the first false start 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, be reminded by the starter of the penalties, and start again.
- SM 4.5.1 The organiser can decide whether the event shall be with the one start rule or the two start rule. This must be declared in the invitation.
- SM 4.7 The signal for a false start shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the referee decides that the start is false he shall blow his whistle, which shall be followed by the starter's signal [repeated] and dropping of the false start rope.
- SM 4.7.1 For swimmers with a visual impairment to ensure a satisfactory start for S11 swimmers, spectators shall be requested to remain silent until the swimmers have passed the false start rope. Noises created by hooters, whistles, etc may be mistaken for the false start signal.
- SM 4.8 If an error by an official follows a fault by a swimmer, the fault by the swimmer is expunged.

SM5 FREESTYLE

SM5.3 During each complete one stroke cycle some part of the swimmer must break the surface of the water, 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 this point the head must have broken the surface.

Definition: One stroke cycle is defined as one full rotation of the shoulder joint/s and/or one complete up and down movement of the hip joint/s.

SM 6 BACKSTROKE

SM 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. The feet, including the toes, shall be under the surface of the water. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

SM 6.1.1 Swimmers unable to use the starting grips shall be permitted to use the end of the pool.

SM 6.1.2 Where a swimmer is unable to grip the poolside, in a water start, the swimmer may be assisted by a support staff or supporting device. The device shall be cleared and deemed safe by the technical adviser. Giving momentum to the swimmer at the start is not permitted and shall result in a false start. The swimmer shall have part of the body in contact with the wall until the starting signal is given. In exceptional circumstances the swimmer, who has approval by the head of classification and technical adviser, is permitted to have their foot/feet held to the wall until the starting signal is given.

SM6.3 During each complete one stroke cycle some part of the swimmer must break the surface of the water, 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 this point the head must have broken the surface.

Definition: One stroke cycle is defined as one full rotation of the shoulder joint/s and/or one complete up and down movement of the hip joint/s.

SM 7 BREASTSTROKE

SM 7.1 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.

SM 7.1.1 After the start and after each turn, a swimmer who is unable to push off with the leg/s, may perform one asymmetrical stroke to attain the breast position.

SM 7.2 All movements of the arm/s shall be simultaneous and in the same horizontal plane without alternating movement.

SM 7.3 The hand/s 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 at the finish. The hand/s shall be brought back on or under the surface of the water. The hand/s shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SM 7.4 All movements of the leg/s shall be simultaneous and in the same horizontal plane without alternating movement.

SM 7.4.1 A swimmer who has affected leg/s and/or foot/feet must show intent of simultaneous movement and in the same horizontal plane.

SM 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

SM 7.5.1 A swimmer who is unable to use both legs or feet shall not be forced to turn the affected foot outwards during the propulsive part of the kick.

SM 7.5.2 Non functional leg/s may trail or drag.

SM 7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. 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.

SM 7.6.1 At each turn and the finish of the race where a swimmer has different arm lengths only the longer arm must touch the wall, but both arms must be stretched forward simultaneously.

SM 7.6.2 A swimmer with upper limbs too short to stretch above the head shall touch the wall with any part of the upper body when turning and finishing.

- SM 7.6.3 At each turn and the finish of the race, where a swimmer uses only one arm for the stroke cycle they shall only be required to touch with one arm.
- SM 7.6.4 At each turn and the finish of the race, where the swimmer who uses both arms but has restriction in the shoulder/elbow only the longer arm must touch the wall, but both arms must be stretched forward simultaneously.
- SM 7.6.5 At each turn and finish swimmers with visual impairment [S11 & S12] may have difficulty making a touch simultaneously, if the swimmer is in close proximity to the lane rope. Providing that the swimmer does not gain an unfair advantage the non-simultaneous touch shall be allowed.
- SM 7.7 During each complete cycle of one arm stroke and one leg kick, in that order, some part of the swimmer's head shall break the surface of the water, except that after the start and after each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- SM 7.7.1 In the case where there is a non functional arm, one arm stroke shall constitute a full stroke when completed with the remaining parts.
- SM 7.7.2 When a swimmer does not have any legs or arms or parts thereof, either the kick or the respective arm stroke shall constitute a complete stroke.
- SM 8 BUTTERFLY**
- SM 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 and both shoulders shall be in line with the normal water surface. Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time.
- SM 8.1.2 After the start and after each turn, a swimmer who is unable to push off with the leg/s may perform one asymmetrical stroke to attain the breast position
- SM 8.2 Both arms must be brought forward together over the water and brought backward simultaneously.
- SM 8.2.1 S11 or low vision S12 swimmers swimming in close proximity to the lane rope may have difficulty bringing both arms forward together simultaneously. The swimmer shall not pull on the lane rope to gain advantage. The swimmer will normally move away from the lane rope within one or two strokes.
- SM 8.2.2 In the case where an arm or part of an arm is missing, one arm stroke shall constitute a full stroke when completed with the remaining parts.
- SM 8.2.3 In the case where there is a non functional arm, one arm stroke shall constitute a full stroke when completed with the remaining parts.
- SM 8.2.4 In the case where there are no legs or non-functional legs, the legs shall drag.
- SM 8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.
- SM 8.4.1 At each turn and the finish of the race where a swimmer has different arm lengths only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. The shoulders shall remain in the horizontal plane until the touch has been made.
- SM 8.4.2 A swimmer with upper limbs too short to stretch above the head shall touch the wall with any part of the upper body when turning and finishing.
- SM 8.4.3 At each turn and the finish of the race, where a swimmer uses only one arm for the stroke cycle they shall only be required to touch with one arm.
- SM 8.4.4 At each turn and the finish of the race, where the swimmer who uses both arms but has restriction in the shoulder/elbow only the longer arm must touch the wall, but both arms must be stretched forward simultaneously.
- SM 8.4.5 At each turn and finish swimmers with visual impairment [S11 & S12] may have difficulty making a touch simultaneously, with the shoulders remaining in the horizontal plane, if the swimmer is in too close a proximity to the lane rope.
- SM 8.4.6 At the turn and finish, swimmers with no leg function may perform a half stroke with the arm/s recovering forward under the surface of the water, in order to contact the wall.

SM 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.

SM 9 MEDLEY SWIMMING

SM 9.1 In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.

SM 9.1.1 In the 150m individual medley events, the swimmer covers three swimming strokes in the following order: Backstroke, Breaststroke and Freestyle.

SM 10 THE RACE

SM 10.2 A swimmer must finish the race in the same lane in which they started.

SM 10.2.1 Should a swimmer with visual impairment inadvertently surface in the wrong lane after a start or executing a turn and the swimmer has surfaced in a lane not in use, the swimmer shall be permitted to complete the race in that lane. If it is necessary for the swimmer to return to the correct lane the 'tapper' may give verbal instructions, but only after clearly identifying the swimmer by name to prevent distraction or interference to other competitors.

SM 10.7 No swimmer shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during the heat and final events [such as webbed gloves, flippers, fins, wetsuit etc]. Goggles may be worn.

SM 10.7.1 FCS swimmers shall not be permitted to wear prosthesis and/or orthosis during a race.

SM 10.7.2 A person may be required to indicate to the visually impaired swimmer that they are approaching the end of the pool in both individual and relay events. Also where necessary, a swimmer may have a touch by the person to indicate the start of their leg of the relay. This procedure is called tapping and the person is referred to a 'tapper'. For S11 competitors tapping is compulsory.

SM 10.7.3 A FCS swimmer may be tapped for safety reasons. A FCS swimmer shall be required to obtain a medical certificate.

SM 10.9 There shall be four [4] swimmers on each relay team.

SM 10.9.1 Any competitor swimming breaststroke in a freestyle relay event shall note the following: When the SB class [i.e. SB7] is lower or the same as the S class [i.e. S7 or S8] the swimmer may swim breaststroke in the freestyle relay event but the swimmer must maintain the S class. If the SB class [i.e. SB7] is higher than the S class [i.e. S6] the swimmer may only swim in the equivalent higher class [i.e. S7] for the freestyle event.

SM 10.10 In relay events, the team of a swimmer whose feet/part of the body loses touch with the starting platform before the preceding team mate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall, but it shall not be necessary to return to the starting platform.

SM 10.10.1 A swimmer, in a relay event, may commence in the water. The swimmer may not lose contact with the wall until such time as the preceding team mate touches the wall otherwise the swimmer shall be disqualified.

SM 10.11 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.

SM 10.11.1 A swimmer, in a relay event, who is to commence with a water start, may enter the water only when the preceding swimmer is swimming their length.

SM 10.12 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.

SM 10.13 Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.

SM 10.13.1 A Class S5 swimmer and below may stay in their lane until the last swimmer of the team has completed the race. A swimmer remaining in the water shall move a short distance away from the end of the pool, close to the lane rope but shall not obstruct another swimmer in another lane.

- SM 10.14 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, the referee may order it to be reswum.
- SM 10.14.1 For swimmers with visual impairment, should an accidental foul occur during a race, caused by a swimmer either surfacing after the start or turn, in a lane that is in use by another competitor, or by swimming too close to the lane rope, etc, the referee shall have the power to allow one or both swimmers to reswim the event. If the foul occurs in a final event, the referee may order the final to be reswum.
- SM 10.15 Pacemaking shall not be permitted, nor may any device be used or plan adopted which has that effect nor shall instruction to the swimmer be given after the start of the event.
- SM 10.16 RELAY COMPOSITION
- SM 10.16.1 Relay teams for the visually impaired are based on a point score. The classification of the individual swimmer is worth the actual number value i.e. Class 11 is worth eleven [11] points, class 12 is worth twelve [12] points etc. 4x100m Relays shall not exceed forty nine [49] points.
- SM 10.16.3 Relay teams for the FCS swimmers are based on a point score. The classification of an individual swimmer is worth the actual number value i.e. class S6 is worth six [6] points, class SB10 is worth ten [10] points, etc. 4 x 50m Relays shall not exceed twenty [20] points. 4 x 100m Relays shall not exceed thirty four [34] points.

SM 11 NATIONAL RECORDS

- SM 11.1 New Zealand records shall be ratified only in the class for which the competitor holds an official National or International classification. Swimmers with a provisional classification are not eligible for records.
- SM 11.2 New Zealand Records are available in Under 15, Under 18 and Open Age Groups.

SM 12 WORLD RECORDS

- SM 12.5 World Records will be accepted when times are reported by Automatic Officiating Equipment, or Semi-Automatic Officiating Equipment in the case of Automatic Officiating equipment system malfunctioning or the times of three digital watches.
- SM 12.14 World and/or Regional records shall be ratified only in the class for which the competitor holds an official internationally recognised classification.
- SM 12.15 In the case of a swimmer having a change in classification the following shall apply:
- SM 12.15.1 Visually impaired swimmers shall retain records held in their previous classification
- SM 12.15.2 Functional Classification System
- SM 12.15.2.1 If the reclassification is due to changes in the degree of disability of the swimmer, then record/s will be retained in the swimmer's previous classification.
- SM 12.15.2.2 If the reclassification is due to any reason other than described in SM 12.14.2.1, a swimmer is ineligible to hold record/s in their previous classification. The swimmer's historical times shall be considered for record/s in their new classification.
- SM 12.16 If the application for a World Record is accepted a certificate, signed by the Chairman and the keeper of the records, shall be forwarded to the relevant member country of the swimmer.

EXCEPTIONS TABLE

Stroke	Exceptions	Interpretations
Freestyle	Nil	No exceptions
Backstroke	Nil One hand start Assistance required for the start	No exceptions One hand only is capable to grip the starting grip Someone is required to assist the swimmer due to the disability i.e. no arms, arms are restricted, legs are restricted
Butterfly	Nil One hand touch One hand touch with simultaneous intent to touch with other Part of upper body touch	No exceptions Stroke is performed with only one arm Stroke is performed with two arms with one full good arm and the other being only a part of an arm or it is an affected arm No arms or the arms are too short to extend above the head
Breaststroke	Nil One hand touch One hand touch with simultaneous intent to touch with other Part of upper body touch Left or right foot must turn out Leg drag Show intent to kick	No exceptions Stroke is performed with only one arm Stroke is performed with two arms with one full good arm and the other being only a part of an arm or it is an affected arm No arms or the arms are too short to extend above the head Left or right leg with no disability No kick Both legs are affected to some point and therefore the feet do not have to turn out and there is an attempt to perform the breaststroke kick
Start	Nil Assistance Water Feet Light or Signal	No exceptions Requires someone to assist i.e. assistance required to get onto block; assistance required to steady the swimmer on the block Starting in the water Start in the water with someone holding the swimmers feet onto the wall Swimmer is deaf
Other	Tapper Blackened in goggles Medical/lifeguard	Compulsory for S11 swimmer to have someone to indicate when the swimmer is to turn and finish. For any event over 50m [Long Course] or a 50m event [Short Course] two tappers are required i.e. one at each end Compulsory for S11 swimmers Goggles that no light can be seen through the goggles. Exceptions are those swimmers who have prosthesis/glass eyes Medical alert due to existing condition

S1 – S10 SB1 – SB9 SM1 - SM10 = Functional Classification System
 S11 – S13 SB11 – SB13 SM11 - SM13 = Blind
 S14 SB14 SM14 = Intellectual Disability

IPC SWIMMING RECOGNISED EVENTS

	Functional Classes	Functional Classes (Short Course)	IPC Functional Classes	Visual Impaired Classes	Intellectually Disabled Class
Freestyle					
50m	S1 - S10	S1 - S10	S1 - S10	S11 - S13	S14
100m	S1 - S10	S1 - S10	S1 - S10	S11 - S13	S14
200m	S1 - S5	S1 - S5	S1 - S5		
400m	S6 - S10	S6 - S10	S6 - S10	S11 - S13	S14
800m	S6 - S10	S6 - S10			
1500m	S7 - S10	S7 - S10			
Backstroke					
50m	S1 - S5	S1 - S5	S1 - S5		
100m	S1 - S10	S1 - S10	S6 - S10	S11 - S13	S14
200m	S6 - S10	S6 - S10			
Breaststroke					
50m	SB1 - SB3	SB1 - SB4	SB1 - SB3		
100m	SB1 - SB10	SB1 - SB10	SB4 - SB10	SB11 - SB13	SB14
200m	SB4 - SB10	SB4 - SB10			
Butterfly					
50m	S1 - S7	S1 - S7	S1 - S7		
100m	S5 - S10	S5 - S10	S8 - S10	S11 - S13	S14
200m	S8 - S10	S8 - S10			
Individual Medley					
100m		SM1 - SM4			
150m	SM1 - SM4		SM1 - SM4		
200m	SM3 - SM10	SM3 - SM10	SM5 - SM10	SM11 - SM13	SM14
400m	SM8 - SM10	SM8 - SM10			
Freestyle Relays					
4x50m	Max 20 points	Max 20 points	Max 20 points		
4x100m	Max 34 points	Max 34 points	Max 34 points	S11 - S13	S14
Medley Relays					
4x50m	Max 20 points	Max 20 points	Max 20 points		
4x100m	Max 34 points	Max 34 points	Max 34 points	S11 - S13	S14

Functional Classes = Swimmers with predominantly physical disabilities

Visual Impaired Classes = Swimmers with visual impairments

Intellectually Disabled Class = Swimmers with an intellectual disability

IPC Functional Classes = Events recognised by the International Paralympic Committee, and swum at the Paralympic Games