



2022 Rule Change Summary

Swimming

Change From	Change To
Old Formatting	See also date change at footer to reflect October 2022
Section 2 Official Events 2.1 Fundamental Events 15M Walk 15M Flotation 15M Kick Board 25M Flotation 15M Assisted Swim 15M Unassisted Swim 25M Assisted Swim	ADD 2.1 Fundamental Events 15M Walk 15M Flotation 15M Kick Board 25M Flotation 15M Assisted Swim 15M Unassisted Swim 25M Assisted Swim 25M Kick Board
Section 2 Official Events 2.3 Relay Events 4 x 25M Freestyle Relay 4 x 50M Freestyle Relay 4 x 100M Freestyle Relay 4 x 200M Freestyle Relay 4 x 25M Medley Relay 4 x 50M Medley Relay 4 x 100M Medley Relay 4 x 25M Freestyle Unified Sports Relay 4 x 50M Freestyle Unified Sports Relay 4 x 100M Freestyle Unified Sports Relay 4 x 200M Freestyle Unified Sports Relay 4 x 25M Medley Unified Sports Relay 4 x 50M Medley Unified Sports Relay 4 x 100M Medley Unified Sports Relay	ADD 2.3 Relay Events 4 x 25M Freestyle Relay 4 x 50M Freestyle Relay 4 x 100M Freestyle Relay 4 x 200M Freestyle Relay 4 x 25M Medley Relay 4 x 50M Medley Relay 4 x 100M Medley Relay 4 x 25M Freestyle Mixed Relay 4 x 50M Freestyle Mixed Relay 4 x 100M Freestyle Mixed Relay 4 x 200M Freestyle Mixed Relay 4 x 25M Medley Mixed Relay 4 x 50M Medley Mixed Relay 4 x 100M Medley Mixed Relay



	<p>4 x 25M Freestyle Unified Sports Relay 4 x 50M Freestyle Unified Sports Relay 4 x 100M Freestyle Unified Sports Relay 4 x 200M Freestyle Unified Sports Relay 4 x 25M Medley Unified Sports Relay 4 x 50M Medley Unified Sports Relay 4 x 100M Medley Unified Sports Relay</p>
<p>Section 3 Rules of Competition</p> <p>3.1.3 Standing on the bottom during freestyle events or during the freestyle portion of the medley events shall not disqualify a competitor, but he/she shall not walk.</p> <p>3.1.4 Standing on the bottom in the racing course is allowed for flotation events, assisted events and the 15m unassisted event for the purpose of resting. Walking on or jumping from the bottom must disqualify the competitor. This rule will not apply to the 15m walk.</p>	<p>CHANGE (Was previously in 3.4.1.4) It is preferable that certified swimming officials (including the referee, timers and judges) be used in all events.</p> <p>DELETE & MOVE TO</p> <ul style="list-style-type: none"> • 3.4.2.2 • 3.5.3 • 3.6.4
<p>Section 3 Rules of Competition</p> <p>3.1.7 Swimmers may be assisted from the water upon request. Starts may be from the starting block, beside the starting block or from in-water. For in-water starts the athlete shall place one hand on the end of the pool or hold the starting block with one hand. Two hands shall be used for backstroke starts.</p>	<p>CHANGE</p> <p>3.1.6 Swimmers may be assisted from the water upon request.</p> <p>3.1.7 Starts may be from the starting block, beside the starting block or from in-water. For in-water starts the athlete shall place one hand on the end of the pool or hold the starting block with one hand. Two hands shall be used for backstroke starts.</p>
<p>Section 3 Rules of Competition</p> <p>3.2.5 For flotation events, each athlete is responsible for his/her own flotation device. The device must be of the body wraparound type such that if the athlete were to not be able to hold onto the device, the device would still support the athlete with his/her face out of the water. (Flotation devices such as inner tubes or</p>	<p>DELETE & MOVE TO</p> <ul style="list-style-type: none"> • 3.4.2.3



floats that wrap around the arms are not acceptable for use at any time).	
Section 3 Rules of Competition 3.4.2.2 No flotation device is allowed for any event other than the specified flotation events	DELETE
Section 3 Rules of Competition 3.5.4 25M-Kick Board	CHANGE 3.5.4 15M , 25M-Kick Board