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## **PART TWO: SWIMMING RULES**

### **1 SWIMMING COMPETITIONS**

**1.1** This Part Two applies to Swimming competitions at the Olympic Games, World Aquatics Events and any other events held under the rules of World Aquatics (specifically, these Competition Regulations).

**1.2** **The Swimming programme at the Olympic Games will be as follows:**

<b>Freestyle</b>	50m, 100m, 200m, 400m, 800m, 1500m	50m, 100m, 200m, 400m, 800m, 1500m
<b>Individual Medley</b>	200m, 400m	200m, 400m

**1.3** **The Swimming programme at the World Aquatics Championships will be as follows:**

<b>Relays: Freestyle</b>	4x100m, 4x200m	4x100m, 4x200m

**1.4** **The Swimming programme at the World Aquatics Swimming Championships (25m) will be as follows:**

<b>Freestyle</b>		
<b>Breaststroke</b>	50m, 100m, 200m	50m, 100m, 200m
<b>Relays: Medley</b>	4x100m	4x100m



**1.5 The Swimming programme at the World Aquatics Junior Swimming Championships will be as follows:**

<b>Freestyle</b>		
<b>Mixed Relays</b>	4x100m Freestyle, 4x100m Medley	

- 1.6** World Aquatics will annually specify and publish the programme of the World Aquatics Swimming World Cup.
- 1.7** For the Olympic Games, the World Aquatics Championships, and the World Aquatics Junior Swimming Championships, World Aquatics will accept only qualification entry times achieved in 50m pools. For the World Aquatics Swimming Championships (25m), World Aquatics will accept only qualification entry times achieved in 25m or 50m pools.
- 1.8** Prior to the Swimming competitions at the Olympic Games and World Aquatics Championships, the swimming pools and the technical equipment will be inspected (including for compliance with the requirements of Article 15 of this Part Two) and approved by the World Aquatics Technical Delegate.
- 1.9** The Management Committee for a competition will specify the presentation and preparation protocol that Athletes must respect when they leave the final call-room for heats, semi-finals, and finals.

**2 TECHNICAL OFFICIALS**

- 2.1** At Swimming competitions, the competition organiser will appoint a sufficient number of Technical Officials to ensure the fairness, integrity, and safety of the competition.
- 2.1.1** At the Olympic Games, the World Aquatics Championships, and the World Aquatics Swimming Championships (25m), the Management Committee must appoint (at minimum):
  - 2.1.1.1** Two (2) Referees.
  - 2.1.1.2** Two (2) Starters.
  - 2.1.1.3** Four (4) Judges of Stroke.
  - 2.1.1.4** Two (2) Chief Inspectors of Turns.
  - 2.1.1.5** Sixteen (16) or (20) Inspectors of Turns (depending on whether eight (8) or ten (10) lanes are used).
  - 2.1.1.6** Two (2) reserve Inspectors of Turns.
  - 2.1.1.7** One (1) Control Room Supervisor.
  - 2.1.1.8** One (1) Video Review Supervisor.
  - 2.1.1.9** Four (4) or five (5) Video Review Judges (depending on whether eight (8) or ten (10) lanes are used).
  - 2.1.1.10** One (1) Call Room Supervisor.
  - 2.1.1.11** Four (4) or five (5) Call Room Judges depending on whether eight (8) or ten (10) lanes are used.
  - 2.1.1.12** One (1) resolution desk judge.
  - 2.1.1.13** Two (2) warm-up supervisors.
- 2.1.2** At all other International Competitions, the competition organiser must appoint the same number of Technical Officials, unless a smaller number of Technical Officials is approved by World Aquatics (or the relevant Continental Organisation or Member Federation).



- 2.1.3** If – for example, in exceptional circumstances or in the event of technical failure – Automatic Officiating Equipment and Semi-Automatic Officiating Equipment is not available at an International Competition:
- 2.1.3.1** Article 11.2 of this Part Two will apply and the role of the Automatic Officiating Equipment will be performed by one (1) Chief Timekeeper, and two (2) Timekeepers per lane; and
- 2.1.3.2** the competition organiser may appoint Finish Judges.
- 2.2** Unless provided otherwise in this Part Two, each Technical Official will make decisions within his/her role, jurisdiction, and responsibility with autonomy and independence from other Technical Officials (or any other person).
- 2.3** **Referee:**
- 2.3.1** The Referee at a competition will have full control and authority over all Technical Officials at that competition, approve their assignments, and instruct them regarding all special features or regulations related to the events. The Referee will enforce all rules and decisions of World Aquatics and will determine any matter relating to the actual conduct of the meet, competition or any event that is not otherwise assigned to be determined by another person under these Competition Regulations (or other World Aquatics Rules).
- 2.3.2** The Referee may intervene in the competition at any stage to ensure that these Competition Regulations (or other World Aquatics Rules) are complied with. Appeals against a Referee's decision are adjudicated in accordance with Article 12 of Part One.
- 2.3.3** If Automatic Officiating Equipment and Semi-Automatic Officiating Equipment are not in use and Finish Judges are used, the Referee will determine placing if necessary.
- 2.3.4** The Referee will ensure that all Technical Officials necessary for the smooth conduct of the competition are in their respective posts for the duration of the competition. The Referee may appoint additional Technical Officials if necessary, and may substitute any Technical Official that the Referee determines is absent, incapable of acting, or inefficient.
- 2.3.5** The Referee's role at the start of a race is set out in Article O of this Part Two.
- 2.3.6** The Referee will disqualify an Athlete for initiating the start before the starting signal if the initiation was observed and confirmed by both the Starter and the Referee. When Automatic Officiating Equipment is available, the Referee will review the relevant footage to verify the disqualification. The Referee and the Starter are not required to concur.
- 2.3.7** If the Referee personally observes any other breach of the Competition Regulations by an Athlete, the Referee will disqualify the Athlete. If a Technical Official verbally reports to the Referee any other breach of the Competition Regulations by an Athlete, the Referee may disqualify the Athlete. Once the disqualification is confirmed by the Referee, the reporting Technical Official will complete and sign a disqualification card, detailing the event, lane number, and the infraction.
- 2.3.8** The Referee will appoint Technical Officials to determine, in relay races, whether – at the time that an Athlete touches the wall to complete their quarter of the total race distance – the feet of the Athlete in the same relay team who is next in order to compete remain in contact with the starting platform.
- 2.4** **Control Room Supervisor:**
- 2.4.1** The Control Room Supervisor will supervise the operation of the Automatic Officiating Equipment and/or Semi-Automatic Officiating Equipment.
- 2.4.2** The Control Room Supervisor is responsible for checking the results from computer printouts, checking the relay exchange printout, and reporting any early take-offs during relays to the Referee.
- 2.4.3** The Control Room Supervisor may review the video timing to confirm early take-offs during relays.
- 2.4.4** The Control Room Supervisor will manage withdrawals after the heats and/or semi-finals, enter results on official forms, list all new records established, and maintain scoring for awards in accordance with Article 11 of Part One, where appropriate.
- 2.5** **Starter:**
- 2.5.1** The Starter will have full control of the Athletes from the time that the Referee so indicates in accordance with Article 4.1 or Article 4.2 of this Part Two until the race has commenced, and will start the race in accordance with Article 4 of this Part Two.



- 2.5.2** If an Athlete delays the start, willfully disobeys an order by the Starter, or commits any other misconduct at the start, the Starter will report that conduct to the Referee, who may disqualify the Athlete.
- 2.5.3** The Starter will determine (subject only to the decision of the Referee) whether the start is fair and if it is not fair the Athletes will be recalled and the race restarted.
- 2.5.4** When officiating the start of a race, the Starter will stand on the side of the pool within approximately five (5) metres of the starting end of the pool where the Timekeepers can see and/or hear the starting signal and the Athletes can hear the signal.
- 2.5.5** **The Starter will report to the Referee any false start or other breach observed.**
- 2.6** Call Room Supervisor and Call Room Judges:
- 2.6.1** Call Room Judges will assemble Athletes prior to each race, and will report to the Call Room Supervisor if (1) there may be a potential breach in relation to permitted Swimwear and/or advertising, and/or (2) an Athlete is not present when called. The Call Room Supervisor will determine whether there is a breach in relation to permitted Swimwear and/or advertising and, if there is, the Call Room Supervisor will report that to the Referee.
- 2.7** **Chief Inspector of Turns:**
- 2.7.1** The Chief Inspector of Turns will ensure that the Inspectors of Turns fulfil their duties during the competition.
- 2.8** **Inspectors of Turns:**
- 2.8.1** One (1) Inspector of Turns will be assigned to each lane at each end of the pool, to ensure Athletes comply with the relevant rules after the start, for each turn, and at the finish.
- 2.8.2** Jurisdiction for the Inspector of Turns at the start end commences from the start signal until the completion of the first arm stroke, except in Breaststroke where it will be the second arm stroke.
- 2.8.3** For each turn, jurisdiction for the Inspector of Turns commences from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after the turn, except in Breaststroke where it will be the second arm stroke.
- 2.8.4** Jurisdiction for the Inspector of Turns at the finish commences from the beginning of the last arm stroke before touching the wall.
- 2.8.5** When a Backstroke ledge is being used, each Inspector of Turns at the starting end will install and remove the ledge in their lane. Once installed, the ledge will be set at zero (0).
- 2.8.6** In individual Freestyle races of 400m, 800m and 1500m, each Inspector of Turns at the starting end and turning end of the pool will record the number of laps completed by the Athlete in the lane monitored. The Athletes will be informed of the remaining number of laps to be completed by the display of "lap cards" that show odd numbers at the turning end of the pool. The "lap cards" must be displayed either at deck level or in the water (at the LOC's discretion based on availability at the venue). Electronic equipment for the same purpose, including underwater display, may be used.
- 2.8.7** Each Inspector of Turns at the starting end will give a warning signal when the Athlete in their lane has two laps plus five (5) metres to swim to finish in individual Freestyle races of 400m, 800m and 1500m. The signal must be repeated after the turn until the Athlete has reached the 5 metre-mark on the lane rope. The warning signal may be by whistle or bell.
- 2.8.8** Each Inspector of Turns at the starting end will determine, in relay events, whether the starting Athlete is in contact with the starting platform when the preceding Athlete touches the starting wall. When Automatic Officiating Equipment that judges the compliance of relay take-offs is available, it will also be used.
- 2.8.9** Inspectors of Turns will report to the Referee any breach observed (including of the applicable stroke rules) within their jurisdiction.
- 2.9** **Judges of Stroke:**
- 2.9.1** Judges of Stroke will be located on each side of the pool.
- 2.9.2** Each Judge of Stroke will ensure that the rules related to the style of swimming designated for the event are being complied with, and will observe the turns and the finishes to assist the Inspectors of Turns.
- 2.9.3** Judges of Stroke will report to the Referee any breach observed (including of the applicable stroke rules) within their jurisdiction.



- 2.9.4** The Judges of Stroke will ensure that the Backstroke turn indicators are installed at 5 metres from each end wall before the commencement of each Backstroke or Medley event.
- 2.10 Chief Timekeeper (if required, in accordance with Article 2.1.3 of this Part Two):**
- 2.10.1** The Chief Timekeeper will assign the seating positions for all Timekeepers and the lanes for which they are responsible. If Automatic Officiating Equipment and Semi-Automatic Officiating Equipment is not used, there will be two (2) Timekeepers for each lane and at least one (1) additional Timekeeper designated as a reserve (for example, to replace a Timekeeper whose watch malfunctions during an event, or who for any other reason is not able to record the time).
- 2.10.2** The Chief Timekeeper must record the time of the winner of each race.
- 2.10.3** The Chief Timekeeper will collect from the Timekeepers in each lane a card showing the times recorded and, if necessary, inspect their watches.
- 2.10.4** The Chief Timekeeper will record the official time on the card for each lane.
- 2.11 Timekeepers (if required, in accordance with Article 2.1.3 of this Part Two):**
- 2.11.1** Each Timekeeper will record the time of the Athlete in the lane assigned to the Timekeeper in accordance with Article 11.2 of this Part Two.
- 2.11.2** Each Timekeeper will start his/her watch at the starting signal and stop his/her watch when the Athlete in their lane has completed the race distance. If instructed by the Chief Timekeeper, each Timekeeper will record times at intermediate distances in races longer than 100m.
- 2.11.3** Promptly after the race, the Timekeepers in each lane will record the times on their watches on the card, give the card to the Chief Timekeeper, and if requested present their watches to the Chief Timekeeper for inspection. At the short whistles of the Referee announcing the following race, the Timekeepers will reset their watches.
- 2.11.4** Unless video timing is used, it may be necessary to use the full complement of Timekeepers (described at Article 2.10 of this Part Two) even when Automatic Officiating Equipment or Semi-Automatic Officiating Equipment is used.
- 2.12 Finish Judges (if required, in accordance with Article 2.1.3 of this Part Two):**
- 2.12.1** Finish Judges will be positioned in line with the finish where they must at all times have a clear view of the course and the finish line.
- 2.12.2** After each race the Finish Judges will determine and report to the Referee the placing of the Athletes according to the assignments given to them.
- 2.12.3** Finish Judges will not act as Timekeepers for the same race (other than when a Timekeeper operates Semi-Automatic Officiating Equipment in accordance with Article 15.16.5 of this Part Two).
- 2.13 Chief Recorder (other than for the Olympic Games and World Aquatics Events):**
- 2.13.1** The Chief Recorder is responsible for checking results from computer printouts or from the times and placing in each race received from the Referee. The Chief Recorder will witness the Referee's signature of the results.
- 2.14 Recorder (other than for the Olympic Games and World Aquatics Events):**
- 2.14.1** The Recorder will manage withdrawals after the heats and/or semi-finals, enter results on official forms, list all new records established, and maintain scoring for awards in accordance with Article 11 of Part One, where appropriate.
- 2.15 Video Review Supervisor:**
- 2.15.1** The Video Review Supervisor will ensure that Video Review Judges are in their respective posts and fulfil their duties during the competition.
- 2.15.2** The Video Review Supervisor will review and confirm all rule infractions reported to them by the Video Review Judges.
- 2.15.3** The Video Review Supervisor will review and confirm all rule infractions reported to them at the request of the Referee.
- 2.15.4** The Video Review Supervisor will report to the Referee any rule infraction confirmed in the video review.
- 2.16 Video Review Judges:**



**2.16.1** Video Review Judges will ensure that the rules related to the style of swimming designated for the competition are complied with, and will observe the turns and the finishes.

**2.16.2** Video Review Judges will report any infraction observed to the Video Review Supervisor. If the infraction is confirmed, the Video Review Judge will complete a disqualification card and promptly provide it to the Video Review Supervisor who will provide it to the Referee.

**2.17 Resolution Desk Judges:**

**2.17.1** Resolution Desk Judges will be available to receive initial queries from team leaders, such as inquiries regarding withdrawals, disqualifications, and swim-offs. The Resolution Desk Judges will communicate queries to the Technical Swimming Committee commission.

**2.18 Warm-Up Supervisors:**

**2.18.1** Warm-Up Supervisors shall oversee warm-up sessions in the Competition Pool, ensuring that Warm-Up Guidelines are adhered to and the lanes used as defined.

### **3 SEEDING OF HEATS, SEMI-FINALS, AND FINALS**

**3.1** For the Olympic Games, heats, semi-finals, and finals should be swum using eight (8) lanes. For the World Aquatics Championships, the World Aquatics Junior Swimming Championships, and the World Aquatics Swimming Championships (25m), heats may be swum using ten (10) lanes and semi-finals and finals should be swum using eight (8) lanes.

**3.2** In heats of Swimming events at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the heat and lane in which each Athlete or relay team starts will be determined by seeding, as follows:

**3.2.1** Each Athlete (and/or the Athlete's Member Federation, as applicable) must specify, on the relevant physical or online entry form and by the specified deadline, the Athlete's fastest time achieved in competition for the event stroke and distance.

**3.2.2** The Management Committee will collate the fastest times achieved in competition for the event stroke and distance for all entered Athletes and rank the Athletes in order from fastest to slowest.

**3.2.3** If an Athlete fails to specify his/her fastest time achieved in competition for the event stroke and distance in the correct form or by the specified deadline, the Management Committee will rank that Athlete at the end of the list (i.e., below the slowest Athlete otherwise listed).

**3.2.3.1** If two or more Athletes enter with identical fastest times, the Management Committee will determine the relative ranking of those Athletes in the list by random draw.

**3.2.4 The Management Committee will allocate Athletes into heats as follows:**

**3.2.4.1** If there are sufficient Athletes to form only one (1) heat, the race will be seeded as a final and swum as a direct final.

**3.2.4.2** If there are sufficient Athletes to form two (2) heats, the fastest Athlete will be seeded in the second heat, the second-fastest Athlete will be seeded in the first heat, and the remaining entered Athletes will from fastest to slowest be seeded on an alternating basis between the second heat and the first heat.

**3.2.4.3** With the exception of 400m, 800m, and 1500m events, if there are sufficient Athletes to form three (3) heats, the fastest Athlete will be seeded in the third heat, the second-fastest Athlete will be seeded in the second heat, the third-fastest Athlete will be seeded in the first heat, and the remaining entered Athletes will from fastest to slowest be seeded on an alternating basis between the third heat and the second heat and the first heat.

**3.2.4.4** With the exception of 400m, 800m, and 1500m events, if there are sufficient Athletes to form four (4) or more heats:

**3.2.4.4.1** The last three (3) heats of the event will be seeded in accordance with Article 3.2.4.3.

**3.2.4.4.2** The heat prior to the last three (3) heats of the event will be comprised of the next fastest Athletes.

**3.2.4.4.3** Any heat prior to the last four (4) heats of the event will be comprised of the next fastest Athletes (and so on if there are further heats).

**3.2.4.4.4** In 400m, 800m, and 1500m events, the last two (2) heats of the event will be seeded in accordance with Article 3.1.3.2 of this Part Two and, if there are sufficient Athletes to form three (3) or more heats:



- 3.2.4.4.5** The heat prior to the last two (2) heats of the event will be comprised of the next fastest Athletes.
- 3.2.4.4.6** Any heat prior to the last three (3) heats of the event will be comprised of the next fastest Athletes (and so on if there are further heats).
- 3.2.4.5** If there are two (2) or more heats in an event, there must be a minimum of three (3) Athletes seeded into any one (1) heat, but subsequent withdrawals may reduce the number of Athletes in a heat to fewer than three (3) Athletes.
- 3.2.5** **The Management Committee will assign lanes to Athletes as follows:**
- 3.2.5.1** Subject to Article 3.2.5.2 of this Part Two, and with lane one (1) being considered the first lane on the right hand side of the pool when facing the course from the starting end (or lane zero (0) being considered the first lane on the right hand side of a pool using ten (10) lanes when facing the course from the starting end):
- 3.2.5.1.1** In a pool using an odd number of lanes, the fastest Athlete will be assigned the centre lane, the second-fastest Athlete will be assigned the next lane to the left of the centre lane, and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.
- 3.2.5.1.2** In a pool using six (6) lanes, the fastest Athlete will be assigned lane three (3), the second-fastest Athlete will be assigned lane four (4), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.
- 3.2.5.1.3** In a pool using eight (8) lanes, the fastest Athlete will be assigned lane four (4), the second-fastest Athlete will be assigned lane five (5), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.
- 3.2.5.1.4** In a pool using ten (10) lanes, the fastest Athlete will be assigned lane four (4), the second-fastest Athlete will be assigned lane five (5), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.
- 3.2.5.1.5** If two or more Athletes are equally seeded in the rankings, and Articles 3.2.2 and 3.2.5 do not apply, the Athletes will be assigned the next available lanes by random draw.
- 3.2.5.2** If a 50m event is held in a 50m pool, the races may be swum, at the discretion of the Management Committee, either (1) from the regular starting end to the turning end, or (2) from the regular turning end to the starting end, depending on factors such as (for example) the existence of adequate Automatic Officiating Equipment or the Starter's position. The Management Committee should advise Athletes of its determination well before the start of the event. If the races are swum from the regular turning end, the lane numbering will still be calculated from the regular starting end and not from the actual starting end, and the Athletes will be assigned lanes in accordance with Article 3.2.5.1 of this Part Two.
- 3.2.6** Allocation of relay teams to heats and assignment of lanes will be done in accordance with Articles 3.2.1 to 3.2.5 of this Part Two, reading 'relay team' instead of 'Athlete'.
- 3.3** In semi-finals of Swimming events at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the semi-final and lane in which each Athlete or relay team starts will be determined by seeding, as follows:
- 3.3.1** Based on the times achieved by the Athletes in the heats (or, if direct semi-finals are held, the Athletes' entry times), the fastest Athlete will be seeded in the second semi-final, the second-fastest Athlete will be seeded in the first semi-final, and the remaining qualified Athletes will from fastest to slowest be seeded on an alternating basis between the second semi-final and the first semi-final.
- 3.3.2** **Equal seedings for the final place in any semi-final phase will be resolved as follows:**
- 3.3.2.1** If the event is equal to or shorter than 200m in distance, a swim-off between the tied Athletes may be held to determine which Athlete will compete in the semi-final.
- 3.3.3** If one or more Athletes withdraw from a semi-final, the Management Committee will give a place in the semi-finals to the fastest Athlete who had previously not qualified for the semi-finals if, in the Management Committee's discretion, it is reasonably possible to do so. If so, the Management Committee will, if practical, re-rank and re-seed the Athletes in the semi-finals, determine the semi-final in which each Athlete will compete in accordance with Article 3.3.1 of this Part Two, and re-assign lanes to Athletes in accordance with Article 3.3.4 of this Part Two.
- 3.3.4** If no heats were held, the Management Committee will assign lanes to Athletes in accordance with Article 3.2.5.1 of this Part Two. If heats were held, the Management Committee will assign lanes in accordance with Article 3.2.5.1 of this Part Two, except it will use the official times achieved in the heats to rank Athletes from fastest to slowest (rather than the times initially provided by Athletes at entry).



- 3.3.5** Allocation of relay teams to semi-finals and assignment of lanes will be done in accordance with Articles 3.3.1 to 3.3.4 of this Part Two, reading 'relay team' instead of 'Athlete'.
- 3.4** In finals of Swimming events at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the lane in which each Athlete or relay team starts will be determined by seeding, as follows:
- 3.4.1** Based on the times achieved by the Athletes in the semi-finals (or, if a direct final is held, the Athletes' entry times), the fastest eight (8) Athletes will qualify for the final.
- 3.4.2** **Equal seedings for the final place in any final will be resolved as follows:**
- 3.4.2.1** If the event is equal to or shorter than 200m in distance, a swim-off between the tied Athletes may be held to determine which Athlete will compete in the final.
- 3.4.2.2** If the event is longer than 200m in distance (including relays) and seven (7) Athletes have been seeded into a final that is being held in a ten (10) lane pool, and two (2) Athletes are equally seeded in the rankings for the eighth place in that final, both Athletes will be seeded into that final (lane zero (0) will also be used, with the two (2) Athletes assigned lane eight (8) or lane zero (0) by random draw).
- 3.4.2.3** If the event is longer than 200m in distance (including relays) and seven (7) Athletes have been seeded into a final that is being held in a ten (10) lane pool, and three (3) Athletes are equally seeded in the rankings for the eighth place in that final, all three (3) Athletes will be seeded into that final (lanes zero (0) and nine (9) will also be used, with the three (3) Athletes assigned lane eight (8) or lane zero (0) or lane nine (9) by random draw).
- 3.4.2.4** If the event is longer than 200m in distance (including relays) and seven (7) Athletes have been seeded into a final that is being held in a ten (10) lane pool, and more than three (3) Athletes are equally seeded in the rankings for the eighth place in that final, a swim-off may be held.
- 3.4.2.5** If the situation outlined in Article 3.4.2.2, Article 3.4.2.3, or Article 3.4.2.4 of this Part Two arises, but a ten (10) lane pool is not available, a swim-off may be held.
- 3.4.3** If one or more Athletes withdraw from a final, the Management Committee will give a place in the final to the fastest Athlete who had previously not qualified for the final if, in the Management Committee's discretion, it is reasonably possible to do so. If so, the Management Committee will re-rank and re-seed the Athletes in the final, and re-assign lanes to Athletes in accordance with Article 3.4.4 of this Part Two.
- 3.4.4** If no semi-finals were held, the Management Committee will assign lanes to Athletes in accordance with Article 3.2.5.1 of this Part Two. If semi-finals were held, the Management Committee will assign lanes in accordance with Article 3.2.5.1 of this Part Two, except it will use the official times achieved in the semi-finals to rank Athletes from fastest to slowest (rather than the times initially provided by Athletes at entry).
- 3.4.5** Allocation of relay teams to a final and assignment of lanes will be done in accordance with Articles 3.3.1 to 3.3.4 of this Part Two, reading 'relay team' instead of 'Athlete'.
- 3.5** For all heats, semi-finals and finals of Swimming events at the Olympic Games and World Aquatics Events, Athletes must report to the first call room at the time specified by the Management Committee. After inspection, Athletes will proceed to the final call room.
- 3.6** In Swimming competitions other than at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations), the draw system may be used to assign lane positions.
- 3.7** At the World Aquatics Swimming Championships (25m) and the World Aquatics Junior Swimming Championships:
- 3.7.1** In events of 50m and 100m, heats, semi-finals and finals will be held.
- 3.7.2** In events of 200m or more, only heats and finals will take place.
- 3.7.3** At the discretion of the Management Committee, the 800m Freestyle event and the 1500m Freestyle event may be conducted on a timed final basis with the fastest heat only conducted during the finals session.



## 4 THE START

### 4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races will be with a dive.

4.1.1 Once all Athletes have removed their clothing, except for Swimwear, the Referee will signal the commencement of a race by a short series of whistles, which invites the Athletes to get ready at the starting end, followed by a long whistle, which indicates that the Athletes must take their positions on the starting platform and remain there.

4.1.2 When the Athletes and Technical Officials are prepared for the start, the Referee will gesture to the Starter using a outstretched arm, which indicates that the Athletes are under the Starter's control. The Referee's outstretched arm will stay in that position until the starting signal is given.

4.1.3 On the Starter's command "take your marks", the Athletes will immediately take up a starting position with at least one foot in contact with the front of the starting platforms. The position of the Athlete's hands is not relevant.

4.1.4 When all Athletes are stationary, the Starter will give the starting signal.

### 4.2 The start in Backstroke races and Medley relay races will be in the water.

4.2.1 Once all Athletes have removed their clothing, except for Swimwear, the Referee will signal the commencement of a race by a short series of whistles, which invites the Athletes to get ready at the starting end, followed by a long whistle, which indicates that the Athletes must immediately enter the water.

4.2.2 At the Referee's second long whistle, the Athletes will return without undue delay to the starting position.

4.2.3 When the Athletes and Technical Officials are prepared for the start, the Referee will gesture to the Starter using a outstretched arm, which indicates that the Athletes are under the Starter's control. The Referee's outstretched arm will stay in that position until the starting signal is given.

4.2.4 When all Athletes have assumed their starting positions in the water in accordance with Article 6.1 of this Part Two, the Starter will give the command "take your marks".

4.2.5 When all Athletes are stationary, the Starter will give the starting signal.

4.3 At the Olympic Games, the World Aquatics Championships, and other World Aquatics Events, the command "take your marks" will be in English, and commands and the starting signal will be communicated to Athletes via loudspeakers mounted at or by each starting platform.

4.4 Any Athlete who initiates a start before the signal may be disqualified.

4.4.1 If the starting signal is given before the disqualification is declared, the race will continue and the Athlete will be disqualified at the completion of the race.

4.4.2 If the disqualification is declared before the starting signal is given, the starting signal will not be given, the remaining Athletes will be stood down using the command "stand down please", and the Referee will repeat the starting procedure from the long whistle in accordance with Article 4.1.1 or 4.2.2 of this Part Two (as applicable).

## 5 FREESTYLE

5.1 In a Freestyle race, Freestyle means an Athlete may swim any style. In an individual Medley race or a Medley relay race, Freestyle means an Athlete may swim any style other than Backstroke, Breaststroke or Butterfly.

5.2 At least one part of the Athlete's body must touch the wall upon completion of each length and at the finish.

5.3 At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete's head must have broken the surface of the water.

5.4 Once some part of the head of the Athlete has passed the 5 metre-mark, immediately prior to reaching for the finish wall, the Athlete may be completely submerged.



## 6 BACKSTROKE

- 6.1** Prior to the starting signal, the Athletes will line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a Backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
- 6.2** At the starting signal and after each turn the Athlete must push off and swim on their back throughout the race except when executing a turn in accordance with Article 6.4 of this Part Two. The Athlete's normal position on their back may include a roll movement of the body up to but not including 90 degrees from horizontal. The position of the head is not relevant.
- 6.3** At least one part of the Athlete's body must break the surface of the water throughout the race, except that during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete's head must have broken the surface of the water.
- 6.4** When executing the turn, the Athlete must touch of the wall with at least one part of their body. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The Athlete must have returned to the position on the back upon leaving the wall.
- 6.5** When reaching for the finish wall, it is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark. At the finish of the race, the Athlete must touch the finish wall while on the back.

## 7 BREASTSTROKE

- 7.1** After the start and after each turn, the Athlete may take one arm stroke completely back to the legs during which the Athlete may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single Butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- 7.2** From the beginning of the first arm stroke after the start and after each turn, the Athlete's body must be on the breast.
- 7.3** It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast from the beginning of the first arm stroke after leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms must be simultaneous without alternating movement.
- 7.4** The hands must be pushed forward together from the breast on, under, or over the water. The elbows will be under water except for the final stroke before the turn, during the turn, and for the final stroke at the finish. The hands must be brought back on or under the surface of the water. The hands must not be brought back beyond the hip line, except during the first stroke after the start and after each turn.
- 7.5** During each complete stroke cycle, some part of the Athlete's head must break the surface of the water. All movements of the legs will be simultaneous without alternating movement.
- 7.6** The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward Butterfly kicks are not permitted except in accordance with Article 7.1 of this Part Two. Breaking the surface of the water with the feet is allowed unless followed by a downward Butterfly kick.
- 7.7** At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface. In this Article, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted). At the last stroke before each turn and at the finish, an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.



## 8 BUTTERFLY

- 8.1** From the beginning of the first arm stroke after the start and after each turn, the Athlete's body must be on the breast.
- 8.2** It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall when it is permissible to turn in any manner as long as the body is on the breast from the beginning of the first arm stroke after leaving the wall.
- 8.3** Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to Article 8.6 of this Part Two.
- 8.4** 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 must not alternate in relation to each other. A Breaststroke kicking movement is not permitted.
- 8.5** At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above, or below the water surface. In this Article, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted).
- 8.6** At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. At the start and at each turn, the Athlete is permitted one or more leg kicks and one arm pull under the water, which must bring the Athlete to the surface. By the 15 metre-mark, the Athlete's head must have broken the surface of the water. It is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark prior to reaching for the finish wall.

## 9 MEDLEY SWIMMING

- 9.1** In an individual Medley race: the Athlete must perform the four swimming strokes, each for one quarter (1/4) of the total race distance, in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle.
- 9.2** In a Medley relay race: the Athletes must perform the four swimming strokes, each for one quarter (1/4) of the total race distance, in the following order: Backstroke, Breaststroke, Butterfly, and Freestyle.
- 9.3** For both individual Medley and Medley relay races: during the Freestyle section, the Athlete's body must be on the breast, except when executing a turn. The Athlete must return to the breast before any kick or stroke. Leaving the wall on the back during the Freestyle section is permissible; however, no kicking action is permitted until the Athlete has returned past the vertical to the breast, at which point kicking – including one or more Butterfly kicks – may commence.
- 9.4** Each stroke section must be finished in accordance with the applicable rules for that stroke.

## 10 THE RACE

- 10.1** **All individual races must be held as separate sex competitions.**
- 10.2** **In all races:**
- 10.2.1** An Athlete must complete the course distance (or, in a relay, their quarter of the total race distance).
- 10.2.2** An Athlete must start the race in his/her allocated lane, remain in that lane throughout the race, and finish the race in that lane.
- 10.2.3** When performing a turn, an Athlete must make physical contact with the wall at the end of the pool or course, and – subject to Article 10.2.4 of this Part Two – the Athlete must not take a stride or step from the bottom of the pool.
- 10.2.4** An Athlete must not stand and/or walk on the pool bottom (except during Freestyle events or the Freestyle portion of Medley events, during which Athletes are permitted to stand on the pool bottom).
- 10.2.5** An Athlete must not pull on the lane rope.
- 10.2.6** An Athlete must not obstruct or otherwise interfere with another Athlete.



- 10.2.7** An Athlete who is not entered in a race must not enter the water during that race or before all Athletes in that race have completed the course distance.
- 10.2.8** An Athlete who has completed the course distance must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed the course distance.
- 10.2.9** An Athlete must not act (or attempt to act) as a pacemaker for another Athlete, and an Athlete must not use (or attempt to use) any pacemaking device or plan.
- 10.3** **If the Referee determines (in his/her sole discretion) that an Athlete has breached any of the requirements of Article 10.2 of this Part Two, the Referee will disqualify the Athlete from that event (save in the case of breach of Article 10.2.7 of this Part Two, where the Referee will disqualify the Athlete that entered the water from the next race that the Athlete is scheduled to compete in at the competition).**
- 10.3.1** The Referee must report apparently intentional breaches of Article 10.2.6 of this Part Two to the Management Committee, which will report the matter to (as appropriate) (1) the Member Federation representing the country in which the World Aquatics Event is being held, and (2) the Member Federation that the Athlete is registered with for further investigation and possible disciplinary action. Further or alternative disciplinary action may be taken by the Aquatics Integrity Unit in relation to breaches arising at a World Aquatics Event or by the relevant regulatory authority in relation to breaches arising at other competitions.
- 10.4** **For all relay races:**
- 10.4.1** Each relay team must be comprised of four (4) Athletes, and each relay team in a Mixed Relay must be comprised of two (2) men and two (2) women.
- 10.4.2** Prior to the race and in accordance with the deadline specified by the Management Committee, the team leader must specify the order in which the relay team members will compete.
- 10.4.2.1** After that deadline, substitutions of one relay team member for another relay team member may be made only in the case of an evidenced medical emergency and with the prior permission of the Referee, the World Aquatics Technical Delegate, or the Management Committee (as applicable).
- 10.4.2.2** The composition of a relay team may be changed between the heats and finals of an event, provided that all relay team members are eligible to compete in the relay event at the competition.
- 10.4.3** **An Athlete may compete in a race only once as a relay team member.**
- 10.4.4** Athletes must commence relay exchanges from the starting platform, and must not perform a running start from the pool deck.
- 10.4.5** Until an Athlete touches the wall to complete their quarter of the total race distance, the feet of the Athlete in the same relay team who is next in order to compete must remain in contact with the starting platform.
- 10.4.6** Unless they are specified as next in order to compete in the relay, an Athlete who is a relay team member must not enter (or re-enter) the water during that race or before all Athletes in the race have completed the course distance.
- 10.4.7** An Athlete who has completed their distance must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed their distance.
- 10.5** If the Referee determines (in his/her sole discretion) that an Athlete or other person has breached any of the requirements of Article 10.4 of this Part Two, the Referee will disqualify the relevant relay team (and, if it was an Athlete that breached the requirement, will disqualify that Athlete).
- 10.6** If the Referee determines (in his/her sole discretion) that a breach of the requirements of Article 10.2 or Article 10.4 of this Part Two by an Athlete has adversely impacted the chances of success of another Athlete (or relay team), the Referee (in his sole discretion) may order that the impacted Athlete (or relay team) be permitted to compete again in the next heat or, if the breach occurred in the final heat or in a final, may order that the final heat or the final be re-swum.



## 11 TIMING

### 11.1 If Automatic Officiating Equipment (or, as relevant, Semi-Automatic Officiating Equipment) is used:

- 11.1.1** The appointed Officials will supervise the operation of the Automatic Officiating Equipment.
- 11.1.2** The Automatic Officiating Equipment will record the time taken by each Athlete to complete the course and, based on those times, determine the winner and all placings. If two or more Athletes achieve equal times, those Athletes will be determined to have equal placing.
- 11.1.3** Times recorded by and placings determined from operation of the Automatic Officiating Equipment will be presumed to be accurate and will take precedence over any times recorded by and/or placings determined by Timekeepers and Finish Judges. The Control Room Supervisor must confirm to the Referee that there has not been any malfunction, break-down, or failure of the Automatic Officiating Equipment during a race.
- 11.1.4** The Automatic Officiating Equipment will record times to an accuracy of one hundredth (1/100) of a second.
- 11.1.5** Race times must be displayed on all outputs (including the Venue electronic scoreboard and official results reports) to an accuracy of one hundredth (1/100) of a second.
- 11.1.6** If Automatic Officiating Equipment is used and it fails to record the place and/or time of one or more Athletes in a race, the Referee will:
- 11.1.6.1** Collate all available times and places recorded by the Automatic Officiating Equipment and all available times and places recorded by the Timekeepers and any Finish Judges, if appointed.
- 11.1.6.2** Determine the official placings of the race as follows:
- 11.1.6.2.1** Athletes who have a time and place recorded by Automatic Officiating Equipment must retain their relative order in the race placings compared to other Athletes in the same race who also have a time and place recorded by Automatic Officiating Equipment.
- 11.1.6.2.2** If an Athlete has a time but not a place recorded by Automatic Officiating Equipment, the Athlete's race placing will be determined by comparison of the Athlete's time recorded by Automatic Officiating Equipment against the times of the other Athletes in the same race who have a time and place recorded by Automatic Officiating Equipment.
- 11.1.6.2.3** If an Athlete does not have a time or place recorded by Automatic Officiating Equipment, the Athlete's race placing will be determined by comparison of the Athlete's time recorded by Semi-Automatic Officiating Equipment or Timekeepers against the times of the other Athletes in the same race who have a time and place recorded by Automatic Officiating Equipment.
- 11.1.7** If Automatic Officiating Equipment is used and it fails to record the place and/or time of one or more Athletes in a race, the official times will be recorded as follows:
- 11.1.7.1** The official time for all Athletes who have a time recorded by Automatic Officiating Equipment will be that time.
- 11.1.7.2** The official time for all Athletes who do not have a time recorded by Automatic Officiating Equipment will be the time recorded by Semi-Automatic Officiating Equipment or Timekeepers.

### 11.2 If no Automatic Officiating Equipment or Semi-Automatic Officiating Equipment is used:

- 11.2.1** Timekeepers will record the time taken by each Athlete to complete the course and, based on those times, the Referee will determine the winner and all placings. If two or more Athletes achieve equal times, those Athletes will be determined to have equal placing.
- 11.2.2** Each Timekeeper must be appointed or approved by the Member Federation in the country in which the competition is held and must use a watch (meaning any form of timing device) that is certified as accurate to the satisfaction of that Member Federation.
- 11.2.3** The time taken by an Athlete to complete the course will be recorded to an accuracy of one hundredth (1/100) of a second by two (2) Timekeepers. The official time for that Athlete will be determined as follows:
- 11.2.3.1** If the two (2) watches record different times, the average of the two (2) recorded times will be recorded as the Athlete's official time. If this calculation results in a value that is expressed in thousandths of a second, the final digit will not be recorded and the official time recorded will not be 'rounded' up or down.
- 11.2.3.2** If one (1) of the two (2) watches fails, the time recorded on the one (1) working watch will be recorded as the Athlete's official time.
- 11.2.3.3** If the two (2) watches both fail, the Athlete may be offered a reswim.
- 11.2.4** Race times must be displayed on all outputs to an accuracy of one hundredth (1/100) of a second.





- 12.3.5** The Athlete must have achieved a time faster than (or equal to) the preexisting World Record or World Junior Record.
- 12.3.5.1** If an Athlete achieves a time equal to a preexisting World Record or World Junior Record to an accuracy of one hundredth (1/100) of a second, that Athlete is entitled to apply for recognition of their performance as the “joint holder” of the World Record or World Junior Record.
- 12.3.5.2** Unless Article 12.3.5.3 of this Part Two applies, if more than one Athlete in a race achieves a time faster than (or equal to) the preexisting World Record or World Junior Record and there is only one winner of the race then only the winner of the race is entitled to apply for recognition of their performance as a World Record or World Junior Record.
- 12.3.5.3** If an Athlete achieves a time faster than (or equal to) the preexisting World Junior Record and finishes other than as winner of a race and no other better-placed eligible Athlete in the race also set a World Junior Record then the Athlete is entitled to apply for recognition of their performance as a World Junior Record.
- 12.3.5.4** If more than one Athlete in a race achieves a time faster than (or equal to) the preexisting World Record or World Junior Record and there is more than one winner of the race then all winners of the race are entitled to apply for recognition of their performance as a World Record or World Junior Record.
- 12.3.6** A performance by an Athlete in an individual race of a certain distance may be eligible for a World Record or a World Junior Record at an intermediate distance achieved during that race. The Athlete must complete the full distance of the individual race (not only the intermediate distance or a distance short of the full distance).
- 12.3.7** The performance must have taken place under the following conditions:
- 12.3.7.1** The performance must have been recorded by Automatic Officiating Equipment or, in the case of an Automatic Officiating Equipment system malfunction, Semi-Automatic Officiating Equipment.
- 12.3.7.2** The performance must have been achieved in water containing less than 3 grams/litre of salt, and must not have been achieved in any kind of sea or ocean water.
- 12.3.7.3** The performance must have been achieved (a) in ordinary competition or (b) in an individual race against time that is held in public and announced publicly by advertisement at least three days before the attempt is to be made (unless the individual race against time is sanctioned by a Member Federation as a time trial during a competition, in which case the requirement for advertisement does not apply).
- 12.3.7.4** The length of the pool lane in which the performance was swum must be certified by a surveyor or other qualified official appointed or approved by the Member Federation in the country in which it is situated.
- 12.3.7.5** If a moveable bulkhead is used, length of the pool lane in which the performance was swum must be confirmed at the conclusion of the session during which the performance was achieved by a surveyor or other qualified official appointed or approved by the Member Federation in the country in which it is situated must be confirmed.
- 12.3.8** Immediately after the World Record or World Junior Record individual performance (or at latest within 24 hours of the conclusion of the race), an anti-doping sample must have been collected from the Athlete (and the resulting analysis must be a negative finding). Immediately after the World Record or World Junior Record relay team performance (or at latest within 24 hours of the conclusion of the race), an anti-doping sample must have been collected from each of the four (4) Athletes in the finals relay team (and the resulting analyses must all be negative findings).
- 12.4** World Record or World Junior Record performances swum during the Olympic Games, the World Aquatics Championships, the World Aquatics Swimming Championships (25m), the World Aquatics Junior Swimming Championships, and World Aquatics Swimming World Cups will be automatically approved, provided that all required conditions are met for World Records and/or World Junior Records.
- 12.5** The application procedure for recognition by World Aquatics of a World Record or World Junior Record performance swum at a competition other than the Olympic Games, the World Aquatics Championships, the World Aquatics Swimming Championships (25m), the World Aquatics Junior Swimming Championships, and the Swimming World Cup is as follows:
- 12.5.1** A claim of a World Record or a World Junior Record performance must be provisionally reported by an authorised representative of the competition’s management committee in writing to the Executive Director within seven (7) days of the performance.
- 12.5.2** An application for recognition by World Aquatics of a World Record or World Junior Record must be filed with the Executive Director within fourteen (14) days after the performance. The application must be made by the Referee on the World Aquatics official form. The Referee will certify that the requirements of Article 12.3 of this Part Two have been complied with.



- 12.5.3** On receipt of the application, the Executive Director will consider whether the requirements of Article 12.3 of this Part Two have been complied with. If they have been complied with, the Executive Director will declare the new World Record or World Junior Record, publish that information, and provide diplomas to the relevant Athlete(s).
- 12.5.4** If the application-filing procedure has not been followed (in full or in part) by the competition's Management Committee, the Athlete's Member Federation may file an application for recognition by World Aquatics of a World Record or a World Junior Record using the official form. On receipt of the application, the Executive Director will consider whether the requirements of Article 12.3 of this Part Two have been complied with. If they have been complied with, the Executive Director will declare the new World Record or World Junior Record, publish that information, and provide diplomas to the relevant Athlete(s).
- 12.6** If World Aquatics approves an application for an individual World Record or World Junior Record, the Executive Director will send to the Athlete's Member Federation that the Athlete is affiliated to a diploma signed by the President of World Aquatics for presentation to the Athlete in recognition of the performance.
- 12.7** If World Aquatics approves an application for a relay World Record or World Junior Record, the Executive Director will send to the Member Federation that the Athletes are affiliated to five (5) diplomas signed by the President of World Aquatics, one (1) for and to be retained by the Member Federation, and one (1) each for presentation to the four (4) relay team Athletes in recognition of their performances.
- 12.8** World Aquatics may (in its sole discretion) establish one (1) or more additional categories of World Record or World Junior Record (that require different strokes, distances, or other variables). If so, World Aquatics will establish a "target time" and, if an Athlete achieves a time faster than the "target time", that performance will be eligible for a World Record or World Junior Record (subject always to compliance with the requirements of Article 12.3 of this Part Two).

## **13 AGE GROUP RULES AND ELIGIBILITY**

- 13.1** To be eligible to compete at the World Aquatics Junior Swimming Championships, an Athlete must be fourteen (14), fifteen (15), sixteen (16), seventeen (17), or eighteen (18) years old as at 31 December in the year of the start date of the competition.
- 13.2** To be eligible to compete at the Olympic Games, the World Aquatics Championships, or the World Aquatics Swimming Championships (25m), an Athlete must:
- 13.2.1** be at least fourteen (14) years old as at 31 December in the year of the start date of the competition; or
- 13.2.2** be younger than fourteen (14) years old as at 31 December in the year of the start date of the competition and have achieved at least the "B" standard entry time in the relevant event.
- 13.3** Member Federations and competition organisers may adopt the same and/or alternative age group eligibility rules for competitions within their jurisdiction.

## **14 SWIMWEAR, TECHNOLOGY, AND WEARABLES**

- 14.1** During competition, an Athlete must wear a swimsuit and may wear goggles and/or a cap, in each case that is permitted by Article 6 of Part One.
- 14.2** Other than permitted Swimwear, an Athlete must not wear or use during competition any device or swimwear that may aid his/her speed, buoyancy, or endurance (such as, for example, webbed gloves, flippers, fins, or adhesive substances).
- 14.3** An Athlete is permitted to use an automated data collection device for the sole purpose of collecting data. Such device must not be capable of transmitting or used to transmit data, sounds, or signals to the Athlete and must not be capable of aiding or used to aid the Athlete's speed, buoyancy, or endurance.
- 14.4** An Athlete will be permitted to use tape on one (1) or two (2) fingers or toes (including to bind together two fingers or toes) if use of the tape is required to treat or protect an injury to a finger or toe.



## 15 SWIMMING FACILITIES AND EQUIPMENT

### 15.1 Pool length:

#### 15.1.1 50m swimming pools:

15.1.1.1 If touch panels of Automatic Officiating Equipment are used at the starting end and/or at the turning end, the pool must be of such length that ensures the required distance of 50.000 metres between the two panels.

#### 15.1.2 25m swimming pools:

15.1.2.1 If touch panels of Automatic Officiating Equipment are used at the starting end and/or at the turning end, the pool must be of such length that ensures the required distance of 25.000 metres between the two panels.

### 15.2 Pool dimensional tolerances:

#### 15.2.1 50m swimming pools:

15.2.1.1 The admissible tolerance in length in 50.000 metre swimming pools will be: +0.010 metres and -0.000 metres, when touch panels are installed.

15.2.1.2 For pools with touch panels of Automatic Officiating Equipment on both ends, the wall to wall distance will be at minimum 50.020 metres and at maximum 50.030 metres.

15.2.1.3 The required length, subject to the permitted tolerances, must be consistent from 0.300 metre above to 0.800 metre below the water surface.

15.2.1.4 These measurements must be certified by a surveyor or other qualified official, appointed or approved by the Member Federation in the country in which the pool is situated.

#### 15.2.2 25m swimming pools:

15.2.2.1 The admissible tolerance in 25.000 m swimming pools will be +0.010, and -0.000 metre when touch panels are installed.

15.2.2.2 For pools with touch panels of Automatic Officiating Equipment on both ends the wall to wall distance will be at minimum 25.020 metres and at maximum 25.030 metres.

15.2.2.3 For pools with touch panels of Automatic Officiating Equipment on one end the wall to wall distance will be at minimum 25.010 metres and at maximum 25.020 metres.

15.2.2.4 The required length, subject to the permitted tolerances, must be consistent from 0.300 metre above to 0.800 metre below the water surface.

15.2.2.5 These measurements should be certified by a surveyor or other qualified official, appointed or approved by the Member Federation in the country in which the pool is situated.

### 15.3 Pool width:

15.3.1 At the Olympic Games and the World Aquatics Championships, the minimum pool width for a permanent swimming pool is 25.000 metres and the minimum pool width for a temporary swimming pool is 26.000 metres.

15.3.2 At all other competitions, there is no minimum width requirement.

### 15.4 Pool depth:

15.4.1 At the Olympic Games and the World Aquatics Championships, the minimum pool depth is 2.5 metres.

15.4.2 At the World Aquatics Swimming Championships (25m), the minimum pool depth is 2.0 metres (although 2.5 metres is recommended).

15.4.3 At all other World Aquatics Events, the minimum pool depth is 1.0 metres, except that where starting blocks are used, the pool must have a minimum depth of 1.35 metres from between 1.0 metre from the end wall to at least 6.0 metres from the end wall.

### 15.5 Pool walls:

15.5.1 End walls must be vertical, parallel to each other, and form 90-degree right angles to the swimming course and to the surface of the water. They must be constructed of solid material, with a slip-resistant surface extending at least 0.8 metre below the water surface, so as to enable the competitor to touch and push off when turning without hazard. The admissible tolerance in walls verticality will be  $\pm 0.3$  degrees.



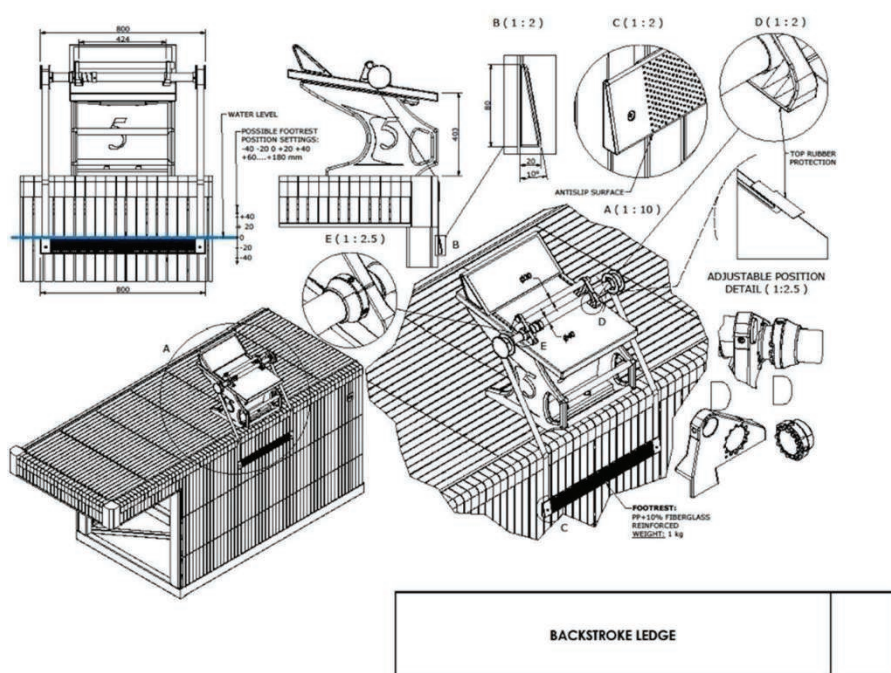
- 15.5.2** Rest ledges along the pool walls are permitted. They must be located not less than 1.2 metres below the water surface, and may be 0.1 metre to 0.15 metre wide. Both internal and external ledges are permitted, but internal ledges are preferable.
- 15.5.3** Gutters may be placed on all four 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. Gutters must be covered with a suitable grill or screen.
- 15.6** **Pool lanes:**
- 15.6.1** At the Olympic Games, the pool must contain eight (8) lanes that are 2.5 metres in width, with a gap – separated by lane ropes – of 2.5 metres in width at the outer side of the first lane and the outer side of the last lane. See the diagram at Appendix 1. Ninth and tenth lanes may be used in exceptional circumstances with the approval of the Chair of the Technical Swimming Committee.
- 15.6.2** At the World Aquatics Championships and the World Aquatics Swimming Championships (25m), the pool must contain ten (10) lanes.
- 15.6.2.1** For a permanent swimming pool, the middle eight (8) lanes must be 2.5 metres in width, and the outer two lanes must be 2.4 metres in width with a gap – separated by lane ropes – of at least 0.1 metres in width at the outer side of the first lane and the outer side of the last lane. See the diagrams at Appendix 2 and Appendix 8.
- 15.6.2.2** For a temporary swimming pool, the ten (10) lanes must be 2.5 metres in width with a gap – separated by lane ropes – of at least 0.5 metres in width at the outer side of the first lane and the outer side of the last lane. See the diagrams at Appendix 3 and Appendix 9.
- 15.6.3** At all other competitions, there is no minimum number of lanes. Lanes must be at least 2.5 metres wide, except for the first and last lanes, which must be at least 2.4 metres wide with a gap of at least 0.1 metres in width at the outer side of the first lane and the outer side of the last lane.
- 15.7** **Pool lane ropes:**
- 15.7.1** The main functions of a lane rope are to separate swimming lanes and reduce the pool waves. A lane rope should have properties to reduce the impact of a wave either continuing the other side of rope or bouncing back in the direction the wave came from.
- 15.7.2** Lane ropes must extend the full length of the course and components not contributing to the rope's wave reduction function, such as a tension spring and a take-up reel, must measure less than 200mm at each end of the rope.
- 15.7.3** Lane ropes should be secured at each end wall to an anchor bracket recessed into the end wall. If anchor placement is on the pool deck, a firm and non-elastic extender must be in place. The installed lane rope should stay in the pool water. The anchor, including extender, must not extend more than 10mm into the pool. The anchor must not increase the length of the lane rope by more than  $\pm 10$ mm each end of rope.
- 15.7.4** The anchor must be positioned so that the wave reducing components at each end wall of the pool are 50% below the surface of the water. Anchors must be installed to withstand 20 kN of tensile force. Each lane rope will consist of wave reducing components placed end-to-end having a diameter of between 0.1 metres (at maximum) and 0.15 metres (at minimum). The design of discs and floats should be such that the floats, by themselves, do not influence the length of the lane rope. A float should be an integral part in between two discs. Throughout the length of the course, the lane rope must have a negative buoyancy so that at least one half to at most two thirds of the height of the wave reducing components are beneath the water surface.
- 15.7.5** The take-up reel of the lane rope should require a tool to lock tensioning into position and to prevent unauthorised tampering. The lane rope must be equipped with a tension spring that can absorb sudden high point loads and a wire that can withstand a tensile force of 12 kN.



- 15.7.6 The colour of the lane ropes should be as follows:**
- 15.7.6.1 At the Olympic Games (see diagram at Appendix 1):**
- 15.7.6.1.1** Two (2) green ropes for lanes 1 and 8.
- 15.7.6.1.2** Four (4) blue ropes for lanes 2, 3, 6, and 7.
- 15.7.6.1.3** Three (3) yellow ropes for lanes 4 and 5.
- 15.7.6.2 At the World Aquatics Championships and the World Aquatics Swimming Championships (25m) (see diagrams at Appendix 2, Appendix 3, Appendix 8, and Appendix 9):**
- 15.7.6.2.1** Two (2) green ropes for lanes 0 and 9.
- 15.7.6.2.2** Six (6) blue ropes for lanes 1, 2, 3, 6, 7 and 8.
- 15.7.6.2.3** Three (3) yellow ropes for lanes 4 and 5.
- 15.7.6.3 At all other competitions (see diagrams at Appendix 1, Appendix 6, and Appendix 7):**
- 15.7.6.3.1** Two (2) green ropes for lanes 1 and 8.
- 15.7.6.3.2** Four (4) blue ropes for lanes 2, 3, 6, and 7.
- 15.7.6.3.3** Three (3) yellow ropes for lanes 4 and 5.
- 15.7.6.4 Variations in lane rope colour are permitted but the respective lanes must be distinguished by three (3) colours.**
- 15.7.7** Red floats attached to the lane ropes must extend for a distance of 5.0 metres from each end of the pool.
- 15.7.8** There must not be more than one (1) lane rope between each lane. The lane ropes must be firmly stretched to a tension of between 1 kN and 1.2 kN.
- 15.7.9** The floats on each lane rope at the 15 metre-mark from each end wall must be distinct in colour from the surrounding floats.
- 15.7.10** In 50 metre pools the floats must be distinct (typically by contrasting colour) to mark 25 metres.
- 15.7.11** Lane numbers of soft material may be positioned on the lane ropes at the starting end and the turning end of the pool.
- 15.8 Starting platforms:**
- 15.8.1** Starting platforms will be firm and provide no springing effect. The height of the top of the platform above the water surface will be between 0.5 metres and 0.75 metres. The starting platform surface area will be at least 0.5 metres by 0.5 metres, and will be covered with a slip-resistant material.
- 15.8.2** The maximum permitted slope of the starting platform will be 10 degrees. The starting platform may have an adjustable setting back plate. The platform will be constructed so as to permit the gripping of the platform by the Athlete in the forward start at the front and the sides; it is recommended that, if the thickness of the starting platform exceeds 0.04 metres, grips of at least 0.1 metre in width on each side and at least 0.4 metres in width in the front be cut out to 0.03 metre from the surface of the platform.
- 15.8.3** Handgrips for the forward start may be installed on the sides of the starting platforms. Handgrips for Backstroke starts will be placed between 0.3 metres and 0.6 metres above the water surface both horizontally and vertically. They will be parallel to the surface of the end wall and must not protrude beyond the end wall.
- 15.8.4** A minimum depth of 1.35 metres, extending from 1.0 metre from the end wall to at least 6.0 metres from the end wall is required for pools with starting blocks.
- 15.8.5** Electronic display boards may be installed under the blocks, but the display must not flash and the figures must not move during a Backstroke start.
- 15.8.6** Each starting platform must be distinctly numbered on all four (4) sides, and the numbers must be clearly visible. It is recommended that lane number zero (0) be on the right-hand side when facing the course from the starting end, with exception of 50m events, which may start from the opposite end. Touch panels may be numbered on the top or bottom part.
- 15.9 Backstroke turn indicators (also commonly known as Backstroke flags):**



- 15.9.1** Flagged ropes will be suspended across the pool, 1.8 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.
- 15.9.2** Triangular flags of the following dimensions must be fixed to the ropes: 0.20 metres on the side attached to the rope and 0.40 metres on the other two sides. The distance between each flag must be 0.25 metres. If the flags contain or feature any printing or signage, that printing or signage must be approved in advance by World Aquatics.
- 15.10** **Backstroke ledge:**
- 15.10.1** Backstroke ledges conforming to the specification set out below (including in the diagram below) must be used.
- 15.10.1.1** The ledge must be adjustable to 4 cm above or 4 cm below the water level and may not be used outside of this range.
- 15.10.1.2** The ledge must be a minimum of 60 cm in length.
- 15.10.1.3** The ledge must be 8 cm in height and 2 cm in width, with 10 degrees of slope.

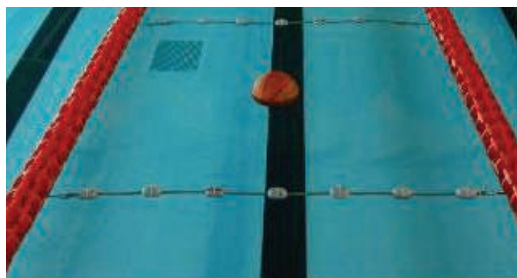


- 15.11** **Water conditions:**
- 15.11.1** The water temperature must be between 25.0° and 28.0° Celcius.
- 15.11.2** **Water movement:**
- 15.11.2.1** During competition, the surface level of the water in the pool must be constant, with no appreciable movement.
- 15.11.2.2** On days of competition and training, in order to maintain the water level, preserve the transparency of water, and take into consideration the health regulations in force in most countries, inflow and outflow of water must be regulated as follows:
- 15.11.2.2.1** 220 to 250 m<sup>3</sup>/h for 50m pools.
- 15.11.2.2.2** 150 to 180 m<sup>3</sup>/h for 33.333m pools.
- 15.11.2.2.3** 120 to 150 m<sup>3</sup>/h for 25m pools.
- 15.11.2.3** In daily use (i.e., outside of competition), inflow and outflow of water must follow the health regulations of the relevant country.
- 15.11.2.4** At these water distribution turnover rates, there must be no appreciable current or turbulence created. In this context, "appreciable current" means water movement that can move a floating basketball (filled with 6 litres of water to obtain the right buoyancy) in one direction for more than 1.25 metres in 60 seconds.



**15.11.2.5** The practical way to test this is to install two floating lines crosswise in a swim lane to obtain a square with sides of 2.5 metres in length (see below image) and then to place the basketball in the central point of the square. If, after 60 seconds, the basketball does not touch any of the four lane ropes, the water movement test is successful.

**15.11.2.6** This test should be repeated eight times: at both ends of the pool in each of lanes 1, 3, 6, and 8. In each case, the basketball should be placed 5 metres from the end of the pool (whether using an end wall or a bulkhead).



**15.12 Lighting:**

**15.12.1** At the Olympic Games and World Aquatics Championships, light intensity over the whole pool must not be less than 1500 lux, measured from the pool deck.

**15.12.2** At all other competitions, light intensity over starting platforms and turning ends must not be less than 600 lux, measured from the pool deck.

**15.13 Lane markings:**

**15.13.1** Lane markings must be of a dark contrasting colour, placed on the floor of the pool in the centre of each lane. Their width must be at minimum 0.2 metres and at maximum 0.3 metres. Their length must be 46.0 metres for 50m pools, or 21.0 metres for 25m pools.

**15.13.2** Each lane marking will be formed by a line in the centre of each lane that ends 2.0 metres from each end wall, with a distinctive cross line (perpendicular to the lane line) at each end that is 1.0 metre in length and the same width as the lane line. The distance between the centre points of each lane (and lane marking) must be 2.5 metres.

**15.13.3** Target lines of the same width as the lane lines must be placed on the end walls or on the touch panels, in the centre of each lane. The target lines will extend without interruption from the deck edge (curb), to the floor of the pool to a maximum of 3 metres. A cross line that is 0.5 metres in length will be placed in each lane (perpendicular to the target line) 0.3 metres below the water surface, measured at the centre point of the cross line.

**15.13.4** In 50m and 25m pools (except those constructed before 1 January 2006), a cross line that is 0.5 metres in length will be placed in each lane (perpendicular to the lane line) at the 15 metre-mark from each end of the pool. If there is a 15 metre-mark cross line, the 15-metre distance will be measured from the end of the pool to the centre point of the cross line.

**15.14 Bulkheads:**

**15.14.1** 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 potentially hazardous openings above or below the waterline that may be penetrated by an Athlete's hands, feet, toes, or fingers. A bulkhead must be of a design that provides for the free movement of officials along its length without such movement creating any appreciable current or water turbulence.

**15.15** At the Olympic Games and the World Aquatics Championships, if the swimming pool and the diving well are located in the same area:

**15.15.1** If the pools were constructed on or after 1 January 2014, the pools must be separated by at least 8 metres (preferably 10 metres).

**15.15.2** If the pools were constructed before 1 January 2014, the pools must be separated by at least 5.0 metres.

**15.16 Automatic Officiating Equipment and Semi-Automatic Equipment:**

**15.16.1** Automatic Officiating Equipment and Semi-Automatic Officiating Equipment records the elapsed time of each Athlete and determines their relative placing in a race.

**15.16.1.1** For both Automatic Officiating Equipment and Semi-Automatic Officiating Equipment, the timer is initiated manually by the Starter.

**15.16.1.2** For Automatic Officiating Equipment, the timer for each Athlete is stopped by the Athlete touching the touch panel at the end of the race (and, typically, the video recording calibrated to 1/100 of a second comprises the back-up timing system).

**15.16.1.3** For Semi-Automatic Officiating Equipment, either:

**15.16.1.3.1** the timer for each Athlete is stopped by the Athlete touching the touch panel at the end of the race (and Timekeepers that manually press a button to stop the official timer when the Athlete touches the wall at the end of the race comprise the back-up timing system); or

**15.16.1.3.2** if there are no (or no working) touch panels, the timer for each Athlete is stopped by Timekeepers that manually press a button to stop the official timer when the Athlete touches the wall at the end of the race.

**15.16.2 Automatic Officiating Equipment and Semi-Automatic Equipment must:**

**15.16.2.1** Be activated by the Starter.

**15.16.2.2** Have no exposed wires or cables on the pool deck.

**15.16.2.3** Be able to display all recorded information for each lane by place and by lane.

**15.16.2.4** Provide easy digital reading of an Athlete's time.

**15.16.2.5** Be accurate to two (2) decimal places (1/100 of a second).

**15.16.2.6** Not interfere with the Athletes' starts or turns, or the function of the overflow system.

**15.16.3 Starting devices:**

**15.16.3.1** The Starter will have a microphone for oral commands.

**15.16.3.2** If a pistol is used, it will be used with a transducer.

**15.16.3.3** Both the microphone and the transducer must be connected to loudspeakers at each starting block so that both the Starter's commands and the starting signal can be heard equally and simultaneously by each Athlete.

**15.16.3.4** False start detection equipment must be installed.

**15.16.4 Touch panels for Automatic Officiating Equipment and Semi-Automatic Officiating Equipment:**

**15.16.4.1** The minimum measurement of the touch panels must be 2.4 metres wide and 0.9 metre high, and the thickness must be 0.01 metres when the contact is closed (and the time is stopped).

**15.16.4.2** The touch panels will extend 0.3 metre above and 0.6 metre below the surface of the water. The equipment in each lane will be electronically connected independently, so it may be controlled and maintained individually. The surface of the panels must be of a bright colour and bear the end wall line markings described at Article 15.14 of this Part Two.

**15.16.4.3** The touch panels must 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.

**15.16.4.4** The sensitivity of the panels must be such that they cannot be activated by water turbulence, but will be activated by a light hand touch. The panels will be sensitive on the top edge.

**15.16.4.5** The markings on the panels must conform with and superimpose over the existing markings of the pool. The perimeter and edges of the panels will be defined by a 0.025 metre black border.

**15.16.4.6** The panels must be safe from the possibility of electrical shock and must not have sharp edges.

**15.16.5 Semi-Automatic Officiating Equipment:**

**15.16.5.1** Semi-Automatic Officiating Equipment will operate as described at Article 15.16.1 of this Part Two.

**15.16.5.2** World Aquatics may decide to use Semi-Automatic Officiating Equipment as a backup to the Automatic Officiating Equipment at World Aquatics Events as long as the Semi-Automatic Officiating Equipment features one button per lane, each operated by a separate official (in which case other Finish Judges will not be required). An Inspector of Turns may operate one of the buttons.



**15.16.6 The following accessories must be available for use in conjunction with the Automatic Officiating Equipment and Semi-Automatic Officiating Equipment:**

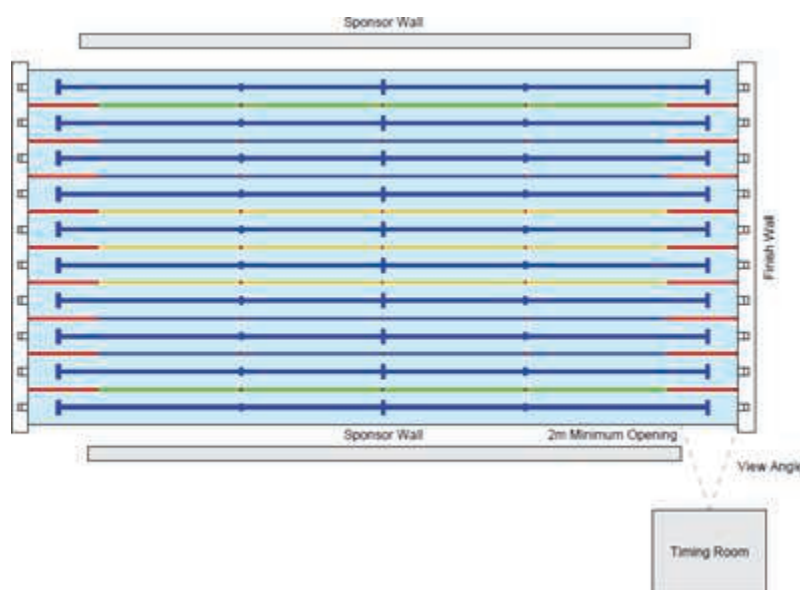
- 15.16.6.1** Facilities to print information and to electronically retrieve results from preceding races.
- 15.16.6.2** Spectator electronic display board.
- 15.16.6.3** Relay take-off judging to one hundredth (1/100) of a second (for the time differential at relay changeovers, if any, the competition organiser should consult the equipment manufacturer). Where overhead video cameras are installed they may be reviewed as a supplement to the Automatic Officiating Equipment system's judgement of relay take-offs.
- 15.16.6.4** Automatic lap counter.
- 15.16.6.5** Readout of splits.
- 15.16.6.6** Computer summaries.
- 15.16.6.7** Facility to correct results based on an erroneous touch.
- 15.16.6.8** Automatic rechargeable battery operation possibility.

**15.16.7 The following accessories must be available for use in conjunction with the Automatic Officiating Equipment at the Olympic Games and the World Aquatics Championships:**

- 15.16.7.1** The spectator electronic display board must be at least 7.5 metres wide and 4.5 metres high.
- 15.16.7.2** There must be an air-conditioned control room, with dimensions of at least 6.0 metres by 3.0 metres, located between 3.0 metres and 5.0 metres from the finish wall, with an unobstructed view of the finish wall at all times during the race. The Referee must have easy access to the control centre during the competition. At all other times the control room must be securable.
- 15.16.7.3** Video recordings will be provided and used to initiate stroke infraction calls, confirm stroke infraction calls, or assist the Referee in the assessment of calls made on the pool deck.

**15.16.8 Timing room:**

- 15.16.8.1** Timekeepers must have a clear and unobstructed view of the finishing end on the pool side from the Timing room (as shown in the below diagram). No sponsor panels or LED walls must be installed within (at minimum) 2 metres from the finish wall at the timing room side. The sponsor panels or LED walls must not exceed the 46 metres in length.



- 15.17** If underwater video equipment is used by broadcasters at a competition, the competition's Management Committee must ensure that the equipment is remotely operated and will not obstruct the vision or path of Athletes, change the specification or configuration of the pool, or obscure the required pool markings and (if applicable) World Aquatics markings.



## 16 SWIMMING-SPECIFIC MEDICAL AND SAFETY REQUIREMENTS

- 16.1** In addition to the medical and safety requirements set out in Article 8 of Part One, the following medical and safety requirements apply in Swimming competitions at the Olympic Games and World Aquatics Events and any other events held under the rules of World Aquatics (i.e., the Competition Regulations).
- 16.2** In planning and delivering the Medical Plan, the LOC should consider the requirements for and specificities regarding pre-competition training:
- 16.2.1** Swimming competitions are generally composed of two competition sessions: one in the morning and one in the afternoon or evening. Prior to the races, the Athletes will be present at the Venue to train and warm up. They generally arrive around 2.5 to 3 hours before the beginning of the competition. As a result, often a significant number of Athletes are swimming in the pool, walking around or near the pool, and/or exercising or stretching. In addition, Athletes often practice isolated elements of their race (e.g., the start) or swim different strokes. This volume and proximity of Athletes can give rise to a higher risk of collisions and accidents, both in and out of the water.
- 16.2.2** In addition, at major competitions, the numbers of Athletes in the warm-up pool area could be particularly high. The LOC medical team must adjust the number of lifeguards available to appropriately safeguard the Athletes in the different swimming pools.
- 16.3** The Field of Play Medical Station should be located as close as possible to the location that the Athletes exit the competition pool without obstructing the mixed zone on the pool deck.
- 16.4** **Water rescue and lifeguards:**
- 16.4.1** The LOC medical team should ensure that lifeguards practice water retrieval skills on a daily basis during the competition, with consideration for Swimming-specific challenges, including the existence of lane rope separators in swimming pools that might block access to the Athlete during the water rescue, which may affect the appropriate extraction point.
- 16.4.2** The LOC medical team should ensure that three (3) lifeguards are stationed by the competition pool: two (2) lifeguards located next to the Field of Play Medical Station and one (1) lifeguard located on the opposite side of the pool.



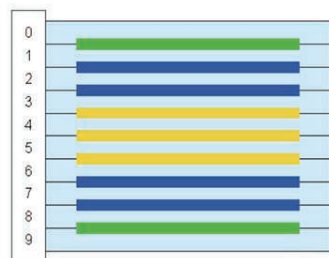
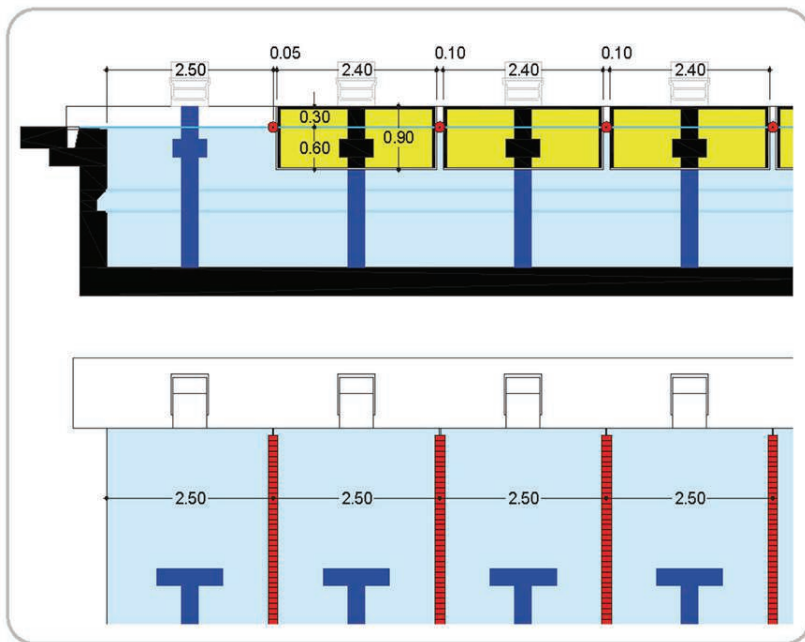
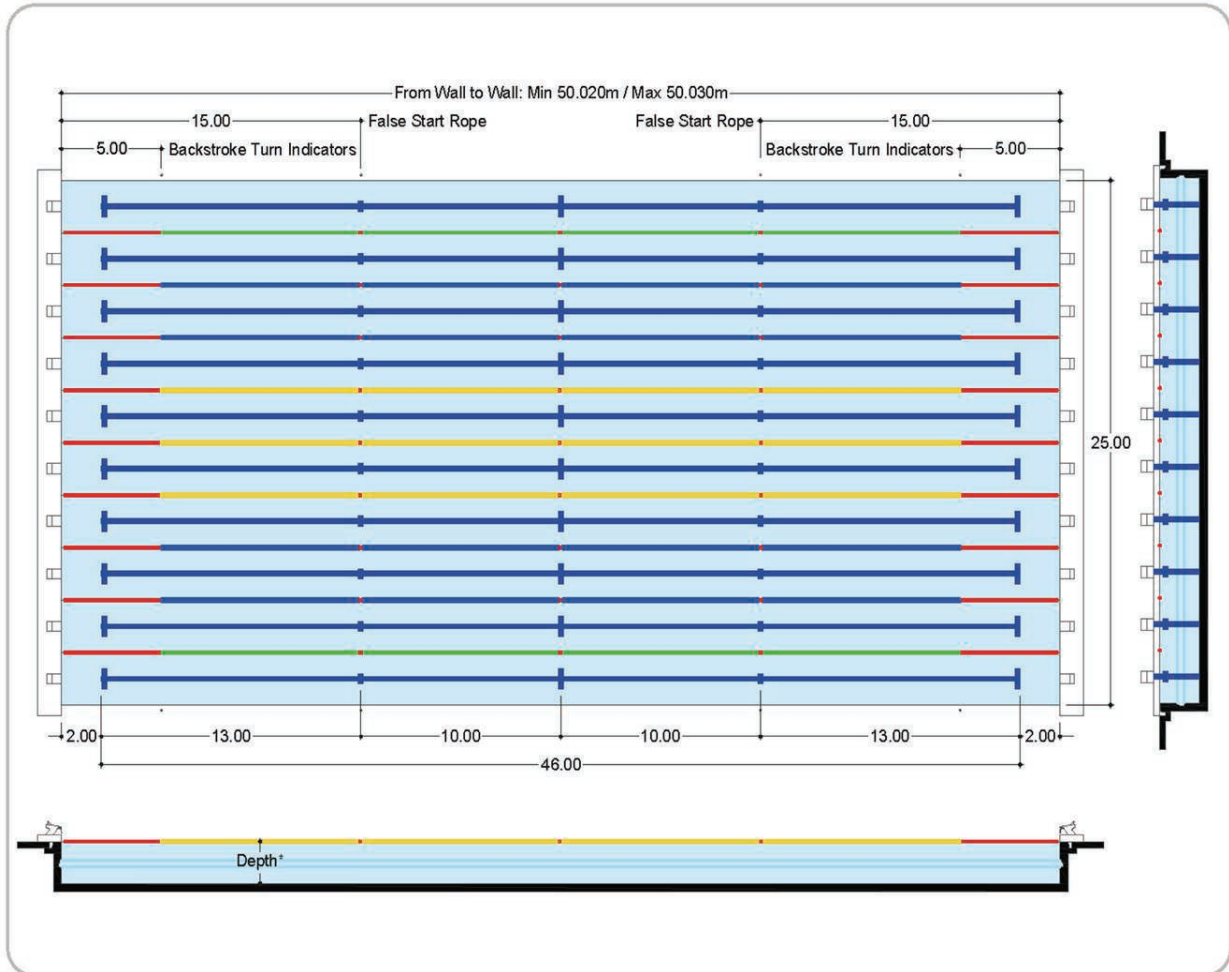
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17.1

APPENDIX 1 – DIAGRAM OF A 50M X 25M SWIMMING POOL (8 LANES)



**Lane Ropes**

In a 8 (eight) lanes 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, 5.