

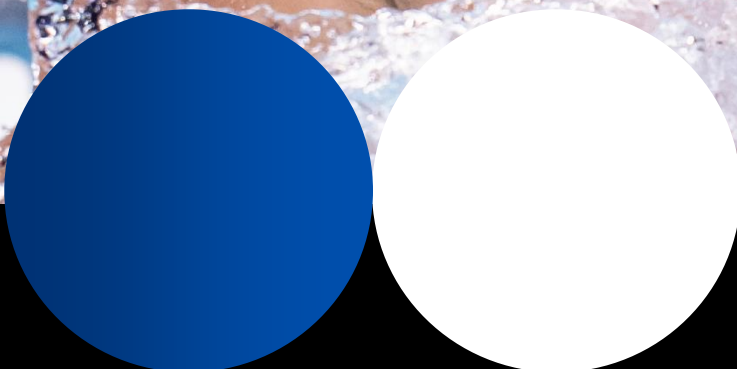


WORLD  
AQUATICS



# SWIMMING

COMPETITION  
REGULATIONS





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## PART TWO: SWIMMING RULES

### 1 MANAGEMENT OF COMPETITIONS

- 1.1** The Management Committee appointed by the governing body shall have jurisdiction over all matters not assigned by the rules to the referee, judges or other officials and shall have power to postpone events and give directions consistent with rules adopted for conducting any event.
- 1.2** Organisers of swimming competitions shall appoint sufficient officials to ensure the fairness, integrity and safety of the competition.
- 1.2.1** At the Olympic Games, the World Aquatics Championships, and the World Aquatics Swimming Championships (25m), the following minimum number of officials for the control of the competition shall be appointed:
- Referee (2)
  - Starters (2)
  - Judges of Stroke (4)
  - Chief Inspector of Turns (2)
  - Inspectors of Turns (16/20 + 2 reserves)
  - Control Room Supervisor (1)
  - Video Review Supervisor (1)
  - Video Review Judges (4/5)
  - Call Room Supervisor (1)
  - Call room judges (4/5)
  - Resolution Desk judge
  - Warm-up supervisor(s)
- 1.2.2** For all other international competitions, the governing body shall appoint the same or fewer number of officials, subject to the approval of the respective regional or international authority where appropriate.
- 1.2.3** Where Automatic Officiating Equipment is not available, such equipment must be replaced by a chief timekeeper. Wherever possible, a minimum of one (1) timekeeper per lane shall be appointed together with one (1) additional timekeeper in case of a watch malfunction. It is advisable that there shall be three (3) timekeepers for each lane.
- 1.2.4** Finish Judges may be used when Automatic Equipment and/or watches are not used.
- 1.3** The swimming pool and the technical equipment for the Olympic Games and World Aquatics Championships shall be inspected and approved prior to the Swimming competitions by the World Aquatics Delegate together with a member of the Technical Swimming Committee.
- 1.4** Where underwater video equipment is used by television, the equipment must be operated by remote control and shall not obstruct the vision or path of swimmers and must not change the configuration of the pool or obscure the required World Aquatics markings.
- 1.5** The event management shall specify for heats, semi-finals, and finals the presentation and preparation protocol that the competitors must respect when they leave the final call-room.
- 1.6** **Program of World Aquatics and Olympic Games Swimming Competitions**
- The events and competition programme for each World Championships, including the World Aquatics Swimming Championships 25m will be agreed in advance by World Aquatics.


**1.6.1 Program of the Olympic Games**

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

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

**1.6.2 Program of the World Aquatics Championships (50m)**

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

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

**1.6.3 Program of World Aquatics Swimming Championships (25m)**

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



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

#### 1.6.4 Program of the World Aquatics Junior Swimming Championships

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

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

#### 1.6.5 Program of the World Aquatics Swimming World Cup

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

## 2 OFFICIALS

### 2.1 Referee

- 2.1.1** The Referee shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or regulations related to the competitions. She/He shall enforce all rules and decisions of World Aquatics and shall decide all questions relating to the actual conduct of the meet, and event or the competition, the final settlement of which is not otherwise covered by the rules.
- 2.1.2** The Referee may intervene in the competition at any stage to ensure that the World Aquatics regulations are observed, and shall adjudicate all protests related to the competition in progress.
- 2.1.3** When using Finish Judges without three (3) digital watches, the Referee shall determine placing where necessary. Automatic Officiating Equipment, if available and operating shall be consulted as stated in Part Two, Article 13.
- 2.1.4** The Referee shall ensure that all necessary Officials are in their respective posts for the conduct of the competition. He/She may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He/She may appoint additional officials if considered necessary.
- 2.1.5** Once all swimmers have removed their clothing, except for swimwear, the Referee shall signal the commencement of an event by a short series of whistles inviting them to get ready at the starting end, followed by a long whistle indicating that they should take their positions on the starting platform (or for backstroke swimming and medley relays to immediately enter the water). A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the referee shall gesture to the starter with a stretched-out arm, indicating that the swimmers are under the starter's control. The stretched-out arm shall stay in that position until the start is given.
- 2.1.6** A disqualification for initiating the start before the starting signal must be observed and confirmed by both the Starter and the Referee. When Automatic Officiating Equipment is available, it may be used to verify the disqualification.



**2.1.7** The Referee shall disqualify any swimmer for any other violation of the rules that they personally observe. The Referee may also disqualify any swimmer for any violation reported to him by other authorised Officials. All disqualifications are subject to the decision of the Referee.

**2.1.8** All potential infractions shall be verbally reported to the Referee. Once confirmed by the Referee, a signed disqualification card shall be completed by the reporting Official, detailing the event, lane number and the infraction.

**2.1.9** The Referee shall appoint Officials who shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Officiating Equipment which Judges relay take-offs is available, it shall be used in accordance with Part Two, Article 13.1.

## **2.2 Control Room Supervisor**

**2.2.1** The Control Room Supervisor shall supervise the operation of the Automatic Officiating Equipment.

**2.2.2** The Control Room Supervisor is responsible for checking the results from computer printouts.

**2.2.3** The Control Room Supervisor is responsible for checking the relay exchange printout and reporting any early take-offs to the referee.

**2.2.4** The Control Room Supervisor may review the video timing to confirm early take-off.

**2.2.5** The Control Room Supervisor shall

- control withdrawals after the heats and/or semi-finals;
- enter results on official forms;
- list all new records established; and
- maintain scores where appropriate.

## **2.3 Starter**

**2.3.1** The Starter shall have full control of the swimmers from the time the Referee turns the swimmers over to him/her (Part Two, Article 2.1.5) until the race has commenced. The start shall be given in accordance with Part Two, Article 4.

**2.3.2** The Starter shall report a swimmer to the Referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, willful disobedience or misconduct.

**2.3.3** The starter shall have the power to decide whether the start is fair, subject only to the decision of the Referee.

**2.3.4** When starting an event, the Starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the timekeepers can see and or hear the starting signal and the swimmers can hear the signal.

**2.3.5** The Starter shall report to the Referee any violation observed within their jurisdiction.

## **2.4 Call Room Supervisor**

**2.4.1** The Call Room Supervisor shall assemble swimmers prior to each event.

**2.4.2** The Call Room Supervisor shall report to the Referee any violation noted with regard to:

- swimwear;
- advertising (Part One, Article 8 - Advertising Identification); and
- if a swimmer is not present when called.

## **2.5 Chief Inspector of Turns**

**2.5.1** The Chief Inspector of Turns shall ensure that Inspectors of Turns fulfil their duties during the competition.

## **2.6 Inspectors of Turns**

**2.6.1** One Inspector of Turns shall be assigned to each lane at each end of the pool, to ensure swimmers comply with the relevant rules after the start, for each turn, and at the finish.

**2.6.2** Jurisdiction for the Inspector of Turns at the start end commences from the start signal until the completion of the first arm stroke, except in Breaststroke where it shall be the second arm stroke.



- 2.6.3** For each turn, jurisdiction for the Inspector of Turns commences from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after the turn, except in Breaststroke where it shall be the second arm stroke.
- 2.6.4** Jurisdiction for the Inspector of Turns at the finish commences from the beginning of the last arm stroke before touching.
- 2.6.5** When a Backstroke ledge is being used, each inspector at the starting end shall install and remove the ledge. Once installed, the ledge shall be set at zero (0).
- 2.6.6** In individual events of 800 and 1500 metres, each Inspector of Turns at the start and turning end of the pool shall record the number of laps completed by the swimmer in his/her lane. The swimmers shall be informed of the remaining number of laps to be completed by displaying "lap cards" showing odd numbers at the turning end of the pool. Electronic equipment may be used, including underwater display.
- 2.6.7** Each Inspector at the starting end shall give a warning signal when the swimmer in their lane has two lengths plus five (5) metres to swim to finish in individual events of 800 and 1500 metres. The signal may be repeated after the turn until the swimmer has reached the five (5) metres mark on the lane rope. The warning signal may be by whistle or bell.
- 2.6.8** Each Inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Equipment which judges relay take-offs is available, it shall be used in accordance with Part Two, Article 13.1.
- 2.6.9** Inspectors of Turns shall report to the Referee any violation observed within their jurisdiction.
- 2.7** **Judges of Stroke**
- 2.7.1** Judges of Stroke shall be located on each side of the pool.
- 2.7.2** Each Judge of Stroke shall ensure that the rules related to the style of swimming designated for the event are being observed and shall observe the turns and the finishes to assist the Inspectors of Turns.
- 2.7.3** Judges of Stroke shall report to the Referee any violation observed within their jurisdiction.
- 2.8** **Chief Timekeeper**
- 2.8.1** The Chief Timekeeper shall assign the seating positions for all timekeepers and the lanes for which they are responsible. It is advisable that there shall be three (3) timekeepers for each lane. If Automatic Officiating Equipment is not used there shall be two (2) additional timekeepers designated, either of whom shall be directed to replace a timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time. When using digital watches, final time and place is determined by time.
- 2.8.2** When only one (1) timekeeper per lane is available, an extra timekeeper must be assigned in case of a malfunction of a watch. In addition, the chief timekeeper must always record the time of the winner of each race.
- 2.8.3** The Chief Timekeeper shall collect from the timekeepers in each lane a card showing the times recorded and, if necessary, inspect their watches.
- 2.8.4** The Chief Timekeeper shall record or examine the official time on the card for each lane.
- 2.9** **Timekeepers**
- 2.9.1** Each timekeeper shall take the time of the swimmers in the lane assigned to him in accordance with Part Two, Article 11.3.
- 2.9.2** Each timekeeper shall start their watch at the starting signal and shall stop it when the swimmer in their lane has completed the race. Timekeepers may be instructed by the Chief Timekeeper to record times at intermediate distances in races longer than 100 metres.
- 2.9.3** Promptly after the race, the timekeepers in each lane shall record the times of their watches on the card, give them to the Chief Timekeeper, and if requested present their watches for inspection. Their watches must be cleared at the short whistle of the Referee announcing the following race.
- 2.9.4** Unless video timing is used, it may be necessary to use the full complement of timekeepers even when Automatic Officiating Equipment is used.

**2.10 Finish Judges – if required**

**2.10.1** Finish judges shall be positioned in line with the finish where they have at all times a clear view of the course and the finish line.

**2.10.2** After each event the finish judges shall decide and report the placing of the swimmers according to the assignments given to them. Finish judges other than push-button operators shall not act as timekeepers in the same event.

**2.11 Chief Recorder (other than for Olympic Games and World Aquatics Championships)**

**2.11.1** The chief recorder is responsible for checking results from computer printouts or from results of times and placing in each event received from the referee. The chief recorder shall witness the referee's signing the results.

**2.12 Recorder (other than for Olympic Games and World Aquatics Championships)**

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

**2.13 Video Review Supervisor**

**2.13.1** The Video Review Supervisor shall ensure that Video Review Judges are in their respective posts and fulfil their duties during the competition.

**2.13.2** The Video Review Supervisor shall review and confirm all rule infractions reported to them by the Video Review Judges.

**2.13.3** The Video Review Supervisor shall review and confirm all rule infractions reported to them at the request of the Referee.

**2.13.4** The Video Review Supervisor shall report to the Referee any violation confirmed in the video review.

**2.14 Video Review Judge**

**2.14.1** Each Video Review Judge shall ensure that the rules related to the style of swimming designated for the event are being observed and shall observe the turns and the finishes.

**2.14.2** Video Review Judge shall report any violation observed to the Video Review Supervisor. If the infraction is confirmed, the video review judge shall complete a disqualification card.

**2.15 Officials' Decision Making**

**2.15.1** Officials shall make their decision autonomously and independently of each other unless otherwise provided in Part Two.

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

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

**3.1 Heats**

**3.1.1** The best competitive times of all entrants for the announced qualifying period prior to the entry deadline of the competition shall be submitted on entry forms or on-line, as requested, and listed in order of time by the Management Committee. Swimmers who do not submit official recorded times shall be considered the slowest and shall be placed at the end of the list with a no time. Placement of swimmers with identical times or of more than one swimmer without times shall be determined by draw. Swimmers shall be placed in lanes according to the procedures set forth in Part Two, Article 3.1.2 below. Swimmers shall be placed in trial heats according to submitted times in the following manner.

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

**3.1.1.2** If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc.



- 3.1.1.3** If three heats, except 400m, 800m and 1500m events, the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.
- 3.1.1.4** If four or more heats, except 400m, 800m and 1500m events, the last three heats of the event shall be seeded in accordance with Part Two, Article 3.1.1.3 above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in Part Two, Article 3.1.2 below.
- 3.1.1.5** For 400m, 800m and 1500m events, the last two heats of the event shall be seeded in accordance with Part Two, Article 3.1.1.2.
- 3.1.1.6** Exception: When there are two or more heats in an event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.
- 3.1.1.7** When a ten (10) lane pool is available and equal times are established for the 8th place in the heats or semi-finals of events in excess of 200m and, including relay events, lane O will be used. A random draw will be held to determine which competitor is allocated in lane 8 and lane O. In case of three (3) equal times for 8th place, lane 9 and O will be used with a random draw for lane 8, 9 and O. In the event that there are more than three (3) competitors or teams having equal times for 8th place in the heats or semi-finals, a swim-off may be held.
- 3.1.1.8** Where a 10 lane pool is not available provisions outlined in Part Two, Article 3.2.3 will apply.
- 3.1.2** Except for 50 metre events in 50 metre pools, assignment of lanes shall be (number 1 lane being on the right side of the pool (O when using pools with 10 lanes) when facing the course from the starting end) by placing the fastest swimmer or team in the centre lane in pool with an odd number of lanes, or in lane 3 or 4 respectively in pools having 6 or 8 lanes. In pools using 10 lanes, the fastest swimmer shall be placed in lane 4. The swimmer having the next fastest time is to be placed on their left, then alternating the others to right and left in accordance with the submitted times. Swimmers with identical times shall be assigned their lane positions by draw within the aforesaid pattern.
- 3.1.3** When 50 metre events are contested in 50 metre pools, the races may be swum, at the discretion of the Management Committee, either from the regular starting end to the turning end or from the turning end to the starting end, depending upon such factors as existence of adequate Automatic Equipment, starter's position, etc. The Management Committee should advise swimmers of their determination well before the start of the competition. Regardless of which way the race is swum, the swimmers shall be seeded in the same lanes in which they would be seeded if they were both starting and finishing at the starting end.
- 3.2** **Semi-Finals and Finals**
- 3.2.1** In the semi-finals heats shall be assigned as outlined in Part Two, Article 3.1.1.2.
- 3.2.2** Where no preliminary heats are necessary, lanes shall be assigned in accordance with Part Two, Article 3.1.2 above. Where preliminary heats or semi-finals have been held, lanes shall be assigned as in Part Two, Article 3.1.2 based, however, on times established in such heats.
- 3.2.3** In the event that swimmers from the same or different heats have equal times registered to 1/100 second for either the eighth/tenth place or sixteenth/twentieth place depending on the use of 8 or 10 lanes, there may be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place after all involved swimmers have completed their heats at a time agreed between the event management and the parties involved. Another swim-off may take place if equal times are registered again. If required, a swim off will take place to determine 1st and 2nd reserve if equal times are recorded.
- 3.2.4** Where one or more swimmers scratch from a semi-final or final reserves will be called in order of classifications in heats or semi-finals. Whenever possible, the event or events must be re-seeded and supplementary sheets must be issued detailing the changes or substitutions, as prescribed in Part Two, Article 3.1.2.
- 3.2.5** For heats, semi-finals and finals, swimmers shall report to the First Call Room at a time determined by the event management. After inspection, swimmers proceed to the final call-room.
- 3.3** In other competitions, the draw system may be used for assigning lane positions.



- 3.4** In the World Aquatics Swimming Championships (25m) and World Aquatics Junior Swimming Championships, the 800m Freestyle and the 1500m Freestyle may at the discretion of the Bureau be conducted on a timed final basis with the fastest heat only conducted during the finals session.

In distances of 50m, 100m and 200m, heats, semi-finals and finals will be held. At the World Aquatics Swimming Championships (25m) and World Aquatics Junior Swimming Championships events of 200m and above only heats and finals will take place.

## **4 THE START**

- 4.1** The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle (Part Two, Article 2.1.5) from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.
- 4.2** The start in the Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle (Part Two, Article 2.1.5), the swimmers shall immediately enter the water. At the referee's second long whistle the swimmers shall return without undue delay to the starting position (Part Two, Article 6.1). When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.
- 4.3** In Olympic Games, World Aquatics Championships and other World Aquatics events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.
- 4.4** Any swimmer initiating a start before the signal may be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The referee repeats the starting procedure beginning with the long whistle (the second one for Backstroke) as per Part Two, Article 2.1.5.

## **5 FREESTYLE**

- 5.1** Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
- 5.2** Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- 5.3** Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

## **6 BACKSTROKE**

- 6.1** Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
- 6.2** At the signal for starting and after turning the swimmer shall push off and swim upon their back throughout the race except when executing a turn as set forth in Part Two, Article 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.
- 6.3** Some part of the swimmer must break the surface of the water throughout the race, except that once some part of the head of the swimmer has passed the 5 metres mark immediately prior to reaching for the finish, the swimmer may be completely submerged. It is also permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.



**6.4** When executing the turn there must be a touch of the wall with some part of the swimmer's body. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

**6.5** Upon the finish of the race the swimmer must touch the wall while on the back.

## **7 BREASTSTROKE**

**7.1** After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

**7.2** From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous without alternating movement.

**7.3** The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

**7.4** During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous without alternating movement.

**7.5** The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in Part Two, Article 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

**7.6** At each turn and at the finish of the race, the touch shall be made with both hands separated\* and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

\*\*"Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

## **8 BUTTERFLY**

**8.1** From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

**8.2** Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to Part Two, Article 8.5.

**8.3** All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

**8.4** At each turn and at the finish of the race, the touch shall be made with both hands separated\*\* and simultaneously, at, above or below the water surface.

**8.5** At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

\*\*\*"Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.



## **9 MEDLEY SWIMMING**

- 9.1** In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.
- 9.2** In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke. Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including a butterfly kick(s), may commence.
- 9.3** In Medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.
- 9.4** Each section must be finished in accordance with the rule which applies to the stroke concerned.

## **10 THE RACE**

- 10.1** All individual races must be held as separate gender events.
- 10.2** A swimmer swimming over the course alone shall cover the whole distance to qualify. A swimmer who does not complete the whole distance in accordance with the relevant World Aquatics rules shall be disqualified.
- 10.3** On the pool deck, after respecting the presentation protocol outlined in Part Two, Article 1.5, the competitors must immediately remove all clothing except for swimwear.
- 10.4** The swimmer must remain and finish the race in the same lane in which he/she started.
- 10.5** In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.
- 10.6** Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but they shall not walk.
- 10.7** Pulling on the lane rope is not allowed.
- 10.8** Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.
- 10.9** Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from their next scheduled race in the meet.
- 10.10** There shall be four swimmers on each relay team. Mixed relays may be swum. Mixed Relays must consist of two (2) Men and two (2) Women. Split times achieved in these events cannot be used for records and/or entry purposes.
- 10.11** Relay exchanges must commence from the starting platform. Running starts from the pool deck are not permitted.
- 10.12** In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.
- 10.13** Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.
- 10.14** The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a member for that event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.
- 10.15** Any swimmer having finished their race, or their distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished their race. Otherwise, the swimmer committing the fault, or their relay team, shall be disqualified.



**10.16** Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, he/she may order it to be re-swum.

**10.17** No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.

## **11 TIMING**

**11.1** The operation of Automatic Officiating Equipment shall be under the supervision of appointed officials. Times recorded by Automatic Equipment shall be used to determine the winner, all placing and the time applicable to each lane. The placing and times so determined shall have precedence over the decisions of timekeepers. In the event that a break-down of the Automatic Equipment occurs or that it is clearly indicated that there has been a failure of the Equipment, or that a swimmer has failed to activate the Equipment, the recordings of the timekeepers shall be official (See Part Two, Article 13.3). In the event that there is failure of all timing devices in a lane then the swimmer may be offered a reswim.

**11.2** When Automatic Officiating Equipment is used, the results shall be recorded only to 1/100 of a second. In the event of equal times, all swimmers who have recorded the same time at 1/100 of a second shall be accorded the same placing. Times displayed on the electronic scoreboard should show 1/100 of a second.

**11.3** Any timing device that is terminated by an official shall be considered a watch. Such manual times must be taken by three timekeepers appointed or approved by the Member in the country concerned. All watches shall be certified as accurate to the satisfaction of the governing body concerned. Manual timing shall be registered to 1/100 of a second. Where no Automatic Equipment is used, official manual times shall be determined as follows:

**11.4** If two (2) of the three (3) watches record the same time and the third disagrees, the two identical times shall be the official time.

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

**11.6** With only two (2) out of three (3) watches working the average time shall be the official time. When this calculation results in a value that is expressed in thousandths of a second, the final digit shall be dropped without rounding.

**11.7** Should a swimmer be disqualified during or following an event, such disqualification should be recorded in the official results, but no time or place shall be recorded or announced.

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

**11.9** All 50 metre and 100 metre splits shall be recorded for lead-off swimmers during relays and published in the official results.

## **12 WORLD RECORDS**

**12.1** For World Records and World Junior Records in **50 metre courses**, the following distances and styles for both sexes shall be recognised:

<b>Freestyle</b>	50, 100, 200, 400, 800 and 1500 metres
<b>Backstroke</b>	50, 100 and 200 metres
<b>Breaststroke</b>	50, 100 and 200 metres
<b>Butterfly</b>	50, 100 and 200 metres
<b>Individual Medley</b>	200 and 400 metres
<b>Freestyle Relays</b>	4x100 and 4x200 metres
<b>Medley Relay</b>	4x100 metres
<b>Mixed Relays</b>	4x100 metres Freestyle and 4x100 metres Medley

**12.2** For World Records and World Junior Records in **25 metre courses**, the following distances and styles for both sexes shall be recognised:



<b>Freestyle</b>	50, 100, 200, 400, 800 and 1500 metres
<b>Backstroke</b>	50, 100 and 200 metres
<b>Breaststroke</b>	50, 100 and 200 metres
<b>Butterfly</b>	50, 100 and 200 metres
<b>Individual Medley</b>	100, 200 and 400 metres
<b>Freestyle Relays</b>	4x50, 4x100 and 4x200 metres
<b>Medley Relay</b>	4x50 and 4x100 metres
<b>Mixed Relays</b>	4x50 metres Freestyle and 4x50 metres Medley

- 12.3** The age groups for World Junior Records are the same as for the World Aquatics Junior Swimming Championships.
- 12.4** Members of relay teams must be of the same nationality.
- 12.5** All records must be made in scratch competition or an individual race against time, held in public and announced publicly by advertisement at least three days before the attempt is to be made. In the event of an individual race against time being sanctioned by a Member Federation, as a time trial during a competition, then an advertisement at least three (3) days before the attempt is to be made shall not be necessary.
- 12.6** The length of each lane of the course 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.
- 12.7** Where a moveable bulkhead is used, course measurement of the lane must be confirmed at the conclusion of the session during which the time was achieved.
- 12.8** World Records and World Junior Records will be accepted only when times are recorded by Automatic Officiating Equipment, or Semi-Automatic Officiating Equipment in the case of Automatic Officiating Equipment system malfunction.
- 12.9** World Records and World Junior Records can be established only by swimmers wearing World Aquatics approved swimwear (see Part Two, Article 15).
- 12.10** Times which are equal to 1/100 of a second will be recognised as equal records and swimmers achieving these equal times will be called «Joint Holders». Only the time of the winner of a race may be submitted for a World Record – except for World Juniors Records. In the event of a tie in a record-setting race, each swimmer who tied shall be considered a winner.
- 12.11** Worlds Records and World Junior Records can be established only in water with less than 3 gr/litre of salt. No World Records will be recognized in any kind of sea or ocean water.
- 12.12** The first swimmer in a relay, except in mixed relays, may apply for a World Record or a World Junior Record. Should the first swimmer in a relay team complete his/her distance in record time in accordance with the provisions of this subsection, his/her performance shall not be nullified by any subsequent disqualification of his/her relay team for violations occurring after his/her distance has been completed.
- 12.13** A swimmer in an individual event may apply for a World Record or a World Junior Records at an intermediate distance if he/she or his/her coach or manager specifically requests the referee that their performance be especially timed or if the time at the intermediate distance is recorded by Automatic Officiating Equipment. Such swimmer must complete the scheduled distance of the event to apply for a record at the intermediate distance.
- 12.14** Applications for World Records and World Junior Records must be made on the World Aquatics official form by the responsible authority of the organizing or management committee of the competition and signed by an authorized representative of the Member Federation in the country of the swimmer, certifying that all regulations have been observed including certification of the pool measurement and that the athlete was subject to an anti-doping test immediately after the race, or at the latest, within 24 hours of the conclusion of the Event, and such test returned a negative finding. When a relay team breaks or equals a World Record / World Junior Record, only the four Athletes who swam this specific race must return a negative finding. The application form shall be forwarded to the Executive Director of World Aquatics within fourteen (14) days after the performance.
- 12.15** A claim of a World Record or a World Junior Record performance shall be provisionally reported by e-mail to the Executive Director of World Aquatics within seven (7) days of the performance.



- 12.16** The Member Federation in the country of the swimmer should report this performance by letter to the Executive Director of World Aquatics for information and action, if necessary, to assure that the official application has been properly submitted by the appropriate authority.
- 12.17** On receipt of the official application, and upon satisfaction that the information contained in the application, including a certification of the pool measurement and a negative doping control test certificate, is accurate, the Executive Director of World Aquatics shall declare the new World Record or World Junior Record, see that such information is published, and see that certificates are provided to those persons whose applications have been accepted.
- 12.18** All records made during the Olympic Games, World Aquatics Championships, World Aquatics Junior Swimming Championships and Swimming World Cups shall be automatically approved.
- 12.19** If the procedure of Part Two, Article 12.14 has not been followed, the Member Federation in the country of a swimmer can apply for a World Record or a World Junior Record in default thereof. After due investigation, the Executive Director of World Aquatics is authorised to accept such record if the claim is found to be correct.
- 12.20** If the application for a World Record or a World Junior Record is accepted by World Aquatics, a diploma, signed by the President of World Aquatics shall be forwarded by the Executive Director to the Member Federation in the country of the swimmer for presentation to the swimmer in recognition of the performance. A fifth World Record diploma will be issued to all Member Federations whose relay teams establish a World Record or a World Junior Record. This diploma is to be retained by the Member Federation.
- 12.21** From time to time, World Aquatics may add new events for which swimmers may establish World Records or World Junior Records. For each such event, World Aquatics will establish Target Times; if a swimmer achieves a time that is better than the Target Time, it shall be considered a World Record or World Junior Record, as long as all requirements in Part Two, Article 12 are met.

### **13 AUTOMATIC OFFICIATING PROCEDURE**

- 13.1** When Automatic Officiating Equipment (See Part Two, Article 16.3 - Automatic Officiating Equipment for Swimming) 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 and Inspectors of Turns.
- 13.2** When the Automatic Officiating Equipment fails to record the place and/or time of one or more swimmers in a given race:
- 13.2.1** Record all available Automatic Officiating Equipment times and places,
- 13.2.2** Record all human times and places.
- 13.2.3** The official place will be determined as follows:
- 13.2.3.1** A swimmer with an Automatic Officiating Equipment time and place must retain their relative order when compared with the other swimmers having an Automatic Officiating Equipment time and place within that race.
- 13.2.3.2** A swimmer not having an Automatic Officiating Equipment place but having an Automatic Officiating Equipment time will establish their relative order by comparing their Automatic Officiating Equipment time with the Automatic Officiating Equipment times of the other swimmers.
- 13.2.3.3** A swimmer having neither an Automatic Officiating Equipment place nor an Automatic Officiating Equipment time shall establish their relative order by the time recorded by the Semi-Automatic Officiating Equipment or by watches.
- 13.3** The official time will be determined as follows:
- 13.3.1** The official time for all swimmers having an Automatic Officiating Equipment time will be that time.
- 13.3.2** The official time for all swimmers not having an Automatic Officiating Equipment time will be the times recorded by Semi-Automatic Officiating Equipment or watches.
- 13.4** To determine the relative order of finish for the combined heats of an event, proceed as follows:
- 13.4.1** The relative order of all swimmers will be established by comparing their official times.



- 13.4.2** 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.

## **14 AGE GROUP RULES – SWIMMING**

### **14.1 World Aquatics Junior Swimming Championships**

Age groups shall be between 14-18 years, as of 31st December in the year of competition, for both Boys and Girls.

- 14.2** Minimum age for Olympic Games, World Aquatics Championships and World Aquatics Swimming Championships (25m).

The minimum age for swimmers competing in the Olympic Games, World Aquatics Championships and World Aquatics Swimming Championships (25m) shall be the same as the minimum age for the World Aquatics Junior Swimming Championships: Girls and Boys, at least 14 years of age, on 31<sup>st</sup> December in the year of competition. Younger competitors may participate in these competitions if they have achieved at least the “B” Standard Entry Time in the respective event.

- 14.3** Federations may adopt their own Age Group rules, using World Aquatics Competition Regulations.

## **15 SWIMWEAR AND WEARABLES**

- 15.1** Competitors must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit. All swimsuits shall comply with the requirements set forth in these Competition Regulations.

- 15.2** For swimming competitions, swimsuits for men shall not extend above the navel nor below the knee. For women, the swimsuit shall not cover the neck, nor extend past the shoulder, nor below knee. The swimsuits shall be made from textile materials.

- 15.3** No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). The use of technology and automated data collection devices is permissible for the sole purpose of collecting data. Automated devices shall not be utilised to transmit data, sounds, or signals to the swimmer and may not be used to aid their speed. Goggles may be worn. As a consequence of injury, it is permissible to tape not more than one or two fingers or toes. Any other kind of tape on the body is not permitted unless approved by the Referee or other designated person.

- 15.4** A World Record (including Junior World Record and Masters World Record) will only be recognised by World Aquatics if approved swimwear has been used.

World Aquatics may request the Athlete to submit her/his swimsuit worn during the World Record for conducting further analysis in its laboratory.

## **16 SWIMMING FACILITIES AND EQUIPMENT**

### **16.1 Swimming Facilities**

#### **16.1.1 Length**

##### **16.1.1.1 50.000 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 50.000 metres between the two panels.

##### **16.1.1.2 25.000 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 25.000 metres between the two panels.


**16.1.2 Dimensional Tolerances**
**16.1.2.1 50m swimming pools**

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

Tolerances will be measured as follows:

For swimming pools with touch panels of Automatic Officiating Equipment on both ends the Wall to Wall distance shall be:

Minimum 50.020 metre / Maximum 50.030 metre.

Tolerances have to be consistent 0.300 metre above to 0.800 metre below the water surface.

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.

**16.1.2.2 25m swimming pools**

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

Tolerances will be measured as follows:

For swimming pools with touch panels of Automatic Officiating Equipment on both ends the Wall to Wall distance shall be:

Minimum	Maximum
25.020 metre	25.030 metre

For swimming pools with a touch panel of Automatic Officiating Equipment on one end the Wall to Wall distance shall be:

Minimum	Maximum
25.010 metre	25.020 metre

Tolerances have to be consistent 0.300 metre above to 0.800 metre below the water surface.

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.

**16.1.3 Width**

There is no minimum width requirement. However, the width of the pool has to comply with the provision in Part Two, Article 16.1.6 - Lanes.

**16.1.4 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.

**16.1.5 Walls**

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

**16.1.5.2** 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. Both internal and external ledges are acceptable, however internal ledges are preferred.

**16.1.5.3** 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. They must be covered with a suitable grill or screen.

**16.1.6 Lanes**

There is no minimum number of lanes. Lanes shall be at least 2.5 metres wide, first and last lane may be 2.4 metres wide with 2 spaces of at least 0.1 metres wide outside of the first and the last lanes.

**16.1.7 Lane Ropes****16.1.7.1**

The main function of a lane rope is not only to separate swimming lanes, but to reduce the pool waves. A lane rope should have the properties to reduce the waves going through to the other side of rope or bouncing back into the swimming lane.

Lane ropes shall extend the full length of the course and components not contributing to its wave reduction function, such as tension spring and take-up reel, shall measure less than 200mm each end of rope.

Lane rope should be secured at each end wall to anchor brackets recessed into the end walls. If anchor placement is on pool deck, an extender, firm and non-elastic, should be in place. The installed lane rope should stay in the pool water. The anchor, including extender, shall not extend more than 10mm into the pool. The anchor shall not influence the length of the lane rope by more than  $\pm 10$ mm each end of rope.

The anchor shall be positioned so that the wave reducing components at each end wall of the pool shall be 50% below the surface of the water. Anchors should be installed to withstand 20kN. Each lane rope will consist of wave reducing components placed end-to-end having a minimum diameter of 0,10 metre. The design of discs and floats should be so 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. The lane rope length of the course shall have a negative buoyancy in such a way that at least one half to maximum two thirds of the height of the wave reducing components should be beneath the water surface.

The take-up reel of the lane rope should require a tool to lock tensioning into position and to prevent non-authorized tampering. The lane rope shall be equipped with a tension spring, absorbing sudden high point loads and a wire withstanding a tensile force of 12kN.

In an eight (8) lane pool, 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 0.10 metre to a maximum of 0.15 metre.

In a swimming pool the colour of the lane ropes should be as follows, although variations in the colour scheme can be used:

- 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 5.0 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 and the tensions should be 1-1,2kN.

*See Swimming Diagrams, Part Two, Annex 1, 6, and 7*

**16.1.7.2**

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

**16.1.7.3**

In 50 metre pools the components shall be distinct to mark 25 metres.

**16.1.7.4**

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

**16.1.8****Starting Platforms**

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 a slip-resistant material.



Maximum slope shall not be more than 10 degrees. The starting platform may have an adjustable setting back plate. 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 at 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 the forward start may be installed on the sides of the starting platforms. 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.

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. Electronic read-out boards may be installed under the blocks. Flashing is not allowed. Figures must not move during a backstroke start.

### 16.1.9 Numbering

Each starting block must be distinctly numbered on all four sides, clearly visible. It is recommended that lane number 0 shall 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 part.

### 16.1.10 Backstroke Turn Indicators

Flagged ropes shall 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.

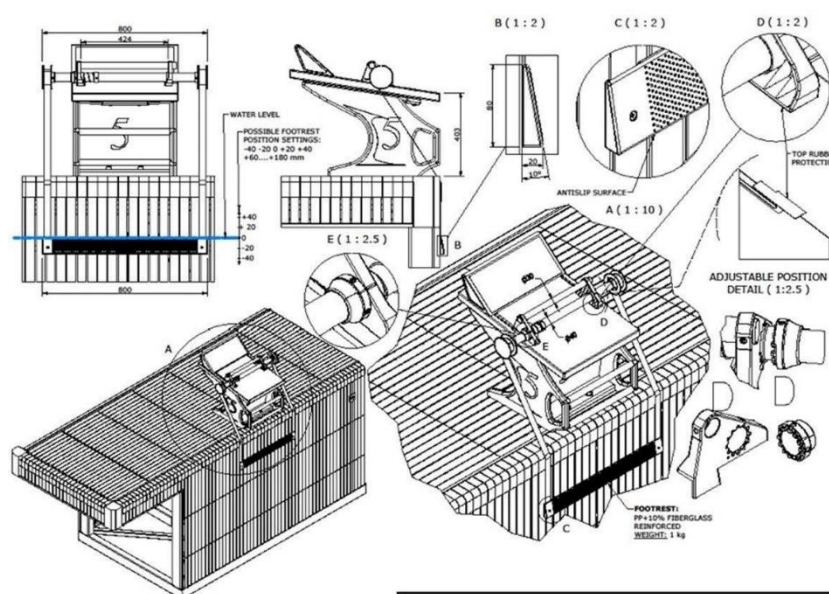
Flags must be fixed to the ropes having the following dimensions: 0.20 metres on the rope forming a triangle measuring 0.40 metres on the sides. The distance between each flag must be 0.25 metres. If the flags are printed with or support / carry any signage this must be approved in advance by World Aquatics.

### 16.1.11 Backstroke Ledge

Backstroke ledges conforming to the specification set out below shall be used in all World Aquatics Championships and Competitions.

**The ledge: (see diagram below)**

- shall be adjustable to 4 cm above or 4 cm below the water level and may not be used outside of this range;
- is a minimum of 60 cm in length;
- must be 8 cm in height, 2 cm at the width with 10 degrees of slope.



<b>BACKSTROKE LEDGE</b>	
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**16.1.12 False Start Rope**

False Start Rope may 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.

**16.1.13 Water conditions**
**16.1.13.1 Water Temperature**

Water temperature shall be 25° to 28°C.

**16.1.13.2 Movement**

During competition, the water in the pool must be at a constant level, with no appreciable movement.

In order to keep the water level, preserve the transparency of water and take into consideration the health regulations in force in most countries, inflow and outflow has to be regulated as follows:

- 220 to 250 m<sup>3</sup>/h for 50.00 m pools
- 150 to 180 m<sup>3</sup>/h for 33.33 m pools
- 120 to 150 m<sup>3</sup>/h for 25.00 m pools

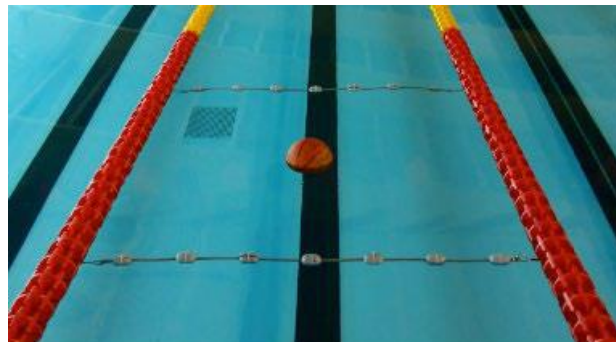
In daily use, inflow and outflow has to follow the health regulation of each country.

At these turnover rates, the water distribution has to be such that no appreciable current or turbulence is created.

“Appreciable current” is defined as 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 1,25m in 60 seconds.

The practical way to test this is to install two floating lines crosswise in a swim lane (to obtain a square with 2,5m size, ref. Image 1) and then to leave the basketball in the central point of the square. If the ball does not touch any of the four lane ropes within 60 seconds, the turbulence test is successful.

Test should be repeated in lanes 1,3,6,8 on two sides, at 5m from each end of the pool (end wall or bulkhead).


**16.1.13.3 Salinity of the water**

World Records and World Junior Records can be established only in water with less than 3 gr/litre of salt.

No World Records will be recognized in any kind of sea or ocean water.

**16.1.14 Lighting**

Light intensity over starting platforms and turning ends shall not be less than 600 lux.

**16.1.15 Lane Markings**

Lane Markings shall be of a dark contrasting colour, placed on the floor of the pool in the centre of each lane.



<b>Width:</b>	minimum 0.2 metre, maximum 0.3 metre.
<b>Length:</b>	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. The distance between the centre points of each lane shall be 2.5 metres.

\*Pool length tolerances must be considered.

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 to a maximum of 3 metres. 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.

For 50m and 25m pools constructed after 1st January 2006, cross lines 0.5 metre long shall be placed at the 15 metre mark from each end of the pool. After October 2013 this shall be measured from the end wall to the centre point of the cross line.

#### **16.1.16 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 or below the waterline which may be penetrated by a swimmer'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.

### **16.2 Swimming Facilities for Olympic Games and World Aquatics Championships**

#### **16.2.1 Length**

50.0 metres between the Automatic Officiating Equipment touch panels, except for the World Aquatics Swimming Championships (25m), which shall be 25.0 metres between the Automatic Officiating Equipment touch panels at the starting end and the wall or touch panels at the turning end.

#### **16.2.2 Dimensional Tolerances**

##### **16.2.2.1 50m swimming pools**

The admissible tolerance in 50.00 m swimming pools will be +0.010, and -0.000 metre when touch panels are installed.

Tolerances will be measured as follows:

For swimming pools with touch panels of Automatic Officiating Equipment on both ends the Wall-to-Wall distance shall be: Minimum 50.020 metre / Maximum 50.030 metre.

Tolerances have to be consistent 0.300 metre above to 0.800 metre below the water surface.

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.

*See Swimming Diagrams in Part Two, Annex 1, 2, 3, and 4*

##### **16.2.2.2 25m swimming pools**

The admissible tolerance in 25.00 m swimming pools will be +0.010, and -0.000 metre when touch panels are installed.

Tolerances will be measured as follows:

For swimming pools with touch panels of Automatic Officiating Equipment on both ends the Wall to Wall distance shall be:

Minimum 25.020 metre / Maximum 25.030 metre.



For swimming pools with a touch panel of Automatic Officiating Equipment on one end the Wall to Wall distance shall be:

Minimum 25.010 metre / Maximum 25.020 metre.

Tolerances have to be consistent 0.300 metre above to 0.800 metre below the water surface.

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.

### **16.2.3 Width**

#### **16.2.3.1 Olympic Games**

Permanent Swimming Pools: A minimum of 25.00 metres Temporary Swimming Pools: 26.00 metres.

#### **16.2.3.2 World Aquatics Championships**

Permanent Swimming Pools: A minimum of 25.00 metres Temporary Swimming Pools: 26.00 metres.

### **16.2.4 Depth**

#### **16.2.4.1 Olympic Games and World Aquatics Championships (50m)**

A minimum of 2.5 metres.

#### **16.2.4.2 World Aquatics Swimming Championships (25m)**

A minimum of 2.0 metres, 2.5 metres preferred.

#### **16.2.4.3 When the pool is used for multi-sports (i.e., Artistic Swimming and Swimming) at either the Olympic Games or World Aquatics Championships**

A minimum of 3 metres is required.

### **16.2.5 Walls**

**16.2.5.1** End walls shall be vertical, parallel and form 90-degree right angles to the swimming course and to the surface of the water. They shall be constructed of solid material, with a slip-resistant surface extending 0.8 metre below the water surface, so as to enable the competitor to touch and push off in turning without hazard.

The admissible tolerance in walls verticality will be  $\pm 0.3$  degrees.

**16.2.5.2** 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. Both internal and external ledges are acceptable, however internal ledges are preferred.

**16.2.5.3** 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. They must be covered with a suitable grill or screen.

### **16.2.6 Lanes**

#### **16.2.6.1 Number of lanes:**

Eight (8) lanes for the Olympic Games, although 9 or 10 lanes may be used with approval from the Chair of the Technical Swimming Committee when faced with unusual circumstances. [Example: a tie from preliminaries for 8th place in the 1500-metre freestyle].

Ten (10) lanes for World Aquatics Championships.

#### **16.2.6.2 Olympic Games**

Lanes shall be 2.5 metres wide with 2 spaces 2.5 metres wide outside of lanes 1 and 8. There must be a lane rope separating these spaces from lanes 1 and 8.

*See Swimming Diagram, Part Two, Annex 1*

#### **16.2.6.3 World Aquatics Championships**



For permanent swimming pools, lanes from 1 to 8 shall be 2.5 metres wide and lanes 0 and 9 shall be 2.4 metres wide with 2 spaces 0.1 metres wide outside of lanes 0 and 9. There must be a lane rope separating these spaces from lanes 0 and 9 for World Championships.

*See Diagrams Part Two, Annex 2 and 8*

For temporary swimming pools, lanes shall be 2.5 metres wide with 2 spaces 0.5 metres wide outside of lanes 0 and 9. There must be a lane rope separating these spaces from lanes 0 and 9.

*See Diagrams, Part Two, Annex 3 and 9*

## **16.2.7 Lane Ropes**

**16.2.7.1** The main function of a lane rope is not only to separate swimming lanes, but to reduce the pool waves. A lane rope should have the properties to reduce the waves going through to the other side of rope or bouncing back into the swimming lane.

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 0.15 metre.

Lane rope should be secured at each end wall to anchor brackets recessed into the end walls. If anchor placement is on pool deck, an extender, firm and non-elastic, should be in place.

The installed lane rope should stay in the pool water. The anchor, including extender, shall not extend more than 10mm into the pool. The anchor shall not influence the length of the lane rope by more than  $\pm 10$ mm each end of rope.

The anchor shall be positioned so that the wave reducing components at each end wall of the pool shall be 50% below the surface of the water. Anchors should be installed to withstand 20kN. Each lane rope will consist of wave reducing components placed end-to-end having a diameter of 0.15 metre. The design of discs and floats should be so 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. The lane rope length of the course shall have a negative buoyancy in such a way that at least one-half to maximum two-thirds of the height of the wave reducing components should be beneath the water surface.

The take-up reel of the lane rope should require a tool to lock tensioning into position and to prevent non-authorized tampering. The lane rope shall be equipped with a tension spring, absorbing sudden high point loads and a wire withstanding a tensile force of 12kN.

The components extending for a distance of 5.0 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 and the tensions should be 1-1.2kN.

In a swimming pool, the colour of the lane ropes should be as follows:

### **16.2.7.1.1 Olympic Games**

In an eight (8) lane swimming pool the colour of the lane ropes should be as follows, although variations in the colour scheme can be used:

- 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



		GREEN	
1		BLUE	
2		BLUE	
3		YELLOW	
4		YELLOW	
5		YELLOW	
6		BLUE	
7		BLUE	
8		GREEN	

**16.2.7.1.2 World Aquatic Championships**

In a ten (10) lane swimming pool the colour of the lane ropes should be as follows, although variations in the colour scheme can be used:

- Two (2) GREEN ropes for lanes 0 and 9
- Six (6) BLUE ropes for lanes 1, 2, 3, 6, 7 and 8
- Three (3) YELLOW ropes for lanes 4, 5

*See Swimming Diagrams, Part Two, Annex 2, 3, 8, and 9*

The floats extending for a distance of 5.0 metres from each end of the pool shall be of RED colour.

		GREEN	
0		BLUE	
1		BLUE	
2		BLUE	
3		BLUE	
4		YELLOW	
5		YELLOW	
6		YELLOW	
7		BLUE	
8		BLUE	
9		BLUE	
		GREEN	

**16.2.7.2** At the 15-metre mark from each end wall of the pool the components shall be distinct in colour from the surrounding components.

**16.2.7.3** In 50 metre pools the components shall be distinct to mark 25 metres.

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

**16.2.7.5** Lane marking measurements, please read in conjunction with pool diagrams.

**16.2.8 Starting Platforms**

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 0.6 metre and covered with a slip-resistant material.

Maximum slope shall not be more than 10 degrees. The starting platform may have an adjustable setting back plate. 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 at 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 the forward start may be installed on the sides of the starting platforms. 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.

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. Electronic read-out boards may be installed under the blocks. Flashing is not allowed. Figures must not move during a backstroke start.

### 16.2.9 Numbering

Each starting block must be distinctly numbered on all four sides, clearly visible. It is recommended that lane number 0 shall 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 part.

### 16.2.10 Backstroke turn indicators

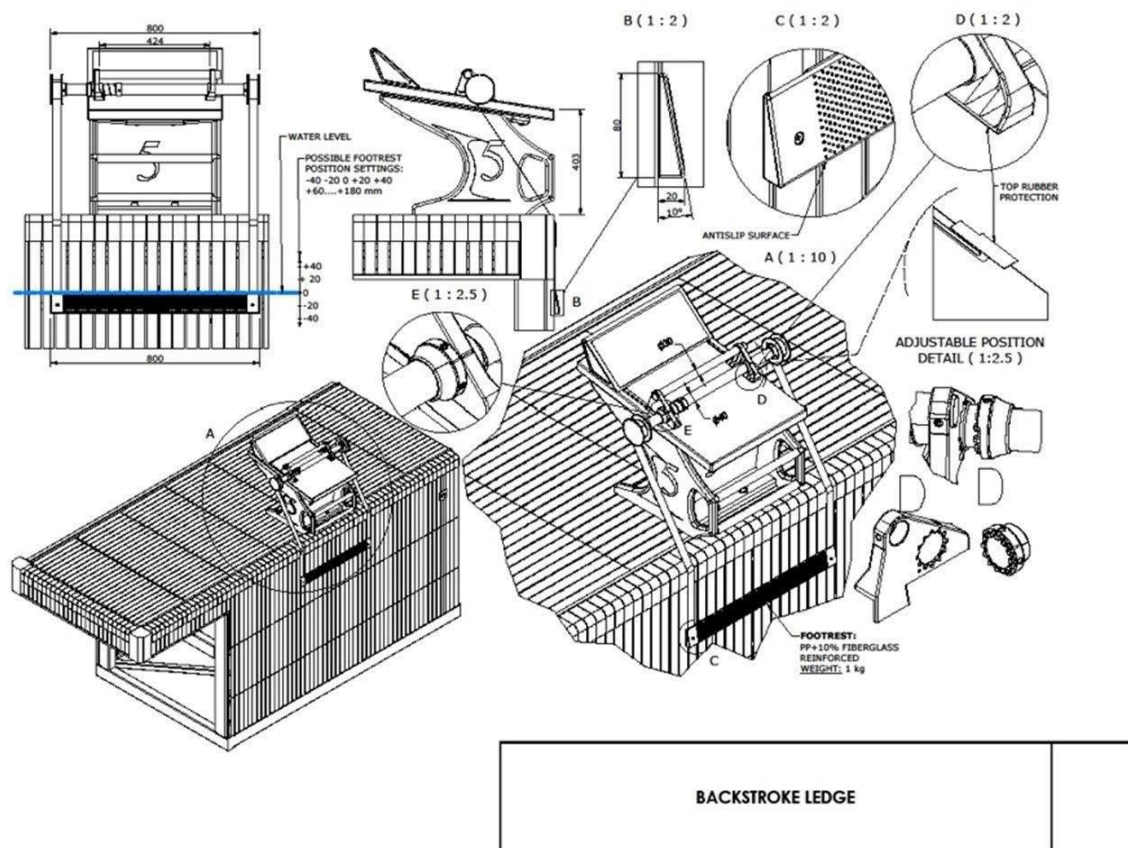
Flagged ropes shall be suspended across the pool, 1.8 metres above the water surface, from fixed standards placed 5.0 metres from each end wall. Distinctive marks must be placed on both sides of the pool, and where possible on each lane rope, 15.0 metres from each end wall.

Flags must be fixed to the ropes having the following dimensions: 0.20 metres on the rope forming a triangle measuring 0.40 metres on the sides. The distance between each flag must be 0.25 metres. If the flags are printed with or support / carry any signage this must be approved in advance by World Aquatics.

### 16.2.11 Backstroke Ledge

Backstroke ledges conforming to the specification set out below shall be used. **The ledge: (see diagram below)**

- shall be adjustable to 4 cm above or 4 cm below the water level and may not be used outside of this range;
- is a minimum of 60 cm in length;
- must be 8 cm in height, 2 cm at the width with 10 degrees of slope.



### 16.2.12 False Start Rope



False Start Rope may 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.

**16.2.13 Water conditions**

**16.2.13.1 Water Temperature**

Water temperature shall be 25°C to 28°C.

**16.2.13.2 Water Movement**

During competition, the water in the pool must be at a constant level, with no appreciable movement.

In order to keep the water level, preserve the transparency of water and take into consideration the health regulations in force in most countries, inflow and outflow has to be regulated as follows:

- 220 to 250 m<sup>3</sup>/h for 50.00 m pools
- 150 to 180 m<sup>3</sup>/h for 33.33 m pools
- 120 to 150 m<sup>3</sup>/h for 25.00 m pools

In daily use, inflow and outflow has to follow the health regulation of each country.

At these turnover rates, the water distribution has to be such that no appreciable current or turbulence is created.

“Appreciable current” is defined as 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 1,25m in 60 seconds.

The practical way to test this is to install two floating lines crosswise in a swim lane (to obtain a square with 2,5m size, ref. Image 1) and then to leave the basketball in the central point of the square. If the ball does not touch any of the four lane ropes within 60 seconds, the turbulence test is successful.

Test should be repeated in lanes 1,3,6,8 on two sides, at 5m from each end of the pool (end wall or bulkhead).



*Image 1*

**16.2.13.3 Salinity of the water**

World Records and World Junior Records can be established only in water with less than 3 gr/litre of salt.

No World Records will be recognized in any kind of sea or ocean water.

**16.2.14 Lighting**

Light intensity over the whole pool shall not be less than 1500 lux.

**16.2.15 Lane Markings**

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. The distance between the centre points of each lane shall be 2.5 metres.

\*Pool length tolerances must be considered.

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 to a maximum of 3 metres. 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.

For 50m and 25m pools constructed after 1st January 2006, cross lines 0.5 metre long shall be placed at the 15 metre mark from each end of the pool. After October 2013 this shall be measured from the end wall to the centre point of the cross line.

#### **16.2.16 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 or below the waterline which may be penetrated by a swimmer'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.

#### **16.2.17 Minimum distance separating the pools**

If the swimming pool and the diving well are in the same area the minimum distance separating the pools shall be 5.0 metres. For pools constructed from 1st January 2014 the minimum distance separating the pool shall be a minimum of 8 metres however 10 metres is preferred.

### **16.3 Automatic officiating Equipment for Swimming**

#### **16.3.1 General description**

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.

#### **16.3.2 Equipment requirements**

The Equipment must:

**16.3.2.1** Be activated by the starter.

**16.3.2.2** Have no exposed wires on the pool deck, if possible.

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

**16.3.2.4** Provide easy digital reading of a swimmer's time.

#### **16.3.3 Starting devices**

**16.3.3.1** The starter shall have a microphone for oral commands.

**16.3.3.2** If a pistol is used, it shall be used with a transducer.

**16.3.3.3** 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.

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

#### **16.3.4 Touch panels for Automatic Equipment**

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



They shall extend 0.3 metre above and 0.6 metre below the surface of the water. The equipment in each lane shall be electronically connected independently, so it may be controlled and maintained individually. The surface of the panels shall be of a bright colour and shall bear the line markings approved for the end walls.

**16.3.4.2** 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.

**16.3.4.3** 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.

**16.3.4.4** 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.

**16.3.4.5** Safety - The panels shall be safe from the possibility of electrical shock and shall not have sharp edges.

**16.3.5 Semi-Automatic Equipment**

With Semi-Automatic Equipment, the finish shall be recorded by buttons pushed by timekeepers at the finish touch of the swimmer.

**16.3.5.1** Semi-Automatic Equipment may be used as a backup to the Automatic Officiating Equipment at World Aquatics 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.

**16.3.6 Automatic Equipment – Essential Accessories**

The following accessories are essential for a minimum installation of Automatic Equipment:

**16.3.6.1** Printout of all information, which can be regenerated during a succeeding race.

**16.3.6.2** Spectator readout board.

**16.3.6.3** 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. For the differential in the relays take-off the manufacturer of the device shall be consulted.

**16.3.6.4** Automatic lap counter.

**16.3.6.5** Readout of splits.

**16.3.6.6** Computer summaries.

**16.3.6.7** Correction of erroneous touch.

**16.3.6.8** Automatic rechargeable battery operation possibility.

**16.3.7 Automatic Equipment – Accessories for Olympic Games and World Aquatics Championships**

For Olympic Games and World Aquatics Championships the following accessories are also essential:

**16.3.7.1** The spectator electronic read-out board shall contain at least twelve (12) lines of thirty-two (32) characters, each capable of displaying both letters and numbers. Each character shall have a minimum height of 360 mm. Each line – matrix scoreboard shall be able to scroll up or down, with blink function, and each full matrix scoreboard shall be programmable, and capable of showing animation. The board must have a minimum size of 7.5 m width by 4.5m height.

**16.3.7.2** There shall be an air-conditioned control room, with dimensions of a least 6.0 metres x 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 shall be able to be secured.

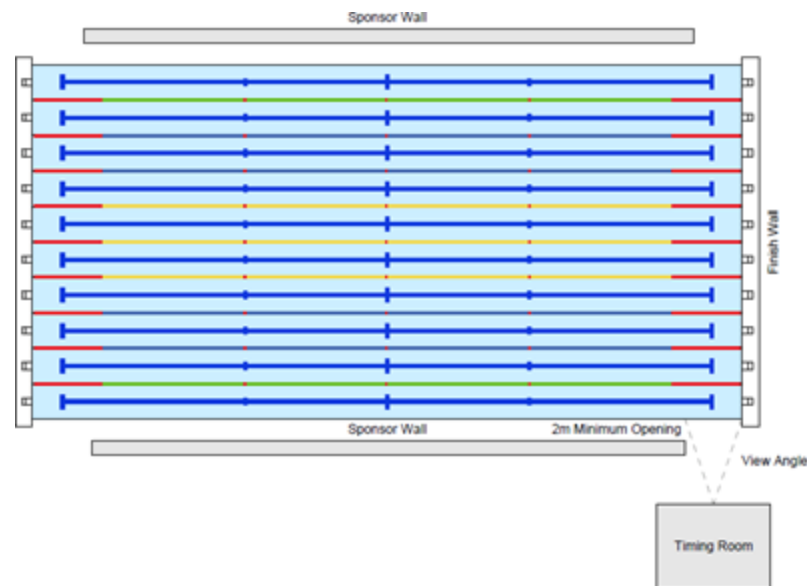
**16.3.7.3** Video judging and timing.

**16.3.8 Timing room**

Timekeepers shall have a clear view on the finish pool side from the Timing room. Sponsor panels or LED wall shall be installed at a minimum of 2m distance from the finish wall Timing room side. The panels or LED wall shall not exceed the length of 46m.



See Diagram



#### 16.3.9 Video Judging Equipment

At Olympic Games and World Championships approved Automatic Officiating Equipment, including Video Judging Equipment shall be provided and used. The approved Video Judging Equipment shall be used to initiate stroke infraction calls, confirm stroke infraction calls or assist the Referee to overturn calls made on the pool deck.

## 17 MEDICAL AND SAFETY SPECIFIC REQUIREMENTS FOR SWIMMING

The Medical Requirements are described in the Part One, Article 9.2. However, each sport has unique components.

### 17.1 Pre-competition trainings

Swimming competitions are generally composed of two competition sessions: one in the morning and one in the afternoon/evening. Prior to the races, the swimmers will be present at the venue to train. They generally arrive 2.5 - 3 hours before the beginning of the competition. It implies that an important number of athletes are swimming but also walking around the pool, and exercising/stretching. This proximity can lead to collisions in and out of the water.

Pre-competition training is a critical period as numerous swimmers in the pool are training at the same time and are practising various elements of their race (e.g the start) or are swimming different strokes. While lanes are dedicated to each practice, accident/collision can occur.

In addition, at major events, the numbers of swimmers in the warm-up pool area could be particularly high. The numbers of lifeguards shall therefore be adjusted to appropriately cover the different swimming pools.

### 17.2 Location of the FoP First Aid Treatment Area

Ideally, for the competition pool, the Field of Play (FoP) First Aid Treatment Area should be positioned where the athletes exit the water without obstructing the mixed zone on the pool deck.

### 17.3 Water Rescue and Lifeguards

Lifeguards should practice water retrieval on a daily basis during the event. In Swimming, it is important to remember that the swimming pools are separated by the lane ropes that could block the access to the swimmer during the water rescue. This point must be taken into consideration while practising and the extraction point should be adjusted.

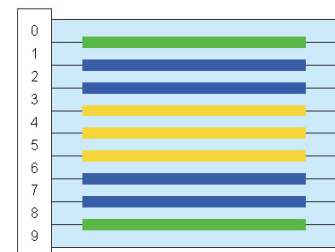
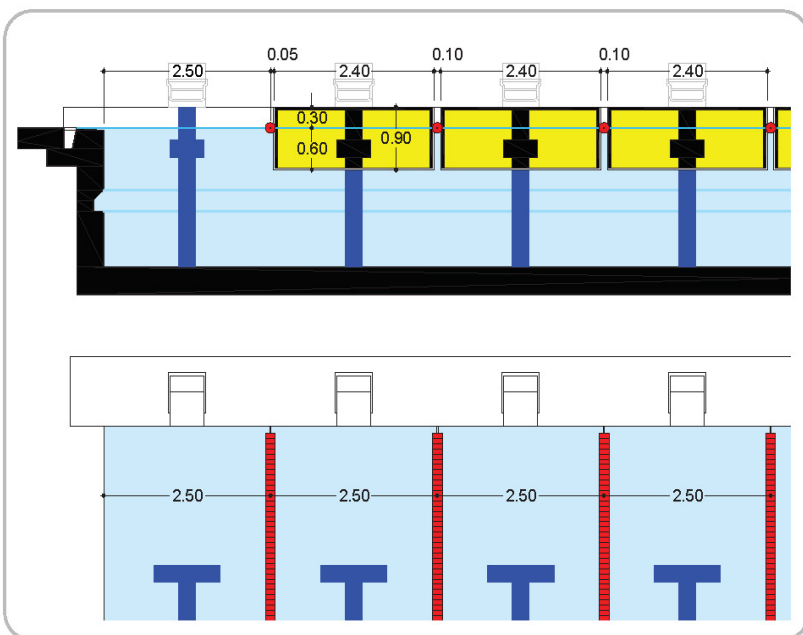
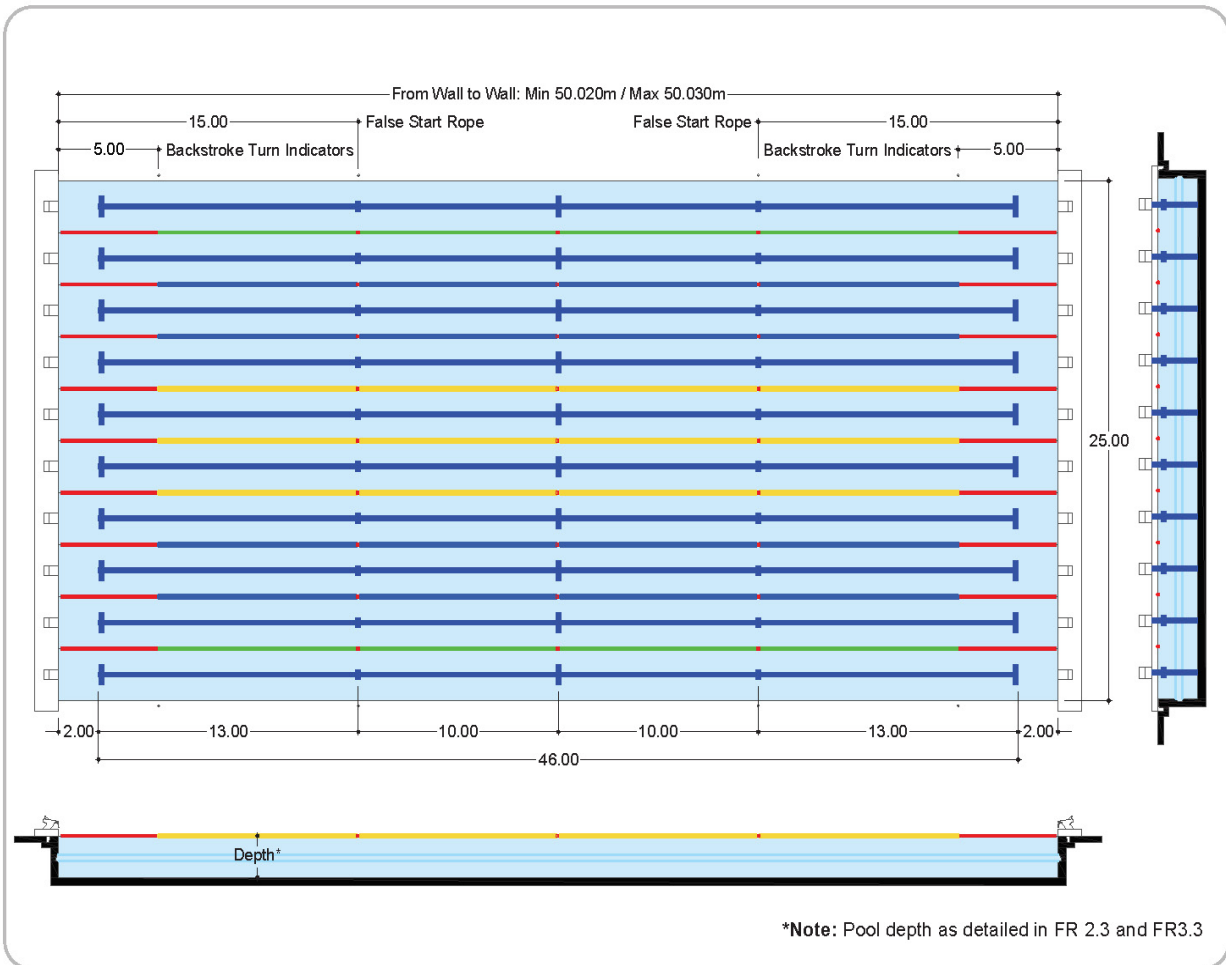
It is recommended to have three (3) lifeguards by swimming-pool. Two lifeguards next to the FoP Treatment area and a third lifeguard positioned on the opposite side.

**18 APPENDICES**

- 18.1 APPENDIX 1 - DIAGRAM SWIMMING POOL 50x25m – 8 Lane
- 18.2 APPENDIX 2 - DIAGRAM SWIMMING POOL 50X25m – 10 Lanes
- 18.3 APPENDIX 3 - DIAGRAM SWIMMING POOL 50X25m – 10 Lanes
- 18.4 APPENDIX 4 - DIAGRAM SWIMMING POOL 50X25 WITH ONE BULKHEAD IN LATERAL POSITION
- 18.5 APPENDIX 5 - DIAGRAM SWIMMING POOL 50X25M WITH ONE BULKHEAD –BULKHEAD IN CENTRAL POSITION
- 18.6 APPENDIX 6 - DIAGRAM SWIMMING POOL 25X21M – 8 Lanes
- 18.7 APPENDIX 7 - DIAGRAM SWIMMING POOL 25X21M – 8 Lanes
- 18.8 APPENDIX 8 - DIAGRAM SWIMMING POOL 25X25M – 10 Lanes
- 18.9 APPENDIX 9 - DIAGRAM SWIMMING POOL 25X26M – 10 Lanes
- 18.10 APPENDIX 10 - DIAGRAM 50m SWIMMING POOL – Lane markings



**18.1 APPENDIX 1 - DIAGRAM SWIMMING POOL 50x25m - 8 Lane**



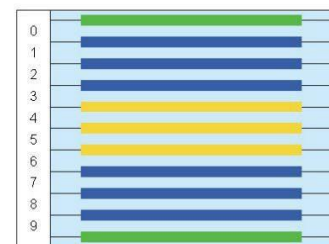
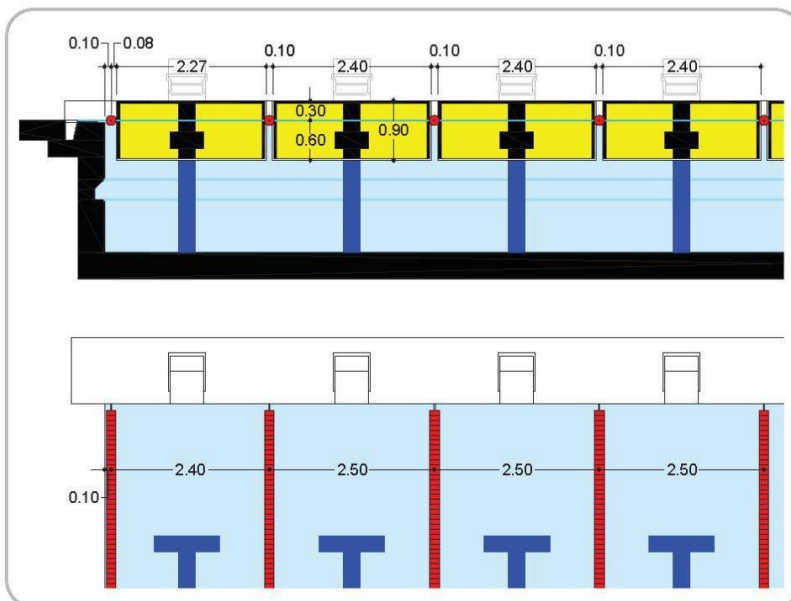
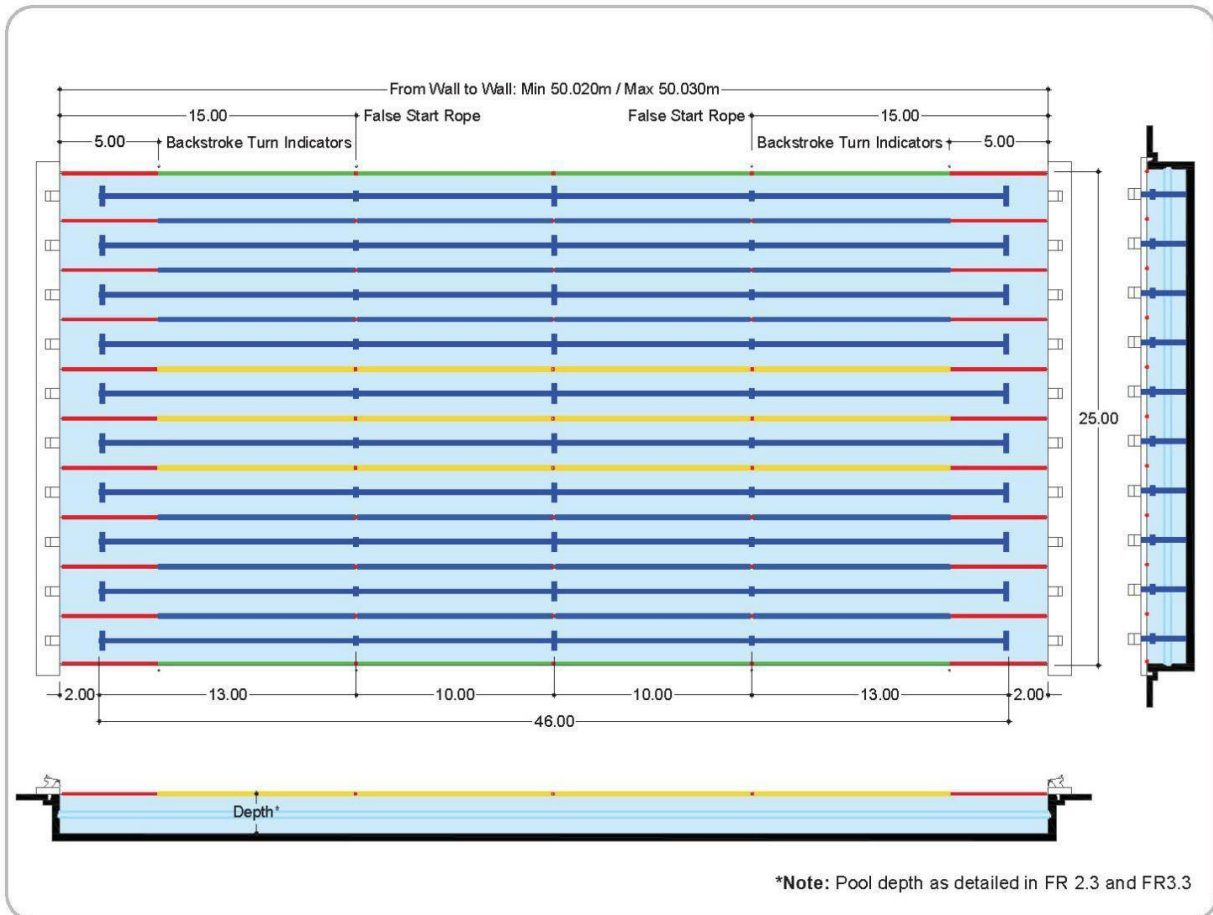
**Lane Ropes**

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.



**18.2 APPENDIX 2 - DIAGRAM SWIMMING POOL 50X25m – 10 Lanes**



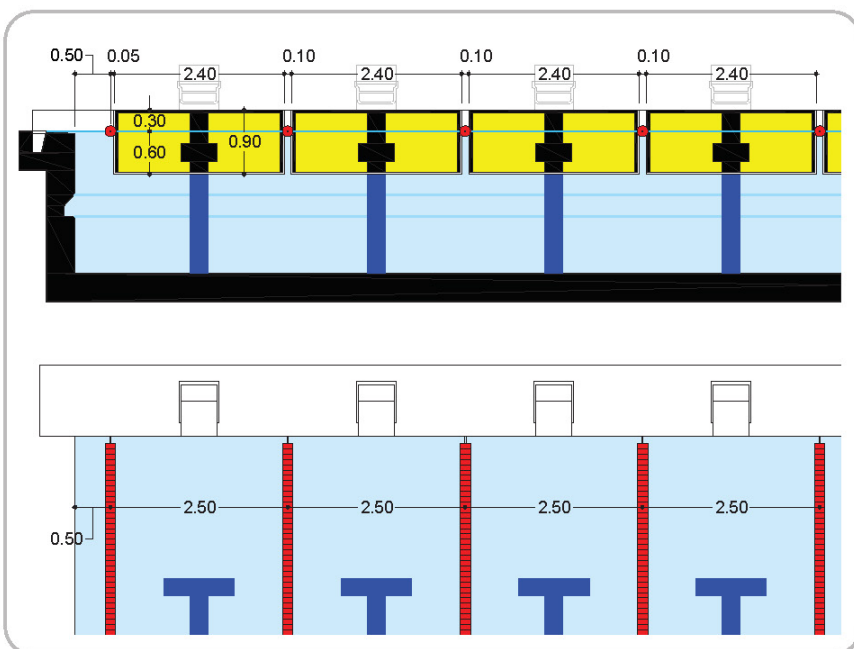
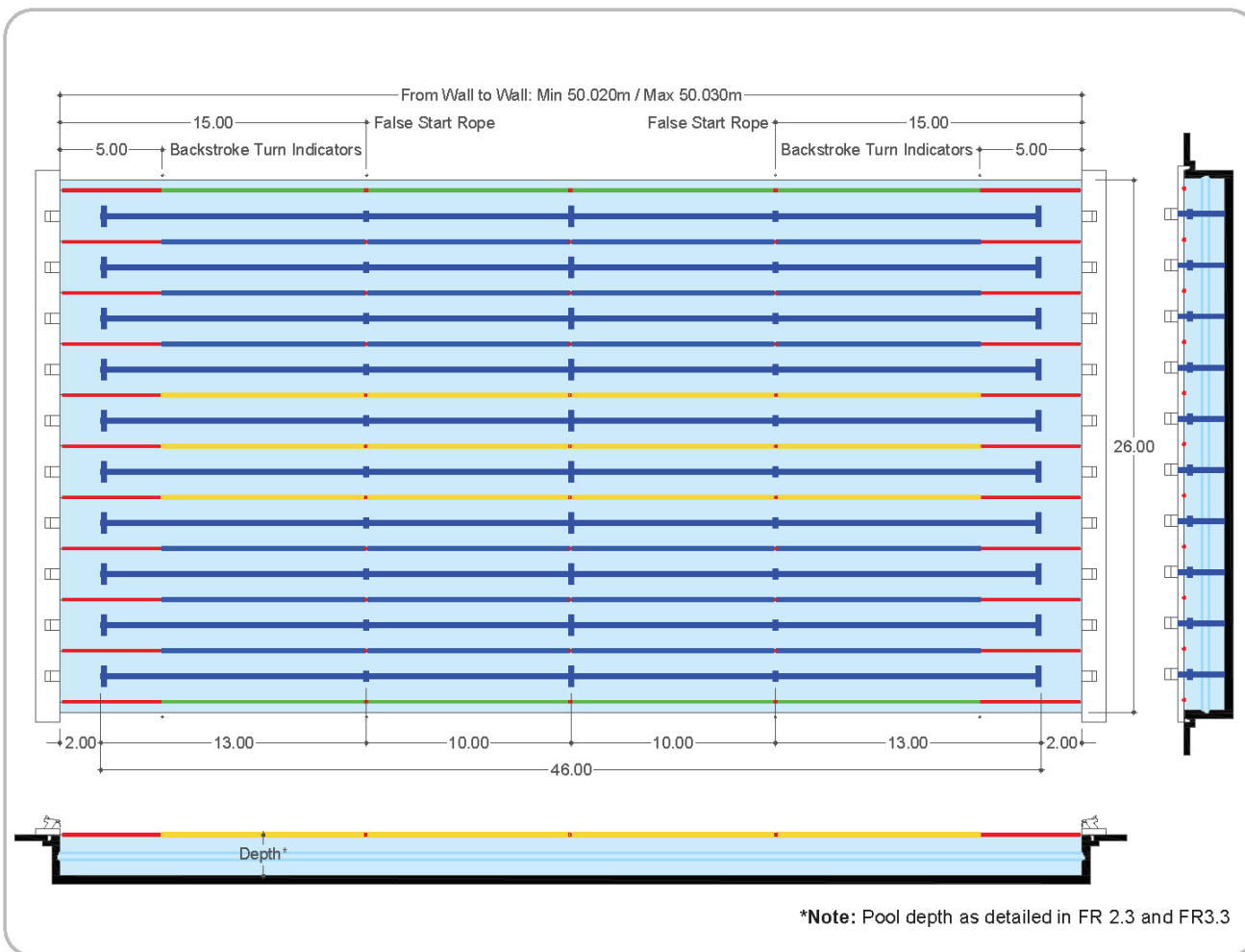
**Lane Ropes**

In a 10 (ten) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 0 and 9.
- Six (6) BLUE ropes for lanes 1, 2, 3, 6, 7 and 8.
- Three (3) YELLOW ropes for lanes 4, 5.



**18.3 APPENDIX 3 - DIAGRAM SWIMMING POOL 50X25m – 10 Lanes**



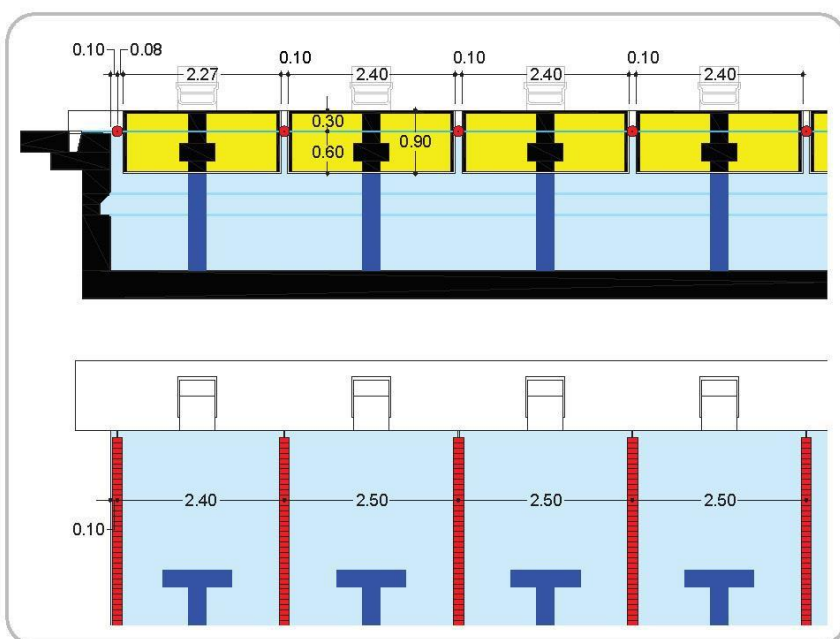
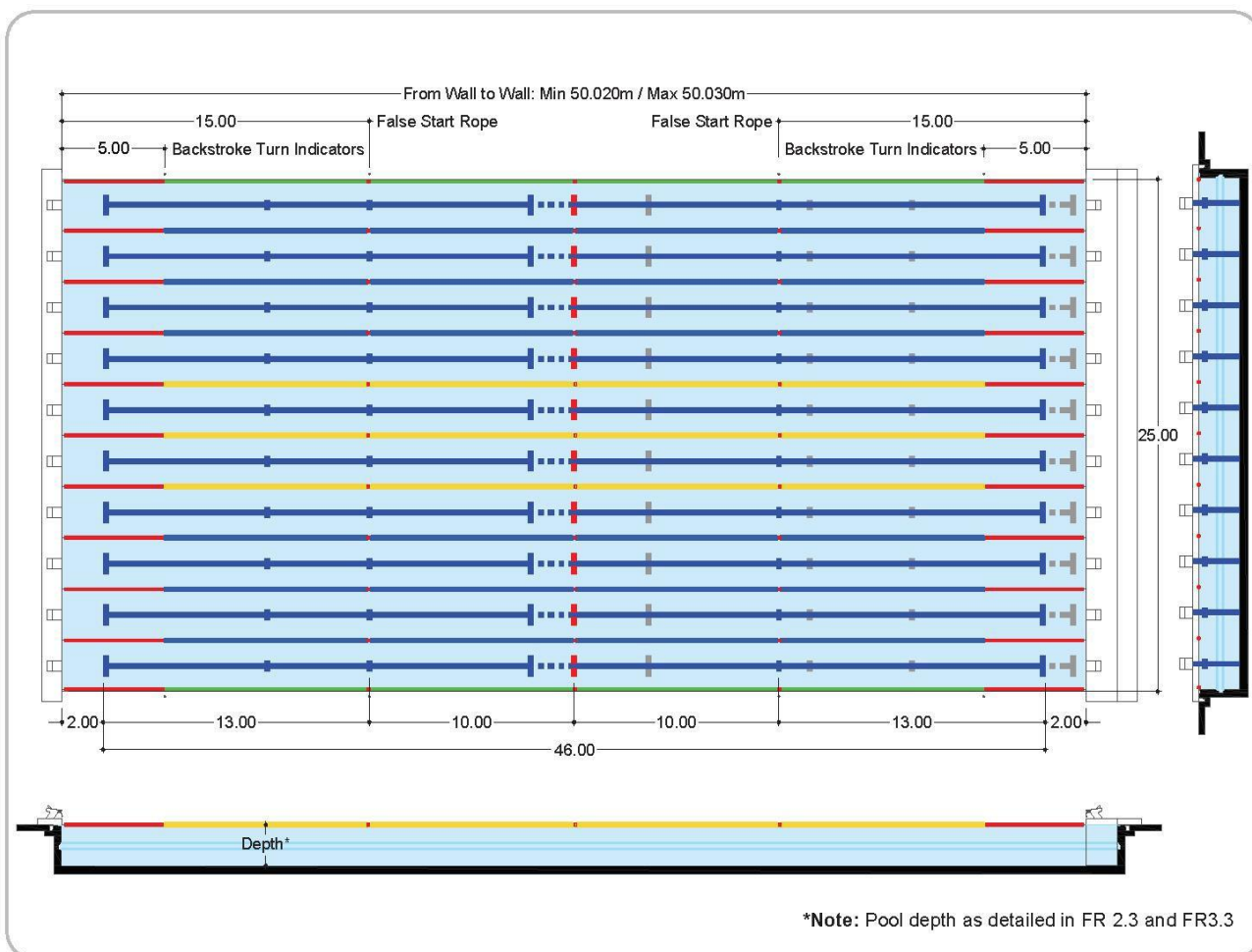
**Lane Ropes**

In a 10 (ten) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 0 and 9.
- Six (6) BLUE ropes for lanes 1, 2, 3, 6, 7 and 8.
- Three (3) YELLOW ropes for lanes 4, 5.



**18.4 APPENDIX 4 - DIAGRAM SWIMMING POOL 50X25 WITH ONE BULKHEAD IN LATERAL POSITION**



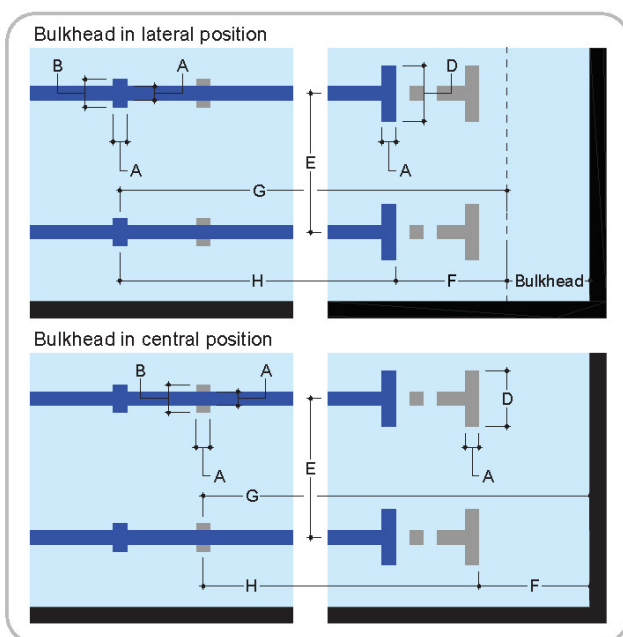
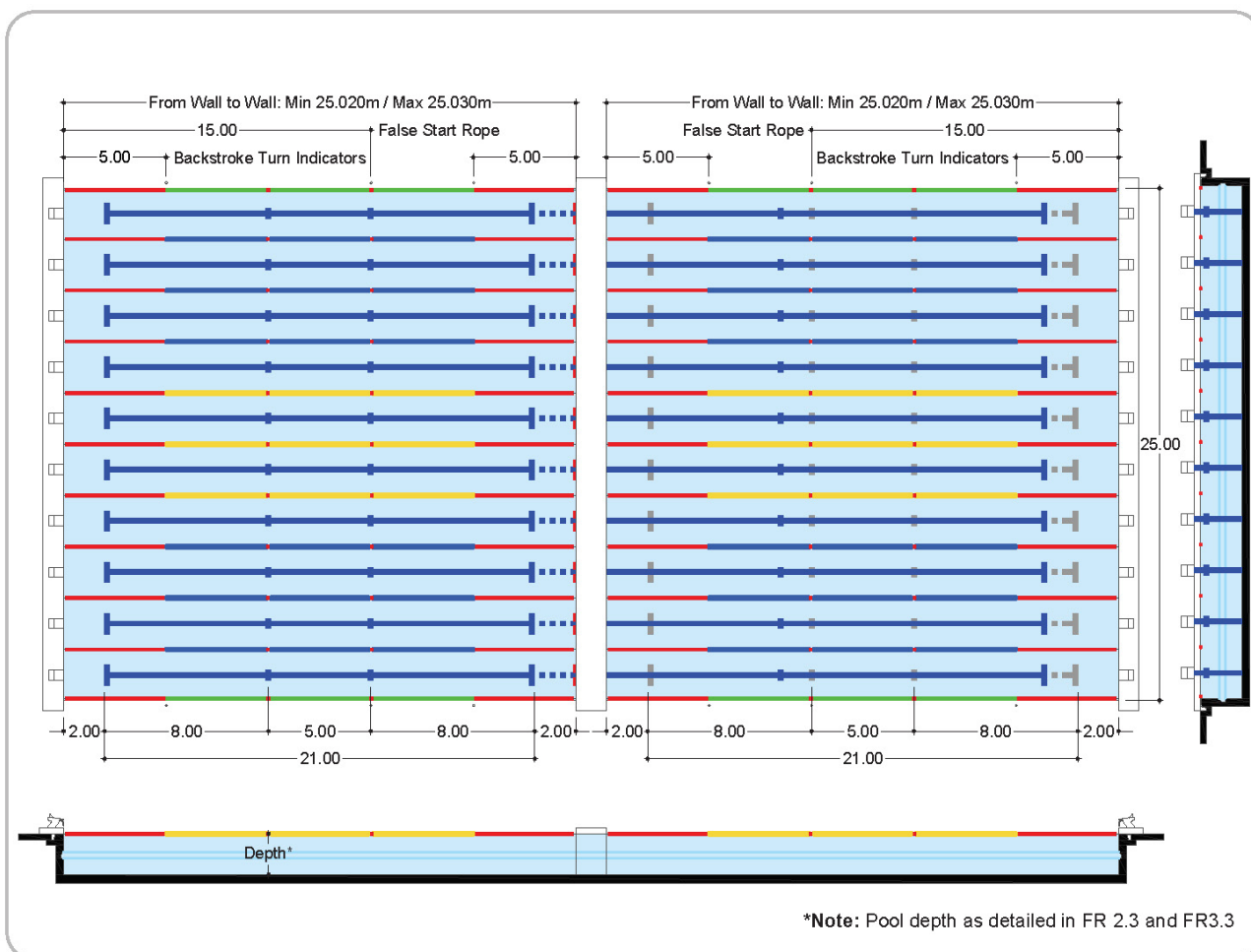
**Lane Ropes**

In a 10 (ten) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 0 and 9.
- Six (6) BLUE ropes for lanes 1, 2, 3, 6, 7 and 8.
- Three (3) YELLOW ropes for lanes 4, 5.



**18.5 APPENDIX 5 – DIAGRAM SWIMMING POOL 50X25M WITH ONE BULKHEAD – BULKHEAD IN CENTRAL POSITION**



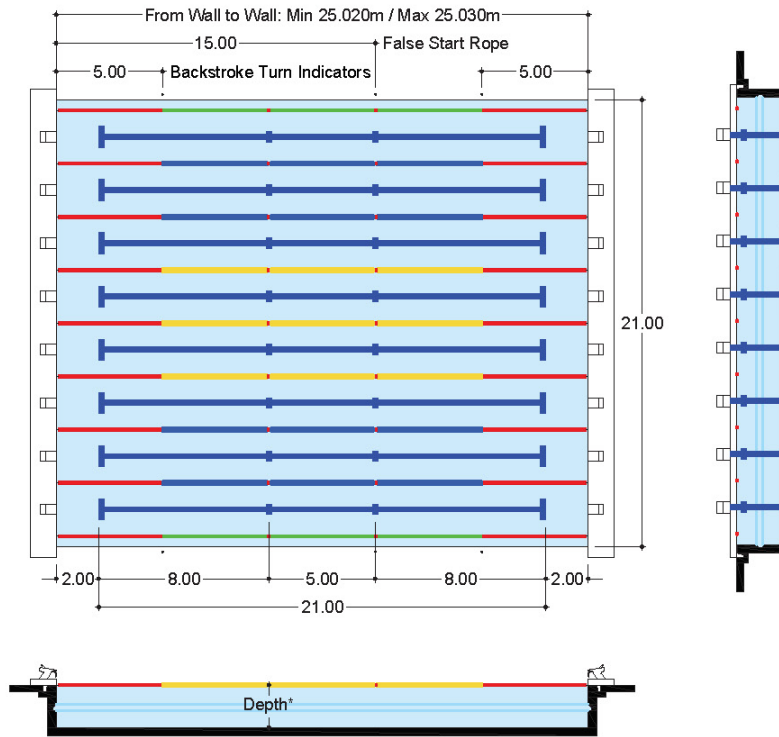
**Lane Markings**

Width of lane markings, end, lines targets	A	0.25m ± 0.05m
Length of end wall targets	B	0.50m
Depth to centre of end wall targets	C	0.30m
Length of lane marker cross line	D	1.00m
Width of racing lanes	E	2.50m
Distance from end of lane line to end wall	F	2.00m*
Distance from centre of cross line to end wall	G	15.00m*
Distance from end of lane line to centre of cross line	H	13.00m
Distance from centre of cross line to end wall	I	25.00m*

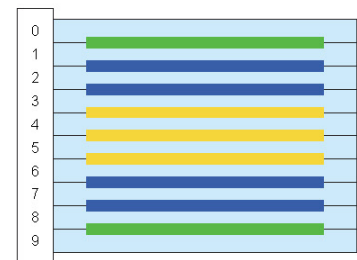
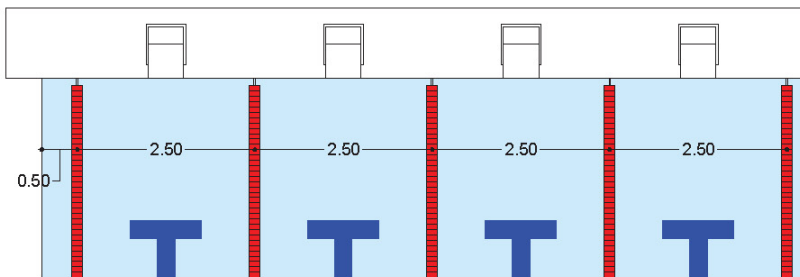
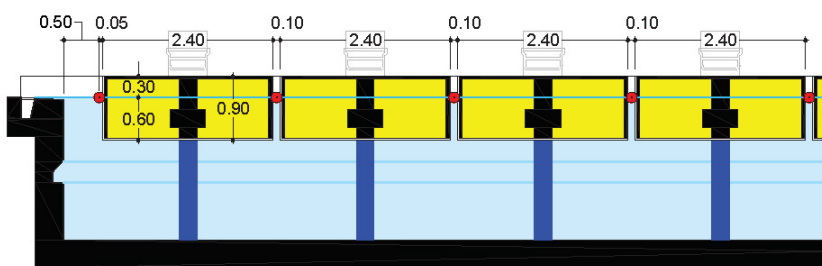
\* Pool tolerance has to be considered



**18.6 APPENDIX 6 - DIAGRAM SWIMMING POOL 25X21M – 8 Lanes**



\*Note: Pool depth as detailed in FR 2.3 and FR3.3



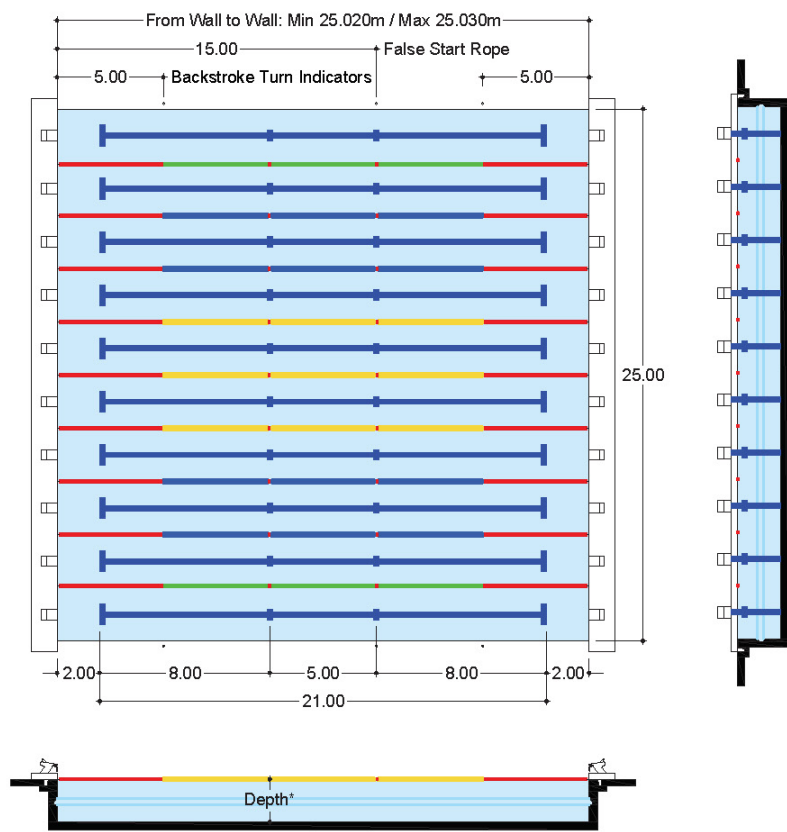
**Lane Ropes**

In a 8 (eight) lanes swimming pool the colour of the lane ropes should be as follows:

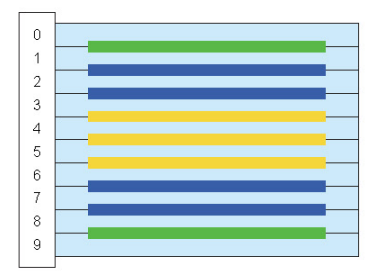
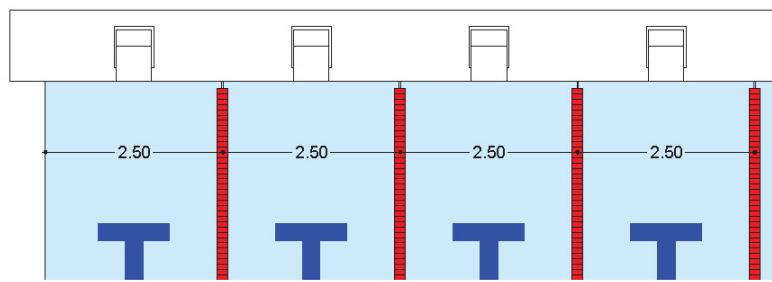
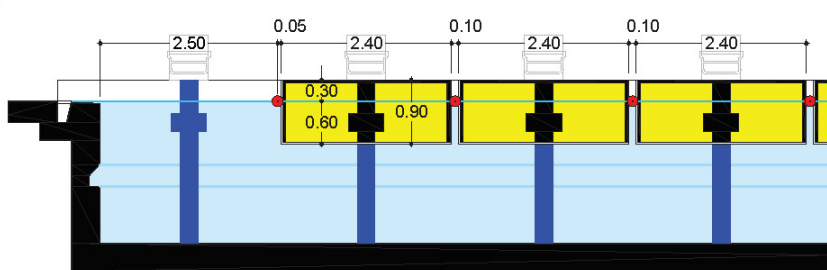
- Two (2) GREEN ropes for lanes 1 and 8.
- Four (4) BLUE ropes for lanes 2, 3, 6 and 7.
- Three (3) YELLOW ropes for lanes 4, 5.



**18.7 APPENDIX 7 - DIAGRAM SWIMMING POOL 25X21M – 8 Lanes**



\*Note: Pool depth as detailed in FR 2.3 and FR3.3



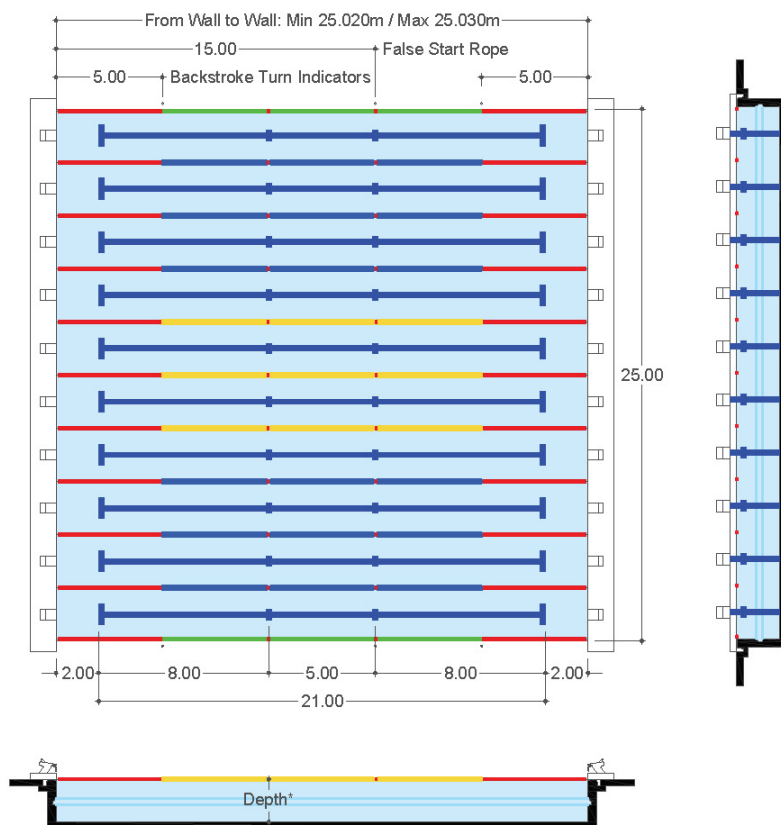
**Lane Ropes**

In a 8 (eight) lanes swimming pool the colour of the lane ropes should be as follows:

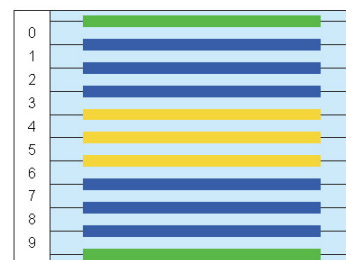
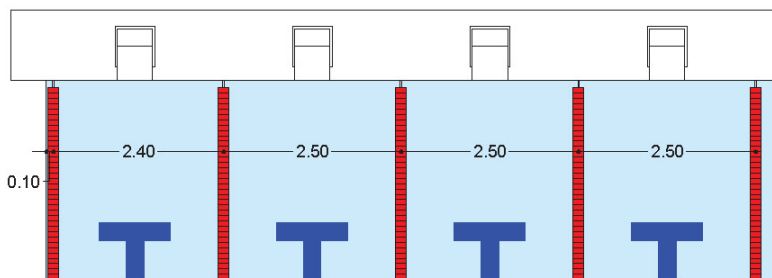
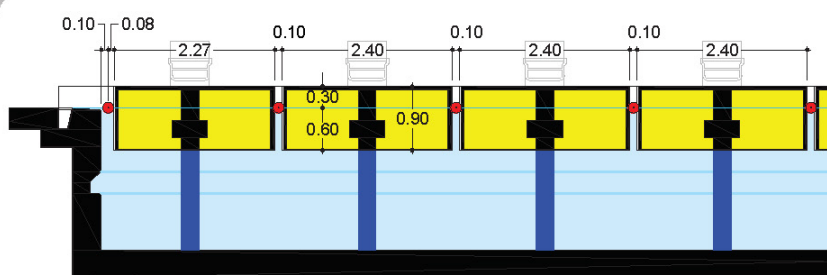
- Two (2) GREEN ropes for lanes 1 and 8.
- Four (4) BLUE ropes for lanes 2, 3, 6 and 7.
- Three (3) YELLOW ropes for lanes 4, 5.



**18.8 APPENDIX 8 - DIAGRAM SWIMMING POOL 25X25M – 10 Lanes**



\*Note: Pool depth as detailed in FR 2.3 and FR3.3



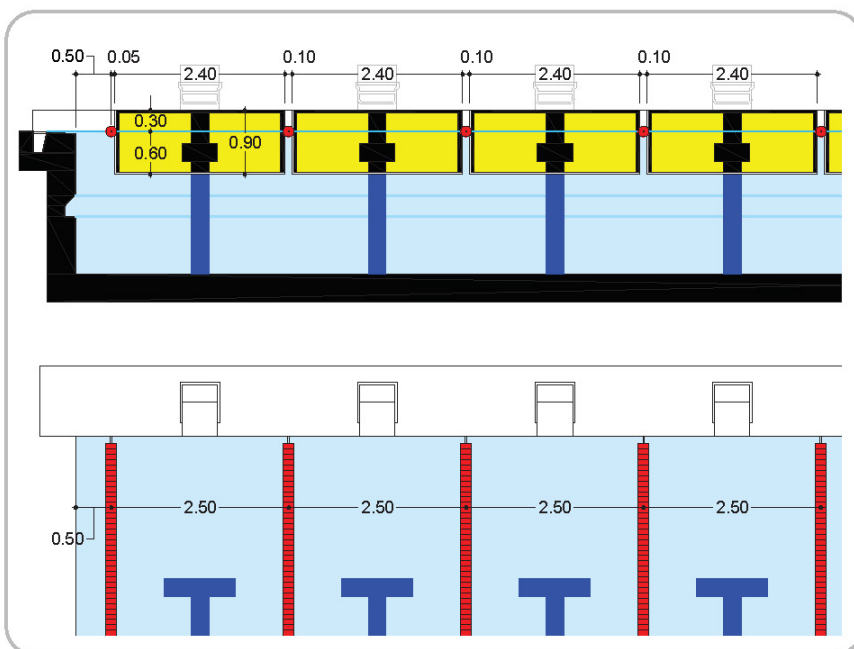
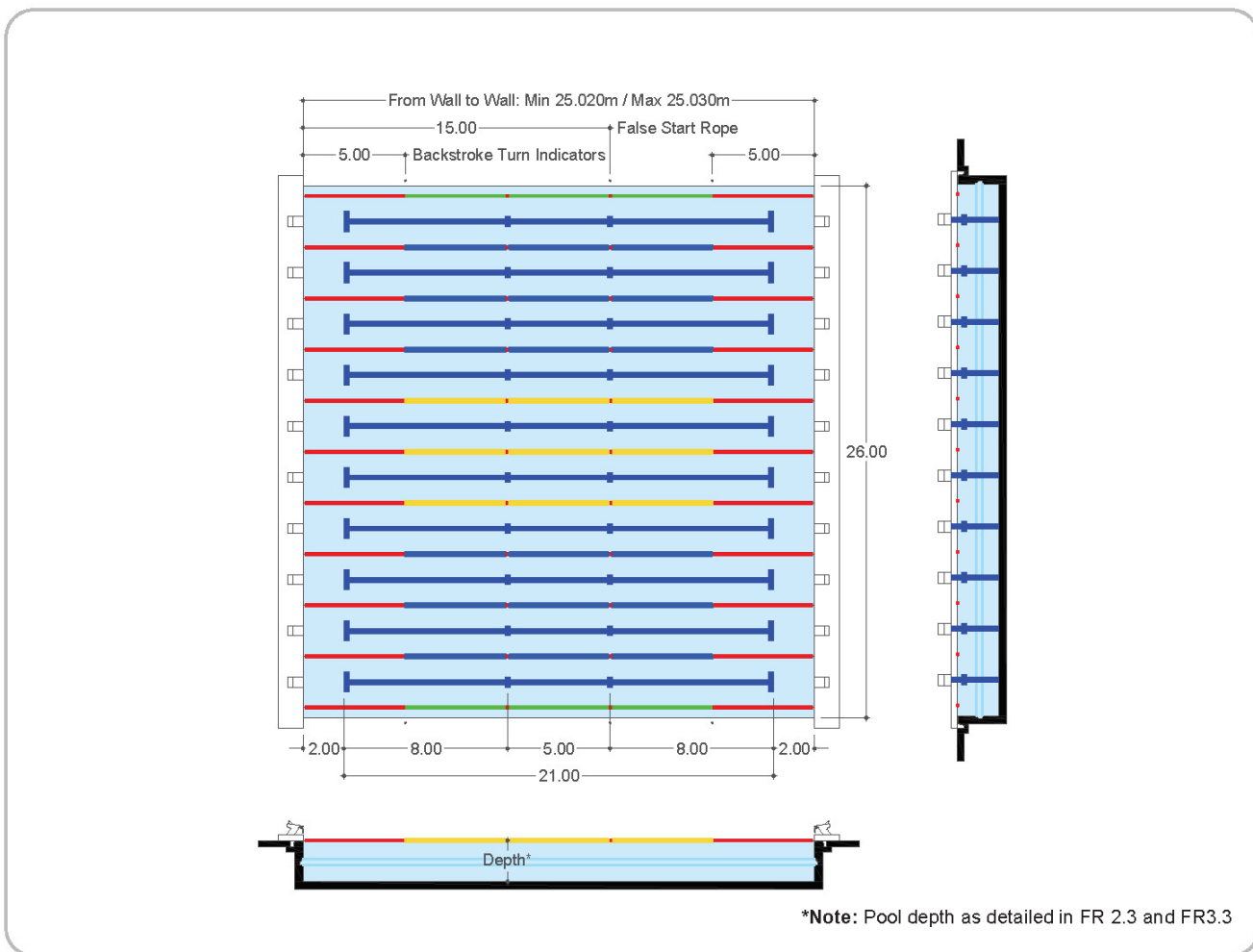
**Lane Ropes**

In a 10 (ten) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 0 and 9.
- Six (6) BLUE ropes for lanes 1, 2, 3, 6, 7 and 8.
- Three (3) YELLOW ropes for lanes 4, 5.



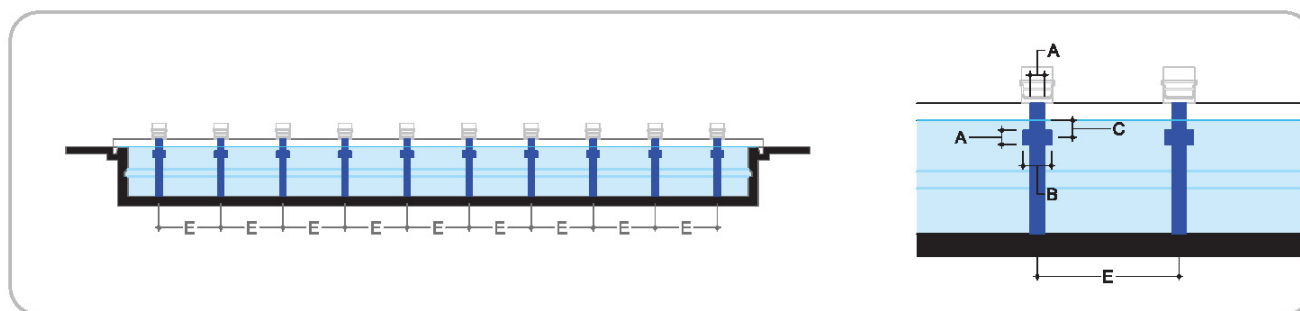
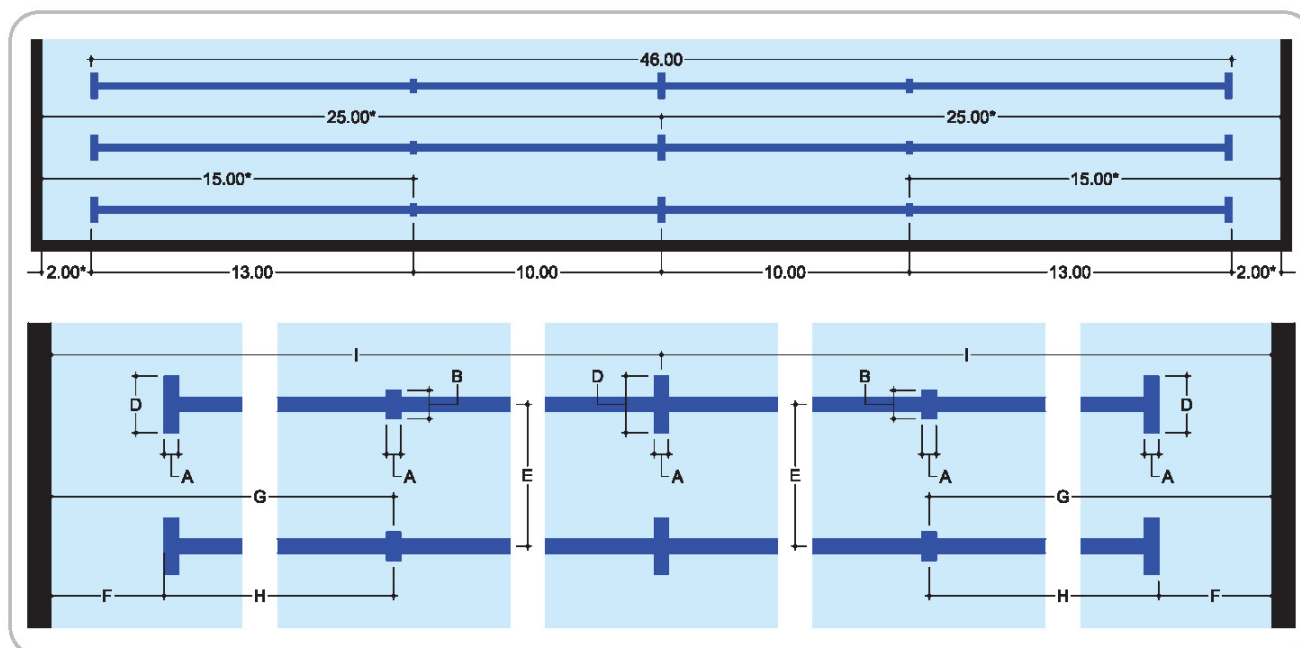
**18.9 APPENDIX 9 - DIAGRAM SWIMMING POOL 25X26M – 10 Lanes**



**Lane Ropes**

In a 10 (ten) lanes swimming pool the colour of the lane ropes should be as follows:

- Two (2) GREEN ropes for lanes 0 and 9.
- Six (6) BLUE ropes for lanes 1, 2, 3, 6, 7 and 8.
- Three (3) YELLOW ropes for lanes 4, 5.

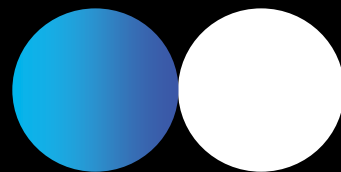

**18.10 APPENDIX 10 - DIAGRAM 50m SWIMMING POOL – Lane markings**

**Lane Markings**

Width of lane markings, end, lines targets	A	0.25m ± 0.05m
Length of end wall targets	B	0.50m
Depth to centre of end wall targets	C	0.30m
Length of lane marker cross line	D	1.00m
Width of racing lanes	E	2.50m
Distance from end of lane line to end wall	F*	2.00m*
Distance from centre of cross line to end wall	G	15.00m*
Distance from end of lane line to centre of cross line	H	13.00m
Distance from centre of cross line to end wall	I	25.00m*

\* Pool tolerance has to be considered

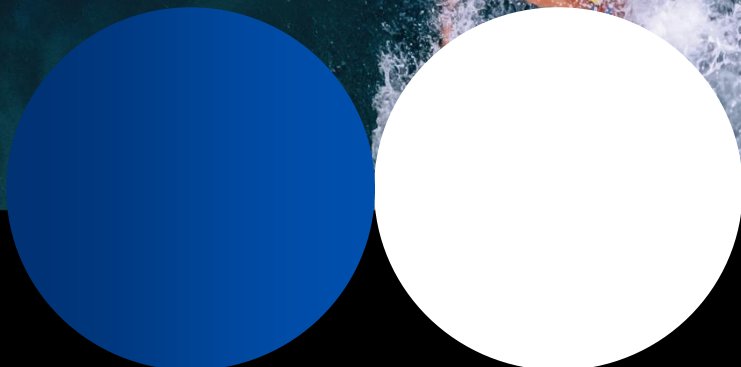


WORLD  
AQUATICS



# OPEN WATER SWIMMING

COMPETITION  
REGULATIONS





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## PART THREE: OPEN WATER SWIMMING RULES

### 1 WORLD AQUATICS CHAMPIONSHIPS AND OLYMPIC GAMES

**1.1** Open Water Swimming is defined as any competition that takes place in rivers, lakes, oceans or water channels or any other body of open water.

#### 1.2 Program of the Olympic Games

Men	Women
10 kilometres	10 kilometres

#### 1.3 Program of the World Aquatics Championships

Men	Women	Mixed Team Event
10 kilometres	10 kilometres	N/A
5 kilometres	5 kilometres	N/A
		4x1500 m Relay
*3km Knockout Sprint	*3km Knockout Sprint	

\*3km Knockout Sprint event may be included in the World Aquatics Championships Programme subject to agreement between World Aquatics and the Organising Committee.

##### 1.3.1 Description of the Mixed Team Race

- Two (2) female and two (2) male competitors from the same country
- Each competitor shall complete a lap of 1.5 km.
- competitors may swim in any sequence, but may only swim once.
- All teams will start together.
- Starting order on the platform will be by random draw.
- There shall be a change-over zone of a minimum of 5 m in length of sufficient size for the teams competing.
- Changeovers shall be made with the following competitor in the water in their starting position holding the platform, except where a relay change platform is used.
- Contact on the relay changeover must be visible. The touch, between the competitors making the changeover, should be made above the water anywhere between the elbow and the hand when the changeover is in the water. Where a relay change platform is used, the following competitor may start with a dive from the opposite side of the platform immediately after the arriving competitor touches the platform.
- Competitors may enter the change-over zone when the previous competitor is approaching the zone and leave the water immediately at the conclusion of their lap.
- Departing competitors must dive from the start position allocated to their team.
- All competitors from the same team shall all wear the same team caps of the same colour and style, in accordance with Part One, Article 8.6 of the World Aquatics Competition Regulations.
- Relay Changeover platforms shall be used for all World Aquatics events.

##### 1.3.2 Description of the 3km Knockout Sprint Race:

- Male and Female races will be swum separately.
- Each Federation may enter a maximum of two (2) Male, and two (2) female competitors.
- For Round one (1) the entry list will be published in advance of the Team Leaders Meeting. - The number of heats to be swum in Rounds one (1) and two (2) will be determined after all the entries have been received and processed and will be announced at the Team Leaders Meeting. For Round two (2) the maximum number of heats would be two (2). - Random draw for heats will be published in advance of Registrations opening.
- In Round One (1) each competitor will swim 1500m, competitors advancing to Round two (2) will swim 1000m, and competitors advancing to Round three (3) will swim 500m.



5. The top ten (10) finishes from each heat in Round one (1) will advance to Round two (2) or two (2) heats with the allocation process announced at the Team Leaders Meeting.
6. If there is one (1) heat in Round two (2) the top 10 from Round two (2) will advance to the Round three (3) final. If there are two (2) heats in Round two (2) the top 10 finishes from each heat will advance to the Round three (3) final.
7. If any competitor receives a 1st infringement during Rounds one (1) or two (2) then this penalty would remain in place if the competitor advances forward in any Rounds of the event.
8. In the event of disqualification or withdrawal from Rounds two (2) or three (3) the position competitor would have had shall be awarded to the competitor who finished next, and all the lower placing competitors shall be advanced one place in the semi-final (s) or final.
9. Medals will be awarded for 1st, 2nd and 3rd places for each gender Male (M) and Female (F) as per Part One, Article.12.1.2.1.

**1.4** The **minimum age** for swimmers competing in the Olympic Games and World Aquatics Championships shall be the same as the minimum age for the World Aquatics Junior Open Water Swimming Championships: Girls and Boys, at least 14 years of age, on 31st December in the year of competition.

**1.5 World Aquatics Junior Open Water Swimming Championships**

**1.5.1 Age Groups**

The Age Groups as of 31st December of the year of the competition are:

- 14-15 years Boys and Girls
- 16-17 years Boys and Girls
- 18-19 years Boys and Girls

**1.5.2 Individual Events**

- 14-15 years 5 km Boys and Girls
- 16-17 years 7.5 km Boys and Girls
- 18-19 years 10 km Boys and Girls
- \*Open 3km Knockout Sprint Boys and Girls

\* Open 3km Knockout Sprint event shall be included in the World Aquatics Championships Programme subject to agreement between World Aquatics and the Organising Committee.

**1.5.3 Mixed Team Relays**

**1.5.3.1 The distance**

Mixed 4 x 1500m

**1.5.3.2 Description of the Race**

As per Part Three, Article 1.3.1

**1.5.4 Competition Program Proposal**

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>Morning</b>	14-15 years 5 km	18-19 years 10 km	14-16 years Relay Event
<b>Afternoon</b>	16-17 years 7.5 km	Open 3km Knockout Sprint	Open Relay Event

**2 OFFICIALS**

The following officials shall be appointed at Open Water Swimming competitions:

- Chief Referee (one per race)
- Referees (2 minimum, additional Referees proportional to race entries)
- Chief Timekeeper plus 2 Timekeepers
- Chief Finish Judge plus 2 Finish Judges
- Safety Officer
- Medical Officer
- Course Officer



- Clerk of the Course
- Race Judges (one per competitor) except for events with a course of 10 km or less
- Turn Judges (one per alteration of Course)
- Feeding Platform Judge (when feeding platforms are used)
- Relay Judge
- Starter
- Announcer
- Recorder
- Video Review Judge

*NOTE: No official can act in more than one role simultaneously. They may only undertake a new role after all of the obligations of their previous role have been fulfilled.*

### **3 DUTIES OF OFFICIALS**

#### **3.1 Chief Referee**

The Chief Referee shall:

- 3.1.1** have full control and authority over all officials and shall approve their assignments and instruct them regarding all special features or regulations related to the competition. The Chief Referee shall enforce all the Rules and decisions of World Aquatics and shall decide all questions relating to the actual conduct of the competition, the final settlement of which is not otherwise covered by these Rules.
- 3.1.2** ensure that all necessary officials for the conduct of the competition are at their respective posts. The Chief Referee may appoint substitutes for any who are absent, incapable of acting or found to be inefficient and may appoint additional officials if considered necessary.
- 3.1.3** have authority to intervene in the competition at any stage to ensure that World Aquatics Rules are observed.
- 3.1.3.1** In case of hazardous conditions that jeopardize the safety of the competitors and the officials, in conjunction with the Safety Officer she/he can stop the race.
- 3.1.4** adjudicate on all protests related to the competition in progress.
- 3.1.5** signal to competitors, by raised flag and short blasts on a whistle, that the start is imminent and when satisfied indicate by pointing the flag at the Starter that the competition may commence.
- 3.1.6** disqualify any competitor for any violation of the Rules that she/he personally observes, or which is reported to her/him by other authorised officials. Notwithstanding the provisions of Part Three, Article 5.3 hereof, the Chief Referee may decide to enforce the disqualification at the end of the race.
- 3.1.7** receive all reports prior to the start of the race and at the conclusion of the race from the Clerk of the Course, Recorder, Course Officer and Safety Officer to ensure all competitors are accounted for.
- 3.1.8** give a decision in cases where the Finish Judges' decisions and times recorded do not agree.

#### **3.2 Referees**

The Referees shall:

- 3.2.1** have authority to intervene in competition at any stage to ensure that World Aquatics Rules are observed.
- 3.2.2** disqualify any competitor for any violation of the Rules that they personally observe.

#### **3.3 Starter**

- 3.3.1** The Starter shall start the race in accordance with Part Three, Article 4 following the signal by the Chief Referee.

#### **3.4 Chief Timekeeper**

The Chief Timekeeper shall:

- 3.4.1** assign at least two (2) Timekeepers to their positions for the start and finish.



**3.4.2** ensure that a time check is made to allow all persons to synchronise their watches with the official running clocks 15 minutes before start time.

**3.4.3** collect from each Timekeeper the time recorded for each competitor, and, if necessary, inspect their watches.

**3.4.4** record or examine the official time for each competitor.

### **3.5 Timekeepers**

Timekeepers shall:

**3.5.1** take the time of each competitor/s assigned. The watches must have memory and printout capability and shall be certified correct to the satisfaction of the Management Committee.

**3.5.2** start their watches at the starting signal, and only stop their watches when instructed by the Chief Timekeeper.

**3.5.3** promptly after each finish record the time of each competitor and turn it over to the Chief Timekeeper.

*NOTE: When Automatic Officiating Equipment is used, the same complement of hand timers is to be used.*

### **3.6 Chief Finish Judge**

The Chief Finish Judge shall:

**3.6.1** assign each Judge to a position.

**3.6.2** record and communicate any decision received from the Referees during the competition.

**3.6.3** record and report to the Chief Referee any violation of the Rules within the Finish Funnel observed personally, or reported by appointed Finish Judges.

**3.6.4** collect after the race, signed results sheets from each Finish Judge and establish the result and placing which shall be sent directly to the Recorder.

**3.6.5** confirm to each race judge their escort boat and instruct them in their duties.

### **3.7 Finish Judges**

Finish Judges (two) shall:

**3.7.1** be positioned in line with the finish where they shall have at all times a clear view of the finish.

**3.7.2** record after each finish the placing of the competitors according to the assignment given.

**3.7.3** record any violation of the Rules personally observed within the Finish Funnel on the record sheets provided, then communicate the violation to the Chief Finish Judge.

*NOTE: Finish Judges shall not act as Timekeepers in the same event*

### **3.8 Race Judge**

Each Race Judge shall

**3.8.1** be positioned in an escort safety craft (where applicable), assigned by random draw prior to the start, so as to be able to observe, at all times, their appointed competitor.

**3.8.2** ensure at all times that the Rules of competition are complied with, violations being recorded in writing and reported to the Chief Referee at the earliest opportunity.

**3.8.3** have the power to order a competitor from the water upon expiry of any time limit so ordered by the Chief Referee.

**3.8.4** ensure that their appointed competitor does not take unfair advantage or commit unsporting impediment on another competitor and if the situation requires instruct a competitor to maintain clearance from any other competitor.

### **3.9 Turn Judges**

Turn Judges shall:

**3.9.1** be positioned so as to ensure all competitors execute the alterations in course as indicated in the competition information documents and as given at the pre-race briefing.



**3.9.2** record any infringement of the turn procedures on the record sheets provided, then immediately communicate the infringement to the Chief Referee.

**3.9.3** promptly upon completion of the event deliver the signed record sheet to the Recorder.

**3.10 Feeding Platform Judge**

Each Feeding Platform Judge shall be responsible for the management of the activity and the competitors authorised representatives present on the platform, in accordance with World Aquatics rules.

**3.10.1** Feeding Platform Judges will be responsible for checking that all authorised representatives are complying with the use of supplied World Aquatics biodegradable bottles as per Part Three, Section 5.13.5.

**3.11 Relay Judge**

The Relay Judge/s shall manage the activity on the Relay platform or change-over zone to ensure all changeovers occur in accordance with the rules whereby the arriving competitor completes their lap before the departure of the next competitor.

**3.12 Safety Officer**

The Safety Officer shall:

**3.12.1** be responsible to the Chief Referee for all aspects of safety related to the conduct of the competition.

**3.12.2** check that the entire course, with special regard to the start and finish areas, is safe, suitable, and free of any obstruction.

**3.12.3** be responsible for ensuring that sufficient powered safety craft are available during the competition so as to provide full safety backup to the escort safety craft.

**3.12.4** provide prior to the competitions to all competitors a tide/current chart clearly indicating the time of tide changes on the course and showing the effect of tides or current on a competitor's progress along the course.

**3.12.5** in conjunction with the Medical Officer advise the Chief Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted.

**3.12.6** monitor temperature conditions periodically during the race.

**3.13 Medical Officer**

The Medical Officer shall:

**3.13.1** be responsible to the Chief Referee for all medical aspects related to the competition and competitors.

**3.13.2** inform the local medical facilities of the nature of the competition and ensure that any casualties can be evacuated to medical facilities at the earliest opportunity.

**3.13.3** in conjunction with the Safety Officer, advise the Chief Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted.

**3.14 Course Officer**

The Course Officer shall:

**3.14.1** be responsible to the Management Committee for the correct survey of the course.

**3.14.2** ensure the start and finish areas are correctly marked and all equipment has been correctly installed and, where applicable, is in working order.

**3.14.3** ensure all course alteration points are correctly marked and manned prior to the commencement of the competition.

**3.14.4** with the Referee and Safety Officer inspect the course and markings prior to the commencement of competition.

**3.14.5** ensure that Turn Judges are in position prior to the start of the competition and report this to the Chief Referee.

**3.15 Clerk of the Course**

The Clerk of the Course shall:



- 3.15.1** assemble and prepare competitors prior to each event and ensure proper reception facilities at the finish are available for all competitors.
- 3.15.2** ensure each competitor is identified correctly with their race number and that all competitors have trimmed fingernails and toenails and are not wearing any jewellery, including watches.
- 3.15.3** record all approved wearables declared in the First Call room.
- 3.15.4** be certain all competitors are present, in the assembly area, at the required time prior to the start.
- 3.15.5** keep competitors and officials informed of the time remaining before the start at suitable intervals until the last five minutes, during which one- minute warnings shall be given.
- 3.15.6** be responsible for ensuring that all clothing and equipment left in the start area is transported to the finish area and kept in safekeeping.
- 3.15.7** ensure that all competitors leaving the water at the finish have the basic equipment required for their well-being should their own attendants not be present at that time.
- 3.15.8** The Clerk of the Course shall notify the Chief Referee and Recorder of any withdrawals and DNF's (Did-Not-Finish).

#### **3.16 Recorder**

The recorder shall record withdrawals from the competition, enter results on official forms, and maintain records for team awards as appropriate.

#### **3.17 Video Review Judge (VRJ)**

- 3.17.1** At World Aquatics events where there is a Decision Review System (DRS) in use a Video Review Judge (VRJ) is to be appointed.
- 3.17.2** The DRS system will be used to assist the Chief Referee to make any decisions to enforce any violation of the Competition Regulations.
- 3.17.3** The Video Review Judge (VRJ) shall review all finishes of the Race from the entry of the Finish Funnel to the Finish Plate, and record and report any violation of the Rules to the Chief Referee.
- 3.17.4** For the 3km Knockout Sprint races the Video Review Judge (VRJ) shall enforce any violations of the Rules that they personally observe using the Decision Review System (DRS) if in use, and report these to the Chief Referee.
- 3.17.5** The Chief Referee will review and consider any violations reported by the Video Review Judge (VRJ) after the competition has finished.

## **4 THE START**

- 4.1** All Open Water competitions shall start with all competitors wearing an approved swim cap and standing on a fixed platform or in water depth sufficient for them to commence swimming on the start signal.
  - 4.1.1** When starting from a fixed platform competitors shall be assigned a position on the platform, as determined by random draw.
  - 4.1.2** For Olympic Games, World Aquatics Championships, and other World Aquatics competitions, the start shall be from a fixed platform.
- 4.2** The Clerk of the Course shall keep competitors and officials informed of the time before start at suitable intervals and at one-minute intervals for the last five minutes.
- 4.3** When the numbers of entries dictate the start shall be segregated into Men's and Women's competitions.
- 4.4** The start line shall be clearly defined by either overhead apparatus or by removable equipment at water level.
- 4.5** The Chief Referee shall indicate by a flag held upright and short blasts on a whistle when the start is imminent and indicate that the competition is under Starter's orders by pointing the flag at the Starter.
- 4.6** The Starter shall be positioned so as to be clearly visible to all competitors.
  - 4.6.1** On the Starter's command "take your marks" all competitors shall take up a starting position immediately in line with the start line where a platform is not used, or with at least one foot at the front of the platform.
  - 4.6.2** The Starter will give the starting signal when he/she considers all competitors are ready.



- 4.7** The start signal shall be both audible and visual.
- 4.8** If in the opinion of the Chief Referee an unfair advantage has been gained at the start the offending competitor will be given a yellow or red flag in accordance with Part Three, Article 5.3.
- 4.9** All escort safety craft shall be stationed prior to the start so as not to interfere with any competitor, and if picking up their competitor from behind shall navigate in such a way as not to manoeuvre through the field of competitors.
- 4.10** Although they may start together, in all other respects the men's and women's competitions shall be treated as separate events.

## **5 THE RACE**

- 5.1** All Open Water Swimming competitions shall be Freestyle events and competitors are required to complete the whole course, respecting all designated turn buoys and course boundaries.
- 5.2** Race Judges shall instruct any competitor who is, in their opinion, taking unfair advantage by pacing or slip streaming with the escort craft to move clear.
- 5.3 Disqualification Procedure**
- 5.3.1** If in the opinion of the Chief Referee or Referees, any competitor, or competitor's approved representative, or escort safety craft, takes advantage by committing any violation of the rules or by making intentional contact with any competitor, the following procedure shall apply:
- 5.3.1.1 1st Infringement:**
- A yellow flag and a card bearing the competitor's number shall be raised to indicate and to inform the competitor that they are in violation of the Rules.
- 5.3.1.2 2nd Infringement:**
- A red flag and a card bearing the competitor's number shall be raised by the Referee (Part Three, Article 3.1.6) to indicate and to inform the competitor that they are for the second time in violation of the Rules. The competitor shall be disqualified.
- 5.3.2** If in the opinion of a Referee, an action of a competitor or an escort safety craft, or a competitor's approved representative is deemed to be 'unsporting' the Referee shall disqualify the competitor concerned immediately. The competitor must leave the water immediately and be placed in an escort craft and take no further part in the race.
- 5.4** Escort safety craft shall manoeuvre so as not to obstruct or place them directly ahead of any competitor and not take unfair advantage by pacing or slip streaming.
- 5.5** Escort safety craft shall attempt to maintain a constant position so as to station the competitor at, or forward of, the mid-point of the escort safety craft.
- 5.6** Standing on the bottom during a race shall not disqualify a competitor, but they may not walk or jump.
- 5.7** With the exception of Part Three, Article 5.6 the competitor shall not receive support from any fixed or floating object and shall not intentionally touch or be touched by their escort safety craft or crew therein.
- 5.7.1** Rendering assistance by an official medical officer to a competitor in apparent distress should always supersede official rules of disqualification through "intentional contact" with a competitor (Part Three, Article 5.3.1).
- 5.8** For races where escort boats are used, each escort safety craft shall contain: a Race Judge, a person of the competitor's choice, and the minimum crew required to operate the escort safety craft.
- 5.8.1** Each escort safety craft shall display the competitor's competition number so as to be easily seen from either side of the escort safety craft and the national flag of the competitor's Federation.
- 5.9** Each safety craft shall contain appropriately qualified safety personnel and the minimum crew required to operate the safety craft.
- 5.10** No competitor shall be permitted to use or wear any device which may be an aid to their speed, endurance, or buoyancy. Approved swimsuit, goggles, a maximum of two (2) caps, nose clip and earplugs may be used.



**5.11** Competitors shall be allowed to use grease or other such substances providing these are not, in the opinion of the Chief Referee, excessive.

**5.12** The pacing of a competitor by another person entering the water is not permitted.

**5.13 Feeding**

**5.13.1** Feeding poles are not to exceed 5m in length when extended. No objects, rope or wire may hang off the end of feeding poles except national flags. National flags are allowed to be attached to the feeding pole but may not exceed the size of 30cm x 20 cm. Flags shall be of fabric material with no hard edges and without any weight or other items added.

**5.13.2** Coaching and the giving of instructions by the approved competitor's representative on the feeding platform or in the escort safety craft is permitted. No whistle shall be allowed.

**5.13.3** When taking sustenance, competitors may use Rule under Part Three, Article 5.6 provided that Rule under Article 5.7 is not infringed.

**5.13.4** No objects can be thrown from the feeding platform to the competitors, including sustenance. The competitors shall receive their feeding in biodegradable containers directly from their representative by a feeding pole or by hand.

**5.13.5** For World Aquatics events, it is mandatory that World Aquatics biodegradable bottles are used. Each athlete will be given 6 bottles (distributed via National Federation).. Feeding Judges shall check all feeders are complying with this rule.

**5.14 Time Limits**

In all events, time limits shall apply as follows from the finish time of the first competitors:

- 15 minutes per 5km (or part thereof) up to a maximum time limit of 120 minutes.

**5.14.1** Competitors who do not finish the course within the time limit shall be removed from the water except that the Chief Referee may allow a competitor outside the time limit to complete the course but not be eligible for any points or prizes.

**5.15 Emergency Abandonment**

**5.15.1** In cases of emergency abandonment of races of 10 km or less, the race will be restarted from the beginning at the earliest possible moment.

**5.15.1.1** Where a competitor/s has completed the race prior to abandonment, the final ranking will be as reported by the Chief Referee having regard to those competitor(s) who have already finished.

**5.15.2** In cases of emergency abandonment for any race longer than 10km, the final ranking will be as reported by the Chief Referee. If 2 hours of the race have not been completed, it will be restarted from the beginning at the earliest moment possible.

## **6 THE FINISH OF THE RACE**

**6.1** Escort safety craft should be stationed at the approach to and entrance of the finish funnel to ensure that only the escort safety craft authorised to do so enter or cross this entrance.

**6.2** The final places will be determined by the Chief Referee based upon the Finish Judges' report and the finish video tape.

**6.3** All competitors must start the race with a microchip transponder on each wrist. If a competitor loses a transponder the Race Judge or other authorised Official, will immediately inform the Chief Referee who will instruct the responsible Official on the water to issue a replacement transponder. All competitors need to finish with at least one transponder on their wrist. Any competitor who finishes the race without at least one transponder will be disqualified.

**6.4** When, at the finish of an Open Water Swimming competition, a finish plate is available, competitors must touch the finish plate to finish the race. Any competitor who does not touch the finish plate will be disqualified.

**6.5** The Finish Judges and Timekeepers shall be placed so as to be able to observe the finish at all times. The area in which they are stationed should be for their exclusive use.



- 6.6** Every effort should be made to ensure that the competitor's representative can get from the escort safety craft to meet the competitor as they leave the water.
- 6.7** Upon leaving the water some competitors may require assistance. Competitors should only be touched or handled if they clearly display a need, or ask for assistance.
- 6.8** A member of the medical team should inspect the competitors as they leave the water. A chair, in which the competitor can sit while an assessment is made, should be provided.
- 6.9** Once cleared by the medical member, competitors should be given access to refreshment.

## **7 SWIMWEAR & TECHNOLOGY**

- 7.1** For Open Water Swimming competitions with water temperature from 18°C and above, swimsuits (men and women) shall not cover the neck, nor extend past the shoulder, nor extend below the ankle. Subject to these specific shape specifications, swimsuits for open water swimming competitions shall further comply with all other requirements applicable to swimsuits for swimming-pool competition.
- 7.2** For Open Water Swimming competitions in water with temperature below 18°C, the use of wetsuits is compulsory. Wetsuits are not permitted in Open Water Swimming competitions in water with temperature 18.0°C and above, except when conditions are hazardous for the competitors, the Chief Referee may, upon recommendation from the Safety Officer & Medical Officer declare wetsuits as mandatory in temperatures up to 20.0°C.

### **7.3 Wetsuits**

Wetsuits shall completely cover torso, back, and thighs. They shall not extend beyond the neck, wrists and ankles.

The body parts, after the shoulder and/or below the thigh do not necessarily need to be covered.

### **7.4 Team Event**

All competitors from the same team must wear the same team caps which shall also comply with these Regulations, Part One, Article 8.6

### **7.5 Technology**

Technology such as drones, GPS tracking, bio-medical sensors or devices that record blood pressure, body temperature, stroke rate, breathing rate etc. via the transponder are permitted when approved by World Aquatics.

The technology may transmit such information but not act as a receiver giving information and advantage to the competitor such as "smart goggles", hearing devices, and the like.

An approved list of Wearables for World Aquatics competitions is available ([HERE](#)).

Competitors must declare all Wearables when reporting to the First Call Room. Failure to declare may result in disqualification from the event.

## **8 IDENTIFICATION OF COMPETITORS DURING THE RACE**

### **8.1 Numbering of competitors**

The numbering of Competitors is to appear on the arms, upper backs and hands of competitors. On the arms the numbers shall be arranged vertically. On the upper backs and hands the numbering is horizontally. Numbering of the arms and backs shall be 100 mm high x 60 mm wide. The numbering of the hands of competitors is allowed by marking pens. For Competitors with darker skin and full body wet suits a white marker pen will be required.

## **9 OPEN WATER SWIMMING FACILITIES AND EQUIPMENT**

### **9.1 Open Water Swimming Facilities**

#### **9.1.1 Start Platforms**



Start Platforms shall be of sufficient size to allow 60cm space per competitor plus an additional 5m. Each competitor space should be identified and numbered with number 1 farthest from the entry to the platform. They shall be of sufficient width to allow for the necessary activities prior to the start and to support the weight of the competitors and officials at the start.

## **9.1.2 Finish**

**9.1.2.1** The final approach to the finish shall be clearly defined with markers of a distinctive colour and shall comprise the boundary of the course.

**9.1.2.2** The area leading to the finish apparatus should be clearly marked by rows of buoys which narrow as they get closer to the finish wall. For World Aquatic events these buoys shall be inflatable tubes.

**9.1.2.3** The finish shall be clearly defined and marked by a vertical face.

**9.1.2.4** The finish apparatus should, where possible, be a finish plate at least 5 metres wide fixed if necessary to floatation devices, securely fastened in place so as not to be moved by wind, tide or the force of a competitor striking the wall. The finish should be filmed and recorded from each side and above by a video system with slow motion and recall facilities including timing equipment. For Olympic Games, World Aquatics Championships and other World Aquatics competitions this is mandatory.

**9.1.2.5** Additional cameras on each side of the finish plate are required for the Decision Review System (DRS) described in Part 3, 9.4. these cameras shall cover the breadth of the finish funnel continuously from the entrance until overlapping the coverage provided by the finish cameras described in 9.1.2.4

## **9.1.3 Turns / Alterations**

**9.1.3.1** All turns/alterations of the course shall be clearly indicated. Turn Buoys which are alterations of the course shall be of a different colour to guidance buoys. Wherever possible there shall be a long distance (to be approved by World Aquatics) from the start to the first turning buoy to ease congestion at the turn.

**9.1.3.2** A clearly marked craft or platform, containing a Turn Judge, shall be positioned at all alterations of course in such a manner as not to obstruct a competitor's visibility of the turn.

## **9.1.4 Feeding Platforms**

Feeding platforms shall be of sufficient size and buoyancy for the safe operation of the platform and the feeders and officials operating thereon. A minimum of 60cm of linear space per feeder plus 5m shall be required and of sufficient width to allow storage a preparation for competitor feeding. There needs to be sufficient space on one or more platforms to accommodate all feeders. Access to the platform shall be outside of the course wherever possible.

## **9.1.5 All Platforms**

All Starting Platforms, Feeding Platforms, Relay Platforms, turning apparatus and Turn Judges craft/platforms shall be securely fixed in position and not be subject to tidal, wind or other movements.

## **9.1.6 Water Conditions**

**9.1.6.1** A certificate of suitability for use of the venue shall be issued by the appropriate local health and safety authorities. In general terms the certification must relate to water purity and to physical safety from other considerations.

**9.1.6.2** The minimum depth of water at any point on the course shall be 1.40 metre.

**9.1.6.3** The water temperature should be a minimum of 16.0°C and a maximum of 31.0°C. It should be checked the day of the race, 2 hours before the start, at three points around the course at a depth of 40 cm. The agreed temperature will be the average of the three taken. This control should be done in the presence of a Commission made up of the following persons present: a Referee, a member of the Organising Committee and one coach from the teams present designated during the Technical Meeting.

## **9.2 Automatic officiating equipment for open water swimming**



The operation of Automatic Officiating Equipment shall be under the supervision of appointed officials. Results recorded by Automatic Equipment shall be used to determine the winner, all placings and the time applicable to each competitor, The placing and times so determined shall have precedence over the decisions of Finish Judges & 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 competitor has failed to activate the Equipment, the recordings of the judges & timekeepers shall be official.

#### **9.2.1 Microchip Transponders**

When Automatic Officiating Equipment is used for timing of competitions in accordance with these Regulations microchip transponder technology capable of providing split times is mandatory and should be added to the Equipment. Use of microchip transponder technology is mandatory for World Aquatics competitions, at the World Aquatics Championships and Olympic Games. Microchip transponder timing technology will be recorded officially in tenths of seconds.

#### **9.2.2 Intermediate Timing Gate**

Where an intermediate timing gate is used it shall be placed such that it becomes part of the overall course within the swimming line of the course without deviation for the competitors. It shall be a minimum width of 6m wide at the swimming waterline.

### **9.3 Automatic Officiating procedure for Open Water Swimming**

**9.3.1** Any timing device that is terminated by an official shall be considered a watch. Such manual times must be taken by three timekeepers appointed or approved by the Member in the country concerned. All watches shall be certified as accurate to the satisfaction of the governing body concerned. Manual timing shall be registered to 1/10 of a second. Where no Automatic Equipment is used, official manual times shall be determined as follows:

**9.3.1.1** If two (2) of the three (3) watches record the same time and the third disagrees, the two identical times shall be the official time.

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

**9.3.1.3** With only two (2) out of three (3) watches working the average time shall be the official time. When this calculation results in a value that is expressed in hundredths of a second, the final digit shall be dropped without rounding.

**9.3.2** When the Automatic Officiating Equipment fails to record the place and/or time of one or more competitors in a given race:

**9.3.2.1** Record all available Automatic Officiating Equipment times and places,

**9.3.2.2** Record all human times and places.

**9.3.2.3** The official place will be determined as follows:

- A competitor with an Automatic Officiating Equipment time and/or place must retain his/her relative order when compared with the other competitors having an Automatic Officiating Equipment time and/or place within that race.
- A competitor not having an Automatic Officiating Equipment place shall have their place established by the Chief Referee from the video recording of the finish of the race.
- A swimmer having neither an Automatic Officiating Equipment place nor an Automatic Officiating Equipment time shall establish their relative order by the place recorded by the Finish Judges.

### **9.4 Decision Review System (DRS)**

**9.4.1** Decision Review System (DRS) is a system for collecting and reviewing images to be analysed at the end of the race by the Chief Referee as a means of decision support for an infraction that has been reported to the Chief Referee by any authorised Official.

**9.4.2** At World Aquatics competitions where there is a Decision Review System (DRS) in use there will be a Video Review Judge (VRJ) appointed to review available images.

## **10 WATER QUALITY GUIDELINES FOR OPEN WATER**

### **10.1 Water Quality Guidelines for Open Water Swimming**

#### **10.1.1 Aims**



The intention of these Regulations is to provide guidance to the Organising Committee (OC) of any World Aquatics Open Water Swimming event on matters relating to water quality at a proposed competition or training venue.

In adherence with WHO Guidelines on Recreational Water Quality (2021), these World Aquatics Guidelines provide the following details:

- Identification of significant water contaminants;
- Levels of specified microorganisms;
- A model for sanitary inspection; and
- A combined classification matrix to determine suitability of a competition venue.

### 10.1.2 Background Narrative

World Aquatics hosts Open Water Swimming events in the open sea, lakes, rivers and other inland waterways, commonly over distances of 5km or more. The Technical Open Water Swimming Committee (TOWSC) in collaboration with the Sports Medicine Committee (SMC) works to ensure athlete safety as their priority.

While Open Water Swimming Rules address a number of health and safety factors including water temperature, water quality and other forms of contamination or water hazard, these Guidelines specifically address water quality, with particular focus on the bacterial indicator organisms, intestinal Enterococci and Escherichia Coli (E.coli). These are reliable indicators of faecal contamination from animals, human sewage, or effluent and present the likeliest risk to athlete welfare.

Open-water swimmers may be exposed to contamination from waterborne agents through inhalation, ingestion (swallowing) and by direct skin contact. Sensitive mucosal linings of the eyes, ears, nose, mouth and upper respiratory tract are potential infection entry points during prolonged immersion.

Swallowing a significant volume of contaminated water will challenge the gastrointestinal system and may cause diarrhoea and vomiting. However, these effects are determined primarily by the strain and concentration of a specific microorganism, the period of exposure and the immune status or susceptibility of the host (the swimmer).

Consequences may range from mild to moderate gastrointestinal symptoms, ear, nose and eye infections, and in some susceptible individuals, respiratory illness. In most cases however, symptoms are transient and respond to conservative medical management. However, more serious medical consequences may arise and therefore a competition venue meeting accepted safety standards will clearly minimise risks to the athlete.

The suitability of a potential venue for training or competition is determined by a combined microbial water quality assessment and survey of sanitation. The former quantifies identified bacteria while the latter involves visual inspection, identifying other pollution sources such as runoff from stormwater drains or industrial outflows. The sanitary survey also considers the influence of weather patterns, particularly rainfall, and potential effect on a venue.

### 10.1.3 Assessment of Bacterial Contaminants

Universal agreement has determined intestinal Enterococci and E. coli as the most reliable indicators of faecal contamination in water. Acceptable levels of these organisms for safe swimming are in accordance with limits proposed by the WHO (2021), the United States Environmental Protection Agency (2017), the European Environmental Agency (2020), the New Zealand Ministry of Health (2021) and the Australian National Health and Research Council (2017).

Therefore, World Aquatics applies the following standards at Open Water Swimming venues with a distinction between tidal waters and inland waterways that account for variabilities such as salinity, tidal influence, and distribution of organisms:

cfu = colony forming unit

	<b>Excellent water quality</b>	<b>Good water quality</b>	<b>Unacceptable water quality</b>
<b>Enterococci (cfu/100mL)</b>	<100	<200	>200
<b>E. coli (cfu/100mL)</b>	<250	<500	>500

Table 1. Bacterial levels for sea and transitional (tidal) waters



	<b>Excellent water quality</b>	<b>Good water quality</b>	<b>Unacceptable water quality</b>
<b>Enterococci (cfu/100mL)</b>	<200	<400	>400
<b>E. coli (cfu/100mL)</b>	<500	<1000	>1000

*Table 2. Bacterial levels for inland waterways*

#### 10.1.4 Frequency of water analysis

To be awarded an Open Water Swimming event, the Organising Committee (OC) is obligated to provide the World Aquatics Office with an authorised water quality analysis report from venue samples collected at the site and then again at the following intervals:

- Two (2) months from competition
- Seven (7) days prior to start of competition
- No more than 48hrs prior to competition
- Day of competition\*

Water samples must be collected from three (3) different locations on the course and analysed at an authorised laboratory. The poorest result should determine the overall water quality with the following tolerance levels for respective venues.

*\*NOTE: Day of competition sampling, notwithstanding delayed reporting, will only be used when a change in water quality, caused by storms or other unpredictable factors, needs to be considered in the advent of illness amongst participants. Data from water analysis will guide appropriate treatment.*

##### 10.1.4.1 For ocean and transitional (tidal) waters

- pH between 6 - 9
- Enterococci not more than 100cfu/100mL
- E. coli not more than 250cfu/100mL
- Absence of algal bloom

##### 10.1.4.2 For inland waterways

- pH between 6 - 9
- Enterococci not more than 200cfu/100mL
- E. coli not more than 500cfu/100mL
- Presence of algal bloom and scum formation in inland waterways will necessitate a test for cyanobacteria with results to be confirmed by the appropriate local health authority. A tolerance of less than 100,000 cells/mL is required by World Aquatics.

(Reference: World Triathlon Water Quality Statement 2019)

#### 10.1.5 Sanitary Inspections

A venue sanitary inspection is primarily a "subjective" visual survey, best undertaken by qualified personnel.

This inspection indicates whether the competition venue is potentially susceptible to faecal contamination from other sources. These include inflow identified by local health authorities, from nearby factories, farms, or hotels, as well as the influence of stormwater overflow after periods of heavy rainfall.

In addition, a visual inspection should record areas of stagnation, water clarity, odour, evidence of algal bloom, surface "scum" or visible pollutants such as oil film or "slick." These constitute a "checklist" of sanitary factors to be included by the potential host organisation in their bid document to World Aquatics.

Where there is demonstrable impact from weather events such as heavy rainfall, the bid document should provide clear, documented evidence of water "clearance time" to return the venue to acceptable levels of indicator organisms.



In addition, a visual survey of every venue must also identify potential hazards such as tides, currents, general debris, floating logs or rocky outcrops that could affect the laying of a course or impede or injure a swimmer. These matters overlap the brief of the World Aquatics Safety Officer, whose inspection takes place at the time of competition.

Sanitary Inspection Factors	Excellent Sanitation	Good Sanitation	Poor Sanitation
Algal bloom	absent	absent	present
Surface contaminants (e.g. oil)	absent	absent	present
Water clarity	Visibility to 50 cm	cloudy	cloudy
Odour	absent	moderate	present
Weather effects	nil	present but reducing	present
Active aquatic life	present	present	absent

Table 3. Sanitary Inspection Checklist

## 10.1.6 Regulations for an Open Water Swimming Venue Suitability

### 10.1.6.1 Classification Matrix for Venue Suitability

In meeting obligations to athlete health and safety, the suitability of every World Aquatics Open Water Swimming venue must be determined by considering three data sets, namely:

1. Results of water quality analysis
2. Report from sanitary inspection
3. Knowledge of local weather impact

Consequently, a matrix of classification, modelled on the World Triathlon Water Quality Statement (2019), is used by World Aquatics to assist in determining the suitability of all OWS competition venues.

### 10.1.6.2 Water Quality Decision Matrix for Sea/Ocean and Transitional (tidal) Waters

	Sanitary Category		
	Excellent	Good	Poor
<b>2 past results</b> E. coli <250 Enterococci <100	1	1	2
<b>Last result</b> E. coli 250- 500 Enterococci 100-200	2	2	3
<b>2 past results</b> E. coli 250 -500 Enterococci 100-200	2	3	3
<b>Last result</b> E. coli >500 Enterococci >200	4	4	4

Table 4. Water Quality Decision Matrix for Sea/Ocean and Transitional (tidal) Waters

### 10.1.6.3 Key for Venue Suitability in Transitional Waters



<b>1</b>	<b>Excellent water quality:</b> E. coli <250cfu/100mL or Enterococci <100cfu/100mL with excellent/good sanitary inspection and no forecasted heavy rainfall.
<b>2</b>	<b>Good water quality:</b> E. coli <250cfu/100mL or Enterococci <100cfu/mL with some deficiencies in sanitary inspection or forecasted heavy rainfall. OR E. coli 250-500cfu/100mL or Enterococci 100-200cfu/mL with no deficiencies in sanitary inspection or no forecasted heavy rainfall.
<b>3</b>	<b>Fair water quality:</b> E. coli 250-500cfu/100mL, Enterococci 100-200cfu/100mL with poor sanitary inspection and/or forecasted heavy rainfall.
<b>4</b>	<b>Poor water quality:</b> E. coli >500cfu/100mL, Enterococci >200cfu/100mL with poor sanitary inspection and/or forecasted heavy rainfall.

Table 5. Key for Venue Suitability in Transitional Waters

#### 10.1.6.4 Water Quality Decision Matrix for Inland Waterways

	Sanitary Category		
	Excellent	Good	Poor
<b>2 past results</b> E. coli <500 Enterococci <200	1	1	2
<b>Last result</b> E. coli 500-1000 Enterococci 200-400	2	2	3
<b>2 past results</b> E. coli 500 - 1000 Enterococci 200-400	2	3	3
<b>last result</b> E. coli >1000 Enterococci >400	4	4	4

Table 6. Water Quality Decision Matrix for Inland Waterways

#### 10.1.6.5 Key for Venue Suitability for Inland Waterways

<b>1</b>	<b>Excellent water quality:</b> E. coli <500cfu/100mL or Enterococci <200cfu/100mL with excellent/good sanitary inspection and no forecasted heavy rainfall.
<b>2</b>	<b>Good water quality:</b> E. coli <500cfu/100mL or Enterococci <200cfu/mL with some deficiencies in sanitary inspection or forecasted heavy rainfall. OR E. coli 500-1000cfu/100mL or Enterococci 200-400cfu/mL with no deficiencies in sanitary inspection or no forecasted heavy rainfall.
<b>3</b>	<b>Fair water quality:</b> E. coli 500-1000cfu/100mL, Enterococci 200-400cfu/100mL with poor sanitary inspection and/or forecasted heavy rainfall.
<b>4</b>	<b>Poor water quality:</b> E. coli >1000cfu/100mL, Enterococci >400cfu/100mL with poor sanitary inspection and/or forecasted heavy rainfall.

Table 7. Key for Venue Suitability for Inland Waterways

#### 10.1.7 Open Water Swimming Water Quality Regulations for Venue Suitability Summary

From the above Water Quality Decision Matrices, World Aquatics expects all Open Water Swimming competition venues to meet the criteria outlined in **Level 1, as Excellent water quality**.



However, there will be circumstances where **Level 2 (Good water quality)** may also be considered acceptably safe for competition. As examples, a venue may be considered unsuitable only after heavy rainfall and reclassified satisfactory after water "clearance" or where deficiencies in sanitation such as the presence of debris, hazards or surface contaminants are physically cleared.

All decisions on venue reclassification reside with the joint Commissions of the TOWSC and SMC, or their appointee, in collaboration with the OC Medical Officer.

*NOTE: Water Levels 3 and 4 are unacceptable to World Aquatics for safe competition or training.*

*ACKNOWLEDGEMENT: Special acknowledgement is made of the World Triathlon Water Quality Statement (2019) and the contributions of Sergio Migliorini and Thanos Nikopoulos to their Water Quality Matrix upon which the World Aquatics Water Quality Decision Matrices are based.*

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- USEPA. 2017. Five-year review of 2012 recreational water quality criteria. Washington DC: United States Environmental Protection Agency. EPA 823 R 18 001.
- Migliorini, S. 2019. World Triathlon Water Quality Statement.

## 11 OPEN WATER SAFETY REGULATIONS

### 11.1 General Concept

**11.1.1** These Regulations shall apply to all open water events of a distance of 5km or greater organized by World Aquatics, sanctioned by World Aquatics, or over which World Aquatics has technical control ("Covered Competitions"). These Regulations shall augment and supersede as applicable, the existing regulations established for specific events.

### 11.1.2 Critical elements of these Regulations include:

- Submission of a site-specific Safety Plan compliant with these regulations as part of the event approval process;
- Approval of the Safety Plan by the World Aquatics Safety Delegate and by the World Aquatics Medical Delegate as a condition of event approval;
- The World Aquatics Safety Delegate and the Medical Delegate should see both plans in advance and work together to ensure both plans mesh where required.
- Appointment of an World Aquatics Safety Delegate who is independent of the Host Member Federation and Organizing Committee ("HMF/OC") to ensure that the approved safety plan and the requirements of these regulations are implemented on race day;
- Authority vested in anyone of the World Aquatics Safety Delegate, the HMF/OC Safety Officer, Medical Officer, or the Chief Referee to postpone, cancel, or modify an event where safety conditions warrant;



- Careful accounting for all competitors before, during and after the race to ensure that all competitors starting the race are accounted for at the time they withdraw or finish the race;
- All competitors must be observed during the race so that there is immediate recognition when a competitor is struggling or loses consciousness.
- There must be immediate rescue available when a competitor is in distress; and
- There must be immediate resuscitation available to address medical emergencies.

## **11.2 Submission of a safety plan to World Aquatics**

**11.2.1** For all Covered Competitions, the HMF/OC for the competition shall submit a site-specific safety plan to World Aquatics for World Aquatics' approval. That safety plan shall comply with all requirements of these regulations.

**11.2.2** Each safety plan shall be reviewed by the World Aquatics TOWSC Safety Delegate, who shall approve, modify, or reject the submitted safety plan.

**11.2.3** No Covered Competition subject to these regulations shall be sanctioned or approved by World Aquatics without an approved safety plan in place.

**11.2.4** Any change to an approved safety plan requested up until five days before the race must be approved by the World Aquatics TOWSC Safety Delegate as provided in Part Three, Article 10.2.2 above. Changes to an approved safety plan necessitated by circumstances beyond the control of the HMF/OC requested within five days of the race, or otherwise required to protect participant safety, may be approved by the World Aquatics Safety Delegate appointed by World Aquatics for the race.

## **11.3 Implementation of the Safety Plan at the Event**

**11.3.1** Concurrently with the awarding of an event, World Aquatics shall appoint an World Aquatics Safety Delegate for each Covered Competition. The World Aquatics Safety Delegate shall be independent of the HMF/OC. The World Aquatics Safety Delegate shall be generally responsible for all matters pertaining to the safety of the competition participants and shall be specifically responsible for ensuring that the approved safety plan and these regulations are followed during the competition.

**11.3.2** The HMF/OC shall appoint an HMF/OC Safety Officer with experience in open water safety and an HMF/OC Safety Crew responsible for organizing and implementing all safety aspects of the competition. The HMF/OC Safety Crew shall include certified local lifeguards with experience in open bodies of water who shall be involved in safety during the competition.

**11.3.3** The World Aquatics Safety Delegate shall inspect the competition venue and meet with the HMF/OC Safety Officer and Safety Crew at least three days prior to the scheduled start of the competition to ensure that the safety plan remains adequate to address the conditions at the competition venue and that all actions necessary to implement the approved safety plan have been taken.

**11.3.4** The World Aquatics Safety Delegate shall have authority to modify, postpone, or cancel the competition whenever the approved safety plan is not being implemented or as otherwise required to protect the safety of participants. The HMF/OC Safety Officer, Medical Officer and the Chief Referee of the race may advise the World Aquatics Safety Delegate on the modification, postponement or cancellation of the competition.

## **11.4 Safety Plans and Race Safety Implementation Requirements**

Each safety plan required by these regulations shall include the following minimum requirements. The implementation of these requirements is mandatory for each Covered Competition.

### **11.4.1 Team Leaders' Meeting**

- a) Team representatives must attend the Team Leaders' Meeting. If a Team Leader or Team's/competitor's representative is unable to attend the Team Leaders' Meeting, the competitor must attend a special safety briefing in order to participate in the race.
- b) Safety topics that shall be included in the Technical Meeting include:
  - explanation of the course layout and hazards
  - tides, currents or other water conditions
  - marine life
  - weather conditions
  - water temperature
  - water quality conditions



- description of the method by which the Safety Committee will monitor swimmers
  - location of safety craft
  - description of medical support onsite and availability of hospital care
  - signal for help-float on back and raise hand for assistance
  - evacuation plan for clearing the racecourse, including description of related visual and audible signals
- c) A short pre-race safety briefing, mandatory for all competitors, shall be held immediately prior to the race.

#### **11.4.2 Monitoring And Rescue Of Swimmers**

- a) Each competitor shall be under the direct observation of at least one HMF/OC Safety Crew member or Referee at all times during the race. The configuration of the course will determine where Safety Crew observers are positioned to observe competitors. For example, in an open course with no physical restraints, and depending on the size of the field, it is ideal to have an escort craft with a designated observer assigned to assure that each competitor is monitored. However, in a competition conducted in a narrow rowing basin, it would be impractical to have individual escort craft on the course, rather, HMF/OC Safety Crew observers may be able to follow the competitors by walking along the shore. In other circumstances, it may be desirable to organise the HMF/OC Safety Crew observers by zone.

Whenever possible, given the layout of the course, HMF/OC Safety Crew observer craft (boats or kayaks) should guarantee that all competitors separated from the lead group or lead competitor can be followed directly by a safety boat or kayak. The safety craft must follow the competitor or group of competitors at a reasonable distance so as to allow immediate intervention if a safety action is required.

- b) There must be sufficient safety craft or escort craft located on the course to immediately recognize when a competitor is in distress and to initiate an immediate rescue response after observation or notification that a competitor's rescue is required. In most course configurations, there should also be stationary safety craft located every 400 meters along the course, with a CPR- and life support- trained responder on board. To accomplish this, there must be sufficient designated rescue landing points along the course and sufficient CPR- and life support-trained personnel in proximity to each competitor or group of competitors.

#### **11.4.3 Safety Communication**

- a) The World Aquatics Safety Delegate and the HMF/OC Safety Officer must have instant two- way communication access with: each other; all members of the HMF/OC Safety Crew assigned to observe competitors; all safety craft; personnel on each feeding platform; the HMF/OC Chief Medical Officer; the Chief Referee; and other course officials. The line of command shall be as follows: the World Aquatics Safety Delegate deals directly with the HMF/OC Safety Officer and the HMF/OC Safety Officer deals directly and shall have the absolute power to mobilize all lifeguards and medical personnel when required.
- b) Safety Crew members assigned to monitor competitors must also be able to instantly communicate with all safety craft.
- c) Two-way radios or other communication equipment with one channel or number reserved for emergencies are required, and a backup system shall also be available.

#### **11.4.4 Accounting for Swimmers**

- a) Each competitor shall have his or her race number marked clearly on his or her body. The Clerk of the Course is responsible for the accountability of all competitors from the start of the race until the last competitor has safely completed the race. As competitors withdraw from or finish the race, the Clerk of the Course shall check off each competitor from the list of competitors who started the race.
- b) No competitor shall exit the race through withdrawal, disqualification, completion, or otherwise-without checking in with the Clerk of the Course.
- c) All competitors should wear when available whatever electronic tracking technology may be required as part of the approved safety plan.

#### **11.4.5 Feeding Stations**

- a) For Covered Competitions greater than five kilometers, a floating or stationary feeding station should be available at least every 2.5 kilometers.

#### **11.4.6 Local Suitability Certificate, Including Water Quality**



- a) The course shall be in water that is subject to only minor currents or tides and shall be free of hazardous obstacles, pollutants, and dangerous marine life.
- b) A certificate of suitability for the use of the venue shall be issued as per Part Three, Article 8.1.6.1 above. The certificate provided in connection with plan approval shall be updated within seventy-two hours of the day of the race.

**11.4.7 Water Temperature**

- a) The water temperature shall be measured before the race as per Part Three, Article 8.1.6.3 above.
- b) The water temperature shall be monitored as provided above at one-hour intervals during the race. If the water temperature drops below 16°C or exceeds 31°C at any of the measuring intervals, the water temperature shall be measured again in 30 minutes and if that measurement is also below 16°C or exceeds 31°C, the race must be stopped until such time as the water temperature complies with this rule.

**11.4.8 Medical Service**

- a) The HMF/OC shall appoint as its Chief Medical Officer a physician with experience in providing medical care during endurance events. Other members of the HMF/OC medical team shall include sufficient individuals with emergency medical training (basic life support and CPR) to staff the stationary safety boats and venue medical facility.
- a) The onsite medical facility shall include basic emergency and trauma equipment, AED, and any heating or cooling facilities required by the approved safety plan.
- b) An ambulance shall be available onsite or on call within five minutes of the venue. It is recommended that a back-up ambulance shall also be available onsite or on call within 15 minutes of the venue.
- c) Where the travel time by ambulance between the venue and the nearest hospital with emergency room facilities is longer than one hour, then the safety plan shall require provision for helicopter transport.

**11.4.9 Safety During Training, Pre-Race Warm Up And Post-Race Warm Down**

- a) The HMF/OC must provide safety monitoring on the course during established training hours. No competitor shall be allowed to enter the racecourse during training without an escort craft. Monitoring of competitors by HMF/OC Safety Crew observers should also occur during pre-race warmups and post-race warm downs.

**11.4.10 Course Evacuation Plan**

- a) Each safety plan must include a course evacuation plan to expeditiously get all competitors and race personnel off the water and to safety in emergency situations.

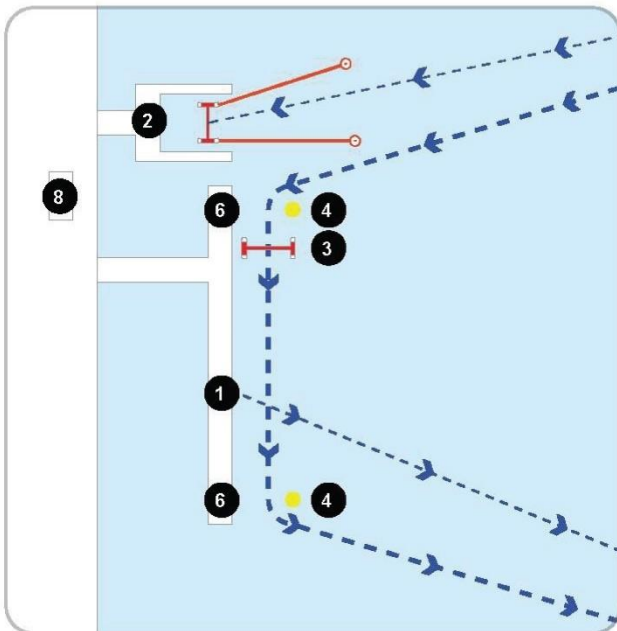
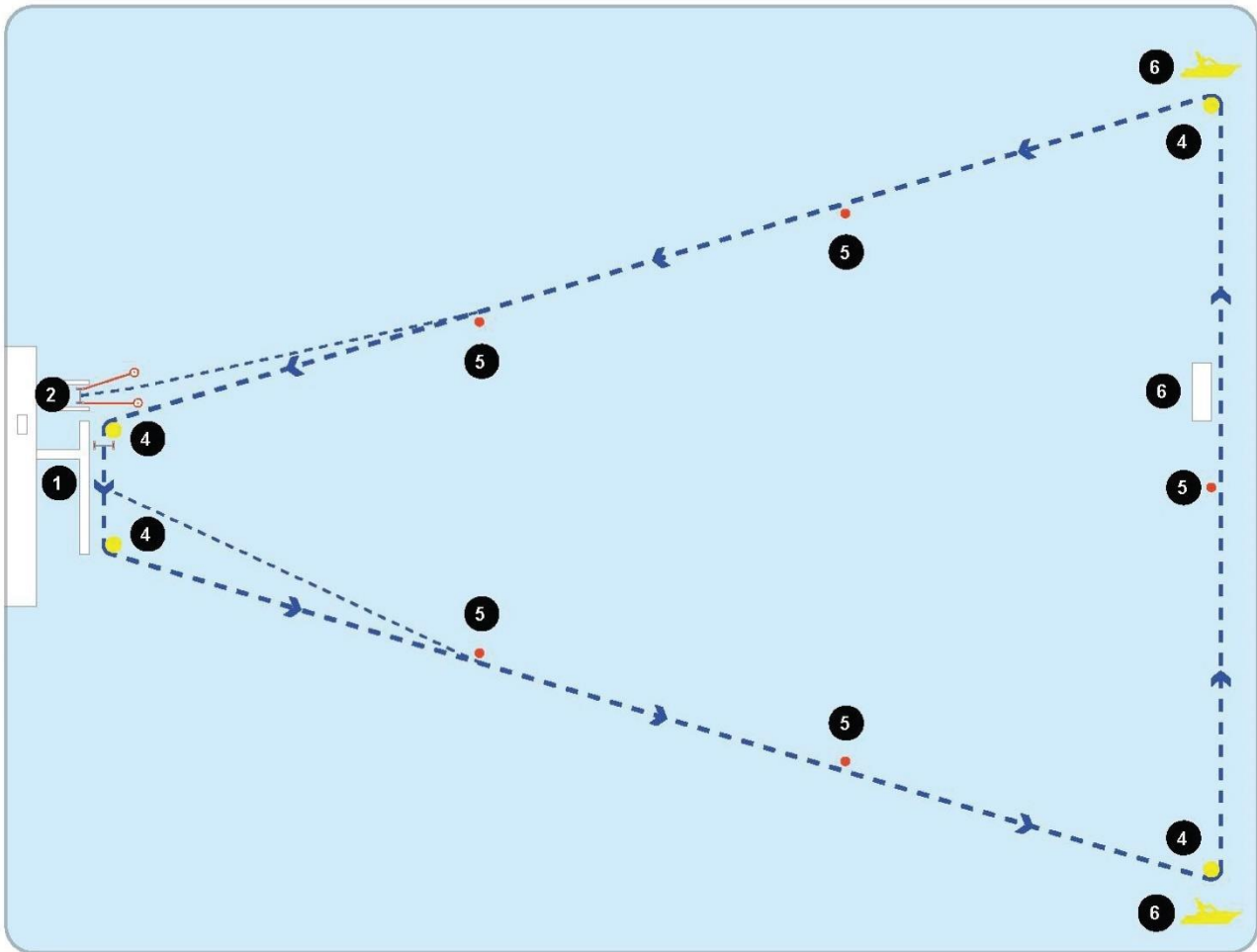


## **12 APPENDICES**

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- 12.2 APPENDIX 2 - Diagram – Crafts Position
- 12.3 APPENDIX 3 - Diagram – Platforms and Buoys
- 12.4 APPENDIX 4 - Diagram – Gates
- 12.5 APPENDIX 5 - Diagram – Gates – Decision Review System (DRS)
- 12.6 APPENDIX 6 – DIAGRAM – TIMING ROOM



**12.1 APPENDIX 1 - Diagram - Field of Play**



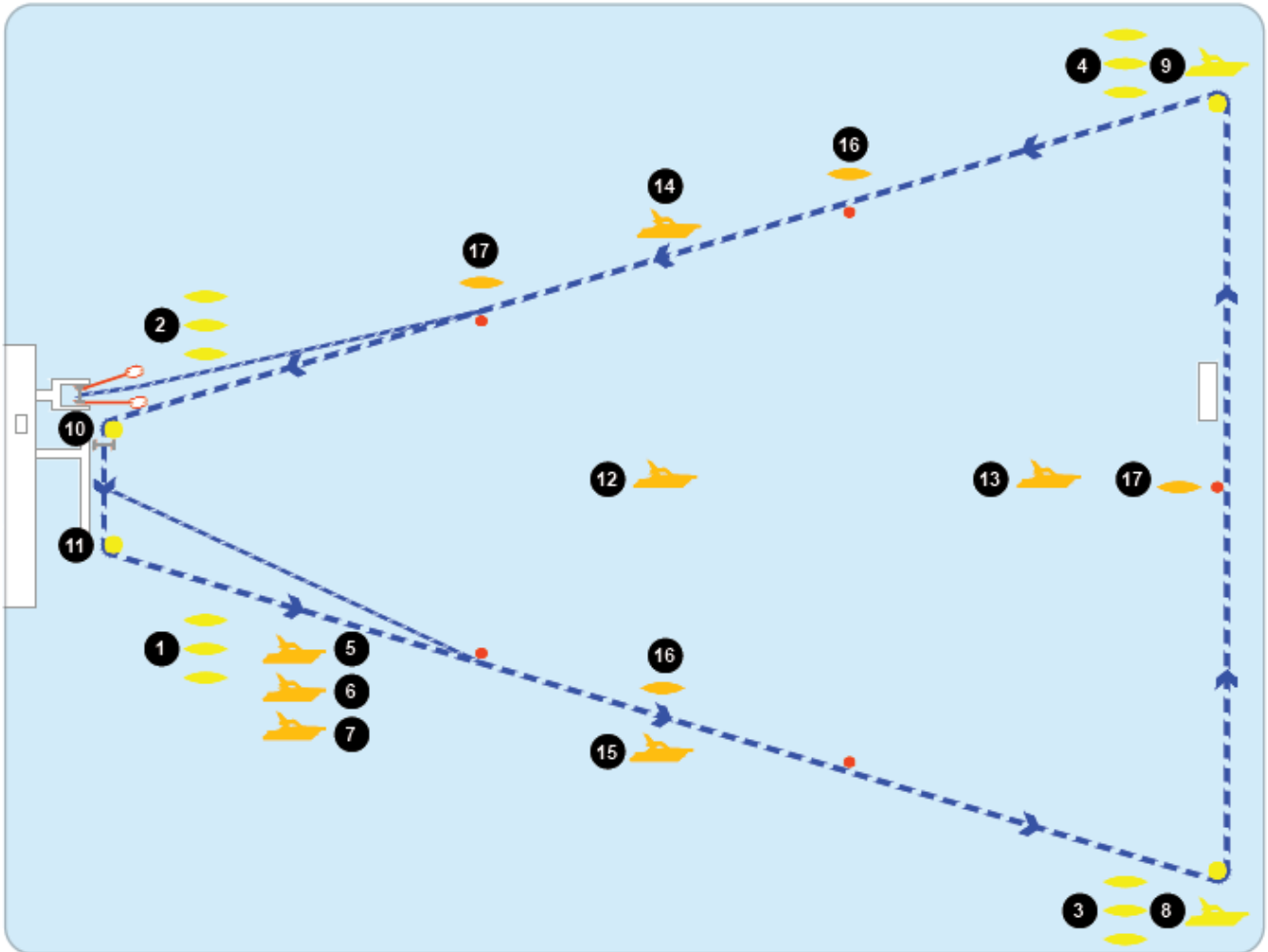
- |                                |                    |
|--------------------------------|--------------------|
| 1 Start Platform               | 7 Feeding Platform |
| 2 Finish Gate                  | 8 Timing Room      |
| 3 Intermediate Gate            |                    |
| 4 Turn Buoy                    |                    |
| 5 Guidance Buoy                |                    |
| 6 Turn Judge platform or craft |                    |

**Water Conditions**

- The course shall be in water that is subject to only minor currents or tide and may be salt or fresh water.
- The minimum depth of water at any point on the course shall be 1.40 meter
- The water temperature should be a minimum of 16°C and a maximum of 31°C. It should be checked the day of the race, 2 hours before the start, in the middle of the course at a depth of 40 cm. This control should be done in the presence of a Commission.



12.2 APPENDIX 2 - Diagram – Crafts Position



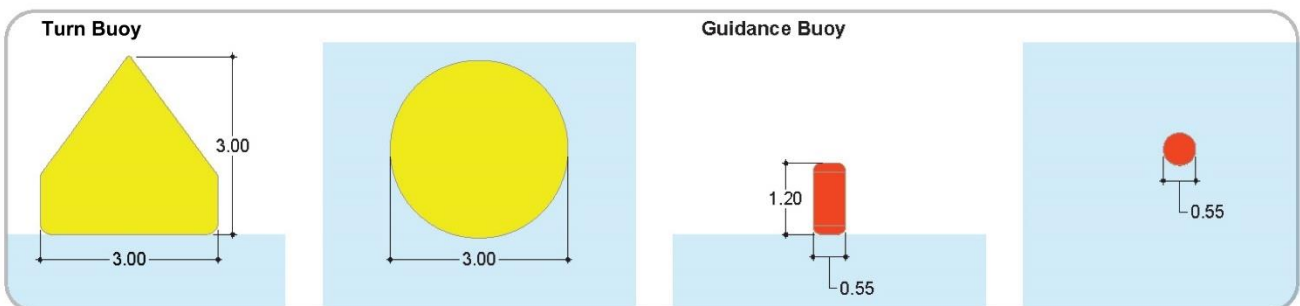
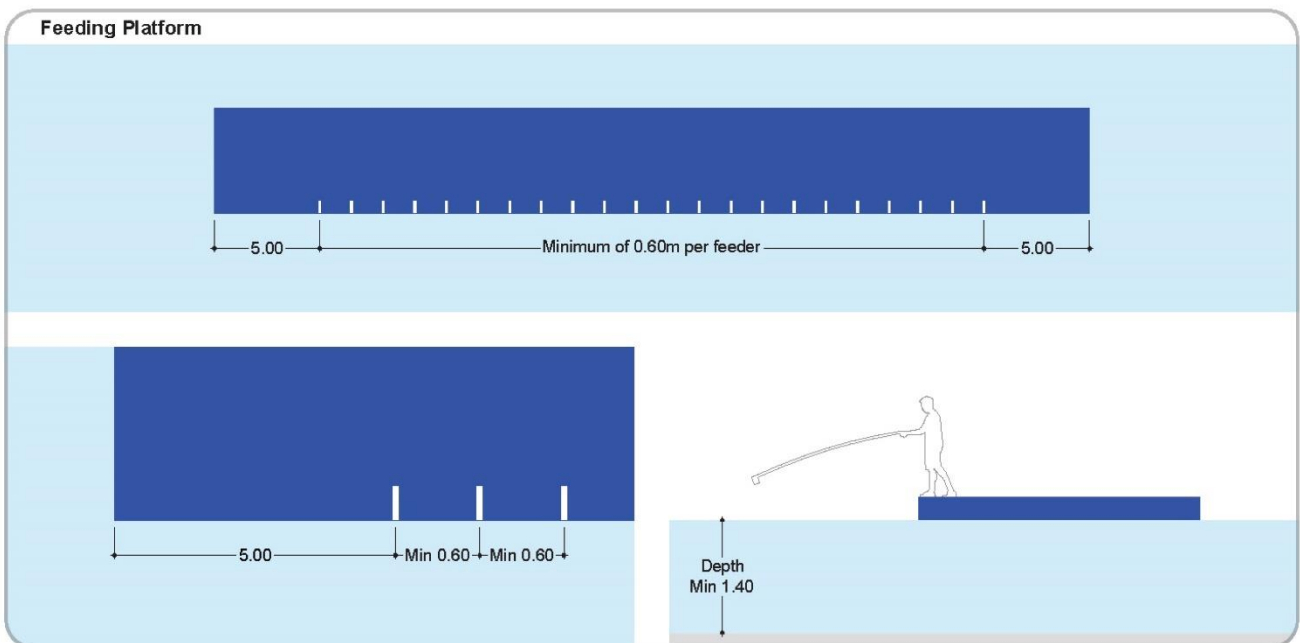
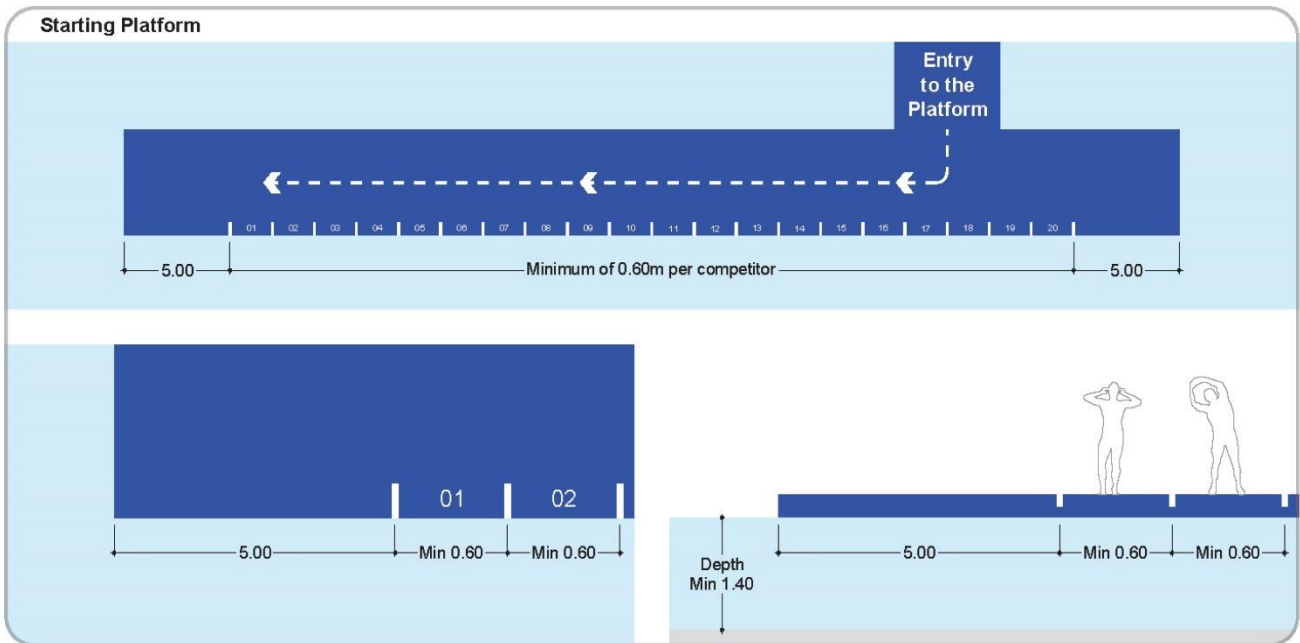
Operational Plan - Crafts position

- |                                      |  |
|--------------------------------------|--|
| 1 Kayak - Left side of the pontoon   | 12 Boat - Course Officer                           |
| 2 Kayak - Right side of the pontoon  | 13 Boat - Medical Officer + 1 Driver + 1 Lifeguard |
| 3 Kayak - Right side of Turn 1       | 14 Boat - Safety Officer + 1 Driver + 1 Lifeguard  |
| 4 Kayak - Left side of Turn 2        | 15 Boat - Media + 1 Driver                         |
| 5 Boat - Chief referee 1 + 1 Driver  | 16 Jetski - 1 Paramedic + 1 Driver                 |
| 6 Boat - Referee 1 + 1 Driver        | 17 Jetski - 1 Paramedic + 1 Driver                 |
| 7 Boat - Referee 2 + 1 Driver        |  |
| 8 Platform or Craft* - Turn Judge 1  |  |
| 9 Platform or Craft* - Turn Judge 2  |  |
| 10 Platform or Craft* - Turn Judge 3 |  |
| 11 Platform or Craft* - Turn Judge 4 |  |

\*Craft requires a driver

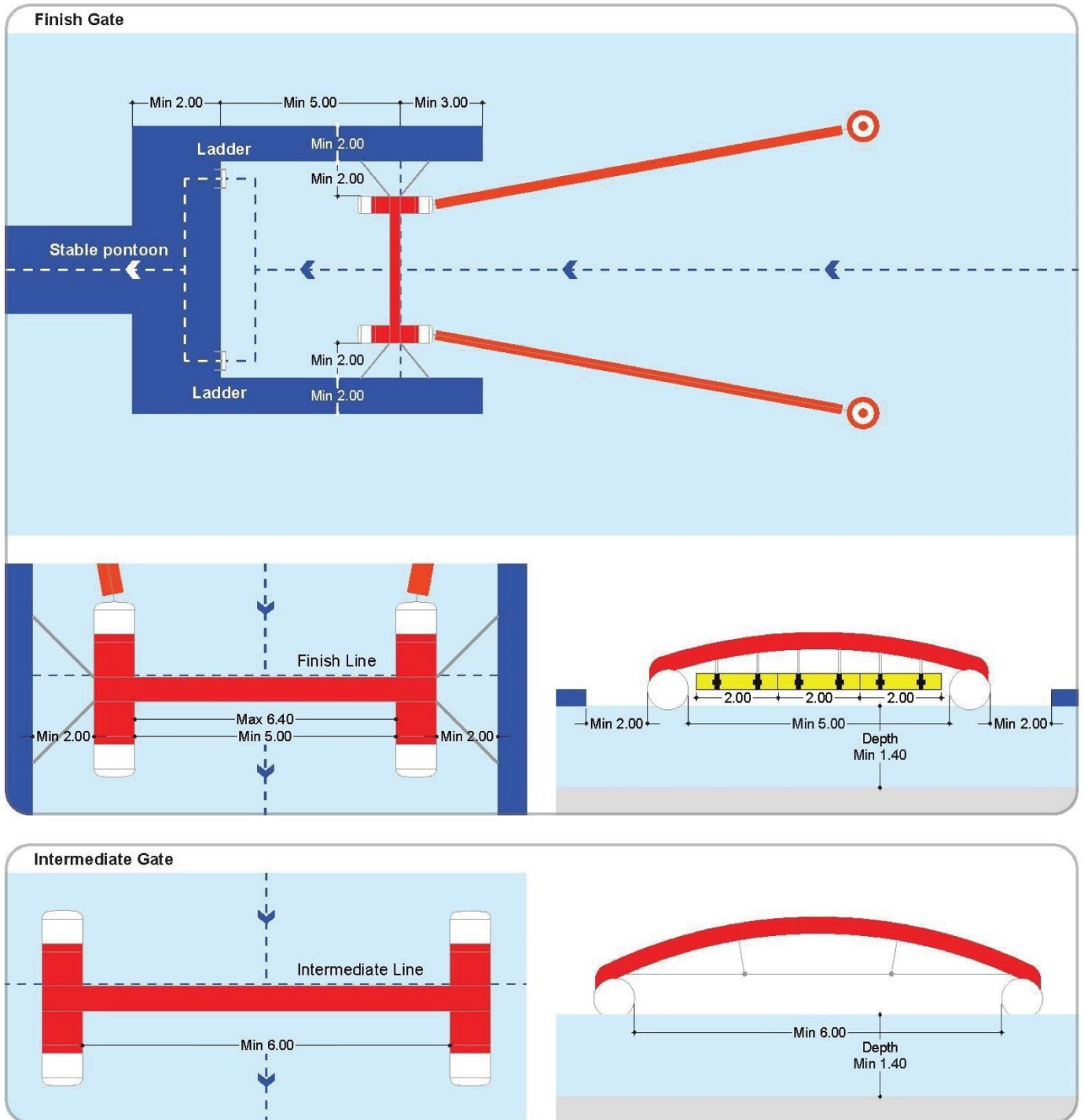


**12.3 APPENDIX 3 - Diagram – Platforms and Buoys**





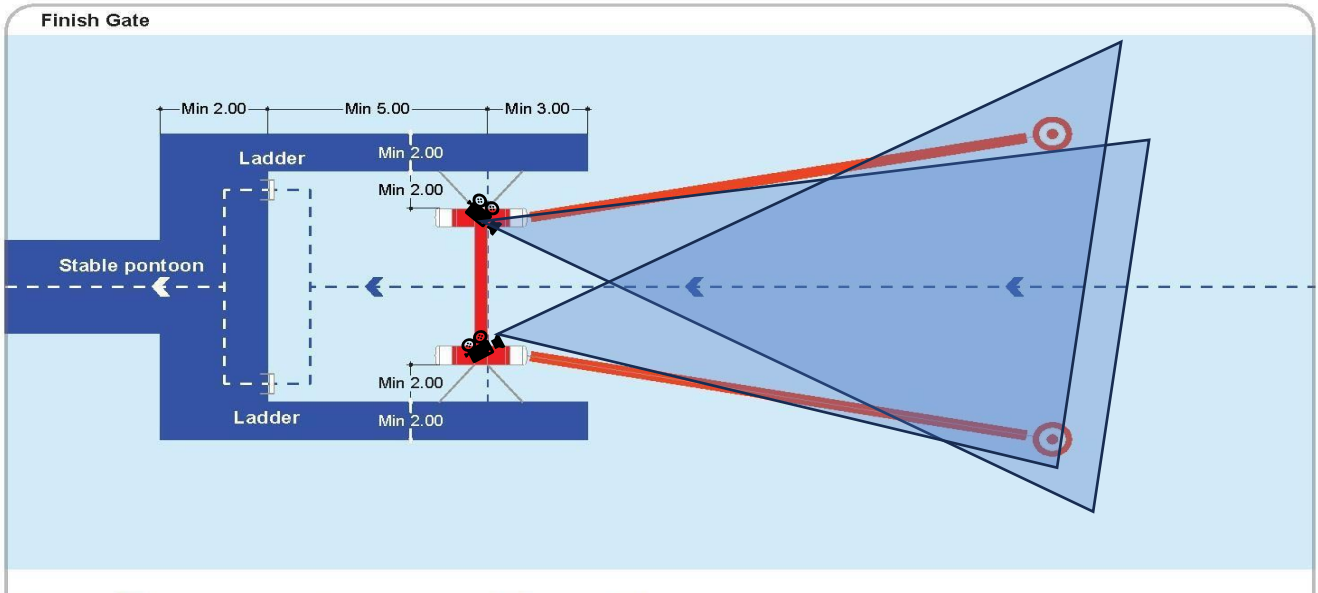
12.4 APPENDIX 4 - Diagram – Gates

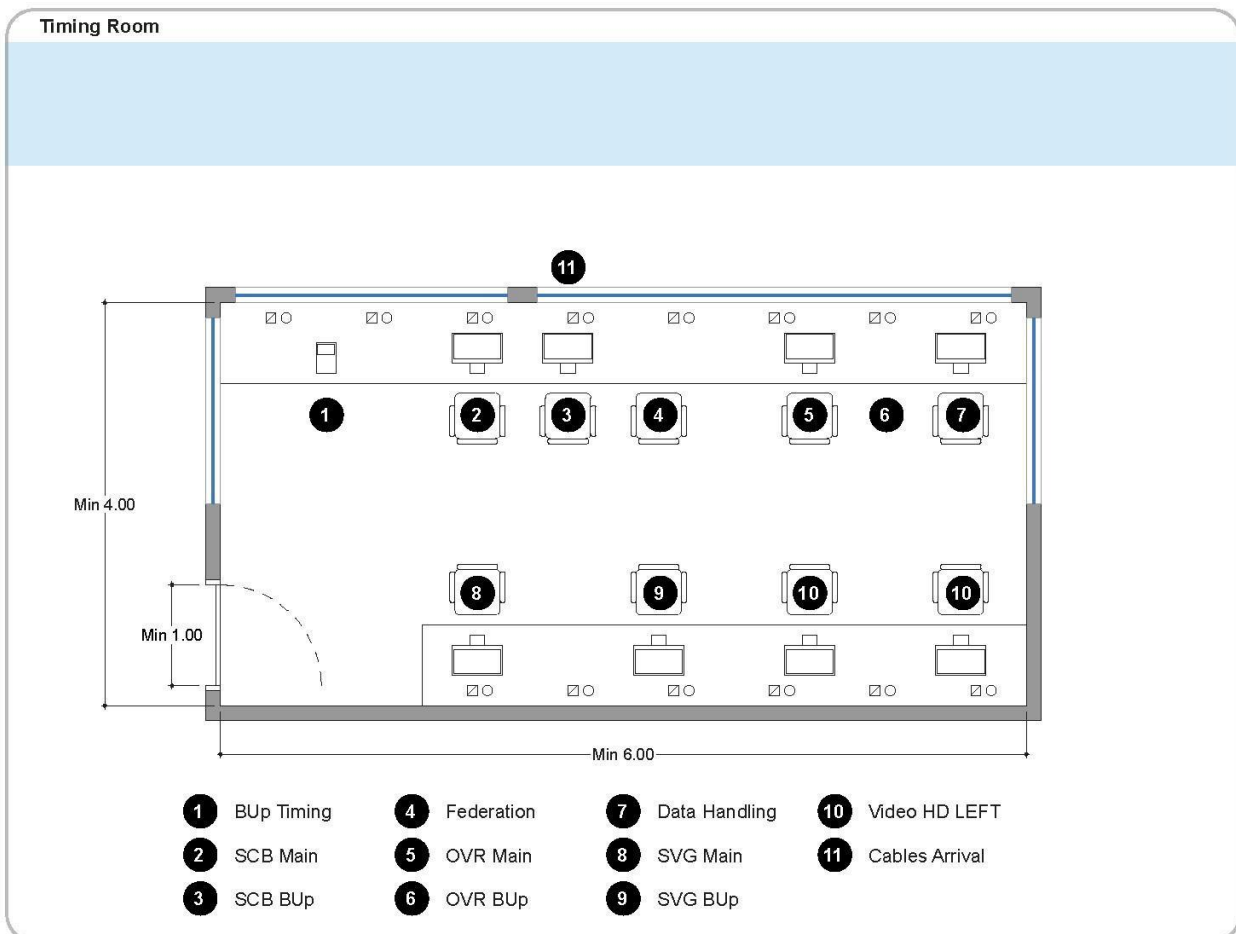




12.5 APPENDIX 5 - Diagram – Gates – Decision Review System (DRS)

DRS Video Camera coverage




**12.6 APPENDIX 6 – DIAGRAM – TIMING ROOM**

**General Requirements**

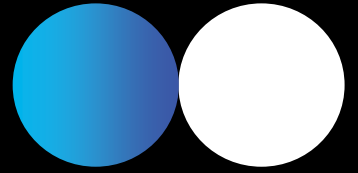
- Wireless transmitting devices that are not part of Timing/ Judging equipment are not allowed around the finish area.
- The athletes must wear the microchip with the provided wristband. No modification on the wristband is allowed.
- At the finish, the Chief Referee must go to the Timing room for video judging as soon as possible.
- Timing room must have good visibility on the finish gate. The maximum distance between the finish and the Timing Room shall be 40m.

**Requirements to be provided by OC**

- Rainproof room
- Air Conditioning 18-20°C. Air Conditioning must be adjusted for about 10 people and the equipment.
- Minimum room area: 25m<sup>2</sup>
- Minimum room height: 2.20m
- Power: Each socket 208-240V / 50-60Hz / 2kVA
- View to the FOP
- High speed internet connection
- TV Monitor
- Cables arrival hole
- Tables (Height: Min 70cm, Width: Min 80cm)
- Chairs



WORLD  
AQUATICS



# MASTERS

COMPETITION  
REGULATIONS





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## PART EIGHT: MASTERS RULES

### 1 GENERAL

The Masters program shall promote fitness, friendship, understanding and competition through Swimming, Diving, Artistic Swimming, Water Polo and Open Water Swimming among competitors with a minimum age of 25 years (note: exception in Part Eight, Article 6.1.3).

The Technical Rules for the different sports (SW, OW, DV, WP and AS) in the Competition Regulations shall be followed with exceptions mentioned in this Masters part of the Competition Regulations.

### 2 MASTERS GENERAL RULES

**2.1** The Members shall register Masters Competitors in a special category for each of the five recognised sports. A competitor who registers for Masters in any sport will still retain his/her unrestricted right to compete in other competitions.

**2.2** Except for specific exceptions in the World Aquatics Rules and regulations all other World Aquatics Rules and Regulations shall apply to Masters Competitions.

**2.3** Individual entries shall only be accepted from persons representing clubs. No swimmer or team may be designated as representing a country or Federation.

**2.4** Age shall be determined as of December 31 of the year of competition.

**2.5** Masters Competitors must be aware of the need of being well prepared and medically fit before entering into Masters Competitions. They shall assume full responsibility for the risks included in competing in such competitions. In consideration of their entry, they must agree to waive and release World Aquatics, the Organising National Federation and the Organising Committee from any kind of liability for accidents, which may cause death, injury or property loss. Entry Forms containing a warning of the risks, an Accident Waiver and Release of Liability must be signed by each Masters competitor.

#### **2.6 Protests**

**2.6.1** Protests are possible:

- (a) if the rules and regulations for the conduct of the competition are not observed;
- (b) if other conditions endanger the competitions and/or competitors; or
- (c) against decisions of the referee; however, no protest shall be allowed against decisions of fact.

**2.6.2** Protest must be submitted

- (a) to the referee,
- (b) in writing on World Aquatics Forms,
- (c) by the participant,
- (d) together with a deposit of 100 US Dollars or its equivalent, and
- (e) within 30 minutes following the conclusion of the respective event or match.

If conditions causing a potential protest are noted prior to the event a protest must be lodged before the signal to start is given.

**2.6.3** All protests shall be considered by the referee. If the referee rejects the protest, referee must state the reasons for her/his decision to the participant.

As a last recourse, at the World Aquatics Masters Championships, the participant can then submit his protest to the World Aquatics Masters Committee. The World Aquatics Masters Committee shall consider the protest and give the final decision.



- 2.6.4** If the protest is rejected, the deposit will be forfeited to the management body of the competition. If the protest is upheld, the deposit will be returned.

### **3 MASTERS SWIMMING RULES**

The Swimming Rules in Part II of these Competition Regulation apply to Masters with the following exceptions:

#### **3.1 Age Groups**

##### **3.1.1 Individual Events:**

25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80 – 84, 85 – 89, 90 – 94 ... (five year age groups as high as is necessary).

##### **3.1.2 Relays:**

For all purposes pertaining to Masters meet competition, the actual attained age of the competitor shall be determined as of December 31st of the year of competition.

#### **3.2 Events**

The following events may be conducted for each age group.

##### **3.2.1 Short course (25 m)**

50, 100, 200, 400, 800, 1500m – **Freestyle**

50, 100, 200m – **Backstroke**

50, 100, 200m – **Breaststroke**

50, 100, 200m – **Butterfly**

100, 200, 400m – **Individual Medley**

4 x 50m – **Freestyle Relay**

4 x 50m – **Medley Relay**

4 x 50m – **Mixed Freestyle Relay (2 women and 2 men)**

4 x 50m – **Mixed Medley Relay (2 women and 2 men)**

4 x 100m – **Freestyle Relay**

4 x 100m – **Medley Relay**

4 x 100m – **Mixed Freestyle Relay (2 women and 2 men)**

4 x 100m – **Mixed Medley Relay (2 women and 2 men)**

4 x 200m – **Freestyle Relay**

4 x 200m – **Mixed Freestyle Relay (2 women and 2 men)**

##### **3.2.2 Long course (50 m)**

50, 100, 200, 400, 800, 1500m – **Freestyle**

50, 100, 200m – **Backstroke**

50, 100, 200m – **Breaststroke**

50, 100, 200m – **Butterfly**

200, 400m **Individual – Medley**

4 x 50m – **Freestyle Relay**

4 x 50m – **Medley Relay**

4 x 50m – **Mixed Freestyle Relay (2 women and 2 men)**

4 x 50m – **Mixed Medley Relay (2 women and 2 men)**



4 x 100m – **Freestyle Relay**

4 x 100m – **Medley Relay**

4 x 100m – **Mixed Freestyle Relay (2 women and 2 men)**

4 x 100m – **Mixed Medley Relay (2 women and 2 men)**

4 x 200m – **Freestyle Relay**

4 x 200m – **Mixed Freestyle Relay (2 women and 2 men)**

### **3.3 Masters Swimming Technical Rules**

**3.3.1** Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.

#### **3.3.2 Start**

**3.3.2.1** When using the forward start, the referee's whistle shall indicate that the swimmers may take their positions with at least one foot at the front of the starting platform or pool deck, or in the water with one hand having contact with the starting wall.

**3.3.2.2** When all swimmers are ready (instead of stationary) to start the starter shall give the starting signal.

**3.3.2.3** Any swimmer(s) starting before the starting signal may be disqualified upon the completion of the race.

**3.3.3** All Masters events shall be conducted on a timed final basis.

**3.3.4** Swimmers may be allowed to remain in their lane while other swimmers are competing until directed by the referee to exit the pool.

**3.3.5** The Organising Committee may arrange 400 metre, 800 metre and 1500 metre Freestyle to be swum two (2) swimmers of the same sex in a lane. Separate timing will be required for each swimmer.

**3.3.6** The Warm Up must be supervised.

**3.3.7** A breaststroke kicking movement is permitted for butterfly. Only one breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

**3.3.8** Swimmers who had to be disqualified must be listed with coded reason for disqualification in the results list.

#### **3.4 Relays**

**3.4.1** Relays shall consist of four swimmers each registered with the same club. No swimmer is allowed to represent more than one club.

**3.4.2** MIXED Relays consist of two (2) female and two (2) male each registered with the same club. No swimmer is allowed to represent more than one club.

#### **3.5 Records**

**3.5.1** Masters World Records for all events listed in Part Eight, Article 3.2 for both sexes in each age group shall be recognised and maintained in 1/100 second time (2 decimal places) and according to the provisions listed on the application form. World Records will be accepted only when times are recorded by Automatic Officiating Equipment, or Semi- Automatic Officiating Equipment in case of Automatic Officiating Equipment system malfunction.

**3.5.2** Applications for Masters World Records must be made on the World Aquatics official forms by the individual in question within 60 days from the end of the event.

**3.5.3** World Records can only be established in a Masters meet:

- a) formally sanctioned by a World Aquatics Member Federation; and
- b) organised for on behalf of a club or an organisation, which is a member of this World Aquatics Member Federation or recognised by World Aquatics; and
- c) conducted under the rules of World Aquatics (and specially those relevant to Masters Swimming); and
- d) in which only swimmers registered in a club member of a World Aquatics Member Federation participated.



**3.5.4** The first swimmer in mixed relays may apply for a Masters World Record.

### **3.6 Masters Swimming World Records Application Instructions**

#### **3.6.1 General**

World Records for Masters are recognized by World Aquatics in both Long Course (50 metre pools only) and Short Course (25 metre pool only). Performance must be registered at a Masters meet as per Rule VIII.3.5.3.

#### **3.6.2 Events and Age Groups**

##### **3.6.2.1.1 Individual Events - for Men and Women**

Freestyle – 50m, 100m, 200m, 400m, 800m and 1500m; Backstroke, Breaststroke and Butterfly – 50m, 100m and 200m; Individual Medley – 100m (Short Course only), 200m and 400m.

##### **3.6.2.2 Age Groups**

25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80 – 84, 85 – 89, 90 – 94, 95 – 99, 100 – 104, ... (five year age groups as high as is necessary).

##### **3.6.2.3 Relay Events - for Men, Women and Mixed (2 men and 2 women)**

4x50m Freestyle, 4x50m Medley, 4x100m Freestyle, 4x100m Medley, 4x200m Freestyle

Relay Age Groups are calculated from the total age of team members (in whole years) 100 – 119 years, 120 to 159 years, 160 – 199 years, 200 to 239 years, 240 – 279 years, 280 to 319 years, 320 – 359 years, 360 to 399 years, ...(forty year increments as high as is necessary).

#### **3.6.3 Eligibility**

All applicants must be financial members of a Federation affiliated with World Aquatics. Relay teams must be made up of four swimmers each properly registered with a single club. Swimmers may swim for only one club at any particular meet.

#### **3.6.4 Timing**

- 10) Only electronic timing will be accepted. OR
- 11) Semi-Automatic Timing in the case of where the Automatic Timing system malfunctioned
- 12) Meet timing record or photocopy is to be attached to the application form.

#### **3.6.5 Age Determining Date**

For all purposes pertaining to Masters World Records and Masters World Championship meets, the actual attained age of the competitor as of 31 December of the year of the meet shall determine their age group for that competition and any record set during that competition.

#### **3.6.6 Applications**

Applications for records should be placed on World Aquatics Masters Swimming World Record Application Forms by the Meet Director and submitted within sixty (60) days of the event. The application is to be endorsed by either the Chief Timekeeper or the Referee of the meet. The National Federation is to verify the details of the applicant and ensure that all documentation is complete including:

- a) Certification of pool length;
- b) Proof of date of birth; and
- c) Timing record.

The application should be forwarded to the World Aquatics Office located at:

**Chemin de Bellevue 24a / 24b**  
**1005 Lausanne Switzerland**  
**Email: [masters@worldaquatics.com](mailto:masters@worldaquatics.com)**

World Aquatics will decide whether to approve the record application. The World Aquatics Office will inform the National Federation of the results of each application. If after publication an error is detected, the swimmers have the right to appeal for a correction within 6 months of the publication date.

##### **3.6.6.1 Detailed Instructions**



**Point 1** If the Record Application is for an Individual Event, then enter that Event Name from the above list item # 2.1. If it is for a Relay Event then enter that Event Name from the above list item # 2.2. Circle either Men, Women or Mixed.

**Point 2** Enter the Official Time in minutes, seconds and 1/100th of second without rounding.

**Point 3** If the Record Application is for an Individual Event then enter the Age Group from the above list item 2.1. If for a Relay Event then enter the Age Group from the above list item 2.2.

**Point 4** Identify the Course Type as either Short Course 25 metres or Long Course 50 metres.

**Point 5** Enter the Pool Name, City, Country and Date of the Official Sanctioned Masters Meet.

**Point 6** A copy of the pool length confirmation must either be attached with this application or already on file with the World Aquatics Masters Recorder. A one-time measurement is required unless there are changes to the pool that might cause the pool measurements to change. Then the pool length must be confirmed again. Where a moveable bulkhead is used, it is not necessary for an additional course measurements confirmation of the lane where the time was achieved.

**Point 7** If an Individual Event then list the swimmer's first name then last name, circle M for Men or W for Women, enter age (see item 5 above) and the full date of birth including the name of the month.

**Point 8** If this record is for a Relay then list each member of the relay in the order they swam. List the swimmer's first name then last name, circle M for Men or W for Women, enter age (see item 5 above) and the full date of birth including the name of the month.

**Point 9** A copy of each swimmer's birth certificate or passport must either be attached with this application or already on file with the World Aquatics Masters Recorder. A marriage certificate is not required.

**Point 10** Enter the Club name of the individual swimmer or relay team and the Federation that this club is affiliated with.

**Point 11** Enter the Official Time from the Primary Automatic Officiating Equipment. The time is entered in minutes, seconds and 1/100th second without rounding.

**Point 12** If the primary Automatic Officiating Equipment malfunctions then enter the times from the Backup Semi-Automatic Officiating equipment. The times are entered in minutes, seconds, 1/100th second without rounding.

**Point 13** A printed copy from the Automatic Officiating Equipment is required. The printout must show the details including all backup times from the specific heat where the record occurred. Meet results with splits are not acceptable.

**Point 14** Enter the Name and Title of the Certifying Official. A signature and date is required.

**Point 15** The National Masters Recorder for the Federation where the swimmer(s) is affiliated must enter the Name and Federation. A signature and date is required.

### 3.7 **Appendix - Ruling for Masters Top Ten tabulations.**

Results that are valid for the World Aquatics Masters Top Ten results can only be established in a Masters meet:

- a) formally sanctioned by a World Aquatics Member federation;
- b) organised for or on behalf of a club or an organisation which is a member of this World Aquatics Member Federation or recognised by World Aquatics;
- c) conducted under the rules of World Aquatics (and specially those relevant to Masters Swimming); and
- d) in which only swimmers registered in a club member of a World Aquatics Member Federation participated.

## 4 **MASTERS OPEN WATER SWIMMING RULES**

Masters Open Water Swimming shall be defined as any event for which the distance is greater than 1500 metres and where entry is restricted to Master swimmers.



The Open Water Swimming Rules in Part Three of these Competitions Regulations shall apply to Masters Open Water Swimming with the following exceptions.

- 4.1** Masters Open Water Swimming events will be up to 5 km.
- 4.2** Age Groups for Open Water Swimming are the same as for Masters Swimming Individual Events (Part Eight, Article 3.1.1).
- 4.3** The water temperature shall be measured within 30 minutes before start of race and must be a minimum of 18°C and maximum of 31°C. The water temperature shall be certified by the Safety Officer as measured in as near to the middle of the course as possible at a depth of 40 cm. If water temperature is below 18°C, the use of wetsuits is compulsory.
- 4.4** It shall be compulsory for all swimmers to wear highly visible coloured swim caps and approved World Aquatics Swimwear.
- 4.5** At all Masters Open Water events the safety of the competition shall be of paramount importance.

## 5 MASTERS DIVING RULES

The Diving Rules in Part Four of these Competitions Regulations shall apply to Masters Diving with the following exceptions.

### 5.1 Age Groups and Events

#### 5.1.1 Springboard Diving – Men and Women (1 metre and 3 metre)

Age Group (Years)	Total Number of Dives required	
	MEN	WOMEN
25 – 29	6	5
30 – 34	6	5
35 – 39	6	5
40 – 44	6	5
45 – 49	6	5
50 – 54	6	5
55 – 59	6	5
60 – 64	6	5
65 – 69	6	5
70 – 74	5	5
75 – 79	5	5
80 +	5	5

(five year age groups as long as necessary)

#### 5.1.2 Platform Diving - Men and Women (5 metre, 7.5 metre, or 10 metre)



Age Groupe (Years)	Total Number of Dives required	
	MEN	WOMEN
25 – 29	6	5
30 – 34	6	5
35 – 39	6	5
40 – 44	6	5
45 – 49	6	5
50 – 54	5x	5x
55 – 59	5x	5x
60 – 64	5x	5x
65 – 69	5x	5x
70 – 74	4x	4x
75 – 79	4x	4x
80 +	4x	4x

(five year age groups as long as necessary)

(x) 10m limited: Only feet first entries are allowed from the 10m platform and any performed dive from the 10m must not exceed degree of difficulty of 2.0.

### 5.1.3 Synchronised Diving

#### 5.1.3.1 3m Springboard – Men and Women and Mixed Team

Age Group (Years)	MEN	WOMEN	MIXED TEAM
50 – 99	2(*) +2	2(*) + 2	2(*) +2
100+	2(*) +2	2(*) +2	2(*) +2

(\*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

#### 5.1.3.2 Platform – Men and Women and Mixed Team

Age Group (Years)	MEN	WOMEN	MIXED TEAM
50 – 99	2(*) +2	2(*) + 2	2(*) +2
100+	2(*) +2	2(*) +2	2(*) +2

(\*) Degree of difficulty of 2.0 for each dive regardless of the formula for degree of difficulty of the dive.

**5.1.3.3** The Age Group in Synchronised Diving is decided by adding the ages of the two divers.

**5.1.3.4** If in any of the two groups in Synchronised Diving the age of a diver is 50 years or more, the limitation from 10 m platform dives of only feet first and any dive from 10 m must not exceed degree of difficulty 2.0 applies for the pair.

**5.1.3.5** MIXED TEAM consist one (1) female and one (1) male.

### 5.2 Masters Diving Technical Rules

**5.2.1** The diver can freely choose the dives from the dive table given in these Competitions Regulations. The only requirement is that in age groups 25 – 69 years, each dive performed has different dive number (as to Competition Regulations).

**5.2.2** In age groups 70 and older dives with the same dive number can be repeated, if performed in a different position (straight, pike, tuck or free position).

**5.2.3** Forward facing dives can be performed with or without running approach.

**5.2.4** In synchronised diving events two divers from different clubs within the same Federation are permitted to compete as a synchronised diving team in the 3m springboard and the platform synchronised diving competitions.

**5.2.5** In Synchronised Diving both divers must perform the same dive number and position. Otherwise, the Referees shall declare a failed dive (0 points).



## 6 MASTERS WATER POLO RULES

The Water Polo Rules in Part Six of these Competitions Regulations shall apply to Masters Water Polo with the following exceptions:

### 6.1 Age Groups

6.1.1 Age groups for Masters Water Polo shall apply for men and women teams.

6.1.2 The age of the youngest member of the team determines the age group of the team. There are no restrictions on the ages of any players older than the youngest player on the team.

6.1.3 Age groups for teams are at five-year intervals beginning with 30. i.e. 30+, 35+, 40+, ...

### 6.2 Masters Water Polo Technical Rules

6.2.1 Each team shall consist of seven players, one of who shall be the goalkeeper and who shall wear the goalkeepers cap, and not more than eight reserves may be used as substitutes, listed on the game roster, which must be submitted to the official's table for each game, not less than 45 minutes before each game commences. All players listed on the game roster will be eligible to play in the game. After the games has commenced, a team playing with less than seven players shall not be required to have a goalkeeper.

6.2.2 It is not compulsory for a team to name a substitute goalkeeper. A goalkeeper who has been replaced by a substitute may, if the player returns to the game, play in any position.

6.2.3 Part Six, Article 20.4.4 shall apply except that the goalkeeper shall wear cap no. 1 and the other caps shall be numbered 2 to 15. A substitute goalkeeper shall wear a red cap numbered 13.

6.2.4 The uniform distance between the respective goal lines shall be 23.5 metres minimum, and the uniform width of the field of play shall be 17 metres minimum.

6.2.5 Part Six, Article 4.3 time standards shall apply except that the duration of the Masters games shall be four periods of seven minutes each actual play for the 30+, 35+, 40+ and 45+ age groups and six minutes each actual play for the 50+, 55+, 60+, etc. age groups.

6.2.6 Part Six, Article 7.3 method of scoring shall apply except that the time of possession of the ball shall be 35 seconds.

6.2.7 There shall be a two minute interval between each period of play. The teams including the players, coaches and team officials, shall change ends before starting the third period.

6.2.8 Women players may be members of men's teams.

## 7 MASTERS ARTISTIC SWIMMING RULES

The Artistic Swimming Rules in Part Seven of these Competitions Regulations shall apply to all Masters Artistic Swimming except for the following:

### 7.1 Age Groups

7.1.1 **Solo:** 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and over

7.1.2 **Duet:** 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and over with age determined by the average age of the competitors.

7.1.3 **Mixed Duet:** 25 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 and over with age determined by the average age of the competitors.

7.1.4 **Team:** 25 – 34, 35 – 49, 50 – 64, 65 and over with age determined by the average age of the competitors.

7.1.5 **Free Combination:** 25 – 39, 40 – 64, 65 and over with age determined by the average age of the competitors.

7.1.6 The average age of the competitors in a routine shall be determined by adding the ages of the actual swimmers, dividing by the number of swimmers (not including the reserves) and dropping any resulting fraction or decimal. (For example, if the average age of a Team is 49.833, they would swim in the 35–49 age group).

### 7.2 Events



- 7.2.1** The events of Masters Artistic Swimming are Women Solo, Men Solo, Duet, Mixed Duet, Team and Free Combination.
- 7.2.1.1** Each event constitutes a separate event.
- 7.2.1.2** Team technical, team free and free combination are open to all sexes.
- 7.2.1.3** Mixed Duet is composed of one (1) female and one (1) male.
- 7.2.2** The programme for a Masters Event shall be Technical Routines, Free Routines and Free Combination.
- 7.2.2.1** **Technical Routine**
- The Technical Routines shall be performed for Solo, Duet, Mixed Duet and Team with the required elements selected by World Aquatics Masters Committee every four (4) year, subject to approval by the World Aquatics Bureau. Technical Routines have to include all required elements. Music selection is optional and may be the same as the music used in the Free Routine.
- 7.2.2.2** **Free Routine**
- The Free Routine shall consist of Solo, Duet, Mixed Duet Team, and Free Combination. There are no restrictions regarding selection of music or choreography.
- 7.3** **Competitors**
- 7.3.1** Competitors in Duet, Mixed Duet, Team and Free Combination shall represent the same club.
- 7.3.2** Teams shall consist of a minimum of four (4) members and a maximum of eight (8) members. Combination shall consist of a minimum of four (4) members and a maximum of ten (10) members.
- 7.4** **Masters Artistic Swimming Technical Rules**
- 7.4.1** **Time Limits for Routines**
- Time limits for Technical Routines and Free Routines including ten (10) seconds for the deck movement.
- 7.4.1.1** **Technical Routines Solo:** 2 minutes 00 seconds  
**Free Routines Solo:** 2 minutes 15 seconds
- 7.4.1.2** **Technical Routines Duet:** 2 minute 20 seconds  
**Free Routines Duet:** 2 minutes 45 seconds
- 7.4.1.3** **Technical Routines Mixed Duet:** 2 minutes 20 seconds  
**Free Routines Mixed Duet:** 2 minutes 45 seconds
- 7.4.1.4** **Technical Routines Teams:** 2 minutes 50 seconds  
**Free Routines Teams:** 3 minutes 30 seconds
- 7.4.1.5** **Free Combination:** 4 minutes
- 7.4.1.6** There shall be no minimum time limit.
- 7.4.2** The size of the competition pool shall be 25x20 metres and minimum 2.5 metres deep.
- 7.4.3** Goggles may be worn.
- 7.5** **Appendix – Required Elements for Masters Technical Routines**
- 7.5.1** **General Requirements**
- Supplementary elements may be added.
- 7.5.1.1** Unless otherwise specified in the description of an element:
- 1) All figures or components thereof shall be executed according to the requirements described in this Appendix.
  - 2) All elements shall be executed high and controlled in uniform motion with each section clearly defined.
- 7.5.1.2** Time limits are as in Part Eight, Article 7.4.1



### 7.5.2 Solo Required Elements

Elements 1 to 5 should follow the order listed on the Elements Order Card. Element 6 may be performed at any time during the routine.

**FISHTAIL** – from a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional).

**SPLIT POSITION** – followed by a walkout front or walkout back.

**SPINNING 180°** – From a Bent Knee Position, a Spin 180° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.

**TRAVELLING BALLET LEG COMBINATION** – Beginning in a Back Layout Position a ballet leg alternate is executed with travel.

**BARRACUDA BENT KNEE** – From the Back Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust.

**TWO (2) FORMS OF PROPULSION** – Must include Egg Beater travelling sideways and/or forward (arms optional)

### 7.5.3 Duet and Mixed Duet Required Elements

Elements 1 – 5 should follow the order listed on the Elements Order Card. Elements 6 – 7 may be executed at any time during the routine **Routines for Duet 1 to 6 as above for Solo.**

**JOINED ACTION** – Where the swimmers are connected (touching) in some manner to perform one of the following:

- 1) A connected figure or a connected float or connected stroking
- 2) Action must be performed simultaneously. Minor action is permitted.

With the exception of the DECK WORK and ENTRY and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by both swimmers. Variation in propulsion and direction facing are permitted during pattern changes.

### 7.5.4 Team Required Elements

Elements 1 – 5 should follow the order listed on the Elements Order Card. Elements 6 – 9 may be executed at any time during the routine **Routines for Team 1 to 7 as above for Duet.**

**CADENCE ACTION** – Identical movements performed sequentially, one by one, by all team members. When more than one cadence action is performed, they must be consecutive and not separated by other optional or required elements. A second cadence action may begin before the first cadence action is completed by all team members but each team member must do the action of each cadence.

**PATTERNS** – must show one circle and straight line. Elements may be performed when in the circle or the straight-line patterns.

With the exception of the DECK WORK, ENTRY, CADENCE and as noted in the JOINED ACTION, all elements, required and supplementary, MUST be performed simultaneously and facing the same direction by all swimmers. Swimmers need not face the same direction in the circle pattern. Variation in propulsion and direction facing are permitted during pattern changes. Mirror actions are not permitted except in the description of the elements.

## 8 WORLD AQUATICS MASTERS CHAMPIONSHIPS

### 8.1 General

#### 8.1.1 Management Committee

For World Aquatics Masters Championships, the Management Committee shall consist of the Bureau Liaison, the Chairman and the Vice-Chairman of the Masters Committee and other members of the Bureau and Masters Committee present.

**8.1.2 Entry fees**

Entry Fees shall be decided upon by the country that is hosting the World Aquatics Masters Championships, but they shall be subject to approval by World Aquatics.

**8.1.3 Awards and Medals**

For World Aquatics Masters Championships, medals shall be awarded to competitors and teams placed first, second and third in each event and Age Group.

In Artistic Swimming the reserves will receive medals only if they actually swim in the technical and/or Free Routine.

Diplomas can be awarded to competitors and team members placed first to ten in each event and Age Group.

**8.1.4 Eligibility**

A participant can represent only one club in each sport.

**8.1.5 Entry**

Electronic Entries shall be used for registration and payment of fees to the World Aquatics Masters Championships via the World Aquatics General Management System (GMS), when available.

**8.1.5.1 Swimming**

Qualifying standards for World Aquatics Masters Championships will be considered by World Aquatics and the Organising Committee if deemed necessary.

At the World Aquatics Masters Championships it is not necessary to conduct all events mentioned in Part Eight, Article 3.2. However, each age division should include shorter Freestyle, Backstroke, Breaststroke and Butterfly events plus Individual Medley and Relays.

A swimmer can compete only once per relay event.

Events shall be pre-seeded with oldest age groups first, slowest heats swum first within each age group. Events 400 metres and over may be seeded from slowest to fastest regardless of age.

A swimmer may be entered for not more than five (5) individual events.

A swimmer entered for one club has to represent this club in all Swimming events at the Championships.

The composition of a relay team can be changed up to the deadline announced by the Organising Committee on the day prior to the relay event. The age of the substitute swimmer(s) cannot change the age group of the entered relay team. Substitute swimmer(s) must be registered for the Championships.

A swimmer must have reached Qualification Time (entry time) in a competition within 2 years period before the competition. If a swimmer clearly fails to achieve the Qualification Time at the current competition, he/she may be excluded from all upcoming individual events in the same competition.

**8.1.5.1.1 Competition and warm up safety procedures**

OC must ensure the following safety procedures are applied. It is incumbent on swimmers and officials to work together to comply with these procedures at all times..

General Warm-up:

- Swimmers must enter the pool feet first in a cautious manner, entering from a start of turn end only and from a standing or sitting position.
- Running on the pool deck is prohibited
- OC may designate the use of ONE-WAY Sprint lanes during the scheduled warm-up time. Any such lane usage must be communicated to the competitors with visible deck signage.
- Diving starts shall be permitted ONLY in designated sprint lanes. Only one-way swimming from the start end of the sprint lane is permitted.
- Pools with backstroke ledges available may offer a designated lane for backstroke starts, at the meet management's discretion.



- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up
- Training aids (such as pull-buoys, kick boards, fins, hand paddles, cords or other training aids) are NOT allowed
- Jewelry and watches except for rings, stud earrings and medical alert identifiers will not be permitted
- A Lane needs to be reserved for Swimmers over the Age of 65
- At the discretion of the OC and based on available space, the meet management may allow noncompetitors for that day to use the training facilities.
- Only competitors will be allowed on the FOP and in the training pools located in the swimming venue of the event

### **8.1.5.2 Open Water Swimming**

A Masters Open Water Swimming event may be included in World Aquatics Masters Championships.

The Organising Committee shall follow the World Aquatics Open Water Safety Regulations.

Swimmers shall be seeded according to age groups from the youngest to the oldest. Swimmers may be selected irrespective of sex. The slowest entered swimmers of each age group may comprise and be seeded in special heat(s). By recommendation of the World Aquatics Masters Commission and/or nominated Sport Manager-Chief Referee or Safety Officer this order may be changed.

If the number of entries is more than 1'000 the competition may be swum in two or more days.

Race organisers, in consultation with the referee and subject to advice from the World Aquatics Masters Committee, are to designate in advance the cut off time. For the World Aquatics Masters Championships a cut off time of 30 minutes per kilometre shall apply.

### **8.1.5.3 Diving**

The programme of the World Aquatics Masters Championships shall include 1 metre Springboard Men and Women, 3 metre Springboard Men and Women, Platform Men and Women, Synchronized 3 metre Women, Men, Mixed Team, Synchronized Diving Platform Women, Men, and Mixed Team.

The meet director may choose to run the events concurrently depending on the number of entries.

Diving sheets shall be delivered to the diving secretary 24 hours prior to the event. Late sheets and changed to an existing sheet will be fined USD 10,- per sheet between 24 hours and 3 hours prior to the event. 3 hours is the deadline. No changes or dive sheets can be accepted after the deadline of 3 hours.

At the World Aquatics Masters Championships at least 5 judges and in Synchronised Diving at least 7 judges shall officiate.

All divers shall perform a full series of dives in that age group and there shall be no preliminary of final contests.

A diver can compete in only one team per Synchronised Diving event.

### **8.1.5.4 Water Polo**

#### **8.1.5.4.1 Composition of Teams**

A player may not represent more than one team at the World Aquatics Masters Championships.

The final composition of the team with numbering of the caps shall be announced latest at the Technical Meeting prior to the Championships. All players must be registered as a player according to the entry specifications. No additional members can be added.

A Water Polo team can consist of up to fifteen (15) players registered with the same club.



#### 8.1.5.4.2 Composition of groups for the preliminary round

Before the draw for the World Aquatics Masters Championships the following exceptions of composing the groups for the preliminary rounds shall be approved.

With less than three teams entered in one Age Group this Age Group shall be combined with the next younger Age Group or alternatively combined to the next older Age Group. The concerned teams shall be consulted for approval and given the possibility to cancel their participation with return of paid fees.

An Age Group with three teams entered can be combined with the next younger or older Age Group if these groups do not have more than four teams entered and with the approval of all concerned teams. The playing schedule and the plan for rankings shall be decided by the World Aquatics Masters Commission.

For the Women tournament the composition of groups is depending on the number of entries in each Age Group. The World Aquatics Masters Commission can combine the groups including teams of more than two Age Groups. The approval by the entered teams shall be asked. A playing schedule and the plan for rankings for each Age Group shall be decided by the World Aquatics Masters Commission.

#### 8.1.5.4.3 Schedule for Age Groups

##### 1. Schedule for three (3) teams

The three teams shall play a double round-robin. If there is a tie in points between first and second placed teams they shall play a decisive game on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. A1 - A3	2. A2 - A3	3. A1 - A2	4. A2 - A3	5. A1 - A3	6. A1 - A2	7. Final

For the 60+ and over age groups, the schedule for three (3) teams will only play a double round robin play. No Final on Day 7.

##### 2. Schedule for four (4) teams

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Rankings
1. A1 - A3	3. A1 - A4	5. A3 - A4	7. 1A - 4A	(rest day)	9. L7 - L8	<b>3rd/4th</b>
2. A2 - A4	4. A2 - A3	6. A1 - A2	8. 2A - 3A		10. W7 - W8	<b>1st/2nd</b>

The four teams shall play a single round-robin as a preliminary round from Day 1 to Day 3. Semi-finals are played on Day 4, between the 1<sup>st</sup> and 4<sup>th</sup> and the 2<sup>nd</sup> and 3<sup>rd</sup> placed teams from the preliminary round. Day 5 will be a rest day. Finals shall be played on Day 6.

For the 60+ and over age group, the schedule for four (4) teams will play a double round-robin.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>1</b> <b>A1-A3</b>	<b>3</b> <b>A1-A4</b>	<b>5</b> <b>A3-A4</b>	<b>7</b> <b>A1-A3</b>	<b>9</b> <b>A1-A4</b>	<b>11</b> <b>A3-A4</b>	<b>No Final</b>
<b>2</b> <b>A2-A4</b>	<b>4</b> <b>A2-A3</b>	<b>6</b> <b>A1-A2</b>	<b>8</b> <b>A2-A4</b>	<b>10</b> <b>A2-A3</b>	<b>12</b> <b>A1-A2</b>	

##### 3. Schedule for five (5) teams

The five teams shall play a single round-robin as a preliminary round on Day 1 to Day 5. The 5<sup>th</sup> placed team from the preliminary round will be ranked fifth. Semi-finals are played on Day 6 between the 1<sup>st</sup> and 4<sup>th</sup> and the 2<sup>nd</sup> and 3<sup>rd</sup> placed teams from the preliminary round. Finals shall be played on Day 7.



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A5	3. A4 - A5	5. A3 - A4	7. A2 - A3	9. A3 - A5	11. 1A - 4A	13. L11 - L12	<b>3rd/4th</b>
2. A2 - A4	4. A1 - A3	6. A2 - A5	8. A1 - A4	10. A1 - A2	12. 2A - 3A	14. W11-W12	<b>1st/2nd</b>

#### 4. Schedule for six (6) teams

The six teams shall play a single round-robin as a preliminary round on Day 1 to Day 5. Semi-finals are played on Day 6 between the 1<sup>st</sup> and 4<sup>th</sup> and 2<sup>nd</sup> and 3<sup>rd</sup> placed teams. Teams placed 5<sup>th</sup> and 6<sup>th</sup> will play for rankings 5 and 6. Finals shall be played on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1-A6	4. A3-A6	7. A4-A5	10. A5-A6	13. A4-A6	16. 5A-6A		<b>5th/6th</b>
2. A3-A4	5. A2-A4	8. A2-A6	11. A1-A4	14. A3-A5	17. 1A-4A	19. L17-L18	<b>3rd/4th</b>
3. A2-A5	6. A1-A5	9. A1-A3	12. A2-A3	15. A1-A2	18. 2A-3A	20. W17-W18	<b>1st/2nd</b>

#### 5. Schedule for seven (7) teams

The seven teams shall play a single round-robin from Day 1 to Day 7. Final rankings shall be based on points earned during the round-robin.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. A1-A5	4. A2-A3	7. A6-A7	10. A1-A3	13. A2-A7	16. A3-A5	19. A5-A6
2. A2-A4	5. A4-A7	8. A1-A4	11. A4-A6	14. A4-A5	17. A1-A7	20. A3-A4
3. A3-A7	6. A1-A6	9. A2-A5	12. A5-A7	15. A3-A6	18. A2-A6	21. A1-A2



### 6. Schedule for (8) teams

The eight teams shall play on Day 1 to Day 3 a preliminary round-robin in two Groups, A and B, with four teams in each group. The Quarter finals shall be played on Day 4 as cross-over games. The semi- finals shall be played on Day 5 between the winners of each Quarter final and for lower rankings between the losers. On Day 6 the rankings for rankings 5 to 8 will be played. The finals shall be played on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A2 - A3	5. B1 - B3	9. A3 - A4	13. 2A - 3B	17. L13 - L16	21. L17 - L18		<b>7<sup>th</sup>/8<sup>th</sup></b>
2. A1 - A4	6. B2 - B4	10. A2 - A1	14. 2B - 3A	18. L14 - L15	22. W17 - W18		<b>5<sup>th</sup>/6<sup>th</sup></b>
3. B2 - B3	7. A2 - A4	11. B3 - B4	15. 1A - 4B	19. W13 - W16		23. L19 - L20	<b>3<sup>rd</sup>/4<sup>th</sup></b>
4. B1 - B4	8. A1 - A3	12. B2 - B1	16. 1B - 4A	20. W14 - W15		24. W19 - W20	<b>1<sup>st</sup>/2<sup>nd</sup></b>

### 7. Schedule for nine (9) teams

The nine teams shall play on Day 1 to Day 5 a preliminary round-robin in two Groups, A and B, with four teams in Group A and with five team in Group B.

The semi- finals shall be played on Day 6 between the two best placed teams from each preliminary group and the teams placed 3<sup>rd</sup> and 4<sup>th</sup>. The fifth team in Group B will be ranked for the 9<sup>th</sup> place.

The final rankings from 1<sup>st</sup> to 8<sup>th</sup> shall be played on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A4	5. B4 - B5	7. A1 - A3	11. B2 - B3	13. A3 - A4	17. 3A - 4B	21. L17 - L18	<b>7<sup>th</sup>/8<sup>th</sup></b>
2. A2 - A3	6. B1 - B3	8. A2 - A4	12. B1 - B4	14. A1 - A2	18. 3B - 4A	22. W17 - W18	<b>5<sup>th</sup>/6<sup>th</sup></b>
3. B1 - B5		9. B2 - B5		15. B3 - B5	19. 1B - 2A	23. L19 - L20	<b>3<sup>rd</sup>/4<sup>th</sup></b>
4. B2 - B4		10. B3 - B4		16. B1 - B2	20. 1A - 2B	24. W19 - W20	<b>1<sup>st</sup>/2<sup>nd</sup></b>

### 8. Schedule for ten (10) teams

The ten teams shall play on Day 1 to Day 5 a preliminary round-robin in two Groups, A and B, with five teams team in both groups.

The semi- finals shall be played on Day 6 between the two best placed teams from each preliminary group and the teams placed 3<sup>rd</sup> and 4<sup>th</sup>. The teams placed 5<sup>th</sup> shall play for the final rankings 9<sup>th</sup> and 10<sup>th</sup>.

The final rankings from 1<sup>st</sup> to 8<sup>th</sup> shall be played on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A5	5. B4 - B5	9. A3 - A4	13. A2 - A3	17. B1 - B2	21. 5A - 5B		<b>9<sup>th</sup>/10<sup>th</sup></b>
2. A2 - A4	6. B1 - B3	10. A2 - A5	14. A1 - A4	18. B3 - B5	22. 4A - 3B	26. L22 - L23	<b>7<sup>th</sup>/8<sup>th</sup></b>
3. B1 - B5	7. A4 - A5	11. B3 - B4	15. B2 - B3	19. A3 - A5	23. 3A - 4B	27. W22 - W23	<b>5<sup>th</sup>/6<sup>th</sup></b>
4. B2 - B4	8. A1 - A3	12. B2 - B5	16. B1 - B4	20. A1 - A2	24. 2A - 1B	28. L24 - L25	<b>3<sup>rd</sup>/4<sup>th</sup></b>
					25. 1A - 2B	29. W24 - W25	<b>1<sup>st</sup>/2<sup>nd</sup></b>


**9. Schedule for eleven (11) teams**

The eleven teams shall play on Day 1 to Day 5 a preliminary round-robin in two Groups, A and B, with five teams in Group A and six teams in Group B. The semi-finals shall be played on Day 6 between the two best placed teams from each preliminary group the teams placed 3<sup>rd</sup> and 4<sup>th</sup>. The teams placed 5<sup>th</sup> shall play for rankings 9<sup>th</sup> and 10<sup>th</sup>. The team placed 6<sup>th</sup> in Group B will be ranked 11<sup>th</sup>. The final ranking rankings from 1<sup>st</sup> to 8<sup>th</sup> shall be played on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A3 - A4	6. B3 - B5	11. A4 - A5	16. B5 - B6	21. A2 - A4	26. 5A - 5B		9 <sup>th</sup> /10 <sup>th</sup>
2. A2 - A5	7. B4 - B6	12. A1 - A3	17. B1 - B4	22. A1 - A5	27. 3A - 4B	31. L27 - L28	7 <sup>th</sup> /8 <sup>th</sup>
3. B1 - B6	8. B1 - B2	13. B2 - B6	18. B2 - B3	23. B3 - B6	28. 3B - 4A	32. W27 - W28	5 <sup>th</sup> /6 <sup>th</sup>
4. B3 - B4	9. A3 - A5	14. B4 - B5	19. A1 - A4	24. B2 - B4	29. 1A - 2B	33. L29 - L30	3 <sup>rd</sup> /4 <sup>th</sup>
5. B2 - B5	10. A1 - A2	15. B1 - B3	20. A2 - A3	25. B1 - B5	30. 1B - 2A	34. W29 - W30	1 <sup>st</sup> /2 <sup>nd</sup>

**10. Schedule for twelve (12) teams**

The twelve teams shall play on Day 1 to Day 5 a preliminary round-robin in two Groups, A and B, with six teams in each group. Semi-finals shall be played on Day 6 between the two best placed teams from each preliminary group and the teams placed 3<sup>rd</sup> and 4<sup>th</sup> and the teams placed 5<sup>th</sup> and 6<sup>th</sup>. Finals for rankings 1<sup>st</sup> to 12<sup>th</sup> shall be played on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A6	7. B4 - B6	13. A4 - A5	19. B5 - B6	25. A3 - A6	31. 6A - 5B	37. L31 - L32	11 <sup>th</sup> /12 <sup>th</sup>
2. A3 - A4	8. B3 - B5	14. A2 - A6	20. B1 - B4	26. A2 - A4	32. 5A - 6B	38. W31 - W32	9 <sup>th</sup> /10 <sup>th</sup>
3. A2 - A5	9. B1 - B2	15. A1 - A3	21. B2 - B3	27. A1 - A5	33. 4A - 3B	39. L33 - L34	7 <sup>th</sup> /8 <sup>th</sup>
4. B1 - B6	10. A4 - A6	16. B4 - B5	22. A5 - A6	28. B3 - B6	34. 3A - 4B	40. W33 - W34	5 <sup>th</sup> /6 <sup>th</sup>
5. B3 - B4	11. A3 - A5	17. B2 - B6	23. A1 - A4	29. B2 - B4	35. 2A - 1B	41. L35 - L36	3 <sup>rd</sup> /4 <sup>th</sup>
6. B2 - B5	12. A1 - A2	18. B1 - B3	24. A2 - A3	30. B1 - B5	36. 1A - 2B	42. W35 - W36	1 <sup>st</sup> /2 <sup>nd</sup>



### 11. Schedule for thirteen (13) teams

The thirteen teams shall play on Day 1 to Day 3 a preliminary round-robin in four Groups, with three teams in Groups A, B and C and four teams in group D.

On Day 4 the teams placed 2<sup>nd</sup> and 3<sup>rd</sup> in each preliminary group shall play a second preliminary round in a cross group format. The first placed teams will have a rest day.

The fourth placed team in Group D will be ranked 13<sup>th</sup>.

Semi-finals and matches for rankings 9<sup>th</sup> to 12<sup>th</sup> shall be played on Day 6.

Finals for rankings 1<sup>st</sup> to 8<sup>th</sup> shall be played on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A3	6. B1 - B2	11. C2 - C3	16. 2A - 3B	20. L16 - L18	26. L20 - L21		11 <sup>th</sup> /12 <sup>th</sup>
2. B1 - B3	7. C1 - C2	12. D1 - D4	17. 3A - 2B	21. L17 - L19	27. W20 - W2		9 <sup>th</sup> /10 <sup>th</sup>
3. C1 - C3	8. D3 - D4	13. D2 - D3	18. 2C - 3D	22. 1A - W18	28. L22 - L23	32. L28 - L29	7 <sup>th</sup> /8 <sup>th</sup>
4. D1 - D3	9. D1 - D2	14. A2 - A3	19. 3C - 2D	23. 1B - W19	29. L24 - L25	33. W28 - W29	5 <sup>th</sup> /6 <sup>th</sup>
5. D2 - D4	10. A1 - A2	15. B2 - B3		24. 1C - W16	30. W22 - W23	34. L30 - L31	3 <sup>rd</sup> /4 <sup>th</sup>
				25. 1D - W17	31. W24 - W25	35. W30 - W31	1 <sup>st</sup> /2 <sup>nd</sup>

### 12. Schedule for fourteen (14) teams

The fourteen teams shall play Day 1 to Day 3 a preliminary round-robin in four groups with three teams in Group A and B and with four teams in Group C and D.

On Day 4 the teams placed 2<sup>nd</sup> and 3<sup>rd</sup> shall play a second preliminary round in a cross group format. The first placed teams will have a rest day.

The fourth placed teams from Groups C and D will play a decisive match for places 13<sup>th</sup> and 14<sup>th</sup>.

Semi-finals and matches for rankings 9<sup>th</sup> to 12<sup>th</sup> shall be played on Day 6.

Finals for rankings 1<sup>st</sup> to 8<sup>th</sup> shall be played Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - 3	7. B1 - B2	13. C1 - C4	19. 4C - 4D				13 <sup>th</sup> /14 <sup>th</sup>
2. B1 - B3	8. C4 - C3	14. C2 - C3	20. 2A - B	24. L20 - L22	30. L24 - L25		11 <sup>th</sup> /12 <sup>th</sup>
3. C1 - C3	9. C1 - C2	15. D1 - D4	21. 3A - 2B	25. L21 - L23	31. W24 - W25		9 <sup>th</sup> /10 <sup>th</sup>
4. C2 - C4	10. D4 - D3	16. D2 - D3	22. 2C - 3D	26. 1A - W22	32. L26 - L27	34. L32 - L33	7 <sup>th</sup> /8 <sup>th</sup>
5. D1 - D3	11. D1 - D2	17. A2 - A3	23. 3C - 2D	27. 1B - W23	33. L28 - L29	35. W32 - W33	5 <sup>th</sup> /6 <sup>th</sup>
6. D2 - D4	12. A1 - A2	18. B2 - B3		28. 1C - W20	34. W28 - W29	36. L34 - L35	3 <sup>rd</sup> /4 <sup>th</sup>
				29. 1D - W21	35. W26 - W27	37. W34 - W35	1 <sup>st</sup> /2 <sup>nd</sup>


**13. Schedule for fifteen (15) teams**

The fifteen teams shall play Day 1 to Day 3 a preliminary round-robin in four groups with three teams in Group A and four teams in Groups B, C and D. On Day 4 the teams placed 2<sup>nd</sup> and 3<sup>rd</sup> shall play a second preliminary round in a cross format. The first placed teams will have a rest day on Day 4. From Day 4 to Day 6 the three fourth placed teams shall play a round-robin for places 13<sup>th</sup> to 15<sup>th</sup>. Semi-finals shall be played on Day 6 and the Finals on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A3	8. B4 - B3	15. C1 - C4	22. 4B - 4D	27. 4C - 4D	34. 4B - 4C		13 <sup>th</sup> /14 <sup>th</sup> /15 <sup>th</sup>
2. B1 - B3	9. B1 - B2	16. C2 - C3	23. 2A - 3B	28. L23 - L25	35. L28 - L29		11 <sup>th</sup> /12 <sup>th</sup>
3. B2 - B4	10. C4 - C3	17. D1 - D4	24. 3A - 2B	29. L24 - L26	36. W28 - W29		9 <sup>th</sup> /10 <sup>th</sup>
4. C1 - C3	11. C1 - C2	18. D2 - D3	25. 2C - 3D	30. 1A - W25	37. L30 - L31	41. L37 - L38	7 <sup>th</sup> /8 <sup>th</sup>
5. C2 - C4	12. D4 - D3	19. A2 - A3	26. 3C - 2D	31. 1B - W26	38. L32 - L33	42. W37 - W38	5 <sup>th</sup> /6 <sup>th</sup>
6. D1 - D3	13. D1 - D2	20. B1 - B4		32. 1C - W23	39. W30 - W31	43. L39 - L40	3 <sup>rd</sup> /4 <sup>th</sup>
7. D2 - D4	14. A1 - A2	21. B2 - B3		33. 1D - W24	40. W32 - W33	44. W39 - W40	1 <sup>st</sup> /2 <sup>nd</sup>

**14. Schedule for sixteen (16) teams**

The sixteen teams shall play on Day 1 to Day 3 a preliminary round-robin in four groups, Group A, B, C and D, with four teams in each group. On Day 4 the teams placed 2<sup>nd</sup> to 4<sup>th</sup> shall play second preliminary round, where the second and third placed teams in each group in a cross group format. The fourth placed teams in each group form a new group of four teams and they shall play for places 13<sup>th</sup> to 16<sup>th</sup>. The first placed teams will have a rest day on Day 4. The Quarter Final Round shall be played on Day 6. The finals for places 1<sup>st</sup> to 8<sup>th</sup> shall be played in Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A1 - A3	9. B4 - B3	17. C1 - C4	25. 4A - 4B	31. L25 - L26			15 <sup>th</sup> /16 <sup>th</sup>
2. A2 - A4	10. B1 - B2	18. C2 - C3	26. 4C - 4D	32. W25 - W26			13 <sup>th</sup> /14 <sup>th</sup>
3. B1 - B3	11. C4 - C3	19. D1 - D4	27. 2A - 3B	33. L27 - L29	39. L33 - L34		11 <sup>th</sup> /12 <sup>th</sup>
4. B2 - B4	12. C1 - C2	20. D2 - D3	28. 3A - 2B	34. L28 - L30	40. W33 - W34		9 <sup>th</sup> /10 <sup>th</sup>
5. C1 - C3	13. D4 - D3	21. A1 - A4	29. 2C - 3D	35. 1A - W29	41. L35 - L36	45. L41 - L42	7 <sup>th</sup> /8 <sup>th</sup>
6. C2 - C4	14. D1 - D2	22. A2 - A3	30. 3C - 2D	36. 1B - W30	42. L37 - L38	46. W41 - W42	5 <sup>th</sup> /6 <sup>th</sup>
7. D1 - D3	15. A4 - A3	23. B1 - B4		37. 1C - W27	43. W35 - W36	47. L43 - L44	3 <sup>rd</sup> /4 <sup>th</sup>
8. D2 - D4	16. A1 - A2	24. B2 - B3		38. 1D - W28	44. W37 - W38	48. W43 - W44	1 <sup>st</sup> /2 <sup>nd</sup>


**15. Schedule for seventeen (17) teams**

The seventeen teams shall play on Day 1 to Day 4 a preliminary round- robin in four Groups, A, B, C and D, with four teams in Group A, B and C, and five teams in Group D and with the teams from D having for one day two matches. The Quarter Finals shall be played on Day 5 with the first and second placed teams and the third and fourth placed teams shall play each other in a cross group format. The fifth placed team in Group D will be ranked 17<sup>th</sup>. Semi-finals shall be played on Day 6 and the Finals on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. D3 - D5	10. C1 - C3	17. D1 - D4	24. A2 - A4	29. 4A - 3D	37. L29 - L30	45. L37 - L38	15 <sup>th</sup> /16 <sup>th</sup>
2. D1 - D2	11. D4 - D5	18. D2 - D3	25. B1 - B3	30. 3A - 4D	38. L31 - L32	46. W37 - W38	13 <sup>th</sup> /14 <sup>th</sup>
3. C1 - C2	12. D1 - D3	19. A1 - A3	26. C3 - C4	31. 4B - 3C	39. W29 - W30	47. L39 - L40	11 <sup>th</sup> /12 <sup>th</sup>
4. B3 - B4	13. A2 - A3	20. B1 - B4	27. D3 - D4	32. 3B - 4C	40. W31 - 32	48. W39 - W40	9 <sup>th</sup> /10 <sup>th</sup>
5. B1 - B2	14. A1 - A4	21. B2 - B3	28. D2 - D5	33. 2A - 1D	41. L33 - L34	49. L41 - L42	7 <sup>th</sup> /8 <sup>th</sup>
6. A1 - A2	15. B2 - B4	22. C1 - C4		34. 1A - 2D	42. L35 - L36	50. W41 - W42	5 <sup>th</sup> /6 <sup>th</sup>
7. A3 - A4	16. C2 - C4	23. C2 - C3		35. 2B - 1C	43. W33 - W34	51. L43 - L44	3 <sup>rd</sup> /4 <sup>th</sup>
8. D1 - D5				36. 1B - 2C	44. W35 - W36	52. W43 - W44	1 <sup>st</sup> /2 <sup>nd</sup>
9. D2 - D4							

**16. Schedule for eighteen (18) teams**

The eighteen teams shall play on Day 1 to Day 4 a preliminary round- robin in four Groups, A, B, C and D, with four teams in Group A and B, and five teams in Group C and D and with teams from C and D having for one day two matches.

The Quarter Finals shall be played on Day 5 with the first and second placed teams and the third and fourth placed teams shall play each other in a cross group format. The fifth placed teams shall play final match for places 17<sup>th</sup> and 18<sup>th</sup>.

Semi-finals shall be played on Day 6 and the Finals on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. B3 - B4	9. C4 - C5	18. D1 - D4	27. C2 - C5	33. 4A - 3D	41. 5C - 5D		17 <sup>th</sup> /18 <sup>th</sup>
2. B1 - B2	10. C1 - C3	19. D2 - D3	28. A2 - A4	34. 3A - 4D	42. L33 - L34	50. L42 - L43	15 <sup>th</sup> /16 <sup>th</sup>
3. C3 - C5	11. D4 - D5	20. A1 - A3	29. B1 - B3	35. 4B - 3C	43. L35 - L36	51. W42 - W43	13 <sup>th</sup> /14 <sup>th</sup>
4. C1 - C2	12. D1 - D3	21. B1 - B4	30. C3 - C4	36. 3B - 4C	44. W33 - W34	52. L44 - L45	11 <sup>th</sup> /12 <sup>th</sup>
5. D3 - D5	13. A2 - A3	22. B2 - B3	31. D3 - D4	37. 2A - 1D	45. W35 - W36	53. W44 - W45	9 <sup>th</sup> /10 <sup>th</sup>
6. D1 - D2	14. A1 - A4	23. C1 - C4	32. D2 - D5	38. 1A - 2D	46. L37 - L38	54. L46 - L47	7 <sup>th</sup> /8 <sup>th</sup>
7. A1 - A2	15. B2 - B4	24. C2 - C3		39. 2B - 1C	47. L39 - L40	55. W46 - W47	5 <sup>th</sup> /6 <sup>th</sup>
8. A3 - A4	16. C1 - C5	25. D1 - D5		40. 1B - 2C	48. W37 - W38	56. L48 - L49	3 <sup>rd</sup> /4 <sup>th</sup>
	17. C2 - C4	26. D2 - D4			49. W39 - W40	57. W48 - W49	1 <sup>st</sup> /2 <sup>nd</sup>


**17. Schedule for nineteen (19) teams**

The nineteen teams shall play on Day 1 to Day 4 a preliminary round-robin in four Groups, A, B, C and D, with four teams in Group A and five teams in Groups B, C and D and with teams from B, C and D having for one day two matches.

The Quarter Finals shall be played on Day 5 with the 1<sup>st</sup> and 2<sup>nd</sup> placed teams and the 3<sup>rd</sup> and 4<sup>th</sup> placed teams shall play each other in a cross group format. The 5<sup>th</sup> placed teams shall play a round-robin for rankings 17<sup>th</sup> to 19<sup>th</sup>.

Semi-finals shall be played on Day 6 and the Finals on Day 7.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. B3 - B5	11. C4 - C5	20. D1 - D4	29. B2 - B5	37. 5B - 5C	46. 5B - 5D	55. 5C - 5D	17 <sup>th</sup> /18 <sup>th</sup> /19 <sup>th</sup>
2. B1 - B2	12. C1 - C3	21. D2 - D3	30. C2 - C5	38. 4A - 3D	47. L38 - L39	56. L47 - L48	15 <sup>th</sup> /16 <sup>th</sup>
3. C3 - C5	13. D4 - D5	22. A1 - A3	31. D2 - D5	39. 3A - 4D	48. L40 - L41	57. W47 - W48	13 <sup>th</sup> /14 <sup>th</sup>
4. C1 - C2	14. D1 - D3	23. B1 - B4	32. A1 - A4	40. 4B - 3C	49. W38 - W39	58. L49 - L50	11 <sup>th</sup> /12 <sup>th</sup>
5. D3 - D5	15. A2 - A4	24. B2 - B3	33. A2 - A3	41. 3B - 4C	50. W40 - W41	59. W49 - W50	9 <sup>th</sup> /10 <sup>th</sup>
6. D1 - D2	16. B4 - B5	25. C1 - C4	34. B3 - B4	42. 2A - 1D	51. L42 - L43	60. L51 - L52	7 <sup>th</sup> /8 <sup>th</sup>
7. A3 - A4	17. B1 - B3	26. C2 - C3	35. C3 - C4	43. 1A - 2D	52. L44 - L45	61. W51 - W52	5 <sup>th</sup> /6 <sup>th</sup>
8. A1 - A2	18. C1 - C5	27. D1 - D5	36. D3 - D4	44. 2B - 1C	53. W42 - W43	62. L53 - L54	3 <sup>rd</sup> /4 <sup>th</sup>
9. B1 - B5	19. C2 - C4	28. D2 - D4		45. 1B - 2C	54. W44 - W45	63. W53 - W54	1 <sup>st</sup> /2 <sup>nd</sup>
10. B2 - B4							

**18. Schedule for twenty (20) teams**

The twenty teams shall play on Day 1 to Day 4 a preliminary round-robin in four Groups, A, B, C and D, with five teams in each group and with teams from each group having for one day two matches.

The Quarter Finals shall be played on Day 5 with the 1<sup>st</sup> and 2<sup>nd</sup> placed teams and the 3<sup>rd</sup> and 4<sup>th</sup> placed teams from each group.

The 5<sup>th</sup> placed teams shall play each other in a cross group format.

Semi-finals shall be played on Day 6 and the finals on Day 7.



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Rankings
1. A3-A4	11. B3-B5	21. C4-C5	31. D1-D4	41. 5A-5D	51. L41-L42		<b>19<sup>th</sup>/20<sup>th</sup></b>
2. A2-A5	12. B1-B2	22. C1-C3	32. D2-D3	42. 5B-5C	52. W41-W42		<b>17<sup>th</sup>/18<sup>th</sup></b>
3. B3-B4	13. C3-C5	23. D4-D5	33. A1-A4	43. 4A-3D	53. L43-L44	61. L53-L54	<b>15<sup>th</sup>/16<sup>th</sup></b>
4. B2-B5	14. C1-C2	24. D1-D3	34. A2-A3	44. 3A-4D	54. L45-L46	62. W53-W54	<b>13<sup>th</sup>/14<sup>th</sup></b>
5. C3-C4	15. D3-D5	25. A4-A5	35. B1-B4	45. 4B-3C	55. W43-W44	63. L55-L56	<b>11<sup>th</sup>/12<sup>th</sup></b>
6. C2-C5	16. D1-D2	26. A1-A3	36. B2-B3	46. 3B-4C	56. W45-W46	64. W55-W56	<b>9<sup>th</sup>/10<sup>th</sup></b>
7. D3-D4	17. A3-A5	27. B4-B5	37. C1-C4	47. 2A-1D	57. L47-L48	65. L57-L58	<b>7<sup>th</sup>/8<sup>th</sup></b>
8. D2-D5	18. A1-A2	28. B1-B3	38. C2-C3	48. 1A-2D	58. L49-L50	66. W57-W58	<b>5<sup>th</sup>/6<sup>th</sup></b>
9. A1-A5	19. B1-B5	29. C1-C5	39. D1-D5	49. 2B-1C	59. W47-W48	67. L59-L60	<b>3<sup>rd</sup>/4<sup>th</sup></b>
10. A2-A4	20. B2-B4	30. C2-C4	40. D2-D4	50. 1B-2C	60. W49-W50	68. W59-W60	<b>1<sup>st</sup>/2<sup>nd</sup></b>

#### 8.1.5.4.4 Draw

The draw for the World Aquatics Masters Championships shall be made at least one month prior to start of the Water Polo competition. The seeding for the draw for the preliminary rounds shall be based on the placing at the previous World Aquatics Masters Championships as follows:

With two groups in the age group:

First line, the best and second best placed of the entered teams from the previous Championships,

Second line, two of the next best placed of the entered teams from the previous Championships,

The rest of the entered teams shall be placed in groups by a random draw.

With four groups in the age group:

First line, four of the best placed of the entered teams from the previous Championships,

The rest of the entered teams shall be placed in groups by a random draw.

Teams from the same country should not be drawn in the same group, if possible

The World Aquatics Masters Commission can decide, if needed, on additional criteria as base for the draw.

#### 8.1.5.5 Artistic Swimming

In World Aquatics Masters Championships a club may enter in Solo, Solo Tech Duet, Mixed Duet, Team and Free Combination in each age group.

A competitor can take part in only one Duet, Mixed Duet, Team and one Free Combination.

A female competitor can take part in both Duet and Mixed Duet.

Changes in names of competitors for a routine must be received by the Chief Recorder at least 14 days prior to the first event of the Artistic Swimming competition. The new competitor must have already registered for the competition with the organising committee.

The reserves listed in a routine must be of an age that any combination of the listed competitors would result in swimming in the same age group.

Any changes in reserves must be handed to the Chief Recorder in writing at least two hours prior to the listed start time for the age group routine. Changes after this can only be made in the case of sudden illness of or an accident to a competitor and if the reserve is ready to compete without delaying the competition.



A competitor may be listed as a reserve on more than one routine in an age group event. However, once a competitor swims in one routine, that competitor is ineligible to swim in another routine in the same age group event.

Failure to notify the Chief Recorder of substitution and/or scratches shall result in disqualification of the routine.

#### **8.1.5.5.1 Order of Appearance**

For the World Aquatics Masters Championships, a computer draw for the Technical Routines shall be done by the Chief Recorder at least 24 hours before the Technical Meeting.

The order of the draw shall be Team, Free Combination, Duet and Solo.

When a competitor(s) draws start number one (1) in a Technical Routine, they will be exempted from drawing start number one (1) in another Technical Routine in the same Age Group, if possible.

Swimming number one (1) in a Technical Routine does not make a routine exempt from swimming number one (1) in the Free Routine in the same event.

The order of appearance for the Free Routines in each age group shall be determined by the results of the Technical Routines for that age group event and shall be swum in groups of 6 competitors.

If the number of competitors is not divisible by 6, the smallest group shall start first.

If there are fewer than 12 entries in an age group event, the draw will be in two equal groups, the smallest group start first.

If there is a tie in the placement in an age group event which overlaps two groups, those competitors shall form a group of their own and swim between the original groups.

For each age group event, the lowest scoring competitors in the Technical Routine will swim in the first group and the highest scoring competitors will swim in the last group.

Within each age group in each event, the highest scoring competitor in the Technical Routine for that age group and event shall draw first, with the next competitors drawing in order of Technical Routine placement. In the case of ties, the order of draw shall be based on the Technical Routine start number, with the lowest start number drawing first.



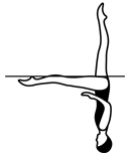

#### **8.1.5.5.2 Judging and Scoring**

At the World Aquatics Masters Championships at least four (4) judges shall officiate in three panels.

#### **8.1.5.5.3 For the World Aquatics Masters Championships the Degree of Difficulty for Required Elements shall be:**

##### **ELEMENT #1- 1.6**




FISHTAIL – from a Front Layout Position, a Front Pike Position is assumed; one leg is lifted to a Fishtail Position, the second leg is lifted to a Vertical Position (ending is optional).



				<b>Total</b>
<b>NVT=</b>	6.0	14.5	20.5	<b>41</b>
<b>PV=</b>	1.46	3.54	5.00	<b>1.61</b>

##### **ELEMENT #2 - 1.3**

SPLIT POSITION – followed by a walkout front or walkout back. The final DD is based on the lowest of the two values.






			<b>Total</b>	
<b>NVT=</b>	23.0	8.0		<b>31</b>
<b>PV =</b>	7.42	2.58		<b>1.42</b>

			<b>Total</b>	
<b>NVT=</b>	19.0	6.0		<b>25</b>
<b>PV =</b>	7.60	2.40		<b>1.31</b>







**ELEMENT #3 – 1.1**

SPINNING 180° – From a Bent Knee Position, a Spin 180° is executed as the legs are joined to a Vertical Position at the ankles followed by submergence.

			<b>Total</b>	
<b>NVT=</b>	15.0	0.0		<b>15</b>
<b>PV =</b>	10.0	0.0		<b>1.13</b>

**ELEMENT #4 – 1.3**




TRAVELLING BALLET LEG COMBINATION – Beginning in a Back-Layout Position a ballet leg alternate is executed with travel. The DD is based on the lowest value of two positions combined.

						<b>Total</b>	
<b>NVT=</b>	10.5	11.0	(13.0 or 18.5)	3.0	19.0		<b>21.5</b>
<b>PV=</b>	4.77	5.0		1.36	8.64		<b>1.25</b>

**ELEMENT #5 – 1.6**

BARRACUDA BENT KNEE – From the Back-Pike Position with the legs perpendicular and the toes just below the surface, a Thrust is executed as one leg is drawn along the inside of the other extended leg to assume a Bent Knee Vertical Position. A Vertical Descent is executed in a Bent Knee Vertical Position at the same tempo as the Thrust.



			<b>Total</b>
<b>NVT=</b>	28.0	11.0	<b>39</b>
<b>PV =</b>	7.18	2.82	<b>1.57</b>

### 8.1.6 Safety Marshalls for All Sports

The safety Marshal is a trained position designated by the OC.

Safety Marshals shall:

- Be visible by safety vest
- Be situated at each end of the competition pool,
- Actively monitor all scheduled warm pools and training
- Ensure competitors comply with warm-up safety procedures and report violations to the referee.

A minimum of 2 safety marshals are required for each end of every warm-up pool used during the competition.

### 8.1.7 Violations

Participants witnessed by a safety marshal diving or dangerously entering that water may be removed, by the referee, without warning from their first individual event following the warm-up period in which the violation occurred. They may also receive a verbal warning from the Safety Marshal. Participants receiving verbal warnings will have their names registered with the Event Management and World Aquatics and should subsequent violations occur the participant may be removed by the referee without warning from their first individual event.

In the case of a second offense during the same competition, the participant may be removed from the remainder of the competition by Event Management and/or World Aquatics.

### 8.1.8 Unsportsmanlike behaviour

Any participant found engaging in unsportsmanlike conduct, including but not limited to deliberate interference with another participant, verbal abuse towards officials, competitors, staff or volunteers, intentional obstruction, or any behavior deemed detrimental to the spirit of fair play, will face immediate disqualification from the event and potential disciplinary action by World Aquatics.

### 8.1.9 Return to competition after injury

Based on the recommendation of the LOC Medical Team/Local medical authorities, World Aquatics, as per Constitution Rule IV:17.1, may remove a participant from an Aquatics competition and/or take any other appropriate measure if such participation poses a risk for the health and safety of such participant.

### 8.1.10 World Aquatics Accepted Swimsuits

#### Accepted Swimsuits for World Aquatic Masters Championships

For cultural, medical, modesty or religious reasons, World Aquatics Masters Championships participants ("Athletes") may compete in a swimsuit that covers more of the body than would otherwise be permitted under Article 15.2 of Part Two of the World Aquatics Competition Regulations ("CR"). Such a swimsuit is identified or referred to herein as a "World Aquatics Accepted Swimsuit".

This rule regarding World Aquatics Accepted Swimsuits only applies to World Aquatics Masters Championships.

Capitalized terms not defined herein shall have the meanings ascribed to such terms in the current CR.

**World Aquatics Accepted Swimsuits:**

(i) shall be made of traditional permeable textile (i.e. open mesh) Material (such as cotton, nylon, Lycra and the like), with no application of surface treatment closing the open mesh structure, in accordance with the current CR. The Material shall be flexible and soft folding;

(ii) shall not provide any technical advantage or any performance enhancement in terms of speed, buoyancy, or compression, and such swimsuits may be subject to inspection by World Aquatics in respect thereof, before and after competition;

(iii) shall be modest, in good taste and shall not be transparent;

(iv) may cover additional body surfaces including the legs, arms and/or head, but shall not cover the face, as this is a safety and drowning risk; and

(v) may not raise any safety issues or risks, including, but not limited to, swimwear that prohibits the body from moving freely and/or swimwear that impedes buoyancy.

Athletes are not required to justify their choice of swimsuit; however, Athletes are required, upon request by World Aquatics, to provide additional information pertaining to matters within this rule to assist with World Aquatics' decisions.

Athletes shall have the opportunity to present their proposed swimsuits to the applicable World Aquatics Technical Officials at an organized meeting (the "Swimsuit Consultation") prior to the competition. If an Athlete fails to attend the Swimsuit Consultation, he or she bears the risk of his or her proposed swimsuit being rejected at any time. The decision to accept or not accept a swimsuit, as determined at the Swimsuit Consultation or at any time, shall be at the sole discretion of the World Aquatics Technical Officials.

Athletes shall wear only one swimsuit in one or two pieces. However, a specific opportunity to combine distinct upper and lower apparel components may be allowed (see the list of accepted /unacceptable swimsuits). World Aquatics Technical Officials may use their discretion to grant medical exemptions, enabling an Athlete to wear a swimsuit with an additional piece.

**World Aquatics Accepted Swimsuits:**

1. Full coverage with legging (with or without hood)
2.  $\frac{3}{4}$  length
3. Rash shirt or well-fitted t-shirt
4. Swim skirt
5. Swim shorts
6. Trunks
7. Briefs
8. Swimwear with zippers/fasteners

Lower apparel component #4, #5, #6, and #7 can be combined with upper apparel component #3.

Unacceptable swimsuits:

- Loose fitting t-shirts
- Full body suit
- Full leg suit
- Open Water swimsuit (approved or not)
- Jammers (that are not on the List of Approved Swimwear)
- Full-knee (that are not on the List of Approved Swimwear)
- Loose fitting shorts
- Street wear
- Sportswear



#### Notes

Modifications: World Aquatics Accepted Swimsuits shall not be modified by the Athlete.

Other swimwear: This rule only applies to swimsuits. Other swimwear including wetsuits, goggles and/or swim caps must be approved World Aquatics, in compliance with the Article 7 of Part One of the CR.

#### **Definitions**

**World Aquatics Approved Swimsuit:** A swimsuit that is approved by World Aquatics in accordance with the rules set forth in the Part One, Article 7 CR and valid on the date of approval. An Approved Swimsuit can be used at World Aquatics Competitions, World Aquatics Sanctioned Competitions, qualifying events for World Aquatics Competitions or Olympic Games and shall meet the requirements provided in Article 7 CR.

**World Aquatics Accepted Swimsuit:** A swimsuit that need not comply with the Article 7 CR and that may be authorised for use only in World Aquatics Masters Championships under the circumstances described above.



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