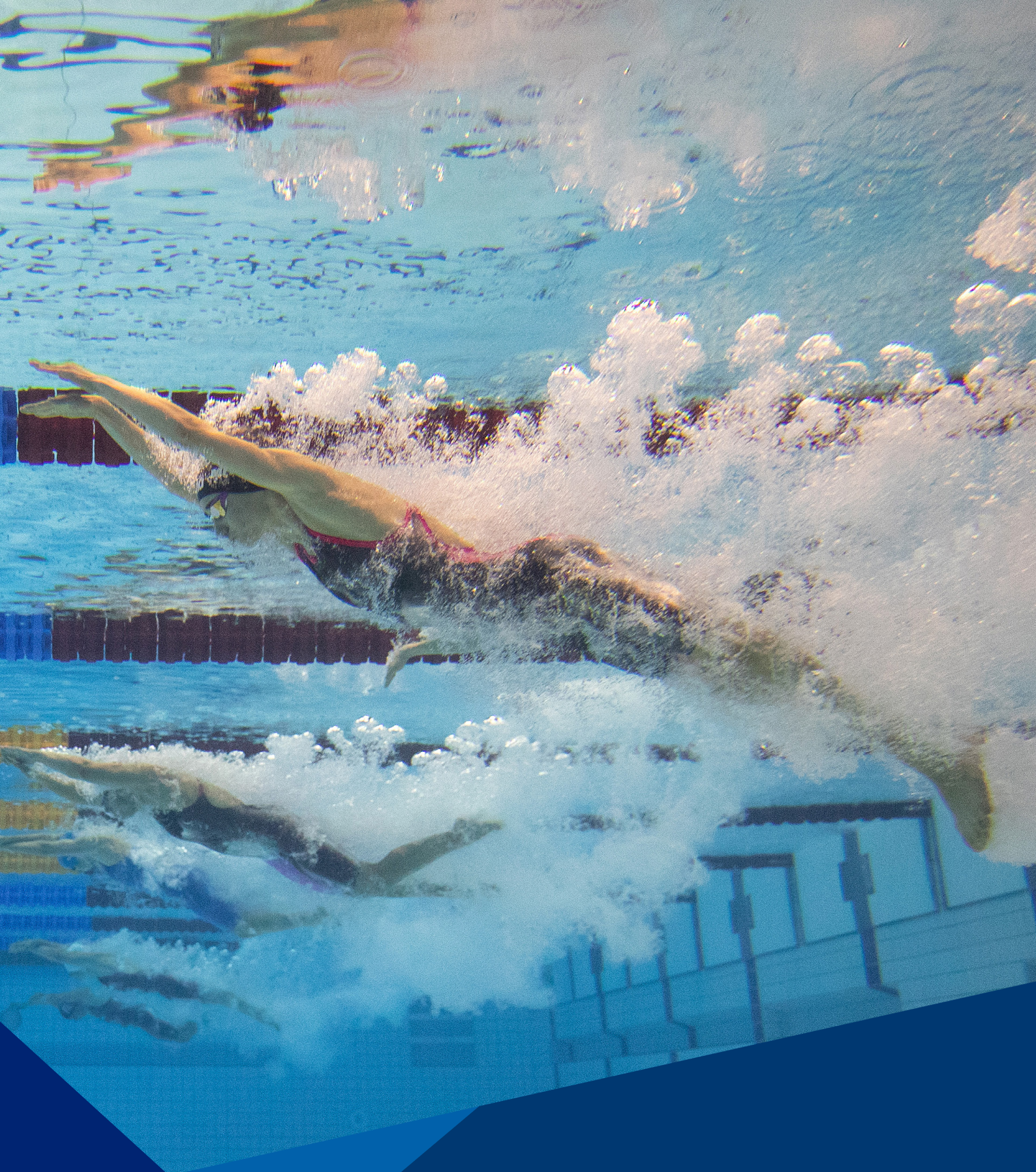




World Para Swimming

Rules and Regulations

June 2023





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PART A – GENERAL

1 Definitions

Athlete: for the purposes of these Rules and Regulations, any person who participates in Para swimming at the international level (as defined by World Para Swimming) or national level (as defined by each National Federation) and any additional person who participates in sport at a lower level if designated by the person's National Federation.

AOE: Automatic Officiating Equipment.

Backstroke: the stroke/discipline described in Rule 11.3 of these Rules and Regulations.

Breaststroke: the stroke/discipline described in Rule 11.4 of these Rules and Regulations.

Butterfly: the stroke/discipline described in Rule 11.5 of these Rules and Regulations.

Chief Medical Officer: the medical doctor appointed by the LOC for a World Para Swimming Championships and/or World Para Swimming Sanctioned Competition who is responsible for implementing the scope of medical services at that Competition.

Classification: grouping Athletes into Sport Classes (as defined in the IPC Athlete Classification Code) according to how much their impairment affects fundamental activities in each specific sport or discipline. This is also referred to as “Athlete Classification”.

Classification Panel: a group of Classifiers, appointed by World Para Swimming, to determine Sport Class and Sport Class Status in accordance with the World Para Swimming Classification Rules and Regulations.

Classifier: as defined in the World Para Swimming Classification Rules and Regulations.

Codes of Exception: technical exceptions that may be allocated to some Athletes in accordance with the provisions of the World Para Swimming Classification Rules and Regulations, due to nature of their impairment(s).

Competition: a series of individual Events conducted together under one ruling body, for example the 2023 Para Swimming World Championships.

Competition Rules: the World Para Swimming Competition Rules set out in Part C of these Rules.

Event: a single event that takes place at a Competition, for example the Men's 100m Freestyle S5 event.

FINA: the Federation International de Natation referred to from 2022 onwards as World Aquatics.

FINA Rules: the Federation International de Natation Competition Rules.

First Appearance: the first time an Athlete competes in an Event, the distance of which must be at least 100m during a Competition in a particular Sport Class, except for Sport Classes SB1-3 where the distance may be 50m.

Freestyle: the stroke/discipline described in Rule 11.2 of these Rules and Regulations.

Impairment: a Physical, Vision or Intellectual Impairment, each as defined in the World Para Swimming Classification Rules and Regulations.

International Federation: a sport federation recognised by the IPC as the sole world-wide representative of a sport for Athletes with an Impairment that has been granted the status as a Para sport by the IPC. The IPC and IOSDs act as an International Federation for certain Para sports.

IOC: the International Olympic Committee.

IOSD: International Organisation of Sport for the Disabled, an independent organisation recognised by the IPC as the sole worldwide representative for a specific impairment group to the IPC.

IPC: the International Paralympic Committee.

IPC Games: the Paralympic Games and IPC Regional Games.

LOC: Local Organising Committee, an organisation appointed by World Para Swimming to organise a World Para Swimming Championships or World Para Swimming Sanctioned

Competition.

Long Course: a Competition that is run in a fifty (50) metre swimming pool.

Medley: the combination of strokes/disciplines described in Rule 11.6 of these Rules and Regulations.

Minimum Entry Time (MET): a list of race times, per Event and Sport Class, an Athlete must achieve to enter the competition, provided they also meet a MQS for another Event. MET times shall be defined in the Qualification Guide for each specific competition.

Minimum Qualifying Standards (MQS): a list of race times, per Event and Sport Class, an Athlete must achieve to enter the competition. MQS times shall be defined in the Technical Documentation for each specific competition.

National Federation: the national member of an International Federation.

NPC: National Paralympic Committee, the national member of the IPC who is the sole representative of Athletes with an impairment in that country or territory. These are the national members of the IPC.

Observation in Competition Assessment: the observation of an Athlete with a Physical Impairment or Intellectual Impairment in a Competition by a Classification Panel so that the Classification Panel can complete its determination as to the extent to which an Eligible Impairment (as defined in the World Para Swimming Classification Rules and Regulations) affects that Athlete's ability to execute the specific tasks and activities fundamental to the sport.

Official: a World Para Swimming-certified official.

Para sport: a sport governed by the IPC Athlete Classification Code and recognised as a Para sport by the IPC.

Programme of Events: a list of Events in the order they are going to be swum.

Publication of the Official Results: the publication of the official results of each heat and final. These will be published in a designated area identified by the LOC and World Para

Swimming by officials authorised to post the official results. The place is to be communicated at the Technical Meeting/Team Leader Meeting or in the Technical Documentation.

Referee: the person appointed to adjudicate World Para Swimming Recognised Competitions.

Relay Event: the Event type described in Rule 11.7 of these Rules and Regulations.

Session: a session of heats or finals comprising a series of Events.

Short Course: a Competition that is run in a twenty-five (25) metre swimming pool.

Sport Class: as defined in the World Para Swimming Classification Rules and Regulations.

Sport Class Status: as defined in the World Para Swimming Classification Rules and Regulations.

Support Staff: any person designated by an NPC to assist an Athlete with logistics or directional instructions.

Tapper: Support Staff that assists an Athlete with a Vision Impairment when they approach the end of the pool.

Tapping Device: a device used by a Tapper(s) to assists an Athlete with a Vision Impairment when they approach the end of the pool.

Team Leader: an accredited team official who represents their delegation.

Technical Delegate (TD): a person appointed by World Para Swimming to monitor and oversee a World Para Swimming Recognised Competition and to ensure all technical operations are conducted in accordance with these Rules and Regulations.

Technical Documentation: document(s) published by World Para Swimming or the relevant organising committee or governing body that outlines relevant entry criteria and other Competition-specific rules and regulations that are not identified in these Rules and Regulations (e.g. MQS, list of Events, Competition-specific entry criteria, etc.).

Technical Meeting/Team Leader Meeting: a meeting for all teams which takes place before

IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions to disseminate information regarding Competition logistics and Competition-specific Rules and Regulations.

Technical Official: Officials appointed to enforce these Rules and Regulations at World Para Swimming Recognised Competitions and to ensure the fairness, integrity and safety of the Competition. For a list of Technical Officials' roles refer to Rule 10.2.

Victory Ceremony: a protocol ceremony for each Event where medals are awarded to the winners of the race.

WADA: the World Anti-Doping Agency.

WADC: the World Anti-Doping Code.

WPS: World Para Swimming.

World Para Swimming Approved Competitions: international, national and National Federation endorsed competitions for the sport of Para swimming that have been approved by World Para Swimming.

World Para Swimming Athlete License: a license issued by World Para Swimming in accordance with its licensing programme to enable Athletes to compete in IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions, and to have their results from World Para Swimming Approved Competitions recognised by World Para Swimming.

World Para Swimming Championships: World Para Swimming Championships and World Para Swimming Regional Championships.

World Para Swimming Recognised Competitions: IPC Games, World Para Swimming Championships, World Para Swimming Sanctioned Competitions and World Para Swimming Approved Competitions.

World Para Swimming Sanctioned Competitions: World Para Swimming World Series, Regional Competitions and other World Para Swimming international competitions

determined by World Para Swimming.

2 General Provisions

2.1 Scope and application

- 2.1.1 These World Para Swimming Rules and Regulations comprise the World Para Swimming Regulations (“Regulations”) in Parts A and B of this document and the World Para Swimming Competition Rules (“Competition Rules”) in Part C (together referred to as “these Rules and Regulations”).
- 2.1.2 These Rules and Regulations are mandatory for all World Para Swimming Recognised Competitions.
- 2.1.3 All participants (including, but not limited to, Athletes and support personnel, coaches, trainers, managers, interpreters, team staff, officials, medical or paramedical personnel) of any World Para Swimming Recognised Competitions agree to be bound by these Rules and Regulations as a condition of such participation.
- 2.1.4 The World Para Swimming Classification Rules and Regulations are an integral part of these Rules and Regulations and are located on the World Para Swimming website. Any capitalised terms not otherwise defined in these Rules and Regulations shall have the meaning given to them in the World Para Swimming Classification Rules and Regulations.
- 2.1.5 The IPC Handbook is an integral part of the governance of the sport of Para swimming.
- 2.1.6 Any matter not addressed in these Rules and Regulations shall be determined by World Para Swimming, in its sole discretion.
- 2.1.7 These Rules and Regulations will be effective from **June 2023**.**

2.2 Interpretation

- 2.2.1 References to a ‘Regulation’ mean a Regulation referred to in Part B of these

Rules and Regulations, references to a 'Rule' mean a Rule referred to in Part C of these Rules and Regulations, references to an 'Appendix' means an Appendix to these Rules and Regulations, and capitalised terms used in these Rules and Regulations have the meaning given to them in the Definitions section of these Rules and Regulations or as otherwise defined in these Rules and Regulations.

- 2.2.2 Any comments annotating various provisions of these Rules shall be used to interpret these Rules and Regulations.
- 2.2.3 Headings used in these Rules and Regulations are used for convenience only and have no meaning that is separate from the Regulation(s) or Rule(s) to which they refer.
- 2.2.4 All references to the words "he", "his" or "him" in these Rules and Regulations also mean the words "she", "hers" or "her".

2.3 Governance

- 2.3.1 The IPC acts as the International Federation for and governs the sport of Para swimming. It carries out these responsibilities under the name "World Para Swimming" and the term "World Para Swimming" must be read in these Rules and Regulations as the IPC and vice versa.

2.4 Printing of the Rules and Regulations

- 2.4.1 These Rules and Regulations are the copyright property of the IPC and have been published for the benefit of NPCs, Athletes, officials and others who are engaged in an official capacity with World Para Swimming. These Rules and Regulations may be reprinted or translated by any organisation with a legitimate need to do so, subject to IPC's continuing ability to assert its copyright in the Rules and Regulations, including the right to insist on an assignment to the IPC of the copyright in any translated version of these Rules and Regulations. Any other organisation must obtain the permission of the IPC prior to reprinting,

translating, or publishing these Rules and Regulations.

- 2.4.2 The English version of these Rules and Regulations shall be accepted as the authoritative version for the purpose of interpretation.

2.5 Amendments to the Rules and Regulations

- 2.5.1 These Rules and Regulations may be amended at any time by the IPC or World Para Swimming as a result, for example, of changes in Classification related matters, the FINA Rules, or where World Para Swimming otherwise considers it necessary to do so.

PART B – WORLD PARA SWIMMING REGULATIONS

3 World Para Swimming Recognised Competitions

3.1 Competition levels

3.1.1 World Para Swimming categorises Competitions based on their scale, size, and nature to determine the applicable requirements at each Competition.

3.1.2 World Para Swimming Recognised Competition levels are as follows:

IPC Games	Paralympic Games Parapan American Games*
World Para Swimming Championships	World Para Swimming Championships World Para Swimming Regional Championships
World Para Swimming Sanctioned Competitions	World Para Swimming World Series Regional Competitions/Games determined by World Para Swimming Any other World Para Swimming international Competitions determined by World Para Swimming
World Para Swimming Approved Competitions	International Competitions for the sport of Para swimming National Competitions for the sport of Para swimming National Federation endorsed Competitions Any other Competitions for the sport of Para swimming determined by World Para Swimming

* This applies only to the Santiago 2023 Parapan American Games

3.2 Competition requirements

- 3.2.1 The organisational requirements and competition fees for each level of World Para Swimming Recognised Competitions (excluding IPC Games) are outlined on the World Para Swimming website.

3.3 Competition management

- 3.3.1 The IPC shall manage all IPC Games.
- 3.3.2 World Para Swimming shall have the right to manage all World Para Swimming Championships and World Para Swimming Sanctioned Competitions. It also shall have the right to oversee all World Para Swimming Approved Competitions. The words World, Regional and World Para Swimming may not be used in connection with any Para Swimming Competition or Event without the prior written consent of World Para Swimming. In addition, the IPC is the owner of all rights of whatever kind or nature in respect of the terms "Paralympics" and "Paralympic", the term "Para" when associated with or any IPC activities, the IPC motto, flag and anthem, the Paralympic Symbol (three Agitos design) and any other trademarks, logos and other indicia used or intended to be used in the context of the Paralympic Movement.
- 3.3.3 World Para Swimming shall enforce these Rules and Regulations for all World Para Swimming Recognised Competitions. World Para Swimming shall have jurisdiction over all matters not assigned by the Rules to another person or entity (such as an Official or LOC).
- 3.3.4 The Events, Programme of Events and Event format for all World Para Swimming Recognised Competitions are outlined in the Competition Rules.

3.4 Competition entries

- 3.4.1 All entries to participate in World Para Swimming Championships and World Para Swimming Sanctioned Competitions must be in accordance with these Rules and Regulations and the Technical Documentation outlined on the World

Para Swimming website.

3.4.2 The entry criteria and minimum qualifying standards for the IPC Games shall be defined in the Technical Documentation outlined on the IPC website.

3.4.3 The entry criteria and minimum qualifying standards for each World Para Swimming Championships and World Para Swimming Sanctioned Competition shall be defined in the Technical Documentation outlined on the World Para Swimming website.

3.5 Recognition of results

3.5.1 Subject to Rules 10.17 and 10.18 below, World Para Swimming accepts results achieved at World Para Swimming Recognised Competitions by eligible Athletes (in accordance with Regulation 4) solely for the following purposes:

3.5.1.1 World Para Swimming rankings;

3.5.1.2 World Para Swimming records;

3.5.1.3 achieving qualification standards for entry into IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions; and/or

3.5.1.4 allocation of NPC qualification slots for IPC Games and/or World Para Swimming Championships.

3.6 Advertising and displays during Competitions

3.6.1 The IPC determines the advertising requirements at IPC Games.

3.6.2 The World Para Swimming Uniform and Equipment Advertising Regulations (located on the World Para Swimming website) outline the advertising permitted by World Para Swimming at World Para Swimming Championships. During all other World Para Swimming Recognised Competitions (except IPC Games), unless Competition specific advertising requirements exist, the IPC and, with the approval of the IPC, the relevant LOC, shall adopt the applicable advertising requirements.

3.6.3 For all World Para Swimming Recognised Competitions:

- 3.6.3.1 body advertisements (including, but not limited to, tattoos and symbols) are not permitted; and
- 3.6.3.2 advertising for tobacco, alcohol or sports-related betting is not permitted.

3.7 Anti-gambling requirements

- 3.7.1 The IPC may adopt anti-gambling regulations, policies, codes and/or requirements from time to time, which will be binding on all participants of World Para Swimming Recognised Competitions.

4 Eligibility & Classification

4.1 Eligibility requirements – IPC Games

- 4.1.1 The IPC determines the eligibility requirements for IPC Games.

4.2 Eligibility requirements – World Para Swimming Championships and World Para Swimming Sanctioned Competitions

- 4.2.1 To meet the eligibility requirements to participate in World Para Swimming Championships and World Para Swimming Sanctioned Competitions an Athlete must:
 - 4.2.1.1 hold a valid World Para Swimming Athlete License issued by WPS in accordance with the WPS Licensing Regulations (located on the World Para Swimming website);
 - 4.2.1.2 be internationally classified and have been assigned a Sport Class (other than not Eligible (NE)) in accordance with the World Para Swimming Classification Rules and Regulations;
 - 4.2.1.3 be entered by their NPC (or National Federation if such responsibility has been delegated by the NPC), in either case the NPC being a member in good standing of the IPC;

- 4.2.1.4 satisfy the nationality requirements of the IPC Athlete Nationality Policy (located on the IPC website);
- 4.2.1.5 not be suspended or otherwise sanctioned;
- 4.2.1.6 Be 12 years of age or older (subject to the table below outlining the age categories for youth Para swimming Competitions) by 31 December in the year of the Competition; and not exceed the maximum age by 31 December in the year of the Competition, in accordance with the following table:

Age Categories (age on the 31 December in the year of the Competition)	Gender	Min. Age	Max. Age
Men 12-16	Male	12	16
Men 17-18	Male	17	18
Women 12-15	Female	12	15
Women 16-18	Female	16	18

4.3 Eligibility requirements – World Para Swimming Approved Competitions

- 4.3.1 In order to compete in World Para Swimming Approved Competitions an Athlete must meet the eligibility requirements determined by the relevant organising committee or governing body.

4.4 Qualification requirements

- 4.4.1 In addition to the eligibility requirements outlined above, in order to compete in World Para Swimming Recognised Competitions an Athlete must also meet the qualification standards, qualification criteria and any sport entry rules applicable to the relevant World Para Swimming Recognised Competition.

4.5 Gender

- 4.5.1 Subject to Regulation 4.5.3 below, an Athlete shall be eligible to compete in men's competition if he is:
 - 4.5.1.1 recognised as male in law; and
 - 4.5.1.2 eligible to compete under these Rules and Regulations.
- 4.5.2 Subject to Regulation 4.5.3 below, an Athlete shall be eligible to compete in women's competition if she is:
 - 4.5.2.1 recognised as female in law; and
 - 4.5.2.2 eligible to compete under these Rules and Regulations.
- 4.5.3 World Para Swimming will deal with any cases involving transgender Athletes in accordance with the IOC's transgender guidelines (as amended by the IOC from time to time) and any applicable World Para Swimming regulations.
- 4.5.4 The eligibility of persons recognised as third gender in law will be determined by the IPC on a case-by-case basis, in accordance with any applicable World Para Swimming regulations.

4.6 Classification

- 4.6.1 World Para Swimming shall determine the World Para Swimming Recognised Competitions where international Classification will be offered. At such Competitions, Classification will be conducted prior to the start of each Competition in accordance with the World Para Swimming Classification Rules and Regulations.
- 4.6.2 An Athlete who has not been assessed by a World Para Swimming Classification Panel will not meet the eligibility criteria (set out in this Regulation 4) to compete in IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions.

5 Anti-Doping

5.1 Anti-Doping requirements

- 5.1.1 The IPC Anti-Doping Code (located on the IPC website) applies to all IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions.
- 5.1.2 World Para-Swimming Approved Competitions must be conducted in accordance with the Anti-Doping rules of the relevant governing body and the WADC International Standards. In order for a World Record to be recognised by World Para Swimming (see Rule 10.18), doping control conducted in accordance with the WADA International Standard for Testing and Investigations must be conducted at the competition that the record is set, and random testing (urine only or urine and blood) must have been arranged in advance of the start of the first day of competition. It is not a requirement that an Athlete who has broken a World Record is selected for testing. In the case where a World Record is broken at a Competition at which doping control has not been conducted in accordance with this Regulation 5.1.2, the World Record shall not be recognised.

6 Medical

6.1 Medical requirements

- 6.1.1 The IPC Medical Code (located on the IPC website) applies to all IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions.
- 6.1.2 The medical and safety rules of the organising committee or relevant governing body apply to all World Para Swimming Approved Competitions.

6.2 Medical responsibilities

- 6.2.1 In accordance with the IPC Medical Code, all Athletes who compete in IPC Games, World Para Swimming Championships and World Para Swimming

Sanctioned Competitions are responsible for their own physical and mental health and for their own medical supervision.

- 6.2.2 By entering in an IPC Games, World Para Swimming Championships or a World Para Swimming Sanctioned Competition, an Athlete releases the IPC and World Para Swimming from any liability to the extent permitted by law for any loss, injury, or damage that they may suffer in relation to, or as a result of, their participation in Classification, the relevant Competition.
- 6.2.3 Notwithstanding the above Regulations 6.2.1 and 6.2.2, NPCs shall use best efforts to ensure the physical and mental health of all Athletes under their jurisdiction prior to their participation in IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions.
- 6.2.4 Every NPC is responsible for ensuring that appropriate and continuous medical monitoring of its Athletes is undertaken. It is further recommended that NPCs organise for a periodic health evaluation of each Athlete that it enters in an IPC Games, World Para Swimming Championships or World Para Swimming Sanctioned Competition and that NPCs appoint a team physician to attend all such Competitions.
- 6.2.5 The Referee will be entitled to prevent any Athlete from competing where in the Referee's opinion it would be dangerous for the Athlete to compete, including where the safety of other Athletes, officials, spectators and/or the Competition itself is put at risk.
- 6.2.6 At all times, the overriding priority must be to safeguard the health and safety of Athletes, officials and spectators. The outcome of the relevant Competition must never influence such decisions.

6.3 Medical withdrawal request

- 6.3.1 At all IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions the official World Para Swimming Medical

Withdrawal Request Form (located on the World Para Swimming website) must be submitted to the World Para Swimming office (before attendance) or Sports Info Desk (SID) once on site, in order to officially request the withdrawal of an Athlete from the relevant competition after submission of the final entry numbers.

- 6.3.2 The Medical Withdrawal Request Form must be signed by the Athlete and the team physician of the Athlete. In the event there is no team physician, if the team has an agreement to use the physician of another team, that physician may sign the form. Alternatively, the LOC Chief Medical Officer may do so.
- 6.3.3 All sections of the Medical Withdrawal Request Form must be completed.
- 6.3.4 All Medical Withdrawal Request Forms must be submitted at least thirty (30) minutes prior to the start of the session of the relevant Event of the Competition. If this is not possible (for example due to the onset of an acute injury or illness within the thirty (30) minutes prior to the relevant Event) an explanation must be provided in the Medical Withdrawal Request Form.
- 6.3.5** World Para Swimming shall determine whether a Medical Withdrawal Request is accepted. This decision is final with no opportunity to protest or appeal.

6.4 Medical insurance

- 6.4.1 NPCs are responsible for ensuring suitable medical provision and medical insurance coverage for their respective delegations for World Para Swimming Recognised Competitions and (subject to Regulation 6.4.2 below) for the full duration of the relevant Competition, including travel to and from such Competitions. NPCs must provide a copy of this insurance to World Para Swimming if requested.
- 6.4.2 It shall be the responsibility of the LOC in each case to ensure on-site medical, emergency ambulance, first aid services and medical insurance coverage is provided at all IPC Games, World Para Swimming Championships and World

Para Swimming Sanctioned Competitions.

6.5 Medical and safety services at IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions

- 6.5.1 The IPC shall be responsible for implementing the medical and safety services for IPC Games in accordance with the relevant host agreement.
- 6.5.2 LOCs shall be responsible for implementing the medical and safety services at World Para Swimming Championships and World Para Swimming Sanctioned Competitions.
- 6.5.3 A Competition Chief Medical Officer shall be appointed by the LOC (with the approval of WPS) for each World Para Swimming Championships and World Para Swimming Sanctioned Competition to prepare and co-ordinate the medical services and safety requirements during the relevant Competition.

6.6 Medical services

6.6.1 Blood Lactate Testing

- 6.6.1.1 Any country wishing to conduct blood lactate testing on one or more of its Athletes at an IPC Games and World Para Swimming Championships must submit a formal application and follow the protocol determined by World Para Swimming.
- 6.6.1.2 The LOC shall provide facilities for the safe disposal of used needles/sharps and of contaminated waste in accordance with local public health laws.

6.6.2 Protective Medical Taping

- 6.6.2.1 An Athlete who wishes to compete with protective medical taping (covering for example: open wound, pressure sores, stoma, sensitive skin) must receive clearance from the Referee (in consultation with the Chief Medical Officer, if on site) prior to the start of each session or from the moment the taping is required. Violating this rule may result in the Athlete being

disqualified and/or disallowed from competing further in the Competition.

6.7 Harassment

- 6.7.1 The dignity of every individual must be respected. All forms of abuse and/or harassment are prohibited. The IPC Code of Ethics and the IPC Policy on Non-accidental Violence and Abuse (located on the IPC website) apply to all World Para Swimming Recognised Competitions.

6.8 Autonomic dysreflexia

- 6.8.1 The IPC Policy on Autonomic Dysreflexia (located on the IPC website) applies to all World Para Swimming Recognised Competitions.

6.9 Hypoxic or hyperoxic chambers or tents

- 6.9.1 The use of hypoxic or hyperoxic chambers or tents is prohibited at all World Para Swimming Recognised Competitions.

6.10 Smoking ban

- 6.10.1 Smoking is prohibited during competition at all venues of World Para Swimming Recognised Competitions.

7 Technology and Equipment

7.1 Fundamental principles

- 7.1.1 The IPC Policy on Sport Equipment (located on the IPC website) applies to all World Para Swimming Recognised Competitions.

8 Disciplinary rules

8.1 General Disciplinary Provisions

- 8.1.1 The IPC Code of Ethics (located on the IPC website) shall apply to all participants of World Para Swimming Recognised Competitions.
- 8.1.2 In addition to any specific provisions of these Rules and Regulations providing for disqualification, an Athlete, team official, team member or any other individual may have their accreditation withdrawn and/or be disqualified from

an Event(s) or Competition(s) by World Para Swimming, if, in the reasonable opinion of World Para Swimming, they:

- 8.1.2.1 contravene the spirit of fair-play or obstruct any Officials in their official duties;
- 8.1.2.2 behave in a manner which may actually or potentially bring into disrepute World Para Swimming, the IPC, any International Federation and/or the LOC; or
- 8.1.2.3 breach any protocol or procedure put in place by an LOC and/or World Para Swimming for an Event or Competition (for example in relation to health, safety or security of Athletes including any protocols put in place in relation to the coronavirus pandemic).

8.2 Disciplinary action

- 8.2.1 Further disciplinary action, including in relation to situations that are not covered by these Rules and Regulations, may be taken against any individual bound by these Rules and Regulations on a case-by-case basis by World Para Swimming and/or the Technical Delegate, in consultation with World Para Swimming. Further action(s) may be taken at World Para Swimming's discretion.

9 Protests & Appeals

9.1 Field of play

- 9.1.1 Protests and appeals relating to the field of play shall be determined in accordance with the World Para Swimming Competition Rules (Part C of these Rules and Regulations).

9.2 Anti-doping

- 9.2.1 All anti-doping rule violations, including any appeals regarding such violations, shall be determined in accordance with the IPC Anti-Doping Code.

9.3 Classification

- 9.3.1 Protests and appeals relating to Classification shall be determined in accordance with the World Para Swimming Classification Rules and Regulations.

PART C – WORLD PARA SWIMMING COMPETITION RULES

10 General Competition Rules

These Rules apply to all World Para Swimming Recognised Competitions.

10.1 Competition Management

- 10.1.1 At all World Para Swimming Approved Competitions, the organising committee or relevant governing body shall appoint a sufficient number of officials to ensure the fairness, integrity and safety of the Competition.
- 10.1.2 At all World Para Swimming Approved Competitions, World Para Swimming shall be responsible for the appointment of a Technical Delegate and/or Assistant Technical Delegate, at its discretion.
- 10.1.3 At all IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions, World Para Swimming shall have the right to appoint or approve the following minimum number of Technical Officials to run the Competition, at its discretion:
 - a) Referees (2);
 - b) Control-Room Supervisor (1);
 - c) Judges of Stroke (4);
 - d) Starters (2);
 - e) Chief Inspector of Turns (2 total, 1 at each end of the pool);
 - f) Inspectors of Turns (1 at each end of each lane);
 - g) Clerks of Course (2);
 - h) Announcer (1) (if required by World Para Swimming).
- 10.1.4 At all World Para Swimming Recognised Competitions where international classification is to be offered, World Para Swimming shall be responsible for the appointment of the Classification Panel.
- 10.1.5 For IPC Games, World Para Swimming Championships and WPS Sanctioned Competitions, a LOC shall be appointed to manage the competition, under the

direction of WPS. The LOC, with the approval of World Para Swimming, shall be responsible for the delivery of the entire Competition, including the installation and operation of all technical equipment prior to and during competition.

10.2 Officials

This section sets out the roles and responsibilities of each of the Technical Officials who may be appointed to act at World Para Swimming Recognised Competitions, and any Rules specific to that role not otherwise set out in these Rules and Regulations.

10.2.1 Technical Delegate (TD) and Assistant Technical Delegate (ATD)

10.2.1.1 The Technical Delegate is appointed by World Para Swimming to oversee all technical matters, the set-up and conduct of the competition, and to ensure World Para Swimming Rules and Regulations are upheld.

10.2.1.2 For health and safety reasons, the Technical Delegate may, in their discretion, allocate an additional Code(s) of Exception to an Athlete(s). Such code(s) are applicable only for that competition and will not appear in the World Para Swimming Classification Master List.

10.2.1.3 The roles and responsibilities of the Assistant Technical Delegate, if appointed, shall be determined by the Technical Delegate.

10.2.2 Referee

10.2.2.1 The Referee shall have full control and authority over all Technical Officials, approve their assignments, and instruct them regarding all special features or regulations during the sessions. The Referee shall enforce the World Para Swimming Rules and Regulations and shall decide all questions relating to the actual conduct of the Competition, where the final settlement of which is not otherwise covered in these World Para Swimming Rules and Regulations or the World Para Swimming Classification Rules and Regulations.

- 10.2.2.2 The Referee may intervene in the Competition at any stage to ensure that the World Para Swimming Rules and Regulations are observed, and shall adjudicate all technical protests related to the Competition in progress.
- 10.2.2.3 The Referee shall determine finish placings where necessary. Automatic Officiating Equipment (AOE) shall be consulted as stated in Rule 10.11.
- 10.2.2.4 The Referee shall ensure that all necessary Technical Officials are in their respective posts for the conduct of the Sessions. The Referee shall appoint substitutes for any Technical Officials who are absent, incapable of acting or found to be inefficient. The Referee may appoint additional Technical Officials if considered necessary.
- 10.2.2.5 A disqualification for starting before the starting signal must be observed by either the Referee or Starter. It is not necessary that both Referee and Starter have observed the infraction. When AOE is available, it may be used to verify the disqualification.
- 10.2.2.6 The Referee shall disqualify any Athlete for any other violation of World Para Swimming Rules and Regulations that he personally observes. The Referee may also disqualify any Athlete for any violation reported to them by other Officials.
- 10.2.2.7 All potential infractions shall be verbally reported to the Referee by the relevant Technical Official(s). Once confirmed by the Referee, a signed disqualification report shall be completed by the reporting Technical Official, detailing the Event, lane number and the infraction.
- 10.2.2.8 The Referee shall appoint Technical Officials who shall determine, in relay Events, whether the starting Athlete is in contact with starting platform when the preceding Athlete touches the wall. When AOE capable of judging relay take-offs is available, it shall be used in accordance with Rule 10.11.

10.2.3 Control Room Supervisor

- 10.2.3.1 The Control Room Supervisor shall supervise the operation of the AOE.
- 10.2.3.2 The Control Room Supervisor is responsible for the accuracy of the start and result lists (including medical withdrawals, disqualification, outcomes of protests, Sport Class changes).
- 10.2.3.3 The Control Room Supervisor is responsible for checking the results from computer printouts.
- 10.2.3.4 The Control Room Supervisor is responsible for checking the relay exchange report and reporting any early take-offs to the Referee.
- 10.2.3.5 The Control Room Supervisor may review the overhead video-timing system to confirm early take-off.
- 10.2.3.6 The Control Room Supervisor shall record any Athletes that failed to swim when required without submitting a medical withdrawal.

10.2.4 Starter

- 10.2.4.1 The Starter shall have control of the Athletes from the time the Referee turns the Athletes over to them (see Rule 11.1.1) until the race has commenced. The start shall be given in accordance with Rule 11.1.
- 10.2.4.2 The Starter shall report all irregularities during the start to the Referee.
- 10.2.4.3 The Starter shall have power to decide whether the start is fair, subject only to the decision of the Referee.
- 10.2.4.4 When starting an Event, the Starter shall stand on the side of the pool within approximately five (5) metres of the starting edge of the pool where the timekeepers can see and hear the starting signal and the Athletes can hear the signal.
- 10.2.4.5 The Starter shall report to the Referee any violation observed within their

jurisdiction.

10.2.5 Call Room Supervisor

10.2.5.1 The Call Room Supervisor shall assemble Athletes prior to each Event.

10.2.5.2 The Call Room Supervisor shall report to the Referee any violation noted regarding advertising, swimwear regulations and if an Athlete is not present when on the start list.

10.2.6 Chief Inspector of Turns

10.2.6.1 The Chief Inspector of Turns shall ensure that Inspectors of Turns fulfil their duties during the Event and shall observe the starts, turns and finishes to assist the Inspectors of Turns.

10.2.6.2 The Chief Inspector of Turns shall report to the Referee any violation observed within their jurisdiction.

10.2.7 Inspectors of Turns

10.2.7.1 One (1) Inspector of Turns shall be assigned to each lane at each end of the pool, to ensure Athletes comply with the Competition Rules after the start, for each turn, and at the finish of each Event.

10.2.7.2 Jurisdiction for the Inspectors of Turns at the starting 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.

10.2.7.3 For each turn, jurisdiction for the Inspectors 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.

10.2.7.4 Jurisdiction for the Inspectors of Turns at the finish commences from the beginning of the last arm stroke before touching.

- 10.2.7.5 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).
- 10.2.7.6 In individual Events of 800 and 1500 metres, each Inspector of Turns at the start or turning end of the pool shall record the number of laps completed by the Athlete in their lane and keep the Athlete informed of the remaining number of laps to be completed by displaying 'lap cards'. Semi-electronic equipment may be used, including under water display.
- 10.2.7.7 Each Inspector at the starting end shall give a warning signal when the Athlete in their lane has two (2) 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 Athlete has reached the five (5) metres mark on the lane rope. The warning signal may be by whistle or bell.
- 10.2.7.8 For Athletes with a hearing impairment, the Inspectors of Turns shall use a visual cue to indicate to the Athlete that they have two (2) lengths to swim to finish in individual Events of 800 and 1500 metres.
- 10.2.7.9 For Athletes with hearing and/or Vision Impairment, the Inspectors of Turns shall notify the Tapper 15 metres and two (2) lengths before the completion of the 800 and 1500 metres Events. It shall be the responsibility of the tapper to indicate to the Athlete that they are commencing the final two (2) lengths.
- 10.2.7.10 Inspectors of Turns shall report to the Referee any violation observed within their jurisdiction.
- 10.2.8 Judges of Stroke
 - 10.2.8.1 Judges of Stroke shall be allocated on each side of the pool.
 - 10.2.8.2 Each Judge of Stroke shall check that the rules related to the style of

swimming designated for the Event are being upheld, and shall observe the starts, turns and finishes to assist the Inspectors of Turns.

10.2.8.3 Judges of Stroke shall check that Rule 11.8.8 is upheld.

10.2.8.4 Judges of Stroke shall report to the Referee any violation observed in their jurisdiction.

10.2.9 Chief Timekeeper

10.2.9.1 The Chief Timekeeper shall assign the seating positions for all Timekeepers and the lanes for which they are responsible.

10.2.9.2 The Chief Timekeeper shall collect from each Timekeeper their start sheet, a card showing the time recorded, and if necessary, inspect their watches.

10.2.9.3 The Chief Timekeeper shall record or examine the official time on their start sheet for each lane, and report to the Referee.

10.2.9.4 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.

10.2.10 Timekeepers

10.2.10.1 Each Timekeeper shall take the time of the Athlete in the lane assigned to them in accordance with 10.11.

10.2.10.2 Each Timekeeper shall start their watch at the starting signal and shall stop it when the Athlete in their lane has completed the race.
Timekeepers may be instructed by the Chief Timekeeper to record times at intermediate distances in Events longer than 100 metres.

10.2.10.3 Promptly after the race, the Timekeepers in each lane shall record the times on their watches on their start sheet, give it 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.

10.2.11 Video Review Supervisor

- 10.2.11.1 The Video Review Supervisor shall ensure that Video Review Judges are in their respective posts and fulfil their duties during the Competition.
- 10.2.11.2 The Video Review Supervisor shall review and confirm all rule infractions reported to them by the Video Review Judges.
- 10.2.11.3 The Video Review Supervisor shall review and confirm all rule infractions reported to them at the request of the Referee.
- 10.2.11.4 The Video Review Supervisor shall report to the Referee any violation confirmed in the video review.

10.2.12 Video Review Judge

- 10.2.12.1 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.
- 10.2.12.2 Video Review Judges shall report any violation observed to the Video Review Supervisor. If the infraction is confirmed, the Video Review Judge shall complete a disqualification card.

10.2.13 Officials' Decision Making

- 10.2.13.1 Officials shall make their decisions autonomously and independently of each other unless otherwise provided in these Rules and Regulations.

10.3 Entry Criteria and Competition format

- 10.3.1 Five (5) Competition formats are possible in World Para Swimming Recognised Competitions:

- 10.3.1.1 'Single class Event': Event offered to a single Sport Class only with one applicable MQS. One (1) set of medals will be awarded.
- 10.3.1.2 'Single class Event, with individual class MQS times': Event offered principally to one Sport Class, but the Technical Documentation for that Competition may permit other Sport Classes to enter. Each Sport Class has its own applicable MQS. One (1) set of medals will be awarded determined by time.
- 10.3.1.3 'Single class Event, with multiple MQS times': Event offered principally to one Sport Class, but the Technical Documentation for that Competition may permit other Sport Classes to enter. Each Sport Class has its own applicable MQS. One (1) set of medals will be awarded to each Sport Class, determined by time.
- 10.3.1.4 'Multiple class Event': Event offered to multiple Sport Classes, each with its own MQS (as set out in the Technical Documentation for that Competition). Medals will be awarded in respect of each Sport Class.
- 10.3.1.5 'Point system multiple class Event': Event offered to multiple Sport Classes, each with its own MQS (as set out in the Technical Documentation for that Competition). Medals will be awarded by points.
- 10.3.2 With the exception of Athletes in Sport Classes S10, SB9, SM10, S/SB/SM13 and S/SB/SM14, when an Event is not included in the Competition programme or there are fewer than the required number of entries in an Event, the Competition Technical Documentation may permit the Athletes to enter the same stroke and distance Event of a higher Sport Class, if available. The Athlete keeps their Sport Class for this Event.

10.4 Events and Programme of Events

- 10.4.1 World Para Swimming will select Events for each Competition from the following list of Events:

Individual Events:

50m	Freestyle	S1 - 13
100m	Freestyle	S1 - 14
200m	Freestyle	S1 - 5, S14
400m	Freestyle	S6 - 14
50m	Backstroke	S1 - 5
100m	Backstroke	S1-2, S6 - 14
50m	Breaststroke	SB1 - 3
100m	Breaststroke	SB4 – SB9, SB11- 14
50m	Butterfly	S2 - 7
100m	Butterfly	S8 - 14
75m	Ind. Medley	SM1 - 4 (Short Course only)
100m	Ind. Medley	SM5 - 13 (Short Course only)
150m	Ind. Medley	SM1 - 4
200m	Ind. Medley	SM5 - 14

Relays (see Rules [11.7.7](#) , [11.7.8](#) and [11.7.9](#)):

4 x 50m	Freestyle	Maximum 20 points for S1-10
4 x 100m	Freestyle	Maximum 34 points for S1-10
4 x 100m	Freestyle	S14
4 x 50m	Medley	Maximum 20 points for S1-10
4 x 100m	Medley	Maximum 34 points for S1-10
4 x 100m	Medley	S14
4 x 100m	Freestyle	Maximum 49 points for S11-13
4 x 100m	Medley	Maximum 49 points for S11-13
Mixed 4 x 50m	Freestyle	Maximum 20 points for S1-10
Mixed 4 x 50m	Medley	Maximum 20 points for S1-10
Mixed 4 x 100m	Freestyle	Maximum 34 points for S1-10

Mixed 4 x 100m	Medley	Maximum 34 points for S1-10
Mixed 4 x 100m	Freestyle	S14
Mixed 4 x 100m	Medley	S14
Mixed 4 x 100m	Freestyle	Maximum 49 points for S11-13
Mixed 4 x 100m	Medley	Maximum 49 points for S11-13

For Open Water:

1.5km Open Water Event	S1-10, S11-13 and S14
3km Open Water Event	S1-10, S11-13 and S14
5km Open Water Event	S1-10, S11-13 and S14

- 10.4.2 The list of Events and final programme for a Competition may change until the final entry verification has been completed. World Para Swimming reserves the right to add Events to the program until the criteria identified in the Technical Documentation has been met based on pre-Competition classification.

10.5 Minimum Qualifying Standards (MQS)

- 10.5.1 The Minimum Qualifying Standards will be defined by World Para Swimming for IPC Games, World Para Swimming Championships and WPS Sanctioned Competitions and published in the Technical Documentation.
- 10.5.2 All Athletes are required to reach the MQS set to be eligible to compete, with the exception of a wild card, bipartite or direct invitational entry, if offered.
- 10.5.3 Qualifying times will be verified by World Para Swimming and can only be achieved at World Para Swimming Recognised Competitions. Split times will not be accepted.
- 10.5.3.1 Qualifying times are recognised regardless of Sport Class. Therefore, if an Athlete changes Sport Class, any qualifying times will be recognised,

as long as they meet the MQS time for the new Sport Class.

- 10.5.4 To qualify to compete in Long Course Competitions, an Athlete must have achieved the qualifying time set in a recognised 50 metre length pool (Long Course).
- 10.5.5 To qualify to compete in Short Course Competitions, an Athlete must have achieved the qualifying time set in a recognised 25 metre length pool (Short Course) or 50 metre (Long Course) length pool.

10.6 Minimum Entry Times (MET)

- 10.6.1 The Minimum Entry Times will be defined by World Para Swimming for IPC Games, World Para Swimming Championships and WPS Sanctioned Competitions and published in the Technical Documentation.
- 10.6.2 All Athletes are required to reach the MET set to be eligible to compete (provided they also meet a MQS for another Event), with the exception of a wild card, bipartite or direct invitational entry if offered.
- 10.6.3 Qualifying times will be verified by World Para Swimming and can only be achieved at World Para Swimming Recognised Competitions. Split times will not be accepted.
 - 10.6.3.1 Qualifying times are recognised regardless of Sport Class. Therefore, if an Athlete changes Sport Class any qualifying times will be recognised, as long as they meet the MET for the new class.
- 10.6.4 To qualify to compete in Long Course Competitions, an Athlete must have achieved the qualifying time set in a recognised 50 metre length pool (Long Course).
- 10.6.5 To qualify to compete in Short Course Competitions, an Athlete must have achieved the qualifying time set in a recognised 25 metre length pool (Short Course) or 50 metre (Long Course) length pool.

10.7 Withdrawals

- 10.7.1 Subject to Rule 10.14.4, a medical withdrawal is the only withdrawal possible from any Events at World Para Swimming Championships and World Para Swimming Sanctioned Competitions after submission of the final entry in accordance with Regulation 6.3.

10.8 Support staff

- 10.8.1 Support Staff are not permitted to coach or massage Athletes. When on the pool deck or in the call room, Support Staff are not permitted to use or visibly carry stopwatches, radio communication devices, backpacks or bags.
- 10.8.2 Support Staff are only permitted to assist an Athlete on the pool deck if such a requirement is recorded for that Athlete in the World Para Swimming Classification Master List or if Rule 10.2.1.2 is implemented.
- 10.8.3 Support Staff may be required to assist an Athlete with a Vision Impairment that is approaching the end of the pool by a single or double tap. This procedure is called tapping and the relevant Support Staff who carry out the tapping are referred to as 'Tappers'. If tapping is required at both ends of the pool, two (2) separate Tappers shall be used, one (1) at each end of the pool.
- 10.8.3.1 For Athletes in Sport Classes S11, SB11 and SM11, Tapper(s) and tapping are mandatory for every turn and finish.
- 10.8.3.2 All tapping devices must be prior approved, recorded, and deemed safe for use (in both construction and length) by World Para Swimming.
- 10.8.3.3 For Athlete in Sport Classes other than S11, SB11 and SM11, Tappers and/or tapping is optional and does not have to be consistent throughout the race or whole competition.

10.9 Call Rooms

- 10.9.1 At all IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions, Athletes (including reserves in the finals)

must report to the first call room no later than fifteen (15) minutes prior to the published start time of their respective Event (as listed on the relevant start sheet). This applies to both heats and finals. Where an Event includes multiple heats, all Athletes must report to the first call room no later than fifteen (15) minutes prior to the published start time of the first heat. After inspection, Athletes may proceed to the final call room.

- 10.9.1.1 At World Para Swimming Approved Competitions, the reporting time is determined by the organising committee or relevant governing body.
- 10.9.2 At all IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions, Athletes who do not arrive at the call room by the designated time will be deemed as withdrawn from the Event and fined fifty (50) Euros, payable to World Para Swimming. The Athlete will be withdrawn from the Competition until the fine is paid. Withdrawals as a result of Rule 10.14.4 will not incur this penalty.
- 10.9.2.1 At all World Para Swimming Approved Competitions, any withdrawal or non-reporting violation is determined by the organising committee or relevant governing body.

10.10 Seeding of Heats and Finals

The starting stations for all Events in all Competitions shall be by seeding as follows:

- 10.10.1 Heats
 - 10.10.1.1 The best qualification time of all entrants within the qualification period of a particular Competition shall be submitted. Placement of Athletes with identical times shall be determined by draw. Athletes who do not submit official recorded times shall be considered the slowest and shall be placed at the end of the list with no times.
 - 10.10.1.2 For each Event, Athletes shall be placed in heats in the following manner:

- 10.10.1.2.1 At IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions, if there is only one (1) heat of eight (8) or fewer Athletes, it shall be seeded as a direct final and swum only during the final Session. At World Para Swimming Approved Competitions, the format to be used in this scenario will be defined by the LOC.
- 10.10.1.2.2 If there are two (2) heats, the fastest Athlete 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.
- 10.10.1.2.3 If three (3) heats, except 400m, 800m and 1500m Events, the fastest Athlete shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest Athlete 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.
- 10.10.1.2.4 If four (4) or more heats, except 400m, 800m and 1500m Events, the last three (3) heats of the Event shall be seeded in accordance with Rule 10.10.1.2.3 above. The heat preceding the last three (3) heats shall consist of the next fastest Athletes; the heat preceding the last four (4) heats shall consist of the next fastest Athletes, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in Rule 10.10.1.3 below.
- 10.10.1.2.5 For 400m, 800m and 1500m Events, the last two (2) heats of the Event shall be seeded in accordance with Rule 10.10.1.2.2 above.
- 10.10.1.2.6 Exception: when there are two (2) or more heats in an Event, there shall be a minimum of three (3) Athletes seeded into any one preliminary heat, but subsequent withdrawals may reduce the

number of Athletes in such heat to less than three (3).

10.10.1.2.7 Where a 10-lane pool is available and equal times are established for the 8th place in the heats of 800 metres and 1500 metres Freestyle Events, lane 9 will be used with a draw for lane 8 and lane 9. In case of three (3) equal times for the 8th place, lane 9 and 0 will be used with a draw for lane 8, 9 and 0.

10.10.1.2.8 Where a 10-lane pool is not available Rule 10.10.2.4 will apply.

10.10.1.3 Athletes shall be placed in lanes according to the procedures below:

10.10.1.3.1 Except for 50 metre Events in a 50 metre pool, assignment of lanes shall be done by placing the faster Athlete or team in the centre lane in the pool with an odd number of lanes, or in lane 3 or 4 respectively in pools having six (6) or eight (8) lanes. In pools using ten (10) lanes, the fastest Athlete shall be placed in lane 4. The Athlete having the faster time is to be placed on their left, then alternating the others to right and left in accordance with the submitted times. Athletes with identical times shall be assigned their lane positions by drawing within the aforesaid pattern. Lane number 1 shall be on the right side of the pool when facing the course from the starting end (or lane number 0 when using pools with 10 lanes).

10.10.1.3.2 When 50 metre Events are contested in a 50 metre pool, the Events may be swum, at the discretion of LOC with the approval of the Technical Delegate, either from the regular starting end to the turning end or from the turning end to the starting end, (depending on existence of AOE, Starter's position, etc.). The LOC should advise Athletes of their determination before the start of the Competition. Regardless of which way the Event is swum, the Athletes shall be seeded in the same lanes in which they would be seeded if they were

both starting and finishing at the starting end.

10.10.2 Finals

- 10.10.2.1 Whilst ten (10) lanes may be used for heats, Finals can only be swum using eight (8) lanes.
- 10.10.2.2 Where no preliminary heats are necessary, lanes shall be assigned in accordance with Rule 10.10.1.3 above.
- 10.10.2.3 Where preliminary heats have been held, lanes shall be assigned as in Rule 10.10.1.3, based on times established in such heats.
- 10.10.2.4 In the event that Athletes from the same or different heats have equal times registered to 1/100 second for the eighth/tenth place depending on the use of eight (8) or ten (10) lanes, there may be a swim-off to determine which Athlete shall advance to the final. Such a swim-off shall take place after all involved Athletes have completed their heats at a time agreed between the Technical Delegate and the NPC(s) involved. If there is no such agreement the Technical Delegate will have the final decision. Another swim-off may take place if equal times are registered again. If requested a swim-off will take place to determine 1st and 2nd reserve if equal times are recorded.
- 10.10.2.5 At IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions it is the responsibility of the designated NPC team member to report to the Technical Delegate / World Para Swimming office within fifteen (15) minutes of the official posting times of the results of the relevant Event. An announcement will be made alerting the NPCs concerned. If a designated NPC team member fails to report to the Technical Delegate/World Para Swimming office within fifteen (15) minutes of the official posting times, the Athlete(s) of that NPC will not be entitled to participate in the swim-off.

The swim-off procedures will be agreed between the designated NPC team members and the Technical Delegate.

- 10.10.2.6 Where one or more Athletes withdraw from a final Event or fail to appear, reserves that are listed in order of the finish times from the heats will swim. Wherever possible, the Event will be re-seeded, and then supplementary sheets must be issued detailing the changes or substitutions.

10.11 Timing and Automatic Officiating Procedures

- 10.11.1 The operation of Automatic Officiating Equipment (AOE) shall be under the supervision of the appointed Technical Official. Times recorded by AOE shall be used to determine the time applicable to each lane and all placings.
- 10.11.2 When AOE is used, the results shall be recorded to 1/100 of a second. When timing to 1/1000 of a second is available, the third digit shall not be recorded or used to determine time or placement. In the case of equal times, all Athletes who have recorded the same time at 1/100 of a second shall be accorded the same placing. Times displayed on the electronic scoreboard should show only to 1/100 of a second.
- 10.11.3 When AOE is used, the placing and times so determined, and relay take-offs judged by such equipment shall have precedence over the decision of human judges and Timekeepers. In the event there is failure of all timing devices in a lane then the Athlete may be offered a re-swim at the discretion of World Para Swimming or the Technical Delegate.
- 10.11.4 The official time will be determined as follows:
- 10.11.4.1 When AOE time is available, then the official time will be that time.
- 10.11.4.2 When AOE time is not available, the official time will be the times recorded by the semi-automatic equipment time or watches.

- 10.11.5 When the AOE fails to record the place and/or time of one or more Athletes in each Event, the official place will be determined as follows:
- 10.11.5.1 An Athlete with an AOE time and place must retain their relative order when compared with the other Athletes having an AOE time and place within that Event.
 - 10.11.5.2 An Athlete not having an AOE place but having an AOE time will establish their relative order by comparing their AOE time with the AOE times of the other Athlete.
 - 10.11.5.3 An Athlete having neither an AOE place nor an AOE time shall establish their relative order by the time recorded by the semi-automatic equipment or by watches.
- 10.11.6 To determine the relative order of finish for the heats of an Event, proceed as follows:
- 10.11.6.1 The relative order of all Athletes will be established by comparing their official times.
 - 10.11.6.2 If an Athlete has an official time which is tied with the official time/s of one or more Athletes, all Athletes having that time shall be tied in their relative order of finish in that Event.
- 10.11.7 Unless a video timing system is used, it may be necessary to use the full complement of Timekeepers even when AOE is used.
- 10.11.8 During relays all 50 metre and 100 metre splits shall be recorded and published in the official results for the lead-off Athletes.
- 10.11.9 In the case of a relay disqualification, legal splits up to the time of the disqualification shall be recorded in the official results.
- 10.11.10 Any certified timing device that is terminated by a Technical Official shall be considered a watch. It is advisable manual times be taken by three

Timekeepers. Manual timing shall be registered to 1/100 of a second. Where no AOE is used, official manual times shall be determined as follows:

- 10.11.10.1 If two (2) of the three (3) watches record the same time and the third disagrees, the two (2) identical times shall be the official time.
- 10.11.10.2 If all three (3) watches disagree, the watch recording the intermediate time shall be the official time.
- 10.11.10.3 With only two (2) out of three (3) watches working the average time shall be the official time. When the calculation results in a value that is expressed in thousands of a second, the final digit shall be dropped without rounding.
- 10.11.11 Where AOE is not available, such equipment must be replaced by the Chief Timekeeper, and wherever possible a minimum of one (1) Timekeeper per lane shall be appointed with one (1) additional Timekeeper in case of a watch failure. It is advisable that there shall be three (3) Timekeepers for each lane.
- 10.11.12 Finish Judges may be used when AOE or digital watches are not used.

10.12 Disqualification

- 10.12.1 Athletes violating any of the World Para Swimming Rules and Regulations shall be disqualified.
- 10.12.2 If an Athlete does not attend Classification or a Classification Protest when requested they shall be disqualified from the Competition.
- 10.12.3 Should an Athlete be disqualified during or following an Event, the disqualification should be recorded in the official results (no time or place shall be recorded or announced).

10.13 Technical Protests

- 10.13.1 Technical Protests are possible:
 - 10.13.1.1 if World Para Swimming Rules and Regulations for the conducting of the

competition are not observed;

10.13.1.2 against decisions of the Referee, however, no Technical Protest shall be permitted against decisions of fact; or

10.13.1.3 if other conditions endanger the Competition and/or Athletes.

10.13.2 Technical Protests must be submitted:

10.13.2.1 to the Referee;

10.13.2.2 in writing on the World Para Swimming official form;

10.13.2.3 by the responsible Team Leader only;

10.13.2.4 together with a deposit of one hundred fifty Euros (€150), (or equivalent in local currency); and

10.13.2.5 within thirty (30) minutes following the publication of the official results.

10.13.3 If conditions causing a potential Technical Protest are noted prior to the Competition, a Technical Protest must be lodged before the starting signal is given.

10.13.4 All Technical Protests shall be considered by the Referee. If the Referee dismisses the Technical Protest, they must state the reasons for and time of their decision. The decision shall be made in writing on the World Para Swimming Official Technical Protest Form. A copy of the form shall be given to the Team Leader and the decision shall be announced. The time of the announcement will be recorded on the Protest Form.

10.13.5 If the Technical Protest is accepted, the deposit shall be returned. If the Technical Protest is dismissed, the deposit will remain with World Para Swimming and shall not be refunded.

10.13.6 Technical Jury of Appeal

10.13.6.1 An Appeal against a Technical Protest decision is possible and such

Appeal must be made to the Technical Delegate or Assistant Technical Delegate within thirty (30) minutes:

- 10.13.6.1.1 of the official announcement of the amended result of an Event arising from the decision made by the Referee; or
- 10.13.6.1.2 of the advice being given by or on behalf of the Referee to those making the Technical Protest, where there is no amendment of any result.
- 10.13.6.2 The Appeal shall be made in writing on the official World Para Swimming Appeal Form, signed by a responsible NPC Team Leader, and shall be accompanied by an Appeal fee of two hundred Euros (€200) or its equivalent in the currency of the country where the competition is being held. The Appeal fee will be retained by World Para Swimming and not be refunded if the Appeal is dismissed. If the Appeal is accepted, the deposit for both the Technical Protest and Appeal shall be returned. NPCs may appeal only if they are competing in the same Event to which the Appeal relates.
- 10.13.6.3 No Technical Official who has participated in a decision that is being appealed may serve on the Technical Jury of Appeal that reviews it. The Jury of Appeal shall consist of the Technical Delegate or Assistant Technical Delegate, as Chairperson and two (2) other officials. The Jury shall consider if any other available evidence should be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee shall be upheld.
- 10.13.6.4 The Jury of Appeal may consider the matter 'de novo' (afresh) and may consider any evidence even if it was not available to the Referee.
- 10.13.6.5 The decisions of the Jury of Appeal shall be final and there shall be no further right of appeal to any other body, including to any court or

arbitration body. A copy of the written decision shall be given to the NPC Team Leader appealing and the decision shall be announced.

10.14 Change of Sport Class during a Competition

Changes of Sport Class during a Competition may result from: Observation in Competition Assessment; protests after Observation in Competition Assessment; or Protests under exceptional circumstances.

- 10.14.1 If an Athlete's Sport Class changes to a Sport Class that indicates a greater level of activity limitation ("lower Sport Class") during a Competition, then the Athlete's results and medals won during the First Appearance shall be recognised. Times achieved will be considered as swum in the new Sport Class. After First Appearance, the Athlete should enter Events in their revised Sport Class whenever possible. It is permissible for an Athlete to enter finals in the initial Sport Class if the Athlete has qualified for those.
- 10.14.2 If an Athlete's Sport Class changes to a Sport Class that indicates a lower level of activity limitation ("higher Sport Class") during a Competition, then the Athlete's results and medals won during the First Appearance Event shall not be recognised as achieved in the Athlete's initial Sport Class. Times achieved will instead be considered as swum in the new Sport Class. Athletes shall only be permitted to enter Events in the new Sport Class.
- 10.14.3 If a change of Sport Class results in an Athlete not meeting the MQS of any new Event(s) to be entered, they shall be permitted to compete in any further Events at that Competition, unless otherwise stated in the Technical Documentation for that Competition.
- 10.14.4 If a change of Sport Class results in the maximum number of Athletes per NPC per Event per Sport Class identified in the Technical Documentation being exceeded, the Team Leader of the NPC concerned shall be required to withdraw the necessary number of Athletes to meet the requirements of the

Technical Documentation, with no penalty.

10.15 Protocol

- 10.15.1 Medals: gold, silver and bronze medals shall be awarded to the first three (3) places in individual and team final Events.
- 10.15.2 In the exceptional case where only three (3) or fewer Athletes compete in an Event, medals will be awarded in accordance with the “minus one rule”. This means that if an Event has only three (3) Athletes listed on the start sheet, two (2) medals will be awarded; if two (2) Athletes are listed on the start sheet, one (1) medal will be awarded, and if one (1) Athlete is listed on the start sheet, no medals will be awarded.
- 10.15.3 In relay Events, medals shall be awarded to all Athletes who swum in the heats or the final. Medals for Athletes competing in the heat only will be delivered to the NPC’s Team Leader.
- 10.15.4 The national flags of the countries of the Athletes placed 1st, 2nd and 3rd shall be raised and the national anthem (abbreviated version) of the country of the gold medal winner shall be played.
- 10.15.5 In case there are two (2) gold medal winners, two (2) gold and a bronze medal will be awarded.
- 10.15.6 In case there are two (2) silver medal winners, a gold and two (2) silver medals will be awarded.
- 10.15.7 In case there are two (2) bronze medal winners, a gold, a silver and two (2) bronze medals will be awarded.
- 10.15.8 If a tie occurs, two flags may be flown from the same pole during Victory Ceremony. The flags shall be hung in alphabetical order of the host country/territory language from top to bottom. In the event of two gold medals being awarded, both relevant countries’ anthems shall be played in the same

alphabetical order.

- 10.15.9 At IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions, all Athletes and Support Staff shall wear their national uniform during medal ceremonies. Uniforms shall comply with these World Para Swimming Rules and Regulations.

10.16 Swimwear

- 10.16.1 Only swimwear approved by World Para Swimming is permitted. The current list of approved male and female swimsuits, caps and goggles can be found on the World Para Swimming website.
- 10.16.2 Modification of a swimsuit and deviations to the body coverage requirements in Rule 10.16.7 to accommodate an Athlete's impairment are permissible if they have been approved and recorded by World Para Swimming-appointed Officials prior to the commencement of each Competition.
- 10.16.3 A swimsuit not bearing a valid FINA approval label will only be considered approved if it fulfils the material requirements set forth in the current FINA Requirements for Swimwear Approval. This is notably the case for swimsuits 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.
- 10.16.4 The swimwear (swimsuit, cap and goggles) of all Athletes shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.
- 10.16.5 All swimsuits shall be non-transparent. It is permissible to wear a maximum of two (2) caps (this number includes any hair retaining device or 'soul cap'), both must adhere to The World Para Swimming Uniform and Equipment Advertising Regulations unless otherwise stated in Technical Documentation.
- 10.16.6 Athletes must wear only one (1) swimsuit in one (1) or two (2) pieces. No

additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

- 10.16.7 Swimsuits for men shall not extend above the navel nor below the knee, and for women shall not cover the neck, extend past the shoulder, nor shall extend below the knee. See also Rule 10.16.2. All swimsuits shall be made from textile materials.

10.17 Rankings

- 10.17.1 World Para Swimming shall maintain both Short Course and Long Course world and regional rankings based on the results submitted by the LOCs from World Para Swimming Recognised Competitions, provided such results are achieved in accordance with the World Para Swimming Rules and Regulations.
- 10.17.2 The results must be submitted within fifteen (15) days after the Competition ends in the format requested by World Para Swimming.
- 10.17.3 Only Athletes who are licensed by World Para Swimming prior to the Competition will have their results recognised for ranking purposes.
- 10.17.4 If an Athlete is reclassified, the Sport Class change will take place immediately and times will be awarded in the new Sport Class. An Athlete's historical times shall be retained in the Athlete's previous Sport Class.
- 10.17.5 Split times will only appear in the rankings should the time be a world or regional record, this includes the first Athlete in a relay team (except for mixed relays).
- 10.17.6 The following table sets out by ranking type the licensing and Sport Class Status requirements:

List Name	WPS Licence Required	Sport Class Status Required
Official World Rankings List (Jan – Dec)	Yes	N*, R, FRD, C
Official Regional Rankings List (Jan – Dec)	Yes	N*, R, FRD, C
Annual Recorded Best Performances (Jan – Dec)	Yes	N, R, FRD, C
Minimum Qualification Standard (MQS) Lists by relevant competition Start Date – End Date of Qualification Period	Yes	N*, R, FRD, C

N*: Subject to the details of the relevant competition documentation:

- if a licensed Athlete with a ‘New’ (N) Sport Class Status is internationally classified and receives a ‘Review’ (R) (including ‘Review’ with a ‘Fixed Review Date’ (FRD) or ‘Confirmed’ (C) Sport Class Status prior to the end of the season, the Athlete’s performances during that season will be included in the official rankings; and
- if a licensed Athlete with a ‘New’ Sport Class Status is internationally classified and receives a ‘Review’ (including ‘Review’ with a ‘Fixed Review Date’) or ‘Confirmed’ Sport Class Status prior to the end of the qualification period, the Athlete’s performances during that qualification period will be included in the Minimum Qualification Standard (MQS) List for the relevant Competition.

10.17.7 Rule 10.14 sets out the status of an Athlete’s results achieved in their First Appearance if their Sport Class changes in Competition as a result of Observation in Competition Assessment or a Protest.

10.18 World and Regional Records

10.18.1 For World and/or Regional Records in both Short Courses and Long Courses the following distances and styles for both genders shall be recognised:

Individual Events:

50m	Freestyle	S1 - 13
100m	Freestyle	S1 - 14
200m	Freestyle	S1 - 14
400m	Freestyle	S6 - 14
800m	Freestyle	S6 - 14
1500m	Freestyle	S6 - 14
50m	Backstroke	S1 - 13
100m	Backstroke	S1 - 14
200m	Backstroke	S6 - 14
50m	Breaststroke	SB1 – SB9; SB11-13
100m	Breaststroke	SB1 – SB9; SB11-14
200m	Breaststroke	SB4 – SB9; SB11-14
50m	Butterfly	S1 - 13
100m	Butterfly	S5 - 14
200m	Butterfly	S8 - 14
75m	Ind. Medley	SM1 - 4 (Short Course only)
100m	Ind. Medley	SM1 - 13 (Short Course only)
150m	Ind. Medley	SM1 - 4
200m	Ind. Medley	SM3 - 14

400m Ind. Medley SM8 – 14

Relays:

4 x 50m	Freestyle	Maximum 20 points for S1-10
4 x 100m	Freestyle	Maximum 34 points for S1-10
4 x 100m	Freestyle	S14
4 x 50m	Medley	Maximum 20 points for S1-10
4 x 100m	Medley	Maximum 34 points for S1-10
4 x 100m	Medley	S14
4 x 100m	Freestyle	Maximum 49 points for S11-13
4 x 100m	Medley	Maximum 49 points for S11-13
Mixed 4 x 50m	Freestyle	Maximum 20 points for S1-10
Mixed 4 x 50m	Medley	Maximum 20 points for S1-10
Mixed 4 x 100m	Freestyle	Maximum 34 points for S1-10
Mixed 4 x 100m	Medley	Maximum 34 points for S1-10
Mixed 4 x 100m	Freestyle	S14
Mixed 4 x 100m	Medley	S14
Mixed 4 x 100m	Freestyle	Maximum 49 points for S11-13
Mixed 4 x 100m	Medley	Maximum 49 points for S11-13

10.18.2 All records must be made at World Para Swimming Recognised Competitions in accordance with the World Para Swimming Rules and Regulations.

10.18.2.1 The length of each lane of the course must be certified by a surveyor or other qualified official.

- 10.18.2.2 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.
- 10.18.2.3 Records will be accepted when times are reported by:
 - 10.18.2.3.1 Automatic Officiating Equipment; or
 - 10.18.2.3.2 semi-automatic officiating equipment (in the event of an AOE malfunction).
- 10.18.3 Times which are equal to 1/100 of a second will be recognised as equal records and Athletes achieving these equal times will be called 'joint holders'.
- 10.18.4 Records can be established only in water with less than 3 gr/litre of salt. No World Records will be recognised in any kind of sea or ocean water.
- 10.18.5 An Athlete in an individual Event may apply for a record at an intermediate distance, if their Team Leader specifically requests the Referee (in writing, prior to the start of the relevant Session) that their performance be especially timed; unless the time at the intermediate distance is recorded by AOE. Such Athlete must complete the scheduled distance of the Event to apply for a record at the intermediate distance.
- 10.18.6 The first Athlete in a relay team (except for mixed relays) may apply for a record for their leg of the relay. Should the first Athlete in a relay team complete the distance in record time in accordance with the provisions of this subsection, their performance shall not be nullified by any subsequent disqualification of the relay team for violations occurring after their distance has been completed.
- 10.18.7 All records (including intermediate distances) made during World Para Swimming Recognised Competitions where a World Para Swimming Technical Delegate is appointed shall be processed by World Para Swimming.
- 10.18.8 An Athlete is only eligible to set records in their own Sport Class, regardless of

the format of that Event.

10.18.9 Applications for records must be made on the World Para Swimming official form by the responsible authority of the LOC and must be accompanied by a copy of the AOE output. The World Para Swimming application form shall be received within fifteen (15) days of the record setting performance.

10.18.10 Records shall only be ratified if set at a World Para Swimming Recognised Competition, the Competition meets all other requirements in these Rules and Regulations, the Athlete is licensed by WPS prior to the start of the Competition and has a Sport Class Status of 'Confirmed' (C) or 'Review with a Fixed Review Date' (FRD) which is after the year when the record was achieved, in accordance with the following table:

List Name	WPS Licence Required	Sport Class Status Required
Official World Record	Yes	C, FRD*
Official Regional Record	Yes	C, FRD*
Official Paralympic Record	Yes	C, FRD*
Official World Championships Record	Yes	C, FRD*
Official Regional Championships Record	Yes	C, FRD*
Official Regional Games Record	Yes	C, FRD*

FRD*: 'Review' with a 'Fixed Review Date' which is after the year when the record was achieved.

10.18.11 If a record-breaking performance is set by an Athlete with a 'New' or 'Review' Sport Class Status at a World Para Swimming Recognised Competition, the NPC

has six (6) weeks after the end of the Competition to present the Athlete for Classification by World Para Swimming. The record will be ratified only if the outcome of the Athlete's classification validates the original Sport Class and they are allocated a Sport Class Status of 'Confirmed' (C) or 'Review with a Fixed Review Date' (FRD) which is after the year when the record is achieved. In the case of an Athlete having a change in Sport Class, see Rules 10.14 and 10.17.4.

10.18.12 World Para Swimming shall be solely responsible for the ratification of all official records.

11 SWIMMING RULES

11.1 The Start

11.1.1 Once all Athletes 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 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 Athletes immediately to the starting position. When the Athletes and Officials are prepared for the start, the Referee shall gesture to the Starter with a stretched-out arm, indicating that the Athletes are under the Starter's control. The stretched-out arm shall stay in that position until the start is given.

11.1.1.1 Athletes entering the water from the side of the pool are requested to enter the water on the series of short whistle blasts.

11.1.2 The start in Freestyle, Breaststroke, Butterfly and individual Medley Events (when Butterfly is the initial stroke) shall be with a dive. On the long whistle from the Referee (see Rule 11.1.1) the Athletes shall step onto the starting platform and remain there. On the Starter's command "take your marks,"

Athletes shall immediately take up a starting position with at least one (1) foot at the front of the starting platform. The position of the hands is not relevant.

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

- 11.1.2.1 For an Athlete with a Vision Impairment, on the long whistle from the Referee, the Athlete shall be permitted to orientate themselves prior to the Starter's command of "take your marks."
- 11.1.2.2 Athletes with balance problems (i.e., who have difficulty standing stationary) may have assistance to balance themselves on the starting platform (i.e., hold at the hips, hand, arm etc.) by one (1) Support Staff. Support Staff may aid the Athlete to remain stationary at the start; however, the Support Staff shall not allow the Athlete an unfair advantage by being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the Athlete at the start is not permitted.
- 11.1.2.3 An Athlete with only one (1) fully functional leg does not need to have a foot at the front of the starting platform, so long as they have one (1) hand or other part of the arm at the front of the starting platform.
- 11.1.2.4 An Athlete may be permitted to start beside the starting platform.
- 11.1.2.5 An Athlete may be permitted to take up a sitting position on the starting platform.
- 11.1.2.6 An Athlete may be permitted to start in the water but is required to have one hand in contact with the starting place until the starting signal is given. Standing in or on the gutter or on the bottom is prohibited.
- 11.1.2.7 Athletes in Sport Classes S/SB/SM1-3 are permitted to have their foot/feet or the end of their limb/limbs held to the wall, until the starting signal is given. Giving momentum to the Athlete at the start is not permitted.

- 11.1.2.8 Where an Athlete is unable to grip the starting place in a water start, the Athlete may be assisted by a Support Staff and/or starting device. The device shall be cleared and deemed safe by the World Para Swimming-appointed Officials prior to the commencement of the Competition. Giving momentum to the Athlete at the start is not permitted. The Athlete shall have some part of the body in contact with the wall until the starting signal is given.
- 11.1.2.9 To prevent abrasion, one layer of towel, or the like, may be placed on the starting platform.
- 11.1.3 The start in Backstroke, 75m/150m individual Medley Events and Medley Relay Events shall be from the water. At the Referee's first long whistle (see Rule 11.1.1), the Athletes shall immediately enter the water. At the Referee's second long whistle the Athletes shall return without undue delay to the starting position. When all Athletes have taken their starting positions, the Starter shall give the "command "take your marks." When all Athletes are stationary, the Starter shall give the starting signal.
- 11.1.4 In IPC Games, World Para Swimming Championships and WPS Sanctioned Competitions, the command "take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one (1) at each starting platform.
- 11.1.5 Any Athlete 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 Athlete(s) shall be disqualified upon completion of the Event. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining Athletes 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 Rule 11.1.1.
- 11.1.6 For Athletes with a hearing impairment, a strobe/starting light will be provided.

If an Athlete requires additional arm signals by the Starter, this must be requested by the responsible Team Leader at the Technical/Team Leader Meeting.

- 11.1.7 In the case of an Athlete in Sport Class S1-10/SB1-9/SM1-10 and S/SB/SM14 who additionally has a hearing impairment, Support Staff shall be permitted to convey the starting signal to the Athlete by the use of a non-verbal instruction when no starting light is available.
- 11.1.8 In the case of an Athlete with a Vision Impairment who additionally has a hearing impairment, Support Staff shall be permitted to convey the starting signal to the Athlete by the use of a non-verbal instruction.

11.2 Freestyle

- 11.2.1 Freestyle means that in an Event so designated the Athlete may swim any style, except in individual Medley or Medley Relay Events where Freestyle means any style other than Backstroke, Breaststroke or Butterfly. For the 75m or 150m individual Medley, Freestyle means any style other than Backstroke or Breaststroke.
- 11.2.2 Some part of the Athlete must touch the wall upon completion of each length and at the finish.
- 11.2.3 Some part of the Athlete must break the surface of the water throughout the race, except it shall be permissible for the Athlete 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 Athlete's head must have broken the surface.
 - 11.2.3.1 For Athletes in Sport Classes S1-5, during each complete stroke cycle some part of the Athlete must break the surface of the water. One (1) stroke cycle is defined as one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s).
- 11.2.4 Standing on the bottom during Freestyle Events or during the Freestyle portion

of Medley Events shall not disqualify an Athlete, but they shall not walk.

11.3 Backstroke

- 11.3.1 Prior to the starting signal, the Athletes 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 (1) toe of both feet (or parts thereof) must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
 - 11.3.1.1 Where an Athlete is unable to hold both starting grips, it is permissible to hold the grips with one (1) hand only.
 - 11.3.1.2 Where an Athlete is unable to hold either starting grip, it is permissible to hold the end of the pool.
 - 11.3.1.3 Where an Athlete is unable to hold the starting grips or end of the pool, the Athlete may be assisted by a Support Staff or starting device. The device shall be cleared and deemed safe by World Para Swimming representative prior to the commencement of the Competition. Giving momentum to the Athlete at the start is not permitted. The Athlete shall have part of the body in contact with the wall until the starting signal is given.
- 11.3.2 At the signal for starting and after turning the Athlete shall push off and swim upon their back throughout the race except when executing a turn, as set forth in Rule 11.3.4. The position on the back may include a roll movement of the body up to, but not including, 90 degrees from horizontal. The position of the head is not relevant.
- 11.3.3 Some part of the Athlete must break the surface of the water throughout the race. It is permissible for the Athlete 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 Athlete's head must have broken the surface.

- 11.3.3.1 For Athletes in Sport Classes S1-5, during each complete stroke cycle some part of the Athlete must break the surface of the water. One (1) stroke cycle is defined as one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s).
- 11.3.4 When executing the turn there must be a touch of the wall with some part of the Athlete'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 an immediate continuous simultaneous double arm pull may be used to initiate the turn. The Athlete must have returned to a position on the back upon leaving the wall.
- 11.3.5 For Athletes who have no arms or use of their arms during the turn, once the body has left the position on the back, the turn shall be initiated. The Athlete must have returned to a position on the back upon leaving the wall.
- 11.3.6 Upon the finish of the race the Athlete must touch the wall while on the back.

11.4 Breaststroke

- 11.4.1 After the start and after each turn, the Athlete may take one (1) arm stroke completely back to the legs during which the Athlete may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn, a single Butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
 - 11.4.1.1 After the start and after each turn, an Athlete who is unable to push off with the leg(s), may perform one (1) arm stroke that may not be simultaneous or on the horizontal plane to attain the breast position.
- 11.4.2 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 (1) arm stroke and one (1) leg kick in that order. All movements of the arms shall be simultaneous without alternating movement.

- 11.4.2.1 When an Athlete does not have any legs or arms or parts thereof, either the kick or the respective arm stroke shall constitute a complete stroke cycle. The position on the breast may include a roll movement of the body up to, but not including ninety (90) degrees from horizontal. The position of the head is not relevant.
- 11.4.3 The Athlete's 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.
 - 11.4.3.1 Athletes with a Vision Impairment approaching a turn or finish may push their hands forward from any point in the stroke cycle immediately after they have been tapped.
- 11.4.4 During each complete cycle, some part of the Athlete's head must break the surface of the water. All movements of the legs shall be simultaneous, without alternating movement.
 - 11.4.4.1 An Athlete with a lower limb impairment must show a simultaneous intent to kick throughout the race or trail/drag the leg(s) throughout the race.
- 11.4.5 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 Rule 11.4.1. Breaking the surface of the water with the feet is permitted unless followed by a downward Butterfly kick.

- 11.4.5.1 An Athlete who is unable to use one or both legs and/or foot/feet to gain propulsion shall not be required to turn the affected foot/feet outwards during the propulsive part of the kick.
- 11.4.6 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. For the purposes of this Rule, “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 permitted.
- 11.4.6.1 At each turn and the finish of the race, where an Athlete has different arm lengths only the longer arm must touch but both arms must be stretched forward simultaneously.
- 11.4.6.2 At each turn and at the finish of the race, an Athlete with upper limbs which are too short to stretch above the head shall touch with any part of the upper body.
- 11.4.6.3 At each turn and the finish of the race, where an Athlete can only use one (1) arm for the stroke cycle the Athlete must touch with the one (1) hand/arm that is used for the stroke. Where an Athlete’s impairment results in only one (1) arm being used, the non-functioning arm shall be dragged or stretched forward.
- 11.4.6.4 At each turn and the finish of the race, where the Athlete who uses both arms but has restriction in the shoulder/elbow, only the longer arm must touch, but both arms must be stretched forward simultaneously.
- 11.4.6.5 Athletes in Sport Classes SB11-12 may have difficulty making a

simultaneous touch at the turn and the finish if they are restricted due to contact with the lane rope. The Athlete shall not be disqualified provided that no advantage was gained.

11.5 Butterfly

11.5.1 From the beginning of the first arm stroke after the start and each turn, the Athlete's 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.

11.5.1.1 After the start and after each turn, an Athlete who is unable to push off with the leg/s may perform one (1) arm stroke that may not be simultaneous to attain the breast position.

11.5.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to Rule 11.5.5. For the purposes of this Rule, "both arms must be brought forward simultaneously over the water" the entire arm from the shoulder to the wrist, not just part of it, must recover over the water. There is no requirement to see space between the arm and water.

11.5.2.1 Athletes in Sport Classes S11-12 may have difficulty bringing both arms forward simultaneously if they are restricted due to contact with the lane rope. The Athlete shall not be disqualified provided that no advantage was gained.

11.5.2.2 Athletes with a Vision Impairment approaching a turn or finish may bring their arms forward under the water immediately after they have been tapped.

11.5.2.3 Where part of an arm is missing, the remaining part of the arm shall be brought forward over the water simultaneously with the other arm.

- 11.5.2.4 Where an Athlete can only use one (1) arm for the arm stroke, the arm shall be brought forward over the water. The position of the body must remain in line with the water surface. Where an Athlete's impairment results in only one (1) arm being used the non-functioning arm shall be dragged or stretched forward. This rule ensures an Athlete who competes using only one arm for the arm stroke stays on the breast in line/parallel to the water surface, as butterfly was originally intended and are not swimming on their side, with a dropped shoulder. For the purposes of this rule, "the body" is the trunk of an Athlete, including the shoulders.
- 11.5.2.5 At the turn and finish, Athletes with no leg function may perform a half stroke with the arm/s recovering forward under the surface of the water, in order to contact the wall.
- 11.5.3 All up and down movements of the legs must be simultaneous. The legs or feet need not be at the same level, but no alternating movements are permitted. A Breaststroke kicking movement is not permitted.
- 11.5.3.1 When an Athlete's impairment results in only one (1) leg being used, the non-functional leg shall drag. For the purpose of this Rule, "shall drag" means that the leg is not providing any propulsion but may follow the undulating hip line and appear to be alternating.
- 11.5.4 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. For the purposes of this Rule "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 permitted.
- 11.5.4.1 At each turn and the finish of the race where an Athlete has different arm lengths, only the longer arm must touch, but both arms must be

stretched forward simultaneously.

- 11.5.4.2 At each turn and at the finish of the race, an Athlete with no or non-functional upper limbs or upper limbs too short to stretch above the head, shall touch with any part of the upper body.
- 11.5.4.3 At each turn and the finish of the race, where an Athlete can only use one (1) arm, the Athlete must touch with the one (1) hand/arm that is used for the stroke.
- 11.5.4.4 At each turn and the finish of the race, where the Athlete who uses both arms but has restriction in the shoulder/elbow, only the longer arm must touch, but both arms must be stretched forward simultaneously.
- 11.5.4.5 Athletes in Sport Classes S11-12 may have difficulty making a simultaneous touch at the turn and finish if they are restricted due to contact with the lane rope. The Athlete shall not be disqualified provided that no advantage was gained.
- 11.5.5 At the start and at turns, an Athlete is permitted one (1) or more leg kicks and one (1) arm pull under the water, which must bring the Athlete to the surface. It is permitted for an Athlete to be completely submerged for not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The Athlete must remain on the surface until the next turn or finish.
 - 11.5.5.1 For Athletes in Sport Classes S1-5, some part of the Athlete must break the surface of the water during one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s).

11.6 Medley Swimming

- 11.6.1 In individual Medley Events, the Athlete covers the four (4) swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of

the strokes must be used for one quarter ($\frac{1}{4}$) of the total distance. Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the Athlete has returned past the vertical to the breast at which point kicking, including a butterfly kick(s), may commence.

- 11.6.1.1 In the 150 metre and 75 metre individual medley Events, the Athlete covers three (3) swimming strokes in the following order: Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one third ($\frac{1}{3}$) of the total distance. Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the Athlete has returned past the vertical to the breast at which point kicking, including a butterfly kick(s) may commence.
- 11.6.2 In Medley Relay Events, Athletes will cover the four (4) swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must be used for one quarter ($\frac{1}{4}$) of the total distance.
- 11.6.3 In Freestyle the Athlete must remain on their breast except when executing a turn. After executing a turn, the Athlete must return to their breast before executing any kick or stroke. For the purposes of this Rule the position on the breast may include a roll movement of the body up to, but not including ninety (90) degrees from horizontal. The position of the head is not relevant.
- 11.6.4 Each section must be finished in accordance with the Rules which apply to the stroke concerned.

11.7 Relays

- 11.7.1 For each Relay Event, each NPC may enter only one (1) team, unless the specific competition entry criteria states otherwise. All eligible Athletes entered as per the applicable classification system for the Competition may take part in the relevant Relay Event.
- 11.7.2 All members of one (1) Relay team must be of the same NPC .

- 11.7.3 The composition of a Relay team may be changed between heats and finals of an Event. When heats are swum, medals shall be awarded to those Athletes who swam in the heats and/or the final Event (i.e. maximum of eight (8) Athletes).
- 11.7.4 The names of the Athletes, their respective Sport Class and the order in which they are to swim must be submitted on the World Para Swimming Relay Declaration Form, a minimum of one (1) hour before the start of the Session in which the Event is to take place. Failure to do so will result in the team being withdrawn from the Event and the NPC being penalised with a fee of fifty (50) Euros. The team will not be permitted to swim in that Event. Teams submitted for the heats session will be automatically rolled over to the Final unless a new WPS Relay Declaration Form is submitted a minimum of one (1) hour before the start of the Finals Session.
- 11.7.5 The names must be listed in their order of competing and the Athletes in Medley Relay Events must be listed for their respective strokes.
 - 11.7.5.1 Failure to swim in the order listed will result in disqualification.
- 11.7.6 Substitutions may be made only in the case of a medical withdrawal made in accordance with Regulation 6.3. If a medical withdrawal is accepted, a new World Para Swimming Relay Declaration Form must be submitted, which may contain updated/new Athletes and the strokes they are competing in.
- 11.7.7 Relay teams are based on a points score. The Sport Class of an individual Athlete is worth the actual number value (i.e., Sport Class S6 is worth six (6) points; Sport Class S10 is worth ten (10) points, Sport Class SB7 is worth seven (7) points, etc.)
- 11.7.8 For Vision Impaired Relays (49 point relays) relay teams must include at least one (1) Athlete in Sport Class S/SB 11. The remaining three (3) Athletes may be in any Sport Class between S/SB 11-13.

- 11.7.9 There shall be four (4) Athletes on each Relay team. Mixed Relays may be swum. Mixed Relays must consist of two (2) male and two (2) female Athletes. Split times achieved in these Events cannot be used for records and/or entry purposes.
- 11.7.10 In Relay Events, the team of an Athlete whose feet/part of the body loses contact with the starting platform before the preceding team member touches the wall shall be disqualified.
 - 11.7.10.1 In a Relay Event an Athlete may commence in the water. The Athlete may not lose contact with the starting place until such time as the preceding team member touches the wall otherwise the team Athlete shall be disqualified.
- 11.7.11 Any Relay team shall be disqualified from an Event if a team member, other than the Athlete designated to swim that length, enters the water when the race is being conducted before all Athletes of all teams have finished the race.
 - 11.7.11.1 An Athlete in a Relay Event who is to commence with a water start may enter the water only when the preceding takeoff at the same end has been executed.
- 11.7.12 The Tapper may convey to the Athlete the relay changeovers and convey the position/place of the relay. An extra Tapper may be required, one for tapping the Athlete completing the leg of the relay and one Tapper for conveying the changeover. No coaching is permitted.
- 11.7.13 Any Athlete having completed their leg in a relay Event must exit the pool as soon as possible without obstructing any other Athlete(s) who has not yet finished their leg.
 - 11.7.13.1 Athletes in Sport Classes S/SB1-5 may remain in their lanes until the last Athlete of each team has completed the race. An Athlete remaining in the water shall position themselves away from the end of the pool, close to

the lane rope but shall not obstruct any other Athlete in another lane.

- 11.7.14 During relay exchanges, running starts from the pool deck are not permitted. It is not permitted for Athletes to place either foot on the block behind the moveable backplate or to place one or both feet on top of the moveable backplate.

11.8 The Race

- 11.8.1 All individual races must be held as separate gender Events.
- 11.8.2 An Athlete swimming over the course alone shall cover the whole distance to qualify. An Athlete who does not complete the whole distance in accordance with the relevant Rules shall be disqualified.
- 11.8.3 Subject to the following Rules, an Athlete must remain and finish the race in the same lane in which they started.
- 11.8.3.1 If an Athlete with a Vision Impairment, who has a Tapper for that Event, surfaces in a lane not in use, the Athlete shall be permitted to complete the race in that lane.
- 11.8.3.2 If an Athlete with a Vision Impairment surfaces in a lane that is in use, it is preferable for the Athlete to return to the correct lane. The Tapper may give verbal instructions, but only after clearly identifying the Athlete by name to prevent distraction or interference to other Athletes. If the Athlete finishes the race in an occupied lane without a foul, their result will be valid.

Interpretation: The following table assists to clarify Rules 11.8.3, 11.8.3.1 and 11.8.3.2.

Athlete with a Tapper		
11.8.3.1	Surfaces in an empty lane	No DSQ

11.8.3.2	Surfaces in a lane in use, should try to get back, but will not be penalised if unable to do so.	No DSQ
	Surfaces in a lane in use, fouls the other Athlete.	See Rule 11.8.7.1
Athlete without a Tapper		
11.8.3	Completes swim in their own lane	No DSQ
11.8.3	Surfaces in another lane	DSQ

11.8.4 In all Events, an Athlete, 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.

11.8.5 Pulling on the lane rope is not permitted.

11.8.6 Obstructing another Athlete by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be deemed intentional by the Referee, the Referee shall report the matter to the NPC(s) of the affected Athlete(s), to World Para Swimming and to the NPC of the offending Athlete.

11.8.7 Should a foul jeopardise the chance of success of an Athlete, the Referee shall have the power to allow the Athlete whose race was jeopardised to compete in the next heat or, should the foul occur in a final Event or in the last heat, the Referee may order it to be re-swum.

11.8.7.1 For Athletes with Vision Impairment, should an accidental foul occur

during a race, caused by an Athlete either surfacing after the start or turn, in a lane that is in use by another Athlete, or by swimming too close to the lane rope, etc., the Referee shall have the power to allow one (1) or all Athletes to re-swim the Event.

- 11.8.8 Athletes in Sport Classes S11, SB11 and SM11 except for those with prosthetics in both eyes shall be required to wear opaque (blackened in) goggles for competition. Athletes in Sport Classes S11, SB11 and SM11 whose facial structure will not support goggles shall be required to cover the eyes with an opaque covering. The goggles of Athletes in Sport Classes S11, SB11 and SM11 shall be checked at the finish of the relevant Event.
- 11.8.8.1 If the goggles accidentally fall off during the dive or break during the race, the Athlete shall not be disqualified.
- 11.8.9 No Athlete shall be permitted to use or wear any device or swimsuit that may aid their speed, buoyancy or endurance during a Competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). No watches, wearable technology, communication or data collection devices may be worn. Goggles may be worn. Any kind of strapping or improper use of swimwear that limits unwanted movement is prohibited. Taping on the body is not permitted unless approved under Regulation 6.6.2.
- 11.8.9.1 No Athlete shall be permitted to use a prosthesis (except ocular), or orthoses during the race.
- 11.8.9.2 The wearing of cochlear implants and insulin pumps is permitted.
- 11.8.10 Any Athlete not entered in an Event, who enters the water while a race is being conducted before all Athletes therein have completed the race, shall be disqualified from their next scheduled Event.
- 11.8.11 Any Athlete having finished their race may leave the pool as soon as possible without obstructing any other Athlete who has not yet finished their race.

- 11.8.12 At the completion of each race, the Referee shall signal to the Athletes by way of two (2) short whistle blasts that they are required to clear the water.
- 11.8.13 No pace making shall be permitted, nor may any device be used or plan adopted which has that effect.
- 11.8.14 If an error by a Technical Official follows a fault by an Athlete, the fault by the Athlete may be expunged by the Referee.

1 APPENDIX ONE: OPEN WATER

OPEN WATER

Competitions taking place in rivers, lakes, oceans or water channels are called Open Water Competitions.

All courses used for Open Water Swimming Events must provide a safe environment for the Competition with ready access to the shore at frequent points along the course so that Athletes suffering any distress can be quickly assessed and treated.

OCEAN SWIMS

Ocean races have become increasingly popular. Some ocean swims can feature a mass start on the beach with a short run into the water. The course then:

- Parallels the beach; or
- Goes out to or around a fixed point such as a pier or island; or
- Circles a closed course marked by buoys; or
- Follows a course that is a combination of any of the above.

In some races there is a final run up the beach to the finish line. All Events must start either with a dive from a fixed platform or in the water, and finish in the water (WPS Rules do not apply to beach/land starts and finishes).

In determining the type of course for an Event, the environment of the race should be a guide. If there is a strong current running along the beach, it may be best to swim wide.

If there is not access to buoy markers, a closed course may not be feasible. Whatever course is chosen, sufficient boats and personnel needed to patrol a marked course off the shoreline and provide the necessary safety support will be required. A point-to-point course may require a higher number of boats to provide the necessary level of support as the field spreads during the race, whereas a small, circuit course will require more laps but can be controlled better within a confined area.

Keep in mind that a parallel point to point course usually does not finish where it starts, while most circuit courses generally do. A parallel course will require more facilities and co-ordination between the start and finish. Safety should always be the ultimate deciding factor in choosing a course for an open water competition.

LAKE AND RIVER SWIMS

The same course as in ocean swimming exists in lakes, rivers, dams or rowing courses:

- Parallel to a shore; or
- To and around a pier, rock, island or other identifiable landmark; or
- Around a closed course marked by buoys; or
- Point-to-point.

These types of swims are usually easier to organise than ocean Events since the variables of ocean swimming are greater. Conditions in lakes or rivers remain more constant. In a river, make sure the strength of the current and the course distance are taken into account to estimate the elapsed swimming time.

The Open Water Rules form part of the World Para Swimming Rules and Regulations and can be found in this **Appendix One: Open Water**

1.1 General

- 1.1.1 The Open Water Events are for Athletes with a Physical Impairment, Vision Impairment, or Intellectual Impairment. Each Impairment group will be awarded their own set of medals.
- 1.1.2 All Athletes shall be a minimum of 14 years, the age as at 31st December in the year of the Event.
- 1.1.3 WPS recognise three Event distances; 1.5km, 3km and 5km. Each Event will have its own maximum time limit to complete the course. After expiry of the designated time limit the Referee shall instruct all Athletes still on the course to exit the

water.

Time Limits:

Distance	Time Limit
1.5km	1 hour
3km	1.5 hours
5km	2 hours

- 1.1.4 An Athlete may be removed from the water at any time for safety reasons as determined by the Referee, Technical Delegate or Safety Officer.
- 1.1.5 It is the responsibility of each Athlete, prior to the start of the Event to have a space/thermal blanket.
- 1.1.6 Sport Class S11, S12 and S1-4 Athletes, who cannot navigate the course independently, will be permitted navigational assistance (i.e., Support Staff). The use of a small non-motorised craft, surfboard or guide Athlete may be required. Authority to use any such assistance shall be requested from the Technical Delegate prior to the day of the Event.
 - 1.1.6.1 The Athlete is responsible for arranging their Support Staff and craft if required.
 - 1.1.6.2 If the Athlete is using a paddler as Support Staff, then the paddler is assigned the same number as the Athlete.
 - 1.1.6.3 Support staff shall ensure their Athlete is made aware of any disqualification or infringement the Referee gives against their Athlete.

1.2 Officials

The following Technical Officials shall be appointed at Open Water Swimming Events:

- Technical Delegate for Open Water
- A Chief Referee (one (1) per race)
- Referees (two (2) minimum, additional Referees proportional to the race entries)
- Chief Timekeeper plus two (2) Timekeepers
- Chief Finish Judge plus two (2) Finish Judges
- Safety Officer
- Chief Medical Officer
- Course Officer
- Clerk of the Course
- Race Judges (one (1) per Athlete)
- Turn Judges (one (1) per alteration of Course)
- Starter
- Announcer
- Recorder

NOTE: No Technical Official can act in more than one (1) role simultaneously. They may only undertake a new role after all the obligations of their previous role have been fulfilled.

1.2.1 Technical Delegate:

This position maybe held in conjunction with the Course Officer (refer to Course Officer's duties):

- 1.2.1.1 The Technical Delegate is appointed by World Para Swimming to oversee the set-up and conduct of Open Water Competitions and to ensure the World Para Swimming Rules and Regulations are upheld.

1.2.2 The Chief Referee shall:

- 1.2.2.1 Have full control and authority over all Technical Officials, approve their assignments, and instruct them regarding all special features or regulations during the sessions. The Chief Referee shall enforce all Competition Rules

and shall decide all questions relating to the technical conduct of the competition, if not otherwise provided for in the World Para Swimming Rules and Regulations.

- 1.2.2.2 Have authority to intervene in the competition at any stage to ensure that World Para Swimming Rules and Regulations are observed.
 - 1.2.2.3 In case of hazardous conditions that jeopardize the safety of the Athletes or the officials, in consultation with the Safety Officer, stop the race.
 - 1.2.2.4 Adjudicate on all protests related to the competition in progress.
 - 1.2.2.5 Give a decision in cases where the Finish Judges' decision and times recorded do not agree.
 - 1.2.2.6 Signal to Athletes, 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.
 - 1.2.2.7 Disqualify any Athlete for any violation of the Rules that they personally observe or which is reported to them by other authorised officials.
 - 1.2.2.8 Ensure that all necessary officials for the conduct of the Competition are at their respective posts. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.
 - 1.2.2.9 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 Athletes are accounted for.
- 1.2.3 The Referees shall:
- 1.2.3.1 Have authority to intervene in the Competition at any stage to ensure that World Para Swimming Rules and Regulations are observed.

1.2.3.2 Disqualify any Athlete for any violation of the Rules that he personally observes.

1.2.4 The Starter shall:

1.2.4.1 Start the race in accordance with Rule 1.3 following the signal by the Chief Referee.

1.2.5 The Chief Timekeeper shall:

1.2.5.1 Assign at least two (2) Timekeepers to positions for the start and finish.

1.2.5.2 Ensure that a time check is made to allow all persons to synchronise their watches with the official running clocks fifteen (15) minutes before start time.

1.2.5.3 Collect from each Timekeeper the time recorded for each Athlete, and if necessary, inspect their watches.

1.2.5.4 Record or examine the official time for each Athlete.

1.2.6 Timekeepers shall:

1.2.6.1 Take the time of each Athlete(s) assigned. The watches must have memory and print out capability and be approved by World Para Swimming.

1.2.6.2 Start their watches at the starting signal, and only stop their watches when instructed by the Chief Timekeeper.

1.2.6.3 Promptly after each finish, record the time of each Athlete and turn it over to the Chief Timekeeper.

Note: When Automatic Officiating Equipment is used, the same number of hand timers shall be used.

1.2.7 The Chief Judge shall:

1.2.7.1 Assign each Judge to a position.

- 1.2.7.2 Record and communicate any decision received from the Referees during the competition.
 - 1.2.7.3 Collect after the race, signed results sheets from each Judge and establish the result and placing, which shall be sent directly to the Chief Referee.
 - 1.2.7.4 Confirm to each Race Judge their escort boat and instruct them in their duties.
 - 1.2.7.5 Collect after the race, signed sheets from each Race Judge of their observations during the race which shall be sent directly to the Chief Referee.
 - 1.2.8 Finish Judges (two) shall:
 - 1.2.8.1 Be positioned in line with the finish where they shall have at all times a clear view of the finish.
 - 1.2.8.2 Record after each finish the placing of the Athletes according to the assignment given.
- Note: Finish Judges shall not act as Timekeepers in the same Event.
- 1.2.9 Race Judges shall:
 - 1.2.9.1 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 assigned Athlete.
 - 1.2.9.2 Always ensure that the Competition Rules are complied with, violations being recorded in writing and reported to a Referee at the earliest opportunity.
 - 1.2.9.3 Have the power to order an Athlete from the water upon expiry of any time limit so ordered by the Chief Referee.
 - 1.2.9.4 Ensure that their appointed Athlete does not take unfair advantage, or

commit unsporting impediment on another Athlete and, if the situation requires, instruct an Athlete to maintain clearance from any other Athlete.

1.2.10 Turn Judges shall:

- 1.2.10.1 Be positioned so as to ensure all Athletes execute the alterations in course as indicated in the Competition Information Documents and as given at the pre-race briefing.
- 1.2.10.2 Record any infringements of the turn procedures on the record sheets provided, then immediately communicate the infringement to the Chief Referee.
- 1.2.10.3 Promptly upon completion of the Event deliver the signed record sheet to the Chief Referee.

1.2.11 The Safety Officer shall:

- 1.2.11.1 Be responsible to the Referee for all aspects of safety related to the conduct of the competition.
- 1.2.11.2 Check that the entire course with special regard to the start and finish areas is safe, suitable, and free of any obstruction.
- 1.2.11.3 Be responsible for ensuring that sufficient powered safety craft are available during the competition to provide full safety backup to the escort safety craft.
- 1.2.11.4 Provide prior to the Competition to all Athletes a tide/current chart clearly indicating the time of tide changes on the course and showing the effect of tides or current on an Athlete's progress along the course.
- 1.2.11.5 In conjunction with the Medical Officer advise the Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the way the

competition is conducted.

- 1.2.11.6 The Safety Officer shall monitor temperature conditions periodically during the race.

1.2.12 The Medical Officer shall:

- 1.2.12.1 Be responsible to the Chief Referee for all medical aspects related to the competition and Athlete.
- 1.2.12.2 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.
- 1.2.12.3 In conjunction with the Safety Officer, advise the 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.

1.2.13 Course Officer shall:

Note: This position may be in conjunction with the Technical Delegate (refer to Technical Delegate role).

- 1.2.13.1 Be responsible to World Para Swimming and LOC for the correct survey of the course.
- 1.2.13.2 Ensure the start and finish areas are correctly marked and all equipment has been correctly installed and, where applicable, is in working order.
- 1.2.13.3 Ensure all course alteration points are correctly marked and manned prior to the commencement of the competition.
- 1.2.13.4 With the Referee and Safety Officer, inspect the course and markings prior to the commencement of competition.
- 1.2.13.5 Ensure that Turn Judges are in position prior to the start of the competition

and report this to the Chief Referee.

1.2.14 The Clerk of Course shall:

- 1.2.14.1** Assemble and prepare Athletes prior to each Event and ensure proper reception facilities at the finish are available for all Athletes.
- 1.2.14.2** Ensure each Athlete is identified correctly with their race number and that all Athletes have trimmed fingernails and toenails and are not wearing any jewellery, including watches.
- 1.2.14.3** Be certain all Athletes are present, in the assembly area, at the required time prior to the start.
- 1.2.14.4** Keep Athletes and officials informed of the time remaining before the start at suitable intervals until the last five (5) minutes, during which one-minute warnings shall be given.
- 1.2.14.5** Be responsible for ensuring that all clothing and equipment left in the start area is transported to the finish area and kept in safekeeping.
- 1.2.14.6** Ensure that all Athletes 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.

1.2.15 The Recorder shall:

- 1.2.15.1** Record withdrawals from the competition, enter results on official forms, and maintain records for team awards as appropriate.

1.3 The Start

All Athletes competing in the Event regardless of gender or Sport Class should be started at the same time and compete on the course simultaneously with the following exception: If the safety and manageability of such a start is in question due to number of Athletes it is recommended that two (2) separate start times be used that separate Athletes either by gender or by Sport Class. It is the responsibility of the Open Water Technical Delegate to make this decision.

- 1.3.1 All Open Water competitions shall start with all Athletes 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.
 - 1.3.1.1 When starting from a fixed platform Athletes shall be assigned a position on the platform, as determined by random draw.
- 1.3.2 Athletes may require Support Staff for the start of the Event.
- 1.3.3 The Clerk of the Course shall keep Athletes and officials informed of the time before start at suitable intervals and at one (1) minute intervals for the last five (5) minutes.
- 1.3.4 When the number of entries dictates the start shall be segregated in the Men's and Women's competitions.
 - 1.3.4.1 If the Event is divided into Sport Classes the higher Sport Classes and the Vision Impaired shall always start before the lower Sport Classes.
- 1.3.5 The start line shall be clearly defined by either overhead apparatus or by removable equipment at water level.
- 1.3.6 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.
- 1.3.7 The Starter shall be positioned so as to be clearly visible to all Athletes.
 - 1.3.7.1 On the Starter command "take your marks" all Athletes shall take up their starting position. When starting from a fixed platform, some part of the body must be in contact with the platform.
 - 1.3.7.2 The Starter will give the starting signal when he considers all Athletes are ready.
- 1.3.8 The start signal shall be both audible and visual.

- 1.3.9 If in the opinion of the Referee an unfair advantage has been gained at the start the offending Athlete will be given a yellow or red flag in accordance with Rule 1.5.3.
- 1.3.10 All escort safety craft shall be stationed prior to the start so as not to interfere with any Athlete, and if picking up their Athlete from behind shall navigate in such a way as not to manoeuvre through the field of Athletes.
- 1.3.11 Although they may start together, in all other respects the men's and women's physical impairment, intellectual impairment and vision impaired Sport Classes Events shall be treated as separate Events.

1.4 The Venue

- 1.4.1 World Para Swimming Open Water Competitions shall be conducted over a one point five (1.5), three (3) or five (5) kilometre(s) course and at a venue approved by World Para Swimming.
- 1.4.2 The course shall be in water that is subject to only minor currents or tide and may be salt or fresh water.
- 1.4.3 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.
- 1.4.4 The minimum depth of water at any point on the course shall be 1.4 metres.
- 1.4.5 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, two (2) hours before the start, in the middle of the course and at a depth of forty (40) centimetres. This control should be done in the presence of a Commission made up of the following persons present: a Referee, a member of the LOC and one (1) coach from the teams present designated during the Technical Meeting.
- 1.4.6 All turns/alterations of course shall be clearly indicated. Directional buoys which

are alterations of the course shall be of a different colour to guidance buoys.

- 1.4.7 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 Athlete's visibility of the turn.
- 1.4.8 The final approach to the finish shall be clearly defined with markers of a distinctive colour and shall comprise the boundary of the course.
- 1.4.9 The finish shall be clearly defined and marked by a vertical face.

1.5 The Race

- 1.5.1 All Open Water Events shall be Freestyle Events and Athletes are required to complete the whole course, respecting all designated turning buoys and course boundaries.
- 1.5.2 Race Judges shall instruct any Athlete who is, in their opinion, taking unfair advantage by pacing or slip streaming with the escort craft or Support Staff to move clear.
- 1.5.3 Disqualification Procedure
 - 1.5.3.1 If in the opinion of the Chief Referee or Referees, any Athlete, or Athlete approved representative/Support Staff, or escort safety craft, takes advantage by committing any violation of the Rules or by making intentional contact with any Athlete, the following proceeding shall apply:
 - 1.5.3.2 1st Infringement: A yellow flag and a card bearing the Athlete's number shall be raised to indicate and to inform the Athlete or the Support Staff that they are in violation of the Rules.
 - 1.5.3.3 2nd Infringement: A red flag and a card bearing the Athlete's number shall be raised by the Referee (Rule 1.2.2.7) to indicate and to inform the Athlete or the Support Staff that they are for the second time in violation of the Rules. The Athlete shall be disqualified.

- 1.5.3.4 If in the opinion of a Referee, an action of an Athlete or an escort safety craft, or Athlete's approved representative/Support Staff is deemed to be 'unsporting' the Referee shall disqualify the Athlete concerned immediately. He must leave the water immediately and be placed in an escort craft and take no further part in the race.
- 1.5.4 Escort safety craft and Support Staff shall manoeuvre so as not to obstruct or place themselves directly ahead of any Athlete and not to take advantage by pacing or slip streaming.
- 1.5.5 Escort safety craft shall attempt to maintain a constant position so as to station the Athlete at, or forward of, the midpoint of the escort safety craft.
- 1.5.6 Standing on the bottom during a race shall not disqualify an Athlete but they may not walk or jump.
- 1.5.7 With the exception of Rule 1.5.6, Athletes 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 during the race.
 - 1.5.7.1 Rendering assistance by an official Medical Officer to an Athlete in apparent distress should always supersede official rules of disqualification through "intentional contact" with an Athlete.
- 1.5.8 Each safety craft shall contain appropriately qualified Safety Personnel and the minimum crew required to operate the safety craft.
- 1.5.9 No Athlete 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.
 - 1.5.9.1 For Open Water Swimming competitions with water temperature from 20°C, swimsuits for both 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 pool swimming competition.

- 1.5.9.2 For Open Water Swimming competitions in water with temperature below 20 °C, men and women may use either swimsuits or wetsuits. When the water temperature is below 18°C, the use of wetsuits is compulsory.
- 1.5.9.3 For the purpose of Rules 1.5.9.1 and 1.5.9.2, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.
- 1.5.10 Athletes shall be allowed to use grease or other such substances providing these are not, in the opinion of the Referee, excessive.
- 1.5.11 The pacing of an Athlete by another person entering the water is not permitted.
- 1.5.12 Coaching and the giving of instructions by the approved Athlete's representative/Support Staff in the escort safety craft is permitted. No whistle shall be allowed.

1.6 Emergency Abandonment

- 1.6.1 In case of emergency abandonment of the race, the race will be restarted from the beginning at the earliest possible moment.

1.7 The Finish of the Event

- 1.7.1 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. Escort safety craft should be stationed at the approach to and entrance of the finish lane to ensure that only the escort safety craft authorised to do so enter or cross this entrance.
- 1.7.2 The finish apparatus should, where possible, be a vertical wall at least five (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 an Athlete striking the wall. The finish should be filmed and recorded by video system with slow motion and recall facilities including timing equipment. 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.

- 1.7.2.1 When Automatic Officiating Equipment (AOE) is used for timing of the competitions it is to be in accordance with Facilities Rule 1.4. Microchip transponder technology capable of providing split times is mandatory and should be added to the equipment. Use of microchip transponders technology is mandatory for IPC Games and WPS Competitions. Microchip transponder timing technology will be recorded officially in tenths of seconds. The final places will be determined by the Chief Referee based upon the Finish Judges' report and the finish video tape.
 - 1.7.2.2 It is mandatory for all Athletes to wear a microchip transponder on their wrists throughout the race. If an Athlete 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. Any Athlete who finishes the race without a transponder will be disqualified.
 - 1.7.2.3 Athletes with no upper limbs shall be provided with alternative means to attach the microchip transponders.
 - 1.7.2.4 Athletes with a vision impairment may be touched by their Support Staff to indicate the finish of the race.
 - 1.7.2.5 When, at the finish of an Open Water Swimming competition, a vertical wall is available, Athletes must touch the vertical wall to finish the race. Any Athlete who does not touch the vertical wall will be disqualified.
- 1.7.3 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.

- 1.7.4 Every effort should be made to ensure that the Athlete's representative/Support Staff can get from the escort safety craft to meet the Athlete as they leave the water.
- 1.7.5 Upon leaving the water some Athletes may require assistance. Athletes should only be touched or handled if they clearly display a need or ask for assistance.
- 1.7.6 A member of the medical team should examine the Athlete as they leave the water. A chair, in which the Athlete can sit while an assessment is made, should be provided.
- 1.7.7 Once cleared by the medical member, the Athlete should be given access to refreshment.

1 APPENDIX TWO: FACILITIES

The Facilities Rules are intended to provide the best possible environment for competition for competitive use and training. These Facilities Rules are not intended to govern issues related to the general public. Activities undertaken by the public are the responsibility of the owner or controller of a facility.

The Facilities Rules form part of the World Para Swimming Rules and Regulations and can be found in **Appendix Two: Facilities**.

1.1 General

1.1.1 World Para Swimming recognises two (2) kinds of pools:

1.1.1.1 World Para Swimming Paralympic Standard Pools: IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions should be held in a Paralympic Standard Pool that complies with 1.2 and 1.3, but World Para Swimming may waive certain standards for existing pools if it does not materially interfere with the competition.

1.1.1.2 World Para Swimming Minimum Standard Pools: World Para Swimming Approved Competitions shall be conducted in pools which comply with all of the minimum standards contained in 1.2.

1.1.2 The swimming pool and the technical equipment for IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions shall be inspected and approved prior to the swimming competitions by the appointed Technical Delegate and World Para Swimming.

1.1.3 At IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions all pools shall be available for use by entered Athletes for a minimum of two (2) days prior to the start of the competition. The pool shall be available to the Athletes for a minimum of 1.5 hours prior to the start of each session of the competition.

- 1.1.4 All pools and the facilities shall be accessible.
- 1.1.5 During competition days the pools shall be available for training when Competition is not in progress.
- 1.1.6 Mats shall be placed on the pool deck besides the outside lanes, within one (1) metre of each end of the pool. Each mat shall be a minimum of one (1) metre wide and two (2) metres in length.
- 1.1.7 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 Athletes and must not change the configuration of the pool or obscure the required World Para Swimming markings. The placement shall be approved by the competition Technical Delegate.

1.2 Minimum Standard Swimming Pools

- 1.2.1 Length
 - 1.2.1.1 50.000 metres. When touch panels of Automatic Officiating Equipment are used on the start end, or additionally on the turn end, the pool must be of such length that ensures the required distance of 50.000 metres between the two (2) panels.
 - 1.2.1.2 25.000 metres. When touch panels of Automatic Officiating Equipment are used on the start end, or additionally on the turn end, the pool must be of such length that ensures the required distance of 25.000 metres between the two (2) panels.
- 1.2.2 Dimensional Tolerance
 - 1.2.2.1 The admissible tolerance in 50.000 metre swimming pools will be +0.010, - 0.000 metre. **Tolerances will be measured as follows:**
Wall to Wall: minimum 50.020 metres, maximum 50.030 metres

Tolerances must be consistent 0.300 mm above to 0.800 metres below the water surface.

These measurements must be certified by a surveyor or other qualified official on behalf of the LOC.

- 1.2.2.2 The admissible tolerance in 25.000m swimming pools will be +0.010, - 0.000.

Tolerances will be measured as follows:

Wall to Wall: minimum 25.020 metres, maximum 25.030 metres

Tolerances must be consistent 0.300 mm above to 0.800 metres below the water surface.

These measurements must be certified by a surveyor or other qualified official on behalf of the LOC.

1.2.3 Depth

- 1.2.3.1 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.

1.2.4 Walls

- 1.2.4.1 End walls shall be vertical, parallel and form ninety (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 Athlete to touch and push off in turning without hazard.
- 1.2.4.2 Rest ledges along the pool walls are permitted; they must be not less than 1.2 metres below the water surface and may be 0.1 metre to 0.15 metre wide. Both internal and external ledges are acceptable, however internal ledges are preferred.

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

1.2.5 Lanes

- 1.2.5.1 Lanes shall be at least 2.5 metres wide, with two spaces of at least 0.2 metre outside of the first and last lane.

1.2.6 Lane ropes

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.

- 1.2.6.1 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 $\pm$ 10mm 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.

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

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

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

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

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

1.2.6.5 There shall not be more than one (1) lane rope between each lane. The lane ropes shall be firmly stretched.

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

1.2.6.7 In 50 metre pools the floats shall be distinct to mark twenty-five (25) metres.

1.2.7 Starting Platforms

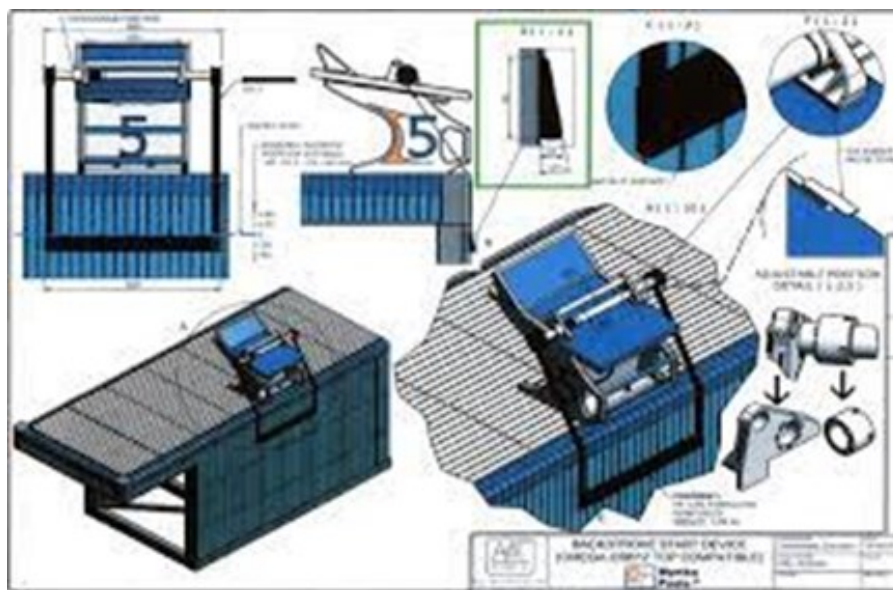
- 1.2.7.1 Shall be firm and give no springing effect.
- 1.2.7.2 The height of the platform above the water surface shall be from 0.5 metre to 0.75 metre.
- 1.2.7.3 The surface area shall be at least 0.5 metre x 0.5 metre and covered with nonslip material.
- 1.2.7.4 Maximum slope shall not be more than ten degrees (10°). The starting platform may have an adjustable setting back plate.
- 1.2.7.5 The starting platform shall be constructed so as to permit the gripping of the platform by the Athlete in the forward start at the front and the sides; it is recommended that, if the thickness of the starting platform exceeds 0.04 metre, grips of at least 0.1 metre width on each side and 0.4 metre width if the front be cut out to 0.03 metre from the surface of the platform.
- 1.2.7.6 Handgrips for the forward start may be installed on the sides of the starting platforms.
- 1.2.7.7 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.
- 1.2.7.8 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.
- 1.2.7.9 Electronic read-out boards may be installed under the Starting Platforms. Flashing is not allowed. Figures must not move during a backstroke start.
- 1.2.7.10 Numbering - Each starting block must be distinctly numbered on all four sides, clearly visible. It is recommended that lane number 1 of an 8 lane pool be on the right-hand side when facing the course from the starting end with the exception of 50 metre Events, which may start from the opposite

end. It is also recommended that in 10 lane pools, lane number 0 be on the right-hand side when facing the course from the starting end with the exception of 50 metre Events, which may start from the opposite end. Touch panels may be numbered on the top part.

1.2.7.11 Backstroke Ledge

A backstroke ledge may be used:

- The ledge may be adjustable to four (4) cm above or four (4) cm below the water level.
- The ledge is a minimum of sixty-five (65) cm in length.
- The ledge must be eight (8) cm in height, two (2) cm at the width with 10 degrees (10°) of slope



1.2.8 Backstroke Turn Indicators

- ##### 1.2.8.1
- Flagged ropes shall be suspended across the pool, minimum 1.8 metres and maximum 2.5 metres above the water surface, from fixed standards placed 5.0 metres from each end wall. Distinctive marks must be placed on both sides of the pool, and where possible on each lane rope, five (5)

metres from each end wall.

- 1.2.8.2 Backstroke turn indicators should be a contrasting colour to the ceiling or sky.

1.2.9 False Start Rope

- 1.2.9.1 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.

1.2.10 Water Temperature and Movement

- 1.2.10.1 Water temperature shall be 25°C – 28°C.
- 1.2.10.2 During competition the water in the pool must be at a constant level, with no appreciable movement.
- 1.2.10.3 In order to maintain the water level; preserve the transparency of the water; and take into consideration the health regulations in force in most countries, inflow and outflow must be regulated as follows:
- 220 to 250 m³/h for 50.000 metre pools
 - 150 to 180 m³/h for 33.330 metre pools
 - 120 to 150 m³/h for 25.000 metre pools
- 1.2.10.4 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 six (6) litres of water to obtain the right buoyancy) in one (1) direction for more than 1.250 metres in sixty (60) seconds.

The practical way to test this is to install two floating lines crosswise in a swim lane (to form a 2.5m² square) and then leave the basketball (filled with six (6) litres of water) in the central

point of the square. If the ball does not touch any of the four lane ropes within sixty (60) seconds, the turbulence test is successful.

The turbulence test should be repeated in lanes 1, 3, 6 and 8 on each side of the pool, at 5 metres from each headwall.

1.2.11 Lighting

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

1.2.12 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 in 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 pool deck edge (curb) to the floor of the pool to a maximum of three 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 pools constructed after 1 January 2006, cross lines 0.5 metre long shall be placed at the fifteen (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.

1.2.13 Bulkheads

1.2.13.1 When a bulkhead serves as an end wall, it must extend the full width of the course and present a solid smooth, non-slippery stable vertical surface on

which touch pads may be mounted extending not less than 0.8m below and 0.3m above the surface of the water and must be free of hazardous openings above or below the waterline which may be penetrated by an Athlete's hand, 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.

1.3 Paralympic Standard Swimming Pools (for both permanent and temporary swimming pools)

- 1.3.1 Length: 50.0 metres between the AOE touch panels, except for the Short Course World Para Swimming Championships, which shall be 25.0 metres between the AOE touch panels at the starting end and the wall or touch panels at the turning end.
 - 1.3.1.1 Dimensional tolerances as in 1.2.2.
 - 1.3.1.2 Width: 25.0 metres.
 - 1.3.1.3 Depth: minimum two (2) metres.
 - 1.3.1.4 Walls: as in 1.2.4.
 - 1.3.1.5 The pools must be equipped with flush walls at both ends.
 - 1.3.1.6 Number of lanes: min. eight (8) lanes for World Para Swimming Championships and ten (10) lanes for Paralympic Games.
 - 1.3.1.7 Lanes shall be 2.5 metres wide with two (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. If the pool has 10 lanes, these must be marked from 0 to 9.
 - 1.3.1.8 For World Para Swimming Championships there must be a lane rope separating these spaces from lanes 0 and 9
- 1.3.2 Lane Ropes: As in Rule 1.2.6.
- 1.3.3 Starting Platforms: as in Rule 1.2.7. Except the surface area shall be at least 0.5

metre wide x 0.6 metre in length and covered with non-slip material. False start control equipment must be installed.

1.3.4 Numbering: as in 1.2.7.10

1.3.5 Backstroke turn indicators: as in 1.2.8.

Flagged ropes must be 1.8 metres above the water surface. Flags must be fixed to the rope having the following dimensions: 0.20 metre on the rope forming a triangle measuring 0.40 metre on the sides. The distance between each flag must be 0.25 metre. The flags may carry any signage approved in advance by World Para Swimming.

1.3.6 False Start Rope: as in 1.2.9.

1.3.7 Water temperature: as in 1.2.10.

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

1.3.9 Lane markings: as in 1.2.12. The distance between the centre points of each lane shall be 2.5 metres.

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

1.4 Automatic Officiating Equipment (AOE)

1.4.1 At IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions approved Automatic Officiating Equipment shall be provided and used.

1.4.2 Automatic and Semi-Automatic Officiating Equipment records the elapsed time of each Athlete and determines the relative place in an Event. Judging and timing shall be to 2 decimal places (1/100 of a second). Equipment that is installed shall not interfere with the Athletes' starts, turns, or the function of the overflow

system.

1.4.3 The equipment must:

- 1.4.3.1 Be activated by the Starter.
- 1.4.3.2 Have no exposed wires on the pool deck.
- 1.4.3.3 Be able to display all recorded information for each lane by place and by lane.
- 1.4.3.4 Provide easy digital reading of an Athlete's time.

1.4.4 Starting devices

- 1.4.4.1 The Starter shall have a microphone for oral commands.
- 1.4.4.2 The microphone and the starting signal shall be connected to loudspeakers at each starting platform where both the Starter's commands and the starting signal can be heard equally and simultaneously by each Athlete.
- 1.4.4.3 A strobe/starting light for Athletes with a hearing impairment should be available at the starting platform of the Athlete. It may be positioned to the Athlete's requirement and where it can be seen by the Referee and the Starter.

1.4.5 Touch panels

- 1.4.5.1 The minimum measurement of the touch panels shall be 2.4 metres wide and 0.9 metres high, and the maximum thickness shall be 0.01 metres 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.

- 1.4.5.2 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 Athletes.
- 1.4.5.3 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.
- 1.4.5.4 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.
- 1.4.5.5 Safety: The panels shall be safe from the possibility of electrical shock and shall not have sharp edges.
- 1.4.6 Semi-Automatic Equipment may be used as a backup to the Automatic Officiating Equipment. An Inspector of Turns may operate one of the button(s).
- 1.4.7 The following accessories are essential for a minimum installation of AOE:
 - 1.4.7.1 Printout of all information, which can be regenerated during a succeeding Event.
 - 1.4.7.2 Spectator readout board.
 - 1.4.7.3 Relay take-off judging to 1/100 of a second. Where an overhead video timing system is installed, they may be reviewed as a supplement to the automatic system's judgement of Relay take-off.
 - 1.4.7.4 Automatic lap counter.
 - 1.4.7.5 Readout of splits.
 - 1.4.7.6 Computer summaries.
 - 1.4.7.7 Correction of erroneous touch.
 - 1.4.7.8 Automatic rechargeable battery operation possibility.

1.4.8 For IPC Games, World Para Swimming Championships and World Para Swimming Sanctioned Competitions the following accessories are also essential:

- 1.4.8.1 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 height of 360 mm. Each line – matrix scoreboard shall be able to scroll up and 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 7.5m width by 4.5m height.
- 1.4.8.2 There shall be an air-conditioned control centre, with dimensions of at 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 competition. The Referee must have easy access to the control centre during the competition. At all other times the control centre shall be able to be secured.
- 1.4.8.3 Overhead video timing system.

The start, turns and finish should be filmed and recorded from above by a video system with slow motion and recall facilities including timing equipment.

1.4.8.4 Underwater Video Judging Equipment

Wherever possible for IPC Games and World Para Swimming Championships approved Automatic Officiating Equipment, including Underwater Video Judging Equipment shall be provided and used. The approved Underwater 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.



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