

To: NPCs widely and regularly practicing swimming

Bonn, 11 April 2016

Dear NPC/NF Representatives,

In order to avoid misunderstandings, following the earlier FINA interpretation of FINA rules 4.4 The Start and 9.1 Medley Swimming, IPC would like to bring your attention to the official IPC Swimming interpretation to the following Swimming Rules:

### **3.1.6 The Start**

3.1.6 Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer(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 swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per 3.1.1.

*Interpretation: After all swimmers are "stationary" (3.1.3 and 3.1.4), any swimmer who moves before the starting signal may be disqualified when such movement is observed and confirmed by both the starter and referee (2.2.2.5). When video-tape timing system (5.4.7.3) is available, it may be used to verify the disqualification.*

### **3.6 Medley Swimming**

3.6.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

3.6.1.1 In the 150 metre and 75 metre individual medley events, the swimmer covers three swimming strokes in the following order: Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one third (1/3) of the distance.

*Interpretation: According to 3.6.1 and 3.6.1.1 each of the strokes must cover either one quarter (1/4) or one third (1/3) of the distance. Being on the back when leaving the wall for the Freestyle portion of the Ind. Medley is covering more than one quarter of the distance in the style of Backstroke and is, therefore, a disqualification. Backstroke swimming is only defined as being on the back.*

This interpretation is based on the following IPC Swimming Rules:

### **3.2 Freestyle**

3.2.1 "...except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly."

### **3.3 Backstroke**

3.3.1 to 3.3.5 There are no kick or stroke requirements.

3.3.2 The swimmer "...shall push off and swim upon his back throughout the race"

3.3.3 "Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 metres after the start and each turn"

3.3.3.1 For S1-5 swimmers, during each complete stroke cycle some part of the swimmer must break the surface of the water"

### **3.4 Breaststroke**

3.4.1 to 3.4.6 There are specific stroke and kick requirements.

### **3.5 Butterfly**

3.5.1 to 3.5.5 There are specific stroke and kick requirements.

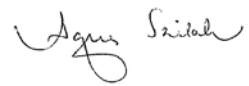
### **3.6 Medley Swimming**

3.6.1 Each of the four strokes must cover one quarter (1/4) of the distance.

3.6.1.1 In the 75 m and 150 m Medley each of the three strokes must cover one third (1/3) of the distance.

Should you have any questions please contact the office at your convenience.

Kind regards,

A handwritten signature in black ink that reads "Agnes Szilak". The signature is fluid and cursive, with the first letter 'A' being particularly prominent.

Agnes Szilak  
IPC Swimming Sport Senior Manager  
International Paralympic Committee