

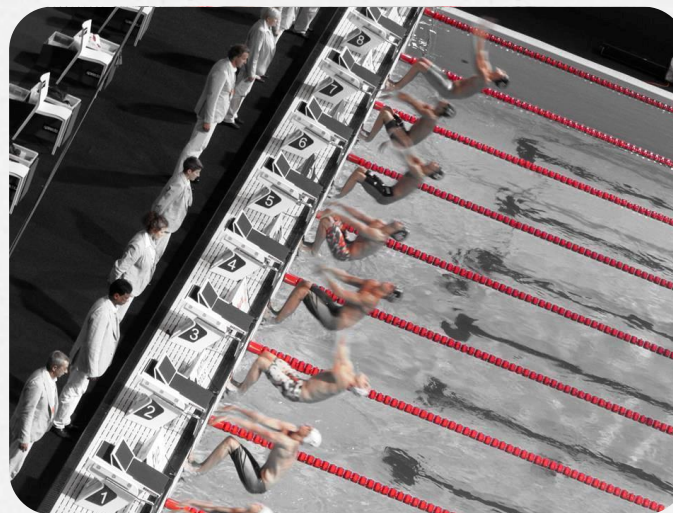
OFFICIALS SEMINAR FINA RULES



**ALFONSO WUCHERPFENNIG. LEN TSC MEMBER
REYKJAVIK JANUARY 2014**

FINA RULES MODIFICATIONS 2013-2017

1. Management of Competitions
2. Officials
3. Seeding of Heats, Semi- Finals & Finals
4. Freestyle, Backstroke
5. Breaststroke, Butterfly
6. The race
7. World records.



ALFONSO WUCHERPFENNIG. REYKJAVIK JANUARY 2014

SWIMMING TECHNICAL CONGRESS

FINA RULES

| GROUP | TSC | BUR | FED | TOT | APR |
|--------------------------------|-----------|-----------|-----------|-----------|-----------|
| Management of Competitions | 2 | 2 | - | 2 | 2 |
| Officials | 2 | 2 | - | 2 | 2 |
| Seeding of Heats, Semi-final.. | 5 | 5 | - | 5 | 5 |
| Backstroke,... | 9 | 11 | 27 | 33 | 10 |
| The race | 1 | 2 | 16 | 17 | 2 |
| World records | 2 | 4 | 3 | 5 | 1 |
| TOTAL | 21 | 26 | 46 | 64 | 22 |

SUMMARY OF PROPOSALS

ALFONSO WUCHERPFENNIG. REYKJAVIK JANUARY 2014

MANAGEMENT OF COMPETITIONS

| SW 1 | MANAGEMENT OF COMPETITIONS | | |
|----------|----------------------------|-------------------|---|
| SW 1.2 | TSC | Bureau Recommends | <p>At the Olympic Games and World Championships the FINA Bureau shall appoint the following minimum number of officials for the control of the competitions:</p> <p>referee (1) <u>(2)</u></p> <p>control-room supervisor(1)</p> <p>judges of stroke (4)</p> <p>starters (2)</p> <p>chief inspectors of turns (2, 1 at each end of the pool)</p> <p>inspectors of turns (1 at each end of each lane)</p> <p>chief recorder (1)</p> <p>clerks of course (2)</p> <p>false start rope personnel (1)</p> <p><u>announcer (1)</u></p> |
| SW 1.2.3 | TSC | Bureau Recommends | <p>A chief finish judge and finish judges are required <u>may be used</u> when Automatic Equipment and/or three (3) digital watches per lane are not used.</p> |
| SW 2 | OFFICIALS | | |
| SW 2.8 | Chief Timekeeper | | |
| SW 2.8.1 | TSC | Bureau Recommends | <p>The chief timekeeper shall assign the seating positions for all timekeepers and the lanes for which they are responsible. <u>It is advisable that</u> there shall be three (3) timekeepers for each lane. If Automatic Officiating Equipment is not used there shall be two (2) additional timekeepers designated, either of whom shall be directed to replace a timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time. When using three (2) digital watches <u>per lane</u>, final time and place is determined by time.</p> |

MANAGEMENT OF COMPETITIONS

1. Management of Competitions

SW 1.2 At the Olympic Games and World Championships the FINA Bureau shall appoint the following minimum number of officials for the control of the competitions:

- referee [\(2\)](#)
- control-room supervisor(1)
- judges of stroke (4)
- starters (2)
- chief inspectors of turns
(2, 1 at each end of the pool)
- inspectors of turns
(1 at each end of each lane)
- chief recorder (1)
- clerks of course (2)
- ~~false start rope personnel (1)~~
- [announcer \(1\)](#)



MANAGEMENT OF COMPETITIONS

1. Management of Competitions

SW 1.2.3 A chief finish judge and finish judges ~~are required~~ may be used when Automatic Equipment and/or three (3) digital watches per lane are not used.





A chief finish judge and finish judges may be used when Automatic Equipment and/or three (3) digital watches per lane are not used.



OFFICIALS

| SW 1 | MANAGEMENT OF COMPETITIONS | | |
|----------|----------------------------|-------------------|---|
| SW 1.2 | TSC | Bureau Recommends | At the Olympic Games and World Championships the FINA Bureau shall appoint the following minimum number of officials for the control of the competitions: referee (1) <u>(2)</u> control-room supervisor(1) judges of stroke (4) starters (2) chief inspectors of turns (2, 1 at each end of the pool) inspectors of turns (1 at each end of each lane) chief recorder (1) clerks of course (2) false start rope personnel (1) <u>announcer (1)</u> |
| SW 1.2.3 | TSC | Bureau Recommends | A chief finish judge and finish judges are required to be used when Automatic Equipment and/or three (3) digital watches per lane are not used. |
| SW 2 | OFFICIALS | | |
| SW 2.8 | Chief Timekeeper | | |
| SW 2.8.1 | TSC | Bureau Recommends | The chief timekeeper shall assign the seating positions for all timekeepers and the lanes for which they are responsible. <u>It is advisable that</u> there shall be three (3) timekeepers for each lane. If Automatic Officiating Equipment is not used there shall be two (2) additional timekeepers designated, either of whom shall be directed to replace a timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time. When using three (2) digital watches per lane , final time and place is determined by time. |

OFFICIALS

2. Árbitros

SW.2.8.1 Chief Timekeeper

.... It is advisable that there shall be three (3) timekeepers for each lane...When using ~~three (3)~~ digital watches ~~per lane~~, final time and places is determined by time.



OFFICIALS

| | | | |
|-------------------|--|----------------------|--|
| SW 2.8.2 (NEW) | TSC | Bureau Recommends | When only one (1) timekeeper per lane is available, an extra timekeeper must be assigned in case of a malfunction of a stopwatch. In addition the Chief Timekeeper must always record the time of the winner of each heat. |
| SW 3 | SEEDING OF HEATS, SEMI-FINALS AND FINALS | | |
| SW 3.1 | HEATS | | |
| SW 3.1.1 | TSC | Bureau Recommends | The best competitive times of all entrants for the preceding twelve (12) months <u>announced qualifying period</u> prior to the entry deadline of the competition shall be submitted on entry forms <u>or on-line, as requested</u> , and listed in order of time by the Management Committee. Swimmers who do not submit official recorded times shall be considered the slowest and shall be placed at the end of the list with a no time. Placement of swimmers with identical times or of more than one swimmer without times shall be determined by draw. Swimmers shall be placed in lanes according to the procedures set forth in SW 3.1.2 below. Swimmers shall be placed in trial heats according to submitted times in the following manner. |
| SW 3.1.1.3 | TSC | Bureau Recommends | If three heats, <u>except 400m, 800m and 1500m events</u> , the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc |
| SW 3.1.1.4 | TSC | Bureau Recommends | If four or more heats, <u>except 400m, 800m and 1500m events</u> , the last three heats of the event shall be seeded in accordance with SW 3.1.1.3 above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descend-ing order of submitted times within each heat, in accordance with the pattern outlined in SW 3.1.2 below. |

OFFICIALS

2. Officials

SW 2.8.2 (new)

When only one (1) timekeeper per lane is available , an extra timekeeper must be assigned in case of a malfunction of a stopwatch.

In addition the Chief Timekeeper must always record the time of the winner of each heat.



SEEDING OF HEATS, SEMIFINALS AND FINALS.

| | | | |
|-------------------|--|----------------------|--|
| SW 2.8.2 (NEW) | TSC | Bureau Recommends | <u>When only one (1) timekeeper per lane is available, an extra timekeeper must be assigned in case of a malfunction of a stopwatch. In addition the Chief Timekeeper must always record the time of the winner of each heat.</u> <i>Renumber thereafter</i> |
| SW 3 | SEEDING OF HEATS, SEMI-FINALS AND FINALS | | |
| SW 3.1 | HEATS | | |
| SW 3.1.1 | TSC | Bureau Recommends | The best competitive times of all entrants for the preceding twelve (12) months <u>announced qualifying period</u> prior to the entry deadline of the competition shall be submitted on entry forms <u>or on-line, as requested</u> , and listed in order of time by the Management Committee. Swimmers who do not submit official recorded times shall be considered the slowest and shall be placed at the end of the list with a no time. Placement of swimmers with identical times or of more than one swimmer without times shall be determined by draw. Swimmers shall be placed in lanes according to the procedures set forth in SW 3.1.2 below. Swimmers shall be placed in trial heats according to submitted times in the following manner. |
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| SW 3.1.1.4 | TSC | Bureau Recommends | If four or more heats, <u>except 400m, 800m and 1500m events</u> , the last three heats of the event shall be seeded in accordance with SW 3.1.1.3 above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in SW 3.1.2 below. |

SEEDING OF HEATS

3. Seeding of Heats, Semifinals & Finals

SW 3.1.1

The best competitive times of all entrants for the **preceding twelve months** announced qualifying period prior to the entry deadline of the competition shall be submitted on entry forms or on-line, as requested.....



SEEDING OF HEATS, SEMIFINALS AND FINALS.

| | | | |
|-------------------|--|----------------------|--|
| SW 2.8.2 (NEW) | TSC | Bureau Recommends | <u>When only one (1) timekeeper per lane is available, an extra timekeeper must be assigned in case of a malfunction of a stopwatch. In addition the Chief Timekeeper must always record the time of the winner of each heat.</u> <i>Renumber thereafter</i> |
| SW 3 | SEEDING OF HEATS, SEMI-FINALS AND FINALS | | |
| SW 3.1 | HEATS | | |
| SW 3.1.1 | TSC | Bureau Recommends | The best competitive times of all entrants for the preceding twelve (12) months <u>announced qualifying period</u> prior to the entry deadline of the competition shall be submitted on entry forms <u>or on-line, as requested</u> , and listed in order of time by the Management Committee. Swimmers who do not submit official recorded times shall be considered the slowest and shall be placed at the end of the list with a no time. Placement of swimmers with identical times or of more than one swimmer without times shall be determined by draw. Swimmers shall be placed in lanes according to the procedures set forth in SW 3.1.2 below. Swimmers shall be placed in heats according to submitted times in the following manner. |
| SW 3.1.1.3 | TSC | Bureau Recommends | If three heats, <u>except 400m, 800m and 1500m events</u> , the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc |
| SW 3.1.1.4 | TSC | Bureau Recommends | If four or more heats, <u>except 400m, 800m and 1500m events</u> , the last three heats of the event shall be seeded in accordance with SW 3.1.1.3 above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat in accordance with the pattern outlined in SW 3.1.2 below. |

SEEDING OF HEATS, SEMIFINALS AND FINALS.

| | | | |
|-----------------------------------|--------------------------|----------------------------------|--|
| <u>SW 3.1.1.5</u> <u>(NEW)</u> | TSC | Bureau Recommends | <u>For 400m, 800m and 1500m events, the last two heats of the event shall be seeded in accordance with SW 3.1.1.2.</u> <i>Renumbered after</i> |
| SW 3.2.3 | TSC | Bureau Recommends | In the event that swimmers from the same or different heats have equal times registered to 1/100 second for either the eighth/tenth place or sixteenth/twentieth place depending on the use of 8 or 10 lanes, there shall be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place not less than one hour after all involved swimmers have completed their heats <u>at a time agreed between the event management and the parties involved</u> . Another swim-off shall take place if equal times are registered again. If required, a swim off will take place to determine 1 st and 2 nd reserve if equal times are recorded. |
| SW 5 | FREESTYLE | | |
| SW 5.1 | ZIM Fed. | Bureau & TSC do not recommend | Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly. |
| SW 5.4 (former SW 10.5) | ZIM Fed. | Bureau & TSC do not recommend | Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but <u>he/she</u> shall not walk. |
| SW 6 | BACKSTROKE | | |
| SW 6.3 | TSC DEN & ZIM Fed. | Bureau Recommends | Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely sub-merged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface. |
| SW 6.4 | ZIM Fed. | Bureau Recommends | When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a <u>an immediate</u> continuous single arm pull or a <u>immediate</u> continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall. |

SEEDING OF HEATS

3. Seeding of Heats, Semifinals & Finals

SW 3.1.1.3

If three heats, except 400m, 800m and 1500m events, the fastest swimmer...

SW 3.1.1.4

If four or more heats, except 400m, 800m and 1500m events, the last three heats.....

SW 3.1.1.5 (new)

For 400m, 800m and 1500m events, the last two heats of the event shall be seeded in accordance with sw.3.1.1.2

*Note. No Direct Finals

| LEN EUROPEAN SHORT COURSE SWIMMING CHAMPIONSHIPS 12-15 DECEMBER | | | | | | | | | |
|--|------------------------|--------|-------------|---------|---------|---------|---------|---------|---------|
| Daily Program Day 4 Morning | | | | | | | | | |
| NAME | COUNTRY | DATE | TIME | TIME | TIME | TIME | TIME | TIME | TIME |
| Event 34 400 m Medley - Women Preliminary | | | | | | | | | |
| 1 | 420.56 | 2:13.7 | 2:04.48 | 1:58.25 | 1:58.25 | 1:58.25 | 1:58.25 | 1:58.25 | 1:58.25 |
| 2 | 420.56 | 2:13.7 | 2:04.48 | 1:58.25 | 1:58.25 | 1:58.25 | 1:58.25 | 1:58.25 | 1:58.25 |
| 3 | 420.56 | 2:13.7 | 2:04.48 | 1:58.25 | 1:58.25 | 1:58.25 | 1:58.25 | 1:58.25 | 1:58.25 |
| Heat 1 of 4 | | | | | | | | | |
| 3 | ARLANDIS Anna | FRA | 25 OCT 1997 | | | | | | |
| 4 | STALLARD Sarah | GBR | 25 FEB 1994 | | | | | | |
| 5 | GARDELL Sina | SWE | 25 MAR 1990 | | | | | | |
| Heat 2 of 4 | | | | | | | | | |
| 0 | RADIC Ana | HRV | 19 NOV 1994 | | | | | | |
| 1 | KEHLET Sida | GBR | 01 JAN 1996 | | | | | | |
| 2 | AKARIS Maria | TUR | 13 JUL 1993 | | | | | | |
| 3 | PARKAS Ashi | HUN | 21 JUL 1996 | | | | | | |
| 4 | BERTRAND Chloé | SWE | 17 AUG 1996 | | | | | | |
| 5 | KYS ELYONIA Anna | GBR | 30 MAY 1996 | | | | | | |
| 6 | EL HENCKHA Marika | CZE | 01 JAN 1993 | | | | | | |
| 7 | REBERTY EN Chloé | HUN | 23 JAN 1997 | | | | | | |
| 8 | PEREZ BLANCO Jimena | | | | | | | | |
| Heat 3 of 4 | | | | | | | | | |
| 0 | PEREZ BLANCO Jimena | GBR | 05 AUG 1997 | | | | | | |
| 1 | WILKIE Anna | ITA | 21 OCT 1994 | | | | | | |
| 2 | VILAS VIOLE Maria | ESP | 21 MAY 1996 | | | | | | |
| 3 | MARTYNOVA Yana | RUS | 03 FEB 1995 | | | | | | |
| 4 | MILEV Hristina | GBR | 02 AUG 1999 | | | | | | |
| 5 | MICHAELAKI Thea | GBR | 07 MAY 1992 | | | | | | |
| 6 | GOMEZ CORTES Eva | ESP | 25 FEB 1994 | | | | | | |
| 7 | KYLVAEINEN Tanja | FIN | 30 JAN 1993 | | | | | | |
| 8 | HENTKE Franziska | GBR | 04 JUN 1989 | | | | | | |
| 9 | MALBOUT Isabelle | FRA | 05 MAR 1992 | | | | | | |
| Heat 4 of 4 | | | | | | | | | |
| 0 | LESAPPEE Patricia | FRA | 10 NOV 1994 | | | | | | |
| 1 | TCHORZ Anna | POL | 13 AUG 1992 | | | | | | |
| 2 | V.D. ZANDEN Yvonne | GBR | 20 JUN 1995 | | | | | | |
| 3 | WILLMOTT Anna | GBR | 26 FEB 1993 | | | | | | |
| 4 | HOSSZU Katalin | HUN | 03 MAY 1989 | | | | | | |
| 5 | BEL MONTE GARCIA Maria | ESP | 10 NOV 1990 | | | | | | |
| 6 | ZALAVADZKA Renata | CZE | 23 JAN 1993 | | | | | | |
| 7 | PROZZI Silvia | ITA | 16 FEB 1993 | | | | | | |
| 8 | LAURIDSEN Julie Aglund | GBR | 26 MAY 1996 | | | | | | |
| 9 | WILLER Katalin | GBR | 12 JUN 1996 | | | | | | |

SEEDING OF HEATS, SEMIFINALS AND FINALS.

| | | | |
|-----------------------------------|--------------------------|----------------------------------|--|
| <u>SW 3.1.1.5</u> <u>(NEW)</u> | TSC | Bureau Recommends | <u>For 400m, 800m and 1500m events, the last two heats of the event shall be seeded in accordance with SW 3.1.1.2.</u> <i>Renumber thereafter</i> |
| SW 3.2.3 | TSC | Bureau Recommends | In the event that swimmers from the same or different heats have equal times registered 1/100 second for either the eighth/tenth place or sixteenth/twentieth place depending on the use of 8 or 9 lanes, there shall be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place not less than one hour after all involved swimmers have completed their heats <u>at a time agreed between the event management and the parties involved</u> . Another swim-off shall take place if equal times are registered again. If required, a swim off will take place to determine 1 swimmer reserve if equal times are recorded. |
| SW 5 | FREESTYLE | | |
| SW 5.1 | ZIM Fed. | Bureau & TSC do not recommend | Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly. |
| SW 5.4 (former SW 10.5) | ZIM Fed. | Bureau & TSC do not recommend | Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but <u>he/she</u> shall not walk. |
| SW 6 | BACKSTROKE | | |
| SW 6.3 | TSC DEN & ZIM Fed. | Bureau Recommends | Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely sub-merged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface. |
| SW 6.4 | ZIM Fed. | Bureau Recommends | When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a <u>an immediate</u> continuous single arm pull or a <u>immediate</u> continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall. |

SEEDING OF HEATS

3. Seeding of Heats, Semifinals & Finals

SW.3.2.3

...Such swim-off shall be take place ~~not less than one hour~~ after all involved swimmers have completed their heats at a time agreed between the event management and the parties involved.



BACKSTROKE.

| | | | |
|-----------------------------------|--------------------------|----------------------------------|--|
| <u>SW 3.1.1.5</u> <u>(NEW)</u> | TSC | Bureau Recommends | <u>For 400m, 800m and 1500m events, the last two heats of the event shall be seeded in accordance with SW 3.1.1.2.</u> <i>Renumber thereafter</i> |
| SW 3.2.3 | TSC | Bureau Recommends | In the event that swimmers from the same or different heats have equal times registered to 1/100 second for either the eighth/tenth place or sixteenth/twentieth place depending on the use of 8 or 10 lanes, there shall be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place not less than one hour after all involved swimmers have completed their heats <u>at a time agreed between the event management and the parties involved</u> . Another swim-off shall take place if equal times are registered again. If required, a swim off will take place to determine 1 st and 2 nd reserve if equal times are recorded. |
| SW 5 | FREESTYLE | | |
| SW 5.1 | ZIM Fed. | Bureau & TSC do not recommend | Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly. |
| SW 5.4 (former SW 10.5) | ZIM Fed. | Bureau & TSC do not recommend | Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but <u>he/she</u> shall not walk. |
| SW 6 | BACKSTROKE | | |
| SW 6.3 | TSC DEN & ZIM Fed. | Bureau Recommends | Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely sub-merged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface. |
| SW 6.4 | ZIM Fed. | Bureau Recommends | When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the break after which a <u>an immediate</u> continuous single arm pull or a <u>immediate</u> continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall. |

BACKSTROKE

6. Backstroke

SW.6.3.

Some part of the swimmer must break the surface of the water throughout the race . It is permissible for the swimmer to be completely sub-merged during the turn, **at the finish** and for a distance of not more than 15m after



BACKSTROKE

SW.6.3. It is not permissible to be completely sub-merged at the finish



ALFONSO WUCHERPFENNIG. REYKJAVIK JANUARY 2014

BACKSTROKE

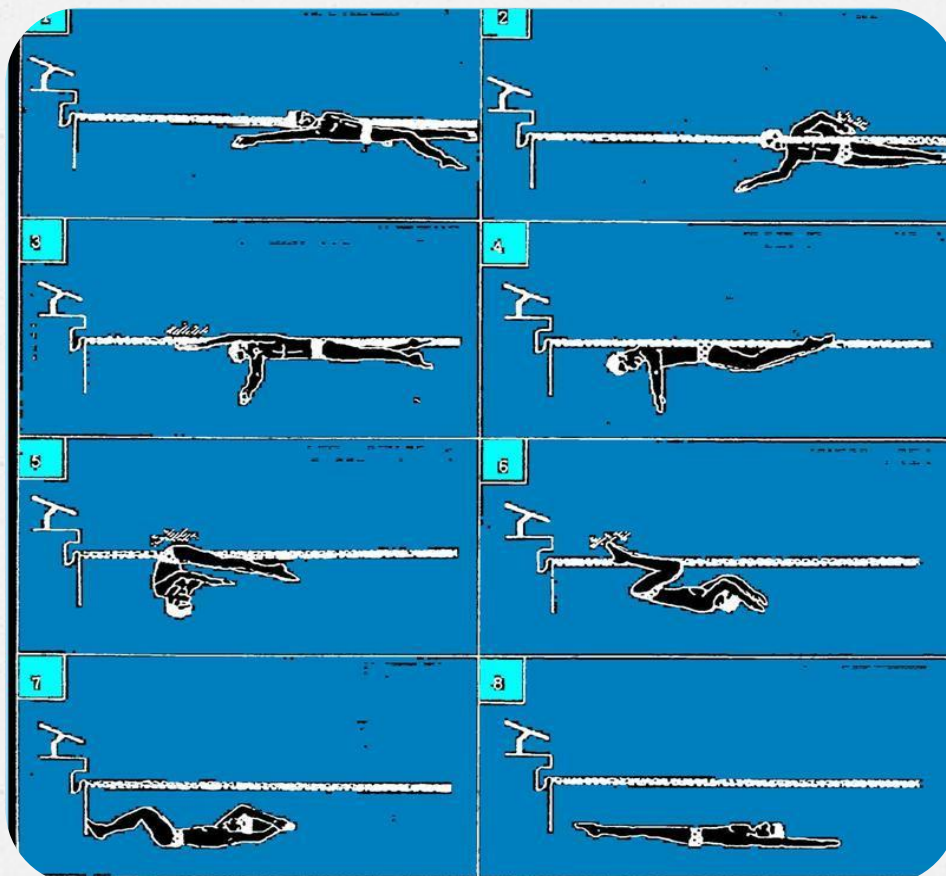
6. Backstroke

SW.6.4

During the turn the shoulders may be turned over the vertical to the breast after which [an immediate](#) continuous single arm pull or [immediate](#) continuous simultaneous double arm pull may be used to initiate the turn.



Peirsol-turn.mpeg.AVIAM



BREASTSTROKE

| SW 7 | BREASTSTROKE | | |
|--------|----------------|-------------------------------|--|
| SW 7.1 | TSC | Bureau Recommends | After the start and after each turn , the swimmer may take one arm stroke completely back to the legs during which the swimmer may be <u>completely</u> submerged <u>for a distance of not more than 15 metres</u> . A single butterfly kick is permitted during the first arm stroke followed by a breaststroke kick. <u>Multiple Butterfly kicks are permitted while completely submerged. Throughout the race</u> Once the swimmer's head breaks the surface of the water, the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. |
| SW 7.1 | DEN & USA Fed. | Bureau & TSC do not recommend | After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be sub-merged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick. |
| SW 7.1 | SUI Fed. | Bureau & TSC do not recommend | After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be sub-merged. A single butterfly kick is permitted during <u>the pulling and pushing movement of</u> the first arm stroke, followed by a breaststroke kick. |
| SW 7.1 | SWE Fed. | Bureau & TSC do not recommend | After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during <u>before</u> the first arm stroke, followed by a breaststroke kick. |
| SW 7.1 | ZIM Fed. | Bureau & TSC do not recommend | After the start and after each turn, the swimmer may take one arm stroke <u>one simultaneous double arm pull</u> completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke <u>pull</u> , followed by a breaststroke kick. <u>The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.</u> |

REJECTED

BREASTSTROKE

| | | | |
|-------------------------------|----------|----------------------------------|---|
| <u>SW 7.2</u> <u>(NEW)</u> | TSC | Bureau Recommends | <u>After each turn, the swimmers may take one stroke completely back to the legs during which the swimmer may be completely submerged. A single butterfly kick is permitted while completely submerged. Once the swimmer's head breaks the surface of the water, the stroke cycle must be one arm stroke and one breaststroke leg kick in that order.</u> <i>Renumber thereafter</i> |
| <u>SW 7.2</u> <u>(NEW)</u> | DEN Fed. | Bureau & TSC do not recommend | <u>It shall be permissible for the swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. Butterfly kicks are permitted while completely submerged.</u> <i>Renumber thereafter</i> |
| SW 7.2 | TSC | Bureau Recommends | 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 <u>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.</u> From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement. |
| SW 7.2 | BEL Fed. | Bureau & TSC do not recommend | 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. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement. |
| SW 7.2 | DEN Fed. | Bureau & TSC do not recommend | 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. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order <u>except at the last stroke before the turn and at the finish where an armstroke not followed by a leg kick is permitted.</u> All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement. |

BREASTSTROKE

7. Breaststroke

SW.7.2

It is not permitted to roll onto the back at any time except all 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...



BREASTSTROKE

| | | | |
|--------|-----------|----------------------------------|---|
| SW 7.5 | TSC | Bureau Recommends | The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter, Alternating movements or downward butterfly kicks <u>is are</u> not permitted except as in SW 7.1 and SW 7.2 (NEW). Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick. |
| SW 7.5 | ZIM Fed. | Bureau & TSC do not recommend | The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick. |
| SW 7.6 | TSC | Bureau Recommends | At each turn and at the finish of the race, the touch shall be made with both hands <u>separated</u> and simultaneously at, above, or below the water level. 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. |
| SW 7.6 | ZIM Fed. | Bureau & TSC do not recommend | At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. 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. <u>The head must break the surface of the water during the last complete/incomplete cycle prior to the finish. The head may be submerged during the final glide into the finish.</u> |
| SW 8 | BUTTERFLY | | |
| SW 8.1 | TSC | Bureau Recommends | From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, <u>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.</u> |

BREASTSTROKE

7. Breaststroke

SW.7.5

The feet must be turned outwards during the propulsive part of the kick.

~~A scissors, flutter..~~ Alternating movements or downward butterfly kicks s
is are not permitted except as in SW.7.1.



kevinunderwater.wmv.AVI.AVI

BREASTSTROKE

| | | | |
|--------|-----------|----------------------------------|---|
| SW 7.5 | TSC | Bureau Recommends | The feet must be turned outwards during the propulsive part of the kick. A scissers, flutter <u>Alternating</u> movements or downward butterfly kicks is are not permitted except as in SW 7.1 and SW 7.2 (NEW). Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick. |
| SW 7.5 | ZIM Fed. | Bureau & TSC do not recommend | The feet must be turned outwards during the propulsive part of the kick. A scissers, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick. |
| SW 7.6 | TSC | Bureau Recommends | At each turn and at the finish of the race, the touch shall be made with both hands <u>separated</u> and simultaneously at, above, or below the water level. 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. |
| SW 7.6 | ZIM Fed. | Bureau & TSC do not recommend | At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. 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. <u>The head must break the surface of the water during the last complete/incomplete cycle prior to the finish. The head may be submerged during the final glide into the finish.</u> |
| SW 8 | BUTTERFLY | | |
| SW 8.1 | TSC | Bureau Recommends | From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, <u>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.</u> |

BREASTSTROKE

7. Breaststroke

SW.7.6.

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



BREASTSTROKE

SW.7.6. The touch shall be made with both hands separated and simultaneously.



ALFONSO WUCHERPFENNIG. REYKJAVIK JANUARY 2014

BREASTSTROKE

Separated Hands



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

OK



Separated means:

No stacked hands



BREASTSTROKE

7. Breaststroke

SW.7.6.

At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted.



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BUTTERFLY

| | | | |
|--------|-----------|----------------------------------|---|
| SW 7.5 | TSC | Bureau Recommends | The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter <u>Alternating</u> movements or downward butterfly kicks <u>is are</u> not permitted except as in SW 7.1 and SW 7.2 (NEW). Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick. |
| SW 7.5 | ZIM Fed. | Bureau & TSC do not recommend | The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick. |
| SW 7.6 | TSC | Bureau Recommends | At each turn and at the finish of the race, the touch shall be made with both hands <u>separated</u> and simultaneously at, above, or below the water level. 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. |
| SW 7.6 | ZIM Fed. | Bureau & TSC do not recommend | At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. 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. <u>The head must break the surface of the water during the last complete/incomplete cycle prior to the finish. The head may be submerged during the final glide into the finish.</u> |
| SW 8 | BUTTERFLY | | |
| SW 8.1 | TSC | Bureau Recommends | From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, <u>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.</u> |

BUTTERFLY

8. Butterfly

SW.8.1

...It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where is permissible to turn in any manner as long as the body is on the breast when leaving the wall.



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BUTTERFLY

| | | | |
|---------------------|----------|-------------------------------|--|
| SW 8.1 | NZL Fed. | Bureau & TSC do not recommend | From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time. <u>From the start and after each turn the body shall be kept on the breast. It is not permitted to roll onto the back at anytime. Under water kicking on the side is allowed.</u> |
| SW 8.1 | BEL Fed. | Bureau & TSC do not recommend | From the beginning of the first arm stroke after the start and each turn, The body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time. |
| <u>SW 8.1 (NEW)</u> | ZIM Fed. | Bureau & TSC do not recommend | <u>At the start and at after each turn, a swimmer is permitted one or more leg kicks and one simultaneous double arm pull under the water, which must bring him/her to the surface. Under water kicking on the side is allowed, but it is not permitted to roll onto the back at any time. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.</u> <u>Re number the reafter</u> |
| SW 8.1 | ZIM Fed. | Bureau & TSC do not recommend | From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time. |
| SW 8.2 | ZIM Fed. | Bureau & TSC Recommend | Both arms shall be brought forward together <u>simultaneously</u> over the water and brought backward <u>simultaneously under the water</u> through-out the race, subject to <u>SW 8.1 (new)</u> . |
| SW 8.4 | TSC | Bureau Recommends | At each turn and at the finish of the race, the touch shall be made with both hands <u>separated and</u> simultaneously, at, above or below the water surface. |

BUTTERFLY

8. Butterfly

SW.8.2.

Both arms shall be brought forward **together** **simultaneously** over the water and brought backward simultaneously under the water through-out the race.



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BUTTERFLY

8. Butterfly

SW.8.4

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



ALFONSO WUCHERPFENNIG. REYKJAVIK JANUARY 2014

BREASTSTROKE

Separated Hands



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

OK



Separated means:

No stacked hands



THE RACE

| | | | |
|----------|----------|--|--|
| SW 10.7 | ZIM Fed. | Bureau & TSC do not recommend | Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the <u>race competition</u> , and to the Member of the swimmer who is offending. |
| SW 10.8 | TSC | Bureau Recommends | No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, <u>power bands</u> , <u>adhesive substances</u> , etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee. |
| SW 10.10 | DEN Fed. | Bureau & TSC recommend as amended below: | <p>There shall be four swimmers on each relay team. <u>Mixed relays may be swum. Mixed Relays must consist of two (2) Men and two (2) Women. Split times achieved in these events are not official.</u></p> <p>.....</p> <p><i>Amended version:</i></p> <p>There shall be four swimmers on each relay team. <u>Mixed relays may be swum. Mixed Relays must consist of two (2) Men and two (2) Women. Split times achieved in these events cannot be used for records and/or entry purposes.</u></p> |
| SW 10.13 | NZL Fed. | Bureau & TSC do not recommend | The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a Member for that event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency. |
| SW 10.8 | ZIM Fed. | Bureau & TSC do not recommend | To move and renumber as <u>SW 10.16</u> No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee. |

THE RACE

10. The Race

SW.10.8

No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands or adhesive substances, etc)



THE RACE

10. The Race

SW 10.10

Mixed relays shall be swum. Mixed relays must consist in two (2) Men and two (2) Women . Split times achieved in these events cannot be used for records and/or entry purposes.



2012 Fina Arena Swimming World Cup Berlin 4x50m Medley Mixed Relay (360p H.264-AAC).mp4

WORLD RECORDS

| | | | |
|----------|---------------|-------------------------------|---|
| SW 10.15 | ZIM Fed. | Bureau & TSC do not recommend | <u>SW10.14</u> Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow him/her to compete in the next heat or, should the foul occur in a final event or in the last heat, he/she <u>the referee</u> may order it to be re-swum. <i>Be number the reafter</i> |
| SW 12 | WORLD RECORDS | | |
| SW 12.1 | DEN Fed. | Bureau & TSC recommend | For World Records in 50 metre courses, the following distances and styles for both sexes shall be recognised: Freestyle 50, 100, 200, 400, 800 and 1500 metres Backstroke 50, 100 and 200 metres Breaststroke 50, 100 and 200 metres Butterfly 50, 100 and 200 metres Individual Medley 200 and 400 metres Freestyle Relays 4 x 100 and 4 x 200 metres Medley Relay 4 x 100 metres <u>Mixed Relays 4 x 100 metres Freestyle and 4 x 100 metres Medley</u> |
| SW 12.2 | BEL Fed. | Bureau & TSC do not recommend | For World Records in 20 metre courses, the following distances and styles for both sexes shall be recognised: Freestyle 50, 100, 200, 400, 800 and 1500 metres Backstroke 50, 100 and 200 metres Breaststroke 50, 100 and 200 metres Butterfly 50, 100 and 200 metres Individual Medley 100, 200 and 400 metres Freestyle Relays <u>4 x 50</u> , 4 x 100 and 4 x 200 metres Medley Relay <u>4 x 50 and</u> 4 x 100 metres |

WORLD RECORDS

12. World records

SW 12.1

For world records in 50metre courses , the following distances and styles for both sexes shall be recognized:

..... [Mixed relays: 4x100metres Freestyle and 4x100metres Medley](#)



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RECORDS DEL MUNDO

| | | | |
|----------|----------|---------------------------|--|
| SW 12.2 | DEN Fed. | Bureau & TSC recommend | <p>For World Records in 25 metre courses, the following distances and styles for both sexes shall be recognised:</p> <p>Freestyle 50, 100, 200, 400, 800 and 1500 metres</p> <p>Backstroke 50, 100 and 200 metres</p> <p>Breaststroke 50, 100 and 200 metres</p> <p>Butterfly 50, 100 and 200 metres</p> <p>Individual Medley 100, 200 and 400 metres</p> <p>Freestyle Relays <u>4 x 50</u>, 4 x 100 and 4 x 200 metres</p> <p>Medley Relay <u>4 x 50 and</u> 4 x 100 metres</p> <p><u>Mixed Relays 4 x 50 metres Freestyle and 4 x 50 metres Medley</u></p> |
| SW 12.7 | TSC | Bureau recommends | <p>If the procedure of SW 12.10 <u>12.10</u> has not been followed, the Member in the country of a swimmer can apply for a World Record in default thereof. After due investigation, the Honorary Secretary of FINA is authorised to accept such record if the claim is found to be correct.</p> |
| SW 12.10 | TSC | Bureau recommends | <p>The first swimmer in a relay <u>except in mixed relays</u> may apply for a World Record. Should the first swimmer in a relay team complete his distance in record time in accordance with the provisions of this subsection, his performance shall not be nullified by any subsequent disqualification of his relay team for violations occurring after his distance has been completed.</p> |

WORLD RECORDS

12. World records

SW 12.2

For world records in 25metre course , the following distances and styles for both sexes shall be recognized.

.....

Freestyle relays: [4x50metres](#),..

Medley relays: [4x50metres](#),...

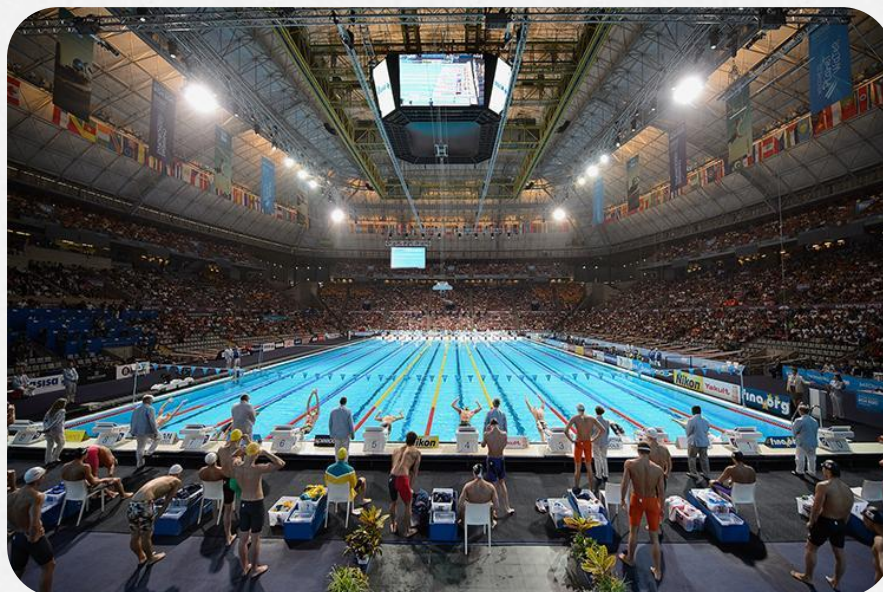
Mixed relays:

[4x50metres Freestyle and
4x50metres Medley.](#)

*World records :

Mixed standards times

Male/Female no standards

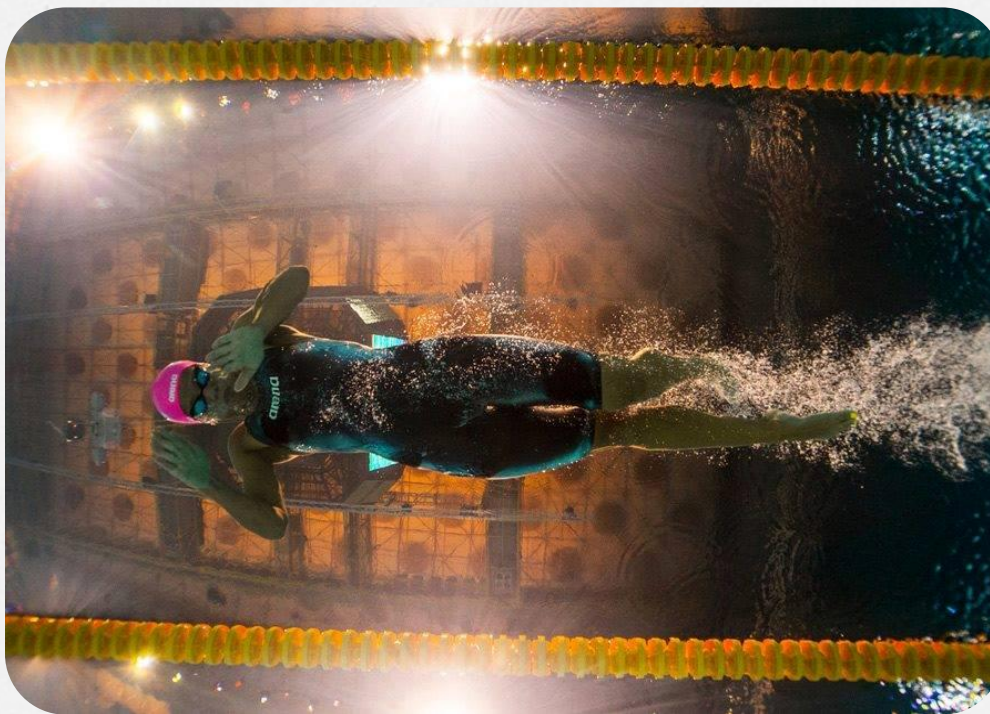


WORLD RECORDS

12. World records

SW 12.11

The first swimmer in a relay , [except in mixed relays](#), may apply for a World Record ...



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WORLD RECORD APPLICATION FORM


14. World record application form.

~~14. Please indicate type of swimming pool water:~~

~~Fresh/ Sea water / Ocean Water~~

Note:

World Record can be established only in fresh water

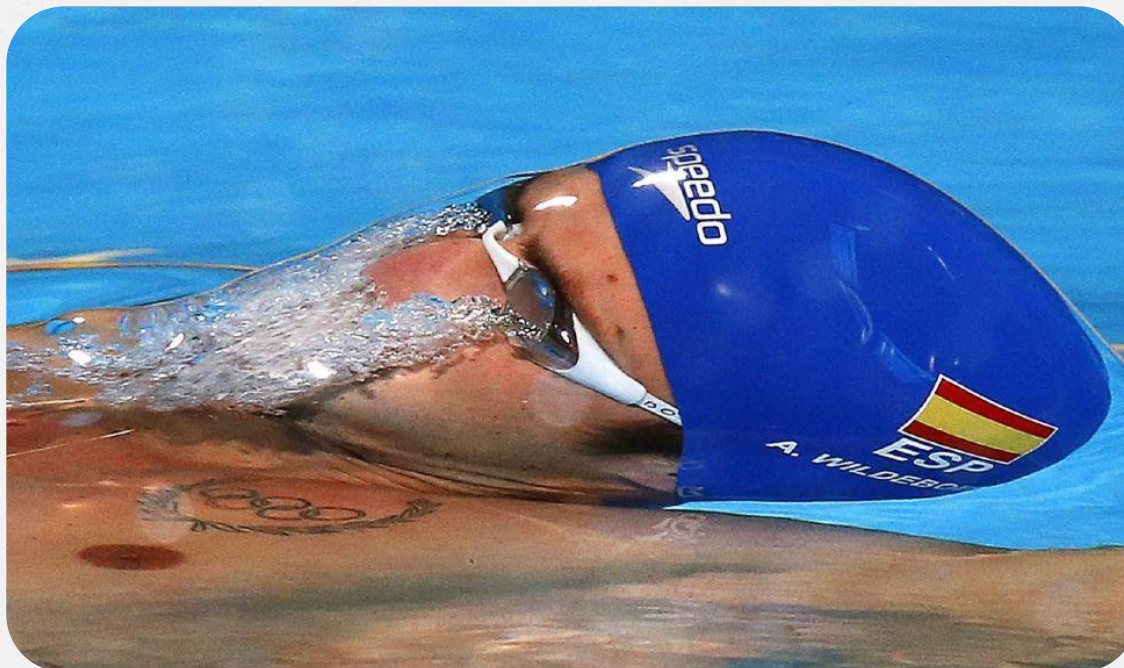
| WORLD RECORD APPLICATION FORM | | DEMANDE D'HOMOLOGATION DE RECORD DU MONDE | |
|--|----------|---|--|
|  | | | |
| 1. Stroke (freestyle, backstroke, butterfly, breaststroke or individual medley) Style (Nage libre, dos, papillon, brasse ou quatre nages). | | | |
| 2. Length of event / Distance de l'épreuve. | | | |
| 3. Length of course (circle one) / Longueur du bassin (indiquez-en une). | 25 metre | 50 metre | |
| 4. Name and country of swimmer Nom et nation du nageur. | | | |
| 5. Relay team names in order of competing. 1 | | | |
| Noms des relayeurs dans l'ordre du relais | 2 | | |
| | 3 | | |
| | 4 | | |
| 6. Local time and date of race / Heure et date de l'épreuve | | | |
| 7. Time / Temps. | | | |
| 8. Manufacturer of Electronic Equipment. Fabricant de l'équipement électronique. | | | |
| 9. Name of the competition / Nom de la compétition | | | |
| 10. City at which the race took place and name of pool Ville où l'épreuve a eu lieu et nom de la piscine. | | | |
| 11. Name of the Federation approving this application. Nom de la Fédération qui approuve cette demande. | | | |
| 12. Was the course measured by a qualified person in accordance with SW12.5.1 and SW12.5.2 (Print name). Le bassin a-t-il été mesuré par une personne qualifiée en accord avec les règles FINA SW12.5.1 et SW12.5.2 (Nom) | | | |
| | | | |
| 13. Was the water still? / L'eau du bassin était-elle calme? | | | |
| 14. Please indicate type of swimming pool water: Fresh Sea Water Ocean Water Veuillez indiquer le type d'eau du bassin: Douce Eau de mer Eau d'océan | | | |
| 14. Was the race in an indoor or outdoor pool? L'épreuve a-t-elle eu lieu dans une piscine couverte ou en plein air? | | | |
| 15. Please indicate the following relating to the swimsuit worn by the swimmer(s): Veuillez indiquer l'information suivante pour le maillot de bain (s) porté par le nageur(s) / nageuse(s) Manufacturer / Fabricant Model / Modèle FINA reference Number / Numéro de référence de la FINA | | | |
| 16. Has the swimmer submitted to Doping Control within twenty-four hours after the race? Le nageur/nageuse a-t-il subi un contrôle de dopage dans les vingt-quatre heures suivant la course? Where did the doping control take place? Où le contrôle de dopage a eu lieu? Who supervised the Doping Control? (Print name) Qui a conduit le contrôle de dopage? (Écrire le nom) | | | |
| 17. In my opinion all FINA Rules have been met / A mon avis, toutes les règles de la FINA ont été respectées. Name of referee: Nom de l'arbitre: | | | |
| Signature of referee (Signature de l'arbitre) | | | |
| <p>NOTE:</p> <p>- World Record can be established only in fresh water (SW 12.9) / Le Record du Monde peut être établi dans l'eau douce uniquement en accord avec la Règle FINA SW12.9</p> <p>- All applications must be sent to the FINA Honorary Secretary in accordance with FINA Rule SW 12. / Les demandes d'homologation doivent être adressées au Secrétaire Général de la FINA en accord avec la Règle FINA SW12.</p> <p>- In order to have this application approved, a negative doping test certificate must be attached (SW12.12 and DC 5.3.2) / Afin de pouvoir approuver la demande, un certificat de contrôle de dopage négatif doit être joint (SW12.12 et DC 5.3.2)</p> | | | |

Entered from July 2015

GENERAL RULES

GR. Swimwear

GR 5.2 All swimsuits shall be non transparent. It is permissible to wear two(2) caps.



FACILITIES RULES

FR. Facilities

FR 2.7 Starting Platforms

... [An adjustable back stroke starting platform may also be used...](#)

* Note: Valid from January 2014



THANKS FOR YOUR ATTENTION



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