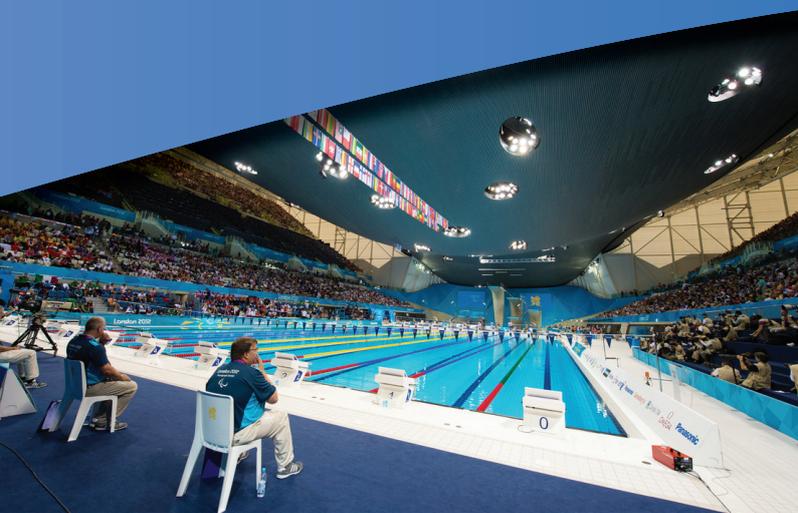


International  
Paralympic Committee

# Swimming Rules and Regulations 2014-2017

March 2015





## Changes to these Rules and Regulations

Please note that these rules may be changed at any time as a result, for example, of changes in FINA rules, or classification related matters or where IPC Swimming otherwise considers it necessary to do so.

## IPC SWIMMING CLASSIFICATION RULES AND REGULATIONS

The IPC Swimming Classification Rules and Regulations are an integral part of these Rules and Regulations and are available at;

[www.paralympic.org/swimming/rules-and-regulations/classification/npc-info](http://www.paralympic.org/swimming/rules-and-regulations/classification/npc-info)

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# 1 IPC SWIMMING

## 1.1 Name

The name shall be International Paralympic Committee Swimming, hereinafter known as IPC Swimming.

## 1.2 Governance

The International Paralympic Committee ([IPC](#)) is the global governing body for the Paralympic Movement and IPC Swimming is a brand of the IPC.

Further information can be found in the [IPC Handbook and Constitution](#).

## 1.3 Vision, Mission and Objects

The vision, mission and objects in the [IPC Handbook – Section 1 – IPC Constitution](#) apply together with the IPC Swimming Strategic Plan.

- 1.3.1 To promote and encourage the development of IPC Swimming in all possible manifestations throughout the world,
- 1.3.2 To promote drug free sport,
- 1.3.3 To promote and encourage the development of international relations,
- 1.3.4 To adopt necessary uniform rules, regulations and classification, to hold competitions in Swimming, and Open Water Swimming,
- 1.3.5 To organise World Championships and other IPC Swimming competitions,
- 1.3.6 To grant approval and sanctioning of competitions,
- 1.3.7 To carry out such other activities as may be desirable to promote the sport

## 1.4 Discrimination

[The IPC Handbook – Section 2 – Code of Ethics applies.](#)

## 1.5 Language

The official language of IPC Swimming shall be English. See [IPC Handbook – Section 1 – IPC Constitution](#) (paragraph 11).

## **1.6 IPC Swimming Recognised Competitions**

IPC Swimming Recognised Competitions include:

- 1.6.1 IPC Competitions, being the Paralympic Games, IPC Swimming World Championships, IPC Swimming Regional Championships, Paralympic World Cup and the World Cup Series Final.
- 1.6.2 IPC Sanctioned Competitions being World Cup Circuit Competitions
- 1.6.3 IPC Swimming Approved Competitions being International or National swimming competitions endorsed by a National Paralympic Committee (NPC).

## **1.7 IPC Swimming Technical Committee (STC)**

The technical advisory body of IPC Swimming is the Swimming Technical Committee. See the [IPC Handbook – Section 1 - Chapter 2.7](#) – Sport Governance and Management

## **1.8 IPC Swimming Forum (SF)**

The IPC Swimming Forum comprises mandated technical representatives from the NPCs widely practising swimming to meet and discuss the development of the sport.

The list of NPCs widely practicing swimming will contain NPCs that participated in IPC Swimming recognised competitions within the last 2 years.

## **1.9 Printing of Rules and Regulations**

- 1.9.1 All rules of IPC Swimming are solely for the benefit of NPCs and may be reprinted or translated by any NPC under its responsibility, with the understanding that in all cases where the translated text differs in interpretation, the English version shall be accepted.
- 1.9.2 Any other organisations desiring to publish these Rules shall obtain the permission of IPC Swimming.

## 2 IPC SWIMMING REGULATIONS

These regulations apply to IPC Swimming competitions as defined in [1.6.1](#) and [1.6.2](#). Any regulations published specifically for the aforementioned competitions shall take precedence over these regulations.

### 2.1 Competition Management

- 2.1.1 IPC Swimming alone shall have the right to manage World Championships and sanctioned competitions. The words World, Regional and IPC Swimming may not be used in connection with any swimming competition without the consent of IPC Swimming.
- 2.1.2 IPC Swimming is empowered to formulate all rules and regulations for the conduct of such competitions. All regulations set by IPC Swimming must be announced and published six months prior to the opening day of the competition.
- 2.1.3 IPC Swimming shall have jurisdiction over all matters not assigned by the Rules and Regulations to the Referee, or other officials and shall have power to postpone events and give directions consistent with rules adopted for conducting any competition.
- 2.1.4 At IPC competitions, IPC Swimming shall appoint the Technical Delegate, the Assistant Technical Delegate if required, and shall appoint or approve the following minimum number of officials to run the competition:
  - Referee (2)
  - Control-room supervisor (1)
  - Judges of stroke (4)
  - Starters (2)
  - Chief Inspector of Turns (2, 1 at each end of the pool)
  - Inspector of Turns (1 at each end of each lane)
  - Clerks of course (2)
  - Announcer (1)
  - Presentation Director (1)
  - Chief Classifier (1) and a Classification Panel if applicable
- 2.1.5 At sanctioned competitions IPC Swimming shall appoint the following minimum number of officials: Technical Delegate, 4 Judges of Stroke, and a Classification Panel if applicable.
- 2.1.6 For approved competitions, IPC Swimming appoints the Classification Panel if applicable and the Local Organising Committee (LOC) shall appoint an appropriate number of technical officials.
- 2.1.7 For IPC competitions and IPC sanctioned competitions, a Local Organising Committee (LOC) shall be appointed to manage the competition.

2.1.8 The LOC, with the approval of IPC 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.

## 2.2 Officials

All Officials shall make their decisions autonomously and independently of each other unless otherwise provided in the IPC Swimming Rules and Regulations.

### 2.2.1 Technical Delegate (TD) and Assistant Technical Delegate (ATD)

2.2.1.1 The Technical Delegate is appointed by IPC Swimming to oversee all technical matters; the set-up and conduct of the competition and to ensure IPC Swimming Rules and Regulations are upheld.

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

### 2.2.2 Referee

2.2.2.1 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 all IPC Swimming Technical 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 the IPC Swimming Rules and Regulations.

2.2.2.2 The Referee may intervene in the competition at any stage to ensure that IPC Swimming Rules and Regulations are observed, and shall adjudicate all technical protests related to the competition in progress.

2.2.2.3 The Referee shall determine finish placings where necessary. Automatic Officiating Equipment (AOE) shall be consulted as stated in [2.16](#).

2.2.2.4 The Referee shall ensure that all necessary officials are in their respective posts for the conduct of the sessions. The Referee shall appoint substitutes for any officials who are absent, incapable of acting or found to be inefficient. The Referee may appoint additional officials if considered necessary.

2.2.2.5 A disqualification for starting before the starting signal must be observed and confirmed by both the starter and the referee.

2.2.2.6 The Referee shall disqualify any swimmer for any other violation of IPC Swimming Rules and Regulations that he personally observes. The Referee may also disqualify any swimmer for any violation reported to him by other officials.

### 2.2.3 Control-room Supervisor

- 2.2.3.1 The Supervisor is responsible for the accuracy of the start and result lists (including medical withdrawals, disqualification, outcomes of protests, sport class changes).
  - 2.2.3.2 The Supervisor shall supervise the automatic timing operation including the review of the overhead video recording timing system.
  - 2.2.3.3 The Supervisor is responsible for checking the results from computer printouts.
  - 2.2.3.4 The Supervisor is responsible for checking the relay exchange report and reporting any early take-offs to the Referee.
  - 2.2.3.5 The Supervisor may review the overhead video recording timing system to confirm early take-off.
  - 2.2.3.6 The Supervisor shall list any swimmers that failed to swim when required without submitting a medical withdrawal.
- 2.2.4 Starter
- 2.2.4.1 The Starter shall have control of the swimmers from the time the Referee turns the swimmers over to him ([3.1.1](#)) until the race has commenced. The start shall be given in accordance with [3.1](#).
  - 2.2.4.2 The Starter shall report all irregularities during the start to the Referee.
  - 2.2.4.3 The Starter shall have power to decide whether the start is fair, subject only to the decision of the Referee.
- 2.2.5 Clerk of Course
- 2.2.5.1 The Clerk of Course shall assemble swimmers prior to each event.
  - 2.2.5.2 The Clerk of Course shall report to the Referee any violation noted in regard to advertising, swimwear regulations and if a swimmer is not present when on the start list.
- 2.2.6 Chief Inspector of Turns
- 2.2.6.1 The Chief Inspector of Turns shall ensure that Inspectors of Turns fulfil their duties during the event.
  - 2.2.6.2 The Chief Inspector of turns shall receive the reports from the Inspectors of Turns. If any infringement occurs, the report shall be presented to the Referee immediately.
- 2.2.7 Inspector of Turns
- 2.2.7.1 One Inspector of Turns shall be assigned to each lane at each end of the pool.
  - 2.2.7.2 Each Inspector of Turns shall check that swimmers comply with the relevant rules for turning, commencing from the beginning of the last arm stroke before

touching and ending with the completion of the first arm stroke after turning. The Inspector of Turns at the starting end of the pool shall ensure that the swimmers comply with the relevant rules from the start and ending with completion of the first arm stroke. The inspectors of turns at the finish end shall also ensure that the swimmers finish their race according to the current rules.

2.2.7.3 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 swimmer in their lane and keep the swimmer informed of the remaining number of laps to be completed by displaying 'lap cards'. Semi-electronic equipment may be used, including under water display.

2.2.7.4 Each Inspector at the starting end shall give a warning signal when the swimmer in his lane has two lengths plus 5 metres to swim to finish in individual events of 800 and 1500 metres. The signal may be repeated after the turn until the swimmer has reached the 5 metres mark on the lane rope. The warning signal may be by whistle or bell.

2.2.7.4.1 For swimmers with a hearing impairment, the Inspector of Turns shall use a visual cue to indicate to the swimmer that they have two lengths to swim to finish in individual events of 800 and 1500 metres.

2.2.7.4.2 For swimmers with hearing and visual impairment, the Inspector of Turns shall notify the tapper 15 metres and two lengths before the completion of the 800 and 1500 metres events. It shall be the responsibility of the tapper to indicate to the swimmer that they are commencing the final two lengths.

2.2.7.5 Inspectors of Turns shall report to the Chief Inspector of Turns any violation on signed cards detailing the event, lane number, and the infringement.

## 2.2.8 Judges of Stroke

2.2.8.1 Judges of Stroke shall be allocated on each side of the pool.

2.2.8.2 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 turns and the finishes to assist the Inspectors of Turns.

2.2.8.3 Judges of Stroke shall report any violation to the Referee on signed cards detailing the event, lane number and the infringement.

## 2.2.9 Chief Timekeeper

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

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

2.2.9.3 The Chief Timekeeper shall record or examine the official time on the card for each lane, and report to the Referee.

2.2.9.4 When only one (1) timekeeper per lane is available, an extra timekeeper must be assigned in case of a malfunction of a stopwatch. In addition the Chief Timekeeper must always record the time of the winner of each heat.

#### 2.2.10 Timekeepers

2.2.10.1 Each Timekeeper shall take the time of the swimmer in the lane assigned to them in accordance with [2.16.1](#).

2.2.10.2 Each Timekeeper shall start his watch at the starting signal, and shall stop it when the swimmer in his 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.

2.2.10.3 Promptly after the race, the Timekeepers in each lane shall record the times on their watches on the card, 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.

#### 2.2.11 Finish Judges - if required

2.2.11.1 After each event the Finish Judges shall report to the Referee the placing of the swimmers.

#### 2.2.12 Chief Classifier and Classification Panel

2.2.12.1 The duties and responsibilities of a classification panel are detailed in the [IPC Swimming Classification Rules and Regulations](#).

#### 2.2.13 Presentation Director

2.2.13.1 The Presentation Director shall be responsible for co-ordinating the overall timing, production and choreography of the event – under the direction of the Technical Delegate - ensuring timelines are adhered to.

### **2.3 Athletes' Eligibility**

2.3.1 All competitors must adhere to the IPC Nationality Policy: [IPC Handbook – Section 2](#) - Chapter 3.1 - IPC Athlete Nationality.

2.3.2 At IPC Competitions and sanctioned competitions all competitors shall be licensed by IPC Swimming, in accordance with IPC Athlete licensing policy, and be at least twelve (12) years old by 31st December in the year of competition.

- 2.3.3 At IPC Competitions and sanctioned competitions all athletes shall have an international sport class. Athletes with an N status or an R status require an international sport class prior to competition start in accordance with the IPC Swimming Classification Rules and Regulations. IPC Swimming determines the allocation of a swimmer's sport class and sport class status. Reference to all classification procedures and requirements are contained in the IPC Swimming Classification Rules and Regulations.
- 2.3.4 NPCs entering an athlete in IPC Competitions and sanctioned competitions are declaring the athlete is eligible and fit to compete.
- 2.3.5 In the event that an athlete is ill or injured, it is the responsibility of his Team Physician to determine whether that athlete may continue in or return to the competition. In the absence of a written statement from the Team Physician confirming that the athlete is capable of continuing in the competition the athlete will not be permitted to compete unless the LOC is able to obtain a form of waiver of liability in favour of the LOC and the IPC which they believe (having taken legal advice) will be sufficient to absolve the LOC and the IPC of any legal responsibility of any further injury or aggravated illness that might occur to this athlete. There is no obligation on the LOC to provide such a waiver form.

The Referee will be entitled to prevent any athlete from competing where in their opinion it would be dangerous for the athlete to compete, including where the safety of other athletes, officials or spectators is put at risk; regardless of whether the athlete has a Team Physician certificate or not.

If there is no Team Physician present but a Team Physician has delegated his tasks to other professionals or appropriate personnel, and those other professionals or personnel adhere strictly to the instructions that he has provided, then the Referee may, but will not be obliged to, accept a certificate from them confirming that the athlete is able to compete.

At all times, the overriding priority should be to safeguard the health and safety of athletes, officials and spectators. The outcome of the competition should never influence such decisions.

## **2.4 Entry Criteria and Competition Format**

- 2.4.1 The entry criteria (number of athletes/NPC, Minimum Qualifying Standards (MQS), list of events, etc.) shall be defined in the Technical Documentation for a specific competition.
- 2.4.2 Three competition formats are possible:
- 2.4.2.1 '*Single class event*', event offered to a single sport class only with one applicable MQS, 1 set of medals will be awarded;

- 2.4.2.2 *'Single class event'*, event offered principally to one sport class but the Technical Documentation may permit other sport classes to enter. Each sport class has its own applicable MQS. 1 set of medals will be awarded determined by time or points;
- 2.4.2.3 *'Multiple class event'*, event offered to multiple sport classes, each with its own MQS (as set out in the Technical Documentation). Medals will be awarded in respect of each sport class.
- 2.4.3 With the exception of S10, SB9, S13 and S14 competitors, when an event is not included in the competition programme or there are less than the required number of entries in an event, the competition Technical Documentation may permit the swimmers to enter the same stroke and distance event of a higher sport class, if available. The swimmer keeps his sport class for this event.

## **2.5 Minimum Qualifying Standards (MQS)**

- 2.5.1 The Minimum Qualifying Standards will be defined by IPC Swimming for major competitions and published in the Technical Documentation.
- 2.5.2 All swimmers are required to reach the MQS set to be eligible to compete, with the exception if a wild card entry is offered.
- 2.5.3 Qualifying times will be verified by IPC Swimming and can only be achieved at IPC Swimming approved competitions.
- 2.5.4 To qualify to compete in long course competitions a swimmer must have achieved the qualifying time set in a recognised 50 metre length pool (Long Course).
- 2.5.5 To qualify to compete in short course competitions a swimmer must have achieved the qualifying time set in a recognised 25 metre length pool (Short Course) or 50 metre (Long Course) length pool.
- 2.5.6 If a change of sport class results in a swimmer not meeting the MQS of any new event(s) to be entered, they shall not forfeit the opportunity of competing except at the Paralympic Games and World Championships.
- 2.5.7 If a change of sport class results in the maximum number of competitors per NPC per event per class, identified in the Technical Documentation, being exceeded, the Team Leader of the NPC concerned shall be required to withdraw the necessary number of swimmers to meet the requirements of the Technical Documentation.

## **2.6 Withdrawals**

- 2.6.1 A medical withdrawal is the only withdrawal possible from any events at IPC Swimming competitions and Sanctioned competitions after submission of the final entry.

- 2.6.2 In competition, medical withdrawals shall normally be reported no later than 30 minutes prior to the start of the session. A medical withdrawal shall be submitted as instructed at the Technical Meeting on the IPC Swimming official form certified by the Team Physician or competition Medical Officer.
- 2.6.3 Violation of [2.6.1](#) shall be penalised with a fee of 50 Euros. The athlete will be withdrawn from the remainder of the competition until the fine is paid.
- 2.6.4 Withdrawals as a result of 2.5.7 will not incur this penalty.

## 2.7 Seeding of Heats and Finals

The starting stations for all events in all competitions shall be by seeding as follows:

### 2.7.1 Heats

- 2.7.1.1 The best qualification time of all entrants within the qualification period of a particular competition shall be submitted. Placement of swimmers with identical times shall be determined by draw.
- 2.7.1.2 Swimmers shall be placed in heats in the following manner:
- 2.7.1.2.1 If one (1) heat, it shall be seeded as a direct final and swum only during the final session.
- 2.7.1.2.2 If two (2) heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc.
- 2.7.1.2.3 If three (3) heats, except 400m, 800m and 1500m events, the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.
- 2.7.1.2.4 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 [2.7.1.2.3](#) above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four (4) 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 [2.7.1.3](#). below.
- 2.7.1.2.5 For 400m, 800m and 1500m events, the last two heats of the event shall be seeded in accordance with [2.7.1.2.2](#) above.
- 2.7.1.2.6 Exception: when there are two (2) or more heats in an event, there shall be a minimum of three (3) swimmers seeded into any one preliminary heat, but subsequent withdrawals may reduce the number of swimmers in such heat to less than three (3).

2.7.1.2.7 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.

2.7.1.2.8 Where a 10 lane pool is not available [2.7.2.4](#) will apply.

2.7.1.3 Swimmers shall be placed in lanes according to the procedures below:

2.7.1.3.1 Except for 50 metre events in a 50 metres pool, assignment of lanes shall be (number 1 lane being on the right side of the pool (0 when using pools with 10 lanes) when facing the course from the starting end) by placing the faster swimmer 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 6 or 8 lanes. In pools using 10 lanes, the fastest swimmer shall be placed in lane 4. The swimmer having the faster time is to be placed on his left, then alternating the others to right and left in accordance with the submitted times. Swimmers with identical times shall be assigned their lane positions by drawing within the aforesaid pattern.

2.7.1.3.2 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 swimmers of their determination well before the start of the competition. Regardless of which way the event is swum, the swimmers shall be seeded in the same lanes in which they would be seeded if they were both starting and finishing at the starting end.

## 2.7.2 Finals

2.7.2.1 Whilst 10 lanes may be used for heats, Finals can only be swum using 8 lanes.

2.7.2.2 Where no preliminary heats are necessary, lanes shall be assigned in accordance with [2.7.1.3](#) above.

2.7.2.3 Where preliminary heats have been held, lanes shall be assigned as in [2.7.1.3](#), based on times established in such heats.

2.7.2.4 In the event that swimmers from the same or different heats have equal times registered to 1/100 second for the eighth/tenth place depending on the use of 8 or 10 lanes, there shall be a swim-off to determine which swimmer shall advance to the final. Such a swim-off shall take place after all involved swimmers have completed their heats at a time agreed between the event management and the parties involved. Another swim-off shall 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.

- 2.7.3 For heats and finals, swimmers (including reserves in the finals) shall report to the first call-room no later than 15 minutes prior to the start of their race. After inspection, swimmers may proceed to the final call-room.
- 2.7.4 Where one or more swimmers withdraw from a final event or fail to appear, reserves that are listed in order of the finish times from the heats will swim. The event may be re-seeded and then supplementary sheets must be issued detailing the changes or substitutions.

## 2.8 Events and Programme of Events

- 2.8.1 IPC 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 - 14
50m	Butterfly	S2 - 7
100m	Butterfly	S8 - 14
75m	Ind. Medley	SM1 - 4 (short course without butterfly)
100m	Ind. Medley	SM5 - 13 (short course only)
150m	Ind. Medley	SM1 - 4 (without butterfly)
200m	Ind. Medley	SM5 - 14

### Relays (see rules [3.7.6](#) and [3.7.7](#))

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

### For Open Water:

5km Open Water Event	S1-10 and S11-13
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2.8.2 The list of events and final programme for a competition may change until the final entry verification has been completed. IPC Swimming reserves the right to add medal events to the program until the criteria identified in the Technical Documentation has been met based on pre-competition classification.

2.8.3 A 4-year-cycle for Championships will be adopted as follows:

- Year 1: World Championships (50 metre)
- Year 2: Regional Championships (50 metre) (except if included in Regional Games)
- Year 3: World Championships (50 metre)
- Year 4: Paralympic Games

## 2.9 Disqualification

2.9.1 Athletes violating any of the IPC Swimming Rules and Regulations shall be disqualified.

2.9.2 If a competitor does not attend classification or a Classification Protest when requested they shall be disqualified from the competition.

2.9.3 Should a swimmer 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).

## 2.10 Technical Protests

2.10.1 Technical Protests are possible:

- a) if IPC Swimming Rules and Regulations for the conducting of the competition are not observed,
- b) against decisions of the Referee; however, no protest shall be allowed against decisions of fact,
- c) if other conditions endanger the competition and/or competitors.

2.10.2 Technical Protests must be submitted:

- a) to the Referee,
- b) in writing on the IPC Swimming official form,
- c) by the responsible Team Leader only,
- d) together with a deposit of one hundred fifty Euros (€150),**
- e) within 30 minutes following the publication of the official results.

2.10.3 If conditions causing a potential Protest are noted prior to the competition, a protest must be lodged before the starting signal is given.

2.10.4 All Protests shall be considered by the Referee. If he rejects the Protest, he must state the reasons for and time of his decision. The decision shall be in writing on the IPC Swimming official 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.

2.10.5 If the Protest is upheld, the deposit shall be returned. If the Protest is rejected, the deposit will remain with IPC Swimming.

#### 2.10.6 Technical Jury of Appeal

2.10.6.1 An appeal against a Protest decision is possible and such appeal must be made to the Jury of Appeal within 30 minutes:

- a) of the official announcement of the amended result of an event arising from the decision made by the Referee or
- b) of the advice being given by or on behalf of the Referee to those making the protest, where there is no amendment of any result.

2.10.6.2 The Appeal shall be in writing on the official IPC Swimming Appeal Form, signed by a responsible NPC Team Leader, and shall be accompanied by an **appeal fee of €200 or its equivalent** in the currency of the country where the competition is being held. The appeal fee will be forfeited if the appeal is not upheld. NPCs may appeal only if they are competing in the same event to which the appeal relates.

2.10.6.3 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 other officials. The Jury shall consider what 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.

2.10.6.4 **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.**

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

### **2.11 Change of Sport Class in Competition**

In competition Sport Class changes may result from observation in competition, protests after observation in competition or protests under exceptional circumstances.

- 2.11.1 If a swimmers sport class changes to a sport class that indicates a greater level of **activity limitation (“lower sport class”)**, then the swimmer'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 swimmer should enter events in his revised sport class whenever possible. It is permissible for a swimmer to enter finals in the initial sport class, if the swimmer has qualified for those.
- 2.11.2 If a swimmers sport class changes to a sport class that indicates a lower level of **activity limitation (“higher sport class”)** during competition, then the swimmer's results and medals won during the first appearance event should not be recognised as achieved in the swimmers initial sport class. Times achieved will be considered as swum in the new sport class. Swimmers should only be permitted to enter events in the revised sport class.

## 2.12 Protocol

- 2.12.1 Medals: Gold, Silver and Bronze medals shall be awarded to the first three places in individual events and team final competitions.
- 2.12.2 In relay events, medals shall be awarded to all swimmers who swum in the heats or the final. Medals for team members competing in the heat only will be delivered to **the NPC's** Team Leader.
- 2.12.3 The national flags of the countries of the competitors placed 1st, 2nd and 3rd shall be raised and the national anthem (abbreviated version) of the country of the champion shall be played.
- In case there are 2 gold medal winners, 2 gold and a bronze medal will be awarded.
  - In case there are 2 silver medal winners, a gold and 2 silver medals will be awarded.
  - In case there are 2 bronze medal winners, a gold, a silver and 2 bronze medals will be awarded.
  - 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. Both country anthems shall be played in the same order.
- 2.12.4 At IPC Competitions and sanctioned competitions, all team members shall wear their national uniform during medal ceremonies. Uniforms shall comply with IPC Swimming Rules and Regulations.

## 2.13 Swimwear

- 2.13.1 Only swimwear approved by IPC Swimming is permitted. The current list of approved male and female swimsuits can be found on the IPC Swimming website at [www.paralympic.org/swimming/rules-and-regulations/rules](http://www.paralympic.org/swimming/rules-and-regulations/rules)
- 2.13.2 Modification of a swimsuit and deviations to the body coverage requirements in [2.13.6](#) to accommodate a swimmers' impairment, are permissible.
- 2.13.3 The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.
- 2.13.4 All swimsuits shall be non-transparent. It is permissible to wear two (2) caps, both to adhere to 2.14 whilst on Field of Play.
- 2.13.5 In swimming competitions the swimmer must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.
- 2.13.6 Swimwear 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 [2.13.2](#). All swimsuits shall be made from textile materials.
- 2.13.7 Open Water swimwear for both men and women shall not cover the neck, extend past the shoulder, nor shall extend below the ankle.

## 2.14 Advertising

- 2.14.1 Advertising means the display of the name, designation, trademark, logo or any other distinctive sign of the manufacturer, organisation or corporation other than IPC Swimming. Advertising in the form of logos appearing on swimwear, i.e. swimsuit, cap and goggles, and pool deck equipment, i.e. track suits, official's uniforms, footwear, towels and bags, at IPC competitions and Sanctioned competitions is permitted as follows:
- 2.14.1.1 Swimsuits:
- A two-piece swimsuit shall, in relation to advertising, be regarded as one.
- **One (1) manufacturer's logo of a maximum size of 30 square centimetres** when worn. Where one-piece body suits are used, two (2) logos of the manufacturer shall be permitted, one above the waist and one below the waist of a maximum size of 30 square centimetres each when worn. These two (2) logos of the manufacturer shall not be placed immediately adjacent to each other. Where two-piece body suits are used, the two (2) logos of the manufacturer shall be placed on one part each.
  - One (1) flag and one (1) country name or code of a maximum of 50 square centimetres each when worn.
  - **One (1) sponsor's logo of a maximum of 30 square centimetres** when worn.

#### 2.14.1.2 Caps:

- **One (1) manufacturer's logo of a maximum of 20 square** centimetres on the front.
- **One (1) IPC Partner's logo** or IPC Swimming logo of the size decided by IPC from case to case. The side on which the logo shall be printed will be advised by IPC Swimming.
- One (1) flag and/or country name (code) of the size of 32 square centimetres. The side on which the flag and country name (code) shall be printed will be advised by IPC Swimming
- **Athlete's name of the size of 20 square** centimetres. The athlete's name shall be printed on the same side as the flag and country name (code).

#### 2.14.1.3 Goggles

- Two (2) manufacturer logos of maximum 6 square centimetres are allowed on goggles but only on the spectacle frame or band.

#### 2.14.1.4 Athletes Bibs

- The maximum size of the bibs shall be 24 centimetres (width) x 20 centimetres (height).
- The height of the digits on the bibs shall be no less than 6 centimetres and no more than 10 centimetres.
- The maximum height of the identification above the digits shall be 6 centimetres. The identification may display the name/logo of a sponsor.
- The maximum height of the identification below the digits shall be 4 centimetres. The identification may display the name/logo of the Host City.
- The bibs shall be printed in suitable colours in order to ensure maximum visibility of the digits.
- The bibs must be worn fully visible during **Athletes'** introduction and award ceremonies. An athlete removing the bib before being presented at the start of an event or before completion of the victory ceremony may be disqualified
- Only one IPC sponsor may be displayed on bibs. However, there may be one sponsor for men and another for women at the same Championships.

#### 2.14.1.5 Pool deck equipment.

Two (2) advertising identifications of which one shall be of the manufacturer logo and the other one of the sponsor logo are permitted, with a maximum size of 40 square centimetres each when worn for any of the clothing items listed below, and a maximum size of 6 square centimetres each for any of the accessories and equipment items listed below.

Identification on clothing must be placed on the top breast side so that Bibs requested by IPC may be worn well visible below.

For upper-body clothing items only, the **manufacturer's** logo (being a design mark of maximum of 8cm in width) may additionally be displayed in the form of a strip in one of the following positions:

- a) around the bottom of both sleeves; or
- b) centered down the outer seam of both sleeves (from the collar across the top of the shoulders down to the bottom of the sleeve).

For lower-body clothing items only, the **manufacturer's** logo (being a design mark of maximum of 8cm in width) may additionally be displayed in the form of a strip centered down the outer seam of both legs (from the waistband down to the bottom of the leg).

- T-shirt (maximum 40 square centimetres)
- Polo Shirt (maximum 40 square centimetres)
- Casual Shirt (maximum 40 square centimetres)
- Sweat shirt (maximum 40 square centimetres)
- Bath robe (maximum 40 square centimetres)
- Tracksuit top (maximum 40 square centimetres)
- Pants (maximum 40 square centimetres)
- Shorts (maximum 40 square centimetres)
- Skirts (maximum 40 square centimetres)
- Windbreaker (maximum 40 square centimetres)
- Towels (maximum 6 square centimetres)
- Baseball Caps (maximum 6 square centimetres)
- Hats (maximum 6 square centimetres)
- Socks (maximum 6 square centimetres)
- Footwear (maximum 6 square centimetres)
- Bags (not greater than 10% of the surface area of the item, to a maximum size of 60 square centimetres)

2.14.2 Any advertising identifications which are not indicated in these regulations are not permitted. In the event that any clothing contravenes these regulations, the competitor must immediately remove the offending item(s) and replace it/them with clothing that complies with IPC Swimming Rules and Regulations. In the event that the breach is not immediately remedied the competitor may be requested to wear attire provided by the Organising Committee.

2.14.3 IPC Swimming reserves the right to request NPCs taking part in IPC Swimming competitions to present any advertising identification in this rule for examination and approval of IPC Swimming prior to the competition in question.

2.14.4 Body advertisements are not allowed in any way whatsoever (this includes tattoos and symbols).

2.14.5 Advertising for tobacco or alcohol is not allowed.

## 2.15 Support Staff

Support Staff is any person designated by the NPC to assist an athlete logistically or with directional instructions. Support Staff shall not coach the competitor when providing this assistance.

2.15.1 Support Staff may be required to indicate to the swimmer with a visual impairment that they are approaching the end of the pool by a single or double tap. This procedure is called tapping and the person is referred to as a 'tapper'. If tapping is required at both ends of the pool, a separate tapper shall be used at each end.

2.15.1.1 For S11, SB11 and SM11 competitors, a tapper and tapping is mandatory for every turn and finish.

2.15.1.2 The tapping device must be deemed safe by IPC Swimming.

2.15.2 Deck access for Support Staff is only permitted when a swimmer has a Support Staff requirement recorded in the [IPC Swimming Classification Master List](#).

## 2.16 Timing and Automatic Officiating Procedures

2.16.1 Any certified timing device that is terminated by an 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 Automatic Officiating Equipment (AOE) is used, official manual times shall be determined as follows:

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

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

2.16.1.3 With only two (2) out of three (3) watches working the average time shall be the official time, adjusted if necessary to the nearest hundredth of a second slower.

2.16.2 Where AOE is not available, such equipment must be replaced by Chief Timekeeper, three (3) Timekeepers per lane, and two (2) additional Timekeepers (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 digital watches per lane, final times and placings are determined by time.

2.16.2.1 Finish Judges may be used when AOE or three (3) digital watches per lane are not used.

2.16.3 When AOE is used, the operation of it shall be under the supervision of appointed officials. Times recorded by AOE shall be used to determine the time applicable to each lane and all placings.

- 2.16.4 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 swimmers who have recorded the same time at 1/100 of a second shall be accorded the same placing. Times displayed on the electronic scoreboard should show only to 1/100 of a second.
- 2.16.5 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.
- 2.16.6 The official time will be determined as follows:
- 2.16.6.1 When AOE time available, then the official time will be that time.
  - 2.16.6.2 When AOE time is not available, the official time will be the Semi-Automatic Equipment time or the time recorded with three (3) digital watches.
- 2.16.7 When the AOE fails to record the place and/or time of one or more swimmers in a given event, the official place will be determined as follows:
- 2.16.7.1 A swimmer with an AOE time and place must retain his relative order when compared with the other swimmers having an Automatic Officiating Equipment time and place within that event.
  - 2.16.7.2 A swimmer not having an AOE place but having an AOE time will establish his relative order by comparing his AOE time with the AOE times of the other swimmer.
  - 2.16.7.3 A swimmer having neither an AOE place nor an AOE time shall establish his relative order by the time recorded by the Semi-Automatic Equipment or by three digital watches.
- 2.16.8 To determine the relative order of finish for the heats of an event, proceed as follows:
- 2.16.8.1 The relative order of all swimmers will be established by comparing their official times.
  - 2.16.8.2 If a swimmer has an official time which is tied with the official time/s of one or more swimmers, all swimmers having that time shall be tied in their relative order of finish in that event.
- 2.16.9 When AOE is used, it may be necessary to use the full complement of Timekeepers.
- 2.16.10 During relays all 50 metre and 100 metre splits shall be recorded and published in the official results for the lead-off swimmers.
- 2.16.10.1 In the case of a relay disqualification, legal splits up to the time of the disqualification shall be recorded in the official results.

## **2.17 Rankings**

- 2.17.1 IPC Swimming shall maintain both short course and long course world and regional rankings based on the results submitted by the LOCs from IPC Swimming recognised competitions.
- 2.17.2 The results must be submitted within 15 days after the competition ends in a format requested by IPC Swimming.
- 2.17.3 Only athletes that are licensed will have their results recognised for ranking purposes.
- 2.17.4 If a swimmer with a Review or Review with Fixed Review Date sport class status attends classification pre-competition and his sport class changes at that review, the sport class change shall take immediate effect. Historical times shall be retained in the swimmer's previous sport class and not permitted for any use in the new sport class.

## **2.18 World and Regional Records**

- 2.18.1 For World and/or Regional Records in short and long courses the following distances and styles for both gender 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 – 13
100m	Breaststroke	SB1 – 14
200m	Breaststroke	SB4 – 14
50m	Butterfly	S1 - 13
100m	Butterfly	S5 - 14
200m	Butterfly	S8 - 14
75m	Ind. Medley	SM1 - 4 (short course no butterfly)
100m	Ind. Medley	SM1 - 13 (only short course)
150m	Ind. Medley	SM1 - 4 (no butterfly)
200m	Ind. Medley	SM3 - 14
400m	Ind. Medley	SM8 – 14

### Relays:

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

2.18.2 All records must be made in scratch competitions or an individual race against time at IPC Swimming recognised competitions.

2.18.2.1 The length of each lane of the course must be certified by a surveyor.

2.18.2.2 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.

2.18.2.3 Records will be accepted when times are reported by:

- Automatic Officiating Equipment or
- Semi-Automatic Officiating Equipment (in AOE malfunction).

2.18.3 Times which are equal to 1/100 of a second will be recognised as equal records and swimmers achieving these equal times will be called 'Joint Holders'.

2.18.4 Records can be established only in fresh water. No World Records will be recognised in any kind of sea or ocean water.

2.18.5 A swimmer in an individual event may apply for a record at an intermediate distance, if he or his Team Leader specifically requests the Referee (in writing, prior to the start of the relevant session) that his performance be especially timed; unless the time at the intermediate distance is recorded by AOE. Such swimmer must complete the scheduled distance of the event to apply for a record at the intermediate distance.

2.18.6 The first swimmer in a relay team may apply for a record for their leg of the relay if he or his Team Leader specifically requests the Referee (in writing, prior to the start of the relevant session) that the performance is recorded. Should the first swimmer in a relay team complete the distance in record time in accordance with the provisions of this subsection, his performance shall not be nullified by any subsequent disqualification of the his relay team for violations occurring after his distance has been completed.

2.18.7 All records made during international competitions where IPC Swimming appointed technical officials are in attendance shall be automatically processed.

- 2.18.8 A swimmer competing in a higher class event is eligible to set records in his own class.
- 2.18.9 Applications for records must be made on the IPC Swimming official form by the responsible authority of the LOC and must be accompanied by a copy of the AOE output. The IPC Swimming application form shall be received within 15 days of the record setting performance.
- 2.18.10 Records shall only be ratified if the competition has been approved by IPC Swimming, the athlete is licensed prior to the start of the competition and has a Confirmed or Review with Fixed Review Date sport class status.
- 2.18.11 Before a record breaking performance achieved by an athlete with a New or Review sport class status is considered for ratification, the athlete's sport class must be verified, as detailed in the current IPC Athlete Registration and Licensing Policy.
- 2.18.12 In the case of a swimmer having a change in sport class, see paragraph 2.11 and 2.17.4.
- 2.18.13 The power to ratify records is vested in IPC Swimming.
- 2.18.14 If the application for a record is accepted a certificate signed by IPC Swimming representative/s shall be forwarded to the NPC of the swimmer.

## 3 SWIMMING RULES

### 3.1 The Start

- 3.1.1 At the commencement of each race, the Referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except swimwear, 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 swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the Referee shall gesture to the Starter with a stretched out arm, indicating that the swimmers are under the Starter's control. The stretched out arm shall stay in that position until the start is given.
- 3.1.2 When starting a race, the Starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the Timekeepers can see and/or hear the starting signal and the swimmers can see and/or hear the signal.
- 3.1.3 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 ([3.1.1](#)) the swimmers shall step onto the starting platform and remain there. On the Starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platform. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.
- 3.1.3.1 For a swimmer with a visual impairment, on the long whistle from the Referee the swimmer shall be permitted to orientate themselves prior to the Starters command "take your marks".
- 3.1.3.2 The swimmer, who has balance problems i.e. standing stationary, may have assistance to balance them self on the starting platform i.e. hold at the hips, hand, arm etc., by one Support Staff. Support Staff may aid the swimmer to remain stationary at the start; however the Support Staff shall not allow the swimmer unfair advantage by being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the swimmer at the start is not permitted.
- 3.1.3.3 A swimmer may be permitted to start beside the starting platform.
- 3.1.3.4 A swimmer may be permitted to take up a sitting position on the starting platform.
- 3.1.3.5 A swimmer 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.

- 3.1.3.6 Sport Class S1-3 swimmers are permitted to have their foot/feet held to the wall, until the starting signal is given. Giving momentum to the swimmer at the start is not permitted.
- 3.1.3.7 Where a swimmer is unable to grip the starting place in a water start, the swimmer may be assisted by a Support Staff and/or starting device. The device shall be cleared and deemed safe by the IPC Swimming personnel prior to the commencement of the competition. Giving momentum to the swimmer at the start is not permitted. The swimmer shall have some part of the body in contact with the wall until the starting signal is given.
- 3.1.3.8 To prevent abrasion, one layer of towel, or the like, may be placed on the starting platform.
- 3.1.4 The start in backstroke and medley relay events shall be from the water. At the Referee's first long whistle ([3.1.1](#)), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have taken their starting positions, the Starter shall give the command "take your marks". When all swimmers are stationary, the Starter shall give the starting signal.
- 3.1.5 In IPC Competitions and sanctioned competitions the command "take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.
- 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](#).
- 3.1.7 In the case of a S1-10 and S14 swimmer who additionally is deaf, Support Staff shall be permitted to convey the starting signal to the competitor by the use of a non-verbal instruction, when no starting light is available.
- 3.1.8 In the case of a swimmer with a visual impairment who additionally is deaf, Support Staff shall be permitted to convey the starting signal to the competitor by the use of a non-verbal instruction.

## 3.2 Freestyle

- 3.2.1 Freestyle means that in an event so designated the swimmer may swim any style, except in individual medley or medley relay events where freestyle means any style other than backstroke, breaststroke or butterfly.
- 3.2.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- 3.2.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.
  - 3.2.3.1 For S1-5 swimmers, during each complete stroke cycle some part of the swimmer must break the surface of the water. One stroke cycle is defined as one full rotation of the shoulder joint(s) and/or one complete up and down movement of the hip joint(s).
- 3.2.4 Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but they shall not walk.

## 3.3 Backstroke

- 3.3.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
  - 3.3.1.1 Where a swimmer is unable to hold both starting grips, it is permissible to hold the grips with one hand only.
  - 3.3.1.2 Where a swimmer is unable to hold either starting grip, it is permissible to hold the end of the pool.
  - 3.3.1.3 Where a swimmer is unable to hold the starting grips or end of the pool, the swimmer may be assisted by a Support Staff or starting device. The device shall be cleared and deemed safe by IPC Swimming representative prior to the commencement of the competition. Giving momentum to the swimmer at the start is not permitted. The swimmer shall have part of the body in contact with the wall until the starting signal is given.
- 3.3.2 When a backstroke ledge is being used, each inspector at the starting end shall install and remove the ledge after the start.
- 3.3.3 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in [3.3.5](#). The

normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

- 3.3.4 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. By that point the head must have broken the surface.
  - 3.3.4.1 For S1-5 swimmers, during each complete stroke cycle some part of the swimmer must break the surface of the water. One stroke cycle is defined as one full rotation of the shoulder joint(s) and/or one complete up and down movement of the hip joint(s).
- 3.3.5 When executing the turn there must be a touch of the wall with some part of the **swimmer's body in his respective lane**. 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 swimmer must have returned to a position on the back upon leaving the wall.
  - 3.3.5.1 For the swimmer who has no arms or use of his arms during the turn, once the body has left the position on the back, the turn shall be initiated. The swimmer must have returned to a position on the back upon leaving the wall.
- 3.3.6 Upon the finish of the race the swimmer must touch the wall while on the back in his respective lane.

### 3.4 Breaststroke

- 3.4.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first breaststroke kick after the start and after each turn, a single butterfly kick is permitted.
  - 3.4.1.1 After the start and after each turn, a swimmer who is unable to push off with the leg/s, may perform one arm stroke that may not be simultaneous or on the horizontal plane to attain the breast position.
- 3.4.2 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 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.
  - 3.4.2.1 When a swimmer does not have any legs or arms or parts thereof, either the kick or the respective arm stroke shall constitute a complete stroke cycle.

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

3.4.3.1 Swimmers with a visual impairment approaching a turn or finish may push their hands forward from any point in the stroke cycle immediately after they have been tapped.

3.4.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

3.4.4.1 A swimmer with a lower limb impairment must show intent of simultaneous movement and show intent to kick in the same horizontal plane throughout the race or trail/drag the leg/s throughout the race.

3.4.5 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 [3.4.1](#). Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

3.4.5.1 A swimmer who is unable to use one or both legs and/or foot/feet to gain normal propulsion shall not be required to turn the affected foot/feet outwards during the propulsive part of the kick.

3.4.6 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.

*Interpretation: "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.*

3.4.6.1 At each turn and the finish of the race, where a swimmer has different arm lengths only the longer arm must touch but both arms must be stretched forward simultaneously.

3.4.6.2 At each turn and at the finish of the race, a swimmer with upper limbs too short to stretch above the head shall touch with any part of the upper body.

3.4.6.3 At each turn and the finish of the race, where a swimmer uses only one arm for the stroke cycle the swimmer may touch with one hand/arm only.

- 3.4.6.4 At each turn and the finish of the race, where the swimmer 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.
- 3.4.6.5 SB11-12 swimmers 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 swimmer shall not be disqualified provided that no advantage was gained.

### 3.5 Butterfly

- 3.5.1 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 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.
  - 3.5.1.1 After the start and after each turn, a swimmer who is unable to push off with the leg/s may perform one arm stroke that may not be simultaneous to attain the breast position.
- 3.5.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to [3.5.5](#).

*Interpretation: "Both arms must be brought forward simultaneously over the water" means 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.*

- 3.5.2.1 S11-12 swimmers may have difficulty bringing both arms forward simultaneously if they are restricted due to contact with the lane rope. The swimmer shall not be disqualified provided that no advantage was gained.
  - 3.5.2.2 Swimmers with a visual impairment approaching a turn or finish may bring their arms forward under the water immediately after they have been tapped.
  - 3.5.2.3 Where part of an arm is missing, the remaining part of the arm shall be brought forward simultaneously with the other arm.
  - 3.5.2.4 Where a swimmer uses one arm for the arm stroke, the arm shall be brought forward over the water.
- 3.5.3 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.

3.5.3.1 When a swimmer's impairment results in only one leg being used, the non-functional leg shall drag.

*Interpretation: "shall drag" means that the leg is not providing any propulsion but may follow the undulating hip line and appear to be alternating.*

3.5.4 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.

*Interpretation: "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.*

3.5.4.1 At each turn and the finish of the race where a swimmer has different arm lengths only the longer arm must touch, but both arms must be stretched forward simultaneously.

3.5.4.2 At each turn and at the finish of the race, a swimmer 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.

3.5.4.3 At each turn and the finish of the race, where a swimmer uses one arm for the arm stroke the swimmer may touch with one hand/arm only.

3.5.4.4 At each turn and the finish of the race, where the swimmer 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.

3.5.4.5 S11-12 swimmers may have difficulty making a simultaneous touch at the turn and finish if they are restricted due to contact with the lane rope. The swimmer shall not be disqualified provided that no advantage was gained.

3.5.4.6 At the turn and finish, swimmers 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.

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

## 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 ( $\frac{1}{4}$ ) 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 ( $\frac{1}{3}$ ) of the distance.
- 3.6.2 In medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
- 3.6.3 Each section must be finished in accordance with the rules which apply to the stroke concerned.

### **3.7 Relays**

- 3.7.1 For each relay event, each NPC may enter only one team. All swimmers entered per the classification system can be used in the relevant relay event.
- 3.7.2 All members of one relay team must be of the same sport nationality.
- 3.7.3 The composition of a relay team may be changed between heats and finals of an event, provided that it is made up from the list of swimmers properly entered for that event. When heats are swum, medals shall be awarded to those swimmers who swam in the heats and/or the final event.
- 3.7.4 The names of the swimmers and their sport class must be submitted on the IPC Swimming official form minimum one hour before the start of the session in which the event is to take place, in the order in which they are to swim. The names must be listed in their order of competing and the swimmers in medley relay events must be listed for their respective strokes. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a medical withdrawal.
- 3.7.5 The reserve/s for relays are to be named on the relay declaration form identifying the sport class of the swimmer/s and in the case of the medley relays also the stroke that is to be performed.
- 3.7.6 Relay teams are based on a point score. The sport class of an individual swimmer is worth the actual number value i.e. sport class S6 is worth six (6) points, sport class SB12 is worth twelve (12) points, etc.
- 3.7.7 There shall be four (4) swimmers on each relay team. Mixed relays may be swum. Mixed Relays must consist of two (2) Men and two (2) Women. Split times achieved in these events cannot be used for records and/or entry purposes.
- 3.7.8 In relay events, the team of a swimmer whose feet/part of the body loses contact with the starting platform before the preceding team member touches the wall shall be disqualified.
  - 3.7.8.1 In a relay event a swimmer may commence in the water. The swimmer may not lose hand/feet contact with the starting place until such time as the preceding team member touches the wall otherwise the swimmer shall be disqualified.

- 3.7.9 Any relay team shall be disqualified from an event if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.
- 3.7.9.1 A swimmer, in a relay event, who is to commence with a water start, may enter the water only when the preceding take off at the same end has been executed.
- 3.7.10 The tapper is able to convey to the swimmer the relay changeovers and convey the position/place of the relay. An extra tapper may be required, one for tapping the swimmer completing the leg of the relay and one tapper for conveying the changeover. No coaching is permitted.
- 3.7.11 In relay events each Inspector of Turns at the starting end shall determine, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When AOE, which judges relay take-offs is available, it shall be used in accordance with [2.16](#).

### **3.8 The Race**

- 3.8.1 All individual races must be held as separate gender events.
- 3.8.2 A swimmer swimming over the course alone shall cover the whole distance to qualify.
- 3.8.3 A swimmer must remain and finish the race in the same lane in which they started.
- 3.8.3.1 Should a swimmer with a visual impairment inadvertently surface in the wrong lane after a start or executing a turn and the swimmer has surfaced in a lane not in use, the swimmer shall be permitted to complete the race in that lane. If it is necessary for the swimmer to return to the correct lane the tapper may give verbal instructions, but only after clearly identifying the swimmer by name to prevent distraction or interference to other competitors.
- 3.8.4 In all events a swimmer, when turning, shall make physical contact with the end of the pool or course. The turn must be made from the wall and it is not permitted to take a stride or step from the bottom of the pool.
- 3.8.5 Pulling on the lane rope is not allowed.
- 3.8.6 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 host country NPC, to IPC Swimming and to the NPC of the swimmer so offending.
- 3.8.7 Should a foul jeopardise the chance of success of a swimmer, the Referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, the Referee may order it to be re-swum.
- 3.8.7.1 For swimmers with visual impairment, should an accidental foul occur during a race, caused by a swimmer either surfacing after the start or turn, in a lane

that is in use by another competitor, or by swimming too close to the lane rope, etc., the Referee shall have the power to allow one or all swimmers to re-swim the event. If the foul occurs in a final, the Referee may order the final to be re-swum.

3.8.8 S11, SB11 and SM11 swimmers with the exception of those with prosthetics in both eyes shall be required to wear opaque (blackened in) goggles for competition. S11, SB11 and SM11 swimmers whose facial structure will not support goggles shall be required to cover the eyes with an opaque covering. The goggles of the S11, SB11 and SM11 swimmers shall be checked at the finish of the relevant event.

3.8.8.1 In the event that the goggles accidentally fall off during the dive or break during the race, the swimmer shall not be disqualified.

3.8.9 No swimmer shall be permitted to use or wear any device or swimsuit that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). Goggles may be worn. Any kind of strapping that limits unwanted movement is prohibited. Taping on the body is not permitted unless approved under paragraph [6.2.6](#).

3.8.9.1 No swimmer shall be permitted to use a prosthesis, except ocular, or orthoses during the race.

3.8.10 Any swimmer not entered in an event, who enters the water while a race is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled event.

3.8.11 Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race.

3.8.11.1 S1-5 swimmers may stay in their lane until the last swimmer of the team has completed the race. A swimmer remaining in the water shall move a short distance away from the end of the pool, close to the lane rope but shall not obstruct another swimmer in another lane.

3.8.12 At the completion of each event, the Referee shall signal to the swimmers by way of two short whistle blasts that they are required to clear the water.

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

3.8.14 If an error by an official follows a fault by a competitor, the fault by the competitor may be expunged by the Referee.

## 4 OPEN WATER

Competitions taking place in rivers, lakes, oceans or water channels are called open water competitions.

### 4.1 General

- 4.1.1 The Open Water event is a single class event ([2.4.2](#)) for athletes with a functional impairment or visual impairment.
- 4.1.2 Entry requirement: for IPC Competitions and sanctioned competitions the swimmer shall have a written proof (results) from a previous 5 km open water swim.
- 4.1.3 Time Limit: a time limit of 2 hours is the maximum time allocated to complete the course. After expiry of the designated time limit the Referee shall instruct all swimmers still on the course to exit the water.
- 4.1.4 A swimmer may be removed from the water at any time for safety reasons as determined by the Referee, Technical Delegate or safety officer.
- 4.1.5 It is the responsibility of each swimmer, prior to the start of the event to have a space/thermal blanket.
- 4.1.6 The decision to use escort safety craft by swimmers, will be taken on a per competition basis and if permitted, will be communicated in the competition technical documents.
- 4.1.7 S11, S12 and S1-4 swimmers, 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 swimmer may be required. Authority to use any such assistance shall be requested from the Technical Delegate prior to the day of the event.
  - 4.1.7.1 The swimmer is responsible for arranging his Support Staff and craft if required.
  - 4.1.7.2 If the swimmer is using a paddler as Support Staff, then the paddler is assigned the same number as the swimmer.
  - 4.1.7.3 Support Staff shall ensure their swimmer is made aware of any disqualification or infringement the Referee gives against their swimmer.

### 4.2 Officials

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

Technical Delegate for Open Water  
Chief Referee

Referees  
Chief Judge  
Chief Timekeeper plus 2 Timekeepers  
Chief Finish Judge plus 2 Finish Judges  
Safety Officer  
Medical Officer  
Course Officer  
Clerk of the Course  
Race Judges (when escort safety craft are permitted)  
Turn Judges (one per alteration of the course)  
Starter  
Announcer  
Recorder

#### 4.2.1 Technical Delegate:

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

4.2.1.1 The Technical Delegate is appointed by IPC Swimming to oversee the set-up and conduct of open water competitions and to ensure IPC Swimming rules and regulations are upheld.

#### 4.2.2 The Chief Referee shall:

4.2.2.1 have full control and authority over all officials and shall approve their assignments and instruct them regarding all special features or regulations related to the competition. The Referee shall enforce all the rules and regulations of IPC Swimming and shall decide all questions relating to the actual conduct of the competition, the final settlement of which is not otherwise covered by these rules.

4.2.2.2 have authority to intervene in the competition at any stage to ensure that IPC Swimming rules and regulations are observed.

4.2.2.3 in case of hazardous conditions that jeopardise the safety of the swimmers and the officials, in conjunction with the Safety Officer he can stop the race.

4.2.2.4 adjudicate on all technical protests related to the competition in progress.

4.2.2.5 give a decision in cases where the judges' decision and times recorded do not agree.

4.2.2.6 signal to swimmers, 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.

4.2.2.7 disqualify any swimmer for any violation of the Rules that he personally observes or which is reported to him by other authorised officials.

- 4.2.2.8 ensure that all necessary officials for the conduct of the competition are at their respective posts. He shall appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.
- 4.2.2.9 receive all reports prior to the start of the race from the Clerk of the Course, Course Officer and Safety Officer.
- 4.2.3 The Referees shall
- 4.2.3.1 have authority to intervene in competition at any stage to ensure that IPC Swimming Rules and Regulations are observed.
- 4.2.3.2 disqualify any swimmer for any violation of the Rules that he personally observes.
- 4.2.4 The Starter shall:
- 4.2.4.1 start the race in accordance to [4.3](#) following the signal by the Chief Referee.
- 4.2.5 The Chief Timekeeper shall:
- 4.2.5.1 assign at least three Timekeepers to positions for the start and finish.
- 4.2.5.2 ensure that a time check is made to allow all persons to synchronise their watches with the official running clocks 15 minutes before start time.
- 4.2.5.3 collect from each Timekeeper a card showing the time recorded for each swimmer, and if necessary, inspect their watches.
- 4.2.5.4 record or examine the official time on the card for each swimmer.
- 4.2.6 Timekeepers shall:
- 4.2.6.1 take the time of each swimmer assigned. The watches must have memory and print out capability.
- 4.2.6.2 start their watches at the starting signal, and only stop their watches when instructed by the Chief Timekeeper.
- 4.2.6.3 promptly after each finish, record the time and swimmers number on the time card and turn it over to the Chief Timekeeper.
- Note: When Automatic Officiating Equipment is used, the same number of hand timers shall be used.
- 4.2.7 The Chief Judge shall:
- 4.2.7.1 assign each Judge to a position
- 4.2.7.2 record and communicate any decision received from the Referees during the competition.
- 4.2.7.3 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.

4.2.8 Finish Judges (three) shall:

- 4.2.8.1 be positioned in line with the finish where they shall have, at all times, a clear view of the finish.
- 4.2.8.2 record after each finish the placing of the swimmers according to the assignment given.

Note: Finish Judges shall not act simultaneously as Timekeepers

4.2.9 Race Judges shall:

- 4.2.9.1 be appointed when escort safety craft are permitted
- 4.2.9.2 be positioned in an escort safety craft, assigned by random draw prior to the start, so as to be able to observe, at all times, his assigned swimmer.
- 4.2.9.3 ensure at all times that the rules of competition are complied with, violations being recorded in writing and reported to a Referee at the earliest opportunity.
- 4.2.9.4 have the power to order a swimmer from the water upon expiry of any time limit so ordered by the Referee.
- 4.2.9.5 ensure that his assigned swimmer does not take unfair advantage or commit unsporting impediment on another swimmer and if the situation requires, instruct a swimmer to maintain clearance from any other swimmer.

4.2.10 Turn Judges shall:

- 4.2.10.1 be positioned so as to ensure all swimmers execute the alterations in course as indicated in the competition information documents and as given at the pre-race briefing.
- 4.2.10.2 record any infringement of the turn procedures on the record sheets provided and indicate the infringement to the Race Judge at the time of infringement by blasts on a whistle.
- 4.2.10.3 promptly upon completion of the event deliver the signed record sheet to the Chief Judge.

4.2.11 The Safety Officer shall:

- 4.2.11.1 be responsible to the Referee for all aspects of safety related to the conduct of the competition.
- 4.2.11.2 check that the entire course with special regard to the start and finish areas, is safe, suitable, and free of any obstruction.
- 4.2.11.3 be responsible for ensuring that sufficient powered safety craft are available during the competition so as to provide full safety backup to the escort safety craft.

4.2.11.4 provide prior to the competition to all swimmers a tide/current chart clearly indicating the time of tide changes on the course and showing the effect of **tides or current on a swimmer's progress along the course.**

4.2.11.5 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 manner in which the competition is conducted.

4.2.12 The Medical Officer shall:

4.2.12.1 be responsible to the Referee for all medical aspects related to the competition and competitors.

4.2.12.2 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.

4.2.12.3 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

4.2.13 Course Officer:

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

4.2.13.1 be responsible to the LOC for the correct survey of the course.

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

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

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

4.2.14 The Clerk of Course shall:

4.2.14.1 assemble and prepare competitors prior to each event and ensure proper reception facilities at the finish are available for all competitors.

4.2.14.2 ensure each competitor is identified correctly with their race number and that all swimmers have trimmed fingernails and toenails and are not wearing any jewellery, including watches.

4.2.14.3 be certain all swimmers are present, in the assembly area, at the required time prior to the start.

- 4.2.14.4 keep swimmers and officials informed of the time remaining before the start at suitable intervals until the last five minutes, during which one-minute warnings shall be given.
  - 4.2.14.5 be responsible for ensuring that all clothing and equipment left in the start area is transported to the finish area and kept in safekeeping.
  - 4.2.14.6 ensure that all competitors leaving the water at the finish have the basic equipment required for their well-being should their own attendants not be present at that time.
- 4.2.15 The Recorder shall:
- 4.2.15.1 record withdrawals from the competition, enter results on official forms, and maintain records for team awards as appropriate.
  - 4.2.15.2 report any violation to the Chief Referee on a signed card detailing the event and the rule infringement.

### **4.3 The Start**

All swimmers 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 swimmers it is recommended that two separate start times be used that separate swimmers either by gender or by sport class. It is the responsibility of the Open Water Technical Delegate (TD) to make this decision.

- 4.3.1 All Open Water competitions shall start with all competitors standing on a fixed platform or in water depth sufficient for them to commence swimming on the start signal.
- 4.3.2 Swimmers may require Support Staff for the start of the event.
- 4.3.3 When starting from a fixed platform competitors shall be assigned a position on the platform, as determined by random draw.
- 4.3.4 Swimmers shall assume start positions as decided by random draw with the lowest number on the left and the highest number on the right when facing the course
- 4.3.5 When the number of entries dictates the start shall be segregated in the Men's and Women's competitions, the Men's events shall always start before the Women's events.
  - 4.3.5.1 If the event is divided into classes the higher classes and the visually impaired shall always start before the lower classes.
- 4.3.6 The start line shall be clearly defined by either overhead apparatus or by removable equipment at water level.

- 4.3.7 The Referee shall indicate by a flag held upright and short blasts on a whistle when the start is imminent and indicate that the competition is under Starter's orders by pointing the flag at the Starter.
- 4.3.8 The Starter shall be positioned so as to be clearly visible to all competitors.
- 4.3.9 On the **Starter command “take your marks”** swimmers shall take up their starting position. When starting from a fixed platform, some part of the body must be in contact with the platform.
- 4.3.10 The Starter will give the starting signal when he considers all swimmers are ready.
- 4.3.11 The start signal shall be both audible and visual.
- 4.3.12 If in the opinion of the Referee an unfair advantage has been gained at the start the offending competitor will be given a yellow or red flag in accordance with [4.5.3](#).
- 4.3.13 All escort safety craft shall be stationed prior to the start so as not to interfere with any competitor, and if picking up their swimmer from behind shall navigate in such a way as not to manoeuvre through the field of swimmers.
- 4.3.14 Although they may start together, in all other respects the men's and women's functional and visually impaired sport class events shall be treated separately.

#### **4.4 The Venue**

- 4.4.1 IPC Swimming Open Water competitions shall be conducted over a 5 kilometres course and at a venue approved by IPC Swimming.
- 4.4.2 The course shall be in water that is subject to only minor currents or tide and may be salt or fresh water.
- 4.4.3 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.
- 4.4.4 The minimum depth of water at any point on the course shall be 1.4 metres.
- 4.4.5 The water temperature should be a minimum of 16°C and a maximum of 30°C. It should be checked two hours before the start, in the middle of the course and at a depth of 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 coach from the teams present designated during the Technical Meeting.
- 4.4.6 All turns/alterations of course shall be clearly indicated.
- 4.4.7 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 a swimmer's visibility of the turn.**

- 4.4.8 All turning apparatus and Turn Judges craft/platforms shall be securely fixed in position and not be subject to tidal, wind or other movements.
- 4.4.9 The final approach to the finish shall be clearly defined with markers of a distinctive colour.
- 4.4.10 The finish shall be clearly defined and marked by a vertical face.

## 4.5 The Race

- 4.5.1 All Open Water events shall be freestyle events.
- 4.5.2 Race Judges shall instruct any swimmer, who is, in their opinion, taking unfair advantage by pacing or slip streaming with the escort craft or Support Staff to move clear.
- 4.5.3 Disqualification Procedure
  - 4.5.3.1 If in the opinion of a Referee, an action of a swimmer or an escort safety craft, **or a swimmer's approved representative/Support Staff** is deemed to be **'unsporting'** the Referee shall disqualify the swimmer concerned immediately.
  - 4.5.3.2 If in the opinion of the Chief Referee or Referees, **any swimmer, or swimmer's approved representative, or escort safety craft**, takes advantage by committing any violation of the Rules or by making intentional contact with any swimmer, the following proceeding shall apply:
    - 1st Infringement: A yellow flag and a card bearing the swimmer's number shall be raised to indicate and to inform the swimmer or the Support Staff that he is in violation of the Rules.
    - 2nd Infringement: A red flag and a card bearing the swimmer's number shall be raised by the Referee (4.2.3.2) to indicate and to inform the swimmer or the Support Staff that he is for the second time in violation of the Rules. The swimmer shall be disqualified. He must leave the water immediately and be placed in an escort craft, and take no further part in the race.
- 4.5.4 Escort safety craft and Support Staff shall manoeuvre so as not to obstruct or place themselves directly ahead of any swimmer and not to take advantage by pacing or slip streaming.
- 4.5.5 Escort safety craft shall attempt to maintain a constant position so as to station the swimmer at, or forward of, the midpoint of the escort safety craft.
- 4.5.6 Standing on the bottom during an race shall not disqualify a swimmer but they may not walk or jump.
- 4.5.7 With the exception of [4.5.6](#) swimmers 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.

- 4.5.7.1 Rendering assistance by an official Medical Officer to a swimmer in apparent distress should always supersede official rules of disqualification through **“intentional contact” with a swimmer.**
- 4.5.8 When permitted, each escort safety craft shall contain: a Race Judge, a person of the swimmer's choice, and the minimum crew required to operate the escort safety craft.
- 4.5.9 No swimmer shall be permitted to use or wear any device, which may be an aid to their speed, endurance or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used.
- 4.5.10 Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Referee, excessive.
- 4.5.11 The pacing of a swimmer by another person entering the water is not permitted.
- 4.5.12 **Coaching and the giving of instructions by the approved swimmer's representative/Support Staff on the feeding platform or in the escort safety craft is permitted.** No whistle shall be allowed. Feeding poles are not to exceed 5 metres in length when extended. No objects, rope or wire may hang off the end of feeding poles except national flags. National flags are allowed to be attached to the feeding pole but may not exceed the size of 30 centimetres x 20 centimetres.
- 4.5.13 When taking sustenance swimmers may use Rule [4.5.6](#) provided Rule [4.5.7](#) is not infringed
- 4.5.14 All swimmers shall have their competition number clearly displayed in waterproof ink on their upper back or arms and hands.
- 4.5.15 Each escort safety craft shall display the swimmer's competition number so as to be easily seen from either side of the escort safety craft, and the national flag of the **swimmer's** sport Country.
- 4.5.16 In the case of an emergency abandonment of the event; where the lead swimmer has completed at least three quarters ( $\frac{3}{4}$ ) of the course; the final ranking will be as reported by the Referee. If the lead swimmer has not completed three quarters ( $\frac{3}{4}$ ) of the course the event will be restarted from the start at the earliest possible time.

## 4.6 The Finish of the Event

- 4.6.1 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.
- 4.6.2 The finish apparatus should, where possible, be a vertical wall at least 5 metres wide fixed if necessary to floatation devices securely fastened in place so as not to be moved by wind, tide or the force of a swimmer striking the wall. The finish should be filmed and recorded by video system with slow motion and recall facilities including timing equipment.
- 4.6.3 When Automatic Officiating Equipment (AOE) is used for timing of competitions in accordance with rule [5.4](#), microchip transponder technology capable of providing split times is mandatory. Use of AOE is mandatory for competitions at the World Championships and Paralympic Games. Microchip transponder timing technology will be recorded officially in tenths of seconds. The final places will be determined by the Referee based upon the Finish Judges' **report and the finish video tape**.
- 4.6.3.1 It is mandatory for all swimmers to wear a microchip transponder on their wrists throughout the race. If a swimmer loses a transponder the Race Judge or other authorised Official, will immediately inform the Referee who will instruct the responsible Official on the water to issue a replacement transponder. Any swimmer who finishes the race without a transponder will be disqualified.
- 4.6.3.2 Swimmers with no upper limbs shall be provided with alternative means to attach the microchip transponders.
- 4.6.3.3 Swimmers with a visual impairment may be touched by their Support Staff to indicate the finish of the race.
- 4.6.4 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.
- 4.6.5 Every effort should be made to ensure that the swimmer's representative/Support Staff can get from the escort safety craft to meet the swimmer as they leave the water.
- 4.6.6 Swimmers should only be touched or handled if they clearly display a need or ask for assistance.
- 4.6.7 A member of the medical team should inspect the swimmers as they leave the water. A chair, in which the swimmer can sit while an assessment is made, should be provided. Once cleared by the medical member, swimmers should be given access to refreshment.

## 5 FACILITIES

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

### 5.1 General

5.1.1 IPC Swimming recognises 2 kinds of pools:

5.1.1.1 IPC Swimming Paralympic Standard Pools: IPC Competitions and sanctioned competitions should be held in a Paralympic Standard Pool that complies with [5.3](#) and [5.4](#), but IPC Swimming may waive certain standards for existing pools if it does not materially interfere with the competition.

5.1.1.2 IPC Swimming Minimum Standard Pools: IPC Swimming approved competitions shall be conducted in pools which comply with all of the minimum standards contained in 5.2.

5.1.2 The swimming pool and the technical equipment for IPC Competitions and sanctioned competitions shall be inspected and approved prior to the swimming competitions by the appointed Technical Delegate or IPC Swimming designate.

5.1.3 At IPC Competitions and sanctioned competitions all pools shall be available for use by entered competitors for a minimum of two (2) days prior to the start of the competition. The pool shall be available to the competitors for a minimum of 1.5 hours prior to the start of each session of the competition.

5.1.4 All pools and the facilities shall be accessible.

5.1.5 During competition days the pools shall be available for training when competition is not in progress.

5.1.6 Mats shall be placed on the deck besides the outside lanes, within one metre of each end of the pool. Each mat shall be a minimum of 1 metre wide and 2 metres in length.

5.1.7 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 swimmers and must not change the configuration of the pool or obscure the required IPC Swimming markings.

## 5.2 Minimum Standard Swimming Pools

### 5.2.1 Length

5.2.1.1 50.000 metres. When touch panels of Automatic Officiating Equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that ensures the required distance of 50.000 metres between the two panels.

5.2.1.2 25.000 metres. When touch panels of Automatic Officiating Equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that ensures the required distance of 25.000 metres between the two panels.

### 5.2.2 Dimensional Tolerance

5.2.2.1 Against the nominal length of 50.000 metres or 25.000 metres in each lane, a tolerance of plus 0.030 metre and minus 0.000 metre at all points from 0.300 metre above to 0.800 metre below the surface of the water is allowed. These measurements shall be certified by a surveyor or other qualified official, appointed or approved by the Member in the country in which the pool is situated. Tolerances cannot be exceeded when touch panels are installed.

### 5.2.3 Depth

5.2.3.1 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 platforms. A minimum depth for the remainder of the course is 1.0 metre.

### 5.2.4 Walls

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

5.2.4.2 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.

5.2.4.3 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.

### 5.2.5 Lanes

5.2.5.1 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.

#### 5.2.6 Lane ropes

5.2.6.1 Lane ropes shall extend the full length of the course, secured at each end wall to anchor brackets recessed into the end walls. The anchor shall be positioned so that the floats at each end wall of the pool shall be on the surface of the water. Each lane rope will consist of floats placed end-to-end having a minimum diameter of 0.10 metre to a maximum of 0.15 metre.

5.2.6.2 In an 8 lane swimming pool the colour of the lane ropes should be as follows:

- Two (2) green ropes for lanes 1 and 8
- Four (4) blue ropes for lanes 2, 3, 6 and 7
- Three (3) yellow ropes for lanes 4 and 5

5.2.6.3 In a 10 lane swimming pool the colour of the lane ropes should be as follows:

- Two (2) green ropes for lanes 0 and 9
- Six (6) blue ropes for lanes 1, 2, 3, 6, 7 and 8
- Three (3) yellow ropes for lanes 4 and 5

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

5.2.6.5 There shall not be more than one lane rope between each lane. The lane ropes shall be firmly stretched.

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

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

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

#### 5.2.7 Starting Platforms

5.2.7.1 Shall be firm and give no springing effect.

5.2.7.2 The height of the platform above the water surface shall be from 0.5 metre to 0.75 metre.

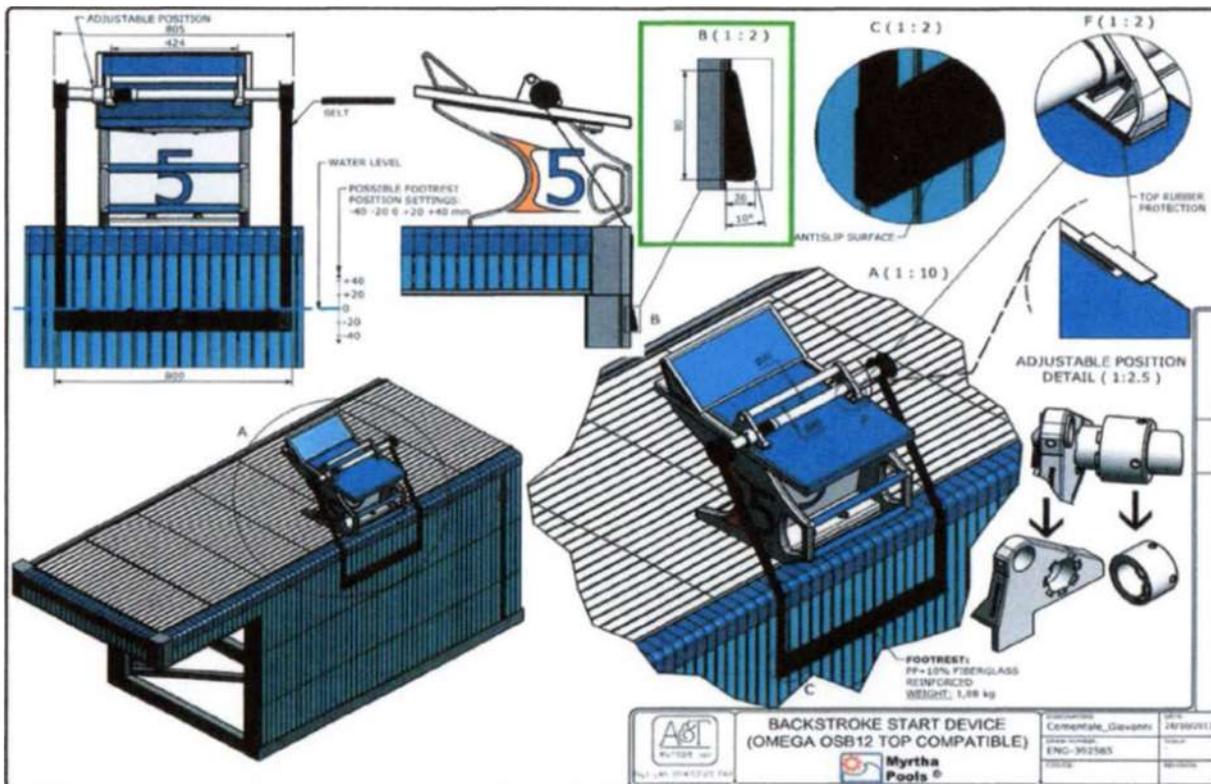
5.2.7.3 The surface area shall be at least 0.5 metre x 0.5 metre and covered with non-slip material.

5.2.7.4 Maximum slope shall not be more than 10°. The starting platform may have an adjustable setting back plate.

5.2.7.5 The starting platform shall be constructed so as to permit the gripping of the platform by the swimmer in the forward start at the front and the sides; it is recommended that, if the thickness of the starting platform exceeds 0.04

metre, grips of at least 0.1 metre width on each side and 0.4 metre width if the front be cut out to 0.03 metre from the surface of the platform.

- 5.2.7.6 Handgrips for the forward start may be installed on the sides of the starting platforms.
- 5.2.7.7 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.
- 5.2.7.8 Electronic read-out boards may be installed under the Starting Platforms. Flashing is not allowed. Figures must not move during a backstroke start.
- 5.2.7.9 Numbering - Each starting platform must be distinctly numbered on all four sides, clearly visible. Lane number 1 of an 8 lane pool shall 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. In 10 lane pools, lane number 0 shall 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.
- 5.2.7.10 Backstroke Ledge
- A backstroke ledge may be used:
- The ledge may be adjustable to 4 cm above or 4 cm below the water level.
  - The ledge is a minimum of 65 cm in length.
  - The ledge must be 8 cm in height, 2 cm at the width with 10 degrees of slope



## 5.2.8 Backstroke Turn Indicators

5.2.8.1 Flagged ropes 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, 15.0 metres from each end wall.

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

5.2.9 False Start Rope may be suspended across the pool not less than 1.2 metres above the water level from fixed standards placed 15.0 metres in front of the starting end. It shall be attached to the standards by a quick release mechanism. The rope must effectively cover all lanes when activated.

5.2.10 Water Temperature shall be 25°C – 28°C. During competition the water in the pool must be kept at a constant level, with no appreciable movement. In order to observe health regulations in force in most countries, inflow and outflow is permissible as long as no appreciable current or turbulence is created.

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

5.2.12 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. Target lines shall be placed on the end walls or on the touch panels, in the centre of each lane, of the same width as the lane lines. They shall extend without interruption from the deck edge (curb), to the floor of the pool to a maximum of 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 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.

### 5.2.13 Bulkheads

5.2.13.1 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 a **swimmer'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.

## 5.3 Paralympic Standard Swimming Pools

The length shall be 50.0 metres between the AOE touch panels, except for the Short Course World 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.

5.3.1 Dimensional tolerances as in [5.2.2](#).

5.3.2 Width: 25.0 metres.

5.3.3 Depth: minimum 2 metres (recommended: 3 metres).

5.3.4 Walls: as in [5.2.4](#).

5.3.5 The pools must be equipped with flush walls at both ends.

5.3.6 Number of lanes: min. 8 lanes for World Championships and 10 lanes for Paralympic Games.

5.3.7 Lanes shall be 2.5 metres wide with 2 spaces 2.5 metres wide outside of lanes 1 and 8. There must be a lane rope separating these spaces from lanes 1 and 8. If the pool has 10 lanes, these must be marked from 0 to 9.

5.3.8 Lane Ropes: As in [5.2.6](#)

- 5.3.9 Starting Platforms: as in [5.2.7](#). 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.
- 5.3.10 Numbering: as in [5.2.7.9](#)
- 5.3.11 Backstroke turn indicators: as in [5.2.8](#). 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 IPC Swimming
- 5.3.12 False Start Rope: as in [5.2.9](#).
- 5.3.13 Water temperature: as in [5.2.10](#).
- 5.3.14 Lighting: Light intensity over the whole pool shall not be less than 1500 lux.
- 5.3.15 Lane markings: as in [5.2.12](#). The distance between the centre points of each lane shall be 2.5 metres.
- 5.3.16 If the swimming and the diving pool are in the same area the minimum distance separating the pools shall be 5.0 metres.

#### **5.4 Automatic Officiating Equipment (AOE)**

- 5.4.1 At IPC Competitions and sanctioned competitions approved Automatic Officiating Equipment shall be provided and used.
- 5.4.2 Automatic and Semi-Automatic Officiating Equipment records the elapsed time of each swimmer 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 swimmers' starts, turns, or the function of the overflow system.**
- 5.4.3 The equipment must:
- 5.4.3.1 Be activated by the Starter.
  - 5.4.3.2 Have no exposed wires on the pool deck.
  - 5.4.3.3 Be able to display all recorded information for each lane by place and by lane.
  - 5.4.3.4 **Provide easy digital reading of a swimmer's time.**
- 5.4.4 Starting devices
- 5.4.4.1 The Starter shall have a microphone for oral commands.
  - 5.4.4.2 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 swimmer.

- 5.4.4.3 A strobe/starting light for swimmers with a hearing impairment should be available at the starting platform of the swimmer. It may be positioned to the swimmers requirement and where it can be seen by the Referee and the Starter.
- 5.4.5 Touch panels
- 5.4.5.1 The minimum measurement of the touch panels shall be 2.4 metres wide and 0.9 metre high, and their maximum thickness shall be 0.01 metre  $\pm$  0.002 metre. They shall extend 0.3 metre above and 0.6 metre below the surface of the water. The equipment in each lane shall be connected independently, so it may be controlled individually. The surface of the panels shall be of a bright colour and shall bear the line markings approved for the end walls.
- 5.4.5.2 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 competitors.
- 5.4.5.3 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.
- 5.4.5.4 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.
- 5.4.5.5 Safety: The panels shall be safe from the possibility of electrical shock and shall not have sharp edges.
- 5.4.6 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).
- 5.4.7 The following accessories are essential for a minimum installation of AOE:
- 5.4.7.1 Printout of all information which can be regenerated during a succeeding event.
- 5.4.7.2 Spectator readout board.
- 5.4.7.3 Relay take-off judging to 1/100 of a second. Where an overhead video recording timing system is installed, the recording may be reviewed as a **supplement to the automatic system's** judgement of relay take-off.
- 5.4.7.4 Automatic lap counter.
- 5.4.7.5 Readout of splits
- 5.4.7.6 Computer summaries.
- 5.4.7.7 Correction of erroneous touch.
- 5.4.7.8 Automatic rechargeable battery operation possibility.

5.4.8 For IPC competitions and IPC sanctioned competitions the following accessories are also essential:

5.4.8.1 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.

5.4.8.2 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.

5.4.8.3 Overhead video recording timing system.

## 6 ANTI DOPING AND MEDICAL SERVICES

### 6.1 Anti-Doping

#### 6.1.1 IPC Anti-Doping Code

The IPC Anti-Doping Code ([IPC Handbook, Section 2, Chapter 1.2](#)) applies to IPC Competitions and sanctioned competitions.

#### 6.1.2 Anti-Doping Requirements at IPC Swimming Approved competitions

The Anti-Doping Rules of the respective overseeing federation applies to events for athletes with an impairment in an IPC Swimming Approved Competition. These rules must be in compliance with the World Anti-Doping Code.

#### 6.1.3 IPC Eligibility Code Anti-Doping Requirements

All IPC Swimming Licensed Athletes have signed the IPC Eligibility Code which states that they will “not take any substance or use methods prohibited by the [IPC Anti-Doping Code](#)”.

### 6.2 Medical Services

#### 6.2.1 Competition Medical Services

With the exclusion of the anti-doping related sections, the provisions set forth in the FINA Medical Rules apply to the IPC Swimming Recognised Competitions.

#### 6.2.2 Medical Officer

A medical officer shall be named for all competitions. The provision of trained and qualified lifeguards on site for all training and competitive events is compulsory.

#### 6.2.3 Autonomic Dysreflexia and “Boosting”

**Any deliberate attempt to induce Autonomic Dysreflexia (i.e. “Boosting”) is forbidden at IPC Swimming Recognised Competitions.**

**The IPC Position Statement on “Autonomic Dysreflexia and Boosting” (IPC Handbook - Section 2 - Chapter 4.3) applies to all IPC Swimming Recognised Competitions.**

#### 6.2.4 The use of hypoxic or hyperoxic chambers or tents is prohibited in the swimming pool and all official venues at an IPC Swimming competitions.

#### 6.2.5 Blood Lactate Testing

Any country wishing to conduct blood lactate testing on their athletes at an IPC Swimming competition is required to submit a formal application and follow the protocol established by IPC Swimming.

6.2.5.1 The LOC shall provide facilities for the safe disposal of both used needles/sharps and of contaminated waste in accordance with local public health laws

6.2.6 A swimmer who wishes to compete with protective medical taping (covering for example: open wound, pressure sores, stoma, sensitive skin) must receive clearance from the Referee prior to the start of each session or from the moment the taping is required. Violating this rule may result in the swimmer being disqualified and/or disallowed from competing further in the competition.

#### 6.2.7 Gender Verification

6.2.7.1 IPC Swimming will address any question related to the gender of an athlete in accordance with the **“IAAF Regulations governing eligibility of athletes who have undergone sex reassignment to compete in women’s competition”**, in force at the time of Competition.

6.2.7.2 In the event of sex reassignment from female to male competitor, IPC Swimming requires the following documentation to be submitted to the IPC Medical & Scientific Director, prior to a first entry in male competition:

a) Satisfactory proof of the actual legal status as male individual

b) Medical history with evidence that from a medical point of view the athlete is considered to have completed sex assignment to male. This history must include the list of medications being taken at the time of the application and recent documentation relating to sex hormone levels.

6.2.7.3 Where any question of disputed gender arises all parties will observe the highest degree of confidentiality and the fact that there is a question, query or protest concerning an issue of gender will be treated as confidential. The **identity of the athlete concerned will be protected to the best of IPC’s ability.**

6.2.7.4 Where an athlete has changed from female to male: the legal status of an athlete in the country of residence must be male.

*Note(i) Sex assignment treatment typically involves hormonal and other intervention that will necessitate a valid TUE Certificate to permit athlete to compete in accordance with the IPC Anti-Doping Code. In some cases it may not be possible for the IPC TUE Committee to approve the issuing of a TUE based on the nature and/or dosage prescribed.*

*Note(ii) IPC Swimming may request at its discretion additional information to verify gender.*

### 6.3 Smoking Ban

At all competitions, smoking shall not be permitted in any area of the venue, either prior to or during competitions.

## 7 DEFINITIONS

### 7.1 Reference

Words “he”, “his” or “him” in this rulebook can be referred to as “she”, “hers” or “her”.

### 7.2 Swimming Competition composition:

Event: e.g. Men 100m freestyle S5

Session: heats or final containing series of events

Competition, Championships: series of days containing heats and finals

### 7.3 Programme of Events

The programme of events is a list of events/day in the order they are going to be swum.

### 7.4 Technical Documentation

A document that outlines all the entry criteria and competition regulations that are not identified in the IPC Swimming Rules and Regulations (e.g. MQS, list of events, etc.).

### 7.5 Publication of the Official Results

A designated area identified by the LOC and IPC Swimming appointed officials to post the official results. The place is to be communicated at the Technical Meeting or in the competition documentation.

### 7.6 Publication of the Sport Class and Sport Class Status

The location of a designated area to display classification evaluation outcomes shall be communicated by the Chief Classifier.

### 7.7 Codes of Exception

The Codes of Exceptions are assigned to the athlete by the classifiers and are only to guide the technical officials. The technical officials shall officiate by the sport technical Rules and Regulations and not by the Codes of Exceptions.

FOR FURTHER INFORMATION CONTACT:

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