

COLORADO STATE SUMMER CLUB SWIMMING ASSOCIATION

Competition Rules and Meet Guidelines

Approved: September 30, 2007

Rule 1: Definitions

- Article 1 A manual timing device, a stopwatch, is one that must be started and stopped by hand.
- Article 2 A semiautomatic timing device is one that starts manually/automatically and stops automatically/manually, respectively.
- Article 3 An automatic timing device is one that starts automatically with the starter's device and stops automatically when a contestant touches the finish pad.
- Article 4 A race officially begins when the swimmers are called to the starting blocks by the deck referee or starter.
- Article 5 A race officially ends when the last swimmer finishes the race.
- Article 6 A heat is one of a series of races within an event.
- Article 7 Timed finals are one or more heats in which final place winners in an event are determined by time.
- Article 8 A team shall consist of one or more competitors.
- Article 9 Team personnel includes all coaches, managers, counters, and participating or non-participating competitors.

Rule 2: Pool, Lane, and Equipment Specifications

Section 1 Pool Dimensions and Markings

- Article 1 It is recommended that water depth be a minimum of 3 feet 6 inches (1.0668 m).
- Article 2 Continuous lines of a dark color shall indicate the middle of each swimming lane. The center of each lane shall be indicated on the end walls by a line extending vertically below the surface of the water. Markings on the finish pad and bulkheads shall conform to required markings on the end walls.
- Article 3 Lane markers are required and shall be continuous, clearly visible floats which indicate the lateral limits of each lane. They shall be attached to and stretched between the end walls, anchored at surface water level in a recessed receptacle. It is recommended there be solid-colored floats within 15 feet (4.572 m) of both end walls in contrast with the center portion of the lane markers.
- Article 4 When existing facilities are such that pool dimensions, markings and construction do not meet the standards prescribed by rule, meets may be conducted by prior mutual consent of the competing teams.

Section 2 Equipment for Swimming Events

- Article 1 Starting platforms, securely attached to the deck or end wall, are required in pools with water depth of 4 feet or more in the starting end. The platforms shall be numbered the same as the lanes. The top front edge of the platform and backstroke grips shall be no more than 30 inches (.762 m) above the water level and flush with the pool end wall. The top surface shall be flat with the back-to-front slope not exceeding 10 degrees from the horizontal. It is recommended the top be a minimum of 20 inches square (.508 m) and covered with a non-skid material. When starting platforms are not securely attached to the deck or the end wall, all swimmers shall start from the deck or in the water, or the meet will be swum in the remaining lanes.

Water Depth at Starting End	MAXIMUM height of Platforms/Deck Above Water Surface
4' or more	30"
3 1/2 – 4'	18" or Start from deck/in water
Less than 3 1/2'	Start in water

Rule 2: Pool, Lane, and Equipment Specifications (continued)

Section 2 Equipment for Swimming Events (continued)

- Article 2 The starting signal shall be loud enough to ensure a fair start. It is recommended that the starting signal activate a strobe light or similar optical signal to indicate the start to manual timers and hearing impaired swimmers. The device should be located on the starter's side of the pool and be visible from all starting platforms.
- Article 3 Backstroke flag lines, suspended well above the surface of the water of each lane and 15 feet from each end wall, shall be required for all events in which the backstroke is swum.
- Article 4 A visual lap-counting system for the 400 yard/meter freestyle event shall be required for each competitor's lane. The system shall consist of a sufficient number of white cards with 12 inch tall, black, odd, ascending numerals and one solid fluorescent orange card, with or without a numeral. **The lap-counting system shall not be used for events shorter than 400 yards/meters.**
- Article 5 Timing devices, whether manual, semiautomatic, or automatic shall be calibrated to one-hundredth (.01) of a second. When automatic timing is used, a manual timing device shall be used for each lane as a back up.
- Article 6 The touch pads for automatic timing shall be centered in the lanes.

Rule 3: Team Personnel

Section 1 Injuries

- Article 1 When it is detected in an individual event that a competitor is bleeding, has an open wound or an excessive amount of blood on the uniform, the competitor may not compete in another race/event until proper treatment has been administered. When this occurs prior to the start of a relay race, the start shall be delayed while the competitor receives proper treatment or is replaced by another legal entry off the relay entry card. Once a relay race begins and blood is detected in the starting area or on a competitor who is not in the water (except the fourth swimmer), the race shall be stopped. The area and competitor shall be properly treated and the race resumed after an appropriate recovery period. If the bleeding cannot be stopped, the wound is not properly covered, or there is no legal substitute on the relay entry card, the team shall forfeit the race.
- Article 2 A competitor who has been rendered unconscious during a meet shall not be permitted to resume participation in that meet without written authorization from a physician.

Section 2 Uniforms

- Article 1 a) Swimmers shall compete in decent attire. Swimmers shall not compete with objectionable body markings. Jewelry is permitted unless it is objectionable, indecent, or unsafe.
- b) When violations are discovered prior to a race, the swimmer or coach shall be asked to correct the violation before competing. When violations are discovered during or after a race, the swimmer or coach shall be asked to correct the violation prior to the swimmer's next event. Unless unsportsmanlike conduct is displayed, the swimmer shall not be disqualified for violations of this rule.
- Article 2 The determination of "indecent", "objectionable", and "unsafe" shall be made by the meet referee, in consultation with the coaches, other officials, and meet committee (if one exists). Notwithstanding this consultation, the ultimate decision rests with the meet referee or meet committee.
- Article 3 Competitors who wear or use any device to aid their speed or buoyancy shall be disqualified.

Section 3 Lap Counter

- Article 1 It is recommended that one person be designated by each coach/competitor in the 400 yard/meter freestyle to operate the visual lap counting system. The lap counter shall be positioned on the deck at the end of the pool opposite the starting end within the lateral limits of the lane of the competitor for whom each is counting. The lap counter changes the visual counter to the next higher odd number, or fluorescent orange card, as the competitor makes each turn at the starting end. The solid fluorescent orange card is shown to indicate the final turn of the race. The visual count may be supplemented by a verbal count.
- Article 2 A lap counter who engages in unsportsmanlike conduct while counting a race shall be disqualified from the remainder of the meet. In addition, the swimmer for whom the lap counter was counting shall be disqualified from that event. Refer to Rule 3 Section 4 Article 4 for procedural information.

Article 3 Lap counters may not be used in events shorter than 400 yards/meters.

Rule 3: Team Personnel (continued)

Section 4 Conduct

- Article 1 At any meet, at least one member of a team's coaching staff shall be present in order for that team's swimmers to compete.
- Article 2 Team personnel (swimmers, coaches, managers, parents, counters, etc. . .) shall not engage in unsportsmanlike conduct. Unsportsmanlike conduct includes, but is not limited to:
- a) making insulting or derogatory remarks toward competitors, coaches, other team personnel, or officials;
 - b) showing undue disgust with official's decisions;
 - c) intentional interference with meet operation;
 - d) taunting of other competitors;
 - e) refusing to alter attire, body markings, jewelry, etc., when clearly asked to do so under Rule 3-2-1.
- Article 3 Swimmers who engage in unsportsmanlike conduct shall be disqualified from the event in question (if any) and from the remainder of the meet. Coaches and other team personnel who engage in unsportsmanlike conduct shall leave the premises for the remainder of the meet. If no other coaches from that team are present, that team shall no longer be allowed to compete in the meet.
- Article 4 Determination of unsportsmanlike conduct shall be made by the meet referee, in consultation with the coaches, other officials, and meet committee (if one exists). Notwithstanding this consultation, the ultimate decision rests with the meet referee or meet committee.
- Article 5 A swimmer shall be disqualified from an event for leaving the water before completing the race. Leaving the water is defined as being out of the water to the extent that the deck is supporting the body.
- Article 6 A swimmer who leaves the water after they finish, but reenters the water without permission before the race is concluded shall be disqualified. The race is concluded when the last swimmer finishes. Reentering the water is defined as being in the water to the extent that the deck is no longer supporting the body.
- Article 7 A competitor who enters the water between races or events without permission shall be disqualified from their next event.
- Article 8 A competitor who enters the water during a race in which they are not entered shall be disqualified from all subsequent individual events. Unless unsportsmanlike conduct was exhibited, the competitor is permitted to swim disqualified in individual events, and is eligible to swim for points in relays for the remainder of the meet. In addition, if the competitor displayed unsportsmanlike conduct or interferes with swimmers from another team, all of their teammates in that heat will be disqualified.
- Article 9 A swimmer must swim in their lane throughout the race, or be disqualified from that event.
- Article 10 A swimmer who interferes with a competitor in another lane shall be disqualified from that event. Entering another lane after completion of your race is not a disqualification unless such action interferes with another swimmer.
- Article 11 A swimmer shall be disqualified for making substantial forward progress by: walking on the bottom, pulling on lane lines, moving along the pool wall, etc. A freestyle swimmer shall NOT be disqualified for contacting the bottom unless substantial forward progress is made. Backstroke, breaststroke, and butterfly swimmers shall be disqualified for contacting the bottom because this violates stroke position requirements.
- Article 12 The only penalty for missing an event is that the swimmer shall not have a time or place for that event. Unless the meet committee or meet referee determines that mitigating circumstances prevailed, a swimmer who misses an event shall NOT be allowed to reswim the event.
- Article 13 A swimmer or relay team shall be disqualified for failing to make an honest effort in any race. Determination of an honest effort shall be made by the meet referee, in consultation with the coaches, other officials, and meet committee (if one exists). Notwithstanding this consultation, the ultimate decision rests with the meet referee or meet committee.
- Article 14 Entry cards should include the swimmer(s) name(s), the team name, and the event name and number. There is no penalty if the cards are incomplete, inaccurate, or not delivered.

Rule 3: Team Personnel (continued)

Section 5 Disabled Swimmers

- Article 1 The meet referee, League Council, or State Board may make reasonable accommodations for disabled competitors.
- Article 2 A disabled competitor may use equipment provided that, in the opinion of the meet referee or meet committee, no advantage is gained.

Rule 4: Officials and Their Duties

Section 1 Philosophy of Officiating

- Article 1 The goal of officiating in the CSSCSA is to promote aquatic competition under our rules. This means that CSSCSA swimmers are expected to learn to adhere to these rules, both in and out of the water. This means that CSSCSA officials desire to conduct competition in a way which allows the swimmers to complete fairly, under the rules we have adopted. Our goal is fair and legal competition.
- Article 2 Officials will call violations rules when there is clear evidence of a violation. Call what you see and don't call what you think you see. If in doubt, it is legal.
- Article 3 The goal is for officials to provide the same amount of attention to each lane. For example, in a 5-lane pool, it would be unfair for 1 official to watch lanes 1-3 and a 2nd official to watch lanes 3-5.
- Article 4 In an irregularly shaped pool (for example: L-Shaped), the movement of officials on each side of the pool should match as much as possible.
- Article 5 Officials should try to position themselves to get a clear view of the swimmer(s) to be judged. For example, starts, turns and finishes should be judged from the end of the pool when possible.

Section 2 Meet Committee

- Article 1 At non-standard meets (such as relay meets, pentathlons, odd events meets, developmental meets, invitationals, league championships, etc.) there shall be a meet committee.
- Article 2 The meet committee shall make decisions on matters not specifically covered by the rules, setting aside application of a rule during a meet, or ordering a race reswum when there is obvious unfairness. The decision of the meet committee is final. Generally, the meet referee makes final decisions on swimming event issues such as stroke issues; the meet committee makes final decisions on other issues. The meet committee consists of an odd number of 3 or more voting members, consisting of the meet director and representatives from neutral teams selected by the meet director. The meet referee serves ex officio as a non-voting member of the meet committee.
- Article 3 Any protests shall be presented to the meet director or meet referee in writing within 30 minutes after the results of the event in question are posted. The protest will be acted upon by the meet committee or by the meet referee if there is no meet committee. A valid protest may only be submitted by a member of the coaching staff.

Section 3 Meet Referee

- Article 1 The meet referee is the head official and shall:
- make decisions on matters not specifically covered by the rules;
 - set aside application of a rule, order a race reswum, or allow an individual to reswim if obvious unfairness prevails;
 - supervise, meet with if necessary, and resolve disagreements among the other officials;
 - overrule other officials if necessary.
- Article 2 In standard meets (such as dual, triangular, quadrangular, etc.), the meet referee's decisions are final. In non-standard meets, the meet committee shall make final decisions.
- Article 3 The meet referee may assume other official positions (such as deck referee, starter, stroke and turn judge, etc.) during the entire meet or during parts thereof.

Rule 4: Officials and Their Duties (continued)

Section 4 Deck Referee

- Article 1 The deck referee shall be stationed on the side of the pool opposite the starter. The deck referee shall:
- assist the starter in carrying out the provisions of a fair start;
 - confer with the starter prior to declaring false starts;
 - in championship meets, shall have a sounding device (such as a **whistle**, horn or gun) which will enable the race to be recalled. This is optional in other meets.

Section 5 Starter

- Article 1 The starter shall:
- carry out the provisions of a fair start;
 - during a freestyle event of 400 yards/meters or more, discharge a sounding device when the lead swimmer has 2 lengths plus approximately 5 yards/meters remaining to swim in the race. The Deck Referee or another Official may perform this responsibility.

Section 6 Stroke and Turn Judges

- Article 1 Stroke and turn judges shall:
- from the start of the race, examine the strokes and turns from end wall to end wall, of the competitors assigned to their lanes in the half of the pool nearest the side from which they are observing, or the turns in all lanes, if appropriate.
 - signal by raising 1 hand overhead with open palm immediately upon discovering a violation of the legal swimming stroke, kick, body position, turn, or finish. Officials shall continue to watch the remainder of the race. The official shall not indicate a lane number with a hand.
 - write "DQ," the reason, and initial the front of the entry card of the disqualified swimmer or relay team. **The official should explain the violation to the disqualified swimmer or coach whenever possible.**

Section 7 Relay Takeoff Judges

- Article 1 Relay takeoff judges shall judge the legality of relay takeoffs in their assigned lanes, which are normally the lanes in the half of the pool nearest the side from which they are observing. A particular relay takeoff judge will usually have several lanes to simultaneously judge.
- Article 2 At most meets, only 1 relay takeoff judge is assigned to a particular lane. The relay takeoff judge shall signal by raising 1 hand overhead immediately upon discovering an early takeoff.
- Article 3 At championship meets, wherever possible, there should be 4 relay takeoff judges, 2 on each side of the pool, each pair judging takeoffs on their side of the pool. A takeoff is legal unless both judges in the pair agree that it was illegal. After the last swimmer in the heat has entered the water, the judges in each pair shall consult with each other. If both agree that any particular takeoff(s) during the heat were illegal, they shall both raise their hands to indicate the disqualification(s). When this dual confirmation system is used, takeoff judges shall NOT raise 1 hand immediately upon discovering an early takeoff.
- Article 4 The system described in Article 3 may be used at other meets, if sufficient qualified personnel are available.

Section 8 Place Pickers

- Article 1 The number and duties of place pickers shall be determined in accordance with the judging procedure operative for the meet.

Section 9 Timers

- Article 1 The number and duties of timers who shall act officially in timing competition shall be determined in accordance with the timing procedure operative for the meet. In meets where only manual timing is used to determine official times, there shall be a minimum of 2 timers per lane – 3 are recommended.

Section 10 Time/Place Coordinator

- Article 1 Time/Place Coordinators shall review the 3 watch times written on each swimmer's card, (or the primary, secondary, and tertiary times if automatic timing equipment is used), as well as any other relevant information pertaining to that race. If there appears to be a possible discrepancy, the time/place coordinator shall gather all relevant information and report to the meet referee and/or meet committee. The meet referee and/or meet committee shall make final decisions on any disputed places or times.

Rule 4: Officials and Their Duties (continued)

Section 11 Miscellaneous

Article 1 Video equipment shall not be used to verify decisions made during the meet.

Article 2 It is recommended officials dress uniformly. **Officials should carry a whistle to alert participants or other officials when necessary.**

Rule 5: Meet Management

Section 1 Lane and Heat Assignments

Article 1 Meet management may determine the maximum number of permissible entries by individuals and teams.

Article 2 Meet management may determine procedures for initial seeding and heating of swimmers. In preheated meets, meet management may determine procedures for reheating.

Article 3 Meet management may permit exhibition swimming.

Article 4 Exhibition swimming is not permitted at the state championship meet.

Article 5 Lane assignments shall be made in descending order of seeded positions according to lanes as follows:

Lane No.	1	2	3	4	5	6	7	8	9	10
5 Lane Pool	5	3	1	2	4					
6 Lane Pool	5	3	1	2	4	6				
7 Lane Pool	7	5	3	1	2	4	6			
8 Lane Pool	7	5	3	1	2	4	6	8		
9 Lane Pool	9	7	5	3	1	2	4	6	8	
10 Lane Pool	9	7	5	3	1	2	4	6	8	10

Article 6 There shall be a minimum of 3 competitors or relay teams seeded per heat unless there are only 1 or 2 entries in an event.

Article 7 The last heat should seeded as a full heat, unless the requirement specified in Article 6 prevents it.

Article 8 In timed final events, fastest seeded swimmers shall be placed as a group in the fastest heat, the next fastest seeded swimmers as a group in the next to last heat, and so forth as in the following pattern.

HEAT NO.	LANE NO.					
	1	2	3	4	5	6
1		32	30	31		
2	29	27	25	26	28	
3	23	21	19	20	22	24
4	17	15	13	14	16	18
5	11	9	7	8	10	12
6	5	3	1	2	4	6

Article 9 To expedite meets, events may be combined by gender and age group. At league championship meets and the summer club championship meet, combined events are not permitted.

Rule 6: Timing and Judging

Section 1 Official Time

Article 1 The purpose of a timing system is to determine the official time of each competitor. The official time shall be recorded to the hundredth of a second.

Article 2 When using timing devices that readout to the thousandth of a second, the last decimal place shall be dropped so that the official time reads in hundredths. When using timing devices that readout to the tenth of a second, a zero shall be added to the time in the hundredths position so that the official time reads in hundredths.

Rule 6: Timing and Judging (continued)

Section 2 Manual Timing

- Article 1 When timing a race, each timer shall start the watch instantly at the flash/sound of the starting device and stop the watch at the instant the contestant being timed touches the finish end.
- Article 2 The official time, when 3 watches operate properly, is the time of the middle watch. If 2 watches record the same time, that time is official. If only 2 watches operate properly, the official time is the average of the 2 times truncated to the next faster hundredth (for example, times of 42.32 and 42.35 average to 42.335, which would be recorded as 42.33). If only one watch operates properly, that time shall be official.
- Article 3 Timers shall read their watches independently. The head lane timers record the times for their lane on the card provided. The head lane timer may be required to indicate the official time for their lane.

Section 3 Automatic Timing

- Article 1 When automatic timing equipment is used, it yields the primary time. A semiautomatic timing device yields the secondary time. A manual watch yields the tertiary time. The secondary and tertiary times are referred to as backup times.
- Article 2 When automatic or semiautomatic timing is used, it is mandatory that at least one manual watch be used in every lane in every race. Backup timers shall start the watch instantly at the flash/sound of the starting device and stop the watch at the instant the contestant being timed touches the finish wall (not necessarily the touch pad).
- Article 3 When automatic timing equipment is used in a race, its primary time (in hundredths) is usually (but not always) the official time. Situations may occur which could invalidate the primary time. Such situations include, but are not limited to, the following: the automatic system may malfunction in a particular race and/or lane; a swimmer may contact but fail to activate the touch pad; a swimmer may contact the finish wall but not the touch pad; someone else may inadvertently activate a finish; etc. In such situations, the secondary or tertiary time may become the official time. For competitors whose primary time is deemed to be accurate, the primary time shall be the official time.
- Article 4 When there is a possible discrepancy among the primary, secondary, or tertiary times (especially if there is a difference of more than .30 of a second), the time/place coordinator shall evaluate all relevant information to determine the official time of the swimmer. In any disputed situation, the meet referee or meet committee shall make final decisions. Refer to 4-9-1.

Section 4 Modified Ballot Computation

- Article 1 The host team has the option of using the modified ballot computation described below, or placing by times only.
- Article 2 When meet management determines that placing is by time only, one or two place picker(s) may still be assigned to provide backup information. The place picker(s) shall independently determine and list the order of finish of swimmers in all lanes. Although it will not necessarily be used, this information may be considered by the time/place coordinator when time discrepancies or similar problems occur. In such situations, the time/place coordinator shall notify the meet referee. These place picks do NOT supplant official times or official places as determined by official times unless the meet referee determines that an egregious problem exists. This information is not used to pick places in close races.
- Article 3 Modified Ballot Computation – (the following procedure can only be used in meets where events are restricted to one heat):
- Two place pickers, one on each side of the pool at the finish wall, shall independently determine and list the order of finish of swimmers in all lanes.
 - If the decisions of both place pickers agree, that order of finish is official regardless of times.
 - If the decisions of the place pickers differ, the order of finish of each swimmer is determined by adding the numerical value of the place given that swimmer by each judge and the numerical value of the official time. The swimmer having the lowest total is the winner. If 2 or more swimmers have identical totals, the result is a tie.

Section 5 Split Times

- Article 1 Split times from either relays or individual events shall not be used to meet any time standards.

Rule 6: Timing and Judging (continued)

Section 6 Timers Meeting

- Article 1 The meet referee or designated official should lead a timers meeting to cover the expectations for all timers. Agenda items for the meeting may include: ensure timers know how to start/stop their watches, start/stop watches with their index finger, start watch from light/flash on starter, stop watch when any part of the swimmer touches the finish, write all times legibly, write times even if there is a disqualification, call for a backup timer if there is an issue with their watch and signal the starter if not ready for the start.

Rule 7: Scoring

Section 1 Places and Points

- Article 1 Meet management (or league rules) shall determine the point scoring system for each meet.
- Article 2 Individuals and relay teams must complete an event to be eligible to place and score points. A competitor who is disqualified from an event shall not be eligible to score points in that event.
- Article 3 In case of a tie by 2 or more competitors for any place scoring in an event, the points for all places involved in the tie shall be divided equally among the tying competitors.

Section 2 Team Scoring

- Article 1 The winning team is the team which has accumulated the greatest number of points at the end of the scheduled events.
- Article 2 A tie shall be declared when teams accumulate the same number of points at the end of the scheduled events.
- Article 3 When a meet is suspended due to weather or other unforeseen circumstances, it may be resumed from the point of suspension. Resumed meets start from the point of suspension with the score and entries the same as they were at the time the meet was suspended.

Rule 8: Swimming Events

Section 1 Starts

- Article 1 Forward start:
- To set the event, the starter may announce the event and/or heat. For example: "11-12 Girls" or "Heat 2, 11-12 Girls"
 - The starter should whistle and/or use the command "Step Up"
 - Swimmers should promptly step up on the block and assume a ready position with at least one foot at or very near the front of the block. The ready position for swimmers who choose to use a deck start is at least one foot on or very near the edge of the pool. The starter, deck referee or other officials should prompt swimmers who are in an illegal position to correct their position.
 - The starter announces the event. For example: "50 Meter Butterfly"
 - When conditions are optimal, the starter shall use the command "Take Your Mark."
 - Swimmers shall promptly assume a motionless position with feet in the ready position. Again, an official may have to prompt swimmers who are in illegal positions to correct their position.
 - When swimmers are motionless and conditions are optimal, the starter shall activate the starting device.

Note that variations of this procedure may be necessary in certain circumstances. For example, the command "Timers Ready, Watches Clear" should be used by the starter after announcing the event when timers are located at the opposite end of the pool. The deck referee and/or starter may need to make other announcements as circumstances warrant.

With prior permission of the deck referee or starter, swimmers may start in the water. After the whistle and/or command "step up," such swimmers shall enter the water. After the command "take your mark," such swimmers shall have at least one hand in contact with the pool end wall and be in a motionless position. A backstroke start is not permitted.

When relay swimmers other than the leadoff desire to start in the water, other coaches shall be made aware of the situation if possible. Such swimmers shall step in the water anytime after their immediately preceding teammate has started swimming. After entering, they must remain in contact with the pool end wall until the preceding swimmer has touched the end wall and concluded that leg of the relay. Once the swimmer has established contact with the end wall, if they clearly lose contact with the end wall before the preceding swimmer shall have finished, then it shall be an illegal early takeoff.

Rule 8: Swimming Events (continued)

Section 1 Starts (continued)

Article 2 Backstroke start:

- a) To set the event, the starter may announce the event and/or heat. For example: "11-12 Boys" or "Heat 2, 11-12 Boys"
- b) The starter shall use the command "Step In". The starter may blow a whistle in addition to the using the step in command.
- c) Swimmers shall promptly enter the water safely and grasp the starting end. A swimmer who dives into the water or who otherwise enters the water unsafely shall be disqualified from the event. Such swimmer may still swim disqualified, unless unsportsmanlike conduct was displayed.
- d) Swimmers shall take their ready position with both hands grasping the starting block or pool end wall and both feet (including the toes) shall be entirely under the water. The deck referee, starter, or other officials should prompt swimmers who are in an illegal position to correct their position
- e) The starter announces the event. For example: "50 Meter Backstroke"
- f) When swimmers are in position and conditions are optimal, the starter shall use the command "Take Your Mark."
- g) Swimmers shall promptly assume a motionless position with the same restrictions as section 8-1-2-d. Again, an official may have to prompt swimmers who are in illegal positions to correct their position.
- h) When swimmers are motionless and conditions are optimal, the starter shall activate the starting device.

Note that variations of this procedure may be necessary in certain circumstances. For example, the command "Timers Ready, Watches Clear" should be used by the starter after announcing the event when timers are located at the opposite end of the pool. The deck referee and/or starter may need to make other announcements as circumstances warrant.

Article 3 Subject to the discretion of the deck referee and starter, a false start occurs when both the deck referee and starter concur that a swimmer:

- a) unnecessarily delays in reporting for the start, or in assuming a starting position;
- b) leaves the mark or falls into the water before the starting signal;
- c) does not remain motionless immediately prior to the start. Other swimmers may be released by the starters command "stand up." A previously motionless competitor who enters the water in reaction to the command "stand up" should NOT be charged with a false start. A previously non-motionless competitor who enters the water should be charged with a false start.
- d) Swimmers shall not be charged with a false start if the deck referee and/or starter feel that mitigating circumstances prevailed.

Article 4 In the forward start, swimmers may stand up or step off the starting platform after the command "stand up," but they shall not unnecessarily enter the water nor delay a new start.

Article 5 In the backstroke start, swimmers may release from the starting position after the command "stand up," but they may not leave the starting area nor unnecessarily delay a new start.

Article 6 When a possible false start occurs before the starting signal is given (for example, a swimmer falls in the water before the starter says "Take your mark"), the deck referee and starter shall confer prior to starting the race as to whether a false start(s) shall be charged.

When a possible false start occurs as the starting signal is given (for example, a swimmer leaves before the horn), the deck referee and starter shall usually allow the race to proceed without recall. They shall confer during or after the race as to whether a false start(s) shall be charged.

If either the deck referee or the starter activate a recall device inadvertently, the race shall be recalled. They shall confer during or after the race as to whether a false start(s) shall be charged.

If either the deck referee or the starter feel that a race has been started unfairly, either one may activate a recall device and the race shall be recalled. They shall confer prior to restarting the race as to whether a false start(s) shall be charged.

Note that in all of these situations, false start(s) may or may not be charged, depending on the circumstances.

Article 7 Swimmers who false start are disqualified but may swim. Times obtained under these conditions do not count for any time standards.

Article 8 Swimmers may use a towel on the starting blocks or edge/end of pool if its use doesn't disrupt or delay the meet unnecessarily. Towels used at the end of the pool shall be removed after the start to allow for clear view of the turns and/or finish.

Rule 8: Swimming Events (continued)

Section 2 Form of Individual Events

Article 1 The Backstroke:

- a) The backstroke start shall be used. After the starting signal, swimmers shall not stand on the gutter or otherwise completely remove themselves from the water. Such disqualification shall not be considered a false start.
- b) The body shall remain on the back to the degree the upper shoulder does not turn over beyond vertical except when executing a turn.
- c) Any stroke is permitted.
- d) Any kick is permitted.
- e) The swimmer may be completely submerged at any time during the race including the start, turn, and finish. However, during each length, the swimmer's head must break the water surface at least once before reaching the far backstroke flags. After surfacing, the swimmer may resubmerge.
- f) The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag, the swimmer's upper shoulder may (but is not required to) rotate past vertical toward the breast before the touch is completed, provided such rotation is accompanied by an initiation of the turning action or continuation into the wall whereupon any manner of touch is permitted. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted. The swimmer shall assume a position on the back immediately after the feet have left the wall. If during the turning action, the swimmer fails to contact the end wall, the swimmer may scull backwards on the back into the wall. However, the swimmer may not return to a position on the breast before touching the end wall.
- g) The finish requires completion of the required distance and contact with the finish end by any part of the swimmer. The swimmer must finish on the back to the degree that the upper shoulder does not rotate beyond vertical.

Article 2 The Breaststroke:

- a) The forward start shall be used.
- b) The body shall remain substantially on the breast except while executing a turn.
- c) On the start or turn, the swimmer may take one arm-stroke beyond the hipline followed by one leg kick (or one leg kick followed by one arm pull) while underwater. The head must break the surface prior to the arms beginning the recovery part of the second arm-stroke which is the forward movement of the hands. Thereafter, (1) hands shall not be brought back beyond the hipline, (2) some portion of the head must break the water surface sometime during each stroke cycle (one arm pull followed by one leg kick) except after the final arm pull prior to the turn or finish. After the start and after each turn, a swimmer may take one downward dolphin kick. This downward dolphin kick may take place before, during or after the first arm pull, but it may not take place after the first breaststroke kick. That is, once the swimmer has performed a breaststroke kick, a later downward dolphin kick is illegal during that length.
- d) A swimmer shall be disqualified for doing two arm pulls without an intervening leg kick or two leg kicks without an intervening arm pull. That is, each stroke cycle consists of one arm pull followed by one leg kick. A length may begin with either an arm pull or leg kick (a length may begin with an incomplete cycle), provided all other breaststroke rules are followed. A length may end with either an arm pull or leg kick (a length may end with an incomplete cycle).
- e) The stroke requires that the arms move simultaneously, without any alternating movements. Both hands shall be pushed forward from the breast simultaneously on, above, or under the surface of the water. An elbow, in its entirety, may not be brought out of the water. Both hands shall recover simultaneously on or under the surface of the water. Over-water (butterfly) stroking of the arms is not permitted.
- f) The kick requires the feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous and in approximately the same horizontal plane. No scissor, flutter, or downward dolphin kick (developed from a flexing and extending of the knee or hip) is permitted, except as noted in 8-2-2-e above.
- g) The turn requires a simultaneous touch with two hands, not necessarily on the same plane after which any manner of turn is permitted. Immediately after the feet leave the wall, the shoulders shall be at or past the vertical. In addition, prior to the first arm pull, the legal body position (body substantially on the breast) shall be regained.
- h) The finish requires completion of the required distance and contact with the finish end with both hands simultaneously, not necessarily on the same plane, while the body remains substantially on the breast.

Rule 8: Swimming Events (continued)

Section 2 Form of Individual Events (continued)

Article 3 The Butterfly:

- a) The forward start shall be used.
- b) The body shall remain substantially on the breast except while executing a turn.
- c) The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water (some part of each elbow must recover over the water).
- d) The kick requires that both legs and feet move up and down simultaneously (dolphin kick). Scissors, alternating up and down (flutter kick), and breaststroke sweeping movements of the legs are not permitted. **In addition, one or both feet may not be substantially turned outwards during the kick.**
- e) The swimmer may be completely submerged after the start, during the turn, and after each turn. During each length, the swimmer's head must break the water surface before reaching the far backstroke flags.
- f) The turn requires a simultaneous touch with two hands, not necessarily on the same plane after which any manner of turn is permitted. Immediately after the feet leave the wall, the shoulders shall be at or past the vertical. In addition, prior to the first arm pull, the legal body position (body substantially on the breast) shall be regained.
- g) The finish requires completion of the required distance and contact with the finish end with both hands simultaneously, not necessarily on the same plane, while the body remains substantially on the breast.

Article 4 The Freestyle:

- a) The forward start shall be used.
- b) Any body position, stroke and kick is permitted and any combination of styles may be used. See Rule 3, Section 4, Article 11. During each length, the swimmer's head must break the water surface before reaching the far backstroke flags.
- c) The turn requires that some part of the swimmer's body contact the end wall. A swimmer who misses the end wall and goes back and touches before beginning to swim the next length shall not be disqualified. A swimmer who misses the end wall and begins swimming the next length shall be disqualified.
- d) The finish requires completion of the required distance and contact with the finish end by any part of the swimmer.
- e) A time swum in a freestyle race may be used only as a freestyle time, regardless of the stroke(s) used.

Article 5 Coordination Note:

Only breaststroke has coordination requirements regarding the arms and the legs. Coordination refers to the fact that an arm pull must be followed by a leg kick. It does not refer to coordination between the right and left sides of the body. Swimmers could legally swim freestyle, backstroke, and butterfly with:

- a) only the appropriate arm strokes,
- b) only the appropriate leg kicks,
- c) any combination of appropriate arm strokes and appropriate leg kicks.

Turn Note: Actions taken by the swimmer while on the wall which would usually result in disqualification are usually legal. For example, a swimmer might remove goggles with one arm or stand up and would not be penalized.

Article 6 Individual Medley:

The individual medley begins with the forward start. Competitors shall swim butterfly for the first quarter of the required distance of the completed race, backstroke for the second quarter, breaststroke for the third quarter and any style other than a legal butterfly, a legal backstroke or a legal breaststroke for the last quarter. Competitors shall adhere during each quarter of the race to all rules governing the stroke being swum.

In judging the fourth quarter of the race, note that any competitor who clearly swims one or more complete legal strokes (arms and legs) of butterfly, backstroke, or breaststroke shall be disqualified. A competitor who pushes off the back (at the start or turn of the fourth quarter of the race) but who promptly turns over to the front or side shall NOT be disqualified.

Transitions at the end of the first three quarters of the race (fly to back, back to breast, and breast to any other stroke) are considered finishes, not turns. For example, in transitioning from back to breast, a swimmer who does a front flip turn without first touching on the back would be disqualified.

Article 7 The Finish:

- a) When automatic timing equipment is used in a meet, swimmers must contact the finish wall (not necessarily the touch pad) in order to have finished the race. Timers shall stop their backup timing devices accordingly. In cases where the swimmers fail to contact or activate the touch pad, secondary or tertiary times may be used as the official time.
- b) If a touch pad becomes displaced, swimmers shall finish the race when they contact the finish wall. Timers shall stop their backup timing devices accordingly.

Penalty for Event Form Violations: Swimmer is disqualified from the event.

Rule 8: Swimming Events (continued)

Section 3 Relay Events

- Article 1 The medley relay is swum by a team of 4 competitors, each swimming one quarter of the required distance of the race. The first shall use the backstroke start and swim backstroke; the second shall swim breaststroke; the third, butterfly; and the fourth shall swim any style other than a legal butterfly, a legal backstroke or a legal breaststroke. Each swimmer shall adhere to the position, stroke, kick, turn, and finish rules governing the stroke being swum.
- In judging the fourth quarter of the race, note that any competitor who clearly swims one or more **complete legal strokes (arms and legs)** of butterfly, backstroke, or breaststroke shall be disqualified. A competitor who pushes off on the back after the turn in the fourth quarter of the race, but who promptly turns over to the front or side shall NOT be disqualified.
- Article 2 The freestyle relay is swum by a team of 4 competitors, each swimming one quarter of the required distance of the race in any style, adhering to the position, stroke, kick, and turn rules of the freestyle event. The first swimmer of the relay team must use the forward start.
- Article 3 All other relay events shall be swum in accordance with all rules governing the strokes involved. **In the backstroke relay events, all takeoffs except the initial start shall be from a forward start. Upon contact with the water, the swimmer must promptly assume a position on the back. It is permissible to initiate an arm pull in the prone position, but only if the swimmer promptly turns to the back. Note that the swimmer cannot be in a sustained prone position, whether above, on, or below the water surface.**
- Article 4 The first swimmer of a relay team, once called to the starting platform by the deck referee or starter, shall not change his/her swimming order in the relay event with any teammate.
- Article 5 On the takeoff, the second, third, and fourth swimmers on a relay team may be in motion before the previous swimmer finishes. The swimmers shall remain in contact with the starting platform/pool deck until the previous swimmer has finished. However, moving from the back of the starting platform to the front is permitted provided the swimmer is on the starting platform and does not initiate the action from the pool deck. On starts from the deck, the second, third and fourth swimmers must remain in contact with the deck until the previous swimmer has finished.
- Article 6 The first 3 members of relay teams shall leave the water by the finish end of their lane after finishing their quarter of the race before the next swimmer completes the turn at the other end of the pool. If the next swimmer is only swimming one length, then the previous swimmer must leave the water before the next swimmer completes one length of the pool.
- Article 7 Relay teams consisting of 3 or fewer swimmers may swim disqualified. The coach must inform the designated official prior to the race and clearly mark "DQ" on the entry card.

Penalties for Relay Violations:

1. For a violation by an individual member of the relay team, the relay team is disqualified from that event.
2. For a relay swimmer reentering the water without permission before the entire race is finished, the swimmer's relay team is disqualified from the event.
3. For a non-participating team member entering the water during a relay, refer to Rule 3, Section 4, Article 8 for the appropriate penalty.