

Dear Carifta Judges

As we begin the countdown to Carifta 2010 we have been looking at the rules as outlined in the FINA 2009-2013 handbook. To bring you up to par with everyone else here are the rules of the day.

SWIMMING RULE OF THE DAY

SW 2.1.5

At the commencement of each event, the referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their 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.

SW 2.6.2

Each inspector of turns shall ensure 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.

SW 2.6.3

In individual events of 800 and 1500 metres, each inspector of turns at the turning end of the pool shall record the number of laps completed by the swimmer in his 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.

Point to ponder:

- Can only semi-electronic equipment be under water, or can the lap counters be under water also?

SW 2.6.5

Each inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Equipment which judges relay take-offs is available, it shall be used in accordance with SW 13.1.

SW 2.9.3

Promptly after the race, the timekeepers in each lane shall record the times of their watches on the card, give them 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.

HEATS

SW 3.2.3

In the event that swimmers from the same or different heats have equal times registered to 1/100 second for either the eighth/tenth place or sixteenth/twentieth place depending on the use of 8 or 10 lanes, there shall be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take place not less than one hour after all involved swimmers have completed their heats. Another swim-off shall take place if equal times are registered again. If required, a swim off will take place to determine 1st and 2nd reserve if equal times are recorded.

SW 4.1

The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle (SW 2.1.5) from the referee 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 platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

Backstroke

SW 6.3

Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

Now break it down:

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.
- It is permissible for the swimmer to be completely submerged at the finish.
- It is permissible for the swimmer to be completely submerged for a distance of not more than 15 metres after the start. By that point the head must have broken the surface.
- It is permissible for the swimmer to be completely submerged for a distance of not more than 15 metres after each turn. By that point the head must have broken the surface.

Breaststroke

SW 7.1

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. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

SW 7.2

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. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.3

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.

Now break it down:

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
- except during the turn
- except 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
- except during the first stroke after each turn.

SW 7.4

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.

This is the tricky part:

- The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

SW 7.5

The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

Butterfly

SW 8.2

Both arms shall be brought forward together over the water and brought backward simultaneously through-out the race, subject to SW 8.5.

SW 8.3

All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

Now break it down:

All up and down movements of the legs must be simultaneous.

- Simultaneous = happening at the same time (Oxford Dictionary)

The legs or the feet need not be on the same level, but they shall not alternate in relation to each other.

- Alternate = happening one after the other, reversing position at intervals (Oxford Dictionary)

A breaststroke kicking movement is not permitted.

SWIMWEAR

BL 8.3

From January 1, 2010 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. All swimsuits shall be made from textile materials.

Note:

- textile = cloth or fabric (Oxford Dictionary)
- plastic, metal, and other materials used to make zips do not meet this requirement

SW 8.5

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

The Race

SW 10.3

The swimmer must remain and finish the race in the same lane in which he/she started.

Now break it down:

- The swimmer must remain in the same lane in which he/she started.
- The swimmer must finish the race in the same lane in which he/she started.

SW 10.4

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.

Point to ponder:

- Can the swimmer stand in events other than freestyle?

SW 10.9

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

SW 10.12

Any relay team shall be disqualified from a race 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.

SW 10.14

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. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.

Points to ponder:

Why do we ask swimmers to stay in the water until the race is finished?

Why do we stop swimmers who attempt to exit the pool immediately after they finish?

TIMING

SW 11.1

The operation of Automatic Officiating Equipment shall be under the supervision of appointed officials. Times recorded by Automatic Equipment shall be used to determine the winner, all placing and the time applicable to each lane. The placing and times so determined shall have precedence over the decisions of timekeepers. In the event that a breakdown of the Automatic Equipment occurs or that it is clearly indicated that there has been a failure of the Equipment, or that a swimmer has failed to activate the Equipment, the recordings of the timekeepers shall be official (See SW 13.3).

AUTOMATIC OFFICIATING PROCEDURE

SW 13.3

The official time will be determined as follows:

SW 13.3.1

The official time for all swimmers having an Automatic Equipment time will be that time.

SW 13.3.2

The official time for all swimmers not having an Automatic Equipment time will be the three digital watches or the Semi-Automatic Equipment time.