

Proposals for changing
Swimming Rules
FINA Technical Congress 2013

Will be applied September 25, 2013
(if Congress agrees)

Seeding heats

- For 400m, 800m and 1500m events, the last **two** heats (not three) of the event shall be seeded in accordance with SW 3.1.1.2.

Swim off

- 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 **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 required, a swim off will take place to determine 1st and 2nd reserve if equal times are recorded.

Backstroke

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

Backstroke

- When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which ~~a~~ **an immediate** continuous single arm pull or ~~a~~ **immediate** continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

Breaststroke

- 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 **completely submerged for a distance of not more than 15 metres.** ~~A single butterfly kick is permitted during the first arm stroke followed by a breaststroke kick.~~ **Multiple Butterfly kicks are permitted while completely submerged.** ~~Throughout the race~~ **Once the swimmer's head breaks the surface of the water, the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.**
- **At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted.**

Breststroke

- After each turn, the swimmers may take one stroke completely back to the legs during which the swimmer may be completely submerged. **A single** butterfly kick is permitted while completely submerged. Once the swimmer's head breaks the surface of the water, the stroke cycle must be one arm stroke and one breaststroke leg kick in that order.

Breaststroke start & turns (TSC not recommend)

- **It shall be permissible for the swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. Butterfly kicks are permitted while completely submerged.**

Breaststroke turns

- 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.~~

Breaststroke

- 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.

Breaststroke

- 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. 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.

Butterfly

- 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.

Butterfly

- 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.

The Race

- No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, **power bands, or adhesive substances,** etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee.

The Race

- There shall be four 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.**

World Records

- For World Records in 50 metre courses, the following distances and styles for both sexes shall be recognised:
- Freestyle 50, 100, 200, 400, 800 and 1500 metres
- Backstroke 50, 100 and 200 metres
- Breaststroke 50, 100 and 200 metres
- Butterfly 50, 100 and 200 metres
- Individual Medley 200 and 400 metres
- Freestyle Relays 4 x 100 and 4 x 200 metres
- Medley Relay 4 x 100 metres
- **Mixed Relays 4 x 100 metres Freestyle and 4 x 100 metres Medley**

World Records

- For World Records in 25 metre courses, the following distances
- and styles for both sexes shall be recognised:
- Freestyle 50, 100, 200, 400, 800 and 1500 metres
- Backstroke 50, 100 and 200 metres
- Breaststroke 50, 100 and 200 metres
- Butterfly 50, 100 and 200 metres
- Individual Medley 100, 200 and 400 metres
- Freestyle Relays 4 x 50, 4 x 100 and 4 x 200 metres
- Medley Relay 4 x 50 and 4 x 100 metres
- Mixed Relays 4 x 50 metres Freestyle and 4 x 50 metres Medley