

IMPORTANT RULES OF MASTERS SWIMMING COMPETITION

START:-

1. For Free, Breast, Fly and I.M. –

Long whistle means step onto block and get feet in starting position with at least one foot at front of block (OR get into position at edge of pool if not starting from block, OR enter the water and remain with one hand on pool end or backstroke starting grips if not diving). Starter then says “Take your marks” and swimmers take their starting position quickly. When all swimmers are stationary the starter gives the starting signal (e.g. gun, beeper, whistle etc).

2. For Backstroke and Medley Relay –

First long whistle means enter the water immediately. Second long whistle means swimmers move into starting position with feet on wall and hands on backstroke grips. Starter then says “Take your marks”. When all swimmers are stationary the starter gives the starting signal.

3. Disqualification –

Any swimmer starting before the starting signal will be disqualified. If the starting signal sounds before the disqualification is declared, the race will continue and the swimmer or swimmers who started early will be disqualified at end of race. If disqualification is declared before the starting signal, remaining swimmers will be stood up and started again.

FREESTYLE:-

1. The swimmer may swim any style in freestyle except that in medley events freestyle means any style other than backstroke, breaststroke or butterfly.
2. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible to be completely submerged during the turn and for a distance of not more than 15 metres after the start and turn.
3. **Turn** - Some part of the swimmer must touch the wall at the end of each length, and at the finish.

BACKSTROKE:-

1. From the starting signal the swimmer must push off and remain on the back throughout the race except when executing a turn (see 3).
2. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible 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.
3. **Turn** – When executing the turn some part of the body must touch the wall, in the swimmer's respective lane. During the turn, the shoulders may be turned over the vertical to the breast after which a continuous single arm or 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. The swimmer may turn past the vertical and, in a continuous motion, touch the wall with any part of the body then push off with the feet while on the back.
4. **Finish** – At the finish of the race the swimmer must touch the wall while on the back. N.B. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal.

BREASTROKE :-

1. Throughout the race the body must be kept on the breast. It is not permitted to roll onto the back or side at any time. The stroke cycle must be one arm pull and one leg kick in that order.
2. All movements of the arms must be simultaneous and in the same horizontal plane without alternating movement.
3. The hands shall be pushed forward together from the breast. The elbows must remain under the 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 and shall not be brought back beyond the hip line, except during the first stroke after the start and each turn (see 6).
4. Some part of the swimmer's head must break the surface of the water during each complete cycle.
5. All movements of the legs must be simultaneous and in the same horizontal plane. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted except after the start and turn (see 6).

6. Turn and Start – After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick is permitted underwater after the start and each turn, and must be performed during the underwater arm stroke, and followed by a breaststroke kick while submerged. The dolphin kick can not be performed after completing the underwater arm stroke.

7. Finish and Turn – At each turn and at the finish the touch must be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface at some point during the last cycle.

BUTTERFLY:-

1. From the beginning of the first arm stroke, after start and turn, the body must be kept on the breast. Underwater kicking on the side is allowed. It is not allowed to roll onto back at any time.

2. Both arms must be brought forward together over the water and brought backward simultaneously throughout the race.

3. All up and down movements of the legs must be simultaneous. A breaststroke kicking movement is permitted. However, only one breaststroke kick is permitted per arm stroke in events up to and including 200 metres, including the 800 individual medley. Two breaststroke kicks per stroke are allowed for 400 or 800 butterfly. If the swimmer uses the breaststroke kick, a single breaststroke kick is permitted prior to the turn and finish without an arm pull, and a single breaststroke kick is permitted prior to the first arm pull after the start and turn.

4. Turn – At each turn and at the finish of the race the touch must be made with both hands simultaneously, at, above or below the surface. A sculling action before the touch is not permitted. If a scull is commenced the arm stroke must be completed.

5. Start and Turn – At the start and turns, if using butterfly kick, the swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. The swimmer can be completely submerged for a distance of not more than 15 metres after the start and each turn.

MEDLEYS:-

1. In individual medley events the order of strokes is butterfly, backstroke, breaststroke and freestyle.
2. In medley relay events the order of strokes is backstroke, breaststroke, butterfly and freestyle.
3. In both 1. and 2. above, a swimmer who commences any leg with the wrong stroke cannot negate the error by stopping and returning to the end to recommence using correct stroke.
4. Each section must be finished in accordance with the rule which applies to the style concerned.

THE RACE:-

1. The swimmer must stay in the same lane in which he started for the whole race.
2. When swimming two to a lane you may not cross the black centre line as this is considered as the substitute lane rope.

SWIMWEAR RULES:-

1. Masters Swimming Australia has adopted FINA Rules with one exception. Instead of being limited to strictly one garment, swimmers will be allowed to wear modesty garments under their competition swimwear, with the exception of attempting a World Record where the one swim suit rule applies. The swim suit worn also has to be nominated on the World Record Form.
2. Men's swimsuits cannot extend above the navel or below the knee.
3. Women's swimsuits cannot cover the neck or extend past the shoulders, nor extend below the knee. They may be in two pieces.
4. The material used for swimsuits can only be "*Textile Fabrics*".
5. No outside application can be added on the material.
6. No zippers or fastening systems are allowed.
7. Approved swimsuits must carry either on the product or on a non-removable label, the words "*FINA APPROVED*", together with the approval time, e.g. 12/09.
8. Caps and goggles cannot be attached to one another or to the swimsuit.