

# Officials' Training Programme

## Learner Guide

### Judge

**2016**

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## Contents

1	TRAINING PROGRAMME .....	1
2	FINA CODE OF ETHICS.....	2
3	FINA CODE OF CONDUCT.....	2
4	FINA RULES .....	3
4.1	FINA GENERAL RULES .....	3
4.2	FINA BYLAWS.....	3
4.3	FINA SWIMMING RULES 2015 – 2017 .....	4
SW 2	OFFICIALS.....	4
SW 2.1	Referee .....	4
SW 2.3	Starter .....	4
SW 2.5	Chief Inspector of Turns .....	5
SW 2.6	Inspectors of Turns .....	5
SW 2.7	Judges of Stroke.....	6
SW 2.10	Chief Finish Judge – if required .....	6
SW 2.11	Finish Judges – if required .....	6
SW 2.13	Officials’ Decision Making.....	6
SW 4	THE START.....	7
SW 5	FREESTYLE.....	8
SW 6	BACKSTROKE.....	9
SW 7	BREASTSTROKE .....	10
SW 8	BUTTERFLY .....	12
SW 9	MEDLEY SWIMMING .....	13
SW 10	THE RACE .....	14
5	JUDGING .....	16
5.1	GENERAL.....	16
5.2	JUDGE OF STROKES.....	16
5.3	INSPECTOR OF TURNS .....	16
5.4	DISQUALIFICATION PROCEDURES .....	18
6	OFFICIALS POOL PLACING (50 Metre Pool) .....	20
7	FINA INFRACTION CARD .....	18

# 1 TRAINING PROGRAMME

Training of officials is absolutely essential to ensure that they are fully competent to perform their duties at swimming galas.

Competence is the ability of an individual to do a job properly and is combination of practical and theoretical knowledge, skills, behaviour and values used to improve performance.

In order to determine competence, officials are required to undergo both knowledge and practical training and to be assessed in both aspects. These assessments will comprise:

- A written test of knowledge, based upon the contents of this Learner Guide
- A practical assessment, under supervision of an experienced official ,during a gala

The written test will take place after the classroom training session has been completed.

The arrangements for the practical assessment will be issued to candidates at a later date.

Having passed both assessments, candidates will be officially certified as judges and are able to register with Swimming South Africa, through their districts and provinces, to perform duties at district, provincial or national galas.

Once officials have sufficient experience, they will be encouraged to undertake additional training and progress to other officiating roles.

**Swimming galas can only take place with the assistance of volunteer officials and everyone in the sport would like to thank you for taking part in this training programme. Hopefully, this will only be the start of the process and all of the other volunteer officials look forward to your participation and progress over the years to come.**

**The Judge/Starter training assumes full knowledge of the Timekeepers' Course, including information regarding swimming organisations. The Timekeepers' Learner Guide contains essential additional information and is readily available. It is strongly recommended that it should be read, or, reviewed prior to commencing Judges training.**

## **2 FINA CODE OF ETHICS**

It is the aim of the FINA and the entire Aquatic family to promote the highest possible values within the sport of Aquatics.

In furtherance of this aim, the FINA Bureau has approved a Code of Ethics, briefly summarised as: (full details of the code are available at [http://www.fina.org/sites/default/files/fina\\_codeofethics.pdf](http://www.fina.org/sites/default/files/fina_codeofethics.pdf))

### **EQUALITY**

- No discrimination on the basis of gender, race, religion, or political opinion shall be tolerated.

### **DIGNITY**

- All forms of harassment, be they physical, psychological, professional or sexual, are strictly prohibited.

### **FAIR PLAY**

- Fair play is the basic guiding principle in the sport of Aquatics.

## **3 FINA CODE OF CONDUCT**

FINA also has a Code of Conduct, the purpose of this Code is to guarantee that the FINA Rules will be executed in a fair manner without disturbance and to sanction incidents, which damage the image of the FINA activities or bring them into disrepute. Further details on this Code can be found at: [http://www.fina.org/sites/default/files/fina\\_codeofconduct.pdf](http://www.fina.org/sites/default/files/fina_codeofconduct.pdf)

## **4 FINA RULES**

FINA has various rules governing competitions, the most relevant of which follow. Further information on each set of rules can be found on the web-links or by visiting <http://www.fina.org/content/fina-rules-regulations>.

### **4.1 FINA GENERAL RULES**

([http://www.fina.org/sites/default/files/fina\\_generalrules.pdf](http://www.fina.org/sites/default/files/fina_generalrules.pdf) )

#### **GR 5 SWIMWEAR**

**GR 5.1** 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.

**GR 5.2** All swimsuits shall be non-transparent. It is permissible to wear two (2) caps.

**GR 5.3** The referee of a competition has the authority to exclude any competitor whose swimsuit or body symbols do not comply with this Rule.

**GR 5.4** Before any swimwear of new design, construction or material is used in competition, the manufacturer of such swimwear must submit the swimwear to FINA and obtain approval of FINA.

### **4.2 FINA BYLAWS**

([http://www.fina.org/sites/default/files/fina\\_bylaws.pdf](http://www.fina.org/sites/default/files/fina_bylaws.pdf) )

#### **BL 8 SWIMWEAR**

**BL 8.2** In swimming competitions the competitor 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.

**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 knee. All swimsuits shall be made from textile materials.

**BL 8.4** From June 1, 2010 Open Water swimwear for both men and women shall not cover the neck, extend past the shoulder, nor shall extend below the ankle. All Open Water swimsuits shall comply with the FINA Criteria for Materials and Approval Procedures.

## **4.3 FINA SWIMMING RULES 2015 – 2017**

([http://www.fina.org/sites/default/files/finaswrules\\_20150907.pdf](http://www.fina.org/sites/default/files/finaswrules_20150907.pdf) )

These notes have been compiled using the rules governing swimming competitions which are set by the FINA. Only rules relevant to this level of training have been included in this Guide.

### **SW 2 OFFICIALS**

#### **SW 2.1 Referee**

**SW 2.1.1** The referee shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or regulations related to the competitions. He shall enforce all rules and decisions of FINA and shall decide all questions relating to the actual conduct of the meet, and event or the competition, the final settlement of which is not otherwise covered by the rules.

**SW 2.1.2** The referee may intervene in the competition at any stage to ensure that the FINA regulations are observed, and shall adjudicate all protests related to the competition in progress.

**SW 2.1.4** The referee shall ensure that all necessary officials are in their respective posts for the conduct of the competition. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.

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

**SW 2.1.7** The referee shall disqualify any swimmer for any other violation of the rules that he personally observes. The referee may also disqualify any swimmer for any violation reported to him by other authorised officials. All disqualifications are subject to the decision of the referee.

#### **SW 2.3 Starter**

**SW 2.3.1** The starter shall have full control of the swimmers from the time the referee turns the swimmers over to him (SW 2.1.5) until the race has commenced. The start shall be given in accordance with SW 4.

**SW 2.3.2** The starter shall report a swimmer to the referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the referee

may disqualify a swimmer for such delay, willful disobedience or misconduct.

**SW 2.3.3** The starter shall have power to decide whether the start is fair, subject only to the decision of the Referee.

**SW 2.3.4** When starting an event, 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 hear the signal.

## **SW 2.5 Chief Inspector of Turns**

**SW 2.5.1** The chief inspector of turns shall ensure that inspectors of turns fulfil their duties during the competition.

**SW 2.5.2** The chief inspector of turns shall receive the reports from the inspectors of turns if any infringement occurs and shall present them to the referee immediately.

## **SW 2.6 Inspectors of Turns**

**SW 2.6.1** One inspector of turns shall be assigned to each lane at each end of the pool.

**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 start and turning end of the pool shall record the number of laps completed by the swimmer in his/her lane. The swimmers shall be informed of the remaining number of laps to be completed by displaying "lap cards" showing odd numbers at the turning end of the pool. Electronic equipment may be used, including under water display.

**SW 2.6.4** Each inspector at the starting end shall give a warning signal when the swimmer in his lane has two lengths plus five (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 five (5) metres mark on the lane rope. The warning signal may be by whistle or bell.

**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 2.6.6** Inspectors of turns shall report any violation on signed cards detailing the event, lane number, and the infringement delivered to the chief inspector of turns who shall immediately convey the report to the referee.

## **SW 2.7 Judges of Stroke**

**SW 2.7.1** Judges of stroke shall be located on each side of the pool.

**SW 2.7.2** Each judge of stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns and the finishes to assist the inspectors of turns.

**SW 2.7.3** Judges of stroke shall report any violation to the referee on signed cards detailing the event, lane number, and the infringement.

## **SW 2.10 Chief Finish Judge – if required**

**SW 2.10.1** The chief finish judge shall assign each finish judge his position and the placing to be determined.

**SW 2.10.2** After the race, the chief finish judge shall collect signed result sheets from each finish judge and establish the result and placing which will be sent directly to the referee.

**SW 2.10.3** Where Automatic Officiating Equipment is used to judge the finish of a race, the chief finish judge must report the order of finish recorded by the Equipment after each race.

## **SW 2.11 Finish Judges – if required**

**SW 2.11.1** Finish judges shall be positioned in elevated stands in line with the finish where they have at all times a clear view of the course and the finish line, unless they operate an Automatic Officiating device in their respective assigned lanes by depressing the "push- button" at the completion of the race.

**SW 2.11.2** After each event the finish judges shall decide and report the placing of the swimmers according to the assignments given to them. Finish judges other than push- button operators shall not act as timekeepers in the same event.

## **SW 2.13 Officials' Decision Making**

**SW 2.13.1** Officials shall make their decision autonomously and independently of each other unless otherwise provided in the Swimming Rules.



## **SW 4 THE START**

**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.

**SW 4.2** The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle (SW 2.1.5), 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 (SW 6.1). When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

**SW 4.3** In Olympic Games, World Championships and other FINA events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

**SW 4.4** 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 or swimmers shall be disqualified upon completion of the race. 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 SW 2.1.5.

### **Interpretation:**

After all swimmers are "stationary" (SW 4.1), any swimmer who moves before the starting signal may be disqualified when such movement is observed and confirmed by both the starter and referee (SW 2.1.6). When video-tape timing system (FR 4.7.3) is available, it may be used to verify the disqualification.

## **SW 5 FREESTYLE**

**SW 5.1** Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

**SW 5.2** Some part of the swimmer must touch the wall upon completion of each length and at the finish.

**SW 5.3** 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.

## **SW 6 BACKSTROKE**

**SW 6.1** 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.

**SW 6.2** When a backstroke ledge is being used, each inspector at the starting end shall install and remove the ledge after the start.

**SW 6.3** 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 SW 6.5. 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.

**SW 6.4** Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely sub-merged 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.

**SW 6.5** 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 an immediate continuous single arm pull or 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.

**SW 6.6** Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

## **SW 7 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. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted.

**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 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.

**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.

**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.

**SW 7.5** 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 SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

**SW 7.6** 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.



See also SW 8.4

## **SW 8 BUTTERFLY**

**SW 8.1** 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.

**SW 8.2** Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water 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.

**SW 8.4** 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.

**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 finish.

## **SW 9 MEDLEY SWIMMING**

**SW 9.1** 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 (1/4) of the distance.

### **Interpretation:**

According to SW 9.1 each of the strokes must cover one quarter (1/4) of the distance. Being on the back when leaving the wall for the Freestyle portion of the Ind. Medley is covering more than one quarter of the distance in the style of Backstroke and is, therefore, a disqualification. Backstroke swimming is only defined as being on the back. See also SW 5.1, SW 6.1 – SW 6.5, SW 7.1 to 7.6, SW 8.1 – 8.5

**SW 9.2** In medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

**SW 9.3** Each section must be finished in accordance with the rule which applies to the stroke concerned.

## **SW 10 THE RACE**

**SW 10.1** All individual races must be held as separate gender events.

**SW 10.2** A swimmer swimming over the course alone shall cover the whole distance to qualify.

**SW 10.3** The swimmer must remain and 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.

**SW 10.5** Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.

**SW 10.6** Pulling on the lane rope is not allowed.

**SW 10.7** 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 Member promoting the race, and to the Member of the swimmer so offending.

**SW 10.8** 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.

**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 10.10** 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.

**SW 10.11** In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.

**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 10.13** The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a Member for that event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.



**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.

**SW 10.15** Should a foul endanger 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, he/she may order it to be re-swum.

**SW 10.16** No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.

## 5 JUDGING

### 5.1 GENERAL

The **primary role** of any official is to ensure that all swimmers have a fair and equitable opportunity to perform to their maximum potential.

To ensure the fairest possible competition, judges of stroke and inspectors of turns must:

- **Know the rules** – know and understand them and keep regularly updated
- **Apply the rules uniformly** – age or disability should make no difference
- **Observe swimmers** to verify conformity with the rules – pay attention to all swimmers within your jurisdiction
- **Call disqualifications** when the rules are broken – there is no middle ground, a rule is either broken or it is not. If a judge or inspector is unsure, then the swimmer should not be disqualified – the benefit of any doubt must be in favour of the swimmer.

### 5.2 JUDGE OF STROKES

Judges of strokes ensures that the rules for the stroke are being observed and may assist the inspectors of turns during starting, turning and finishing.

When there are judges of stroke on both sides of a pool, each is responsible for the half of the lanes on their side, i.e. lanes 1 to 5 and 6 to 10 in a ten lane pool.

**25m pool** – there will normally only be one Judge of Stroke on each side of the pool, who will be required to observe the entire race and ensure that they are correctly positioned to observe possible infringements of 15m rules, where applicable.

**50m pool** – there will normally be two Judges of Stroke on each side of the pool. At the start of the race, one judge should position themselves close to the 5m mark (backstroke flags) to observe the start, while the other positions themselves at the 15m mark to observe possible infringements. During the race, both judges will follow the swimmers along the course, maintaining a distance of approximately 10m between them, until the judge starting at the 15m mark reaches the 5m mark at the turn or finish, and the judge starting at the 5m mark reaches the 15m mark in order to observe possible infringements after the turn. Thereafter, the judges repeat the cycle until the end of the race.

### 5.3 INSPECTOR OF TURNS

Inspector of turns ensures that after the starting signal has been given, the swimmer complies with the rules of starting, turning and finishing.

Inspectors are required to observe the swimmers' performance commencing from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after turning, and

similarly at starts and finishes. (SW 2.6.2)

In individual events of 800 and 1500 metres, it is the responsibility of the each inspector of turns at the start and turning end of the pool to record the number of laps completed by the swimmer in his/her lane. The swimmers shall be informed of the remaining number of laps to be completed by displaying “lap cards” showing odd numbers at the turning end of the pool. (SW 2.6.3)

The numbers to be displayed at the first turn of an event are as follows:

	<u>800m</u>	<u>1500m</u>
<b>Long course</b>	15	29
<b>Short course</b>	31	59

Additionally, in individual events of 800 and 1500 metres, each inspector at the finishing end shall give a warning signal when the swimmer in his lane has two lengths plus five (5) metres to swim to finish. The signal may be repeated after the turn until the swimmer has reached the five (5) metres mark on the lane rope. The warning signal may be by whistle or bell. (SW 2.6.4)

In relay events, each inspector 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. (SW 2.6.5) – this may be at the turns end and/or the finishing end of the pool.

## **6 DISQUALIFICATION PROCEDURES**

Disqualification (DQ) slips are generally used to report infringements to the referee and there is no common format prescribed.

However, SW 2.6.6 requires that the report details “the event, lane number, and the infringement”. It is normal to also record the date of the event for administrative purposes.

Some DQ slips include the details of the swimmer’s name or club but this is generally not considered appropriate as this is not relevant, could lead to accusations of unfairness and may be inaccurate due to changes in the final race programme.

The announcer should write the time that the disqualification was announced on the slip – this is to confirm that a public announcement was made, should there be any issues raised regarding the period of time allowed for making protests.

The slip should be clearly written so that there can be no misunderstandings of the information provided.

### **6.1 FINA INFRACTION CARD**

FINA provide its officials with Quick Reference Infraction Cards, as shown below, to aid writing DQ slips.

They advise officials to use the exact wording of the infraction from the cards on any slip, together with other relevant information such as, which length or turn the infraction took place.

Officials may make additional notes on their programmes to support their decisions, such as which had touched, or did not touch, which hand touched first in the case of a non-simultaneous touch, or which turn the infraction was committed at.

Some senior officials ask for some or all of this additional information to be written onto the slip. A referee is in overall charge of the event and so such requests must be complied with.

## SWIMMING RULE QUICK REFERENCE INFRACTION CARD



This card is to assist as a quick reference guide for Judges of Stroke, Inspector of Turns. It must not be used as a substitute for the thorough knowledge of FINA Rules 2015 - 2017

STARTS		FINA RULE
A DQ at the start must be confirmed by both starter and referee		SW 2.1.6
Any swimmer starting before the starting signal will be disqualified		SW 4.4
FREESTYLE SWIMMING		FINA RULE
Form style swum in Freestyle leg of medley		SW 5.1
Swimmer did not touch the wall at the turn		SW 5.2
Swimmer's head did not surface at or before 15m mark following the start or turn		SW 5.3
Swimmer totally submerged (except for first 15m at start & turn)		SW 5.3
Swimmer walked or pushed off the bottom of the pool		SW 10.5
BACKSTROKE SWIMMING		FINA RULE
When using a backstroke ledge both feet must be in contact with the wall or touchpad		SW 6.1
Swimmer left position on the back (other than to execute continuous turning action)		SW 6.2
Swimmer totally submerged, except in first 15m following the start or turn		SW 6.3
Swimmer did not start executing the turn immediately after turning unto the breast		SW 6.4
Swimmer did not touch the wall during the turn		SW 6.4
Swimmer did not finish race whilst on the back		SW 6.5
Swimmer stood on the bottom of the pool		SW 10.5
BUTTERFLY SWIMMING		FINA RULE
Body not on the breast (except when executing a turn)		SW 8.1
Arms not brought forward over the water		SW 8.2
Arms not brought forward simultaneously		SW 8.2
Arms not brought backward simultaneously under the water		SW 8.2
Movements of the feet not simultaneous		SW 8.3
Alternating movement of legs of feet		SW 8.3
Swimmer used breaststroke kick		SW 8.3
Touch at finish or turn with one hand, or touch not simultaneous, or hands not separated		SW 8.4
Swimmer's head did not surface at or before 15m mark following the start or turn		SW 8.5
Swimmer totally submerged (except in first 15m after start and turn)		SW 8.5
More than one arm pull under water (following start or turn)		SW 8.5
Swimmer stood on the bottom of the pool		SW 10.5

FINA Swimming Rule Quick Reference Infraction Card (2015 – 2017)

FRONT

BREASTSTROKE SWIMMING		FINA RULE
More than one butterfly kick before first breaststroke kick		SW 7.1
Body not on the breast (except when executing a turn)		SW 7.2
Arm movements not simultaneous		SW 7.2
Arm movements not in the same horizontal plane		SW 7.2
Hands not pushed forward together from the breast		SW 7.3
Hands brought back beyond the hip line (after the 1st stroke following the start and turn)		SW 7.3
Elbows over water except for last stroke before the turn, during the turn or the final stroke at the finish		SW 7.3
Head did not break the surface before arms reached widest point in second stroke after start or turn		SW 7.4
Leg movements not simultaneous (or alternating movement)		SW 7.5
Feet not turned out in the propulsive part of the kick		SW 7.5
Executed a downward butterfly kick (except after the start and after the turn as in SW 7.1)		SW 7.5
Stroke cycle not 1 arm stroke to 1 leg kick - except at the last stroke before turn and finish where an armstroke not followed by a leg kick is permitted		SW 7.6
Touch at finish or turn with one hand, or touch not simultaneous, or hands not separated		SW 7.6
Swimmer stood on the bottom of the pool		SW 10.5
MEDLEY SWIMMING		FINA RULE
Incorrect style order (correct: fly, back, breast, free - 1/4 each)		SW 9.1
Incorrect medley order (correct: back, breast, fly, free)		SW 9.2
Finish of each style not in accordance with rules for the particular stroke		SW 9.3
THE RACE		FINA RULE
A swimmer, swimming the course alone shall cover the whole distance to qualify		SW 10.2
A swimmer must remain and finish in the same lane as started		SW 10.3
A swimmer when turning shall make contact with the end of the pool		SW 10.4
Standing on the bottom during freestyle events or during the freestyle portion of the medley events shall not walk		SW 10.5
Pulling on the lane rope is not allowed		SW 10.6
Any kind of tape of the body is not permitted - unless approved by the FINA Sport Medicine Committee		SW 10.8
Use of power bands or adhesive substances not permitted		SW 10.8

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BACK

## 7 OFFICIALS POOL PLACING (50 Metre Pool)

The following diagram illustrates the pool equipment used on a 50m pool together with the placing of officials:

