



MASTERS SWIMMING AUSTRALIA

Swimming Rules including Multi-Class

June 2026

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NOTES:

“Not applicable to Masters” next to a rule number indicates a World Aquatic rule number that does not apply to Masters.

“Incorporating World Aquatics Masters Competition Regulations” next to a rule number indicates a World Aquatics rule that has been modified to include the World Aquatics Masters rule. The applicable World Aquatics Masters rule number (e.g.; Section 8 Article x.x.x) will be shown.

“M” after a rule number indicates that the rule is unique to/or has been modified for Masters Swimming Australia.

“MC” prefixing a rule indicates that the rule is specific to classified multi-class athletes competing in Multi-Class events. (These rules do not apply to Athletes who have applied for a Medical Disability exemption (refer to SW 15M of these Swimming Rules).

Gender specific words in the World Aquatics rules have been replaced with non-gender specific alternatives.

DEFINITIONS:

Meet: A swimming competition that may be comprised of individual and/or relay events.

Event: A subset of a meet in which all Athletes are doing the same distance and style, e.g., 50m Freestyle.

Heats: Where there are more Athletes than there are lanes in the pool, the event is divided into separate races called Heats.

SW 1 MANAGEMENT OF COMPETITIONS

SW 1.1M These Swimming Rules apply to Masters Swimming Australia competitions and any other meets held under the rules of Masters Swimming Australia (specifically, these Swimming Rules).

SW 1.1.1M The Meet Director appointed by the Masters Swimming Australia sanctioning body will have jurisdiction over all matters not assigned by these Swimming Rules to the Referee, Judges or other officials and will have power to postpone events and give directions consistent with rules adopted for conducting any competition.

SW 1.1.2M Athletes must be aware of the need to be well-prepared and medically fit before entering into Masters competitions. By registering as an Athlete and/or by participating in any Masters competition, each Athlete assumes full responsibility for the risks involved in competing.

SW 1.2 *Not applicable to Masters.*

SW 1.3 *Not applicable to Masters.*

SW 1.4 *Not applicable to Masters.*

SW 1.5 *Not applicable to Masters.*

SW 1.6 *Not applicable to Masters.*

SW 1.7 *Not applicable to Masters.*

SW 1.8 *Not applicable to Masters.*

SW 1.9 *Not applicable to Masters.*

SW 2 TECHNICAL OFFICIALS

SW 2.1 At Swimming competitions, the Meet Director will appoint a sufficient number of Technical Officials to ensure the fairness, integrity, and safety of the competition.

SW 2.1.1M At the Masters Swimming Australia National Championships the Meet Director will appoint the following minimum number of officials for the control of the competition:

- SW 2.1.1.1** Referees (2)
- SW 2.1.1.2** Starters (2)
- SW 2.1.1.3** Judges of Stroke (4)
- SW 2.1.1.4** Chief Inspectors of Turns (2), (1 at each end of the pool)
- SW2.1.1.5** Inspectors of Turns (4 at each end of the pool)
- SW 2.1.1.6** Reserve Inspector of Turns (2), (if number of available officials permits)
- SW 2.1.1.7** Control Room Supervisor (1)
- SW 2.1.1.7.1M** Recorder (2)
- SW 2.1.1.7.2M** AOE/SAT Operator (1)
- SW 2.1.1.8** Video Review Supervisor (1) (if required)
- SW 2.1.1.9** Video Review Judges (2) (if required)
- SW 2.1.1.10** Call Room Supervisor (1)
- SW 2.1.1.11** Call Room Judges (Marshals) (2)
- SW 2.1.1.11.1M** Check Starters (2)
- SW 2.1.1.12** *Not applicable to Masters*
- SW 2.1.1.13** Warm-up / Cool-down Supervisors (2)
- SW 2.1.1.14M** Chief Timekeeper (1)
- SW 2.1.1.15M** Timekeepers (minimum 2 per lane)

SW 2.1.2M For all other Swimming Competitions, the Meet Director must appoint the same number of Technical Officials, unless a smaller number of Technical Officials is approved by the relevant state body sanctioning the competition.

SW 2.1.3M If in those circumstances or in the event of technical failure - Automatic Officiating Equipment and Semi-Automatic Officiating Equipment is not available at a Swimming Competition:

SW 2.1.3.1M The role of the Automatic Officiating Equipment will be performed by one (1) Chief Timekeeper and two (2) Timekeepers per lane, each with digital watches and two (2) additional Timekeepers.

SW 2.1.3.2 *Not applicable to Masters*

SW 2.2M Unless provided otherwise in these Swimming Rules, each Technical Official will make decisions within their role, jurisdiction and responsibility with autonomy and independence from other Technical Officials (or any other person).

SW 2.3 Referee:

SW 2.3.1M The Referee at a competition will have full control and authority over all Technical Officials at that competition, approve their assignments, and instruct them regarding all special features or regulations related to the events. The Referee will enforce all rules and decisions of Masters Swimming Australia and will determine any matter relating to the actual conduct of the meet, competition or any event that is not otherwise assigned to be determined by another person under these Swimming Rules (or other Masters Swimming Australia Rules).

SW 2.3.2M The Referee may intervene in the competition at any stage to ensure that these Swimming Rules (or other Masters Swimming Australia Rules) are complied with. Appeals against a Referee's decision are adjudicated in accordance with Masters Swimming Australia General Rule GR 6.15.

SW 2.3.3 If Automatic Officiating Equipment and Semi-Automatic Officiating Equipment are not in use and Finish Judges are used, the Referee will determine placing if necessary.

SW 2.3.4 The Referee will ensure that all Technical Officials necessary for the smooth conduct of the competition are in their respective posts for the duration of the competition. The Referee may appoint additional Technical Officials if necessary, and may substitute any Technical Official that the Referee determines is absent, incapable of acting, or inefficient.

SW 2.3.5 The Referee's role at the start of a race is set out in "SW 4" of these Swimming Rules.

SW 2.3.6M The Referee will disqualify an Athlete for initiating the start before the starting signal if the initiation was observed and confirmed by both the Starter and the Referee. When Automatic Officiating Equipment is available, the Referee may use it to verify the disqualification, in which case the Referee and the Starter are not required to concur.

***Clarification:** AOE equipment may be consulted when there is a discrepancy between the Referee and Starter. Referees are to note that the AOE equipment will not register starts before the starting signal for Athletes not using the Starting Blocks; i.e. Athletes starting from the edge of the pool or in the water. The Referee and Starter will need to concur if one of these Athletes is deemed to have initiated a start before the starting signal.*

SW 2.3.7 If the Referee personally observes any other breach of the Swimming Rules by an Athlete, the Referee will disqualify the Athlete. If a Technical Official verbally reports to the Referee any other breach of the Swimming Rules by an Athlete, the Referee may disqualify the Athlete. Once the disqualification is confirmed by the Referee, the reporting Technical Official will complete and sign a disqualification card, detailing the event, lane number, and the infraction.

***MC 2.3.7.1** The Referee is responsible for obtaining and implementing the rule exceptions for Athletes with an impairment competing in the competition.*

SW 2.3.8 The Referee will appoint Technical Officials to determine, in relay races, whether – at the time that an Athlete touches the wall to complete their quarter of the total race distance – the feet of the Athlete in the same relay team who is next in order to compete remain in contact with the starting platform.

SW 2.3.9M The Referee will have the authority to commence a race prior to the Athletes in the previous race leaving the water.

***Clarification:** The Referee may, in the interests of saving time, instruct Athletes to remain in the water until after the start*

of the next heat.

SW 2.3.10M At the completion of the event the Referee will give two short blasts on their whistle to signal the Athletes to leave the water.

SW 2.3.11M The Referee will be provided with a list of all competing Athletes who have a registered Medical Disability Certificate (refer to "SW 15.4M" of these Swimming Rules) prior to the commencement of the meet.

SW 2.3.12M The Referee will approve Athletes' alternative swimwear prior to the Athletes first event and maintain a list of all Athletes approved to wear alternative swimwear (refer to Masters Swimming Australia General Rule "GR 16").

SW 2.3.12.1M In the event of a World Aquatics Masters World Record the Referee must refer to this list and not ratify any record achieved by an Athlete wearing alternative swimwear.

SW 2.4 Control Room Supervisor

SW 2.4.1M The Control Room Supervisor will supervise the operation of the Automatic Officiating Equipment and/or Semi-Automatic Officiating Equipment and provide the times and placings recorded by the equipment to the Recorders and inform the Referee of any recording malfunction.

SW 2.4.2 The Control Room Supervisor is responsible for checking the results from computer printouts checking the relay exchange printout and reporting any early take-offs to the Referee.

SW 2.4.3 The Control Room Supervisor may review the video timing to confirm early take-offs during relays.

SW 2.4.4M The Control Room Supervisor will manage withdrawals, enter results on official forms, list all new records established, and maintain scoring for awards, where appropriate.

SW 2.4.5M The Automatic Officiating Equipment Operators will operate the Automatic Officiating Equipment and/or Semi-Automatic Officiating Equipment at the direction of the Control Room Supervisor and provide the times and placings recorded by the equipment to the Recorders. They will inform the Control Room Supervisor of any officiating equipment malfunction.

SW 2.5 Starter

SW 2.5.1M The Starter will have full control of the Athletes from the time that the Referee so indicates in accordance with "SW 4.1" or "SW 4.2" of these Swimming Rules until the race has commenced, and will start the race in accordance with "SW 4" of these Swimming Rules.

SW 2.5.2. If an Athlete delays the start, wilfully disobeys an order by the Starter, or commits any other misconduct at the start, the Starter will report that conduct to the Referee, who may disqualify the Athlete.

SW 2.5.3 The Starter will determine (subject only to the decision of the Referee) whether the start is fair and if it is not fair the Athletes will be recalled and the race restarted.

SW 2.5.4 When officiating the start of a race, the Starter will stand on the side of the pool within approximately five (5) metres of the starting end of the pool where the Timekeepers can see and/or hear the starting signal and the Athletes can hear the signal.

SW 2.5.5 The Starter will report to the Referee any false start or other breach observed.

SW 2.6M Call Room Supervisor and Call Room Judges (Marshals, Check Starters)

SW 2.6.1M Call Room Judges (Marshals) will assemble Athletes prior to each race, and will report to the Call Room Supervisor if there may be a potential breach in relation to permitted Swimwear, and/or an Athlete is not present when called. The Call Room Supervisor will determine whether there is a breach in relation to permitted Swimwear and, if there is, the Call Room Supervisor will report that to the Referee.

SW 2.6.2M The Check Starter will ensure that Athletes are seated or standing behind the lane in which they are to swim prior to the completion of the previous heat.

SW 2.7 Chief Inspector of Turns

SW 2.7.1 The Chief Inspector of Turns will ensure that Inspectors of Turns fulfil their duties during the competition.

SW 2.8 Inspectors of Turns

SW 2.8.1M A minimum of one (1) Inspector of Turns will be assigned to each end of the pool, to ensure Athletes comply with the relevant rules after the start, for each turn, and at the finish.

SW 2.8.2 Jurisdiction for the Inspector of Turns at the start end commences from the start signal until the completion of the first arm stroke, except in Breaststroke where it will be the second arm stroke.

SW 2.8.3 For each turn, jurisdiction for the Inspector of Turns commences from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after the turn, except in Breaststroke where it will be the second arm stroke.

SW 2.8.4 Jurisdiction for the Inspector of Turns at the finish commences from the beginning of the last arm stroke before touching the wall.

SW 2.8.5 When a Backstroke ledge is being used, each Inspector of Turns at the starting end will install and remove the ledge. Once installed, the ledge will be set at zero (0).

Clarification: At the Meet Director / Meet Referee's discretion, a suitably trained / experienced person may be tasked with the installation of the ledges.

SW 2.8.6M In individual races of 400m (except individual medley), 800m and 1500m, each Inspector of Turns at the starting end and turning end of the pool will record the number of laps completed by the Athlete in the lane monitored. The Athletes will be informed of the remaining number of laps to be completed by the display of "lap cards" that show odd numbers at the turning end of the pool. The "lap cards" must be displayed either at deck level or in the water (at the Meet Directors discretion based on availability at the venue). Electronic equipment for the same purpose, including underwater display, may be used.

SW 2.8.7M Each Inspector of Turns (or designated Timekeeper) at the starting end will give a warning signal when the Athlete in their lane has two lengths plus five (5) metres to swim to finish in individual events of 400m (except 400m Individual Medley), 800m and 1500m. The signal must be repeated after the turn until the Athlete has reached the five (5) metres mark on the lane rope. The warning signal may be by whistle or bell.

MC 2.8.7.1M For Athletes with a hearing impairment, the Inspector of Turns will use a visual cue to indicate to the Athlete that they have two (2) lengths to swim to finish in individual events of 400m (except 400m Individual Medley), 800m and 1500m. (WPS 10.2.7.8)

MC 2.8.7.2M For Athletes with hearing and/or visual impairment, the Inspector of Turns will notify the Tapper 15m and two (2) lengths before the completion of the 400m (except 400m Individual Medley), 800m and 1500m events. It will be the responsibility of the Tapper to indicate to the Athlete that they are commencing the final two (2) lengths. (WPS10.2.7.9)

SW 2.8.8M Each Inspector of Turns will determine, in relay events, whether the starting Athlete is in contact with the starting platform when the preceding Athlete touches the starting wall. When Automatic Officiating Equipment that judges the compliance of relay take-offs is available, it will also be used.

SW 2.8.9 Inspectors of Turns will report to the Referee any breach observed (including of the applicable stroke rules) within their jurisdiction.

SW 2.9 Judges of Stroke

SW 2.9.1 Judges of Stroke will be located on each side of the pool.

SW 2.9.2 Each Judge of Stroke will ensure that the rules related to the style of swimming designated for the event are being complied with, and will observe the turns and the finishes to assist the Inspectors of Turns.

MC 2.9.2.1 Judges of Stroke will ensure that “MC 14.1.1” and “MC 14.1.1.1” of these Swimming Rules are upheld. (WPS 10.2.8.3)

SW 2.9.3 Judges of Stroke will report to the Referee any breach observed (including of the applicable stroke rules) within their jurisdiction.

SW 2.9.4 The Judges of Stroke will ensure that the Backstroke turn indicators are installed at 5 metres from each end wall before the commencement of each Backstroke or Medley event.

SW 2.10 Chief Timekeeper

SW 2.10.1M The Chief Timekeeper will assign the seating positions for all Timekeepers and the lanes for which they are responsible. If Automatic Officiating Equipment and Semi-Automatic Officiating Equipment is not used, there will be two (2) Timekeepers for each lane and at least one (1) additional Timekeeper designated as a reserve (for example, to replace a Timekeeper whose watch malfunctions during an event, or who for any other reason is not able to record the time).

SW 2.10.2 The Chief Timekeeper must always record the time of the winner of each race.

SW 2.10.3 The Chief Timekeeper will collect from the Timekeepers in each lane a card showing the times recorded and, if necessary, inspect their watches.

SW 2.10.4 *Not applicable to Masters.*

SW 2.11 Timekeepers

SW 2.11.1 Each Timekeeper will record the time of the Athlete in the lane assigned to the Timekeeper in accordance with “SW 11.2” of these Swimming Rules.

SW 2.11.2 Each Timekeeper will start their watch at the starting signal and stop their watch when the Athlete in their lane has completed the race distance. If instructed by the Chief Timekeeper, each Timekeeper will record times at intermediate distances in races longer than 100m.

SW 2.11.3 Promptly after the race, the Timekeepers in each lane will record the times on their watches on the card, give the card to the Chief Timekeeper, and if requested present their watches to the Chief Timekeeper for inspection. At the short whistles of the Referee announcing the following race, the Timekeepers will reset their watches.

SW 2.11.4 Unless video timing is used, it may be necessary to use the full complement of Timekeepers (described at SW 2.10.1) even when Automatic Officiating Equipment or Semi-Automatic Officiating Equipment is used.

SW 2.12 Finish Judges *Not applicable to Masters.*

SW 2.13M Chief Recorder

SW 2.13.1M The Recorder is responsible for checking results from computer printouts or from times and placing in each race received from the Automatic Officiating Equipment, and/or manual times.

SW 2.14 Recorder

(Incorporating World Aquatics Masters Competition Regulations - Part Eight Article 2.4.2)

SW 2.14.1M The Recorder will manage withdrawals, enter results on official forms, list all new records established, and maintain scores where appropriate.

SW 2.14.2M The Recorder will ensure that where an Athlete is disqualified, the results must state the reason for their disqualification with the relevant code.

SW 2.14.3M The Recorder will be in possession of the current Medical Disability Certificate (MD) list, and ensure that all relevant officials are notified when an MD has been requested.

SW 2.15 Video Review Supervisor (if required):

SW 2.15.1 The Video Review Supervisor will ensure that Video Review Judges are in their respective posts and fulfil their duties during the competition.

SW 2.15.2 The Video Review Supervisor will review and confirm all rule infractions reported to them by the Video Review Judges.

SW 2.15.3 The Video Review Supervisor will review and confirm all rule infractions reported to them at the request of the Referee.

SW 2.15.4 The Video Review Supervisor will report to the Referee any rule infraction confirmed in the video review.

SW 2.16 Video Review Judges (if required):

SW 2.16.1 Video Review Judges will ensure that the rules related to the style of swimming designated for the competition are complied with, and will observe the turns and the finishes.

SW 2.16.2 Video Review Judges will report any infraction observed to the Video Review Supervisor. If the infraction is confirmed, the Video Review Judge will complete a disqualification card and promptly provide it to the Video Review Supervisor who will provide it to the Referee.

SW 2.17 *Not applicable to Masters.*

SW 2.18 Warm-Up Supervisors:

(Incorporating World Aquatics Masters Competition Regulations - Part Eight Article 2.4.6)

SW 2.18.1 The warm-up in the Competition Pool must be supervised by a suitable person(s), to be determined by the Referee. The Warm-Up Supervisors will ensure that Warm-Up Guidelines are adhered to and the lanes used as defined.

SW 2.18.2M The Warm-Up Supervisors will oversee warm-up / cool down in the lanes provided throughout the

competition, ensuring that Warm-Up Guidelines are adhered to and the lanes used as defined.

MC 2.19 SUPPORT STAFF (WPS 10.8)

MC 2.19.1 *Support Staff is any person designated by their club to assist an Athlete logistically or with directional instructions.*

MC 2.19.2 *Support Staff are not permitted to coach or massage Athletes. When on the pool deck or in the call room, Support Staff are not permitted to use or visibly carry stopwatches, radio communication devices, backpacks or bags.*

MC 2.19.3M *Support Staff are only permitted to assist an Athlete on the pool deck if such a requirement is recorded for that Athlete or approved by the Referee for health and safety reasons. (WPS 10.8.2)*

MC 2.19.4M *Support Staff may be required to assist an Athlete with a vision impairment that is approaching the end of the pool by a single or double tap. This procedure is called tapping and the relevant Support Staff who carry out the tapping are referred to as 'Tappers.' If tapping is required at both ends of the pool, two (2) separate Tappers will be used, one (1) at each end of the pool. (WPS 10.8.3). Also, where necessary, an Athlete may have a touch by a person to indicate the start of their leg of the relay.*

MC 2.19.4.1 *For Athletes in Sport Classes S11, SB11 and SM11, Tapper(s) and tapping are mandatory for every turn and finish. (WPS 10.8.3.1)*

MC 2.19.4.2 *All tapping devices must be prior approved, and deemed safe for use (in both construction and length) by the Referee. (WPS10.8.3.2)*

MC 2.19.4.3 *For Athlete in Sport Classes other than S11, SB11 and SM11, Tappers and/or tapping is optional and does not have to be consistent throughout the race or whole competition. (WPS 10.8.3.3)*

SW 3M SEEDING OF TIMED FINALS

(Incorporating World Aquatics Masters Competition Regulations - Part Eight Article 2.4.3 and Article 2.4.4)

SW 3.1M All Masters events will be conducted on a timed final basis.

SW 3.1.1M To aid the efficient and coherent progress of the competition, including in order to avoid an Athlete or relay team having to swim a race alone and/or to fill empty lanes in a race(s), age groups and/or sexes will be combined to swim in the same race or set of races (while remaining separate events for the purposes of results and awards).

SW 3.2M In heats of Masters Swimming Australia events and any other events held under the rules of Masters Swimming Australia (i.e., these Swimming Rules), the heat and lane in which each Athlete or relay team starts will be determined by seeding, as follows:

SW 3.2.1M Each Athlete (and/or the Athlete's Club, as applicable) must specify, on the relevant physical or online entry form and by the specified deadline, the Athlete's fastest time achieved in competition for the event stroke and distance.

SW 3.2.2M The Recorder will collate the fastest times achieved in competition for the event stroke and distance for all entered Athletes and rank the Athletes in order from fastest to slowest.

SW 3.2.3M If an Athlete fails to specify their fastest time achieved in competition for the event stroke and distance in the correct form or by the specified deadline, the Recorder will rank that Athlete at the end of the list (i.e., below the slowest Athlete otherwise listed).

SW 3.2.3.1M If two or more Athletes enter with identical fastest times, the Recorder will determine the relative ranking of those Athletes in the list by random draw.

SW 3.2.4 The Recorder will allocate Athletes into heats as follows:

SW 3.2.4.1 If there are sufficient Athletes to form only one (1) heat, the race will be seeded in accordance with “SW 3.2.5M.”

SW 3.2.4.2 *Not applicable to Masters.*

SW 3.2.4.3 *Not applicable to Masters.*

SW 3.2.4.4M If there are sufficient Athletes to form two (2) or more heats:

SW 3.2.4.4.1M The fastest Athlete will be seeded in the last heat in accordance with “SW 3.2.5M” of these Swimming Rules.

SW 3.2.4.4.2 *Not applicable to Masters*

SW 3.2.4.4.3 *Not applicable to Masters.*

SW 3.2.4.4.4 *Not applicable to Masters*

SW 3.2.4.4.5 *Not applicable to Masters*

SW 3.2.4.4.6M Any heat prior to the last heat of the event will be comprised of the next fastest Athletes (and so on if there are further heats) with the slowest Athlete seeded in the first heat of the event.

SW3.2.4.5 If there are two (2) or more heats in an event, there must be a minimum of three (3) Athletes seeded into any one (1) heat, but subsequent withdrawals may reduce the number of Athletes in a heat to fewer than three (3) Athletes.

SW 3.2.5M The Recorder will assign lanes to Athletes as follows:

SW 3.2.5.1M Subject to “SW 3.2.5.2” of these Swimming Rules, and with lane one (1) being considered the first lane on the right-hand side of the pool when facing the course from the starting end (or lane zero (0) being considered the first lane on the right- hand side of a pool using ten (10) lanes when facing the course from the starting end):

SW 3.2.5.1.1 In a pool using an odd number of lanes, the fastest Athlete will be assigned the centre lane, the second-fastest Athlete will be assigned the next lane to the left of the centre lane, and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

SW 3.2.5.1.2 In a pool using six (6) lanes, the fastest Athlete will be assigned lane three (3), the second-fastest Athlete will be assigned lane four (4), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

SW 3.2.5.1.3 In a pool using eight (8) lanes, the fastest Athlete will be assigned lane four (4), the second-fastest Athlete will be assigned lane five (5), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

SW 3.2.5.1.4 In a pool using ten (10) lanes, the fastest Athlete will be assigned lane four (4), the second-fastest Athlete will be assigned lane five (5), and the remaining Athletes will from fastest to slowest be assigned on an alternating basis the remaining lanes on the right and the left of those central lanes.

SW 3.2.5.1.5 If two or more Athletes are equally seeded in the rankings, and “SW 3.2.2” and “SW 3.2.5” of these Swimming Rules do not apply, the Athletes will be assigned the next available lanes by random draw.

SW 3.2.5.2M If a 50m event is held in a 50m pool, the races may be swum, at the discretion of the Meet Director, either; (1) from the regular starting end to the turning end, or; (2) from the regular turning end to the starting end, depending on factors such as, for example, the existence of adequate Automatic Officiating Equipment, the Starter's position or the pool depth. The Meet Director should advise Athletes of their determination well before the start of the event. If the races are swum from the regular turning end, the lane numbering will still be calculated from the regular starting end and not from the actual starting end, and the Athletes will be assigned lanes in accordance with “SW 3.2.5.1” of these Swimming Rules.

SW 3.2.6M Allocation of relay teams to heats and assignment of lanes will be done in accordance with Masters Swimming Australia General Rules “GR 8.3.4” and then in accordance with “SW 3.2.1” to “SW 3.2.5” of these Swimming Rules, reading ‘relay team’ instead of ‘Athlete.’

SW 3.3 *Not applicable to Masters*

SW 3.4 *Not applicable to Masters*

SW 3.5M For all heats at some events, Athletes may be required to report to the Call Room / Marshalling Area / Check Starter prior to the start of their heat. After inspection, Athletes will be directed to proceed to a position behind their lane.

SW 3.6 *Not applicable to Masters*

SW 3.7M With due notification (refer Masters Swimming Australia General Rule “GR 6.12”), the Meet Director may arrange 400m, 800m and 1500m freestyle to be swum two (2) Athletes of the same sex in a lane. Separate timing will be required for each Athlete.

SW 3.7.1M When two (2) Athletes are required to swim in the one lane the male and the female events must be conducted as two separate events.

SW 3.7.2M The Meet Director may advertise that backstroke, breaststroke, and butterfly are not permitted in freestyle events where it is required to swim two (2) to a lane. Where Athletes are permitted to swim a form stroke, they must have a lane to themselves.

SW 3.7.3M When two (2) Athletes are required to swim in the one lane, each roped lane will be considered as being two (2) lanes. The start must be staggered for the two (2) heats of Athletes who will swim together. The Athletes will remain on their nominated side of the lane. An Athlete must not interfere with or foul the other Athlete in their roped lane. Each Athlete must finish on their nominated side of the roped lane.

SW 3.8M For deck-seeded events:

SW 3.8.1M Individual Athletes will be seeded from slowest to fastest in each event, regardless of gender or age.

SW 3.8.1.1M The Call Room Judge / Marshal will assign lanes to Athletes as follows:

SW 3.8.1.1.1 Subject to “SW 3.2.5.1” of these Swimming Rules, the slowest Athlete will be assigned lane one (1), the second-fastest Athlete will be assigned lane two (2), and the remaining Athletes will from slowest to fastest be assigned the remaining lanes on the left of those lanes.

SW 3.8.1.1.2M Any further heat subsequent to the first heat of the event will be comprised of the next fastest Athletes (and so on if there are further heats).

SW 3.8.1.1.3M If there are two (2) or more heats in an event, there must be a minimum of three (3) Athletes seeded into any one (1) heat.

SW 3.8.2 Allocation of relay teams to heats and assignment of lanes will be done in accordance with Masters Swimming Australia General Rules "GR 8.3.4"

SW 4 THE START

(Incorporating World Aquatics Masters Competition Regulations - Part Eight Article 2.4.1)

SW 4.1M A forward start will be used in Freestyle, Breaststroke, Butterfly and Individual Medley races.

SW 4.1.1 Once all Athletes have removed their clothing, except for Swimwear, the Referee will signal the commencement of a race by a short series of whistles, which invites the Athletes to get ready at the starting end. The Referee's long whistle will indicate that Athletes may take their starting positions, on the starting platform or pool deck with at least one foot in contact with the front of the starting platform or pool deck, or in the water with at least one hand in contact with the starting wall.

Clarification: A short series of whistles indicating the commencement of a race will be used at the Meet Referees discretion as this practice may not be suitable for all environments.

Clarification: Sitting on the block or pool edge is discouraged as it is an unsafe practice. Athletes who cannot stand unaided should use support staff or start in the water.

SW 4.1.2 When the Athletes and Technical Officials are prepared for the start (noting that Masters Athletes do not necessarily need to be stationary in order to be ready), the Referee will gesture to the Starter using an outstretched arm, which indicates that the Athletes are under the Starter's control. The Referee's outstretched arm will stay in that position until the starting signal is given.

SW 4.1.3 On the Starter's command "take your marks", the Athletes will immediately take up a starting position with at least one foot in contact with the front of the starting platform or pool deck (the position of the Athlete's hands is not relevant) or in the water with at least one hand in contact with the starting wall.

SW 4.1.4 When all Athletes are stationary, the Starter will give the starting signal.

Interpretation: When all Athletes are "stationary" ("SW 4.1.1") following the Starter's command "take your marks," any Athlete who makes an actual forward movement before the starting signal may be disqualified when such movement is observed and confirmed by both the Starter and Referee ("SW 4.4M"). This is to allow for the unsteadiness of some Athletes.

MC 4.1.5 *For an Athlete with a Vision Impairment, on the long whistle from the Referee, the Athlete will be permitted to orientate themselves prior to the Starter's command of "take your marks." (WPS 11.1.2.1)*

MC 4.1.6 *Athletes with balance problems (i.e., who have difficulty standing stationary) may have assistance to balance themselves on the starting platform (i.e., hold at the hips, hand, arm etc.) by one (1) Support Staff. Support Staff may aid the Athlete to remain stationary at the start; however, the Support Staff will not allow the Athlete an unfair advantage by being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the Athlete at the start is not permitted. (WPS 11.1.2.2)*

MC 4.1.7 *An Athlete with less than, or equal to one (1) fully functional leg does not need to have a foot at the front of the starting platform, so long as they have one (1) hand or other part of the arm at the front of the starting platform. (WPS 11.1.2.3)*

MC 4.1.8M *An Athlete may start beside the starting platform. (WPS 11.1.2.4)*

MC 4.1.9 *An Athlete may be permitted to take up a sitting position on the starting platform. (WPS 11.1.2.4)*

MC 4.1.10M *An Athlete may start in the water but is required to have one hand in contact with the starting place until the starting signal is given. Standing in or on the gutter or on the bottom is prohibited. (WPS 11.1.2.6)*

MC 4.1.11 *Athletes in Sport Classes S/SB/SM1-3 are permitted with the assistance of Support Staff, to have their foot/feet or the end of their lower limb/limbs held to the wall, until the starting signal is given. Giving momentum to the Athlete at the start is not permitted. (WPS 11.1.2.7)*

MC 4.1.12M *Where an Athlete is unable to grip the starting place in a water start, the Athlete may be assisted by a Support Staff and/or starting device. The device will be cleared and deemed safe by the Referee prior to the commencement of the Competition. Giving momentum to the Athlete at the start is not permitted. The Athlete will have some part of the body in contact with the wall until the starting signal is given. (WPS 11.1.2.8)*

MC 4.1.13 *To prevent abrasion, one layer of towel, or the like, may be placed on the starting platform. (WPS 11.1.2.9)*

SW 4.2 The start in Backstroke races and Medley Relay races will be in the water.

SW 4.2.1 Once all Athletes have removed their clothing, except for Swimwear, the Referee will signal the commencement of a race by a short series of whistles, which invites the Athletes to get ready at the starting end, followed by a long whistle, which indicates that the Athletes must immediately enter the water.

SW 4.2.2 At the Referee's second long whistle, the Athletes will return without undue delay to the starting position.

SW 4.2.3 When the Athletes and Technical Officials are prepared for the start, the Referee will gesture to the Starter using an outstretched arm, which indicates that the Athletes are under the Starter's control. The Referee's outstretched arm will stay in that position until the starting signal is given.

SW 4.2.4 When all Athletes have assumed their starting positions in the water in accordance with "SW 6.1" of these Swimming Rules, the Starter will give the command "take your marks".

SW 4.2.5M When all Athletes are ready, the Starter will give the starting signal.

Interpretation: *When all Athletes are "ready" ("SW 4.2.5") following the Starter's command "take your marks," any Athlete who makes an actual forward movement before the starting signal may be disqualified when such movement is observed and confirmed by both the Starter and Referee ("SW 4.4M"). Note that Athletes do not necessarily need to be stationary in order to be ready. This is to allow for the unsteadiness of some Athletes.*

MC 4.2.5.1M *For Athletes with a hearing impairment, a strobe/starting light will be provided. If an Athlete requires additional arm signals by the Starter, this must be requested by the Athlete before the start of the meet. (WPS 11.1.6)*

MC 4.2.5.2 *In the case of an Athlete in Sport Class S1-10/SB1-9/SM1-10 and S/SB/SM14 who additionally has a hearing impairment, Support Staff will be permitted to convey the starting signal to the Athlete by the use of a non-verbal instruction when no starting light is available. (WPS 11.1.7)*

MC 4.2.5.3 *In the case of an Athlete with a Vision Impairment who additionally has a hearing impairment, Support Staff will be permitted to convey the starting signal to the Athlete by the use of a non-verbal instruction. (WPS 11.1.8)*

SW 4.3M In Masters Swimming Australia events the command "Take your marks" will be in English. At Masters Swimming Australia National Championship's, the commands and the starting signal will be communicated to Athletes via loudspeakers mounted at or by each starting platform

SW 4.4M Any Athlete who initiates a start before the starting signal (observed and confirmed by both the Referee and the Starter) may be disqualified upon the completion of the race, at the discretion of the Referee, who will consider (consulting the Starter, if required) whether the relevant Athlete gained a significant advantage from their false start.

SW 4.4.1 If the starting signal is given before the disqualification is declared, the race will continue and the Athlete will be disqualified at the completion of the race.

SW 4.4.2 If the disqualification is declared before the starting signal is given, the starting signal will not be given, the remaining Athletes will be stood down using the command “stand down please,” and the Referee will repeat the starting procedure from the long whistle in accordance with “SW 4.1.1” or “SW 4.2.2” of these Swimming Rules (as applicable).

SW 5 FREESTYLE

SW 5.1 In a Freestyle race, Freestyle means an Athlete may swim any style. In an individual Medley race or a Medley relay race, Freestyle means an Athlete may swim any style other than Backstroke, Breaststroke or Butterfly.

SW 5.2 At least one part of the Athlete’s body must touch the wall upon completion of each length and at the finish.

SW 5.3 At least one part of the Athlete’s body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete’s head must have broken the surface of the water.

MC 5.3.1 *For Athletes in Sport Classes S1-5, during each complete stroke cycle some part of the Athlete must break the surface of the water. One (1) stroke cycle is defined as one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s). (WPS 11.2.3.1)*

SW 5.4 Once some part of the head of the Athlete has passed the 5 metre-mark, immediately prior to reaching for the finish wall, the Athlete may be completely submerged.

SW 6 BACKSTROKE

SW 6.1 Prior to the starting signal, the Athletes will 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, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

MC 6.1.1 *Where an Athlete is unable to hold both starting grips, it is permissible to hold the grips with one (1) hand only. (WPS 11.3.1.1)*

MC 6.1.2 *Where an Athlete is unable to hold either starting grip, it is permissible to hold the end of the pool. (WPS 11.3.1.2)*

MC 6.1.3 *Where an Athlete is unable to hold the starting grips or end of the pool, the Athlete may be assisted by a Support Staff or starting device. The device will be cleared and deemed safe by the Referee. Giving momentum to the Athlete at the start is not permitted. The Athlete will have part of the body in contact with the wall until the starting signal is given. (WPS 11.3.1.3)*

SW 6.2M At the starting signal and after each turn the Athlete must push off and swim on their back throughout the race except when executing a turn in accordance with “SW 6.4” of these Swimming Rules. The Athlete’s normal position on their back may 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 6.3M At least one part of the Athlete's body must break the surface of the water throughout the race, except that during the turn and for a distance of not more than 15 metres after the start and after each turn. By the 15 metre-mark, the Athlete's head must have broken the surface of the water.

Clarification: An Athlete who performs double-arm backstroke with a breaststroke kick may be submerged other than at the start, turn or finish as long as some part of the Athlete's head breaks the surface of the water during each complete stroke cycle.

MC 6.3.1 For Athletes in Sport Classes S1-5, during each complete stroke cycle some part of the Athlete's body must break the surface of the water. One (1) stroke cycle is defined as one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s). (WPS 11.3.3.1)

SW 6.4 When executing the turn, the Athlete must touch of the wall with at least one part of their body. 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 Athlete must have returned to the position on the back upon leaving the wall.

Clarification: The Athlete who turns past the vertical and, in a continuous motion, touches the wall with any part of the body and leaves the wall on their back is deemed to have executed a legal turn.

Clarification: Kicking of the legs while on the breast is allowed provided it is part of the turning action.

MC 6.4.1 For Athletes who have no arms or use of their arms during the turn, once the body has left the position on the back, the turn will be initiated. The Athlete must have returned to a position on the back upon leaving the wall. (WPS 11.3.5)

SW 6.5 When reaching for the finish wall, it is permissible for the Athlete to be completely submerged once their head has passed the 5 metre-mark. At the finish of the race, the Athlete must touch the finish wall while on the back.

Clarification: If an Athlete applies to have one or more intermediate distances especially timed (refer to "SW 12.6.9M" of these Swimming Rules) they must complete that distance in accordance with this rule.

SW 7 BREASTSTROKE

SW 7.1 After the start and after each turn, the Athlete may take one arm stroke completely back to the legs during which the Athlete 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. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

MC 7.1.1 After the start and after each turn, an Athlete who is unable to push off with the leg(s), may perform one (1) arm stroke that may not be simultaneous to attain the breast position. (WPS 11.4.1.1)

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the Athlete's body must be on the breast.

SW 7.3 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 from the beginning of the first arm stroke after 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 will be simultaneous without alternating movement.

MC 7.3.1 When an Athlete does not have any legs or arms or parts thereof, either the kick or the respective arm stroke will constitute a complete stroke cycle. (WPS 11.4.2.1)

SW 7.4 The hands must be pushed forward together from the breast on, under, or over the water. The elbows will be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands will be brought back on or under the surface of the water. The hands must not be brought back beyond the hip line, except during the first stroke after the start and each turn.

MC 7.4.1 *An Athlete with a visual impairment approaching a turn or finish may push their hands forward from any point in the stroke cycle immediately after they have been tapped (WPS 11.4.3.1).*

SW 7.5 During each complete stroke cycle, some part of the Athlete's head must break the surface of the water. All movements of the legs will be simultaneous without alternating movement.

MC 7.5.1 *An Athlete with a lower limb impairment must show a simultaneous intent to kick throughout the race or trail/drag the leg(s) throughout the race. (WPS11.4.4.1)*

SW 7.6 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward Butterfly kicks are not permitted except in accordance with "SW 7.1" of these Swimming Rules. Breaking the surface of the water with the feet is allowed unless followed by a downward Butterfly kick.

MC 7.6.1 *An Athlete who is unable to use one or both legs and/or foot/feet to gain propulsion will not be required to turn the affected foot/feet outwards during the propulsive part of the kick. (WPS 11.4.5.1)*

SW 7.7 At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously at, above, or below the water surface. In this Rule, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted). At the last stroke before each 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.

MC 7.7.1 *At each turn and the finish of the race where an Athlete has different arm lengths only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. (WPS 11.4.6.1)*

MC 7.7.2 *At each turn and at the finish of the race an Athlete with upper limbs which are too short to stretch above the head will touch the wall with any part of the upper body. (WPS 11.4.6.2)*

MC 7.7.3 *At each turn and the finish of the race, where an Athlete can only use one (1) arm for the stroke cycle the Athlete must touch the wall with the one (1) hand/arm that is used for the stroke. Where an Athlete's impairment results in only one (1) arm being used, the non-functioning arm will be dragged or stretched forward throughout the race. (WPS 11.4.6.3)*

MC 7.7.4 *At each turn and the finish of the race, where an Athlete who uses both arms but has restriction in the shoulder/elbow only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. (WPC 11.4.6.4)*

MC 7.7.5 *Athletes in Sport Classes SB11-12 may have difficulty making a simultaneous touch at the turn and the finish if they are restricted due to contact with the lane rope. The Athlete will not be disqualified provided that no advantage was gained. (WPS 11.4.6.5)*

Clarification: *SB11-13 classifications- Athletes with a visual impairment are classified into these three classes, according to the degree of vision loss. SB11 Athletes have a very low visual acuity and/ or no light perception. SB12: Athletes have a higher visual acuity than athletes competing in the SB11 sport class and / or a visual field of less than 5 degrees radius.*

SW 8 BUTTERFLY

(Incorporating World Aquatics Masters Competition Regulations - Part Eight Article 2.4.7)

SW 8.1 From the beginning of the first arm stroke after the start and each turn, the Athlete's body must be on the breast.

SW 8.2 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 from the beginning of the first arm stroke after leaving the wall.

MC 8.2.1 *After the start and after each turn, an Athlete who is unable to push off with the leg/s may perform one (1) arm stroke that may not be simultaneous to attain the breast position. (WPS 11.5.1.1)*

SW 8.3 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to "SW 8.6" of these Swimming Rules.

Clarification: *Both arms must be brought forward over the general surface of the water with the elbows being visible on the top of the water and the arms being brought back simultaneously.*

MC 8.3.1 *Athletes in Sport Classes S11-12 may bring both arms forward non-simultaneously if they are restricted due to contact with the lane rope. The Athlete will not be disqualified provided that no advantage was gained. (WPS 11.5.2.1)*

MC 8.3.2 *Athletes with a visual impairment approaching a turn or finish may bring their arms forward under the water immediately after they have been tapped (WPS 11.5.2.2)*

MC 8.3.3 *Where part of an Athlete's arm is missing, the remaining part of the arm will be brought forward together with the other arm. (WPS 11.5.2.3)*

MC 8.3.4 *Where an Athlete can only use one (1) arm for the arm stroke, the arm will be brought forward over the water. The position of the body must remain in line with the water surface. Where an Athlete's impairment results in only one (1) arm being used the non-functioning arm will be dragged or stretched forward throughout the race. This rule ensures an Athlete who competes using only one arm for the arm stroke stays on the breast in line/parallel to the water surface, as butterfly was originally intended and are not swimming on their side. For the purposes of this rule, "the body" is the trunk of an Athlete, including the shoulders. (WPS 11.5.2.4)*

MC 8.3.5 *At the turn and finish, Athletes with no leg propulsion may perform a half stroke with the arm/s recovering forward under the surface of the water, in order to contact the wall. (WPS 11.5.2.5)*

SW 8.4M 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 will not alternate in relation to each other. Athletes may use a Breaststroke kicking movement instead of a Butterfly kicking movement. Only one Breaststroke kick is permitted per arm pull, except that:

SW 8.4.1 A single Breaststroke kick is permitted prior to the turn and the finish without an arm pull.

SW 8.4.2 A single Breaststroke kick is permitted after the start and after each turn prior to the first arm pull.

SW 8.4.3M For Butterfly events up to and including 200m, only one (1) breaststroke kick is permitted per arm pull, except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull.

SW 8.4.4M For Butterfly events longer than 200m, up to two (2) breaststroke kicks are permitted per arm pull, except that two (2) breaststroke kicks are permitted prior to the turn and the finish without an arm pull.

Clarification: *Either a butterfly or breaststroke leg action may be used with the butterfly arm action. A mixture of these leg actions may be used during the performance of butterfly.*

Clarification: Rule "SW 8.4.4M" of these Swimming Rules does not apply to Individual Medley events.

Note: World Aquatics rules allow only one breaststroke kick per butterfly arm stroke in all events. (i.e., "SW 8.4.3M" and "SW 8.4.4M" of these Swimming Rules do not apply at meets run under World Aquatics rules.)

MC 8.3.5 *When an Athlete's impairment results in only one (1) leg being used, the non-functional leg will drag. For the purpose of this Rule, "will drag" means that the leg is not providing any propulsion but may follow the undulating hip line and appear to be alternating. (WPS 11.5.3.1)*

SW 8.5 At each turn and at the finish of the race, the touch must be made with both hands separated and simultaneously, at, above or below the water surface. In this Rule, "separated" means that the hands cannot be stacked one on top of the other (it is not necessary to see space between the hands, and incidental contact at the fingers is permitted).

MC 8.5.1 *At each turn and the finish of the race where an Athlete has different arm lengths only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. (WPS 11.5.4.1)*

MC 8.5.2 *At each turn and at the finish of the race, an Athlete with no or non-functional upper limbs or upper limbs too short to stretch above the head, will touch the wall with any part of the upper body. (WPS 11.5.4.2)*

MC 8.5.3 *At each turn and the finish of the race, where an Athlete can only use one (1) arm, the Athlete must touch the wall with the one (1) hand/arm that is used for the stroke. (WPS 11.5.4.3)*

MC 8.5.4 *At each turn and the finish of the race, where an Athlete who uses both arms but has restriction in the shoulder/elbow, only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. (WPS 11.5.4.4)*

MC 8.5.5 *Athletes in Sport Classes S11-12 may have difficulty making a simultaneous touch at the turn and finish if they are restricted due to contact with the lane rope. The Athlete will not be disqualified provided that no advantage was gained. (WPS 11.5.4.5)*

SW 8.6 At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. At the start and at each turn, the Athlete is permitted one or more leg kicks and one arm pull under the water, which must bring the Athlete to the surface. By the 15 metre-mark, the Athlete's head must have broken the surface of the water. It is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark prior to reaching for the finish wall.

MC 8.6.1 *For Athletes in Sport Classes S1-5, some part of the Athlete must break the surface of the water during one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s). (WPS 11.5.5.1)*

SW 9 MEDLEY SWIMMING

SW 9.1 In an individual Medley race: the Athlete must perform the four swimming strokes, each for one quarter (1/4) of the total race distance, in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle.

SW 9.2 In a Medley Relay race: the Athletes must perform the four swimming strokes, each for one quarter (1/4) of the total race distance, in the following order: Backstroke, Breaststroke, Butterfly, and Freestyle.

SW 9.3 For both individual Medley and Medley Relay races: during the Freestyle section, the Athlete's body must be on the breast, except when executing a turn. The Athlete must return to the breast before any kick or stroke. Leaving the wall on the back during the Freestyle section is permissible; however, no kicking action is permitted until the

Athlete has returned past the vertical to the breast, at which point kicking – including one or more Butterfly kicks – may commence.

SW 9.4 Each stroke section must be finished in accordance with the applicable rules for that stroke.

Clarification: An Athlete who commences any leg with the wrong stroke cannot negate the error by stopping and returning to the pool end to recommence using the correct stroke.

SW 10 THE RACE

(Incorporating World Aquatics Masters Competition Regulations - Part Eight Article 2.4.5 and Article 2.5)

SW 10.1M For individual races, age groups and/or sexes will be combined to swim in the same race or set of races (while remaining separate events for the purposes of results and awards)

SW 10.2 In all races:

SW 10.2.1 An Athlete must complete the course distance (or, in a relay, their quarter of the total race distance).

SW 10.2.2 An Athlete must start the race in their allocated lane, remain in that lane throughout the race, and finish the race in that lane.

MC 10.2.2.1 If an Athlete with a vision impairment, who has a Tapper for that Event, surfaces in a lane not in use, the Athlete will be permitted to complete the race in that lane. (WPS 11.8.3.1)

MC 10.2.2.2 If an Athlete with a vision impairment, surfaces in a lane that is in use, it is preferable for the Athlete to return to the correct lane. While the athlete returns to the correct lane, they may be fully submerged. The Tapper may give verbal instructions, but only after clearly identifying the Athlete by name to prevent distraction or interference to other Athletes. If the Athlete finishes the race in an occupied lane without a foul, their result will be valid. (WPS 11.8.3.2)

SW 10.2.3 When performing a turn, an Athlete must make physical contact with the wall at the end of the pool or course. Subject to “SW 10.2.4” of these Swimming Rules, the Athlete must not take a stride or step from the bottom of the pool.

SW 10.2.4M Athletes are permitted to stand on the pool bottom during events but the Athlete must not take a stride or step from the bottom of the pool or push off to resume swimming.

SW 10.2.5 An Athlete must not pull on the lane rope.

Clarification: Holding on to the lane rope during a race will not disqualify an Athlete but they will not propel them self forward by pulling on the lane rope to resume swimming.

SW 10.2.6 An Athlete must not obstruct or otherwise interfere with another Athlete.

MC 10.2.6.1 For Athletes with vision impairment, should an accidental foul occur during a race, caused by an Athlete either surfacing after the start or turn, in a lane that is in use by another Athlete, or by swimming too close to the lane rope, etc., the Referee will have the power to allow one (1) or more Athletes to re-swim the Event. (WPS 11.8.7.1)

SW 10.2.7 An Athlete who is not entered in a race must not enter the water during that race or before all Athletes in that race have completed the course distance.

SW 10.2.8M An Athlete must remain in their lane until directed by the Referee to exit the pool (which may, at the

discretion of the Referee, be during the race, after the race or after the start of the following race). An Athlete who has completed the course distance and directed by the Referee to exit the pool, must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed the course distance.

SW10.2.9 An Athlete must not act (or attempt to act) as a pacemaker for another Athlete, and an Athlete must not use (or attempt to use) any pace-making device or plan.

SW 10.3 If the Referee determines (in their sole discretion) that an Athlete has breached any of the requirements of SW 10.2 of these Swimming Rules, the Referee will disqualify the Athlete from that event (save in the case of breach of SW 10.2.7 of these Swimming Rules, where the Referee will disqualify the Athlete that entered the water from the next race that the Athlete is scheduled to compete in at the competition).

SW 10.3.1 *Not applicable to Masters*

SW 10.4 For all relay races:

SW 10.4.1M Each relay team must be comprised of four (4) Athletes of the same sex each registered with the same Club and each relay team in a Mixed Relay event must be comprised of two (2) men and two (2) women each registered with the same Club.

SW 10.4.1.1M The age group of a team competing in a relay is determined by the sum of the ages of the four (4) team members. The age of an Athlete is determined by their age on 31 December in the year of start date of the relevant competition.

SW 10.4.2M Prior to the race and in accordance with the deadline specified by the Meet Director, the team leader must specify the order in which the relay team members will compete.

MC 10.4.2.1M *The names of the Athletes, their respective Sport Class and the order in which they are to swim must be submitted in accordance with the deadline specified by the Meet Director. (WPS 11.7.4)*

MC 10.4.2.2M *Athletes in Medley Relay Events must be listed for their respective strokes. (WPS 11.7.5)*

SW 10.4.2.1M After that deadline, substitutions of a relay team member for another relay team member may be made only in the case of an evidenced medical emergency and with the prior permission of the Referee or the Meet Director (as applicable).

SW 10.4.2.2 *Not applicable to Masters*

SW 10.4.3 An Athlete may compete in a race only once as a relay team member.

SW 10.4.4M Athletes must commence relay exchanges from the starting platform, pool deck or in the water and must not perform a running start from the pool deck.

SW 10.4.5 Until an Athlete touches the wall to complete their quarter of the total race distance, the feet of the Athlete in the same relay team who is next in order to compete must remain in contact with the starting platform.

MC 10.4.5.1 *The Tapper may convey to the Athlete the relay changeovers and convey the position/place of the relay. An extra Tapper may be required, one for tapping the Athlete completing the leg of the relay and one Tapper for conveying the changeover. No coaching is permitted. (WPS 11.7.12)*

SW 10.4.6 Unless they are specified as next in order to compete in the relay, an Athlete who is a relay team member must not enter (or re-enter) the water during that race or before all Athletes in the race have completed the course distance.

SW 10.4.7 An Athlete who has completed their distance must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed their distance. Athlete four (4) must remain in their lane until directed by the Referee to exit the pool

Clarification: If an Athlete believes they cannot safely leave the pool they may stay in their lane until the last Athlete of the team has completed the race. An Athlete remaining in the water will position themselves away from the end of the pool, close to the lane rope but will not obstruct another Athlete in another lane.

MC 10.4.7.1 Athletes in Sport Classes S/SB1-5 may remain in their lanes until the last Athlete of each team has completed the race. An Athlete remaining in the water will position themselves away from the end of the pool, close to the lane rope but will not obstruct any other Athlete in another lane. (WPS 11.7.13.1)

SW 10.5 If the Referee determines (in their sole discretion) that an Athlete or other person has breached any of the requirements of SW 10.4 of these Swimming Rules, the Referee will disqualify the relevant relay team (and, if it was an Athlete that breached the requirement, will disqualify that Athlete).

SW 10.6M If the Referee determines (in their sole discretion) that a breach of the requirements of SW 10.2 or SW 10.4 of these Swimming Rules by an Athlete has adversely impacted the chances of success of another Athlete (or relay team), the Referee (in his sole discretion) may order that the impacted Athlete (or relay team) be permitted to compete again in the next heat or, if the breach occurred in the final heat, may order that the final heat be re-swum.

SW10.7M In freestyle events, except as in “SW 3.7.2M” of these Swimming Rules, an Athlete may nominate a form stroke or medley for sealed handicap, Top Ten, Award Swims or record attempt purposes when the nominated form stroke/distance event is not available elsewhere in the program. The Athlete will comply with all the rules relating to the nominated stroke or strokes. The Athlete must notify the Meet Director of their intention to swim other than freestyle in the event by the close of entries for the Meet.

SW 11 TIMING

SW 11.1 If Automatic Officiating Equipment (or, as relevant, Semi-Automatic Officiating Equipment) is used:

SW 11.1.1 The appointed Officials will supervise the operation of the Automatic Officiating Equipment.

SW 11.1.2 The Automatic Officiating Equipment will record the time taken by each Athlete to complete the course and, based on those times, determine the winner and all placings. If two or more Athletes achieve equal times, those Athletes will be determined to have equal placing.

SW 11.1.3 Times recorded by and placings determined from operation of the Automatic Officiating Equipment will be presumed to be accurate and will take precedence over any times recorded by and/or placings determined by Timekeepers. The Control Room Supervisor must confirm to the Referee that there has not been any malfunction, break-down, or failure of the Automatic Officiating Equipment during a race.

SW 11.1.4 The Automatic Officiating Equipment will record times to an accuracy of one hundredth (1/100) of a second.

SW 11.1.5 Race times must be displayed on all outputs (including the Venue electronic scoreboard and official results reports) to an accuracy of one hundredth (1/100) of a second.

SW 11.1.6 If Automatic Officiating Equipment is used and it fails to record the place and/or time of one or more Athletes in a race, the Referee will:

SW 11.1.6.1 Collate all available times and places recorded by the Automatic Officiating Equipment and all available times and places recorded by the Timekeepers.

SW 11.1.6.2 Determine the official placings of the race as follows:

SW 11.1.6.2.1 Athletes who have a time and place recorded by Automatic Officiating Equipment must retain their relative order in the race placings compared to other Athletes in the same race who also have a time and place recorded by Automatic Officiating Equipment.

SW 11.1.6.2.2 If an Athlete has a time but not a place recorded by Automatic Officiating Equipment, the Athlete's race placing will be determined by comparison of the Athlete's time recorded by Automatic Officiating Equipment against the times of the other Athletes in the same race who have a time and place recorded by Automatic Officiating Equipment.

SW 11.1.6.2.3 If an Athlete does not have a time or place recorded by Automatic Officiating Equipment, the Athlete's race placing will be determined by comparison of the Athlete's time recorded by Semi-Automatic Officiating Equipment or Timekeepers against the times of the other Athletes in the same race who have a time and place recorded by Automatic Officiating Equipment.

SW 11.1.7 If Automatic Officiating Equipment is used and it fails to record the place and/or time of one or more Athletes in a race the official times will be recorded as follows:

SW 11.1.7.1 The official time for all Athletes who have a time recorded by Automatic Officiating Equipment will be that time.

SW 11.1.7.2 The official time for all Athletes who do not have a time recorded by Automatic Officiating Equipment will be the time recorded by Semi-Automatic Officiating Equipment or Timekeepers.

SW 11.2 If no Automatic Officiating Equipment or Semi-Automatic Officiating Equipment is used:

SW 11.2.1 Timekeepers will record the time taken by each Athlete to complete the course and, based on those times, the Referee will determine the winner and all placings. If two or more Athletes achieve equal times, those Athletes will be determined to have equal placing.

SW 11.2.2M Each Timekeeper must be appointed or approved by the Referee of the competition and must use a watch (meaning any form of timing device) that is certified as accurate to the satisfaction of that Referee.

SW 11.2.3 The time taken by an Athlete to complete the course will be recorded to an accuracy of one hundredth (1/100) of a second by two (2) Timekeepers. The official time for that Athlete will be determined as follows:

SW 11.2.3.1M If the two (2) watches record different times, the slower time of the two (2) recorded times will be recorded as the Athlete's official time.

SW 11.2.3.2 If one (1) of the two (2) watches fails, the time recorded on the one (1) working watch will be recorded as the Athlete's official time.

SW 11.2.3.3 If the two (2) watches both fail, the Athlete may be offered a re-swim.

SW 11.2.3.4M If three (3) Timekeepers are appointed the official time for that Athlete will be determined as follows:

SW 11.2.3.4.1M If two (2) of the three (3) watches record the same time and the third disagrees, the two identical times will be the Athlete's official time.

SW 11.2.3.4.2M If all three (3) watches disagree, the watch recording the intermediate time will be the Athlete's official time.

SW 11.2.4 Race times must be displayed on all outputs to an accuracy of one hundredth (1/100) of a second.

SW 11.3 If an Athlete is disqualified during or following an individual race or event, the disqualification will be recorded in the official results and no time or placing will be recorded or announced.

SW 11.4 If an Athlete is disqualified during or following a relay race or event, the disqualification will be recorded in the official results and no time or placing will be recorded or announced (save that legal split times achieved by the relay team members prior to participation of the Athlete that was disqualified will be recorded in the official results).

SW 11.5 During relay races, the Automatic Officiating Equipment or Semi-Automatic Officiating Equipment (or the Timekeepers, as applicable) will record the time splits at 50m and at 100m achieved by the first Athlete of each relay team, and those time splits will be published in the official results.

SW 11.6 The relative order of placings for the combined heats of an event are calculated by comparison of the official times achieved by all Athletes. If two or more Athletes achieve equal official times, those Athletes will be tied in the order of placings (and presented in lists in descending order of lane assignment or, if lane assignments are tied, in alphabetical order).

SW 12 RECORDS

SW 12.1M MASTERS SWIMMING WORLD RECORDS

(Incorporating World Aquatics Masters Competition Regulations - Part Eight Article 2.6)

SW 12.1.1 World Records will be maintained for all events listed in Article 2.3 of Part Eight of the World Aquatics Competition Regulations, for both sexes and for all age groups in which an event has been completed.

SW 12.1.1.1 For the avoidance of doubt, events in long course (50m) and short course (25m) pools are separate events and will have separate World Records and separate Top Ten Rankings.

SW 12.1.2 The age group of the Athlete (refer to the World Aquatics Competition Regulations: Part Eight - Article 2.2) or relay team (refer to World Aquatics Competition Regulations: Part Eight - Article 2.5.4) at the time of the relevant performance determines the relevant age group for the World Record and Top Ten Ranking, regardless of the age of the Athlete(s) at the time of the application or publication of the rankings.

SW 12.1.3M In order for a performance to be eligible for a Masters Swimming World Record, it must have been achieved in accordance with all relevant World Aquatics Rules including the Competition Rules and the following eligibility and other criteria:

SW 12.1.3.1M The Athlete(s) must have been wearing only Swimwear permitted in accordance with Masters Swimming Australia General Rule GR 16.

SW 12.1.3.2M Masters World Records can only be established in any Masters event in a competition that is:

SW 12.1.3.2.1 Formally sanctioned by World Aquatics and/or a Member Federation;

SW 12.1.3.2.2 Organised by World Aquatics, or by or on behalf of a Club or an organisation that is a member of a Member Federation or otherwise recognised by World Aquatics;

SW 12.1.3.2.3 Conducted under the rules of World Aquatics (including but not limited to the World Aquatics Competition Regulations); and

SW 12.1.3.2.4 Where only Athletes registered with a Club participate.

SW 12.1.3.3M For any relay World Record, all Athletes of a relay team must be registered members of the one club.

SW 12.1.3.4 An Athlete competing in a relay race is not eligible to set an individual World Record, except for the Athlete who swims the first quarter of the total race distance in a relay. If the Athlete themselves is not disqualified but the relay team of that Athlete is disqualified for any reason that occurs or is identified after completion of the Athlete's performance, the Athlete's performance will be eligible for a World Record.

SW 12.1.3.5 The Athlete must have achieved a time faster than (or equal to) the preexisting World Record

SW 12.1.3.5.1M If an Athlete achieves a time equal to a preexisting World Record to an accuracy of one hundredth (1/100) of a second, that Athlete is entitled to apply for recognition of their performance as the "joint holder" of the World Record.

SW 12.1.3.5.2M If more than one Athlete in a race achieves a time faster than (or equal to) the preexisting World Record and there is only one winner of the race then only the winner of the race is entitled to apply for recognition of their performance as a World Record.

SW 12.1.3.5.3 *Not applicable to Masters*

SW 12.1.3.5.4 If more than one Athlete in a race achieves a time faster than (or equal to) the preexisting World Record and there is more than one winner of the race then all winners of the race are entitled to apply for recognition of their performance as a World Record.

SW 12.1.3.6 A performance by an Athlete in an individual race of a certain distance may be eligible for a World Record at an intermediate distance achieved during that race. The Athlete must complete the full distance of the individual race (not only the intermediate distance or a distance short of the full distance).

SW 12.1.3.7 The performance must have taken place under the following conditions:

SW 12.1.3.7.1 The performance must have been recorded by Automatic Officiating Equipment or, in the case of an Automatic Officiating Equipment system malfunction, Semi-Automatic Officiating Equipment.

SW 12.1.3.7.2 The performance must have been achieved in water containing less than 3 grams/litre of salt, and must not have been achieved in any kind of sea or ocean water.

SW 12.1.3.7.3M The performance must have been achieved in ordinary competition.

SW 12.1.3.7.4M The length of the pool lane in which the performance was swum must be certified by a surveyor or other qualified official appointed or approved by Masters Swimming Australia or by an affiliated State or Territory.

Note: It is not necessary to remeasure every lane for each new Masters record each time the bulkhead is moved, provided that an approved pool survey certificate has already been lodged with Masters Swimming Australia.

SW 12.1.3.7.5 *Not applicable to Masters*

SW 12.1.3.8 *Not applicable to Masters*

SW 12.4 *Not applicable to Masters*

SW 12.5M An application for recognition by World Aquatics of a World Record must be filed on the World Aquatic official form with the Masters Swimming Australia National Recorder within ten (10) days after the performance.

SW 12.6M MASTERS NATIONAL RECORDS

SW 12.6.1M National records will be recognized and maintained in 1/100 second time (2 decimal places) each age group and gender for the following recognized events:

SW 12.6.2M Individual events swum in a Long Course pool (50m or 55 yard):

Freestyle	50, 100, 200, 400, 800 & 1500m
Backstroke	50, 100, 200, 400, 800 & 1500m
Breaststroke	50, 100, 200, 400, 800 & 1500m
Butterfly	50, 100, 200, 400 & 800m
Individual Medley	200, 400 & 800m.

SW 12.6.3M Individual events swum in a Short Course pool (25m):

Freestyle:	25, 50, 100, 200, 400, 800 & 1500m
Backstroke:	25, 50, 100, 200, 400, 800 & 1500m
Breaststroke:	25, 50, 100, 200, 400, 800 & 1500m
Butterfly:	25, 50, 100, 200, 400 & 800m
Individual Medley:	100, 200, 400 & 800m.

SW 12.6.4M Teams events swum in a Long Course pool (50m or 55 yard):

Freestyle Relay: 4 x 50m, 4 x 100m, 4 x 200m Women, Men and Mixed;
Medley Relay: 4 x 50m, 4 x 100m Women, Men and Mixed.

SW 12.6.5M Teams events swum in a Short Course pool (25m):

Freestyle Relay: 4 x 25m, 4 x 50m, 4 x 100m, 4 x 200m Women, Men and Mixed;
Medley Relay: 4 x 25m, 4 x 50m, 4 x 100m Women, Men and Mixed.

SW 12.6.6M Records may only be set or broken by members and only in events conducted as scratch start races.

SW 12.6.7M To be eligible to break a National Relay Record all Athletes of a team must be registered members of the one club that they have nominated as the club they will represent.

SW 12.6.8M In relay events, the first Athlete may request the Referee to have their performance specially timed for possible recognition as a record. The performance will stand regardless of any subsequent disqualification of the relay team or team member for violations occurring after their distance has been completed.

SW 12.6.9M An Athlete in an individual event may apply to the Referee to have their intermediate distances timed for record attempts. An Athlete must complete the scheduled distance of an event to be eligible for a record at the intermediate distance. (refer to "SW 2.11.2 of these Swimming Rules).

SW 12.6.10M An Athlete who has nominated a registered Medical Disability in an event cannot set a record in that event. (refer to "SW 15M" in these Swimming Rules).

SW 12.6.11M National Records may be broken or set at:

SW 12.6.11.1M Any swim meet involving two or more clubs that has been sanctioned by Masters Swimming Australia or an affiliated State or Territory.

SW 12.6.11.2M Any official Masters Swimming Australia co-sanctioned meet with Swimming Australia, including those conducted or sanctioned by an affiliated State or Territory;

SW 12.6.11.3M Subject to "SW 12.6.11.5M" of these Swimming Rules, World Aquatics World Masters meets;

SW 12.6.11.4M Subject to "SW 12.6.11.5M" of these Swimming Rules, any Masters meet which has been sanctioned by World Aquatics or any of its affiliated members, subject to approval by the National Recorder.

SW 12.6.11.5M: A Meet by an Athlete who:

SW 12.6.11.5.1M Is a member of a club that is registered with Masters Swimming Australia, and subject to Masters Swimming Australia General Rule “GR15.1.1.”

SW12.6.11.5.2M Who is domiciled in Australia, or;

SW12.6.11.5.3M Who is not domiciled in Australia but has been physically present in Australia for a period of at least six months continuously prior to the record being broken.

Clarification: A person is regarded as being domiciled in Australia if he or she was born in Australia (“domicile of origin”) and, at the time of the swim meet, has not changed their domicile to a place located outside Australia. Similarly, a person who was born outside Australia will only be regarded as having a domicile in Australia if they have taken the necessary steps to give up their domicile of origin and have taken up a place of domicile in Australia (“domicile of choice”). Note that a person can have only one place of domicile at any point in time.

SW 12.6.12M Times must be recorded as per “SW 11” of these Swimming Rules.

SW 12.6.12.1M National records require AOE times or two (2) manual times recorded to 1/100th second time (2 decimal places in accordance with “SW 11.1.4” or “SW 11.2.3” of these Swimming Rules).

SW 12.6.13M All rules must be complied with and verified by the Referee.

SW 12.6.14M For a record to be recognised:

SW 12.6.14.1M The length of each lane of the course must have been certified by a surveyor or other qualified official.

SW 12.6.14.2M A printout of the records from the official meet recording system must be signed by the Referee and submitted to the State or Territory Recorder by the Meet Recorder within seven (7) days of the meet;

SW 12.6.14.3M The Meet Director must check that all results have been given to the State or Territory Recorder.

SW 12.6.15M The State or Territory Recorder will verify all records that are broken or established and notify the National Recorder within 30 days of the meet in the stipulated format.

SW 12.6.16M Times which are equal to 1/100 of a second will be recognized as equal records and Athletes achieving these equal times will be called “Joint Holders”. Joint Holders include the initial record holder and all Athletes who achieve the same time at later dates.

SW 12.6.17M The National Office will issue Certificates for all new records established.

SW 13 *Not applicable to Masters.*

SW 14 SWIMWEAR AND WEARABLES

SW 14.1M During competition, an Athlete must wear a swimsuit and may wear goggles and/or a cap, in each case that is permitted by Masters Swimming Australia’s General Rule “GR 16”.

MC 14.1.1 *Athletes in Sport Classes S11, SB11 and SM11 except for those with prosthetics in both eyes will be required to wear opaque (blackened in) goggles for competition. Athletes in Sport Classes S11, SB11 and SM11 whose facial structure will not support goggles will be required to cover the eyes with an opaque covering. The goggles of Athletes in Sport Classes S11, SB11 and SM11 will be checked at the finish of the relevant Event. (WPS 11.8.8)*

MC 14.1.1.1 *If the goggles accidentally fall off during the dive or break during the race, the Athlete will not be disqualified. (WPS 11.8.8.1)*

MC 14.1.2 *No Athlete will be permitted to use a prosthesis (except ocular), or orthoses during the race. (WPS 11.8.9)*

MC 14.1.3 *The wearing of cochlear implants and insulin pumps is permitted. (WPS 11.8.10)*

SW 14.2 Other than permitted Swimwear, an Athlete must not wear or use during competition any device or swimwear that may aid their speed, buoyancy, or endurance (such as, for example, webbed gloves, flippers, fins, or adhesive substances).

SW 14.3 An Athlete is permitted to use an automated data collection device for the sole purpose of collecting data. Such device must not be capable of transmitting or used to transmit data, sounds, or signals to the Athlete and must not be capable of aiding or used to aid the Athlete's speed, buoyancy, or endurance.

SW 14.4 An Athlete will be permitted to use tape on one (1) or two (2) fingers or toes (including to bind together two fingers or toes) if use of the tape is required to treat or protect an injury to a finger or toe.

SW 15M MEDICAL DISABILITY

Note: *Manifest means that the disability is obvious to the eye, e.g., having only one leg is obvious or manifest.*

SW 15.1M In judging the start, stroke, kick, turn or finish of an Athlete with a manifest physical disability, the Referee should follow the general principle that, if a part of the body is absent or cannot be used, it is not judged; if it is used during the stroke, kick, turn or finish, it should be in accordance with the relevant Swimming Rules.

SW 15.1.1M Such Athletes may participate in all the activities and competitions of Masters Swimming Australia.

Note: *These Athletes may not be eligible to compete in some international competitions.*

SW 15.2M An Athlete with a non-manifest disability will provide a medical certificate stating the swimming action(s) that will be affected. The certificate must be signed by an eligible healthcare practitioner, i.e., a medical doctor, physiotherapist, chiropractor, or osteopath.

SW 15.3M For a non-manifest medical disability to be considered for a meet, the Medical Disability Certificate must be registered with the Masters Swimming Australia National Office before the close of entries for that meet.

SW 15.4M For a non-manifest medical disability that has occurred after the close of entries, the medical disability or the Medical Disability Certificate may be accepted at the discretion of the Referee.

SW 15.5M When an Athlete with a Medical Disability Certificate is allocated a heat and lane number, the Referee's heat program should be marked accordingly, or the Referee notified.

SW 15.6M A non-manifest medical disability will not be considered for Athletes competing in the Masters Swimming Australia National Championships.

SW 15.7M The time for an Athlete with a Medical Disability Certificate will be eligible for placing, points and the medal in that event and for inclusion in National Top Ten, but cannot be accepted for records (refer to "SW 12.6.10" of these Swimming Rules) or World Aquatics World Top 10.

SW 15.8M The Referee, at their discretion, may take non-manifest medical disabilities into account, when determining if an Athlete should be disqualified.

Clarification: Based on the above, judgements should be made on the actual rule, not the Athlete's technique. For example, a Breaststroke Athlete with one arm or one leg shorter than the other, may have a non-symmetrical stroke or kick, but, as long as the arm or leg actions were simultaneous, it would meet that portion of the rule that states that the kick must be simultaneous.

99. DOCUMENT VERSION CONTROL REGISTER

Document Version Control				
Version	Reviewed & Date	Purpose	Current Rule(s)	New Rule(s)
MSA Rules December 2025	National Technical Committee, National Office and MSA Board June 2026	Update the MSA Swimming Rules (inc. Multi Class) to integrate the current World Aquatics Competition Regulations – Part Two: Swimming Rules and Part Eight: Masters Rules (updated on 18th February 2026) subject to minor changes to conform with existing MSA Swimming Rules Most significant changes SW 2.1.1M - A list of the Technical Officials has been included again. SW 3.2.4.4.6M - Specifically outlines that heats are to run slowest to fastest in both heat and deck seeding SW 5.4 and 8.6 Freestyle and Breaststroke: Allows swimmers to be completely submerged when coming into the wall. Once some part of the head of the Athlete has passed the 5 metre-mark, immediately prior to reaching for the finish wall, the Athlete may be completely submerged. SW 7 Breaststroke: Additional wording has been added regarding an Athletes position when leaving the wall after a turn. SW 10 The Race: There has always been a swimming protocol that an Athlete must remain in their lane until directed by the Referee to exit the pool but this was not formerly in the rules. This has now been	SW 8.4.6 At the turn and finish, swimmers with no leg function may perform a half stroke with the arm/s recovering forward under least one part of the Athlete's body must break the surface of the water, in order to contact the wall. (IPC 3.5.4.6) SW 8.5 throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. At the start and at turns, a swimmer each turn, the Athlete is permitted one or more leg kicks and one arm pull under the water, which must bring them the Athlete to the surface. By the 15 metre-mark, the Athlete's head must have broken the surface of the water. It shall be is permissible for a swimmer the Athlete 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 once his/her head has passed the 5 metre-mark prior to reaching for the finish wall. SW 7.3 Breaststroke: 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 from the beginning of the first arm stroke after 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 will be simultaneous without alternating movement. SW 8.2 Butterfly: It is not permitted to roll onto the back	SW 3.2.4.4.6M Any heat prior to the last heat of the event will be comprised of the next fastest Athletes (and so on if there are further heats) with the slowest Athlete seeded in the first heat of the event. SW 5.4 Once some part of the head of the Athlete has passed the 5 metre-mark, immediately prior to reaching for the finish wall, the Athlete may be completely submerged. SW 8.6 At least one part of the Athlete's body must break the surface of the water throughout the race, except that the Athlete may be completely submerged during the turn and for a distance of not more than 15 metres after the start and after each turn. At the start and at each turn, the Athlete is permitted one or more leg kicks and one arm pull under the water, which must bring the Athlete to the surface. By the 15 metre-mark, the Athlete's head must have broken the surface of the water. It is permissible for the Athlete to be completely submerged once his/her head has passed the 5 metre-mark prior to reaching for the finish wall. SW 7.3 Breaststroke: 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 from the beginning of the first arm stroke after 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 will be simultaneous without alternating movement. SW 8.2 Butterfly: It is not permitted to roll onto the back

		added to the World Aquatic Competition Regulations: Part 8 Masters World Aquatic have replaced the words swimmer or competitor with 'Athlete'. World Aquatic have replaced the word shall with 'will'. There has been some rearrangement of the order of rules, some rules split into two rules and some minor rewording.	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 from the beginning of the first arm stroke after leaving the wall. SW 10.2.8M An Athlete must remain in their lane while other swimmers are competing until directed by the Referee to exit the pool (which may, at the discretion of the Referee, be during the race, after the race or after the start of the following race). An Athlete who has completed the course distance and directed by the Referee to exit the pool, must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed the course distance.	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 from the beginning of the first arm stroke after leaving the wall. SW 10.2.8M An Athlete must remain in their lane until directed by the Referee to exit the pool (which may, at the discretion of the Referee, be during the race, after the race or after the start of the following race). An Athlete who has completed the course distance and directed by the Referee to exit the pool, must leave the pool as soon as possible without obstructing or otherwise interfering with any Athlete who has not yet completed the course distance.
MSA Rules October 2025	National Technical Committee, National Office and MSA Board December 2025	Update SW12.6.11M to reflect the change that National records may only be set by swimmers who are members of a Masters Swimming Australia-affiliated club and who achieve the record at a Masters Swimming Australia sanctioned event. With the deletion of SW12.6.11.5M SW12.6.11.6M would now be renumbered to be SW12.6.11.5M and this update is reflected in SW12.6.11.3M & 12.6.11.4M	SW 12.6.11M National Records may be broken or set at: SW 12.6.11.1M Any swim meet involving two or more clubs that has been sanctioned by the Association Masters Swimming Australia or any of its affiliated States and Territory. SW 12.6.11.2M Any official Masters Swimming Australia co-sanctioned meet with Swimming Australia meet, including those conducted or sanctioned by affiliated State Associations or Territory SW 12.6.11.3M Subject to SW 12.6.11.65M, World Aquatics World Masters meets; SW 12.6.11.4M Subject to SW 12.6.11.65M, any Masters meet which has been sanctioned by World Aquatics or any of its affiliated members, subject to approval by the National Recorder; SW 12.6.11.5M Subject to SW 12.6.11.6M, swim meets that have been sanctioned by World Aquatics or any of its affiliated members, subject to approval by the National Recorder SW 12.6.11.65M: A Meet by a person who: SW 12.6.11.65.1M Is a member of a club that is registered with Masters Swimming Australia and subject to GR15.1.1	SW 12.6.11M National Records may be broken or set at: SW 12.6.11.1M Any swim meet involving two or more clubs that has been sanctioned by Masters Swimming Australia or any of its affiliated States or Territory. SW 12.6.11.2M Any official Masters Swimming Australia co-sanctioned meet with Swimming Australia, including those conducted or sanctioned by an affiliated State or Territory; SW 12.6.11.3M Subject to SW 12.6.11.5M, World Aquatics World Masters meets; SW 12.6.11.4M Subject to SW 12.6.11.5M, any Masters meet which has been sanctioned by World Aquatics or any of its affiliated members, subject to approval by the National Recorder; SW 12.6.11.5M: A Meet by a person who: SW 12.6.11.5.1M Is a member of a club that is registered with Masters Swimming Australia, and subject to GR15.1.1 SW12.6.11.5.2M Who is domiciled in Australia, or; SW12.6.11.5.3M Who is not domiciled in Australia but has been physically present in Australia for a period of at least six months continuously prior to the record being broken.

MSA rules June 2025	National Office October 2025	Replace Branch with State or Territory to reflect the new Constitution	Rules for the replacement of Branch were: 12.6.11.1M, 12.14.2M, 12.6.14.3M and 12.6.15M	
MSA rules December 2024	National Technical Committee June 2025	Removes the ability for a member who is domiciled outside of Australia to set records within Australia unless they can comply with SW12.6.11.3.M	SW 12.6.11.6M A Meet conducted outside Australia , by a person who: SW 12.6.11.6.3M Who is not domiciled in Australia but has been physically present in Australia for a period of at least the six months continuously immediately prior to the record being broken	SW 12.6.11.6M A Meet by a person who: SW12.6.11.6.3M Who is not domiciled in Australia but has been physically present in Australia for a period of at least six months continuously prior to the record being broken.