

## 2022 FINA TECHNICAL CONGRESS - SWIMMING – RULES PROPOSAL

RULE N°	RULE	SUBMITTED BY:	NOTE
SW 2.3	<b>Starter</b>		
<a href="#">SW 2.3.5</a>	<u>The Referee shall appoint officials who shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Equipment which judges relay take-offs is available, it shall be used in accordance with SW 13.1.</u>	NF DEN	NOT RECOMMENDED
SW 2.6	<b>Inspector of Turns</b>		
<del>SW 2.6.8</del>	<del>Each inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Officiating Equipment which judges relay take-offs is available, it shall be used in accordance with SW 13.1.</del>	NF DEN	NOT RECOMMENDED
SW 2.9	<b>Timekeepers</b>		
SW 2.9.2	Each timekeeper shall start his watch at the starting signal, and shall stop it when the swimmer in his lane has completed the race. <u>Timekeepers may operate a Semi-Automatic Equipment device in their respective assigned lanes by depressing the "push-button" at the completion of the race.</u> Timekeepers may be instructed by the chief timekeeper to record times at intermediate distances in races longer than 100 metres.	NF POL	NOT RECOMMENDED
SW 2.9.2	Each timekeeper shall start <del>his</del> <u>their</u> watch at the <u>flash of the strobe light</u> starting signal, <u>or at the sound if no strobe light is available.</u> <del>and</del> <u>Each timekeeper</u> shall stop <del>it</del> <u>their watch</u> when the swimmer in <del>his</del> <u>their</u> lane has completed the race.	NF AUS	NOT RECOMMENDED

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RULE N°	RULE	SUBMITTED BY:	NOTE
<b>SW 2.11</b>	<b>Finish Judges – if required</b>		
<b>SW 2.11.1</b>	Finish judges shall be positioned <del>in elevated stands</del> in line with the finish where they have at all times a clear view of the course and the finish line, unless they operate an Automatic Officiating device in their respective assigned lanes by depressing the "push-button" at the completion of the race.	NF DEN	NOT RECOMMENDED
<b>SW 2.11.1</b>	Finish judges shall be positioned <del>in elevated stands</del> in line with the finish where they have at all times a clear view of the course and the finish line, <del>unless they operate an Automatic Officiating device in their respective assigned lanes by depressing the "push-button" at the completion of the race.</del>	NF POL	NOT RECOMMENDED
<b>SW 2.11.2</b>	After each event the finish judges shall decide and report the placing of the swimmers according to the assignments given to them. Finish judges <del>other than pushbutton operators</del> shall not act as timekeepers in the same event.	NF POL	NOT RECOMMENDED
<b>SW 4</b>	<b>THE START</b>		
<b>SW 4.4</b>	Any swimmer starting before the starting signal has been given, shall be disqualified. <u>After all swimmers are stationary, any swimmer initiating a start before the signal may be disqualified when such movement is observed and confirmed by both the starter and referee.</u> If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for Backstroke) as per SW 2.1.5.	NF DEN	NOT RECOMMENDED

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RULE N°	RULE	SUBMITTED BY:	NOTE
<b>SW 5</b>	<b>FREESTYLE</b>		
<b>SW 5.3</b>	Some part of the swimmer must break the surface of the water throughout the race, <del>except</del> <u>it shall be</u> permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.	NF DEN	NOT RECOMMENDED
<b>SW 5.3</b>	Some part of the swimmer must break the surface of the water throughout the race, except it <del>shall be</del> <u>is</u> permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.	NF POL	NOT RECOMMENDED

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RULE N°	RULE	SUBMITTED BY:	NOTE
<b>SW 6</b>	<b>BACKSTROKE</b>		
<b>SW 6.1</b>	Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips- <u>and at least one toe from each foot in contact with the end wall or face of the touchpad.</u> Standing in or on the gutter- <del>or</del> bending the toes over the lip of the gutter, <u>or bending the toes over the top of the touchpad</u> is prohibited. <del>When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.</del>	NF AUS	NOT RECOMMENDED
<b>SW 6.3</b>	Some part of the swimmer must break the surface of the water throughout the race. <del>It is</del> <u>except it shall be</u> permissible for the swimmer to be completely sub-merged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.	NF DEN	NOT RECOMMENDED
<b>SW 6.3</b>	Some part of the swimmer must break the surface of the water throughout the race. <del>It is,</del> <u>except it is</u> permissible for the swimmer to be completely sub-merged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.	NF POL	NOT RECOMMENDED
<b>SW 6.4</b>	<del>When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane.</del> 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 <del>turn</del> <u>turning motion</u> . The swimmer must have returned to the position on the back upon leaving the wall.	NF POL	NOT RECOMMENDED
<b>SW 6.5</b>	Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane. <u>It is permissible for the swimmer to be completely submerged immediately prior to the finish.</u>	NF DEN	NOT RECOMMENDED

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RULE N°	RULE	SUBMITTED BY:	NOTE
<b>SW 7</b>	<b>BREASTSTROKE</b>		
<del>SW 7.1</del> <u>SW 7.5</u>	After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.	NF POL	NOT RECOMMENDED
<del>SW 7.2</del> <b>SW 7.1</b>	<del>From the beginning of the first arm stroke after the start and after each turn, t</del> The body shall be on the breast <u>throughout the race</u> . It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. <del>From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.</del>	NF POL	NOT RECOMMENDED
<b>SW 7.3</b>	<u>All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.</u> The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.	NF POL	NOT RECOMMENDED
<b>SW 7.3</b>	The hands shall be pushed forward together from the breast on, under, or over the water. <del>The</del> <u>Some part of each</u> elbows shall <del>be</del> <u>remain</u> under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.	NF AUS	NOT RECOMMENDED

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RULE N°	RULE	SUBMITTED BY:	NOTE
<del>SW 7.4</del> <u>SW 7.2</u>	<u>From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.</u> During each complete cycle, some part of the swimmer's head must break the surface of the water. <del>All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.</del>	NF POL	NOT RECOMMENDED
<del>SW 7.5</del> <u>SW 7.4</u>	<u>All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.</u> The feet must be turned outwards during the propulsive part of the kick. <del>Alternating movements or</del> downward butterfly kicks are not permitted except as in SW 7. <del>4</del> <u>5</u> . Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.	NF POL	NOT RECOMMENDED
<b>SW 7.6</b>	At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level, <u>and need not be on the same horizontal plane</u> . At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.	NF AUS	NOT RECOMMENDED

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RULE N°	RULE	SUBMITTED BY:	NOTE
<b>SW 8</b>	<b>BUTTERFLY</b>		
<b>SW 8.1</b>	<del>From the beginning of the first arm stroke after the start and each turn, t</del> The body shall be kept on the breast <u>throughout the race</u> . It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.	NF POL	NOT RECOMMENDED
<b>SW 8.2</b>	Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to SW 8.5.	NF POL	NOT RECOMMENDED
<b>SW 8.4</b>	At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface. <u>The body may be submerged after the last arm pull prior to the touch.</u>	NF JPN	NOT RECOMMENDED
<b>SW 8.4</b>	At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface, <u>and need not be on the same horizontal plane.</u>	NF AUS	NOT RECOMMENDED
<b>SW 8.5</b>	At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. <del>The swimmer must remain on the surface until the next turn or finish.</del> <u>Some part of the swimmer must break the surface of the water until the next turn or finish.</u>	NF DEN	NOT RECOMMENDED

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RULE N°	RULE	SUBMITTED BY:	NOTE
SW 8.5	<p><u>Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.</u> <del>At</del> <u>After</u> the start and <del>at</del> <u>after</u> turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. <del>It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.</del></p>	NF POL	NOT RECOMMENDED
SW 8.5	<p>At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. <del>The swimmer must remain on the surface until the next turn or finish.</del> <u>Part of the body must be on the surface during one stroke until the next turn or finish.</u></p>	NF JPN	NOT RECOMMENDED
SW 8.5	<p>At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring <u>him</u> them to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. <del>The swimmer must remain on the surface until the next turn or finish.</del> <u>After surfacing, the swimmer may only be fully submerged within the undulating movement of the stroke and must immediately return to the surface.</u></p>	NF AUS	NOT RECOMMENDED



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SW 10	THE RACE		
SW 10.2	<del>A swimmer swimming over the course alone shall cover the whole distance to qualify.</del> <u>A swimmer shall cover the whole distance to qualify.</u>	NF DEN	NOT RECOMMENDED
SW 10.5	Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk <u>or push from the bottom</u> .	NF POL	NOT RECOMMENDED
SW 10.8	No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, <del>power bands</del> , or adhesive substances, etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee.	NF DEN	NOT RECOMMENDED
SW 10.8	No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). Goggles <u>and nose clips</u> may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee.	NF POL	NOT RECOMMENDED
SW 10.8	No swimmer shall be permitted to use or wear any device or swimsuit that may aid <del>his/her</del> <u>their</u> speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). <u>No watches, wearable technology, communication or data collection devices may be worn.</u> <del>Goggles may be worn.</del> Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee. <u>Goggles may be worn.</u>	NF AUS	NOT RECOMMENDED
SW 10.14	Any swimmer having finished <del>his race, or</del> his <u>/her</u> distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his <u>/her</u> race. Otherwise the swimmer committing the fault, or his <u>/her</u> relay team, shall be disqualified.	NF POL	NOT RECOMMENDED

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RULE N°	RULE	SUBMITTED BY:	NOTE
<b>SW 11</b>	<b>TIMING</b>		
<b>SW 11.3</b>	Any timing device that is <u>manually started and</u> terminated by an official shall be considered a watch. Such manual times must be taken by <del>three</del> timekeepers appointed or approved by the Member in the country concerned. All watches shall be certified as accurate to the satisfaction of the governing body concerned. Manual timing shall be registered to 1/100 of a second. Where no Automatic Equipment is used <u>and three timekeepers per lane are used</u> , official manual times shall be determined as follows:	NF POL	NOT RECOMMENDED
<b>SW 13</b>	<b>AUTOMATIC OFFICIATING PROCEDURE</b>		
<b>SW 13.2.3.3</b>	A swimmer having neither an Automatic Equipment place nor an Automatic Equipment time shall establish his relative order by the time recorded by the Semi-Automatic Equipment or by <del>three</del> digital watches.	NF POL	NOT RECOMMENDED
<b>SW 13.3.2</b>	The official time for all swimmers not having an Automatic Equipment time will be <del>the three digital watches or</del> the Semi-Automatic Equipment time <u>or the time recorded by digital watches</u> .	NF POL	NOT RECOMMENDED