

## PART 2 - MASTERS SWIMMING RULES 2013-2017

The following swimming rules shall apply to all sanctioned Masters' competitions in pools in Canada, excluding FINA Masters World Championships.

### CMSW 1 MANAGEMENT OF COMPETITIONS

**CMSW 1.1** The meet manager, management or organizing committee shall ensure that all MSC competition regulations are complied with and shall have jurisdiction over all matters not assigned by the rules to the referee, judges or other officials and shall have power to postpone events and give directions consistent with rules adopted for conducting any event, all in accordance with CMGR 7.

**CMSW 1.2** At all Masters' competitions in Canada sanctioning requires the listing of the meet referee who shall be responsible for appointing, in co-operation with meet management the following minimum numbers of certified officials for the operation of the competition:

- Referee
- Starter
- Judges of stroke/Inspectors of turns
- Chief timekeeper
- Timekeepers
- Chief finish judge (if applicable)
- Chief judge electronics (if applicable)
- Clerk of course and marshals if required
- Safety Marshals for warm up/warm down

The officials may perform in several capacities where the duties of each position are not in conflict with one another. Officials who are in the certification process may be used if under the supervision of certified officials.

**CMSW 1.2.1** Where automatic officiating equipment is not available, such equipment must be replaced by a chief timekeeper and three (3) timekeepers per lane.

**CMSW 1.3** The swimming pool and technical equipment shall be inspected and approved by the Referee prior to the competition's start.

**CMSW 1.4** Underwater or deck video equipment shall not interfere with swimmers or officials. Spectators, swimmers and coaches shall avoid using cameras with flashes or shouting, whistling or making other loud noises during the starting process.

**CMSW 1.5** There shall be no qualifying times for Masters' swimming competitions in Canada.

**OMSW 1.6** MSO Warm-Up/Warm-down Procedures shall be enforced at all MSO Sanctioned swimming competitions in Ontario, by trained Safety Marshals.

**OMSW 1.6.1** The warm-up/warm-down shall be supervised. There shall be a minimum of two qualified officials, acting as Safety Marshals for each course with the authority to control the warm-up including to warn or remove offending swimmers and to report to the referee for possible further disciplinary action.

**OMSW 1.6.2** There shall be a minimum of 45 minutes prior to the start of the meet for general warm-up. If there is no continuous warm-up facility or lane available during the meet there shall be a 15 minute warm-up period at least every 2 hours. A general warm-up should be available during the lunch break, as applicable. There shall be a 15 minute warm-down period at the conclusion of the session.

**OMSW 1.6.3** Swimmers shall enter the water FEET FIRST in a cautious manner, entering from the deck at a start or turn end only, and from a standing or sitting position. Running on the pool deck and running entries into the pool tank are prohibited. There shall be barriers placed on the starting blocks.

**OMSW 1.6.4** All lanes shall be used for general warm-up with circle swimming only. Swimmers shall circulate in opposite directions to adjacent lanes. The middle lanes shall be designated as the fastest lanes with slower lanes on either side, and progressing to the slowest outside lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming. Swimmer should warm-up in the pool designated for their gender when applicable.

**OMSW 1.6.5** Twenty minutes prior to the end of warm-up one or two outside lanes shall be designated as sprint lanes. The starts shall be from the normal starting end of the pool with one way swimming only. Upon completion of the length the swimmer shall leave the lane. Diving from the starting blocks shall be permitted only from these sprint lanes and during the designated sprint period.

**OMSW 1.6.6** The wearing of watches, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, the use of hand paddles, pull-buoys, kick boards, ankle bands, snorkels and swim fins, shall be prohibited.

**OMSW 1.6.7** Warm-up procedures shall be prominently posted at various areas of the pool deck, including the ends of the pool where swimmers are permitted to enter the pool. *(updated 2017-12-26 to reflect MSO warm up procedures)*

## **CMSW 2 OFFICIALS**

### **CMSW 2.1 Referee**

**CMSW 2.1.1** The referee shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or rules related to the competitions. The referee shall enforce all rules of MSC and shall decide all questions

relating to the actual conduct of the meet, the final settlement of which is not otherwise covered by the rules.

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

**MSW 2.1.3** The referee shall ensure that all necessary officials are in their respective posts for the conduct of the warm-up and the competition. The referee may appoint substitutes for any who are absent, incapable of acting or found to be inefficient and may appoint additional officials if considered necessary.

**CMSW 2.1.4** At the commencement of each event, or to get the attention of swimmers or officials, the referee may signal to the swimmers and officials by a short series of whistles informing them that the race is about to start. The referee shall follow this with a long whistle indicating that the swimmers should take their positions on the starting platform, pool deck or in the water (or for backstroke swimming and medley relays to immediately enter the water). A second long whistle in backstroke and medley relay events shall bring the swimmers immediately to the starting position. When the swimmers and officials are prepared for the start, the referee shall gesture to the starter with a stretched out arm, indicating that the swimmers are under the starter's control. The stretched out arm shall stay in that position until the start is given.

**CMSW 2.1.5** A disqualification for starting before the starting signal must be observed and confirmed by both the starter and the referee. *(new 2014-11-29)*

**CMSW 2.1.6** The referee shall disqualify any swimmer for any **other** violation of the rules that they personally observe. The referee may also disqualify any swimmer for any violation reported to him/her by other authorized officials. All disqualifications are subject to the approval of the referee. The referee shall ensure that the swimmer is notified of the disqualification. If, in the opinion of the referee, a swimmer intentionally fouls another, the referee shall report the matter to MSC. *(addition of "other" and consequential renumbering 2014-11-29)*

**CMSW 2.1.7** The referee should note that some Masters swimmers through age or infirmity may be unable to adhere strictly to the technicalities of the rules, such as symmetry in breaststroke. In these cases, the theory of illegally gaining an unfair advantage shall apply before a disqualification is declared. The swimmer shall be responsible for notifying the session referee of any such infirmity before the start of the race. *(consequential renumbering 2014-11-29)*

## **CMSW 2.2 Chief Judge Electronics**

**CMSW 2.2.1** The chief judge electronics (CJE), if required, shall supervise the automatic timing operation including the review of backup to ensure the integrity of the electronic system.

**CMSW 2.2.2** The CJE is responsible for checking the results from computer printouts.

**CMSW 2.2.3** The CJE is responsible for checking the relay exchange printout and reporting any early takeoffs to the referee.

### **CMSW 2.3 Starter**

**CMSW 2.3.1** The starter shall have full control of the swimmers from the time the referee turns the swimmers over to him/her (CMSW 2.1.4) until the race has commenced. The start shall be given in accordance with CMSW 4.

**MSW 2.3.2** The starter shall report a swimmer to the referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the referee may disqualify a swimmer for such delay, willful disobedience or misconduct.

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

**MSW 2.3.4** When starting an event, the starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the timekeepers can see and or hear the starting signal and the swimmers can hear the signal.

### **CMSW 2.4 Clerk of Course**

**CMSW 2.4.1** The clerk of course, if required, shall deck seed, shall post seeding and shall assemble swimmers prior to each event. The clerk of course may appoint marshals to assist if required.

**CMSW 2.4.2** The clerk of course shall obtain scratches and shall report these to the referee if required.

**CMSW 2.4.3** The clerk of course shall be responsible for maintaining a positive check in list when events are so designated. Positive check-in should always be required if the last event of the meet is 400 metres or more.

### **MSW 2.5 Chief Inspector of Turns**

**MSW 2.5.1** The chief inspector of turns, if required, shall ensure that inspectors of turns fulfill their duties during the competition.

**MSW 2.5.2** The chief inspector of turns, if required, shall receive the reports from the inspectors of turns if any infraction occurs and shall present them to the referee immediately.

### **CMSW 2.6 Inspectors of Turns**

**CMSW 2.6.1** An inspector of turns shall be assigned to one or more lanes at one end of the pool.

**MSW 2.6.2** Each inspector of turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after turning. The inspector of turns at the starting end of the pool shall ensure that the swimmers comply with the relevant rules from the start and ending with completion of the first arm stroke. The inspectors of turns at the finish end shall also ensure that the swimmers finish their race according to the current rules.

**CMSW 2.6.3** In individual events of 800 and 1500 metres, an inspector of turns at the start or turning end of the pool shall record the number of laps completed by the swimmer in his lane and keep the swimmer informed of the remaining number of laps to be completed by displaying "lap cards". Electronic equipment may be used, including under water display. (new 2014-11-29)

**CMSW 2.6.4** Each inspector of turns at the starting end shall ensure that a warning signal is given when each swimmer in their lanes have two lengths plus five (5) metres to swim to finish in individual events of 800 and 1500 metres. The signal should be repeated after the turn until the swimmer has reached the five (5) metres mark on the lane rope. The warning signal shall be by bell. (consequential renumbering 2014-11-29)

**MSW 2.6.5** Each inspector of turns at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When automatic equipment which judges relay take-offs is available, it shall be used in accordance with CMSW 11.5. (consequential renumbering 2014-11-29)

**CMSW 2.6.6** Inspectors of turns shall report any violation on signed cards detailing the event, lane number, name, club, gender and age or age group of the swimmer, the infraction and time of the infraction and deliver it to either the chief inspector of turns or referee as determined by meet protocol. (consequential renumbering 2014-11-29)

## **CMSW 2.7 Judges of Stroke**

**CMSW 2.7.1** Judges of stroke shall be located on each side of the pool and shall judge the strokes of swimmers in the half of the pool adjacent to them.

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

**CMSW 2.7.3** Judges of stroke shall report any violation to the referee on signed cards detailing the event, lane number, name, club, gender and age or age group of the swimmer, the infraction and time of infraction, as determined by meet protocol.

## **CMSW 2.8 Chief Timekeeper**

**CMSW 2.8.1** The chief timekeeper shall assign the seating positions for all timekeepers and the lanes for which they are responsible, shall ensure that all timers understand their roles and that all watches are operating properly.

**MSW 2.8.2** The chief timekeeper shall, if required, collect from the timekeepers in each lane a card or form showing the times recorded and, if necessary, inspect their watches.

## **CMSW 2.9 Timekeepers**

**CMSW 2.9.1** If automatic and semi-automatic timing equipment is used then there shall be a backup system of at least two (2) timekeepers for each lane using semi-automatic equipment (plungers) and one of whom shall use a manual watch. If automatic timing equipment is used without semi-automatic timing equipment there shall be a backup system of at least two (2) timekeepers per lane, both using watches. If automatic timing equipment is not used then the primary timing system shall be three (3) timekeepers using watches for each lane.

**CMSW 2.9.2** Each timekeeper shall take the time of the swimmers in the lane assigned to them in accordance with CMSC 2.9.3. A watch check may be carried out at the start of the session if requested by the chief timekeeper.

**CMSW 2.9.3** Timekeepers assigned manual watches shall start their watches at the starting flash, and shall stop it when the swimmer in their lane has completed the race, which is when any part of their body shall touch the finish pad or cross the vertical plane of the finish line. An experienced timekeeper may be assigned to operate a watch and also semi-automatic timing equipment. Timekeepers may be instructed by the chief timekeeper to record times at intermediate distances in races longer than 50 metres.

**CMSW 2.9.4** Promptly after the race, the timekeepers assigned watches in each lane shall record the times of their watches on the card or form, or as instructed by the chief timekeeper.

## **CMSW 2.10 Chief Finish Judge**

**CMSW 2.10.1** The chief finish judge, if required, is responsible for checking results of manual times on cards or forms received from the Chief Timekeeper and confirming the official time and place in each event.

## **MSW 2.11 Officials' Decision Making**

**MSW 2.11.1** Officials shall make their decision autonomously and independently of each other unless otherwise provided in the Swimming Rules.

### **CMSW 3 SEEDING OF HEATS**

**CMSW 3.1** Events shall be pre-seeded or deck seeded with oldest or slowest and partial heats swum first. Events may be seeded by time, by time and gender or by age, time and gender. National Championships shall be seeded by age, time and gender; however, events of 200 metres may be seeded by time and gender. Events of 400 metres or over shall be seeded by time or by time and gender at all Masters' competitions in Canada. When seeded by age, seeding shall be by time within the age group with the slowest and partial heats swum first. Partial heats and age groups that do not fill a heat may be combined into one heat.

**CMSW 3.2** The meet manager may seed 800 metre and 1500 metre Freestyle events to be swum two (2) swimmers of the same gender in a lane. Swimmers shall not swim backstroke, breaststroke or butterfly in an event swum two per lane. Separate timing shall be provided for each swimmer and all shall be treated equally, including at the start. See also CMSW 10.10. Two per lane competition is only allowed in pools which comply with CMFR 2.5.1. (Lane width minimum 2.50 metres)

**MSW 3.3** Age groups and genders may be combined so that no swimmer has to swim alone and lanes may be filled.

**CMSW 3.4** All Masters events shall be conducted on a timed final basis. Circle seeding shall not be used.

**CMSW 3.5** Except for 50 metre events in 50 metre pools, assignment of lanes shall be (number 1 lane being on the right side of the pool when facing the course from the starting end) by placing the fastest swimmer or team in the centre lane in pools with an odd number of lanes, or in the lane on the right side of the centre in pools with an even number of lanes. The swimmer or team having the next fastest time is to be placed on their left, then alternating the remaining swimmers or teams to right and left in accordance with the submitted times. Swimmers or teams with identical times shall be assigned their lane positions by draw within the aforesaid pattern.

**CMSW 3.6** When 50 metre events are contested in 50 metre pools, the races may be swum, at the discretion of meet manager, either from the regular starting end to the turning end or from the turning end to the starting end, depending upon such factors as existence of adequate Automatic Equipment, pool depth, starter's position, etc. The meet manager shall advise swimmers of the start location well before the start of the competition. Regardless of which way the race is swum, the swimmers shall be seeded in the same lanes in which they would be seeded if they were both starting and finishing at the starting end.

## **CMSW 4 THE START**

**CMSW 4.1** The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a forward start. On the long whistle (CMSW 2.1.4) from the referee the swimmers shall take their positions with at least one foot at the front of the starting platform or pool deck, or in the water with at least one hand having contact with the starting wall or starting block. A backstroke start may be used in freestyle events. On the starter's command "take your marks", they shall immediately take up a starting position. When all swimmers are stationary, the starter shall give the starting signal.

**MSW 4.2** The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle (CMSW 2.1.4), the swimmers shall immediately enter the water. At the referee's second long whistle the swimmers shall return without undue delay to the starting position (CMSW 6.1). When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

**CMSW 4.3** The command to take up the starting position shall be "Take your marks" in English or "À vos marques" in French.

**CMSW 4.4** Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and started again. The referee then repeats the start procedure beginning with the long whistle (plus the second one for backstroke) as per CMSW 2.1.4.

**CMSW 4.5** Consideration shall be given to older and infirm swimmers. Assistance may be provided to swimmers getting on the block and steadying them on the block. Swimmers with hearing or visual disabilities shall receive if requested, non-verbal, non-sound or non-visual starting instructions. In the case of a delayed or aborted start, swimmers may be told to relax rather than to step down.

## **CMSW 5 FREESTYLE**

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

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

**MSW 5.3** Some part of the swimmer must break the surface of the water during each stroke cycle throughout the race, except it shall be permissible for the swimmer to be

completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

## **CMSW 6 BACKSTROKE**

**MSW 6.1** Prior to the starting signal, the swimmers shall line up in the water facing the starting end, holding the starting grips or edge of pool. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. **When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited. (new text 2014-11-29)**

**CMSW 6.2** **When a backstroke ledge is being used, each inspector at the starting end shall install and remove the ledge after the start. (new 2014-11-29)**

**CMSW 6.3** At the signal for starting and after turning the swimmer shall push off and swim upon the back throughout the race except when executing a turn as set forth in CMSW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The movement of arms and legs and the position of the head are not relevant. A breaststroke kick and double arm backstroke are allowed. *(consequential renumbering 2014-11-29)*

**MSW 6.4** Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely 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. *(consequential renumbering 2014-11-29)*

**CMSW 6.5** When executing the turn there must be contact with the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or an immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall. A reverse backstroke turn is allowed where the swimmer turns on their breast, immediately grabs the wall and then pushes off on their back. In such cases a swimmer may not take an arm stroke once they turn on their breast. *(consequential renumbering 2014-11-29)*

**MSW 6.5** Upon the finish of the race the swimmer must touch the wall while on their back.

## **CMSW 7 BREASTSTROKE**

**CMSW 7.1** After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. **At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted during the first arm stroke which must be followed by a breaststroke kick.** (amended 2014-11-29)

**CMSW 7.2** From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race, the stroke cycle must be one arm stroke and one leg kick in that order. All movement of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

**MSW 7.3** The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

**CMSW 7.4** During each complete cycle, some part of the swimmer's head shall break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke after the start and turn.

**CMSW 7.5** The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kicks are not permitted except as in CMSW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick. All movement of the legs shall be simultaneous and on the same horizontal plane without alternating movement. (Note: FINA added this sentence to the end of 7.4, it relates to 7.5)

**MSW 7.6** At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

## **MSW 8 BUTTERFLY**

**MSW 8.1** From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. ~~Under water kicking on the side is allowed after the start or turn.~~ 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.** (text deleted 2017-09-18)

**MSW 8.2** Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to MSW 8.5.

**MSW 8.3** All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kick is permitted for butterfly. Only one 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. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

**MSW 8.4** At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

**MSW 8.5** At the start and at turns, a swimmer is permitted one or more kicks then one arm pull under the water, which must bring him/her to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

## **MSW 9 MEDLEY SWIMMING**

**MSW 9.1** In individual medley events, the swimmer covers the four swimming strokes in the following order: butterfly, backstroke, breaststroke and freestyle. Each of the strokes must cover one quarter (1/4) of the distance

**MSW 9.2** In medley relay events, swimmers will cover the four swimming strokes in the following order: backstroke, breaststroke, butterfly and freestyle.

**MSW 9.3** Each section of the above must be swum and finished in accordance with the rule which applies to the stroke concerned. See Freestyle definition in MSW 5.1.

## **CMSW 10 THE RACE**

### **CMSW 10.1 Age Groups**

**CMSW 10.1.1** Individual Events: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, ...(five year age groups as high as is necessary).

**CMSW 10.1.2** Relays: To be conducted on the total age of team members in whole years. Age groups of relay events are as follows: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, ...(forty year increments as high as necessary).

**CMSW 10.2 Events** – the following events may be conducted for each age group;

**CMSW 10.2.1** Short course (25 metre)

50, 100, 200, 400, 800, 1500 m Freestyle  
50, 100, 200 m Backstroke  
50, 100, 200 m Breaststroke  
50, 100, 200 m Butterfly  
100, 200, 400 m Individual Medley  
200, 400, 800 m Freestyle Relay  
200, 400, 800 m Medley Relay  
200, 400, 800 m Mixed Freestyle Relay  
200, 400, 800 m Mixed Medley Relay

**CMSW 10.2.2** Long course (50 metre)

50, 100, 200, 400, 800, 1500 m Freestyle  
50, 100, 200 m Backstroke  
50, 100, 200 m Breaststroke  
50, 100, 200 m Butterfly  
200, 400 m Individual Medley  
200, 400, 800 m Freestyle Relay  
200, 400, 800 m Medley Relay  
200, 400, 800 m Mixed Freestyle Relay  
200, 400, 800 m Mixed Medley Relay

**CMSW 10.3** It is not necessary to conduct all of the above events in a meet. However, except for special meets such as long distance meets each age division should include shorter freestyle, backstroke, breaststroke and butterfly events plus an individual medley and if possible, relays for both men and women. Heats from two or more of the above events may be swum concurrently, as open events, at the discretion of meet management and approval of the sanctioning officer. Each event, including those in an open event, shall be given a different number which shall be noted by an official and included in the results. The swimmer shall be judged in accordance with the event swum. A swimmer shall enter and swim only once in any event including open events, relays and open relays. This does not include the lead off swimmer in a relay who may have swum the same stroke and distance in an individual event.

**CMSW 10.4** The age determining date for all purposes pertaining to MSC competitions shall be December 31<sup>st</sup> of the year of competition. Competitors shall have attained their 18<sup>th</sup> birthday by the first day of the competition as per CMGR 2.

**CMSW 10.5** A swimmer swimming over the course alone shall cover the whole distance.

**CMSW 10.6** A swimmer must remain and finish in the same lane in which they started.

**CMSW 10.7** In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.

**CMSW 10.8** Standing on the bottom during a race shall not disqualify a swimmer, but he/she shall not walk or push off from the bottom in the direction of the swim.

**CMSW 10.9** Pulling on the lane rope is not allowed.

**CMSW 10.10** Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. When swimming two per lane, CMSW 3.2, swimmers shall stay on their own side of the lane and not have physical contact with their lane mate. If they fail to do so they should be immediately ordered from the pool and disqualified by the referee.

**CMSW 10.11** No swimmer shall be permitted to use or wear any device that may aid speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands or adhesive substances, etc.). Body taping, unless approved by the referee based on a medical note, is not permitted. Goggles may be worn.

**CMSW 10.12** Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from their next scheduled individual event in the meet.

**CMSW 10.13** Swimmers may be allowed to remain in their lane, holding onto the lane rope, while other swimmers are competing until directed by the referee to exit the pool.

**CMSW 10.14** There shall be four swimmers on each relay team.

**CMSW 10.15** Relays shall consist of four swimmers each registered with the same club. No swimmer is allowed to represent more than one club at a competition. Multi-club relay teams may be allowed by meet management to swim exhibition, except at Championships.

**CMSW 10.16** Mixed relays shall consist of two males and two females who may swim in any order.

**CMSW 10.17** In relay events, the team of a swimmer whose feet lose touch with the starting platform or wall before the preceding team-mate touches the wall shall be disqualified.

**CMSW 10.18** Relay team members may be allowed to remain in their lanes after their swim holding onto the lane ropes and away from the touch pad until the race is completed. If a relay team member leaves their lane they shall not re-enter the water.

**CMSW 10.19** It is not permitted to change the age group after an entry has been made. The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. Failure to swim in the order listed will result in disqualification.

**CMSW 10.20** Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow the offended swimmer to compete in a subsequent heat or, should the foul occur in the last heat, they may order it to be re-swum.

**CMSW 10.21** No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect. No watches, pacing and musical devices may be worn during a competition. Lap counters may be allowed by the referee for long distance events.

**CMSW 10.22** There shall be no penalty for failing to swim an event except forfeiture of entry fee.

## **CMSW 11 TIMING**

**CMSW 11.1** The operation of the automatic timing equipment shall be under the supervision of the Chief Judge Electronics. Times recorded by automatic timing equipment shall be used to determine the winner, all placing, the time applicable and relay take-offs for each lane. In the event that a break-down of the automatic timing equipment occurs or that it is clearly indicated that there has been a failure of the equipment, or that a swimmer has failed to activate the equipment, the times recorded by the semi-automatic timing equipment (plungers) shall be used for these purposes. If there is no semi-automatic timing equipment or if this equipment also fails, the recordings of the timekeepers shall establish the official time and placing applicable to each lane. See also CMFR 3.

**CMSW 11.2** Results from all timing equipment shall be recorded to one hundredth of a second. Where timing to one thousandth of a second is available, the third digit shall not be recorded or used to determine time or placement. In the event of equal times, all swimmers who have recorded the same time to one hundred of a second shall be accorded the same placing. Times displayed on the electronic scoreboard should show only to a hundredth of a second.

**CMSW 11.3** Where no automatic timing equipment is used, official manual times shall be determined as follows:

**MSW 11.3.1** If two of the three watches record the same time and the third disagrees, the two identical times shall be the official time.

**MSW 11.3.2** If all three watches disagree, the watch recording the intermediate time shall be the official time.

**CMSW 11.3.3** With only two watches the average time, rounded to the faster hundredth, shall be the official time.

**MSW 11.4** Should a swimmer be disqualified during or following an event, such disqualification should be recorded in the official results but no time or place shall be recorded or announced.

**CMSW 11.5** In the case of a relay disqualification, legal splits up to the time of the disqualification shall be recorded in the official results. Where automatic timing equipment is used to judge relay take-offs, these results shall have precedence over that of the turn judge.

**CMSW 11.6** All splits at start end and final times shall be recorded for lead-off swimmers during relays and shall be published in the official results.

## **CMSW 12 CANADIAN RECORDS AND RANKINGS**

**CMSW 12.1** Masters Canadian records and annual rankings for all events listed in CMSW 10.2 for both genders in each age group shall be recognized and maintained in hundredth second time (2 decimal places), and according to the provisions listed on the MSC record application form.

**CMSW 12.1.1** Applications for Masters Canadian records should be made on the MSC official record forms, particularly for competitions outside of Canada, by the individual or designated meet official.

**CMSW 12.1.2** Canadian records and rankings can only be established by a registered member of MSC who is registered with and competing for a Canadian Masters Club in a Masters meet sanctioned by MSC, another national Masters organisation or FINA.

**CMSW 12.1.3** Canadian records will be accepted when times are recorded by automatic timing equipment, semi-automatic timing equipment or manual timing in accordance with CMSW 11.1 and CMSW 2.9.1.

**CMSW 12.1.4** Canadian records can be established only in fresh water. No Canadian records will be recognized in any kind of sea or ocean water.

**CMSW 12.2** The length of the pool must be confirmed by a responsible person appointed by the meet manager and approved by the sanctioning officer. See also CMFR 2.2 and 2.14. (Appendix A)

**CMSW 12.3** Times which are equal to a hundredth of a second will be recognized as equal records and swimmers achieving these equal times will be called "Joint Holders".

**CMSW 12.4** The members of a relay team applying for a Canadian record shall belong to the same club as per CMSW 10.15. The first swimmer in a relay may apply for

a Canadian record. Should the first swimmer in a relay team complete the distance in record time in accordance with the provisions of this subsection, the performance shall not be nullified by any subsequent disqualification of the relay team for violations occurring after the first swimmer's leg has been completed.

**CMSW 12.5** A swimmer in an individual event may apply for a Canadian record at an intermediate distance if the swimmer specifically requests that the referee have his performance especially timed or if the time at the intermediate distance is recorded by automatic officiating equipment. Such swimmer must complete the scheduled distance of the event without disqualification to apply for a record at the intermediate distance.

**CMSW 12.6** On receipt of the application, and upon satisfaction that the information contained in the application is accurate; MSC shall declare and publish the new Canadian record. Canadian Record Certificates are available for downloading from the MSC website. Members competing outside of Canada must notify the MSC recorder of the competition, events swum and times achieved with evidence to verify this information.

**CMSW 12.7** The fastest 20 times in each age group, gender and event, both for SCM and for LCM, shall be compiled annually as the MSC top twenty rankings. Members competing outside of Canada must notify the MSC recorder of the competition, events swum and times achieved with evidence to verify this information.

**CMSW 12.8** The referee and meet manager shall ensure that a complete set of results are forwarded to the recorders of the local Provincial Masters Organization and of MSC in the required formats and including all record application forms in accordance with CMGR 7.1.6.

## NOTES