



MASTERS SWIMMING CANADA SWIMMING RULES 2008

This is the Swimming Rules (Part 2) component of the MSC Rule Book. These rules have been prepared by the MSC Rules Committee and were approved by the MSC Board on December 7, 2008. They are in effect as of January 1st, 2009 and shall govern all sanctioned Masters swimming competitions in Canada. The English version of the rules posted on the MSC website are the definitive rules. A French translation of the rules is available on the website.

These rules are based on FINA Masters Swimming Rules which govern the conduct of FINA Masters World Championships. They have been adjusted for all Masters swimming competitions in Canada, other than the FINA Championships. Rules listed as MSW are the original FINA Masters Rule, rules listed as CMSW are Canadian variations or interpretations of the FINA Rule. Where ever possible the FINA numbering system is retained; it is similar to the SNC numbering system.

FINA has scheduled a Congress to review their rules in July, 2009. If FINA subsequently issues changes to their rules, MSC will issue revised rules in compliance with these as soon after that date as possible.

Please contact the MSC Rules Committee Chair, Chris Smith if you have questions, comments or suggested corrections at chrismith32@hotmail.com.

MSC Rules Committee;
Ed Evely, Bryan Finlay, Nigel Kemp, Patricia Niblett, Cynthia Pincott, Chris Smith, Mike Stahuis and Linda Winfield.

Masters Swimming Canada Swimming Rules
Approved December 7th, 2008

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Masters Swimming Canada Rules - 2008

PART 2: Swimming Rules

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

CMSW 1.2 At all Masters competitions in Canada sanctioning requires the listing of the Meet Referee who shall be responsible for appointing the following minimum numbers of certified officials for the control 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

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.

CMSW 1.6 MSC Warm-Up/Warm-down Procedures shall be enforced at all Masters swimming competitions in Canada.

CMSW 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

CMSW 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. There shall be a 15 minute warm-down period at the conclusion of the meet

CMSW 1.6.3 There shall be no diving or jumping from any area of the deck or starting blocks. Swimmers shall enter the water feet first in a cautious manner with at least one hand in contact with the deck or gutter. There shall be barriers placed on the starting blocks.

CMSW 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. Starting at one side of the pool, lanes shall be designated as slow, medium and fast lanes. There should be pictorials at the end of the lanes showing this and the direction of circle swimming.

CMSW 1.6.5 Twenty minutes prior to the end of warm-up one outside lane, and in pools of six lanes or more, the adjacent lane, on the fast side of the pool, as in CMSW 1.6.4, 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.

CMSW 1.6.6 The use of hand paddles, pull-buoys, kick boards and swim fins shall be prohibited.

CMSW 1.6.7 Warm-up procedures shall be prominently posted at various areas of the pool deck.

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 shall bring the backstroke and medley relay 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 The referee shall disqualify any swimmer for any violation of the rules that are personally observed. 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.

CMSW 2.1.6 The referee should note that some Masters swimmers through age or infirmity, may be unable to adhere strictly to the technicalities of the stroke 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.

CMSW 2.2 Chief Judge Electronics

CMSW 2.2.1 The Chief Judge Electronics (CJE) shall supervise the automatic timing operation including the review of backup.

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 2.2.4 The CJE is responsible for confirming the official time and place in each event, entering records on official forms, listing all new records established and maintaining other statistics where appropriate.

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 (MSW 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.

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 infringement 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 Each inspector 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 may be repeated after the turn until the swimmer has reached the five (5) metres mark on the lane rope. The warning signal may be by whistle or bell.

MSW 2.6.4 Each inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Equipment which judges relay take-offs is available, it shall be used in accordance with CMSW 11.5.

CMSW 2.6.5 Inspectors of turns shall report any violation on signed cards detailing the event, lane number, and the infringement and deliver it to either the chief inspector of turns or referee as determined by meet protocol.

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 style of swimming 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, and the 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 signal, and shall stop it when the swimmer in their lane has completed the race. 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 from computer printouts or from results of manual times on cards or forms received from the Chief Timekeeper and confirming the official time and place in each event.

CMSW 2.10.2 The chief finish judge, if required, shall enter records on official forms, list all new records established, and maintain other statistics where appropriate.

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 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 400 metre, 800 metre and 1500 metre Freestyle events to be swum two (2) swimmers of the same gender in a lane. Separate timing shall be provided for each swimmer. See also CMSW 10.10.

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

MSW 3.4 All Masters events shall be conducted on a timed final basis.

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.

MSW 4.4 Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. **(In effect January 1, 2009)**

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. In the case of a delayed or aborted start, swimmers may be told to relax rather than to step down.

CMSW 5 FREESTYLE

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

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

CMSW 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

CMSW 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.

CMSW 6.2 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 MSW 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.

MSW 6.3 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, at the finish 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.

MSW 6.4 When executing the turn there must be contact with the wall with some part of the swimmer's body. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a 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.

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 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order, except as noted in CMSW 7.4.

MSW 7.2 All movements of the arms shall be simultaneous and in 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. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. After the start and after each turn, the swimmer may take a single downward dolphin kick, whilst the arms are pulling back to the legs or after the arm pull, followed by the first breaststroke kick. Following this, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement or dolphin kick and the stroke cycle, CMSW 7.1, shall be maintained.

MSW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted except as in CMSW 7.4. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

MSW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

CMSW 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.

CMSW 8.2 Both arms shall be brought forward together over the water and brought backward simultaneously throughout the race, subject to CMSW 8.5. Continuous kicking in a layout position is not allowed, subject to CMSW 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 kicking movement is permitted.

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

CMSW 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.

CMSW 9 MEDLEY SWIMMING

MSW 9.1 In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.

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

CMSW 9.3 Each section of the above must be swum and finished in accordance with the rule which applies to the style 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 (25m)

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 (50m)

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 marked on the time card and clearly noted 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.

CMSW 10.4 The age determining date for all purposes pertaining to MSC competitions shall be December 31st of the year of competition. Competitor shall have attained their 18th birthday by the first day of the competition. Competitors under the age of 25 and relay teams with a competitor under the age of 25 can not compete in FINA World Masters Championships and are not eligible for Masters World Records.

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

MSW 10.6 A swimmer must finish the race in the same lane in which he started.

MSW 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.

MSW 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. Should a foul be intentional, the referee shall report the matter to MSC.

MSW 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, etc.). Goggles may be worn.

MSW 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.

MSW 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.

MSW 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.

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.

MSW 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.

MSW 10.20 Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, 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 may be worn during a competition.

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.

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 slower 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.

MSW 11.6 All 50 metre splits shall be recorded for lead-off swimmers during relays and published in the official results.

CMSW 12 CANADIAN RECORDS AND RANKINGS

CMSW 12.1 Masters Canadian Records 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 application form for members of MSC.

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 can only be established by a registered member of MSC in a Masters meet sanctioned by MSC, FINA, a Continental Organization or a Member Federation.

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 12.2 The length of the course must be confirmed by a responsible person appointed by the meet manager and approved by the sanctioning officer. See also CFR 2.2.

MSW 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 the referee that his performance be 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 within fifteen days of the end of the meet.

Appendix 1

Differences between MSC rules and SNC Rules

The following are differences between MSC Rules and SNC Rules which one should be aware of when officiating at Canadian Masters competitions;

CMGR 5.7. Age Determination. Age shall be determined as December 31 of the year of competition. Unlike FINA, MSC recognizes an 18 to 24 age group. Eighteen year olds must have attained their 18th birthday the first day of the meet in order to compete.

CMSW 1.5. Qualifying Times. There shall be no qualifying times for Canadian Masters sanctioned events.

CMSW 1.6. Warm-up procedures. MSC has its own warm-up procedures which shall be posted at the pool and complied with under the direction of the Meet Referee.

CMSW 2.1.6 Considerations of age or infirmity. The referee should note that some Masters swimmers through age or infirmity, may be unable to adhere strictly to the technicalities of the stroke 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.

CMSW 3. Seeding of Heats. All events in Masters meets shall be conducted on a timed final basis. Circle seeding shall not be used. Seeding shall be slowest to fastest and oldest to youngest. Seeding shall be by time or, by gender and time or, by age, gender and time.

CMSW 3.1 Seeding by age. 50m and 100m events shall be seeded by age, gender and time at national championships. 200m events shall be seeded by age, gender and time or gender and time at national championships. 400m events and longer shall not be seeded by age, gender and time at any Masters competition in Canada.

CMSW 4. The Start. Officials should recognize the difficulty some older or less experienced Masters have in getting on and off the blocks. It may be appropriate to state "Relax swimmers" rather than "Step down swimmers." It is advisable when briefing the timers to draw this to their attention and suggest that if they see an unsteady swimmer on the block, it is appropriate for one of them to stand beside the block so that the swimmer may steady themselves by placing a hand on the timers shoulder. Consideration should be given to inexperienced and unsteady swimmers during the starting process.

CMSW 4.1 Upon mounting the block the swimmer must immediately place at least one foot at the front of the block. It is permissible in Masters competitions for the swimmer to start from the deck with at least one foot at the edge of the deck, or in the water with one hand having contact with the starting wall or block until the starting signal is given.

CMSW 5. Freestyle. If a swimmer swims another stroke during freestyle, some part of the

swimmers body must break the surface of the water during each stroke cycle, excluding during the first 15 metres after the start or turn.

CMSW 6. Backstroke. The backstroke start for Masters is the same as SNC. Swimmers may start with one hand on the block or edge of the pool.

CMSW 6.2 Double arm pull, dolphin or whip kick is allowed in backstroke at any time during the race.

CMSW 6.4 The “Reverse backstroke turn” is allowed. This is where a swimmer turns on their breast just as they reach the wall, may place their hands on the wall or gutter and bring their feet up to the wall. They are then in a similar position as in the start. They push off on their backs to continue the race. A swimmer may not take any arm stroke after turning on their breast as they approach the wall if using the “reverse backstroke turn”.

CMSW 7.4 During the dolphin kick off the wall in breaststroke for the start or turn the body need not be fully submerged.

CMSW 8.2. The arm movement in butterfly must be continuous through out the race except during the first underwater component of each length and the glide at the end of each forward arm stroke, continuous kicking in the layout position is not allowed.

CMSW 8.3. A breaststroke kicking movement is allowed in butterfly. Dolphin or breaststroke kicks are allowed off the wall to 15m and prior to the first over the water arm recovery at the start and turn. A downward dolphin kick is allowed at the end of each breaststroke kicking movement in butterfly events.

CMSW 10.2. MSC Recognizes 400m and 800m relays.

CMSW 10.3. MSC allows open events including relays. A swimmer may swim only once in an open event. Results from each component of the open event must be reported separately.

CMSW 10.13. Swimmers may be allowed to remain in their lane holding onto the lane rope, including during relays, until instructed by an official to exit the pool.

CMSW 10.15. Relays shall consist of four swimmers from the same club. A swimmer may only swim for one club at a competition. The age of a relay team is the total age of the four swimmers. A mixed relay team consists of two men and two women who may swim in any order.

CMSW 10.21. No watches shall be worn during warm-up or competition.

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

CMSW 12.1. Results for MSC Rankings or Records can only be established at Masters sanctioned competitions.

CMSW 12.8. Results shall be forwarded to MSC and the local PMO within 15 days of the end of the meet.

CMFR 1. Yard (SCY) Events. MSC does not recognize or keep results, records or rankings for competitions in yard pools. MSC acknowledges that some Provincial Masters Organizations may do so, sanction such meets and recognize results from their members in these meets, also from their members participation in yard meets in other jurisdictions. MSC has no objection to this.

CMFR 2.2.1. Dimensional Tolerances. Against the nominal length of 50.0 metres, a tolerance of minus 0.00 metre in each lane on both end walls at all points from 0.3 metre above to 0.8 metre below the surface of the water is allowed. There is no maximum tolerance at Canadian Masters sanctioned events.

CMFR 2.2.2 Dimensional Tolerances. Against the nominal length of 25.0 metres, a tolerance of minus 0.00 metre in each lane on both end walls at all points from 0.3 metre above to 0.8 metre below the surface of the water is allowed. There is no maximum tolerance at Canadian Masters sanctioned events.

CMDC 1. Doping Control. There shall be no drug testing at Masters sanctioned events.

Note that the MSC numbering system is based on the FINA Masters numbering system used for Masters World Championships and is similar to the FINA numbering system for elite swimmers.. The SNC numbering system is also based on FINA consequently most MSC rules and their numbers are either identical to SNC or cover the same topic.

Appendix 2

Wording for Disqualifications

Based on material prepared by the Ontario Swimming Officials Association.
Reference numbers refer to MSC Rules.

START

1. 4.4 False start.

FREE STYLE:

1. 5.2 Failure to touch wall on turn at __m.
2. 5.3 Failure of head to break surface by 15m off start *or* after turn at __m.

BACKSTROKE:

1. 6.1 Hooked toes over gutter at start.
2. 6.2 Roll past 90° towards breast at __m. (after leaving wall, or during stroke portion of race)
3. 6.3 Failure of head to break surface by 15m off start *or* after turn at __m.
4. 6.4 Failure to touch at __m.
5. 6.4 Extended layout at __m.
6. 6.4 Two or more arm pulls on breast at __m.
7. 6.5 Did not finish on the back.

BREASTSTROKE:

1. 7.1 Body not on breast before starting arm pull at __m. (after turn)
2. 7.1 Failure to alternate arm pull and kick at __m.
3. 7.2 Alternating / Non-simultaneous arm movements at __m.
4. 7.3 Elbows above the surface of the water during swim phase at __m. (*i.e.* not during last stroke to wall, or during turn)
5. 7.3 Arms past hip line during swim phase at __m.
6. 7.4 Failure of head to break surface during each stroke cycle at __m.
7. 7.4 Two or more under water arm pulls before head surfaces after start or after turn at __m.
8. 7.4 Alternating / Non-simultaneous leg movement at __m.
9. 7.5 Downward dolphin kick prior to start of first arm pull away from wall at start or turn.
10. 7.5 Downward dolphin kick (propulsive) at __m (during stroke part of race *i.e.* not 1st kick away from wall).
11. 7.5 More than 1 downward dolphin kick (propulsive) after start *or* turn at __m.
12. 7.6 One hand touch at __m.
13. 7.6 Non simultaneous touch at __m.

BUTTERFLY:

1. 8.1 Body not on breast before starting arm pull at __m. (after turn)
2. 8.2 Underwater arm recovery at __m.
3. 8.2 Alternating / Non-simultaneous arm movement at __m.
4. 8.2 Continuous kick in a layout position at __m.
5. 8.3 Flutter kick \ alternating leg movement at __m *or* from __ to __m
6. 8.4 One hand touch at __m.
7. 8.4 Non simultaneous touch at __m. (one hand after the other)

8. 8.5 Failure of head to break surface by 15m off start *or* after turn at __m.

MEDLEY:

1. 9.1 Fourth stroke was backstroke / butterfly / breaststroke.
2. 9.3 Roll past 90° towards breast at __m. (before back finish touch, at change to breaststroke)
3. 9.3 Did not finish on back at __m. (tumble turn before touch out)

RELAY :

1. 10.14 Swimmer swims twice in #__ and #__ positions.
2. 10.17 #__ swimmer left blocks before #__ swimmer touched at __m (*or* Early takeover by swimmer # __)
3. 10.19 Swimmers competed out of order.

ALL STROKES:

1. 10.5 Did not finish (climbed out of pool at ___ m)
2. 10.6 Finished in different lane from one he/she started in.
3. 10.7 Failure to touch at __m.
4. 10.8 Walked in direction of race at __ m of ___ m swim.
5. 10.9 Pulled along lane rope at __m.
6. 10.10 Interferes with another swimmer.
7. 10.10 Intentional foul.
8. 10.21 Wearing a pace-making device or watch during a meet.