

I RULES AND REGULATIONS OF SWIMMING

SECTION 1: OFFICIALS

A. REQUIRED OFFICIALS

The minimum recommended officials for a meet are:

- 1 Meet Manager
- 1 Session Referee
- 1 Starter
- 1 Chief Timer
- 2 Lane Timers for each working lane
- 3 Place Judges
- 2 Stroke Judges
- 2 Turn Judges at each end to observe not more than four lanes [Lane Timers may serve at their end if qualified]
- 1 Clerk of the Course
- 1 Marshall
- 1 Chief Meet Recorder
- 1 Runner

**Note: In some meets the officials may perform in several capacities.*

B. SELECTION OF OFFICIALS

The Meet Manager and the organizing committee shall select the officials.

C. DUTIES

All session officials should report to the Meet Manager at the designated time, usually not less than 30 minutes before the start of the session.

1. Meet Manager

- a] Shall be responsible for the organization details of the meet, shall have control of the mechanics associated with the running of the meet, and shall be responsible for having the necessary equipment and personnel available during the meet.
- b] Shall be responsible for obtaining and assigning all officials to their duties. The Chief Timer, Chief Meet Recorder and

Clerk of the Course will ratify the appointments for their areas of responsibility. All appointments shall be subject to the Referee's ratification.

- c] Shall be responsible for the dissemination of all meet information.
- d] Shall be responsible for seeding all pre-seeded meets.
- e] Shall be responsible for the preparation of entry lists and/or heat sheets and have them available prior to the start of each session.
- f] Shall be responsible for issuing official results. Disqualified swimmers shall be listed, giving their times, at the end of each event.
- g] Shall be Chairman for the Jury of Appeal for the meet.

2. **Meet Referee [for major meets]**

- a] Shall be appointed for the entire meet.
- b] Shall have full authority over all officials, shall approve their assignment, and shall see that they are instructed.
- c] Shall be responsible for uniformity throughout the meet.

**Note: The Meet Referee may advise the Session Referee of any areas in which the Meet Referee's instructions are not being followed. The Meet Referee may replace the Session Referee.*

The Meet Referee shall only be a part of the session when invited by the Session Referee to take over a position or deal with any problems.

3. **Session Referee**

- a] Shall have full authority over all officials, shall approve their assignments, and shall see that they are instructed, if there is no Meet Referee.

- b] Shall enforce all the Rules of BCSSA, and shall decide all questions related to the conduct of the session, including those that are not covered by the Rules.
- c] Shall have the authority to interfere in the competition at any stage to ensure that the rules are observed.
- d] Shall disqualify any swimmer for any violation of the rules personally observed and may disqualify for other violations reported by others.
- e] Shall give a decision on any point where the opinion of the Stroke Judges and/or Turn Judges differ.

***Note:** *Before the competition begins, the Referee shall determine the respective zones of Stroke and Turn responsibility and shall so inform all of the judges. The Referee shall ensure the swimmers in all lanes have fair and equal judging and that all zones are equitably judged.*

- f] Shall have final authority in all matters concerning apparent ties and time discrepancies, and shall ensure that the Rules covering all such instances are adhered to.
- g] Shall check that officials are ready and in position when the swimmers are at their assigned starting stations, and when satisfied, shall signal the swimmers to either mount their starting platforms, move to the edge of the pool deck, or to enter the water by using a whistle blast. When all the swimmers are ready, shall turn the race over to the Starter using a second whistle blast.

***Note:** *The Referee shall ensure that all swimmers are ready to swim when the race is handed over to the Starter.*

- h) Shall ensure that a fair start is achieved, and shall have the authority to call a recall when appropriate.
- i) Shall make a tabulation of the order of finish of each race [heat or final].
- j) Shall have the authority to use any BCSSA approved timing and/or judging system or equipment and shall have the authority to overrule the findings of such devices when said findings appear to be in error.
- k) Shall have the authority to expel from the pool building or area, any persons, including spectators, responsible for creating a disturbance which interferes with the meet.
- l) Shall see that all disqualified swimmers and/or teams are so informed.
- m) Shall have sole authority to approve the review of any swim cards requested by a coach following a race. Cards are not eligible for such review until they have been accepted by the Chief Meet Recorder.
- n) Shall interpret the Rules and shall apply good judgement in situations not adequately covered by the Rules.

4. **Starter**

- a) Shall have control of the swimmers from the time the Referee turns the race over, until a legal start has been accomplished.
- b) Shall be positioned at the side of the pool, preferably on a Starter's platform, where all Timers can see both the Starter and the flash of the starting signal.
- c) Shall comply with regulations governing starts.
- d) Shall disqualify swimmer[s] for starting infractions.

- e] Shall make tabulations of the order of finish of each race [heat or final].
5. **Chief Timer [and Assistant Chief Timer(s)]**
- a] Shall supervise all Timers. Shall check all watches prior to the competition.
 - b] Shall determine that all Timers are competent and that all watches are performing satisfactorily.
 - c] Shall take the time of the winner of each heat or final. The Assistant Chief Timer[s] shall take times as directed by the Chief Timer. When taken, these times shall be recorded on the time card for that lane.
 - d] Shall instruct all Timers to reset their watches on a pre-arranged signal [such as the sound of the Referee's first whistle].
 - e] Shall ensure that each lane has a designated Head Lane Timer, or Lane Recorder.
6. **Lane Timer**
- a] Shall time the swimmer in the assigned lane from the starting signal to the 'final touch.'
 - b] Shall take up a position over the finish end of the assigned lane.

***Note:** *When possible, Lane Timers should be provided with seats in a line 2 to 4 metres back from the finish. Timers should remain seated when not engaged in timing the finish of a race or performing other assigned duties.*

- c] Shall start the watch on seeing the flash of the starting signal, and shall stop it when the swimmer has completed the required distance and any part of the body touches the pad, the end wall, or crosses the vertical plane [imaginary] extending upward from the wall.

**Note: The Timer shall stop the watch when the swimmer has met the above conditions, no matter if in the opinion of the Timer, the Rules of the required stroke are not being adhered to.*

- d] May act as the Relay Take-Over Judge and/or Turn Judge in the assigned lane, if so qualified and authorized by the Referee.

7. **Lane Recorder**

- a] Shall ensure that the proper swimmer is in the assigned lane.
- b] Shall ensure that the proper time card is being used.
- c] Shall record the Timers' initials and their times.
- a] Shall determine if the swimmer has a light touch, and report this to the Chief Meet Recorder, by suitable notation on the time card.
- b] Shall check for the correct swimmers in Relay[s].

8. **Place Judges**

- a] Shall judge the order of finish of each heat by the assigned method of judging and report this to the Chief Meet Recorder.
- b] Shall be positioned at the side of the pool, preferably in a raised position, in line with the finish end.

9. **Chief Judge Electronic**

- a] Shall oversee the operation of any BCSSA approved automatic judging and timing system.
- b] Shall determine when the automatic system is in error and shall so advise the Referee and Chief Meet Recorder [notation on a printout shall suffice].
- c] Shall observe the touches of all swimmers and note any cases where the equipment fails to properly record a touch.
- d] Shall be positioned with the automatic timing equipment near the finish end with an unobstructed view of the finish of each lane.
- e] Shall ensure that the system is activated manually to obtain placings when the system has not been activated by the starting signal.

10. **Electronic Operator**

- a] Shall operate, or assist in the operation of any BCSSA approved automatic judging and timing equipment.

11. **Stroke Judge, Turn Judge, and Relay Take-Over Judge**

- a] Unless the Referee instructs otherwise:
 - i] One Stroke Judge shall operate on each side of the pool, walking and observing swimmers in the nearest half of the pool.
 - ii] A Turn Judge shall observe the swimmer during the turn. Unless otherwise directed by the Referee, the area of responsibility shall be:
 - l] Freestyle and Fly: from the beginning of the last arm stroke of the approach to the wall, the 'touch' and 'push off'

to the completion of the first arm stroke following the departure from the wall.

II] Breaststroke: from the beginning of the last armstroke of the approach to the wall, the 'touch' and 'push off' to the completion of the second arm stroke following the departure from the wall.

III] Backstroke: from the backstroke flags on the approach to the wall, the 'touch' and 'push off,' to the backstroke flags following the departure from the wall.

iii] A Relay Take-Over Judge shall observe the 'touch-out' and 'take off' of relay team members.

***Note:** *The duties of a Stroke Judge do not normally include the judging of turns, but Stroke Judges may double as Turn Judges when circumstances warrant, as determined by the Referee.*

- b] Shall observe the techniques of the swimmers in the assigned zone, judge whether infractions of Rules occur and disqualify the offending swimmer[s].
- c] May confer with other Judges or the Referee as necessary.
- d] Shall inform the Referee, or designate, immediately after the race of any disqualifications.
- e] Shall inform the disqualified Swimmer, a Relay Team member, or the Coach of the rule infraction.

***Note:** *The actual mechanics of notifying disqualified swimmers may vary from meet to meet. Judges shall adhere to the procedures established for the meet.*

- f] Shall notify the Chief Meet Recorder of any disqualifications by whatever method has been established for the meet.

12. Clerk of the Course

- a] Shall be responsible for checking swimmers 'in' to the marshalling area prior to each event.
- b] Shall have control of the swimmers from the time they are checked 'in,' until they are turned over to the Referee.
- c] Shall have full charge of the working deck [see Section 2B, 6] in so far as the control of swimmers is concerned. Shall report any undisciplinatory acts to the Referee.
- d] Shall have the authority, if instructed by the Referee, to scratch swimmers who fail to report to the marshalling area when the event or heat is called for marshalling.
- e] Shall seed swimmers in deck-seeded meets, inform swimmers of their heats and lane assignments and distribute time cards, if used .
- f] May be given the authority, by the Referee, in pre-seeded meets, to combine heats and move swimmers from one heat to another in the interest of saving time or fair seeding.

***Note:** *In practice, the Clerk of the Course should instruct the swimmers to wait behind or adjacent to their lanes until they are told to mount or get in the water by the Referee or Starter. If a swimmer leaves the area, it shall be the swimmer's responsibility to return in time for the heat or the event.*

13. Marshall

- a) Shall be a deputy of the Clerk of the Course and shall assist in all matters relating to the duties of the Clerk.
- b) Shall have full charge of the working deck and the marshalling area insofar as the controlling of swimmers is concerned.
- c) Shall, when authorized by the Clerk of the Course, have the power to scratch swimmers who fail to report to the marshalling area when called.
- d) Shall assist in maintaining quiet and stillness on the pool deck during starts, and shall work to prevent any obstruction of the Place Judges' view of the finish of races.

14. Chief Meet Recorder

- a) Shall apply the Rules covering Place Judging and Timing.
- b) Shall determine the final order of finish and official times of all swimmers.
- c) Shall assess the acceptability of all swim cards, if used. A swim card shall not be considered official until it has been accepted by the Chief Meet Recorder.
- d) Shall refer all disqualifications not noted in the proper form or content to the Referee.

- e] Shall refer all contentious issues to the Referee.
- f] Shall inform the Referee of any ties which may result in a swim-off.
- g] Shall ensure that an accounting of all points achieved during the meet is kept.
- h] During sessions of Preliminary Heats shall:
 - i] Receive and process the Place Judges' and Electronics' reports for each event.
 - ii] Compile a list of swimmers, including the two highest ranked alternates, who are to advance to Consolation Finals or Finals in each event. This list shall show the swimmers' names, their affiliations, their times [with pending records noted] and their new lane assignments.
 - iii] Provide copies of the above lists for the bulletin board, the announcers, and the official who prepares the program for the Finals.
 - iv] Compile a complete list of performances achieved in Preliminary Heats for display on the bulletin board.
- i] During sessions of Finals [and Time Finals] shall:
 - i] Receive and process the Place Judges', Lane Timers' and Chief Judge Electronics' reports for each event.
 - ii] Compile a list of swimmers in the order of finish. This list shall show the swimmers' names, affiliations, official times [with new pending records noted], final placings and will include disqualified swimmers.

- iii] Assist the Meet Manager in producing the complete list of results of the meet [the results of the Preliminaries and Finals] for distribution.

15. Announcer

- a] May open and close the sessions of the meet with suitable remarks.
- a] Shall assist the officials by making announcements, securing attention, and by requesting silence for starts.
- b] May inform the spectators of each new event, distance, number of lengths and stroke to be used.
- c] May identify the swimmers at their starting stations prior to, or during the race.

**Note: Ideally, this should be done by stating each swimmer's name, affiliation, and nothing more. Any further information likely to be of interest to the spectators should be given during the race itself.*

- d] May provide a running commentary during the events.
- e] Should refrain from 'calling' the order of finish, albeit 'unofficially', in all but the most obvious of spread-out finishes.
- f] Should be thoroughly familiar with all aspects of the running of the meet and should have a good understanding of the Rules.

16. Recall Rope Operator

- a] Shall be positioned by the release mechanism of the recall rope for the start of each race.
- b] Upon a recall signal from the Starter or Referee, shall drop the rope to the surface of the water to stop the swimmers.

17. **Dress Code**

- a] All officials should wear white clothing and shoes. Shoes should conform to local pool regulations.

***Note:** *The objective is uniformity of attire. The meet organizing committee may elect to use colours other than white, provided they supply the garments.*

- b] The organizing committee may supply distinctive badges or ribbons for all officials.

SECTION 2: RULES OF MEET CONDUCT

A. TYPES OF EVENTS AND/OR RACES

1. Time Finals

Time-Final events are those in which each swimmer swims only once for time and in which the final placing of swimmers is determined primarily on the basis of times. Events to be conducted as Time-Finals must be so designated on meet information forms.

2. Preliminary Heats

In an event other than a Time-Final, when there are more entrants [after all scratches are in] than there are working lanes in the pool, all swimmers shall swim for times in Preliminary Heats in order to qualify for starting positions in the next round of the event [Consolation Finals or Finals].

3. Finals

A Final, other than a Time-Final, is a race in which the first placings up to the number of working lanes in the pool, are determined for an event.

4. Consolation Finals

- a] A Consolation Final is a race held for the second level of qualifiers in an event where preliminary heats have been required, for example, 7th through 12th qualifiers in a six lane pool.
- b] Consolation Finals may be included in the program of any meet.
- c] Consolation Finals, when held, should be swum immediately prior to the Final of the same event.
- d] The highest placing possible for swimmers in a Consolation Final is one below the number of working lanes in the pool, e.g., 7th place in a six lane pool.

- e] When there is a scratch from a Final, the top seeded swimmer in the Consolation Final shall be moved into the Final to fill the lane left vacant [no reseeding]. Similarly, alternates shall be moved up from the ranks of the non-qualifiers, in order, to fill vacancies [no reseeding] in a Consolation Final.

5. **Alternates**

- a] Once an alternate has been called, the listed qualifier and any previously called alternate are irrevocably scratched from that event.
- b] Swimmers and alternates are responsible for reporting to the Clerk of the Course in time for their race. The Clerk will announce the availability of the event cards at least two times with at least two minutes between each announcement. It is the responsibility of each competitor to be close enough to the Clerk to hear these announcements. There is no requirement for the Clerk to make "personal calls."
- c] For finals, if the Clerk has completed the required calls from 2.5.b and a swimmer has not picked up their card, it can be reasonably concluded that that swimmer does not intend to compete in that event and may replace the swimmer with the designated alternate. Should this occur, the Clerk will call the alternate allowing a minimum of one minute for he/she to report. Once an alternate has been called, the listed qualifier and any previously called alternate are irrevocably scratched from that event.

6. **Swim-Offs**

- a] A Swim-Off is a race held for the express purpose of resolving a tie, as a result of preliminaries, for the last qualifying starting position[s] or alternate

position[s] in a Final or Consolation Final.

- b) All swimmers involved in the tie shall be allowed to participate in the Swim-Off, and only those swimmers involved may take part.
- c) A competitor may scratch from a Swim-Off without penalty, in which case the person scratching shall be given the ranking next in line and shall be eligible for points, if any, for the reassigned position. A swimmer may scratch from a Swim-Off for a position in the Final and be assigned to a position in the Consolation Final in the same event.
- d) The time of a Swim-Off shall be set by the Referee. Before setting the time for a Swim-Off, the Referee shall check with the coaches of the swimmers involved to ascertain if the proposed time unduly jeopardizes other events.
- e) Times made in a Swim-Off shall be recorded, and may count as records, but they may not elevate any of the swimmers beyond the highest qualifying position in dispute. Separate time cards, marked 'Swim-Off,' shall be used.
- f) Any disqualification in a Swim-Off shall apply to the Swim-Off only. For example: A swimmer disqualified in a Swim-Off for a position in a Final or Consolation Final shall not lose the right to be an alternate for that Final or Consolation Final or to compete in the Consolation Final [when applicable].

B. **COMPETITION**

1. The starting times for each session shall be advertised. Should the Meet Manager feel it is appropriate to **change** the published starting times, all affected clubs and swimmers shall be informed.
2. **Order of Events**

- a] The order of events for meets shall be published in advance and shall not be altered except with the approval of the Referee and Meet Manager.
- b] Any changes made must be conveyed to all concerned so that any swimmer who may be effected is adequately informed.

3. **Postponement**

- a] The Referee shall have the authority to call off or postpone any meet or event though it has actually started if, the competition cannot be conducted or completed safely or in fairness to the swimmers.
- b] If an event is stopped and postponed it shall be conducted at a future time or date with the swimmers who were entered in the first instance. If a meet is postponed to another day, the entire program shall be repeated except for those events which were completed. When Heats leading to Finals are completed, they shall not be repeated if the meet is postponed to another day. Only the Finals shall be swum.

4. **Pool Availability**

The competition pool should be open to all swimmers and meet officials at least one hour before each session.

5. Qualifying times and/or dequalifying times may be set in order to tailor events for specific levels of swimmers.

6. **The Working Deck**

a] Certain areas of the pool, known as the 'Working Deck,' shall be out of bounds to all but working officials during meets. Unauthorized intrusion into such areas by swimmers, coaches, or any other persons may warrant, at the discretion of the Referee, disqualification from all remaining events in the meet or expulsion from the pool area for the remainder of the meet.

b] Unless otherwise defined, by the Meet Manager, and/or Referee, the Working Deck shall consist of those areas within 1.8 m of the sides and turning end of the pool and within 4.5 m of the finished end.

**Note: A Working Deck of at least 1.8 m around the pool is recommended but not mandatory: this area should be roped off or otherwise marked. The limitations of the design of the pool may dictate dimensions for the working deck other than those given above.*

C. **THE RACE**

1. The races shall be started and executed according to Sections 3, 4, and 5.
2. A swimmer shall have finished the race when, after having completed the distance, any part of the body touches the finish wall, crosses the vertical plane [imaginary] extending upward from said wall, or touches the touch pad in the assigned lane.

3. Standing on the bottom of the pool and/or resting on float lines or the side of the pool [body in the water] is permitted. However, a swimmer may not leave the water nor advance by walking along, or springing from, the bottom of the pool or by pulling on a float line or a side of the pool.
4. Coaching of a swimmer is not permitted within the Working Deck. The Referee has the authority to disqualify any swimmer who receives aid or advice during a race.

**Note: Referees are cautioned against a too-strict application of this Rule. The intent is to prohibit overt coaching from within the boundaries of the Working Deck, not to control the actions of any persons, including coaches outside said boundaries.*

5. When a swimmer is the only competitor, the race must be swum according to the Rules of the required stroke, and the full distance swum, in order to qualify for any prize, points, or advancement.
6. At the finish of a race each swimmer should remain in the water in the assigned lane.

**Note: Referees are cautioned to use discretion enforcing this rule.*

7. Once having left the water at the finish of an event, a swimmer should not re-enter it without permission. In relay events, the first three members of each team should leave the water within moments of finishing their portions of the race, and they should not re-enter the water.

**Note: If any member of a relay team re-enters the water before all teams have finished the race the team may be disqualified.*

8. The procedures for determining the order of finish and for dealing with apparent ties shall be as prescribed in Sections 8 and 9.
9. Advancement from Preliminary Heats or Finals [or Consolation Finals] shall be

primarily on the basis of times achieved in the Preliminary Heats. [See Sections 8 and 9].

10. In Time-Finals, Preliminary Heats, Consolation Finals and Finals, at least 20 minutes shall be given between starting times of any two races, within the same age group, in which the same swimmer is competing.
11. Swimmers are not permitted to use or wear any devices that may aid their speed, buoyancy, or endurance during a race [such as webbed gloves, flippers, fins, etc.]. Nose clips and goggles are permitted.
12. For a time to be official, it must be made in the relevant stroke-event, [e.g., backstroke in backstroke event]. All times made in a freestyle event shall be recorded as freestyle, no matter what stroke is swum.

D. INTERFERENCE

1. Interference in a Final

If, in the opinion of the Referee, there is interference to one or more swimmers, the race shall be reswum with all swimmers taking part, except those disqualified. The reswim shall take place at a time determined by the Referee. Only the times and places achieved in the reswim shall be official for determining final places in the event. The reswim shall be unnecessary only if all the swimmers [those who were interfered with and otherwise] accept a compromise solution.

2. Interference in a Preliminary Heat or Time Final

If, in the opinion of the Referee, there is interference to one or more swimmers, the Referee shall arrange a reswim:

- a] By allowing the interfered swimmers to compete in subsequent scheduled heats,
or
- b] By reswimming the interfered swimmers only in a race against time for Official times and place,
or
- c] By reswimming all the swimmers in the fouled heat, except those disqualified, to determine new Official times and places'
or
- d] By reswimming all the swimmers.

***Note 1:** *Decisions regarding the type of reswim shall be the prerogative of the Referee and each case must be judged separately.*

***Note 2:** *Before setting the time for a reswim, the Referee shall check with the Coaches of swimmers involved to ascertain if the proposed time unduly jeopardizes other events.*

SECTION 3: THE START

A. STARTING SIGNAL

1. The starting signal in all BCSSA sanctioned competitions shall be either:
 - a] the loud, abrupt sound of an approved electronically activated device that should include a Xenon flash.
 - b] a pistol shot.

**Note: In certain instances it may be necessary to use a whistle or command as the starting signal.*

2. The start in Freestyle, Breaststroke, and Butterfly races shall be with a dive, and the start for Backstroke and the Medley Relay races shall be in accordance with the rules of Backstroke. [See Section 5, B].

**Note 1: The starting dive shall be from the starting platform or from the pool deck.*

**Note 2: At the discretion of the Referee, a swimmer may be allowed to start in the water in Freestyle, Breaststroke or Butterfly.*

B. PROCEDURES FOR OFFICIALS AND COMPETITORS

The Referee and Starter shall exercise sound judgement in the application of the start: the object being to achieve a fair start. They may elect, at any time, to direct the swimmers to step back or to stop the race and then re-attempt the start without any disqualifications or penalty.

1. **Referee**
 - a] Checks that all officials and swimmers are ready and in position.
 - b] Signals the swimmers to take their positions of readiness on the starting platforms [for races starting with a dive] or in the water [for Backstroke] with a whistle and raised arm requesting quiet.

- c] When the swimmers are ready and spectators are quiet, shall turn the race over to the Starter with a second whistle and a motion of the arm.
- d] Swimmers reporting to the starting area after the Referee has turned the race over to the Starter may be disqualified, at the discretion of the Referee.

2. **Starter**

- a] The Starter may, when conditions warrant, such as when novice swimmers are involved, remind the swimmers of the stroke[s], number of lengths, etc.].
- b] Holding the starting device in clear view of all Timers, the Starter shall give the command, 'TAKE YOUR MARKS.'

***Note:** *The command 'Take your marks' should be non-military in character and given in a slow and steady voice.*

- c] On this command, the swimmers shall promptly assume their individual starting stances. The Starter shall give the starting signal as soon as all swimmers are stationary. For false starts, see Section 4.

***Note 1:** *A "stationary" swimmer is one who exhibits the appearance of being ready to start and is exhibiting no forward motion.*

***Note 2:** *The swimmers shall be given time to be completely stationary in their starting positions.*

***Note 3:** *The Referee has full authority to determine whether the Starter is properly carrying out all responsibilities, in particular, whether the starting technique is satisfactory and/or whether the actual starts are properly controlled and executed.*

3. Swimmers

Unless there is a separate tank adjacent to the starting area, the Referee may allow swimmers to enter the water before a Finals race subject to time available. Swimmers should get permission for a 'wet start' from the Referee beforehand and should enter and leave the water quickly without swimming beyond the first backstroke flags.

- a] For events requiring a diving start, each swimmer, upon hearing the first Referee's whistle, shall take their positions of readiness. Each swimmer must have at least one foot at the front of the starting platforms [or at the edge of the pool].
- b] For events requiring a diving start they shall, upon hearing the command "Take Your Marks," immediately assume their individual starting stances at the front of the starting platforms. Once in position, they shall remain stationary until the starting signal is given or until the Starter or Referee directs them to relax.
- c] Swimmers shall be allowed any starting stance for a diving start as long as they are not in motion at the starting signal and as long as at least one foot is at the front of the starting platforms or edge of the pool at the start.
- d] The start in Backstroke and Medley Relay races shall be from the water. At the Referee's first whistle, the swimmers shall immediately enter the water and move without undue delay to the ready position. Swimmers shall be in the water with their backs to the course, with both hands holding the starting grip[s], the lip of the pool, gutters, or the end of the pool, with both feet in contact with the end walls and ready to swim.

- e] For events requiring a Backstroke Start, swimmers shall be at the ready position in the water when the preparatory command 'Take Your Marks' is given. Upon hearing this command, they shall immediately assume their individual starting stances and remain stationary until the starting signal is given.

***Note:** *Backstroke swimmers are permitted to grip the end wall or the grips in any manner, such as one hand above the other.*

SECTION 4: FALSE STARTS

The Referee and Starter shall exercise sound judgement in the application of the start, the object being to achieve a fair start. They may elect, at any time, to direct the swimmers to step back or to stop the race and then re-attempt the start without any disqualifications.

A. GENERAL

1. A False Start is defined as any action or lack of action on the part of one or more of the swimmers while under the command of the Starter which delays or spoils the achieving of a legal start.
2. A swimmer may be disqualified at any time prior to and during the time under the jurisdiction of the Starter for flagrantly delaying the progress of the meet. Specifically:
 - a] any delaying action, or lack of action, on the part of the swimmer, such as being flagrantly slow in heeding the commands of the Referee or the Starter, or making no apparent attempt to hold the mark after the command, 'Take Your Marks,'
 - b] display any other form of contemptuous behaviour.

B. FALSE START

Any swimmer who commits a False Start during an attempt at a start shall be disqualified.

1. **The Start signal has not been given:**
If the False Start is declared before the starting signal, the signal shall not be given. The remaining swimmer[s] shall be directed to relax, the offending swimmers[s] disqualified and the race started.

***Note:** *When a swimmer is disqualified for a False Start under this rule, the swimmer*

may not be allowed to swim under protest. If a protest is made and upheld by a Jury of Appeal, the swimmer concerned shall swim alone at a time determined by the Referee and Coach concerned.

2. **The start signal has been given:** If the start signal sounds before the False Start is declared, the race shall continue and the swimmer[s] shall be disqualified upon the completion of the race.

***Note:** *On a start, if a False Start causes the Starter or Referee to signal a recall in error, the swimmers shall be recalled, the offending swimmer[s] disqualified and the race started again with lanes of the disqualified swimmer[s] left vacant.*

C. THE TYPES OF FALSE START

1. **Introduction of movement after taking their marks:** One or more swimmers introduces forward movement after having taken a starting stance.
2. **Leaving their marks early (jumping the gun):** One or more swimmers start, or topple, from their marks, before the starting signal is given.
3. **Toes or feet in the gutter:** If a Backstroker takes a 'ready' position with his/her toes curled over the gutter or one or both feet partially or fully in the gutter, the Referee or Starter shall direct the swimmer to remove them from the gutter, and this shall not be a False Start. If a Backstroker puts one or both feet in the gutter or curls the toes over the gutter **after** the command, 'Take Your Marks,' the Starter shall relax the swimmers and declare a False Start.
4. Misfiring of the starting signal or subsequent accidental firing of the starting signal shall not constitute a False Start. When either of these occur, the Starter shall inform the swimmers and attempt another fair start.

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*Section 4
Swimming*

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SECTION 5: STROKES

A. FREESTYLE

1. In Freestyle events any style or stroke combination thereof may be used.
2. At each turn and at the finish, some part of the swimmer's body shall touch the end wall or cross the imaginary vertical plane. A freestyle swimmer who fails to touch at a turn may avoid disqualification by returning to the wall and touching with any part of the body provided that the length after the failed touch has not been completed.
3. A swimmer who has surfaced in the wrong lane after the start, or a turn, is permitted to pass below the lane rope to return to the assigned lane.
4. Some part of the swimmer must break the surface of the water throughout the race, except that it shall be permissible for the swimmer to completely submerge during the turn, and 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.

B. BACKSTROKE

1. Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter, or bending the toes over the lip of the gutter, is prohibited.
2. After the command 'Take Your Marks,' the swimmer must assume a starting position and remain stationary until the starting signal is given.
3. At the start and after turning the swimmer shall push off and swim on the back throughout the race. The swimmer must be on the back at all times except when executing a turn. The normal position on the back can include a roll movement of the body

up to, but not past 90 degrees from horizontal as determined by the line of the shoulders. The position of the head is not relevant.

4. When executing the turn, there must be a touch of 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.

INTERPRETATION

Executing a turn is a continuous motion meaning a uniform, unbroken motion with no pauses. After the upper shoulder rotates beyond the vertical the swimmer is either executing a turn or is swimming on the front. A swimmer who misses the wall cannot scull back to the wall to complete the turn.

5. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to completely submerge 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.
6. Upon the finish of the race, the swimmer must touch the wall while on the back. A roll past 90 degrees is not allowed. The body may be submerged at the touch.
7. A competitor who has surfaced in the wrong lane after the start or a turn is permitted to pass below a lane rope to return to the correct lane. The correct legal position on the back must be maintained.

C. BREASTSTROKE

1. From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast.
2. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
3. The hands shall be pushed forward from the breast, simultaneously, on, under, or over the water, and shall be brought back on or under the surface of the water. Alternating arm movements are not permitted.
4. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
5. All movements of the legs shall be simultaneous and in the same horizontal plane relative to each other.
6. The toes must be turned outwards during the propulsive movement of the kick. The feet may break the surface of the water but alternating movements of the legs is not permitted. A dolphin kick is not permitted at any time, except as described in Section 5, C.7. [Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.]
7. During each complete cycle of one arm stroke and one leg kick in that order, some part of the swimmer's head must break the surface of the water, except after the start and after each turn, the swimmer may take one arm stroke completely back to the legs. A breaststroke kick or a single downward dolphin kick followed by a breaststroke kick is then permitted while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

8. 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.

**Note 1: At each turn and at the finish, a simultaneous but uneven touch is permitted.*

**Note 2: It is permissible to complete a length or finish the race with a half cycle of the stroke.*

9. 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 stroke cycle before the touch.
10. Once a legal touch has been made, the swimmers may turn in any manner, may push off on their sides or on their backs after a turn, as long as the prescribed form is attained before the start of the first arm pull of the new length.
11. A swimmer who has surfaced in the wrong lane after the start or a turn is permitted to execute part or all of one full underwater stroke of legal breaststroke for the purpose of passing below a floatline to return to the proper lane.

D. BUTTERFLY

1. From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast. The swimmer is not permitted to roll onto the back at any time.
2. Both arms must be brought forward over the water simultaneously and brought backwards through the water simultaneously.
3. Swimmers are allowed to carry one foot higher than the other, throughout the full range of the kick as long as the feet and legs

move simultaneously. Either the 'Dolphin' or 'Frog' kick may be used and swimmers may switch from one to the other at will.

4. Swimmers may choose to trail the legs with no kicking or with sporadic kicking. The legs shall move together and no alternating movement [flutter kick] is allowed. Any asymmetrical kick where the legs are observed to separate and come together such as in a scissor kick, shall be considered an illegal kick.
5. 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.
6. At the start and at each turn, a swimmer is permitted one or more legal kicks and one arm pull under the water, which must bring the swimmer to the surface.
7. A swimmer who has surfaced in the wrong lane after the start or a turn, is permitted to pass below the floatline to return to the assigned lane but the legal stroke position must be maintained while doing so.
8. Once a legal touch has been made, the swimmers may turn in any manner, and may push off on their sides or on their backs, as long as the prescribed form is attained before the head breaks the surface.
9. Some part of the swimmer must break the surface of the water throughout the race, except that it shall be permissible for the swimmer to completely submerge during the turn, and 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.

E. INDIVIDUAL MEDLEY

1. Swimmers shall swim the prescribed distance as follows: the first one-fourth, Butterfly, the second one-fourth, Backstroke, the third one-

fourth, Breaststroke, the fourth one-fourth, Freestyle.

2. Swimmers must abide by the rules of the individual stroke concerned. When changing from one stroke leg to the next, swimmers may turn in any manner once a legal touch has been made, but they must attain the form of the stroke of the next leg of the race in accordance with the rule for that stroke.

**Note 1: During the Backstroke phase, the final touch must be made while on the back [see Backstroke Finish Rule, Section 5, B.6].*

**Note 2: In the Individual Medley, Freestyle means a stroke that employs asymmetrical or no arm movements and where the swimmer remains primarily on the breast. A swimmer is permitted to rotate past the vertical while performing such a style unless they exhibit a backstroke arm pull. Acceptable variants include "front crawl", "sidestroke" and "dog paddling".*

F. RELAYS

1. General

- a] There shall be four swimmers on each relay team; each is to swim one-fourth the prescribed distance.
- b] Each leg of a relay shall be swum in accordance with the Rules of that stroke-leg. Swimmers who fail to comply with the Rules for the stroke-leg or who fail to complete the full distance of their relay-leg shall cause their team to be disqualified.
- c] The lead-off swimmer starts with the starting signal. Before starting any other leg of the relay, each succeeding teammate must assume a forward starting position in contact with the starting mark (top front edge of the starting platform or the edge of the

pool.) The relieving swimmer must be in contact with the 'mark' after the preceding swimmer touches.

- d] When a swimmer leaves the starting mark before the previous swimmer touches, the team shall be disqualified unless the offending swimmer returns to the wall and touches before beginning the assigned leg of the relay. Any of the first three swimmers having finished the prescribed distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished the race. Otherwise the swimmer committing the fault, or the relay team, may be disqualified.
- e] The actual team members with up to two (2) alternates shall be named on the Relay Team Form in use. The form will be provided to the Clerk of the Course at the prescribed time before 'checking in' for the event. Failure to report the correct names shall result in disqualification.
- f] No changes may be made after the 'Checking In.'
- g] Only swimmers whose names appear on the Meet Entry Form shall swim in relays. If a swimmer is in a relay[s] only, the name shall appear with the notation 'relay only.'
- h] For each event [as designated by event number] a swimmer, which includes any alternate that has swum, shall compete as a member of one relay team only.

***Note:** *It is not permissible for a swimmer to change teams between preliminaries and finals in the same event.*

- i] Between heats and finals, the relay team members may be changed with any swimmer named on the BCSSA Official Relay Entry Form as long as these changes comply with rule Section 5, F.1.e.

***Note:** It is not permissible to use a member of a disqualified team in the finals of the same event.

- j] When a club enters 2 relay teams in any one event and both teams advance to the finals, no interchange of personnel of the 2 teams may be made for the finals.
- k] To assist clubs in forming relay teams, a team may consist of swimmers from any lower division or divisions. However, for a relay to be legal, at least one member must be from the division entered.

2. **Freestyle Relay**

There shall be four swimmers on a team: each shall swim one quarter of the prescribed distance.

3. **Medley Relay**

There shall be four swimmers on a team: each shall swim one-fourth of the prescribed distance in the following order: first, Backstroke; second, Breaststroke; third, Butterfly; and fourth, Freestyle [Freestyle as defined for the Individual Medley, see Section 5.E.3].

SECTION 6: SCRATCHES, SUBSTITUTIONS & POST ENTRIES

- A. Late entries, Deck entries or substitutions may be allowed at the discretion of the Meet Manager.
- B. A 'Scratch Meeting' may, or may not, be held prior to the first session of each day's competitions. If held, the meeting shall take place at the pool at a time specified by the Meet Organizing Committee in its Meet Information/Entry Forms.
- C. Failure to report to the Clerk of the Course when the event is called may be interpreted as a scratch. Known scratches should be reported to the Clerk of the Course as early as possible.
- D. Scratches from the Preliminary Heats may be made without penalty at any time.
- E. Scratches from Consolation Finals or Finals resulting from Preliminary Heats may be made without penalty. Scratches should be reported to the Clerk of the Course as early as possible.
- F. Scratches from Timed Finals and from Finals not resulting from Preliminaries may be made without penalty. Scratches should be reported to the Clerk of the Course as early as possible.
- G. The Meet Manager may designate penalties other than the above by including all necessary details in the Meet Information Package.
- H. A swimmer who fails to show at the starting platform when the heat is called by the Referee may be considered a late scratch.

***Note:** *It is recommended that all specific regulations regarding scratches, penalties, substitutions, and post entries, be included in Meet Invitations.*

SECTION 7: SEEDING AND LANE ASSIGNMENTS

A. FINALS

The swimmer with the fastest qualifying time - or when no preliminaries have been held, with the fastest submitted time - shall be seeded to the centre lane in any pool with an odd number of working lanes, or in the lane immediately to the right of centre, facing the course, in pools with an even number of lanes. The second fastest shall be placed in the lane immediately to the left of the fastest, the third fastest on the right, and so on alternately from left to right working outward. Swimmers with identical times shall be ranked by draw and those without times shall be seeded last.

**Note: The intent of this rule is to seed no swimmer more than one-half the pool width away from the fastest entered swimmer in each heat.*

B. TIME-FINALS

Time-Finals are normally swum 'slowest to fastest,' according to the submitted times. The fastest group shall be assigned to the last heat, the second-fastest group shall be assigned to the second-last heat, and so on. The last [fastest] heat shall be filled before any swimmers are assigned to the second-last heat, the second-last heat shall be filled before dealing with the third-last, and so on, except that Heat 1 [which contains the slowest seeded swimmers] shall list at least three swimmers. This may necessitate transferring one or two swimmers from Heat 2, subsequent scratches may reduce the number of swimmers in any heat to less than three.

Swimmers having identical times shall be ranked by draw. Those without times shall be ranked by draw and seeded slowest. Lane assignments within each heat shall be as in [A] above. The Meet Manager may reverse the order of heats, with the fastest first and the slowest last.

C. **PRELIMINARY HEATS**

Submitted times shall be listed by the Meet Manager, fastest to slowest. Individual swimmers or relay teams whose submitted times are identical shall be assigned places by draw and those with no submitted times shall be seeded last. Lanes and heats shall be assigned as follows:

1. **One heat:** seed and swim as Finals.
2. **Two or three heats:** the fastest swimmer or relay team, shall be placed in the last heat, in the centre lane, the next fastest in the next to last heat and the third fastest in the second to last heat. This process will be repeated with the second fastest swimmer in each heat being assigned to the lane immediately to the left of the fastest, beginning with the fastest heat and ending with the slowest heat. The third fastest swimmer in each heat shall be assigned to the right of the fastest swimmer. Left to right alternating will continue until all swimmers are assigned.
3. **Four heats or more:** the fastest of the swimmers sufficient to fill three heats [unless one or two swimmers are required to make a minimum of 3 swimmers in a 4th heat] shall be seeded in accordance with [C2] above. The heat preceding the last three heats and all other earlier heats shall be seeded according to Time Finals Seeding.

***Note:** A time-saving procedure when seeding preliminary heats is to lay out the time cards according to the following patterns:

Example: 8 Lane Pool - 23 Competitors

Lane	8	7	6	5	4	3	2	1
Heat 1	--	18	12	6	3	9	15	21
Heat 2	--	17	11	5	2	8	14	20
Heat 3	22	16	10	4	1	7	13	19

Example: 8 Lane Pool - 17 Competitors

Lane	8	7	6	5	4	3	2	1
Heat 1	--	--	12	6	3	9	15	--
Heat 2	--	17	11	5	2	8	14	--
Heat 3	--	16	10	4	1	7	13	--

Example: 6 Lane Pool - 32 Competitors

Lane	6	5	4	3	2	1
Heat 1	--	--	31	30	32	--
Heat 2	--	28	26	25	27	29
Heat 3	24	22	20	19	21	23
Heat 4	18	12	6	3	9	15
Heat 5	17	11	5	2	8	14
Heat 6	16	10	4	1	7	13

SECTION 8: TIMING

A. GENERAL

1. Official times, times achieved in Preliminary Heats, Swim-offs, Time Finals, as well as Finals shall be determined according to these rules and published in the form of 'Official Results.'
2. Official times shall be measured either by accurate digital stop watches operated by qualified timers or by a BCSSA-approved automatic judging and timing system. They shall be read and recorded to 100ths of a second only. Digits beyond the 100th of a second shall not be recorded and shall be ignored.
3. All times measured by manual timers or by automatic systems shall be recorded on the Time Card of the swimmer.
4. Time Cards shall include the event number, stroke and distance, as well as the swimmer's name, division/category and club. For relays, the name and division/category of each swimmer will also be included.
5. Requests for split times will not be accepted.
6.
 - a] When an automatic timing system is used, when times are recorded, the number of minutes, the number of seconds and the number of hundredths of a second shall be printed in that order, with a colon [:] between the minutes and seconds and a decimal point between the seconds and the tenths [e.g., 1:03.26 or 2:41.66]. Seconds shall always be recorded as a two digit number [e.g., 1:03.42 not 1:3.42]. A figure higher than 59 shall not be used for seconds.
 - b] When a manual timing system is used, when times are recorded, the number of minutes, number of seconds, and the number of tenths of a second shall be printed in that order with a colon [:]

between the minutes and seconds and a decimal point [.] between the seconds and the tenths [e.g., 1:03.2 or 2:41.0]. Seconds shall always be recorded as a two digit number [e.g., 1:03.4 not 1:3.4]. A figure higher than 59 shall not be used for seconds.

7. When times are announced, the minutes, the seconds and the hundredths shall be announced in that order and with a slight pause between each [e.g., 1:13.42 becomes 'One (pause) thirteen (pause) forty-two].

B. **MANUAL [DIGITAL WATCH] TIMING SYSTEM**

1. Timers shall start their watches on seeing the 'flash' of the starting device. They shall stop their watches when their swimmer has completed the required distance and any part of the swimmer's body touches the electronic touch-pad or the end wall of the pool or passes through the imaginary vertical plane extending upward from the end wall, of the assigned lane.

***Note:** *Timers shall stop their watches when their swimmers have met the above conditions, no matter if in the opinion of the Timers the swimmers are not complying with the Rules of the stroke.*

2. A minimum of two Timers shall be assigned to each working lane. The Chief Timer should take the time of the first place finisher of each heat.
3. At least one alternate watch should be started with the start of each race. In the event of a malfunction of one [or more] of the assigned watches, the alternate watch[es] shall be called into service.
4. A Timer shall operate one watch at a time; a watch should normally be stopped only by the person who started it.
5. When a swimmer is timed with more than three watches, only the times of the three

officially assigned watches shall be recognized in determining the Official time.

6. When manual digital watches are used to measure time, the Official time for a swimmer shall be determined as follows:
 - a] When **THREE** watches are used and two agree, the common time shall be the Official time.
 - b] When **THREE** watches are used and all three are different, then the middle time shall be the Official time.
 - c] When **TWO** watches are used, the arithmetic average to the slower tenth shall be the Official time.

**Note: Rounding to tenths occurs after determining the average of all of the involved watches.*

7. Official times measured by manual timing systems shall be recorded to 10th of a second only. All times that are taken with digital watches measuring to 100th of a second shall be rounded up to the next 10th [e.g. 39.10 remains 39.1, 39.12 is rounded up to 39.2, 39.19 is rounded up to 39.2]. Swimmers with identical times shall be tied for place and time.

C. **AUTOMATIC JUDGING AND TIMING SYSTEM**

1. When a BCSSA approved automatic judging and timing system is used, the placing and timing determined by it shall be the Official place and time unless a malfunction or light touch invalidates it.
2. The Chief Meet Recorder, the Chief Judge Electronic or the Referee shall determine the validity of the automatic timing system results and overrule them when appropriate.
3. Official times measured by automatic timing systems shall be recorded to 100th of a second only. Swimmers with identical times shall be tied for time and place.

4. A back-up timing system shall be provided whenever an automatic judging and timing system is being used. This back-up system will be composed of either a full complement of manual-digital watch timers or another BCSSA approved back-up system. When there is a malfunction of the primary automatic system, the back-up system shall be used.
5. A malfunction of the primary automatic system shall not warrant the stopping of a race in progress. However, if the back-up system has also failed, the Referee shall stop the race in progress as quickly as possible, and arrange for it to be swum again after an appropriate rest period.
6. Whenever there is a failure in the primary automatic timing system [e.g., a failure to start, a swimmer's touch fails to activate the touchpad, an erratic recording of place or time, etc.], it shall be verified by the Chief Judge Electronic, the Chief Meet Recorder or the Referee. The Official time and place for each affected swimmer shall then be determined, using the back-up judging and timing system, in accordance with Section 9.

***Note 1:** *The Chief Meet Recorder shall always review the results from both systems for each heat. A discrepancy of more than 0.30 seconds between the electronic and the official manual time MAY (but not necessarily) indicate a malfunction or light touch. The Chief Meet Recorder shall review all data that have been accumulated before deciding on what time to record as the "official time".*

***Note 2:** *All automatic judging and timing systems shall be approved by BCSSA. The equipment for such systems shall not interfere, in any way with the normal starts, turns or finishes of the competition, nor shall it interfere with the normal operation of the pool facilities.*

SECTION 9: PLACE JUDGING

A. MANUAL [DIGITAL WATCH] TIMING SYSTEM

1. All BCSSA races, including Preliminary Heats, Swim-offs, Time Finals, and Finals must be place judged as well as timed, with place judging taking precedence over timing in determining the order of finish, when a majority of Place Judges agree.
2. For all races, there should be at least three Place Judges on duty, one of whom [the Chief Place Judge] shall supervise the place judging. Each Place Judge shall record the placings of all swimmers in each race.

***Note:** *The Referee and Starter shall also record the order of finish and this shall be used when necessary.*

3. Determining places within a heat
 - a) A swimmer with a faster time shall not displace another who places ahead within the same heat according to a majority of the Place Judges.
 - b) In the case where a swimmer is declared, by a majority of Place Judges, to have placed higher than another whose time is faster, both swimmers involved in the time discrepancy shall be awarded a Judge's decision. This means that both swimmers shall be assigned the same Official times, which shall be determined by averaging the times of all the assigned watches to the nearest 10th. The Official results shall be annotated with a 'JD' beside the Official times to indicate that the swimmers are not tied.

***Note:** *Rounding to tenths occurs after determining the average of all of the involved watches.*

- c) When the majority of the Place Judges on duty including the Referee and

Starter, do not agree on the placing of some swimmers within a heat, the order of finish of those swimmers in question shall be determined by their Official times. If the Official times are identical, the swimmers shall be tied.

**Note: When the order of swimmers is in doubt, it may be advisable to tie the swimmers in question.*

B. AUTOMATIC JUDGING AND TIMING SYSTEM

1. When a BCSSA approved automatic judging and timing system is used, the placing and timing determined by it shall be official, unless a malfunction or light touch invalidates it. [A discrepancy of more than three tenths of a second (0.30) shall alert the Chief Meet Recorder to a possible light or late touch].
2. The Chief Meet Recorder, the Chief Judge Electronic or the Referee shall determine the validity of the automatic judging and timing system results and overrule them where appropriate.
3. Official times determined by automatic timing systems shall be recorded to 100^{ths} of a second only: 1000^{ths} will be ignored. Swimmers with identical times shall be tied both for place and time.
4. Determining places within a heat:
 - a] When the automatic timing system is determined to have worked correctly for all swimmers, the Official times and places shall be those measured and recorded by the system.
 - b] When the automatic system is unavailable for the entire heat, the back-up system shall be used and the Official times and place shall be as determined as in Section 9 A above.
 - c] When the automatic system provides valid placings, but invalid times for the entire heat, the automatic places shall be Official and the Official times shall be

determined from the back-up times, adjusted as necessary according to Section 9 A.

- d] i] When the automatic system fails to provide valid placings and times for some swimmers, the Chief Meet Recorder shall determine their Official order of finish by reference to the Place Judge slips, back-up times and automatic results.
- ii] When the back-up times are inconsistent with the Official order of finish so determined, the back-up times shall be adjusted as follows: when the inconsistency exists with other swimmers, all of whose Official times are also back-up times, the Official times shall be determined according to Section 9 A 3b.
- iii] When the inconsistency exists with another swimmer, whose Official time was an automatic time, the swimmer timed by the back-up system shall be awarded a Judge's Decision: this means he shall be assigned a time equal to the automatic times of the swimmer involved in the discrepancy but place, in accordance with the Official placings determined earlier. In this case, the results shall be annotated with a 'JD' beside the assigned time only to indicate that the swimmers are not tied.

***Note:** *When the order of swimmers is in doubt, it may be advisable to tie the swimmers in question.*

C. COMBINING HEATS - MANUAL AND AUTOMATIC SYSTEM

1. The relative order of finish within an event, when all swimmers have Official automatic times, shall be established by comparing the Official times. All swimmers with the same time shall be tied in the relative order of finish.
2. The relative order of finish within an event, when all swimmers have an Official manual time, shall be established by comparing the Official times. When swimmers from different heats have the same Official times, whether automatic, manual or adjusted [Section 9A 3b or Section 9 A 3c], they shall all be tied in the relative order of finish.
3. The relative order of finish within an event, when there is a combination of automatic and back-up times, shall be established by comparing the Official times. When swimmers from different heats have the same Official times, whether automatic, manual or adjusted [Section 9A 3b or Section 9 A 3c], they shall all be tied in the relative order of finish.
4. When the tie occurs for the last qualifying or alternate position in a Final or Consolation Final, a Swim-off shall be conducted.

SECTION 10: SCORING

- A. Whenever the point scores for a meet differ from the accepted standard for the type of meet, as listed below, they shall be published with the meet invitation.
- B. Disqualified swimmers shall not be awarded points.
- C. Meets with no Consolation Finals shall be scored as follows:
 - 1. In 6 lanes: 7 - 5 - 4 - 3 - 2 - 1 for individual events; double scores for relay events.
 - 2. In 8 lanes: 9 - 7 - 6 - 5 - 4 - 3 - 2 - 1 for individual events; double scores for relay events.
- D. Meets with Consolation Finals shall be scored as follows:
 - 1. In 6 lanes: 14-12-11-10-9-8; 7-5-4-3-2-1 for individual events. Relays score double.
 - 2. In 8 lanes: 18-16-15-14-13-12-11-10; 9-7-6-5-4-3-2-1 for individual events. Relays score double.
 - 3. In meets where only some events have Consolation Finals, all events shall be scored as if they had Consolation Finals, with scoring down to, but not including non-qualifiers [the full range of points shall be available for every event]. For example: in a 6 lane pool the seventh placed swimmer receives 7 points even when there was no Consolation Final in the event, and so on, to the 12th place.

***Note:** *An example: In an event with a Consolation Final, held in an 8 lane pool, there are three disqualifications, two in the Final and one in the Consolation Final. Points are awarded for the first six places in the Final: no points are awarded for 7th and 8th. In the Consolation Final, points are awarded for the first seven places: no points are awarded for 16th place.*

- E. Swimmers who scratch shall not earn points. However, swimmers may scratch from Swim-offs and remain eligible for points according to their final placings.
- F. When two or more swimmers tie for a place, the total of the points for the place and for the vacated place[s] next in line shall be equally divided, to fractions where necessary, among all swimmers involved in the tie. e.g., If two swimmers tie for first place, the points for first and second place are added together and then divided one-half and one-half. When a three-way tie for first occurs, the points for first, second and third place are added together and divided one-third, one-third and one-third, and so on for any number who tie for first place. The same procedures shall be followed when awarding points to competitors who tie for any place for which points are awarded.

SECTION 11: DISQUALIFICATIONS

- A. Other than for the Referee, a disqualification shall be made only by an official who personally observes an infraction occurring within that official's assigned sphere of responsibility.
- B. The disqualified swimmer, or his coach, shall be informed of the full particulars of the disqualification immediately after the race and within 15 minutes of the action. However, the disqualification shall stand, even though the coach or swimmer is not informed within 15 minutes, provided that all reasonable efforts have been made to do so.

***Note:** *This 15 minute time limit is designed to ensure that a swimmer, or the swimmer's coach, will be able to comply with the 30 minute deadline for filing protests, should they wish to do so.*

- C. The reason for the disqualification, the disqualifying official's name and the time of the disqualification shall be written on the swimmer's time card.
- D. Using obscene or abusive language in the pool area, including the dressing room, or exhibiting other irresponsible behaviour, may cause a swimmer to be scratched from the rest of the meet. Wilful damage shall cause a swimmer to be scratched from the meet.
- E. Interfering with officials in the performance of their duties during a race may warrant disqualification from all events remaining in the meet.
- F. Any physical or verbal assault of a meet official, whether by a swimmer, team representative, or other individual is a major offense, and shall be reported to the BCSSA President. If such an assault is committed by a swimmer, the swimmer shall be **barred** from the event in dispute and from all subsequent events in the meet. The offender shall be ordered from the area of the meet and barred from re-entry for the remainder of the meet.

SECTION 12: PROTESTS AND JURY OF APPEAL

A. PROTESTS

1. Protests affecting the right of a swimmer to compete in any race shall be made in writing to the Meet Manager, or Referee, before the race is held.
2. Any protest arising from the competition itself shall first be made to the Referee verbally by the swimmer, or the swimmer's coach [or other team representative], within 30 minutes after the alleged irregularity took place, or within 30 minutes after the disqualification.
3. If the protest is not approved immediately, the protester may then submit a written protest to the Referee.

In this case, the protester must declare the intention to make a written protest immediately following the Referee's verbal decision. The written protest must be submitted within 30 minutes of that time.

4. The Referee shall hand the written protest over to the Meet Manager for the consideration of the Jury of Appeal.
5. A Jury of Appeal will then be convened and reach a decision on the day the written protest is filed.
6. The results of any race conducted under protest, or of any protested race, should be withheld [not announced or published and no prizes or scoring points should be awarded] until the protest is withdrawn or resolved.

B. JURY OF APPEAL

1. A Jury of Appeal to receive and adjudicate written protests submitted in accordance with these rules shall be appointed by the Meet Manager.
2. The Jury of Appeal shall preferably be comprised of the most senior, neutral and experienced officials available and present at

the meet who were not 'major disqualifying on-deck officials' at the time the protested event took place. A Jury may be named to act for the whole meet or appointed for a specific protest.

3. The members, excluding the Chair, shall be of an odd number [preferably 3 or 5] and shall be chaired by the Meet Manager, or designate. The Chair shall have no vote.
4. The Jury of Appeal shall convene and reach a decision by majority vote as soon as practical during or after the session in question. When a decision is reached, the Protester and the Referee shall be informed immediately.
5. The Jury of Appeal shall hear evidence as it sees fit. However, the Protester and the Referee [or the person whose decision is being disputed] shall each have the right to present their case to the Jury of Appeal. The Jury shall conduct its business in private.
6. The Chair of the Jury shall make a written formal record of the decision [the Jury Record], including a description of the incident, initial decision and protest, the Jury members, the witnesses called, the final decision rendered and a brief description of the rationale. All members of the Jury shall sign the 'Jury Record.'
7. The chair of the Jury will notify, in writing, the decision and a brief description of the rationale, to the protestor.
8. Any decision of the Jury of Appeal may be appealed to the Appeals Committee of the BCSSA whose adjudication and decision shall be final. All appeal submissions shall be in writing and accompanied by a \$50.00 fee [refundable if successful].

***Note:** *Other than official, BCSSA approved, video back-up systems, no hand held or TV cameras shall be used to review disqualification by the Jury of Appeal.*

SECTION 13: DISABLED SWIMMING

- A. Disabled Swimmers are encouraged to participate in the BCSSA.
- B. Disabled Swimmers shall be integrated within BCSSA competitions.
- C. All BCSSA Rules shall apply to disabled swimmers, except the Referee shall permit variations and exceptions which aid the disabled swimmers, but which do not give them any advantage over any other swimmer.

SECTION 14: POOL LAYOUT & EQUIPMENT RECOMMENDATIONS

The following guidelines and recommendations apply to competitions held in enclosed water [pools] in which the race course does not exceed 50 metres in length.

A. END WALLS

1. The end walls of a pool shall be parallel and vertical and so constructed that competitors may push off with hands and feet when turning. The wall shall be smooth but not slippery and shall extend at least 80 cm below the surface of the water.
2. When a **bulkhead** serves as an end wall, it must be extended from the full width of the course and present a smooth, non-slippery, stable, vertical surface extending not less than 80 cm below and 30 cm above the surface of the water. It shall be free of hazardous openings above or below the water line which may be penetrated by a swimmer's hands, feet, toes, or fingers. In pools wider than 9 metres, a bulkhead must be a design which provides for the free movement of officials along its length.
3. When competitions are to be held in a 'Deck Level' pool, the exact location of the ends of the course must be clearly marked by large warning pennants or flags [at least 45 cm x 60 cm in size], or by lane-number standards, or by starting platforms, or by other fixed and clearly visible markers in line with the face of the end wall. Such end-of-course warning devices must come within 30 cm of the surface of the water. A **deck-level pool** is herein defined as any pool in which the top edge of the pool [turning] walls, though interrupted by gutters, **do not** extend at least 20 cm above the normal competitive level of the water.

B. LANES

1. A lane shall be not less than 1.8 metres wide, unobstructed by steps, ladders, fountains, or overhanging pieces that may interfere with swimming or turning.
2. Lanes should be numbered with Number one [1] starting on the right, facing the course.
3. The center of each lane should be marked with a clearly visible line along the bottom of the pool.
4. Lanes shall be separated by ropes strung with floats. [Non-turbulence-type floats are recommended]. In even lane pools of over four lanes, a different colour is recommended for the center lane rope.

C. STARTING PLATFORMS

1. Starting platforms [starting blocks] should not exceed 75 cm in height or be lower than 50 cm as measured from the normal competitive level of the water.
2. The top surfaces of a platform should have a minimum size of 0.5 m x 0.5 m.
3. The top of the platform should not slope towards the water more than ten degrees from the horizontal.
4. The top surfaces, including steps, if any, should be non-slippery.
5. The lane number should be clearly visible from all sides of the starting platform.

D. BACKSTROKE HANDGRIPS

1. Firm handholds or grips allowing for a complete grip of hands must be provided for all backstroke starts.
2. The backstroke grips may be vertical or horizontal and must be of a design that offers safe, secure handles within 30 to 60 cm above the water surface. Optional heights, both lower [for younger age groups] and higher, are recommended [e.g., a choice of gripping heights].

3. The backstroke grips must not protrude through the vertical plane of which the end wall is a part.

E. BACKSTROKE PENNANTS

For events requiring the swimming of backstroke, ropes with clearly visible pennants or flags attached at intervals of at least one per lane, must be strung across the pool. The recommended distance is 5 metres from each end of the course at a height of not less than 1.3 m or more than 1.8 m [as measured from the bottom of the pennants] above the surface of the water. The Referee may approve pools with other satisfactory backstroke turn warnings for competitions.

F. 15 METRE MARKER

Distinctive marks must be placed on both sides of the pool, and where possible, in each lane rope 15 m from each end wall.

G. RECALL ROPE

A recall rope devoid of pennants or flags shall be suspended across the pool at a minimum height of 1.3 m above the surface of the water 15 metres from the starting end. The rope shall be attached to fixed points [standard or other] in a manner which allows for its immediate lowering to the surface when ordered.

H. WATER

1. Competitions may be held in fresh or salt water where there is no appreciable movement or current.
2. The state of cleanliness and the bacterial count of the water shall be approved by the local health authorities.

I. TIMING DEVICES - AUTOMATIC

1. An Automatic Judging and Timing System shall:
 - a] Provide digital times to 100^{ths} of a second and the order of finish. These results should be displayed by a light board, preferably showing the results of all lanes as each lane finishes,
 - b] Be activated by the Starter,

- c] Be equipped with a touch-pad on each lane which, when activated, causes the recording of the elapsed time since the start,
 - d] Preferably be equipped with touch-pads which:
 - i] extend at least 60 cm below the water surface and 30 cm above it,
 - ii] are mounted in the center of each lane and are not less than 10 cm narrower than the lane,
 - iii] have a maximum thickness of 1.00 cm,
 - iv] are marked so as to conform with the rest of the pool and have a border at least 2.5 cm wide,
 - v] have sensitivity which will react to a light touch of the hand but not react to water turbulence,
 - vi] have no sharp edges and provide a firm, safe surface for turns,
 - e] Have a Xenon flash and horn, which shall be activated by the starting signal.
2. A Manual Electronic Judging and Timing System should:
- a] Be activated by the Starter,
 - b] Provide separate, manually operated stop switches at the finish-end of each lane.
 - c] Serve as a back-up system for an automatic system or be used as a manual system. In the event that it is used as a back-up system, it shall be electrically and electronically independent of the primary system.
3. Video Recording Systems
- a] A BCSSA approved video recording system capable of recording to 1/100^{ths} of a second may be used as a back-up judging and timing system to an automatic system instead of manual times.
 - b] A BCSSA approved video recording system capable of recording to 1/100^{ths} of a second may be used as an

automatic judging and timing system subject to the provision of a full complement of back-up Lane Timers and Place Judges.

- c] Video times or places shall be viewed by both the Chief Judge Electronic and the Referee, or competent designate, before becoming Official.
- d] Video results shall be used by the Referee for review of relay false take-offs and stroke and turn decisions. When being so used, Relay Take-Over Judges shall be instructed by the Referee to report all 'questionable' take-offs to the Referee for review by video, before making disqualifications.