

2023 SWIMMING NSW RULE CHANGES - SUMMARY (27 February 2023)

Change : additional subsection SW 2.3.5.

SW2.3 a **STARTER** shall be appointed and shall:

SW2.3.1 have full control of the swimmers from the time the Referee turns the
FINA SW2.3.1 swimmers over to the Starter (SW2.1.11) until the race has commenced.
The start shall be given in accordance with SW4;

SW2.3.2 report a swimmer to the Referee for delaying the start, for wilfully
FINA SW2.3.2 disobeying an order or for any other misconduct taking place at the start,
but only the Referee may disqualify a swimmer for such delay, wilful
disobedience or misconduct;

SW2.3.3 have power to decide whether the start is fair, subject only to the decision of
FINA SW2.3.3 the Referee;

SW2.3.4 when starting an event, the Starter shall stand on the side of the pool
FINA SW2.3.4 within approximately five (5) 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.

SW2.3.5 shall report to the Referee any violation observed within their jurisdiction.
FINA SW2.3.5

Change: additional wording in subsection SW 2.7.5.

Change of wording in subsection SW 2.7.9.

SW2.7 one **INSPECTOR OF TURNS** shall be assigned to each lane at each end
of the pool and shall:

SW2.7.1 ensure that swimmers comply with the relevant rules after the start, for
FINA SW2.6.1 each turn and at the finish.

SW2.7.2 Jurisdiction for Inspector of Turns at the start end commences from the
FINA SW2.6.2 start signal until the completion of the first arm stroke, except in
Breaststroke where it shall be the second arm stroke.

SW2.7.3 For each turn, jurisdiction for Inspector of Turns commences from the
FINA SW2.6.3 beginning of the last arm stroke before touching and ending with the
completion of the first arm stroke after the turn, except in Breaststroke
where it shall be the second arm stroke.

SW2.7.4 Jurisdiction for Inspector of Turns at the finish commences from the
FINA SW2.6.4 beginning of the last arm stroke before touching.

SW2.7.5 When a Backstroke ledge is being used, each Inspector of Turn or their
FINA SW2.6.5 delegated official at the starting end shall install and remove the ledge.
Once installed, the ledge shall be set at zero (0).

SW2.7.6 in individual events of 800 and 1500 metres, an Inspector of Turns at the
FINA SW2.6.6 start or turning end of the pool shall record the number of laps completed
by the swimmer in his lane and keep the swimmer informed of the
remaining number of laps to be completed by displaying "lap cards".
Electronic equipment may be used, including underwater display; and

SW2.7.7 each Inspector of Turns at the starting end shall give a warning signal when
FINA SW2.6.7 the swimmer in his lane has 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 a whistle or bell.

SW2.7.8 each Inspector of Turns at the starting end shall determine, in relay events,
FINA SW2.6.8 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 SW13.1;

SW2.7.9 Inspectors of Turns shall report to the Referee any violation ~~on signed~~
—FINA SW2.6.9 ~~cards detailing the event, lane number, and the infraction~~ within their
jurisdiction.

Change of wording in subsection SW 2.8.3.

SW2.8 **JUDGES OF STROKE** shall be appointed and shall:

SW2.8.1 be located on each side of the pool;
FINA SW2.7.1

SW2.8.2 ensure that the rules relating to the style of swimming designated for the
FINA SW2.7.2 event are being observed, and shall observe the turns and the finishes to assist the Inspectors of Turns; and

SW2.8.3 report to the Referee any violation ~~on signed cards~~
FINA SW2.7.3 ~~detailing the event, lane number, and the infraction~~ within their jurisdiction.

Change of wording in subsection SW 4.3.

SW4 THE START

FINA SW4

SW4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races
FINA SW4.1 shall be with a dive. On the long whistle (SW2.1.10) from the Referee the swimmers shall step onto the starting platform and remain there. On the Starter's command "Take your Marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

SW4.2 The start in Backstroke and Medley Relay races shall be from the water.
FINA SW4.2 At the Referee's first long whistle (SW2.1.10) 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 (see SW6.1). When all swimmers have assumed their starting positions, the Starter shall give command "Take your Marks". When all swimmers are stationary, the shall give the starting signal.

SW4.3 Any swimmer **initiating a start** starting before the starting signal ~~has been~~
FINA SW4.4 ~~given, shall~~ **may** 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. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per SW2.1.10

Change of wording in subsection SW 6.1.

Change: removal of superfluous wording from SW6.4 and SW6.5.

SW6 BACKSTROKE

SW6.1
FINA SW6.1
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. When using a ledge at the start, ~~the toes of both feet~~ **at least one toe of each foot** must be in contact with the end wall or face of the touchpad. Bending the toes over the top of touchpad is prohibited.

SW6.2
FINA SW6.2
At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

SW6.3
FINA SW6.3
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 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.

SW6.4
FINA SW6.4
When executing the turn there must be a touch of the wall with some part of the swimmer's body ~~in his respective lane~~. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

SW6.5
FINA SW6.5
Upon the finish of the race the swimmer must touch the wall while on the back ~~in his respective lane~~.

NOTE: Backstroke start procedure shall be in accordance with SW4.2

Change of wording in FINA subsections SW 7.2 and SW7.4. eliminating the requirement for the arms legs, respectively, to be on the same horizontal plane.

SW7 BREASTSTROKE

- SW 7.1
FINA SW7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- SW 7.2
FINA SW7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous ~~and on the same horizontal plane~~ without alternating movement.
- SW 7.3
FINA SW7.3 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.
- SW 7.4
FINA SW7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous ~~and on the same horizontal plane~~ without alternating movement.
- SW 7.5
FINA SW7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- SW 7.6
FINA SW7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Change in wording to clarify. Existing rule deleted.

SW9 MEDLEY SWIMMING

SW9.2 ~~In Freestyle the swimmer must be on the breast except when executing the turn. The Swimmer must return to the breast before any kick or stroke.~~
FINA SW9.2 Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including a butterfly kick(s) may commence.

Additional wording in subsection clarifies the status and treatment of a DNF (did not finish).

SW10 THE RACE

SW 10.1 A swimmer swimming over the course alone shall cover the whole
FINA SW10.2 distance to qualify. A swimmer who does not complete the whole distance in accordance with the relevant FINA rules shall be disqualified.