



**Masters Swimming Canada**  
**2013-2017 Rule Book**

## **Masters Swimming Canada Rules Committee:**

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## **Masters Swimming Canada**

### **2013-2017 RULE BOOK**

These swimming rules were prepared by the Masters Swimming Canada (MSC) Rules Committee and have been approved by the Board of Directors of Masters Swimming Canada, the body responsible for Masters swimming competition rules in Canada.

With the exception of FINA Masters World Championships, these Rules are in force and shall govern all sanctioned Masters swimming competitions in Canada. They adhere as closely as possible to the FINA Masters Swimming Rules & Regulations but have been adjusted for the range of Masters competition in Canada. The Rules have been updated to comply with changes and clarifications made by FINA at their July, 2013 Barcelona Congress. World records set at a sanctioned Masters meet in Canada, under MSC Rules, are recognized by FINA.

The MSC 2013-2017 Rule Book consists of the General Rules (GR), Swimming Rules (SW), Open Water Swimming Rules (OWS) and Appendices. The format is based on a stand-alone version initially developed in 2008 by the FINA Masters Technical Committee. Rules prefaced with an “M” (e.g., MSW) are the original FINA Masters rule; rules prefaced with a “CM” (e.g., CMSW) are Canadian variations or interpretations of the FINA rule. Wherever possible the FINA numbering system is retained. It is similar to the SNC numbering system.

These rules are posted on the MSC website in English and French, in standard and hip-pocket format. If there is a conflict between versions, the English standard-format version shall prevail.

Please contact the MSC Rules Committee Chair if you have questions, comments or suggested corrections at [Rules@MastersSwimming.ca](mailto:Rules@MastersSwimming.ca)

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Chris Smith (Chair), Ralph Chown, Ed Evely, Bryan Finlay, Greg King, Patricia Niblett, Cynthia Pincott, Mike Stamhuis and Dave Wilkin (Ex officio).

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### Revision History

2014-07-30	<p><b>Appendix E – Record Form</b>          Replace Canadian age verification requirements.</p> <ul style="list-style-type: none"> <li>• Remove <i>Birth Certificate or Passport</i></li> <li>• Replace with <i>Government-issued photo-ID</i></li> </ul>
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### NOTES

## **PART 1 - CANADIAN MASTERS GENERAL RULES 2013-2017**

The Canadian Masters swimming programs shall promote fun, fitness, friendship and participation including sanctioned competitions in pool and open water events. These Canadian Masters Rules are based on FINA Rules and Regulations for such competitions and shall govern all Masters swimming competitions in Canada except FINA sponsored Masters competitions such as FINA World Masters Championships in Canada.

Masters Swimming Canada (MSC) is the governing body of Masters swimming in Canada and is responsible for producing, maintaining and interpreting the Rules for Masters swimming competitions. Their goal in producing this Rule Book is to facilitate and promote the conducting of well organized, uniform and rewarding competitions for the benefit of their members and Masters from other National Federations.

### **CMGR 1 MSC RULES AND REGULATIONS**

**CMGR 1.1** The MSC Constitution, By-Laws, and Policies shall apply to all Masters Swimming activities in Canada.

**CMGR 1.2** Masters Swimming Canada Rules and Regulations shall apply to all Masters Swimming competitions, in both pools and open water in Canada with the exception of the FINA World Masters Championships.

**CMGR 1.3** When a conflict occurs between a FINA Rule and a MSC Rule, the MSC interpretation shall apply.

**CMGR 1.4** In these Rules, unless the context otherwise requires, words importing the singular shall include the plural, and vice versa and words importing persons shall include bodies corporate and member organizations. The word “shall” shall be interpreted as meaning the action is mandatory, the word “should” shall be interpreted as meaning that the action is recommended and the word “may” shall be interpreted as meaning that the action is optional at the discretion of those indicated.

### **CMGR 2 MEMBERSHIP AND ELIGIBILITY**

**CMGR 2.1** All competitors shall be registered with Masters Swimming Canada or as Masters with another National Federation affiliated with FINA and shall have attained 18 years of age by the first day of competition to be eligible to compete.

**CMGR 2.2** All competitors shall be registered with a registered Masters club, including a provincial club established by their Provincial Masters Organization (PMO) for their unattached members.

**CMGR 2.3** Age shall be determined as of December 31 of the year of competition.

**CMGR 2.4** Any competitor may join as many clubs as they wish, but they are allowed to represent only one club at a competition.

**CMGR 2.5** PARA swimmers who comply with CMGR 2.1 may compete as Masters Swimmers however IPC designations do not apply. See also CMSW 2.1.6.

### **CMGR 3 SWIMMING IN FOREIGN COUNTRIES**

**CMGR 3.1** MSC members may participate in Masters' competitions outside Canada where such competitions have received sanction as such by the Member where the competition takes place.

**CMGR 3.2** In every case of a dispute, the rules of the Member or recognised Continental Body under whose jurisdiction the competition is held shall be enforced.

### **CMGR 4 FINA WORLD MASTERS CHAMPIONSHIPS, RECORDS AND RANKINGS**

**CMGR 4.1** FINA World Masters Championships currently take place every two years, registered members of MSC and qualified Canadian senior officials are encouraged to participate. During FINA World or Regional Masters Championships FINA Masters Rules shall apply.

**CMGR 4.2** Competitors under the age of 25 (CMGR 2.3) and relay teams with a swimmer under the age of 25 cannot compete in FINA World Masters Championships and are not eligible for FINA Masters World Records or FINA Top Ten Rankings.

**CMGR 4.3** FINA recognizes all events listed in CMSW 10.2.1 and 10.2.2 for World Records and Top Ten World Rankings with the exception of the 800m Medley Relays.

### **CMGR 5 SWIMWEAR**

**CMGR 5.1** In swimming competitions the swimmer must wear only one swimsuit in one or two pieces. Any type of tape on the body or divergence from the swimsuit description outlined in CMGR 5.2 and 5.3 is not allowed unless required for medical reasons. This must be brought to the attention of and be approved by the session referee prior to the swim. No zippers or other fastening systems are allowed.

**CMGR 5.2** Swimwear for pool competition for men shall not extend above the navel or below the knee, and for women shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials. See also CMSW 10.11.

**CMGR 5.3** Swimwear for Open Water Swimming, for both men and women, shall not cover the neck, extend past the shoulder, nor shall extend below the ankle and shall be made of textile material. See also CMOWS 1.3, CMOWS 5.5 and CMOWS 6.6.

## **CMGR 6 SMOKING BAN AND DRUG TESTING**

**CMGR 6.1** At any MSC competition including open water swimming, no smoking shall be permitted in any area designated for competitors, officials or spectators, one hour prior to or during competitions. Smoking at an OWS event can only take place down wind from the competitors and course and a distance of at least 50m from them.

**CMGR 6.2** There shall be no drug testing for Masters Swimming in Canada.

## **CMGR 7 GENERAL RULES FOR MASTERS COMPETITIONS IN CANADA**

### **CMGR 7.1 Meet Management**

**CMGR 7.1.1** All MSC competitions shall be organized by a meet manager or organizing committee who shall be responsible for organizing the meet, booking an appropriate facility, obtaining the necessary sanction, preparing the program, carrying out the registration of swimmers, obtaining the services of required officials, ensuring that all equipment is available for the officials to run the meet, assisting them during the competition and shall report on all results and records at the end of the meet, all in accordance with CMGR 7.1.2 through 7.1.6. All sanctioned competitions shall be open to all registered Masters swimmers on an equal basis. A host club may establish a limit to the number of entries they will accept for a meet or an event at that meet.

**CMGR 7.1.2** Initially meet management should request approval from the PMO's sanctioning officer for the date, venue, host and general nature of the competition. The date should not conflict with other nearby Masters' competitions. The venue must comply with the Facility Rules outlined in Appendix A. The hosts should include a local Masters club. The hosts shall indicate the general nature of the competition, SCM or LCM, whether all events shall be provided, whether it will focus on sprints, long distance or pentathlon, special fundraiser, etc. Once approved this should be listed as "Planned" on both the PMO and MSC websites.

**CMGR 7.1.3** Once the "Planned" designation is received meet management shall prepare the detailed Meet Program for submission to the PMO's sanctioning officer for "Sanction". This shall include a detailed description of the venue, the dates and times with list of events, the entry fees, contact information and registration process, the name of the Meet Referee (certified to level 4 or 5) also general information including on local accommodation where appropriate. The meet package may not be publicized until the competition is sanctioned.

**CMGR 7.1.4** When "Sanctioned" the competition shall be listed as such on the PMO and MSC website. Meet management shall promote the event and shall appoint a meet registrar who shall register participants in compliance with MSC Rule CMGR 2. Entry deadlines may be established and for championships the relay entry deadline shall be at least four days after the entries for individual events are posted.



**CMGR 7.1.5** The meet referee shall obtain the services of required qualified senior officials and meet management shall obtain services of other officials including timers and all volunteers to fully staff the event. Meet management shall print programs as required for officials and competitors and shall acquire all necessary equipment to run the competition and obtain accurate results. Meet management shall ensure the facility complies with Appendix A and that life guards are provided and medical emergencies prepared for. For pools used for competition with bulkheads the meet manager shall ensure that CMFR 1.5 and CMFR 2.14.2 are complied with.

**CMGR 7.1.6** Meet management shall assist the meet referee as required in running the competition and ensuring that all MSC Rules are complied with and meet results are accurate. Meet management shall post on the pool wall current MSC and PMO records, also the MSC warm up/warm down procedures as outlined in CMSW 1.6 and ensure, with the meet referee, their compliance. Meet management shall provide food and drink for all officials and volunteers and refreshments for the competitors during the competition. Meet management shall, if required, establish a “Jury of Appeal” in accordance with CMGR 7.3.

**CMGR 7.1.7** Meet management shall complete documentation on results and records as soon as possible after the meet and ideally prior to the meet referee leaving the venue where there are documents that require signatures. Meet management shall prepare required documentation for potential records including World, National or Provincial and including record forms for competitors from other provinces or national federations and submit these no later than forty-eight hours after completion of the competition. Meet management shall send results in the required format to their provincial and MSC recorder within seven days. For pools without bulkheads meet management shall provide MSC with a professional survey of the pool which predates the competition if requested.

## **CMGR 7.2 Protests**

**CMGR 7.2.1** Protests are possible if the rules and regulations for the conduct of the competition are not observed, if other conditions endanger the competitions and/or competitors, or against decisions of the referee; however, no protest shall be allowed against decisions of fact.

**CMGR 7.2.2** Protest must be submitted to the Session Referee, in writing, by the swimmer, the club coach or another club representative within 30 minutes of the conclusion of an event.

**CMGR 7.2.3** All protests shall be considered by the Session Referee. If he rejects the protest, he must state the reasons for his decision. The swimmer, club coach or another club representative may appeal the rejection to the Jury of Appeal.

### **CMGR 7.3 Jury of Appeal**

**CMGR 7.3.1** If required as per CMGR 7.2.3, a Jury of Appeal shall be established by the meet manager consisting of three experienced officials who were not involved in the incident and have no connection to the swimmer. The meet manager shall chair the jury but shall have no vote. The jury shall speak to those involved independently and shall make a decision which they will give to the session referee in writing who will then speak to and give a copy of the written decision to those involved. The decision of the Jury of Appeal is final.

### **CMGR 8 SAFETY AND WELL BEING OF MASTERS COMPETITORS**

**CMGR 8.1** Masters Competitors must be aware of the need of being well prepared and medically fit before entering into Masters' competitions. They shall assume full responsibility for the risks included in competing in such competitions. In consideration of their entry, they must agree to waive and release MSC, the Provincial Masters Organisation, the Meet Manager or Organising Committee and the host clubs from any kind of liability for accidents, which may cause death, injury or property loss. Entry Forms containing a warning of the risks, an Accident Waiver and Release of Liability must be signed by each participant.

### **NOTES**

## **PART 2 - CANADIAN MASTERS SWIMMING RULES 2013-2017**

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

### **CMSW 1 MANAGEMENT OF COMPETITIONS**

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

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

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

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

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

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

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

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

**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 wearing of watches, pacing and musical devices, sharp or dangerous jewelry, bracelets with the exception of medical alert bracelets, the use of hand paddles, pull-buoys, kick boards 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 in backstroke and medley relay events shall bring the swimmers immediately to the starting position. When the swimmers and officials are prepared for the start, the referee shall gesture to the starter with a stretched out arm, indicating that the swimmers are under the starter's control. The stretched out arm shall stay in that position until the start is given.

**CMSW 2.1.5** The referee shall disqualify any swimmer for any violation of the rules that they personally observe. The referee may also disqualify any swimmer for any violation reported to him/her by other authorized officials. All disqualifications are subject to the approval of the referee. The referee shall ensure that the swimmer is notified of the disqualification. If, in the opinion of the referee, a swimmer intentionally fouls another or is abusive to an official, the referee shall report the matter to MSC. The referee may have any person who is being abusive or disrupting the competition removed from the premises.

**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 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), if required, shall supervise the automatic timing operation including the review of backup to ensure the integrity of the electronic system.

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

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

### **CMSW 2.3 Starter**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**CMSW 2.6.3** Each inspector of turns at the starting end shall ensure that a warning signal is given when each swimmer in their lanes have two lengths plus five (5) metres to swim to finish in individual events of 800 and 1500 metres, also in a 400m SCM freestyle event if requested. The signal should be repeated after the turn until the swimmer has reached the five (5) metres mark on the lane rope. The warning signal shall be by bell.

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

**CMSW 2.6.5** Inspectors of turns shall report any violation on signed cards detailing the event, lane number, name, club, gender and age or age group of the swimmer, the infraction and time of the infraction and deliver it to either the chief inspector of turns or referee as determined by meet protocol.

## **CMSW 2.7 Judges of Stroke**

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

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

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

## **CMSW 2.8 Chief Timekeeper**

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

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

## **CMSW 2.9 Timekeepers**

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

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

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

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

## **CMSW 2.10 Chief Finish Judge**

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

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

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

## **CMSW 3 SEEDING OF HEATS**

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



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

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

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

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

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

## **CMSW 4 THE START**

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

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

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

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

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

## **CMSW 5 FREESTYLE**

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

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

**MSW 5.3** Some part of the swimmer must break the surface of the water during each stroke cycle throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

## **CMSW 6 BACKSTROKE**

**MSW 6.1** Prior to the starting signal, the swimmers shall line up in the water facing the starting end, holding the starting grips or edge of pool. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

**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 CMSW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The movement of arms and legs and the position of the head are not relevant. A breaststroke kick and double arm backstroke are allowed.

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

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

## **CMSW 7 BREASTSTROKE**

**CMSW 7.1** After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke which must be followed by a breaststroke kick.

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

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

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

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

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

## **MSW 8 BUTTERFLY**

**MSW 8.1** From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed after the start or turn. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

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

**MSW 8.3** All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kick is permitted for butterfly. Only one breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.

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

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

## **MSW 9 MEDLEY SWIMMING**

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

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

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

## **CMSW 10 THE RACE**

### **CMSW 10.1 Age Groups**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## **CMSW 11 TIMING**

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

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

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

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

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

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

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

**CMSW 11.5** In the case of a relay disqualification, legal splits up to the time of the disqualification shall be recorded in the official results. Where automatic timing



equipment is used to judge relay take-offs, these results shall have precedence over that of the turn judge.

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

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

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

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

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

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

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

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

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

**CMSW 12.4** The members of a relay team applying for a Canadian record shall belong to the same club as per CMSW 10.15. The first swimmer in a relay may apply for a Canadian record. Should the first swimmer in a relay team complete the distance in record time in accordance with the provisions of this subsection, the performance shall not be nullified by any subsequent disqualification of the relay team for violations occurring after the first swimmer's leg has been completed.

**CMSW 12.5** A swimmer in an individual event may apply for a Canadian record at an intermediate distance if the swimmer specifically requests that the referee have his performance especially timed or if the time at the intermediate distance is recorded by

automatic officiating equipment. Such swimmer must complete the scheduled distance of the event without disqualification to apply for a record at the intermediate distance.

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

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

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

## NOTES

## **PART 3 – CANADIAN MASTERS OPEN WATER SWIMMING RULES 2013-2017**

Age groups for Canadian Open Water Swimming shall be in accordance with CMSW 10.1.1 and CMSW 10.4. Management of an OWS event shall comply with CMGR 7 where applicable. The Management Committee shall be responsible for booking the venue if required, obtaining the services of a Chief Referee and with him, or her, the services of other qualified officials and personnel, also sanctions and permissions for the event. They shall assist the Chief Referee with the event and shall ensure results are sent to MSC and their Provincial Masters body within seven days. The Management Committee may also keep a listing of course records for each age group and stroke over the courses. For swimsuit rules see CMGR 5.

### **CMOWS 1 DEFINITIONS**

**CMOWS 1.1** Canadian Masters Open Water Swimming shall be defined as any event held in open water and covering a maximum distance of ten (10) km, sanctioned by the PMO's sanctioning officer.

**CMOWS 1.2** A Masters Open Water Swimming event may be designated as a Masters Swimming Canada (MSC) OWS Championship by MSC or a Provincial Masters OWS Championship by a PMO.

**CMOWS 1.3** A Canadian Masters Open Water Swimming event shall be an independent event restricted to registered Masters swimmers. When a Masters sanctioned event is held in conjunction with another Open Water Swimming event the start for the Masters should be at a different time than all others. Swimmers wearing wetsuits may be included in Masters OWS if noted in the meet package, however, such swimmers shall have separate results and awards. Results submitted to MSC and the PMOs shall list only registered Masters swimmers. PMOs may disallow the use of wetsuits in sanctioned OWS events—See also CMOWS 5.5 and CMOWS 6.6.

### **CMOWS 2 OFFICIALS**

**CMOWS 2.1** Depending on the nature of the course and the number of swimmers, the following officials shall be appointed, by the chief referee at Open Water Swimming competitions. Depending on the duties, it is possible that one person may perform more than one function. The appointment of an announcer is at the discretion of the Management Committee.

A Chief Referee  
Referees (one per race or wave)  
Starter  
Chief Timekeeper plus 2 Timekeepers

Chief Finish Judge plus 2 Finish Judges  
Turn Judges (one per each alteration of Course)  
Safety Officer  
Medical Officer  
Course Officer  
Clerk of the Course

### **CMOWS 3 DUTIES OF OFFICIALS**

*(Note: For the 2013-2017 Rule Book, some sections were reorganized into appropriate sequencing. Officials were assigned to ensure all issues and concerns were covered, in particular those related to safety and the integrity of the results. The positions of Race Judge and Recorder have been absorbed elsewhere.)*

#### **THE CHIEF REFEREE shall:**

**CMOWS 3.1** have full control and authority over all officials and shall approve their assignments and instruct them regarding all features or regulations related to the competition. The chief referee shall enforce all the Rules and decisions of MSC and shall decide all questions relating to the actual conduct of the competition, where the final settlement of which is not otherwise covered by these Rules.

**CMOWS 3.2** ensure that all necessary officials for the conduct of the competition are at their respective posts. The chief referee may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. The chief referee may appoint additional officials if considered necessary.

**CMOWS 3.3** receive all reports prior to the start of the race from the clerk of course and at the conclusion of the competition from the referees, turn judges, chief finish judges and safety officer to be sure all swimmers are accounted for.

**CMOWS 3.4** appoint the referees and turn judges and allocate them to their respective races, waves, or alterations of course.

**CMOWS 3.5** signal to swimmers by blasts on the whistle at one minute intervals from five to one minute prior to the start. Then by raised flag and short blasts on a whistle, that the start is imminent and when satisfied the swimmers are ready indicate by pointing the flag at the starter that the competition may commence.

**CMOWS 3.6** have authority to intervene in the competition at any stage to ensure that MSC Rules are observed. Adjudicate on all protests related to the competition in progress.

**CMOWS 3.7** disqualify any swimmer for any violation of the Rules that the chief referee or referees personally observe or which is reported to them by other authorised officials.

**CMOWS 3.8** in case of hazardous conditions that jeopardize the safety of the swimmers or the officials, in conjunction with the safety officer, stop the race.

**CMOWS 3.9** receive a report after the start of the race from the Clerk of Course giving a list of those who started. Receive reports during the race from the Safety Officer or others of all who withdraw from the race. Receive reports from the Referees, Turn Judges or others on any disqualifications. Receive reports from the Chief Finish Judge and Chief Timer on the results at the end of the race. Give a decision in cases where the judges' decision and times recorded do not agree. Ensure that results are submitted by the Chief Finish Judge to MSC and the PMO for posting within one week of the event.

**THE REFEREES shall:**

**CMOWS 3.10** have authority over the race or wave, or component thereof, assigned to them by the chief referee, including initiating the start if so instructed.

**CMOWS 3.11** where necessary, be positioned in an escort safety craft, which will accompany the race or wave they are assigned to.

**CMOWS 3.12** judge the race and ensure at all times that the Rules of competition are complied with, violations being recorded in writing and reported to the chief referee at the earliest opportunity.

**CMOWS 3.13** have the power to order a swimmer from the water upon expiry of any time limit so ordered by the referee.

**CMOWS 3.14** ensure that the swimmers do not take unfair advantage or commit unsporting impediment on another swimmer and if the situation requires instruct a swimmer to maintain clearance from any other swimmer. Indicate to the swimmer and others an infringement by blasts on a whistle. Disqualify any swimmer for any violation of the Rules that the referee personally observes and report same to the chief referee.

**THE STARTER shall:**

**CMOWS 3.15** be stationed in such a position as to be clearly visible to all competitors.

**CMOWS 3.16** on signal of the referee raise a distinctive flag into the vertical position.

**CMOWS 3.17** to initiate the start simultaneously bring the flag holding arm down, with arm kept straight, and activate an audible signal.

**THE CHIEF TIMEKEEPER shall:**

**CMOWS 3.18** assign at least two timekeepers to their positions for the start and finish.

**CMOWS 3.19** ensure that a time check is made to allow all persons to synchronise their watches with the officials running clocks 15 minutes before start time.

**CMOWS 3.20** collect and examine cards from each timekeeper showing the time recorded for each swimmer, and, if necessary, inspect their watches.

**CMOWS 3.21** With the Chief Finish Judge prepare final results including times and order and submit to the Chief Referee.

**TIMEKEEPERS shall:**

**CMOWS 3.22** take the time of each swimmer assigned. The watches must have memory capability and shall be certified correct to the satisfaction of the Management Committee.

**CMOWS 3.23** start their watches at the starting signal, and only stop their watches when instructed by the chief timekeeper. Where the course involves more than one circuit, timekeepers shall record each lap time of the assigned swimmer.

**CMOWS 3.24** record the time and swimmers' number on the timecard and turn it over to the chief timekeeper.

**Note:** When automatic officiating equipment is used, the same complement of hand timers is to be used.

**THE CHIEF FINISH JUDGE shall:**

**CMOWS 3.25** assign each finish judge to a position, race or wave of swimmers.

**CMOWS 3.26** receive from the Clerk of Course the list of swimmers who started each race or wave. Record and communicate any decision received from the referees during the competition. Receive from the Safety Officer and Referees or Judges all reports of withdrawals from the race or disqualifications.

**CMOWS 3.27** collect after the race, signed results sheets from each Turn Judge, Finish Judge and results from the microchip transponder technology, if used, and with the Chief Timer establish the result and placing and submit these to the Chief Referee.

**CMOWS 3.28** in tabulating final results ensure that men's and women's events are separated and listed by age group and distances swum, that strokes are indicated, with separate results for wetsuit swimmers if applicable. These results shall be separate from any other, non-Masters' sanctioned event, and shall be submitted to MSC and the PMO for posting within one week of the event.

**FINISH JUDGES (three, one of whom shall be the Chief Judge) shall:**

**CMOWS 3.29** be positioned in line with the finish where they shall have at all times a clear view of the finish.

**CMOWS 3.30** record the placing of the swimmers according to the assignment given.

**Note:** Finish judges shall not act as timekeepers in the same event.

**TURN JUDGES shall:**

**CMOWS 3.31** be positioned at every alteration of course so as to ensure all swimmers execute the alterations in course as indicated in the competition information documents and as given at the pre-race briefing.

**CMOWS 3.32** record any infringement of the turn procedures on the record sheets provided and indicate the infringement at the time of infringement by blasts on a whistle, then immediately communicate the infringement to the chief referee.

**CMOWS 3.33** promptly, upon completion of the event, deliver the signed record sheet to the chief referee and inform the Chief Finish Judge of any disqualifications.

**THE SAFETY OFFICER shall:**

**CMOWS 3.34** be responsible to the referee for all aspects of safety related to the conduct of the competition. Obtain the services of sufficient qualified safety personnel for the event. The safety officer shall not act in any other capacity at an event.

**CMOWS 3.35** check that the entire course, with special regards to the start and finish areas, is safe, suitable, and free of any obstruction.

**CMOWS 3.36** In co-operation with the Course Officer ensure that sufficient powered and other safety craft are available during the competition so as to ensure that all swimmers are within view and can be reached quickly by safety personnel. Boats shall be stationed about the course, if necessary, to ensure that no boat, jet-ski, windsurfer, etc. encroaches on the course. All diesel and gasoline powered boats up wind to the course should be anchored and not start their motors except in an emergency situation.

**CMOWS 3.37** if relevant, provide prior to the competition to all swimmers a tide/current chart clearly indicating the time of tide changes on the course and showing the effect of tides or current on a swimmer's progress along the course.

**CMOWS 3.38** pass on all reports from safety personnel or other sources all withdrawals from the race of competitors, to the Chief Referee and Chief Finish Judge.

**CMOWS 3.39** in conjunction with the medical officer advise the chief referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted.



**THE MEDICAL OFFICER shall:**

**CMOWS 3.40** be responsible to the referee for all medical aspects related to the competition and competitors.

**CMOWS 3.41** inform the local medical facilities of the nature of the competition and ensure that any casualties can be evacuated to medical facilities at the earliest opportunity.

**CMOWS 3.42** in conjunction with the safety officer, advise the referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted.

**THE COURSE OFFICER shall:**

**CMOWS 3.43** be responsible to meet management for the correct survey of the course.

**CMOWS 3.44** ensure the start and finish areas are correctly marked and all equipment has been correctly installed and, where applicable, is in working order.

**CMOWS 3.45** ensure all course alteration points are correctly marked and manned prior to the commencement of the competition.

**CMOWS 3.46** with the chief referee and safety officer inspect the course and markings prior to the commencement of competition.

**CMOWS 3.47** In co-operation with the Safety Officer ensure the necessary craft are provided for the referees and turn judges and that turn judges are in position prior to the start of the competition and report this to the referees.

**CMOWS 3.48** provide and staff water/feeding stations if required, See CMOWS 5.11.

**THE CLERK OF THE COURSE shall:**

**CMOWS 3.49** assemble and prepare competitors prior to each event.

**CMOWS 3.50** ensure each competitor is identified correctly with their race number and is not wearing sharp jewellery, pacing or musical devices, or a watch. Hand out microchip transponders if used.

**CMOWS 3.51** be certain all swimmers are present, in the assembly area, at the required time prior to the start. Check each swimmer into the water and provide Chief Referee and Chief Finish Judge with a list showing those participating in each race or wave and those who have scratched or not shown up.

**CMOWS 3.52** keep swimmers and officials informed of the time remaining before the start at suitable intervals until the last five minutes. See **CMOWS 3.8**.

**CMOWS 3.53** be responsible for ensuring that all clothing and equipment left in the start area is transported, if necessary, to the finish area and kept in safekeeping.

**CMOWS 3.54** ensure that all competitors leaving the water at the finish have the basic equipment required for their wellbeing. Ensure proper reception facilities at the finish are available for all competitors.

**Note:** In this context “reception” means facilities for changing, showers, toilets, to provide nourishment and for keeping the participants dry and warm after their swim.

## **CMOWS 4 THE START**

**CMOWS 4.1** All Open Water competitions shall start with all competitors standing or treading water in a depth sufficient for them to commence swimming on the start signal, or on a fixed platform perpendicular to the course.

**MOWS 4.1.1** When starting from a fixed platform, competitors shall be assigned a position on the platform as determined by random draw.

**CMOWS 4.2** The clerk of the course shall keep competitors and officials informed of the time before start at suitable intervals until the last five minutes before the start. At this point the referee will count down at one-minute intervals.

**CMOWS 4.3** When the number of entries exceeds fifty swimmers the start may be segregated by gender, age or submitted times or combinations thereof into two or more waves, starting at least ten minutes apart; the men’s, youngest or fastest waves shall always start before the women’s, older or slower waves.

**CMOWS 4.3.1** Where space does not permit a single row of swimmers on the starting line, it is recommended that the swimmers arrange themselves in rows according to their starting speeds - the faster swimmers positioning themselves in the front row, etc.

**CMOWS 4.4** The start line shall be clearly defined by either natural or manmade features or by removable equipment at water level.

**CMOWS 4.5** Subsequent to the last one minute warning the referee shall indicate by a flag held upright and short blasts on a whistle when the start is imminent and indicate that the competition is under starter’s orders by pointing the flag at the starter.

**CMOWS 4.6** The starter shall be positioned so as to be clearly visible to all competitors.

**CMOWS 4.6.1** On the starter's command "take your marks" they shall take up a position, treading water or standing immediately in line with the start line where a platform is not used or, with at least one foot on the front of the platform.

**MOWS 4.6.2** The starter will give the starting signal when he considers all swimmers are ready.

**MOWS 4.7** The start signal shall be both audible and visual.

**MOWS 4.8** If in the opinion of the referee unfair advantage has been gained at the start the competitions shall be stopped and restarted.

**CMOWS 4.9** All safety and officials craft shall be stationed prior to the start so as not to interfere with any competitor.

**MOWS 4.10** Although they may start together, in all other respects the men's and women's competitions shall be treated as separate events.

## **CMOWS 5 THE VENUE**

**CMOWS 5.1** Canadian Masters Open Water Swimming events will be up to 10km, conducted at a venue and course approved by MSC.

**MOWS 5.2** The course shall be in water that is subject to only minor currents or tide and may be salt or fresh water.

**CMOWS 5.3** A certificate of suitability for use of the venue shall be issued by the appropriate local health and safety authorities. In general terms the certification must relate to water purity and to physical safety from other considerations. It is important that the Chief Referee, Safety Officer and Medical Officer consider the relevance of this material should there have been storms or rainfall which could have contaminated the course since the tests were carried out.

**MOWS 5.4** The minimum depth of water at any point on the course shall be 1.40 metres.

**CMOWS 5.5** The water temperature should be a minimum of 18°C and a maximum of 31°C. It should be checked the day of the race, 2 hours before the start, in the middle of the course at a depth of 40 cm. This should be done by the course officer in the presence of the referee. Wetsuit only races should be considered for water temperatures below 18 C. Wetsuits should not be allowed for water temperatures over 22 C.

**CMOWS 5.6** The course should ideally be marked by buoys every 100 metres. Where a course has adjacent lines of swimmers swimming in opposite directions, closer than fifty metres to each other, there shall be a continuous floating line supported by buoys a maximum of 3 metres apart. All turns/alterations of course shall be clearly indicated by a larger buoy appropriate in size to the distance between the turns.

**CMOWS 5.7** A clearly marked craft, platform or position on land, containing a turn judge, shall be positioned at all alterations of course in such a manner as not to obstruct a swimmer's visibility of the turn.

**MOWS 5.8** All feeding platforms, turning apparatus and turn judges craft/platforms shall be securely fixed in position and not be subject to tidal, wind or other movements.

**CMOWS 5.9** The final approach to the finish shall be clearly defined and shall comprise the boundary of the course.

**CMOWS 5.10** The finish shall be clearly defined by a natural or man-made feature or marked by a vertical face.

**CMOWS 5.11** Water/feeding stations should be located approximately every 2 km in all OWS events over 5km. They should be located so that swimmers cannot push off in the direction of the swim.

## **CMOWS 6 THE RACE**

**CMOWS 6.1** Canadian Open Water competitions may be swum with any stroke. Results may list the stroke swum and separate records may be kept for each stroke. If a stroke other than freestyle is swum the complete race must be swum in accordance with the rules of that stroke. Individual Medley shall only be recognized if the course can be divided into four equal distances.

**CMOWS 6.2** Race judges shall instruct any swimmer who is, in their opinion, taking unfair advantage by pacing to move clear. Drafting off another swimmer is not permitted.

**CMOWS 6.3** Disqualification Procedure

**CMOWS 6.3.1** If in the opinion of the chief referee a referee, or turn judge any swimmer takes advantage of another swimmer by interfering with that swimmer, by making intentional contact with that swimmer, by pacing or by drafting, the following procedure shall apply;

**CMOWS 6.3.2** The official shall blow several times on a shrill whistle while pointing at the swimmer, indicating to the swimmer that they are violating the rules.

**CMOWS 6.3.3** Should the swimmer persist with the infraction they shall be disqualified and ordered from the water.

**CMOWS 6.3.4** If in the opinion of the official the action of a swimmer is deemed to be “unsporting” the official shall disqualify the swimmer concerned immediately and order them from the water.

**CMOWS 6.4** Holding onto a dock or fixed raft or standing on the bottom during a race shall not disqualify a swimmer but they may not walk or jump in the direction of the swim.

**CMOWS 6.5** Swimmers shall not receive support from a craft or paddle board which is moving in the direction of swim. This does not include an official medical officer or lifeguard assisting a swimmer in distress who is withdrawing from the competition.

**CMOWS 6.6** No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used. Wetsuits may be worn if allowed as per CMOWS 1.3.

**CMOWS 6.6.1** The referee shall make the final ruling on the acceptability of any swim suit or device worn by a swimmer in accordance with CMGR 5.3.

**CMOWS 6.6.2** Prosthetic limbs or limb attachments shall not be worn during a race. Physical or medical conditions that require modifications to suits, taping or other considerations may be allowed by the referee on presentation of a letter from a medical practitioner.

**CMOWS 6.6.3** Watches, sharp or dangerous jewelry, pacing and musical devices, bracelets with the exception of medical alert bracelets, taping or power bands, are not permitted to be worn by swimmers.

**MOWS 6.7** Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the referee, excessive.

**CMOWS 6.8** The pacing of a swimmer by another person is not permitted.

**CMOWS 6.9** All swimmers shall have their competition number clearly displayed in waterproof ink on their upper back, arms and caps. Swimmers shall wear highly visible coloured swim caps at all times during the race. These caps shall be of different colours to differentiate between swim distances, waves, genders, ages, strokes or swimmers with disabilities.

**CMOWS 6.10** The Management Committee in consultation with the referee and subject to advice from MSC are to designate in advance the cut off time for each Masters’ race. As a rough guide, a time of 30 minutes per kilometer could apply.

**CMOWS 6.11** Competitors who do not finish the course within the time limits shall be removed from the water except that the referee may allow a competitor outside the time limit to complete the course.

## **CMOWS 7 THE FINISH OF THE RACE**

**CMOWS 7.1** Where required, the area leading to the finish line should be clearly marked by rows of buoys which narrow as they get closer to the finish line. The need for, and extent of, such buoys shall be determined during sanctioning of the event.

**CMOWS 7.2** The finish line shall be a natural or manmade feature which defines the finish or a vertical panel fixed above the water which the swimmer can strike with their hand.

**CMOWS 7.2.1** When automatic officiating equipment is used for timing of competitions in accordance with rule CMSW 11, microchip transponder technology should be added to the equipment.

**CMOWS 7.2.2** Where microchip transponder technology is employed it is mandatory for all competitors to wear a microchip transponder as required by event officials. Any competitor who finishes the race without a transponder may be disqualified.

**MOWS 7.3** The finish Judges and timekeepers shall be placed so as to be able to observe the finish at all times. The area in which they are stationed should be for their exclusive use.

**MOWS 7.4** Upon leaving the water some swimmers may require assistance. Swimmers should only be touched or handled if they clearly display a need, or ask for assistance.

**MOWS 7.5** A member of the medical team should inspect the swimmers as they leave the water. A chair, in which the swimmer can sit while an assessment is made, should be provided.

**MOWS 7.6** Once cleared by the medical member, swimmers shall be given access to refreshments.

## **NOTES**

## MSC RULES 2013-2017 - APPENDICES

### Appendix A - Facility Rules

*Based on material prepared by the FINA Masters Technical Committee in 2007.*

The MSC Facilities Rules are intended to provide the best possible environment for training and competition for Masters' swimmers. Although Masters Swimming Canada supports the development, operation and use of aquatic facilities across Canada for recreation, fitness and competition by all, these rules are not intended to govern rules related to facility use by the general public. It is the responsibility of the owner or controller of a facility to provide supervision of the activities of the public and to manage the facility in accordance with municipal and provincial regulations. See also CMGR 6.1 re smoking.

#### **CMFR 1 GENERAL**

**CMFR 1.1** Pools for MSC National Championships shall be held in pools that comply with all standards below.

**CMFR 1.2** Pools for other Masters competitions should be held in pools that comply with minimum standards below. A PMO may require that their Provincial Championships or other competitions be held in pools that comply with CMFR 1.1. A PMO may waive certain standards for existing pools including minimum standards if they do not materially interfere with the integrity of the competition.

**CMFR 1.3** There are no specific requirements for pools used for training by Masters other than health and safety issues as outlined in CMFR 1.4.

**CMFR 1.4** In order to protect the health and safety of persons using swimming facilities for the purpose of recreation, training and competition, owners of public pools or pools restricted only to training and competition must comply with the requirements established by law and the health authorities in the province or municipality where the pool is located.

**CMFR 1.5** All pools used for competition shall have a survey on file indicating compliance with CMFR 2. In the case of a 50m pool with movable bulkheads see also CMFR 2.14.2.

#### **CMFR 2 SWIMMING POOLS FOR COMPETITION**

##### **MFR 2.1 Length**

**MFR 2.1.1** 50.000 metres. When touch panels of Automatic Officiating Equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that ensures the required distance of 50.000 metres between the two panels.

**MFR 2.1.2** 25.000 metres. When touch panels of Automatic Officiating Equipment are used on the starting end, or additionally on the turning end, the pool must be of such length that ensures the required distance of 25.000 metres between the two panels.

## **CMFR 2.2 Dimensional Tolerances**

**CMFR 2.2.1** Against the nominal length of 50.000 metres, a tolerance of plus 0.030 metre in each lane minus 0.000 metre on both end walls at all points from 0.3 metre above to 0.8 metre below the surface of the water is allowed. These measurements should be certified by a surveyor or other qualified official. Tolerances cannot be exceeded when touch pads are installed. Where a pool ends in a bulkhead see also CMFR 2.14.2.

**CMFR 2.2.2** Against the nominal length of 25.000 metres, a tolerance of plus 0.030 metre in each lane minus 0.000 metre on both end walls at all points from 0.3 metre above to 0.8 metre below the surface of the water is allowed. These measurements should be certified by a surveyor or other qualified official. Tolerances cannot be exceeded when touch pads are installed. Where a 25.0 metre tank ends in a bulkhead see also CMFR 2.14.2.

**CMFR 2.2.3** A minimum standard is allowed on the plus tolerance for both 25.000 metre and 50.000 metre pools of 0.060 metres.

## **CMFR 2.3 Depth**

**MFR 2.3.1** A minimum depth of 1.35 metres, extending from 1.0 metre to at least 6.0 metres from the end wall is required for pools with starting blocks. A minimum depth of 1.0 metre is required elsewhere.

**CMFR 2.3.2** A minimum standard is allowed on the depth at the start end of 1.20 metres extending from 1.0 metre to 6.0 metres from the end wall. Deck or water starts should be encouraged for less experienced swimmers in such pools.

## **MFR 2.4 Walls**

**MFR 2.4.1** End walls shall be parallel and form right angles to the swimming course and to the surface of the water; they shall be constructed of solid material with a non-slip surface extending 0.8 metre below the water surface so as to enable the competitor to touch and push off in turning without hazard.



**MFR 2.4.2** Rest ledges along the pool walls are permitted; they must be not less than 1.2 metres below the water surface, and may be from 0.1 metre to 0.15 metre wide.

**MFR 2.4.3** Gutters may be placed on all four walls of the pool. If end wall gutters are installed they must allow for attachment of touch pads to the required 0.3 metre above the water surface. They must be covered with a suitable grill or screen.

## **CMFR 2.5 Lanes**

**CMFR 2.5.1** Lanes shall be at least 2.5 metres wide, with two spaces of at least 0.2 metre wide outside of the first and last lanes. See CMSW 3.2. A minimum lane width of 2.5 metres is required for swimming two per lane.

**CMFR 2.5.2** A minimum standard is allowed for lane width of 2.0 metres with no outside spaces provided.

**CMFR 2.5.3** Pools used for MSC National championships shall have a minimum of eight lanes. All pools used for Masters competitions in Canada must have a minimum of four lanes.

## **CMFR 2.6 Lane Ropes**

**CMFR 2.6.1** Lane ropes shall extend the full length of the course, secured at each end wall to anchor brackets recessed into the end walls. The anchor shall be positioned so that the floats at each end wall of the pool shall be on the surface of the water. Each lane rope will consist of floats placed end to end having a minimum diameter of 0.05 metre to a maximum of 0.15 metre. The lane ropes shall be firmly stretched.

**CMFR 2.6.2** The floats extending for a distance of 5.0 metres from each wall shall be of a different colour from the rest of the floats.

**CMFR 2.6.3** There shall not be more than one lane rope between each lane. A minimum standard option for facilities with no warm up/cool down pool is to use one outside lane for this purpose during the competition. In this case two lane ropes may be located between the warm up/cool down lane and the adjacent lane being used for competition.

## **CMFR 2.7 Starting Platforms**

**CMFR 2.7.1** Starting Platforms shall be firm and give no springing effect. The height of the platform shall be from 0.5 metre to 0.75 metre above the water surface. The surface area shall be at least 0.5 metre by 0.5 metre and covered with non-slip material. Maximum slope shall not be more than 10 degrees. The platform shall be constructed so as to permit the gripping of the platform by the swimmer at the front and the sides. Handgrips for the forward start may be installed on the sides of the starting platforms.

Handgrips for backstroke starts shall be placed within 0.3 metre to 0.6 metre above the water surface both horizontally and vertically. They shall be parallel to the surface of the end wall, and must not protrude beyond the end wall.

**CMFR 2.7.2** Starting Platforms may not be used for Masters training or competition where the water depth in front of the blocks to 6.0 metres from the wall is less than 1.2 metres deep.

## **CMFR 2.8 Numbering**

**CMFR 2.8.1** Each starting block must be distinctly numbered. Lane number 1 shall be on the right hand side when facing the course from the starting end with the exception of a 50m event in a Long Course Metre set up which may start from the opposite side.

## **CMFR 2.9 Backstroke Turn Indicators**

**CMFR 2.9.1** Flagged ropes extended across the pool, minimum 1.8 metres and maximum 2.5 metres above the water surface, from fixed standards placed 5.0 metres from each end wall.

## **CMFR 2.10 False Start Rope and 15 metre markerings**

**CMFR 2.10.1** False Start Rope may be suspended across the pool not less than 1.2 metres above the water level from fixed standards placed 15 metres from the starting end. It shall be attached to the standards by a quick release mechanism. The rope must effectively cover all lanes when activated.

**CMFR 2.10.2** Distinctive marks must be placed on both sides of the pool and where possible on each lane rope, 15.0 metres from each end wall.

## **CMFR 2.11 Water Temperature**

**CMFR 2.11.1** Water Temperature shall be 25 to 28 degrees for competition. During competition the water in the pool must be kept at a constant level, with no appreciable movement. In order to observe health regulations in force across Canada, inflow and outflow is permissible as long as no appreciable current or turbulence is created.

## **MFR 2.12 Lighting**

**MFR 2.12.1** Light intensity over starting platforms and turning ends shall not be less than 600 lux.

## **CMFR 2.13 Lane Markings**

**CMFR 2.13.1** Lane markings shall be of a dark contrasting colour, placed on the floor of the pool in the centre of each lane. The minimum width shall be 0.2 metre, the maximum

0.3 metre. The length shall be 46.0 metres for 50 metre long pools and 21.0 metres for 25 metre long pools.

**CMFR 2.13.2** Each lane line shall end 2.0 metres from the end wall of the pool with a distinctive cross line 1.0 metre long and of the same width as the lane line. Target lines shall be placed on the end walls or on the touch panels, in the centre of each lane, of the same width as the lane lines. They shall extend without interruption from the deck edge (curb), to the floor of the pool. A cross line 0.5 metre long shall be placed 0.3 metre below the water surface, measured to the centre point of the cross line. For 50m pools constructed after 1 January 2006, cross lines 0.5 metre long shall be placed at the 15 metre mark from each end of the pool.

#### **CMFR 2.14 Bulkheads**

**CMFR 2.14.1** When a bulkhead serves as an end wall, it must extend the full width of the course and present a solid smooth, non-slippery stable vertical surface on which touch pads may be mounted extending not less than 0.8m below and 0.3m above the surface of the water, and must be free of hazardous openings above or below the waterline which may be penetrated by a swimmer's hands, feet, toes or fingers. A bulkhead must be of a design that provides for the free movement of officials along its length without such movement creating any appreciable current or water turbulence.

**CMFR 2.14.2** Where a pool or tank used for competition contains a bulkhead the pool shall be surveyed immediately prior to the start of the competition. Bulkhead securing devices should be checked throughout the competition and the pool length should be measured by a competition official once each day of the competition or should the bulkhead be moved. See also CMFR 1.5.

### **MFR 3 AUTOMATIC OFFICIATING EQUIPMENT**

*NOTE: Pools used for National Championships shall comply with all standards below. Other Masters competitions in Canada may be held in pools with different or partially automatic or semi-automatic officiating equipment. For pools without automatic or semi-automatic officiating equipment see CMSW 11.3, Timing.*

**MFR 3.1** Automatic and Semi-Automatic Officiating Equipment records the elapsed time of each swimmer and determines the relative place in a race. Judging and timing shall be to 2 decimal places (1/100 of a second). Equipment that is installed shall not interfere with the swimmers' starts, turns, or the function of the overflow system.

**MFR 3.2** The Equipment must:

**MFR 3.2.1** Be activated by the starter.

**MFR 3.2.2** Have no exposed wires on the pool deck, if possible.

**MFR 3.2.3** Be able to display all recorded information for each lane by place and by lane.

**MFR 3.2.4** Provide easy digital reading of a swimmer's time.

**MFR 3.3 Starting devices**

**MFR 3.3.1** The starter shall have a microphone for oral commands.

**MFR 3.3.2** If a pistol is used, it shall be used with a transducer.

**MFR 3.3.3** Both the microphone and the transducer shall be connected to loudspeakers at each starting block where both the starter's commands and the starting signal can be heard equally and simultaneously by each swimmer.

**MFR 3.4 Touch panels for Automatic Equipment**

**MFR 3.4.1** The minimum measurement of the touch panels shall be 2.4 metres wide and 0.9 metre high, and their thickness shall be 0.01 metre  $\pm$  0.002 metre. They shall extend 0.3 metre above and 0.6 metre below the surface of the water. The equipment in each lane shall be connected independently, so it may be controlled individually. The surface of the panels shall be of a bright colour and shall bear the line markings approved for the end walls.

**MFR 3.4.2** Installation - The touch panels shall be installed in a fixed position in the centre of the lanes. The panels may be portable, allowing the pool operator to remove them when there are no competitors.

**MFR 3.4.3** Sensitivity - The sensitivity of the panels shall be such that they cannot be activated by water turbulence, but will be activated by a light hand touch. The panels shall be sensitive on the top edge.

**MFR 3.4.4** Markings - The markings on the panels shall conform with and superimpose on the existing markings of the pool. The perimeter and edges of the panels shall be defined by a 0.025 metre black border.

**MFR 3.4.5** Safety - The panels shall be safe from the possibility of electrical shock and shall not have sharp edges.

**MFR 3.5** With Semi-Automatic Equipment, the finish shall be recorded by buttons pushed by timekeepers at the finish touch of the swimmer.

**MFR 3.6** The following accessories are essential for a minimum installation of Automatic Equipment:

**MFR 3.6.1** Printout of all information, which can be regenerated during a succeeding race.

**MFR 3.6.2** Spectator readout board.

**MFR 3.6.3** Relay take-off judging to 1/100 of a second. Where overhead video cameras are installed they may be reviewed as a supplement to the automatic system's judgment of relay take-off. For the differential in the relays take-off the manufacturer of the device shall be consulted.

**MFR 3.6.4** Automatic lap counter.

**MFR 3.6.5** Readout of splits.

**MFR 3.6.6** Computer summaries.

**MFR 3.6.7** Correction of erroneous touch.

**MFR 3.6.8** Automatic rechargeable battery operation possibility.

**MFR 3.7** Semi-Automatic Equipment may be used as a backup to the Automatic Officiating Equipment if there are three buttons per lane, each operated by a separate official (in which case other finish judges shall not be required). An inspector of turns may operate one of the buttons.

## **NOTES**

## Appendix B - Referee Guidelines for Masters Competitions

*Based on material prepared by the Ontario Swimming Officials Association.*

Meets sanctioned for Masters' swimming competitions in Canada have unique differences to age group, elite, high school or university competitions. They are set up, seeded differently with differences in rules and a different atmosphere. It is important that the referee and other officials make themselves aware of these differences. The following outlines issues to be aware of.

### General Items

- Masters' swimming competitions in Canada are governed by the Masters Swimming Canada 2013-2017 Rule Book which can be found on the MSC website, [www.mymisc.ca](http://www.mymisc.ca). There is a printed hip-pocket version available from MSC.
- Masters meets are always timed-finals. They are swum slowest to fastest by time, by time and gender or by time, age and gender, the latter usually only in championships. 400m and over and sometimes 200m events are not swum by age.
- MSC warm-up procedures (Appendix F) shall be posted on a wall in the pool area and complied with. Two marshals per course are required for general warm-up.
- Continual warm-up/cool-down must be provided if possible. One outside lane may be used during the competition for this purpose if necessary.
- There is a greater diversity of skill and understanding of rules and procedures by Masters than in SNC meets. Many Masters are there for the fun and socializing, creating a more relaxed atmosphere.
- Swimsuits at Masters competitions shall be made from textile materials with maximum body coverage as outlined in CMGR 5.
- Few Masters clubs have coaches at meets.

### Notes for Pre-Meet Briefing

- Officials check-in and introduction. Make final position assignments.
- Instructions to senior officials on protocols and coverage.
- Explain seeding and check-in procedures.
- Explain DQ processing and provide DQ list and forms. Swimmers should not be informed of a DQ until the Referee has approved it.
- Explain timing system configuration and number of timers required, assign chief timer or other to carry out timers briefing.

- Provide session overview and note time line. In small meets it may be necessary to take short breaks to allow time for swimmers to recover from back to back events. In large meets it may be necessary to have dive-over starts.
- Deal with unusual circumstances or items of interest.
- Brief those judging strokes, turns and relay turnovers. This should include all strokes swum at the session, including recent rule revisions or clarifications and Masters variations. (below and Appendix C).

Remind the deck officials of rule differences between SNC and MSC Rules and procedures (Appendix C). Note areas where some leniency may be applied in consideration of the swimmers age or infirmity to ensure consistency.

- Some older or infirm competitors may have difficulty getting on the block, it is appropriate to allow a deck official or timer to assist them and stand beside them so they can steady themselves until the start is given. Similar consideration is given to PARA swimmers, stroke rules can be adjusted according to their capabilities. The starter may say “Relax swimmers” instead of “Step down” in an aborted start.
- Competitors shall place at least one foot at the front of the block as soon as they get on the block. One false start is no longer allowed.
- Competitors are allowed to start from the block, from the deck or in the water where they must keep one hand on the end of the pool until the start signal is given. A backstroke start is allowed in freestyle.
- In backstroke double arm stroke, whip kick and reverse turns are allowed.
- In breaststroke a swimmer need not be fully submerged when they push off the wall on the start or turn.
- In butterfly events the breaststroke kick is allowed. They may be used interchangeably with dolphin kicks. Only a single breaststroke kick is allowed off the start, turn or between each arm stroke. A downward butterfly kick at the end of the breaststroke kick is allowed in butterfly events. A breaststroke kick may be taken before the touch or turn without a stroke as long as there is no underwater recovery. The elbows must clear the water in the recovery. A one-armed butterfly is not allowed if one has a “sore shoulder”.
- Relay swimmers are allowed to stay in the water on the completion of their leg. Inform timers and timing equipment operators on this.
- It is acceptable when there is an extremely slow swimmer in a race of 400m or more to place that swimmer in an outside lane in the first heat and then start the second heat with that lane empty prior to this swimmers completion of the race.

#### Records procedures

- It is meet managements responsibility to post their current provincial and national records on a wall in the pool area.



- The Meet Manager and Referee shall ensure that the pool measurement requirements of sanctioning are complied with.
- Swimmers should be asked to notify the referee if they require a time for a record or official split in an event including the first leg of a relay. The event must be completed in accordance with the rules for a split to count.
- Sign record forms for provincial or MSC Records if requested by meet management.
- For World Records there is a protocol with time lines to be followed. Ensure that Meet Management is prepared to deal with this should there be potential World record breakers at the competition. FINA now recognizes 4 x 100m relays and 4 x 200m free relays for Masters World Records.

Finally, provide meet management with the names of referees and other officials required in the provincial and national meet report.

## **NOTES**

## Appendix C - Differences between MSC Rules and SNC Rules

*Based on material prepared by the Ontario Swimming Officials Association*

There are a number of differences between MSC Rules and SNC Rules which one should be aware of when officiating at Canadian Masters competitions.

Note that the MSC numbering system is based on the proposed numbering prepared by the FINA Masters Technical Committee for use at FINA Masters World Championships and is similar to the FINA and SNC numbering systems for elite swimmers. The MSC rules and their numbers are in most cases either identical to SNC or cover the same topic.

**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 18<sup>th</sup> birthday by the first day of the meet in order to compete.

**CMGR 6.2** Doping Control. There shall be no drug testing at Masters' sanctioned events.

**CMGR 7** For managing Masters' competitions in Canada.

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

**CMSW 1.6** Warm-up procedures. MSC warm-up procedures shall be posted at the pool and complied with under the direction of the Meet Referee. See Appendix F.

**CMSW 2.1.6** Considerations of age or infirmity. The referee should note that some Masters swimmers through age or infirmity may not be able 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 3.1** Seeding of Heats. 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 3.2** When swimming an event two per lane, the same starting options must be offered to all swimmers.

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

**CMSW 4** The Start. Officials should recognize the difficulty some older or less experienced Masters have in getting on and off the blocks. 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 them self by placing a hand on the timers shoulder. Consideration should be given to inexperienced and unsteady swimmers during the starting process. It may be appropriate to state “Relax swimmers” rather than “Step down swimmers” in an aborted start.

**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 5.1** 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 5.2** If a swimmer misses the wall on a freestyle turn they may return to the wall, touch and continue their swim without penalty.

**CMSW 6** Backstroke. Swimmers may start with one hand on the block or edge of the pool.

**CMSW 6.2** Double arm pull, flutter, butterfly 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 butterfly kick off the wall in breaststroke for the start or turn the body need not be fully submerged.

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

**CMSW 8.3** A breaststroke kicking movement is allowed in butterfly but only one kick per arm stroke or after the start or turn. Butterfly kicks or one breaststroke kick are allowed off the wall to 15m and prior to the first over the water arm recovery at the start and turn. A powered downward butterfly kick is allowed at the end of a breaststroke kicking movement.

**CMSW 10.2** MSC Recognizes all 400m and 800m relays for records. FINA recognizes all 400m relays and 800m free relay for records.

**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 or sharp jewelry 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 seven (7) 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 50.000 metres, a tolerance of minus 0.000 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. The maximum tolerance at Canadian Masters sanctioned events is plus 0.030 metre for Championships and plus 0.060 for other competitions.

**CMFR 2.2.2** Dimensional Tolerances. Against the nominal length of 25.000 metres, a tolerance of minus 0.000 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. The maximum tolerance at Canadian Masters sanctioned events is plus 0.030 metre for Championships and plus 0.060 for other competitions.

## **NOTES**

## Appendix D - Wording for Disqualifications

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

### **START**

1. CMSW 4.1 Delay of start.
2. CMSW 4.4 Early take off.

### **FREE STYLE:**

1. CMSW 5.1 Fourth stroke in medley was backstroke, breaststroke or butterfly.
2. MSW 5.2 Failure to touch wall on turn at \_\_m.
3. MSW 5.3 Failure of head to break surface by 15m off start or after turn at \_\_m.

### **BACKSTROKE:**

1. MSW 6.1 Hooked toes over gutter at start.
2. CMSW 6.2 Not on back during swim at \_\_m.
3. MSW 6.3 Failure of head to break surface by 15m off start or after turn at \_\_m.
4. MSW 6.3 Submerged at the finish.
5. CMSW 6.4 Failure to touch at \_\_m.
6. CMSW 6.4 After passing vertical, failing to immediately initiate turn at \_\_m.
7. CMSW 6.4 Two or more arm pulls on breast at \_\_m.
8. CMSW 6.4 Took arm stroke on breast prior to reverse turn at \_\_ m
9. MSW 6.5 Did not finish on the back.

### **BREASTSTROKE:**

1. CMSW 7.1 Two or more under water arm pulls before head surfaces after start or after turn at \_\_ m.
2. CMSW 7.1 Downward butterfly kick not during first arm pull at start or turn at \_\_ m.
3. CMSW 7.1 More than 1 downward butterfly kick after start or turn at \_\_ m.
4. CMSW 7.2 Body not on breast before starting arm pull at \_\_m.
5. CMSW 7.2 Failure to alternate arm pull and kick at \_\_m.
6. CMSW 7.2 Alternating arm movements at \_\_m.
7. CMSW 7.2 Alternating leg movement at \_\_ m.
8. MSW 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)
9. MSW 7.3 Arms past hip line during swim phase at \_\_m.
10. CMSW 7.4 Failure of head to break surface during each stroke cycle at \_\_m.
11. CMSW 7.5 Downward butterfly kick (propulsive) at \_\_m (during stroke part of race i.e. not 1st kick away from wall).
12. MSW 7.6 One hand touch at \_\_ m.
13. MSW 7.6 Non separated hands or non simultaneous touch at \_\_m.

### **BUTTERFLY:**

1. MSW 8.1 Body not on breast before starting arm pull at \_\_\_ m. (after turn)
2. MSW 8.2 Underwater arm recovery at \_\_\_m.
3. MSW 8.2 Alternating / Non-simultaneous arm movement at \_\_\_m.
4. MSW 8.2 Non continuous arm movement at \_\_\_m.
5. MSW 8.3 Flutter kick \ alternating leg movement at \_\_\_ m or from \_\_\_ to \_\_\_m
6. MSW 8.3 More than one breaststroke kick at start, turn or between arm strokes at \_\_\_ m
7. MSW 8.4 One hand touch at \_\_\_ m.
8. MSW 8.4 Non separated hands or non-simultaneous touch at \_\_\_m.
9. MSW 8.5 Failure of head to break surface by 15m off start *or* after turn at \_\_\_m.

### **MEDLEY:**

1. MSW 9.1 Fourth stroke was back, breast or fly.
2. MSW 9.2 Swimmers in relay swam strokes out of order.
3. MSW 9.3 Did not touch wall, finish, in accordance with stroke rule at \_\_\_m.

### **RELAY:**

1. CMSW 10.14 Swimmer swims twice in #\_\_ and #\_\_ positions.
2. CMSW 10.15 Relay team members registered for meet with more than one club.
3. CMSW 10.17 #\_\_ swimmer left blocks before #\_\_ swimmer touched at \_\_\_m (or Early takeover by swimmer # \_\_)
4. CMSW 10.19 Swimmers competed out of order. (See also 9.2 above).

### **ALL STROKES:**

1. CMSW 10.5 Did Not Finish (left pool at \_\_\_ m)
2. CMSW 10.6 Swam or Finished in different lane from one he/she started in.
3. CMSW 10.7 Failure to touch at \_\_\_m.
4. CMSW 10.8 Walked or pushed off bottom in direction of race at \_\_\_ m.
5. CMSW 10.9 Pulled along lane rope at \_\_\_m.
6. CMSW 10.10 Interferes with another swimmer.
7. CMSW 10.10 Intentional foul.
8. CMSW 10.21 Wearing a pace-making device or watch during swim.

### **OPEN WATER SWIMMING**

1. CMOWS 6.3.1 Takes advantage of, interferes with, paces or drafting off another swimmer at \_\_\_m.
2. CMOWS 6.4 Walking or jumping in the direction of the swim at \_\_\_m.

# Appendix E - Record Application Form – v2014-07-30



**RECORD BROKEN** (Check / Circle one)  Provincial specify \_\_\_\_\_  Canadian  
**NOTE: World Records can only be established in a Masters meet as per FINA Rule MSW 5.3. Please use FINA Form for World Records**

1. Stroke/Event \_\_\_\_\_ Distance \_\_\_\_\_

2. Official Time \_\_\_\_\_ min \_\_\_\_\_ sec \_\_\_\_\_ sec/100 3. Age Group \_\_\_\_\_

4. Pool Length (Check / Circle one)  Short Course 25 m  Long Course 50 m

5. Location of Official Sanctioned Masters Meet \_\_\_\_\_ Date of Swim \_\_\_\_\_  
 Pool Name \_\_\_\_\_ City \_\_\_\_\_ Country \_\_\_\_\_

6. Confirmation of Pool Length by a Responsible Person  Attached  On File

7. Name of Swimmer - Individual Events

First Name	Last Name	Gender	Age	Date of Birth
		M / F		YYYY / Month in Words / DD

8 Relay Event – Swimmer Names

	First Name	Last Name	Gender	Age	Date of Birth
1			M / F		YYYY / Month in Words / DD
2			M / F		YYYY / Month in Words / DD
3			M / F		YYYY / Month in Words / DD
4			M / F		YYYY / Month in Words / DD

9. Age Verification  
 Government issued Photo ID  ATTACHED or  ON FILE

10. Club Name \_\_\_\_\_ Province \_\_\_\_\_ Country \_\_\_\_\_

11. Electronic Time \_\_\_\_\_ min \_\_\_\_\_ sec \_\_\_\_\_ sec/100

12. Non-electronic Times

1 \_\_\_\_\_ min \_\_\_\_\_ sec \_\_\_\_\_ sec/100 2 \_\_\_\_\_ min \_\_\_\_\_ sec \_\_\_\_\_ sec/100 3 \_\_\_\_\_ min \_\_\_\_\_ sec \_\_\_\_\_ sec/100

13. Copy of time record to be attached

14. ALL FINA RULES WERE FOLLOWED INCLUDING THE USE OF LEGAL SWIM SUITS.

Certifying Official

PRINTED NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_  
 OFFICIAL TITLE \_\_\_\_\_ DATE \_\_\_\_\_

15. This Masters meet had fulfilled the rules mentioned in FINA Rule MSW 5.3 and in the Masters Swimming World Record Application Instructions (World Records)  
**NATIONAL MASTERS RECORDER**

PRINTED NAME: **Christian Berger** SIGNATURE \_\_\_\_\_ Date: \_\_\_\_\_  
 ADDRESS: **1130 rue Emma, Longueuil, Quebec, J4J 3A3** FEDERATION: **Canada**

MSC MASTERS RECORDER \_\_\_\_\_ Long Course / Short Course \_\_\_\_\_ Approved / Not Approved \_\_\_\_\_  
 Reason for Non Approval \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_





## **Appendix F - MSC Warm-Up/Warm-Down Procedures**

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

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