

APPENDIX C

PARA-SWIMMING - IPC RULES

Any discrepancy between the latest IPC Swimming Rules and this document, you must use the aforementioned rules. Complete IPC Rules and Regulations can be found at: <http://www.paralympic.org/Swimming/RulesandRegulations/Rules>

NOTE: IPC Rules shall apply to all identified Para-swimmers attending a meet. The Referee should not make a decision related to an impairment if a technical advisor or Para-swimming official is used during the meet.

A Technical Adviser will be appointed for Swimming Canada Designated Meets and International Competitions which include Para-swimmers. When a Technical Adviser is not present at a competition, the Referee is responsible for including the Code of Exceptions on the heats sheets for all Canadian Para-swimmers competing in the competition. The Code of Exceptions is available on the Swimming Canada website: <https://www.swimming.ca/ParaswimmingClassification>

2.2 OFFICIALS

2.2.7.4.1 For swimmers with a hearing impairment, the Inspector of Turns shall use a visual cue to indicate to the swimmer that they have two lengths to swim to finish in individual events of 800 and 1500 metres.

2.2.7.4.2 For swimmers with hearing and visual impairment, the Inspector of Turns shall notify the tapper 15 metres and two lengths before the completion of the 800 and 1500 metres events. It shall be the responsibility of the tapper to indicate to the swimmer that they are commencing the final two lengths.

2.15 SUPPORT STAFF

Support Staff is any person designated to assist an athlete logistically or with directional instructions. Support Staff shall not coach the competitor when providing this assistance.

Note: Support Staff shall not talk to the swimmer (with the exception of a blind swimmer to indicate where to go), shall not massage the

swimmer and shall not start their watch (while helping a swimmer behind the blocks).

2.15.1 Support Staff may be required to indicate to the swimmer with a visual impairment that they are approaching the end of the pool. This procedure is called tapping and the person is referred to as a “tapper”. If tapping is required at both ends of the pool, a separate tapper shall be used at each end.

2.15.1.1 For S11, SB11 and SM11 competitors, a tapper is mandatory for every turn and finish.

2.15.1.2 The tapping device must be deemed safe.

2.18 WORLD AND REGIONAL RECORDS

See section 2.18 in the IPC Swimming Rules and Regulations. Note that an IPC approval is required in order to ratify any IPC World or Regional Records. For Para-Swimming Canadian Records, an IPC approval is not required. The Para-Swimming Canadian Records must be reported on the Swimming Canada Records form. However, records will be accepted when times are reported by an Automatic Officiating Equipment system or by three (3) timekeepers. Proper documentation must be submitted to Swimming Canada to ratify the record.

3.1 THE START

3.1.1 At the commencement of each race, the Referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except swimwear, followed by a long whistle indicating that they should take positions on the starting platform (or for Backstroke swimming and Medley Relays to immediately enter the water). A second long whistle shall bring the Backstroke and Medley Relay swimmer 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.

3.1.2 When starting a race, 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 see and/or hear the signal.

3.1.3 The start in Freestyle, Breaststroke, Butterfly and Individual Medley events (when Butterfly is the initial stroke) shall be with a dive. On the long whistle from the referee (3.1.1) the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

3.1.3.1 For a swimmer with a visual impairment, on the long whistle from the Referee the swimmer shall be permitted to orientate themselves prior to the Starter's command "take your marks".

3.1.3.2 The swimmer who has balance problems i.e. standing stationary, may have assistance to balance themselves on the starting platform i.e. hold at the hips, hand, arm etc, by one support staff. Support staff may aid the swimmer to remain stationary at the start; however the support staff shall not allow the swimmer an unfair advantage i.e. being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the swimmer at the start is not permitted.

3.1.3.3 A swimmer may be permitted to start beside the starting platform.

3.1.3.4 A swimmer may be permitted to take up a sitting position on the starting platform.

3.1.3.5 A swimmer may be permitted to start in the water but is required to have one hand in contact with the starting place until the starting signal is given. Standing in or on the gutter or on the bottom is prohibited.

3.1.3.6 Sport Class S/SB/SM 1-3 swimmers are permitted to have their foot/feet held to the wall, until the starting signal is given. Giving momentum to the swimmer at the start is not permitted.

3.1.3.7 Where a swimmer is unable to grip the starting place in a water start, the swimmer may be assisted by a support staff and/or starting device. The device shall be cleared and deemed safe by the technical official prior to the commencement of the competition. Giving momentum to the swimmer at the

start is not permitted. The swimmer shall have part of the body in contact with the wall until the starting signal is given.

3.1.3.8 To prevent abrasion, one layer of towel, or the like, may be placed on the starting platform.

3.1.4 The start in Backstroke and Medley Relay events shall be from the water. At the Referee's first long whistle (3.1.1), 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. When all swimmers have taken their starting positions, the Starter shall give the command "take your marks". When all swimmers are stationary, the Starter shall give the starting signal.

3.1.5 In IPC Competitions and sanctioned competitions the command "take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

3.1.6 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 event. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the start procedure beginning with the long whistle (the second one for backstroke) as per 3.1.1.

3.1.7 In the case of a S/SB/SM 1-10 and S/SB/SM 14 swimmer who additionally is deaf, Support Staff shall be permitted to convey the starting signal to the competitor by the use of a non-verbal instruction, when no starting light is available.

3.1.8 In the case of a swimmer with a visual impairment who additionally is deaf, Support Staff shall be permitted to convey the starting signal to the competitor by the use of a non-verbal instruction.

3.2 FREESTYLE

3.2.1 Freestyle means that in an event so designated the swimmer may swim any style, except in Individual Medley or Medley Relay events where Freestyle means any style other than Backstroke, Breaststroke or Butterfly.

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

3.2.3 Some part of the swimmer must break the surface of the water 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.

3.2.3.1 For S1-5 swimmers, during each complete stroke cycle some part of the swimmer must break the surface of the water. One stroke cycle is defined as one full rotation of the shoulder joint(s) and/or one complete up and down movement of the hip joint(s).

3.2.4 Standing on the bottom during Freestyle events or during the Freestyle portion of Medley events shall not disqualify a swimmer, but they shall not walk. One stroke cycle is defined as one full rotation of the shoulder joint(s) and/or one complete up and down movement of the hip joint(s).

3.3 BACKSTROKE

3.3.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

3.3.1.1 Where a swimmer is unable to hold both the starting grips, it is permissible to hold the grips with one hand only.

3.3.1.2 Where a swimmer is unable to hold either starting grip, it is permissible to hold the end of the pool.

3.3.1.3 Where a swimmer is unable to hold the starting grips or end of the pool, the swimmer may be assisted by a support staff or starting device. The device shall be cleared and deemed safe by the technical official prior to the commencement of the competition. Giving momentum to the swimmer at the start is not permitted. The swimmer shall have part of the body in contact with the wall until the starting signal is given.

3.3.2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in 3.3.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

3.3.3 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.

3.3.3.1 For S1-5 swimmers, during each complete stroke cycle some part of the swimmer must break the surface of the water. One stroke cycle is defined as one full rotation of the shoulder joint(s) and/or one complete up and down movement of the hip joint(s).

3.3.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his respective lane. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or 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.

3.3.4.1 For the swimmer who has no arms or use of his arms during the turn, once the body has left the position on the back, the turn shall be initiated. The swimmer must have returned to a position on the back upon leaving the wall.

3.3.5 Upon the finish of the race the swimmer must touch the wall while on the back in his respective lane.

3.4 BREASTSTROKE

3.4.1 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, followed by a breaststroke kick.

3.4.1.1 After the start and after each turn, a swimmer who is unable to push off with the leg/s, may perform one arm stroke that may not be simultaneous or on the horizontal plane to attain the breast position.

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

3.4.2.1 When a swimmer does not have any legs or arms or parts thereof, either the kick or the respective arm stroke shall constitute a complete stroke cycle.

3.4.3 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.

3.4.3.1 Swimmers with a visual impairment approaching a turn or finish may push their hands forward from any point in the stroke cycle immediately after they have been tapped.

3.4.4 During each complete cycle, some part of the swimmer's head must 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. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

3.4.4.1 A swimmer with lower limb impairment must show intent of simultaneous movement and show intent to kick in the same horizontal plane throughout the race or trail/drag the leg/s throughout the race.

3.4.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kick are not permitted except as in 3.4.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

3.4.5.1 A swimmer who is unable to use both legs and/or foot/feet to gain normal propulsion shall not be required to turn the affected foot outwards during the propulsive part of the kick.

3.4.6 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.

Interpretation: "Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

3.4.6.1 At each turn and the finish of the race, where a swimmer has different arm lengths only the longer arm must touch, but both arms must be stretched forward simultaneously.

3.4.6.2 At each turn and the finish of the race, a swimmer with upper limbs too short to stretch above the head shall touch with any part of the upper body.

3.4.6.3 At each turn and the finish of the race, where a swimmer uses only one arm for the stroke cycle the swimmer may touch with one hand/arm only.

3.4.6.4 At each turn and the finish of the race, where the swimmer who uses both arms but has restriction in the shoulder/elbow, only the longer arm must touch, but both arms must be stretched forward simultaneously.

3.4.6.5 SB11-12 swimmers may have difficulty making a simultaneous touch at the turn and the finish if they are restricted due to contact with the lane rope. The swimmer shall not be disqualified provided that no advantage was gained.

3.5 BUTTERFLY

3.5.1 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. 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.

3.5.1.1 After the start and after each turn, a swimmer who is unable to push off with the leg/s may perform one arm stroke that may not be simultaneous to attain the breast position.

3.5.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to 3.5.5.

Interpretation: "Both arms must be brought forward simultaneously over the water" means the entire arm from the shoulder to the wrist, not just part of it, must recover over the water. There is no requirement to see space between the arm and water.

3.5.2.1 S11-12 swimmers may have difficulty bringing both arms forward simultaneously if they are restricted due to contact with the lane rope. The swimmer shall not be disqualified provided that no advantage was gained.

3.5.2.2 Swimmers with a visual impairment approaching a turn or finish may bring their arms forward under the water immediately after they have been tapped.

3.5.2.3 Where part of an arm is missing, the remaining part of the arm shall be brought forward simultaneously with the other arm.

3.5.2.4 Where a swimmer uses one arm for the arm stroke, the arm shall be brought forward over the water.

3.5.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but no alternating movements are permitted. A breaststroke kicking movement is not permitted.

3.5.3.1 When a swimmer's impairment results in only one leg being used, the non functional leg shall drag.

Interpretation: "Shall drag" means that the leg is not providing any propulsion but may follow the undulating hip line and appear to be alternating.

3.5.4 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.

Interpretation: "Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

3.5.4.1 At each turn and the finish of the race where a swimmer has different arm lengths only the longer arm must touch, but both arms must be stretched forward simultaneously.

3.5.4.2 At each turn and the finish of the race, a swimmer with no or non functional upper limbs or upper limbs too short to stretch above the head, shall touch with any part of the upper body.

3.5.4.3 At each turn and the finish of the race, where a swimmer uses one arm for the arm stroke the swimmer may touch with one hand/arm only.

3.5.4.4 At each turn and the finish of the race, where the swimmer who uses both arms but has restriction in the shoulder/elbow only the longer arm must touch, but both arms must be stretched forward simultaneously.

3.5.4.5 S11-12 swimmers may have difficulty making a simultaneous touch at the turn and finish if they are restricted due to contact with the lane rope. The swimmer shall not be disqualified provided that no advantage was gained.

3.5.4.6 At the turn and finish, swimmers with no leg function may perform a half stroke with the arm/s recovering forward under the surface of the water, in order to contact the wall.

3.5.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him 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.

3.6 MEDLEY SWIMMING

3.6.1 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.

3.6.1.1 In the 150 metre and 75 metre Individual Medley events, the swimmer covers three swimming strokes in the following order: Backstroke, Breaststroke and Freestyle. Each of the stroke must cover one third (1/3) of the distance.

3.6.2 In Medley Relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

3.6.3 Each section must be finished in accordance with the rules which apply to the stroke concerned.

3.7 RELAY EVENTS

3.7.8 In relay events, the team of a swimmer whose feet/part of the body loses contact with the starting platform before the preceding team member touches the wall shall be disqualified.

3.7.8.1 In a Relay event a swimmer may commence in the water. The swimmer may not lose hand/feet contact with the starting place until such time as the preceding team member touches the wall otherwise the swimmer shall be disqualified.

3.7.9 Any Relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.

3.7.9.1 A swimmer, in a Relay event, who is to commence with a water start, may enter the water only when the preceding takeoff at the same end has been executed.

3.7.10 The tapper is able to convey to the swimmer the relay changeovers and convey the position/place of the relay. An extra tapper may be required, one for tapping the swimmer completing the leg of the relay and one tapper for

conveying the changeover. No coaching is permitted.

3.7.11 In Relay events each Inspector of Turns at the starting end shall determine, whether the starting swimmer is in contact with the starting platform when the preceding

swimmer touches the starting wall. When AOE, which judges relay take-offs is available, it shall be used in accordance with 2.16.

3.8.11 Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race.

3.8.11.1 S/SB/SM 1-5 swimmers may stay in their lane until the last swimmer of the team has completed the race. A swimmer remaining in the water shall move a short distance away from the end of the pool, close to the lane rope but shall not obstruct another swimmer in another lane.

3.8 THE RACE

3.8.1 All individual races must be held as separate gender events.

3.8.2 A swimmer swimming over the course alone shall cover the whole distance to qualify.

3.8.3 Swimmers must remain and finish the race in the same lane in which they started.

3.8.3.1 Should a swimmer with a visual impairment inadvertently surface in the wrong lane after a start or executing a turn and the swimmer has surfaced in a lane not in use, the swimmer shall be permitted to complete the race in that lane. If it is necessary for the swimmer to return to the correct lane the tapper may give verbal instructions, but only after clearly identifying the swimmer by name to prevent distraction or interference to other competitors.

3.8.4 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.

3.8.5 Pulling on the lane rope is not allowed.

3.8.6 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the Referee shall report the matter to the host country NPC, to IPC Swimming and to the NPC of the swimmer so offending.

3.8.7 Should a foul jeopardize the chance of success of a swimmer, the Referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, the Referee may order it to be re-swum.

3.8.7.1 For swimmers with visual impairment, should an accidental foul occur during a race, caused by a swimmer either surfacing after the start or turn, in a lane that is in use by another competitor, or by swimming too close to the lane rope, etc, the Referee shall have the power to allow one or all swimmers to re-swim the event. If the foul occurs in a final, the Referee may order the final to be re-swum.

3.8.8 S11, SB11 and SM11 swimmers with the exception of those with prosthetics in both eyes shall be required to wear opaque (blackened in) goggles for competition. S11, SB11 and SM11 swimmers whose facial structure will not support goggles shall be required to cover the eyes with an opaque covering. The goggles of the S11, SB11 and SM11 swimmers shall be checked at the finish of the relevant event.

3.8.8.1 In the event that the goggles accidentally fall off during the dive or break during the race, the swimmer shall not be disqualified.

3.8.9 No swimmer shall be permitted to use or wear any device or swimsuit that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands or adhesive substances, etc.). Goggles may be worn. Any kind of strapping that limits unwanted movement is prohibited. Taping on the body is not permitted unless approved under paragraph 6.2.6.

3.8.9.1 No swimmer shall be permitted to use prosthesis, except ocular, or orthoses during the race.

3.8.10 Any swimmer not entered in an event, who enters the water while a race is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled event.

3.8.12 At the completion of each event, the Referee shall signal to the swimmers by way of two short whistle blasts that they are required to clear the water.

3.8.13 No pace making shall be permitted, nor may any device be used or plan adopted which has that effect.

3.8.14 If an error by an official follows a fault by a competitor, the fault by the competitor may be expunged by the Referee.

5 FACILITIES

5.1.6 Mats shall be placed on the deck beside the outside lanes, within one metre of each end of the pool. Each mat shall be a minimum of 1 metre wide and 2 metres in length.

Note: Mats are used for lower classes, to prevent abrasion when swimmers are exiting/entering the pool.

6 MEDICAL SERVICES

6.2.6 A swimmer who wishes to compete with protective medical taping (covering for example: open wound, pressure sores, stoma, sensitive skin) must receive clearance from the Referee prior to the start of each session or from the moment the taping is required. Violating this rule may result in the swimmer being disqualified and/or disallowed from competing further in the competition.

7 DEFINITION

7.7 Codes of Exception

The codes of Exception are assigned to the athlete by the classifiers and are only to guide the technical officials. The technical officials shall officiate by the sport technical Rules and Regulations and not by the Codes of Exception.