



## SWIMMING CANADA MASTERS OPEN WATER SWIMMING RULES & GUIDELINES FOR OFFICIALS

### Masters General Rules (MGR)

**MGR 1** The Members shall register Masters Competitors in a special category for each of the five recognised disciplines. A competitor who registers for Masters in any discipline will still retain his/her unrestricted right to compete in other competitions.

**MGR 2** Except for specific exceptions in the FINA Rules and regulations all other FINA Rules and Regulations shall apply to Masters Competitions.

**MGR 3** Individual entries shall only be accepted from persons representing clubs. No swimmer or team may be designated as representing a country or Federation.

**MGR 4** Age shall be determined as of December 31 of the year of competition.

**MGR 5** Masters Competitors must be aware of the need of being well prepared and medically fit before entering into Masters Competition. 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 FINA, the Organising National Federation and the Organising Committee 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 Masters Competitor.

All Masters Open Water Swimming competitions shall be conducted according to the **FINA Masters Rules (MOWS) 2017** edition except as noted below.

**MOWS 1:** Not applicable

**MOWS 2:** Not applicable

**MOWS 3:** Not applicable

**MOWS 4:** It shall be compulsory for all swimmers to wear highly visible coloured swim caps.

**MOWS 5:** At all Masters Open Water events the safety of the competition shall be of paramount importance.

All Masters Open Water Swimming competitions to be conducted according to the **Swimming Canada Rules 2018-2021 (OWS)**.



## Additional Swimming Canada Masters Rules – Open Water Swimming

### TIME LIMITS

In all events, time limits shall apply as follows from the finish time of the **first Masters Swimmer** in a concurrently run Masters event and Age-group event: 30 minutes per 5km (or part thereof) up to a maximum time limit of 120 minutes.

### AGE GROUPS

Swimmers must be 18 years of age, on the first day of the competition, to be eligible to compete in all Swimming Canada Masters events.

Age Groups, individual events

18-24	40-44	60-64	80-84
25-29	45-49	65-69	85-89
30-34	50-54	70-74	90-94
35-39	55-59	75-79	etc. as required



## GUIDELINES FOR OFFICIALS

### RULE DIFFERENCES

As Swimming Canada officials working at Masters Open Water Swimming Competitions there are often questions concerning the differences between the two type competitions (Masters and Age Group). There are actually very few and the rules of conduct of the competition are those that are applied across all competitions.

**MOWS 4:** It shall be compulsory for all swimmers to wear highly visible coloured swim caps.

**MGR 4:** Age shall be determined as of December 31 of the year of competition.

### MASTERS EMPHASIS

**MOWS 5:** At all Masters Open Water events the safety of the competition shall be of paramount importance.

## APPLICATION OF RULES AT MASTERS OPEN WATER SWIMMING COMPETITIONS

### Swimwear:

#### **CGR 5.2.1 – CGR 5.2.4**

*Please note that these rules apply also to Masters swimmers who for religious or modesty reasons will wear a bathing suit or bathing suits to be sufficiently covered. Some swimmers may also require compression type stockings etc. to be able to participate. The application of common sense should always prevail.*

**BL 8.4** For open water swimming competitions with water temperatures from 20 ° C swimsuits for both men and women shall not cover the neck, nor extend past the shoulder nor extend below the ankle. Subject to these specific shape specifications, swimsuits for open water swimming competitions shall further comply with all other requirements applicable to swimsuits for pool swimming competition (BL 8.1 & BL 8.2).

**BL 8.5** From January 1, 2017, for open water swimming competitions in water with the temperature below 20 ° C, men and women may use either swimsuit (BL 8.4) or wetsuits. When the water temperature is below 18 ° C, the use of wetsuits is compulsory.

For the purpose of these rules, wetsuits are swim suits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.



## COMPETITION MANAGEMENT

Masters open water swimming competitions may be run concurrently with age-group open water swimming competitions. Separate sanctions must be requested and separate results produced.

Application of time limits must be for each group of competitors (masters and age-group) to enhance the masters' swimmers' experience of open water swimming.

Please feel free to contact your provincial officials' association or email [masters@swimming.ca](mailto:masters@swimming.ca) should you have any further questions on officiating Masters open water competitions, we will endeavor to respond or direct you to the proper channels.

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