

APPENDIX B: WORLD PARA SWIMMING (WPS) RULES

Table of Contents

5.1	Anti-Doping Requirements	2
6.6	Medical Services	2
10.2	Officials	2
10.8	Support Staff	3
10.13.6	Technical Jury Of Appeal	3
10.18	World And Regional Records	3
11.1	The Start	4
11.2	Freestyle	6
11.3	Backstroke.....	6
11.4	Breaststroke	7
11.5	Butterfly	9
11.6	Medley Swimming	10
11.7	Relays	11
11.8	The Race.....	11
APPENDIX TWO: Facilities		13



These rules are effective June 1, 2023.

For any discrepancy between the World Para Swimming Rules in effect and this document, you must use the World Para Swimming Rules. Complete World Para Swimming Rules and Regulations can be found at: <http://www.paralympic.org/Swimming/Rules>

NOTE: WPS Rules shall apply to all identified Para Athletes attending a meet. The Referee should not make a decision related to impairment if a Para swimming official is attending the meet.

A Para Swimming National Meet Referee will be appointed for Swimming Canada National Competitions and International Competitions which include Para Athletes. When a Para Swimming National Meet Referee or a Technical Advisor is not present at a competition, the Meet Manager/Referee is responsible for including the Sport Classes and the Code of Exceptions on the heat sheets for all Para Athletes competing in the competition. The Para swimming active roster which lists all the Sport Classes and Codes of Exceptions for each Canadian Para Athlete is available on the Swimming Canada website:

<https://swimming.ca/en/resources/para-swimming/para-swimming-classification/>

5.1 ANTI-DOPING REQUIREMENTS

5.1.2 In order for a WPS World Record to be ratified, doping control must be conducted at the competition that the record is set, and random testing (urine only or urine and blood) had been arranged in advance of the start of the first day of competition. It is not a requirement that an Athlete who has broken a World Record is selected for testing. In the case where a World Record is broken at which doping control has not been conducted, the World Record shall not be recognised.

Note: Having Doping Control on site during the meet is mandatory for ratifying a WPS World Record but not for a WPS Americas Regional Record.

6.6 MEDICAL SERVICES

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

10.2 OFFICIALS

10.2.1.2 For health and safety reasons, the Technical Delegate may, in their discretion, allocate an additional Code(s) of Exception to an Athlete(s). Such code(s) are applicable only for that competition and will not appear in the World Para Swimming Classification Master List.

10.2.2.5 A disqualification for starting before the starting signal must be observed by either the Referee or Starter. **It is not necessary that both Referee and Starter have observed the infraction.** When AOE is available, it may be used to verify the disqualification.



10.2.7.8 For Athletes with a hearing impairment, the Inspector of Turns shall use a visual cue to indicate to the Athlete that they have two (2) lengths to swim to finish in individual Events of 800 and 1500 metres.

10.2.7.9 For Athletes with hearing and/or Vision Impairment, the Inspectors of Turns shall notify the Tapper 15 metres and two (2) lengths before the completion of the 800 and 1500 metres Events. It shall be the responsibility of the Tapper to indicate to the Athlete that they are commencing the final two (2) lengths.

10.8 SUPPORT STAFF

Support Staff include any person designated to assist an Athlete with logistics or with directional instructions.

10.8.1 Support Staff are not permitted to coach or massage Athletes. When on the pool deck or in the call room, Support Staff are not permitted to use or visibly carry stopwatches, radio communication devices, backpacks or bags.

10.8.2 Support Staff are only permitted to assist an Athlete on the pool deck if such a requirement is recorded for that Athlete in the World Para Swimming Classification Master List or if Rule 10.2.1.2 is implemented.

10.8.3 Support Staff may be required to assist an Athlete with a Vision Impairment that is approaching the end of the pool by a single or double tap. This procedure is called tapping and the relevant Support Staff who carry out the tapping are referred to as "Tappers". If tapping is required at both ends of the pool, two (2) separate Tappers shall be used, one (1) at each end of the pool.

10.8.3.1 For Athletes in Sport Classes S11, SB11 and SM11, Tapper(s) and tapping are mandatory for every turn and finish.

10.8.3.2 All tapping devices must be prior approved, recorded and deemed safe for use (in both construction and length) by World Para Swimming.

10.8.3.3 For Athlete in Sport Classes other than S11, SB11 and SM11, Tappers and/or tapping is optional and does not have to be consistent throughout the race or whole competition.

10.13.6 TECHNICAL JURY OF APPEAL

10.13.6.3 The Jury of Appeal shall consider what other available evidence should be considered. If such evidence, including any available video evidence, is not conclusive, the decision of the Referee shall be upheld.

10.13.6.4 The Jury of Appeal may consider the matter 'de novo' (afresh) and may consider any evidence even if it was not available to the Referee.

10.18 WORLD AND REGIONAL RECORDS

See section 10.18 in the World Para Swimming Rules and Regulations. Note that a WPS approval is required in order to ratify any WPS World or Americas Regional Records. All individual races must be held as separate gender events for WPS World and Americas Regional Records to be ratified (WPS Rule 11.8.1). See WPS Rule 5.1.2 for anti-doping requirements.



10.18.10 The Athlete must be licensed by WPS prior to the start of the Competition and has a Sport Class Status of ‘Confirmed’ (C) or ‘Review with a Fixed Review Date (RFD) which is after the year when the record was achieved.

For Para swimming Canadian Records, a WPS approval is not required and there is no doping control requirements. Para swimming Canadian Records must be reported on the Swimming Canada Records form. Records will be accepted when times are reported by an Automatic Officiating Equipment system or by three (3) Timekeepers.

As per WPS Rule 11.8.1 and Canadian Rule II.C10.1.1, events must be swum as separate gender events to set a Canadian Record. Proper documentation must be submitted to Swimming Canada to ratify the record.

11.1 THE START

11.1.1 Once all Athletes have removed their clothing, except for swimwear, the Referee shall signal the commencement of an Event by a short series of whistles inviting them to get ready at the starting end, 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 Athletes immediately to the starting position. When the Athletes and Officials are prepared for the start, the Referee shall gesture to the Starter with a stretched-out arm, indicating that the Athletes are under the Starter’s control. The stretched-out arm shall stay in that position until the start is given.

11.1.1.1 Athletes entering the water from the side of the pool are requested to enter the water on the series of short whistle blasts.

11.1.2 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 (see Rule 11.1.1) the Athletes shall step onto the starting platform and remain there. On the Starter’s command “take your marks”, Athletes shall immediately take up a starting position with at least one (1) foot at the front of the starting platform. The position of the hands is not relevant. When all Athletes are stationary, the Starter shall give the starting signal.

11.1.2.1 For an Athlete with a Vision Impairment, on the long whistle from the Referee, the Athlete shall be permitted to orientate themselves prior to the Starter’s command of “take your marks”.

11.1.2.2 Athletes with balance problems (i.e., who have difficulty standing stationary), may have assistance to balance themselves on the starting platform (i.e., hold at the hips, hand, arm etc., by one (1) Support Staff. Support Staff may aid the Athlete to remain stationary at the start; however, the Support Staff shall not allow the Athlete an unfair advantage by being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the Athlete at the start is not permitted.

11.1.2.3 An Athlete with only one (1) fully functional leg does not need to have a foot at the front of the starting platform, so long as they have one (1) hand or other part of the arm at the front of the starting platform.

11.1.2.4 An Athlete may be permitted to start beside the starting platform.



11.1.2.5 An Athlete may be permitted to take up a sitting position on the starting platform.

11.1.2.6 An Athlete 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.

11.1.2.7 Athletes in Sport Classes S/SB/SM1-3 athletes are permitted to have their foot/feet or the end of their limb(s) held to the wall, until the starting signal is given. Giving momentum to the Athlete at the start is not permitted.

11.1.2.8 Where an Athlete is unable to grip the starting place in a water start, the Athlete may be assisted by a Support Staff and/or starting device. The device shall be cleared and deemed safe by the World Para Swimming appointed Officials prior to the commencement of the Competition. Giving momentum to the Athlete at the start is not permitted. The Athlete shall have part of the body in contact with the wall until the starting signal is given.

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

11.1.3 The start in Backstroke, 75m/150m individual Medley Events and Medley Relay Events shall be from the water. At the Referee's first long whistle (see Rule 11.1.1), the Athletes shall immediately enter the water. At the Referee's second long whistle the Athletes shall return without undue delay to the starting position. When all Athletes have taken their starting positions, the Starter shall give the command "take your marks". When all Athletes are stationary, the Starter shall give the starting signal.

11.1.4 In IPC Games, World Para Swimming Championships and WPS Sanctioned Competitions, the command "take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one (1) at each starting platform.

11.1.5 Any Athlete initiating a start before the signal may be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the Athlete(s) 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 Athletes shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per Rule 11.1.1.

11.1.6 For Athletes with a hearing impairment, a strobe/starting light will be provided. If an Athlete requires additional arm signals by the Starter, this must be requested by the responsible Team Leader at the Technical/Team Leader Meeting.

11.1.7 In the case of an Athlete in Sport Class S1-10/SB1-9/SM1-10 and S/SB/SM14 who additionally has a hearing impairment, Support Staff shall be permitted to convey the starting signal to the Athlete by the use of a non-verbal instruction when no starting light is available.

11.1.8 In the case of an Athlete with a Vision Impairment who additionally has a hearing impairment, Support Staff shall be permitted to convey the starting signal to the Athlete by the use of a non-verbal instruction.



11.2 FREESTYLE

11.2.1 Freestyle means that in an Event so designated the Athlete may swim any style, except in individual Medley or Medley Relay Events where Freestyle means any style other than Backstroke, Breaststroke or Butterfly. For the 75m or 150m individual Medley, Freestyle means any style other than Backstroke or Breaststroke.

11.2.2 Some part of the Athlete must touch the wall upon completion of each length and at the finish.

11.2.3 Some part of the Athlete must break the surface of the water throughout the race, except it shall be permissible for the Athlete 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 Athlete's head must have broken the surface.

11.2.3.1 For Athletes in Sport Classes S1-5, during each complete stroke cycle some part of the Athlete must break the surface of the water. One (1) stroke cycle is defined as one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s).

11.2.4 Standing on the bottom during Freestyle Events or during the Freestyle portion of Medley Events shall not disqualify an Athlete, but they shall not walk.

11.3 BACKSTROKE

11.3.1 Prior to the starting signal, the Athletes shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, at least one (1) toe of both feet (or parts thereof) must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

11.3.1.1 Where an Athlete is unable to hold both the starting grips, it is permissible to hold the grips with one (1) hand only.

11.3.1.2 Where an Athlete is unable to hold either starting grip, it is permissible to hold the end of the pool.

11.3.1.3 Where an Athlete is unable to hold the starting grips or end of the pool, the Athlete may be assisted by a Support Staff or starting device. The device shall be cleared and deemed safe by World Para Swimming representative prior to the commencement of the Competition. Giving momentum to the Athlete at the start is not permitted. The Athlete shall have part of the body in contact with the wall until the starting signal is given.

11.3.2 At the signal for starting and after turning the Athlete shall push off and swim upon his back throughout the race except when executing a turn, as set forth in Rule 11.3.4. The position on the back may include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

11.3.3 Some part of the Athlete must break the surface of the water throughout the race, except that once some part of the head of the athlete has passed the 5 metres mark immediately prior to reaching for the finish, the athlete may be completely submerged. It is also permissible for the Athlete 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 Athlete's head must have broken the surface.

11.3.3.1 For Athletes in Sport Classes S1-5, during each complete stroke cycle some part of the Athlete must break the surface of the water. One (1) stroke cycle is defined as one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s).

11.3.4 When executing the turn there must be a touch of the wall with some part of the Athlete's body. 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 Athlete must have returned to the position on the back upon leaving the wall.

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

11.3.6 Upon the finish of the race the Athlete must touch the wall while on the back.

11.4 BREASTSTROKE

11.4.1 After the start and after each turn, the Athlete may take one (1) arm stroke completely back to the legs during which the Athlete may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn, a single Butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

11.4.1.1 After the start and after each turn, an Athlete who is unable to push off with the leg(s), may perform one (1) arm stroke that may not be simultaneous or on the horizontal plane to attain the breast position.

11.4.2 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 (1) arm stroke and one (1) leg kick in that order. All movements of the arms shall be simultaneous without alternating movement.

11.4.2.1 When an Athlete does not have any legs or arms or parts thereof, either the kick or the respective arm stroke shall constitute a complete stroke cycle. The position on the breast may include a roll movement of the body up to, but not including ninety (90) degrees from horizontal. The position of the head is not relevant.

11.4.3 The Athlete's 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.



11.4.3.1 Athletes with Vision Impairment approaching a turn or finish may push their hands forward from any point in the stroke cycle immediately after they have been tapped.

11.4.4 During each complete cycle, some part of the Athlete's head must break the surface of the water. All movements of the legs shall be simultaneous without alternating movement.

11.4.4.1 An Athlete with lower limb impairment must show a simultaneous intent to kick throughout the race or trail/drag the leg(s) throughout the race.

11.4.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward Butterfly kicks are not permitted except as in Rule 11.4.1. Breaking the surface of the water with the feet is permitted unless followed by a downward Butterfly kick.

11.4.5.1 An Athlete who is unable to use one or both legs and/or foot/feet to gain propulsion shall not be required to turn the affected foot/feet outwards during the propulsive part of the kick.

11.4.6 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 turns 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. For the purposes of this Rule, "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 permitted.

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

11.4.6.2 At each turn and the finish of the race, an Athlete with upper limbs which are too short to stretch above the head shall touch with any part of the upper body.

11.4.6.3 At each turn and the finish of the race, where an Athlete can use only one (1) arm for the stroke cycle, the Athlete must touch with the one (1) hand/arm that is used for the stroke. Where an Athlete's impairment results in only one (1) arm being used, the non-functioning arm shall be dragged or stretched forward.

11.4.6.4 At each turn and the finish of the race, where the Athlete 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.

11.4.6.5 Athletes in Sport Classes SB11-12 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 Athlete shall not be disqualified provided that no advantage was gained.



11.5 BUTTERFLY

11.5.1 From the beginning of the first arm stroke after the start and each turn, the Athlete's body shall be kept 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.

11.5.1.1 After the start and after each turn, an Athlete who is unable to push off with the leg(s) may perform one (1) arm stroke that may not be simultaneous to attain the breast position.

11.5.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to Rule 11.5.5. For the purposes of this Rule, "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.

11.5.2.1 Athletes in Sport Classes S11-12 may have difficulty bringing both arms forward simultaneously if they are restricted due to contact with the lane rope. The Athlete shall not be disqualified provided that no advantage was gained.

11.5.2.2 Athletes with a Vision Impairment approaching a turn or finish may bring their arms forward under the water immediately after they have been tapped.

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

11.5.2.4 Where an Athlete can only use one (1) arm for the arm stroke, the arm shall be brought forward over the water. The position of the body must remain in line with the water surface. Where an Athlete's impairment results in only one (1) arm being used the non-functioning arm shall be dragged or stretched forward. This rule ensures an Athlete who competes using only one arm for the stroke stays on the breast in line/parallel to the water surface, as Butterfly was originally intended and are not swimming on their side, with a dropped shoulder. For the purposes of this Rule "the body" is the trunk of an Athlete, including the shoulders.

11.5.2.5 At the turn and finish, Athletes 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.

11.5.3 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.

11.5.3.1 When an Athlete's impairment results in only one (1) leg being used, the non-functional leg shall drag. For the purposes of this Rule "shall drag" means that the leg is not providing any propulsion but may follow the undulating hip line and appear to be alternating.



11.5.4 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. For the purposes of this Rule “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 permitted.

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

11.5.4.2 At each turn and the finish of the race, an Athlete 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.

11.5.4.3 At each turn and the finish of the race, where an Athlete can only use one (1) arm, the athlete must touch with the one (1) hand/arm that is used for the stroke.

11.5.4.4 At each turn and the finish of the race, where the Athlete 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.

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

11.5.5 At the start and at turns, an Athlete is permitted one (1) or more leg kicks and one (1) arm pull under the water, which must bring the Athlete to the surface. It is permitted for an Athlete to be completely submerged for not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The Athlete must remain on the surface until the next turn or finish.

11.5.5.1 For Athletes in Sport Classes S1-5, some part of the Athlete must break the surface of the water during one (1) full rotation of the shoulder joint(s) and/or one (1) complete up and down movement of the hip joint(s).

11.6 MEDLEY SWIMMING

11.6.1 In individual Medley Events, the Athlete covers the four (4) swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must be used for one quarter (1/4) of the total distance. Leaving the wall on the back during the Freestyle portion is permissible but no kicking action is permitted until the Athlete has returned past the vertical to the breast at which point kicking, including a Butterfly kick(s), may commence.

11.6.1.1 In the 150 metre and 75 metre individual Medley Events, the Athlete covers three (3) swimming strokes in the following order: Backstroke, Breaststroke and Freestyle. Each of the strokes must be used for one third (1/3) of the total distance. Leaving the wall on the back during the Freestyle portion is permissible but no kicking action is permitted until the Athlete has returned past the vertical to the breast at which point kicking including a Butterfly kick(s) may commence.



11.6.2 In Medley Relay Events, Athletes will cover the four (4) swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must be used for one quarter (1/4) of the total distance.

11.6.3 In Freestyle the Athlete must remain on their breast except when executing a turn. After executing a turn, an Athlete must return to their breast before executing any kick or stroke. For the purposes of this Rule the position on the breast may include a roll movement of the body up to, but not including ninety (90) degrees from horizontal. The position of the head is not relevant.

11.6.4 Each section must be finished in accordance with the Rules which apply to the stroke concerned.

11.7 RELAYS

11.7.10 In Relay Events, the team of an Athlete whose feet/part of the body loses contact with the starting platform before the preceding team member touches the wall shall be disqualified.

11.7.10.1 In a Relay Event an Athlete may commence in the water. The Athlete may not lose contact with the starting place until such time as the preceding team member touches the wall otherwise the team Athlete shall be disqualified.

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

11.7.11.1 An Athlete in a Relay Event who is to commence with a water start may enter the water only when the preceding takes off at the same end has been executed.

11.7.12 The Tapper may convey to the Athlete the relay changeovers and convey the position/place of the relay. An extra Tapper may be required, one for tapping the Athlete completing the leg of the relay and one Tapper for conveying the changeover. No coaching is permitted.

11.7.13 Any Athlete having completed their leg in a Relay Event, must exit the pool as soon as possible without obstructing any other Athlete(s) who has not yet finished their leg.

11.7.13.1 Athletes in Sport Classes S/SB1-5 may remain in their lanes until the last Athlete of each team has completed the race. An Athlete remaining in the water shall position themselves away from the end of the pool, close to the lane rope but shall not obstruct any other Athlete in another lane.

11.7.14 During Relay exchanges, running starts from the pool deck are not permitted. It is not permitted for Athletes to place either foot on the block behind the moveable backplate or to place one or both feet on top of the moveable backplate.

11.8 THE RACE

11.8.1 All individual races must be held as separate gender Events.



11.8.2 An Athlete swimming over the course alone shall cover the whole distance to qualify. An Athlete who does not complete the whole distance in accordance with the relevant Rules shall be disqualified.

11.8.3 Subject to the following Rules, an Athlete must remain and finish the race in the same lane in which they started.

11.8.3.1 If an Athlete with a Vision Impairment, who has a Tapper for that Event, surfaces in a lane not in use, the Athlete shall be permitted to complete the race in that lane.

11.8.3.2 If the Athlete with a Vision Impairment surfaces in a lane that is in use, it is preferable for the Athlete to return to the correct lane. The Tapper may give verbal instructions, but only after clearly identifying the Athlete by name to prevent distraction or interference to other Athletes. If the Athlete finishes the race in an occupied lane without a foul, their result will be valid.

Interpretation: The following table assists to clarify Rules 11.8.3, 11.8.3.1 and 11.8.3.2

Athlete with a Tapper	11.8.3.1	Surfaces in an empty lane	No DSQ
	11.8.3.2	Surfaces in a lane in use, should try to get back, but will not be penalized if unable to do so.	No DSQ
		Surfaces in a lane in use, fouls the other Athlete.	See 11.8.7.1
Athlete without a Tapper	11.8.3	Completes swim in their own lane	No DSQ
	11.8.3	Surfaces in another lane	DSQ

11.8.4 In all Events, an Athlete, 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.

11.8.5 Pulling on the lane rope is not permitted.

11.8.6 Obstructing another Athlete by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be deemed intentional by the Referee, the Referee shall report the matter to the NPC(s) of the affected Athlete(s), to World Para Swimming and to the NPC of the offending Athlete.

11.8.7 Should a foul jeopardize the chance of success of an Athlete, the Referee shall have the power to allow the Athlete whose race was jeopardised 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.



11.8.7.1 For Athletes with a Vision Impairment, should an accidental foul occur during a race, caused by an Athlete either surfacing after the start or turn, in a lane that is in use by another Athlete, or by swimming too close to the lane rope, etc., the Referee shall have the power to allow one (1) or all Athletes to re-swim the event.

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

11.8.8.1 If the goggles accidentally fall off during the dive or break during the race, the Athlete shall not be disqualified.

11.8.9 No Athlete shall be permitted to use or wear any device or swimsuit that may aid their speed, buoyancy or endurance during a Competition (such as webbed gloves, flippers, fins, power bands or adhesive substances, etc.). **No watches, wearable technology, communication or data collection devices may be worn.** Goggles may be worn. Any kind of strapping or improper use of swimwear that limits unwanted movement is prohibited. Taping on the body is not permitted unless approved under regulation 6.6.2.

11.8.9.1 No Athlete shall be permitted to use a prosthesis (except ocular), or orthoses during the race.

11.8.9.2 The wearing of cochlear implants and insulin pumps is permitted.

11.8.10 Any Athlete not entered in an Event, who enters the water while a race is being conducted before all Athletes therein have completed the race, shall be disqualified from their next scheduled Event.

11.8.11 Any Athlete having finished their race may leave the pool as soon as possible without obstructing any other Athlete who has not yet finished their race.

11.8.12 At the completion of each race, the Referee shall signal to the Athletes by way of two (2) short whistle blasts that they are required to clear the water.

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

11.8.14 If an error by a Technical Official follows a fault by the Athlete, the fault by the Athlete may be expunged by the Referee.

APPENDIX TWO: FACILITIES

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

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

