



SWIMMING CANADA MASTERS RULES GUIDELINES FOR OFFICIALS

All Masters Swimming competitions to be conducted according to the **World Aquatics Masters Rules 2024 edition** with the exception of MSW 1.1 and MSW 1.2 (age groups for individual events and relays).

All Masters Swimming competitions to be conducted according to the **Swimming Canada Rules 2023-2025**.

Additional Swimming Canada Masters Rules

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

Age Groups, relay events

72-99	160-199	280-319
100-119	200-239	320-359
120-159	240-279	etc. as required

CANADIAN RECORDS

Canadian Records will be recognized from performances at any Provincial Section, Swimming Canada or FINA sanctioned Masters swim meet. Swimmers must be affiliated with Swimming Canada through their PSO or a Swimming Canada Swim Club to be eligible for a Canadian Record. Relay Team Swimmers must all be affiliated with the same Swimming Canada Swim Club.

Canadian Records will be recognized for the following events, both short course and long course:

Freestyle	50, 100, 200, 400, 800 and 1500 metres
Backstroke	50, 100 and 200 metres
Breaststroke	50, 100 and 200 metres
Butterfly	50, 100 and 200 metres
Individual Medley	200 and 400 metres (and 100 metres in 25m pools)
Freestyle Relays	4x50, 4x100 and 4x200 metres



Medley Relays	4x50, 4x100 and 4x200 metres
Mixed Relays	4x50, 4x100 and 4x200 metres Freestyle 4x50, 4x100 and 4x200 metres Medley

Canadian Records will be recognized for the following age groups for men and women:

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

Age Groups, relay events

72-99	160-199	280-319
100-119	200-239	320-359
120-159	240-279	etc. as required

Canadian Record applications must be submitted on the forms provided on the Swimming Canada web site <https://www.swimming.ca/en/national-record-application-procedure/>.

The time of the first swimmer in all relays (including mixed relays) may be used for an individual record application.

Intermediate times (official splits), duly confirmed, may be used for an individual record application.

POSITIVE CHECK-IN FOR DISTANCE EVENTS

Positive check-in requirements and consequences to be clearly outlined in the meet package.

DISTANCE EVENTS SWUM 2 PER LANE

Front crawl **MUST** be used by swimmers when 2 per lane.

RELAY NAME CHANGES

SNC 3.2.2 Relay 'Name Changes' shall be accepted each day up to 30 minutes before the start of the session in which the relay will be swum.

Additionally, for Masters Swimming relay name changes may not change the age group in which the relay was entered.



GUIDELINES FOR OFFICIALS

RULE DIFFERENCES

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

There are two **swimming rules** that are significantly different:

MSW 3.2 in lieu of II.4.1 (THE START)

MSW 3.2 When using the forward start, the referee's whistle shall indicate that the swimmers may **take their positions with at least one foot at the front of the starting platform** or pool deck, or in the water with one hand having contact with the starting wall.

MSW 3.7 in lieu of II.8.3 (BUTTERFLY)

MSW 3.7 **A breaststroke kicking movement 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.

Procedural differences include:

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

MSW 3.1 Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.

MSW 3.3 All Masters events shall be conducted on a timed final basis.

MSW 3.4 Swimmers may be allowed to remain in their lane while other swimmers are competing until directed by the referee to exit the pool.

MSW 3.8 Swimmers who had to be disqualified must be listed with coded reason for disqualification in the results list.



APPLICATION OF RULES AT MASTERS COMPETITIONS

Swimwear:

C15.1.1 – C15.1.2

Please note that this rule also applies to Masters swimmers. Some swimmers may also require compression type stockings etc. to be able to participate. The application of common sense should always prevail.

Warm-up Safety:

The wearing of watches, jewelry which may be considered dangerous or sharp, or any item which may be considered a safety hazard is discouraged in warm-ups.

Medic Alert type accessories may be worn.

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