

SECTION 9

COMPETITION RULES, REGULATIONS & INFORMATION

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1. FINA Stroke Rules

All meets sanctioned by NZMS are governed by the FINA Swimming Rules, with some stroke exceptions for master swimmers. Rules are updated every four years.

2. FINA Masters Rules

All meets sanctioned by NZMS are also governed by the FINA Masters Swimming Rules (sections included are General; Masters Swimming Rules and Masters Open water Swimming Rules).

Extract from FINA MSW 3 Technical Swimming Rules 2009-13

The Swimming Rules in Part III of the FINA Handbook shall apply to Masters with the following exceptions:

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

MSW 3.2 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 3.3 Any swimmer starting before the starting signal has been given by the Starter, shall be disqualified. (Supersedes SW 4.1).

MSW 3.4 All Masters events shall be conducted on a timed final basis.

MSW 3.5 Swimmers may be allowed to remain in their lane while other swimmers are competing until directed by the referee to exit the pool.

MSW 3.6 The order of swimmers by gender is optional in mixed relays.

MSW 3.7 Events shall be pre-seeded with oldest age groups first, slowest heats swum first within each age group. Events 400 metres and over may be deck seeded from slowest to fastest, regardless of age.

MSW 3.8 The Organising Committee may arrange 400 metre, 800 metre and 1500 metre Freestyle to be swum two (2) swimmers of the same sex in a lane. Separate timing will be required for each swimmer.

MSW 3.9 The Warm Up must be supervised.

MSW 3.10 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.

3. BL 8 Swimwear

BL 8.1 All swimwear used at Olympic Games and FINA Events (pool and open water competitions) shall be swimwear approved by FINA in accordance with the rules and procedures set forth in the FINA Requirements for Swimwear Approval (FRSA) issued by the FINA bureau and valid on the date of approval. Following an approval process conducted by the Swimwear Approval Commission, a list of approved swimwear is published by FINA (the Approved List) each year. The Approved List is published each year before December 31 and is valid starting from January 1 of the subsequent year.

BL 8.2 In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

BL 8.3 From January 1, 2010 swimwear for men shall not extend above the navel nor 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.

BL 8.4 From June 1, 2010 Open Water swimwear for both men and women shall not cover the neck, extend past the shoulder, nor shall extend below the ankle. All Open Water swimsuits shall comply with the FINA Criteria for Materials and Approval Procedures.

BL 8.5 From January 15, 2010 in Masters Pool Swimming competitions the rules BL 8.1, BL 8.2 and BL 8.3 apply. From June 1, 2010 the rule BL 8.4 applies also for the Masters Open Water competitions.

Note: Swimsuits which fulfil the shape requirement set forth in **BL 8.3**, respectively **BL 8.4** (for Open Water Swimming) can be accepted even if they do not bear a valid FINA approval label provided they effectively and evidently fulfil the material requirements set forth in the current FINA Requirements for Swimwear Approval. This is the case for swimsuits made of traditional permeable textile (i.e. open mesh material) material (such as cotton, Nylon, Lycra and the like) with no application of surface treatment closing the open mesh structure. In case of doubt in this respect and when notably such doubt concerns a swimsuit used at the occasion of a World record, an actual check of the swimsuit can be required from the competitor or Certifying Official and the swimsuit is to be forwarded to the FINA Office for submission to an actual control of all or parts of the requirements.

4. World Records

World records can only be set in accordance with section **MSW6** of the FINA masters Swimming Rules.

The National Recorder will complete the World Record Application form on behalf of a member upon ratification of the result. If the record is achieved in a competition outside New Zealand it is the responsibility of the **swimmer** to provide the National Recorder with the required paperwork to ratify the result, **except** that, if the record is achieved at a World Masters Swimming Championship, the swimmer is not required to provide the required paperwork as the National Recorder will already have this information.

Masters swimming competitions conducted for a third party, such as World Master Games (which may or may not include non-masters registered swimmers), are not eligible for setting FINA World Masters Records or for inclusion in the FINA Top10. This decision was approved by the FINA Bureau following a recommendation of the FINA Masters Committee in 2006.

This means New Zealand times recorded at New Zealand and other Masters Games meetings are not able to be ratified as World Records or be included in the FINA Top10.

5. National Records

National records can only be set at a meet sanctioned by NZMS or by the governing body of Masters Swimming in the country in which the swim takes place. The first swimmer in a relay may apply for a National record or a World record.

There is no provision for members to attempt records on a one-off basis or for a Masters record to be set in an 'Open' swim meet.

The National Recorder will update the New Zealand records after the results of each sanctioned meet have been ratified.

The current New Zealand records can be found on the NZMS website.

6. Records by New Zealand Masters Swimmers Living Overseas

The requirements are:

- The swimmer must be a financial member of NZMS.
- They must be a New Zealand citizen or resident and
- All record breaking swims must be at a meet run under FINA rules and sanctioned by the National body of Masters Swimming in the country in which the swim takes place.

7. National Rankings (previously Top Ten Rankings)

The National Rankings list is produced on an ongoing basis for the current year and ranks each swimmer in their age group from the results of each sanctioned meet held during the year.

The IT Officer updates the National Rankings list after the results of each sanctioned meet have been ratified and this list is available on the NZMS website.

These rankings are sent to FINA each year, making New Zealand swimmers eligible for annual World Top Ten rankings.

Masters swimming competitions conducted for a third party, such as World Master Games (which may or may not include non-masters registered swimmers), are not eligible for inclusion in the FINA Top10. This decision was approved by the FINA Bureau following a recommendation of the FINA Masters Committee in 2006.

This means New Zealand times recorded at New Zealand and other Masters Games meetings are not able to be included in the FINA Top10.

8. Foreign Swimmers Competing in New Zealand

A foreign swimmer is eligible to compete in a meet sanctioned by NZMS provided they are a financial member of a National Masters organisation affiliated to FINA. They must provide proof of their membership with their entry to the sanctioned meet (a copy of their club or national registration card is sufficient).

Overseas swimmers will be presented with the appropriate medal for their placing. However the top three official placings will go to the first three New Zealand swimmers.

9. New Zealand Swimmers Competing Overseas

There are no restrictions on New Zealand Masters members competing in sanctioned masters events overseas. A copy of their membership card will need to be included with the entry form. These cards may be obtained from the National Secretary.

10. NZMS Championship Events

Clubs can apply to host any of the championship events by making an application to the National Secretary by the due date. The Swimming Officer will review all applications and make a recommendation to the Executive. Where seeding finance is a problem for a club the Swimming Officer can also make a recommendation the National Exec to provide seeding finance, to be returned after the meet.

The Championship events are held annually:

- National Long Course Championships – rotating two years in the North Island and one year in the South Island.
- North Island/ South Island Short Course Championships.
- North Island/ South Island Long Course Championships – can be held in the years when the National Long Course Championships are held in the other island.
- National Open Water Swimming Championships.

11. Other Sanctioned Meets

Clubs can apply to the National Secretary to have their meets sanctioned.

12. Sanction Fees

A sanction fee will be charged for all sanctioned meets, to cover the costs of:

- Advertising of the meet on the NZMS website and in Masterscrawl.
- Direct email to members with information regarding the meet.
- The use of the NZMS swim meet software – Hytek Meet Manager.
- The setting up of the Meet Manager software ready for use. This includes pre-population of swimmer details, meet programme and national records.
- Access to the NZMS Swimming Officer for support and advice.
- Entry checking prior to the meet.
- Ratification of the results.
- The processing of New Zealand and world records.

13. Unofficial Meets

Clubs may conduct unofficial meets at any time. These meets, often known as 'Chocolate Fish' meets, may be conducted in any manner the club sees fit. There is no need to register with the National Secretary or pay a fee. Times swum for these meets do not qualify for records or National Rankings. Clubs can advertise these meets in Masterscrawl, on the website or in the NZMS monthly newsletter.

14. NZMS Postal Swims

NZMS hosts two postal swims each year:

- One hour postal swim
- 1500/800m postal swim.

Further information about these events is available on the NZMS website and entry forms can be found in the events section of the website.

15. Distance Awards

Swimmers can record their distances swum at club pool sessions in order to receive these awards. A chart for recording is available from the NZMS website or from the National Secretary.

Swimmers record their distances each time they swim. Once 100km, 250km, 500km, 1,000km etc has been reached the form can be forwarded to the National Secretary stating start date, completion date and the distance achieved. A certificate of achievement is then posted to the swimmer.