

SSDF National Finswimming Rules

Based on CMAS International Finswimming Rules
Version 2012/02



National Finswimming Rules

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1 DEFINITION

By "finswimming" we mean the progression with a monofin or with two fins either on the surface or underwater, by means of the swimmers' muscular force only and without use of any mechanism, not even muscle-powered. For underwater disciplines with breathing equipment, only compressed-air and sub-aqua equipment is allowed.

2 TECHNICAL REGULATIONS

2.1 AGE GROUPS, SWIMMING TECHNIQUE, EQUIPMENT, RESTRICTION

The athletic age of a swimmer is obtained by subtracting his year of birth from the current year.

2.1.1 Age groups:

- A (Senior): 18 years and over
- B (Junior): 16 - 17 years
- C (Junior): 14 - 15 years
- D (Junior): 12 - 13 years
- E (Junior): 11 years or less (Pre-competition group)
- V0 (Masters): 25 - 34 years
- V1 (Masters): 35 - 44 years
- V2 (Masters): 45- 54 years and so on in gaps of 10 years

2.1.2 Pool competition criaterias

- 1) Pool competitions can be held over any distance, for individual and relay events, for men and women.
- 2) No competitions are allowed over a distance more than 50 m in apnoea.
- 3) Discipline and distance limits for the "junior" groups are:
 - Groups B and C: without limitations.
 - Group D surface and immersion with breathing apparatus: without limitations. Finswimming in apnoea: maximum 25 m.
 - Group E surface: without limitations, immersion: no immersion, finswimming in apnoea: maximum 25 m.
- 1) Open water: Competitions can be held over any distance with the condition that full safety of swimmers is guaranteed.
- 2) For group D the maximum distance is 6 km.
- 3) For group C the maximum distance is 8 km.

2.1.3 SWIMMING TECHNIQUE

2.1.3.1 Surface finswimming (SF)

- 1) The swimming style is unspecified.
- 2) Immersion is only permitted over a distance of 15 meters after the start and after
- 3) each turn. The snorkel or the head of the swimmer have to go out from the water before the end of the 15 meters strip.
- 4) Outside the 15 meters zone, a part of the swimmer or the equipment must always
- 5) emerge from the water surface.
- 6) In order to distinguish between surface and apnoea, all swimmers will have to use at
- 7) 50 meters surface a snorkel for breathing all the time

2.1.3.2 Apnoea finswimming (AP)

- 1) The immersion in apnoea is only permitted in swimming pools (indoor or outdoor).
- 2) The judge must be able to follow the movement of the swimmer visually.
- 3) The snorkel is not permitted.
- 4) The swimming style is unspecified.
- 5) While in apnoea the face of the swimmer must be underwater during the whole distance.
- 6) If electronic time equipment is used the swimmer must touch the finish touch pad.
- 7) If the 50 meters apnoea is swum in a 25 meters pool, the swimmer must touch the wall with a part of the body or the fin when turning.

2.1.3.3 Immersion finswimming with breathing apparatus (IM)

- 1) In underwater swimming with compressed air breathing apparatus the swimming style is unspecified.
- 2) The way to carry the equipment used is unspecified.
- 3) It is not allowed to change or abandon the breathing apparatus during the competition.
- 4) The face of the swimmer must be submerged during the whole distance.
- 5) If electronic timing equipment is used, the swimmer must touch the finish touch pads.
- 6) The breathing equipment must at no time touch the swimming pool walls or the finish contact pads. Abuse will lead to disqualification.

2.1.3.4 Bi-Fins (BF)

- 1) The swimming style is crawl swimming on the breast.
- 2) Dolphin swimming is allowed only during the 15 meters in apnoea after start and each turn.
- 3) Immersion is only permitted over a distance of 15 meters after the start and after each turn. The snorkel or the head of the swimmer have to go out from the water before the end of the 15 meters strip.

2.2 EQUIPMENT AND RESTRICTION

- 1) Equipment allowed in pools and in open water for Surface Finswimming (SF), Apnoea finswimming (AP) and Immersion finswimming (IM) competition:
 - a. The fin comprises only of a blade and fixed foot pieces.
 - b. Bi-fins are allowed without any restriction as to the dimensions and the material.
 - c. Monofin (fig. 1):
 - There is no restriction to the material used.
 - The monofin may float.

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- The maximum size of the monofin is: length 760 mm, width 760 mm, height 150 mm.
- The width is measured from the left to the right side of the blade.
- The length is measured between points A and B (see Figure 1).
- The height is measured by a temple not exceeding 150 mm.
- The foot pieces must not be constructed so as to give the swimmer any additional assistance, and no spring nor any device of any kind may be incorporated into the foot pieces.
- The foot piece must assure the stability of the swimmer on the starting block.
- Screws under the fins and monofin are strictly forbidden except when they are covered with a thick enough protection.

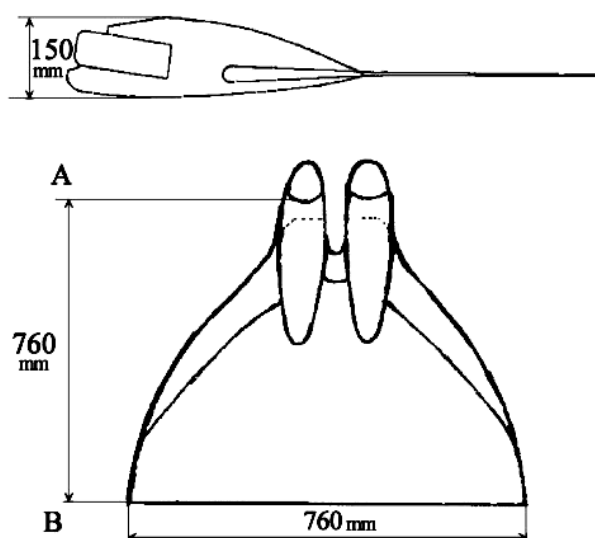


Fig. 1

- 2) Equipment allowed in pools and in open water for Bi-Fins (BF) competition:
 - a. All bifins are allowed
- 3) Other equipment allowed in pools and in open water:
 - a. Goggles or masks serving only to protect the eyes and improve vision in the water.
 - b. For Surface Finswimming (SF) and Bi-fins (BF) competition: Snorkels only for breathing and without fairing (see Fig. 2). Only snorkels with a circular section with a minimum diameter interior of 15 mm (fifteen millimeters) and maximum internal diameter of 23 mm (twenty three millimetres) are permitted. The minimum length of 350 mm (thirty five centimetres) and a maximum overall length of 480mm (forty eight centimetres) are permitted. The top end of the snorkel may be cut obliquely or with a round lip but the length will be measured to the highest point. The lengths of snorkel must be measured inside the tube.
 - c. The goggles, masks and snorkels must not have any attachments serving any purpose other than the functions listed above.

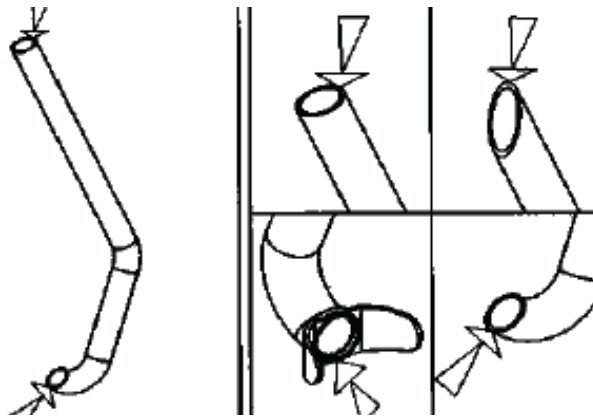


Fig. 2

- 4) Immersion finswimming with compressed air-breathing apparatus:
 - a. only compressed air without oxygen enrichment is allowed
 - b. for pool competitions, the minimum volume of a compressed air cylinder (bottle) is litres 0.4 (zero point four litre)
 - c. The maximum filling pressure for the compressed-air cylinders cannot exceed 200 bar (20 MPa).
 - d. when a cylinder with a flat bottom is used, adding a rounded bottom, which does not exceed the radius of the cylinder, is allowed
 - e. All cylinders used must have passed a hydrostatic test less than 2 years before the competition.
- 5) Auxiliary equipment:
 - a. The swimmers must appear in decent sportswear: for men bathing short trunks; for women normal swimsuits. All bathing clothes must not have an effect on the natural buoyancy of the swimmers. Only one swimsuit is allowed. A swimming- cap is authorized.
 - b. Using neoprene wet suits is authorized only in open water competitions: trousers and jackets, one-piece or two-pieces. A long gown or skirt (enlarging the surface of the swimmer) is not allowed. Other auxiliary equipment or buoyancy devices are not allowed in any case.
 - c. The wearing of advertising slogans on the fins and compressed air tanks during competitions and championships is allowed without restrictions. However, nothing is authorized, as far as the snorkel is concerned, since the latter is an equipment essential to judging. Advertising slogans are tolerated on the swimmers' sportswear.
 - d. The swimmers with not conformed equipment will not be admitted to the starting block. If irregular equipment is found after the end of the race, the swimmer will be disqualified.

3 SSDF CHAMPIONSHIP AND COMPETITIONS

3.1 CLASSIFICATION OF THE COMPETITION

- 1) Two different kind of competition:
 - a. Swimming-pool Competition
 - b. Open Water or Long Distance Competition
- 2) The National championships (SM, JSM) must be held in officially approved swimming pools
- 3) The Chief Judge at National Competitions (SM, JSM) must be nominated by the Finswimming Committée
- 4) The National Ranking will be prepared for the categories Senior and Junior.

3.2 REGULATIONS FOR THE SWIMMING-POOL SET UP

- 1) For National championships, the pool must satisfy the following conditions:
 - a. length: 50 meters
 - b. width: minimum 21 meters
 - c. depth: minimum 1,80 meters
- 2) When electronic pads are installed at the start end of the pool and at the end of the turn, the pool length between the two pads must be no shorter than 50 meters.
- 3) The end walls must be parallel forming right angles with the swimming trajectory and the water surface. They will be constructed from a solid material with a non-skid surface, permitting to the swimmers to touch it and push it without danger.
- 4) Resting boards projecting on the pool walls are allowed.
- 5) Overflows can be placed on the four walls of the pool.
- 6) The lanes must have a width of at least 2 m.
- 7) Lane markers must cover the whole length of the lane and be fixed by hooks embedded on the end walls. Each lane marker must be made of buoys placed from one end to the other. The lane markers must be stretched tight.
- 8) Starting blocks must be firmly fixed with no springboard effect and covered by a non-skid material. The maximum slope should not exceed 10°.
- 9) Each starting block must be numbered in a clear, visible, way
- 10) Water temperature must be between 25 Celsius and 28 Celsius during the competition, the water of the pool must be kept at a constant level, without observable currents. To observe hygiene regulations in force in most pools, the water circulation is authorized provided there is no formation of current or waves.
- 11) The finishing lines must be placed on the end walls or on the electronic pads and at the lane centre.
- 12) The 15 meters areas are marked with a 20 centimetres wide strip that must be fixed on the floor of the swimming pool, 15 meters away from each end of the start and turning wall; as well as a mark in the same position, one meter above the water surface.
- 13) At all competitions, no smoking shall be permitted in any area designated for swimmers, either prior to or during competitions.

3.3 AUTOMATIC TIMING AND CLASSIFICATION EQUIPMENT

- 1) An automatic or semiautomatic timing and classification system records the race time of each swimmer and determines his/her place. The classification and the timing must be made with a precision of two digits after the point (1/100 of a second). The place and the resultant times prevail upon the decisions of the time-keepers. The equipment

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installed must not hinder the starts, the turns of the swimmers or the functioning of the overflow system.

- 2) When timing to 1/1000 is used the third digit shall not be recorded and not used to determine the places. In the event of equal times, all swimmers who have recorded the same time at 1/100 second shall obtain the same place. When an electronic spectator score board is used, time should be shown only to 1/100 of a second.
- 3) Any time measurement made by the time-keepers is considered as manual time. All timing must be certified as exact and approved by the chief judge. A manual timing must be recorded at 1/100 seconds. If no automatic equipment is used, the official manual timing must be determined as follows:
 - a. If two (2) of the three chronometers show the same time and the third shows a different time, the two timers recording the same time, will be official.
 - b. If three (3) chronometers show different times, the chronometer showing the intermediate time will be official.
 - c. If the time is registered only by two time-keepers, the official time is the largest of the two.
- 4) If the automatic equipment is not functioning properly and does not record the placing or the time of one or more swimmers in a heat, it is necessary to record all the times and placing taken by the equipment and record all the times and placing determined by the judges.
- 5) In order to determine the official placing in a heat, the time given by the automatic equipment will be considered official. If the equipment is defective, the swimmers' official times will be determined by a manual timing. In this case, the protocol must note 'manual'.
- 6) The relative order of all the swimmers whose placing has been determined by the equipment will remain unchanged. If the equipment gives the time of a swimmer but fails to give his relative placing, the latter will be determined by comparing the swimmer's time with the other swimmers' times taken by the equipment. If the equipment does not give the time and the placing, this will be determined by the decision of the judges.
- 7) In order to determine the relative order of arrival of all the heats of a competition, the relative order of the times taken by the equipment will be used. If more than one swimmers finish equally placed according to the official times taken by the equipment, they will be equally placed in the order of arrival of that competition. The placing of a swimmer, whose time is manually taken, will be determined by comparison of his time with the manual time of all swimmers in that competition. If more than one swimmers finish equally placed according to their manual official times, they will be equally placed in the relative order of arrival of that competition. The relative placing of their heats will be respected.
- 8) Time-keeping with electronic starting blocks: Before each competition tests are performed in order to determine the time at relay changes (10/100 second). After the relays the Chief Judge will examine the validity of the relay changes according to this protocol.
- 9) The hierarchy between time-keeping systems and classification is as such:
 - a. electronic time-keeping system with touch-pads (fully-automatic)
 - b. electronic time-keeping system judge-operated (semi-automatic)
 - c. digital watches (provided that there are three of them per lane)
 - d. classification by finishing-judges
- 10) The results of the automatic electronic time-keeping have absolute priority. If the electronic time-keeping does not function in automatic mode, the semi-automatically obtained results are retained.

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- 11) If there is no electronic time-keeping the results of times registered by the time-keepers are used for the classification (rather than the order given by the finishing judges) provided three digital stopwatches are used per lane.
- 12) If there are fewer than three digital stopwatches per lane, the decision of the finishing judges determines the classification. In this case, and if the time measured by the time-keepers does not correspond to the decision of the finishing judges and the time of the second swimmer is better than the time of the first, the arithmetic mean of the two times is attributed to both swimmers.

3.4 CHARACTERISTICS OF THE AUTOMATIC TIME-KEEPING SYSTEM

- 1) The equipment must comply with the following rules:
 - a. it must be started by the starter
 - b. no wires must be seen on the poolside, if possible
 - c. it must allow the visualization of information for each swimming lane, ordered by lane and place
 - d. it must allow an easy reading of the swimmers' times.
- 2) Equipment for the departure:
 - a. the starter must have at his disposal a microphone for verbal orders
 - b. if an air-gun is used for the start, it must have a transducer
 - c. both the microphone and the transducer must be connected to a loud speaker to each starting block, making possible for each swimmer to hear equally and simultaneously the orders and the starting signal given by the starter.
- 3) The electronic pad for the automatic equipment:
 - a. The minimum dimensions of the electronic pads must be 2,4 meters of width and 0,9 meters of high, and their maximum thickness must be not more than 0,01 meters. They must extend 0,3 meters above and 0,6 meters below the surface of the water. The equipment in each lane must be independently connected, permitting an individual control. The pad surface must be coloured and must bear the markings of the extremity walls.
 - b. The finish pad should be installed in fixed position in the centre of the lane. The pads
 - c. may be portable allowing the pool operator to remove them when there is no competition.
 - d. The sensitivity of the pad should be such that it can be activated by a light hand touch but not by water turbulence. The pads must be sensitive at the upper edge.
 - e. The marking on the pads should conform and fit with the existing marking of the pool.
 - f. A black border of 0,025 meters should exist and mark the pads perimeter and edges.
 - g. The pad should preclude the possibility of electrical shocks and should have no sharp edges.
- 4) With semi-automatic equipment, the finish should be recorded by push buttons activated by the time-keepers at the finishing touch of the swimmer.
- 5) The following accessories are obligatory for a minimum installation of automatic equipment:
 - a. printout of all information that can be reproduced during a run
 - b. estimation of the relay to 1/100 seconds (electronic starting blocks being present)

- c. automatic lap counter
- d. readout of splits (intermediate times)
- e. computer summaries
- f. correction of incorrect touch
- g. automatic rechargeable battery operation possibility
- h. There must be a control centre, with a wide open view on the finishing wall during all the competitions. The chief judge must have easy access to this control centre. At all times, the safety of the control centre must be maintained.

3.5 OPEN WATER / LONG DISTANCE FIELD

- 1) Finswimming in open water must be defined as any competition that takes place in rivers, lakes or sea.
- 2) The distance must be chosen in waters with low currents and tides. The water can be either fresh or salty.
- 3) During the competition need security boats, not less than one (1) boat every ten (10) swimmers.
- 4) The water temperature will be of 14 Celsius minimum to swim without neoprene swimming suit. It will be verified the day of the competition, two hours before the start, in the middle of the distance at a depth of 0,40 meters. If the temperature is lower than 14 Celsius, swimmers are obliged to wear a neoprene swimming suit during the competition.
- 5) A certificate from the local competent authorities for hygiene and safety must ascertain that the site is appropriate for swimming.
- 6) Every turn and change of directions must be clearly signaled by a visible buoy. From every buoy not more than 500 meters.
- 7) A boat or a platform clearly signaled with, on board, minimum a turn judge, must be placed at each turn of the run without disturbing the view of the swimmer.
- 8) All equipment for the turns and every boat or platform of the turn judges, must have a solid anchorage and must not be subject to the movement of tides, wind etc.
- 9) The arrival is signaled by a finishing cone like following explanation map: Figure 3.
- 10) The relay area comprises the finishing cone and a special 10 meters marked zone at the exit of the cone where swimmers will wait for their arriving team mates.
- 11) After leaving the arrival cone, the swimmers will pass the relay by a physical contact.
- 12) When they approach the finishing-line, swimmers must enter the arrival cone and complete their course inside the cone, or else be disqualified.
- 13) For competitions of length over 12 km and if the circuit comprises several laps, the race is over in the same lap as the winner. This means that when the first swimmer crosses the finishing line all other swimmers end their race when they cross the line even if they are at one of several laps behind the winner. The judges must indicate the end of the race in a clear way, explained in advance.
- 14) For races over distances exceeding 12 km the organizer must offer water and calorific drinks to the swimmers every 3 km (± 1 km). The swimmers may prepare their own provisions and place them at the provisioning points set by the organizer. If the provisioning takes place out of a fixed platform the swimmer may touch the platform and also mount it if he wishes to change his equipment. Whenever a swimmer comes out of the water he must restart at exactly the same spot at which he left the water.

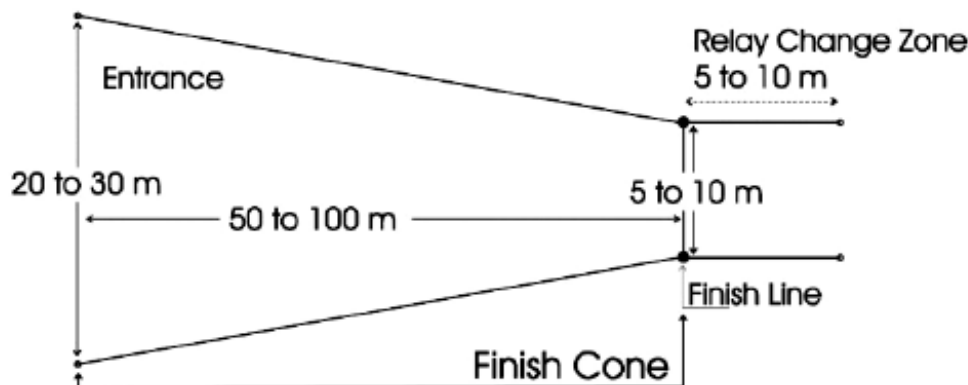


Fig. 3

3.6 COMPETITION PROCEDURE

3.6.1 SWIMMING-POOL EVENTS

3.6.1.1 Composition of the heats

- 1) The starting positions for all events must be decided in the following manner: the best times in competition of all registered swimmers during the last 12 months, before the deadline for entry to the competition, must be submitted on the entry form. The swimmers who do not submit their time must be considered to be the slowest and must be placed at the end of the list. Drawing lots will place swimmers who have achieved identical times or swimmers without time. The swimmers must be placed in lanes following the procedures below.

3.6.1.2 Races with time classification (direct final):

- 1) The allocation of the lanes is carried out in such a way that the fastest swimmer or the fastest team is placed in the centre lane if there is an odd number of lanes.
- 2) For swimming pools with even number of lanes the fastest swimmer gets the lane to the right of the middle lane. The swimmer with the second fastest time is placed on his left.
- 3) The other swimmers take alternate places to right and left.
- 4) During races of 50 meters and of the nautical mile (1850 meters), the inversion of the alternation right - left, is possible.

3.6.1.3 Races with preliminary heats:

- 1) Swimmers should be placed in the preliminary heats according to the entry times as follows:
 - a. the organizer determines the heats according to the number of participants and the number of pool lanes.
 - b. if there is only one heat it must be distributed as a final and should take place only when finals are planned.
 - c. if there are two heats, the fastest swimmer must be placed in the second heat.

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- d. if there are three heats, the fastest swimmer will be placed in the third heat, the next fastest swimmers in the second, the next fastest in the first. The fourth fastest swimmers will be placed in the third heat, the fifth fastest in the second heat.
- e. if there are four or more heats, the last three heats of the event will be seeded in accordance with the above rules (point d.). The heat preceding the last three heats shall consist of the next fastest swimmers; All participant are divide in group of 24 swimmers and allocated follows the point d).

3.6.1.4 Semi-finals and finals:

- 1) When the preliminary heats have taken place, the lanes for the semi-finals and/or the final are determined based on the time obtained in the preliminary heats following the above point.
- 2) When a swimmer or a team do not wish to participate to a semi-final or a final (A or B) the swimmer or the team following in the classification are admitted on replacement.
- 3) B) the swimmer or the team following in the classification are admitted on replacement.
- 4) The allocation of lanes for the semi-final or the final is computed again and new starting lists are published.

3.6.1.5 Start (swimming-pool)

3.6.1.5.1 Pre-Start

- 1) Swimmers must put on their caps and goggles in the waiting room, so that they just
- 2) have to put on their fins or monofin once on the poolside.
- 3) Coaches and accompanying persons are not allowed to circulate on the poolside, lest
- 4) they be excluded from the area reserved to swimmers.
- 5) Only the chief judge can allow the coach to intervene in case of a technical problem.

3.6.1.5.2 Starting procedure

- 1) The starting dive must be made from a starting block. For age group E the start is made in the water.
- 2) At the beginning of each event, the chief judge must signal to the swimmers by a series of brief whistles, to take off all clothes except for the bathing-suit and to put on the fins or monofin. Then, the swimmers have maximum two (2) minutes to get ready
- 3) By a long whistle, made from the chief judge, the swimmers take position on the starting blocks. The swimmers and the officials are ready for the start. The chief judge gives a signal to the starter, with the arm stretched to indicate that the swimmers are under the control of the starter. Until the start is given the arm must remain stretched.
- 4) At the longer whistle of the chief judge the swimmers get on the starting block. If they wish, the swimmers may already stand on the starting blocks.
- 5) On the starter's command "on your marks" the swimmers will immediately take up a starting position and stand still. The position of the hands is free. When all swimmers are stationary, the starter will give the starting signal.
- 6) When one or more swimmers dive or move before the starting signal the start will be redone and the swimmer or swimmers given a warning by the chief judge.
- 7) If the warned swimmer moves or makes another false start before the starting signal is given the race will continue and the offending swimmer will be disqualified.
- 8) The decisions of the starter or of the chief judge about false starts are definitive.

3.6.1.6 General rules (swimming-pool)

- 1) Swimmers who drop out of the competition must leave the water following the instructions of the judges. They must do the same when the race is over.
- 2) Any swimmer crossing his lane or who hinders another swimmer by any other means will be disqualified. If this behaviour is intentional, the chief judge must report the matter to the SSDF Finswimming Committée.
- 3) In all races, swimmers must at each turn, make physical contact with a part of the body or the equipment with the extreme end of the pool.
- 4) At the relay races, a team is disqualified if the feet or the fins of the next starting swimmer have already left the starting block before the arriving swimmer has touched the wall of the pool.
- 5) For relay races the names of the swimmers and their starting order must appear in a
- 6) list submitted to the results office before the start. Any change in the fixed starting order leads to disqualification.
- 7) Having completed his part of the relay, the swimmer must remain in his lane (at
- 8) about 1 meter distance to the electronic touch pad) until the judges instruct him to leave the pool.
- 9) It is forbidden for the swimmers, who have finished their relay, to enter the water before the end of the race, i.e. before the arrival of the last team.
- 10) If it is forbidden to exit over the electronic touch pads a swimmer who does exit in this way can be disqualified only if he disobeys a direct, personal recommendation of the judge responsible of the evacuation of the pool.

3.6.1.7 Disqualification and withdrawal

- 1) In all competitions, a swimmer or a team not wishing to take part in the final or semifinal or swim off for which s/he had qualified, must announce his/her withdrawal within 30 minutes following the announcement of the qualifying finalists. S/he will be replaced by the swimmer or team having qualified one place immediately behind him/her.
- 2) If a swimmer, who participated in a final, is disqualified, his position must be given to the swimmer who finished immediately after him. All swimmers classified following him in the final must be advanced by one place.
If the disqualification occurs after the awards ceremony, the awards (medals and diplomas etc.) must be given back and handed over to the appropriate swimmers applying the above criteria.

3.6.1.8 Swim-off

- 1) If in the same event several swimmers touch the wall simultaneously they are awarded the same rank in the official record. For identical times at a 1/100 of a second achieved in different heats this rule is equally valid.
- 2) Such swim-off can take place not less than one hour after the swimmers involved have completed their heat.
- 3) When swimmers have identical times, but the order has been decided by the finishing judge or by the chief judge, the decision on this order determines also the qualification to the finals.
- 4) The swimmer who is not participating in the swim-off for the final A is automatically
- 5) placed on the 9th place (given 8 lanes) and participates in final B. In case of a swim-off for final B, the absent swimmer is automatically classified 17th. This place is kept even when there is a disqualification of a swimmer in final B.
- 6) If a swimmer is disqualified during or after an event, the disqualification must be

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recorded in the official protocol but no time or place shall be recorded.

- 7) In case of a final A the swimmer is classified 8th and 16th for a final B.
- 8) If there is a disqualification in a relay, the intermediate times up until the disqualification must be recorded in the official protocol.

3.6.2 OPEN WATER / LONG DISTANCE EVENTS

- 1) All open water events will start in water with a sufficient depth that allows swimmers to swim as soon as the starting signal is given.

3.6.2.1 Starting Procedure

- 1) When the starting order is drawn by lots, the drawing must be made in public by the board of judges.
- 2) Swimmers must be placed on a starting line perpendicular to the swimming direction.
- 3) The chief judge announces the start "15 minutes" before it, then again "5 minutes" before it. He then signals that the competition is under the starter's orders.
- 4) The starter must be clearly visible to all the swimmers.
The starter announces the start "one minute" before, then again "30 seconds" before. In the same time, the thirty (30) seconds are signalled by an audible and visual signal (rising of the flag).
- 5) The counting of the last ten seconds is strictly forbidden. The starter gives the starting signal directly.
- 6) The starting signal must be both audible and visible (lowering the flag).
- 7) During Finswimming competitions in open water, security and escort boats must be kept outside the area reserved to the competition, so as not to obstruct swimmers.

4 BOARD OF JUDGES

4.1 SSDF JUDGE DELEGATE

- 1) The SSDF Judge Delegate, appointed by the Finswimming Committee, has the full control and authority over the championship. The Judge Delegate may intervene in the competition at any stage to ensure that the SSDF National Finswimming Regulations are observed.

4.1.1 Rights and duties of the Judge Delegate:

- 1) The Judge Delegate has the duty to make an inspection of all the installations necessary for the competition.
- 2) The Judge Delegate has the duty to enforce SSDF National regulations and decisions, and resolve all matters about the actual organization of the competition when the rules do not provide another solution, also concerning the board of judges.
- 3) The Judge Delegate has the right to cancel or suspend the competitions in bad weather conditions and if the site and installations of the competitions does not comply with the requirements of the SSDF National rules.
- 4) The Judge Delegate must examine the protests and take decisions on them within one hour after the submission of the appeal. Also related to the competition in progress.
- 5) Decisions taken by the Judge Delegate are final.
- 6) The decision of the Judge Delegate must be communicated in writing to the plaintiff immediately after the official decision.

4.2 THE BOARD OF JUDGES

- 1) The Board of Judges is set up by the organizers. It is entirely responsible for the preparation and the staging of the event. Its composition depends on the nature of the competition. In the pool events the panel sets up as follows:
 - one chief judge
 - one chief secretary
 - one starter
 - one pre-start judge
 - one chief time-keeper
 - one time-keepers per one/two lane
 - two finish judges
 - two style judges
 - two to eight turning judges
 - one speaker
 - one master of ceremonies
 - one doctor
- 2) Judges shall make their decision autonomously and independently of each other unless otherwise provided in the CMAS International Finswimming Rules or the SSDF National Rules.

4.2.1 The Chief Judge

- 1) He has full control and authority upon all officials. He must approve their assignment and give them the instruction about the particular rules of the championship. He is responsible for technical conditions of the competition and for ensuring compliance with the prevailing safety regulations.
- 2) He has the duty to check the entry forms and the starting order
- 3) He is responsible for appointing the finalists, semi-finalists and for the publication of the results
- 4) He has the duty to enforce SSDF National regulations and decisions, and resolve all matters about the actual organization of the competition when the rules do not provide another solution
- 5) He decide the place of all judges for the perfect staging of the event. He may at any time replace a judge if the original judge does not properly fulfil or is incapable of fulfilling his tasks, or is absent. He can nominate additional judges if he values it necessary
- 6) The chief judge authorizes the starter to proceed with the start. Beforehand he must make sure that all members of the board of judges are ready.
- 7) Independently from the starter he can decide whether there has been a false start or not
- 8) He must make sure that the equipment and apparatus necessary for the staging of the event is available in good time
- 9) During competitions in open water, he is responsible for accurate positioning of the course according to the plans published in the bylaws for these competitions.
- 10) He decide the deployment of boats, the security and radio communication.
- 11) The organizer must put a sufficient number of assistants at his disposal so that he can fulfill his tasks without any difficulties.
- 12) The Chief Judge shall disqualify any swimmer for any violation of the rules that he personally observes. The Chief Judge may also disqualify any swimmer for any violation reported to him by other authorized officials. All disqualifications are subject to the decision of the Chief Judge.

4.2.2 The chief secretary

- 1) He prepares all administrative material and the documentation needed for the competitions
- 2) He appoints the deputy secretaries and directs their work
- 3) He must control the withdrawal after the heats or finals
- 4) He is responsible for the handing of the time- keeper's form to the poolside secretary
- 5) He supervises the work of drafting minutes of the technical commission meetings and of the jury
- 6) He prepares the final protocol of the competitions after they have ended
- 7) With the authorization of the chief judge he gives information on the competitions to the press if there is no special press office.
- 8) He is responsible for the verification of the results of the competition given by the computer or the times and classification given by the chief judge.
- 9) He verifies the results and ratifies new records and inserts them into the protocol
- 10) He must make sure that the decisions of the finishing judge and of the chief judge are inscribed in the official protocol
- 11) He co-ordinates the electronic time-keeping which is operated by qualified technicians
- 12) He controls the official protocol, signs it and passes it on to get the signature by the chief judge
- 13) He transmits to the speaker the results concerning finals and awards ceremonies.
- 14) The chief of the result office must give the official protocol and the results to the secretary only after approval by the chief judge.

4.2.3 The starter

- 1) He has complete authority over the swimmers from the moment the chief judge has handed over the control of the race to him and until the start of the race.
- 2) The starter must indicate to the chief judge any swimmer who delays the start, refuses to respect an order or does not behave correctly during the starting procedure. Only the chief judge can disqualify this swimmer for unsporting behaviors. This kind of disqualification cannot be considered as a false start.
- 3) He has the right to decide whether the start is correct or not, provided that the chief judge is of the same opinion. If he thinks that the start is not proceeding correctly, he must recall the swimmers.
- 4) The position of the starter when he gives the starting signal must be on the side of the pool about five meters from the extremity walls. The time-keepers and all participants should be able to hear him clearly
- 5) He coordinates the evacuation of the pool at the end of each event.

4.2.4 The pre-start judge

- 1) He must call the participants in due time for each of the events.
- 2) He must signal to the chief judge all violations noticed, that are related to the announcement and absence of the called swimmer.
- 3) He must check if the equipment complies with the rules and if the participants are ready to start.
- 4) He leads the swimmers to the starting point.

4.2.5 The chief of time-keepers

- 1) He assigns the lanes to the time-keepers. There must be one (1) to two (2) timekeepers per lane. If the automatic timing is not employed, there must be two (2).

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- 2) Together with the time-keepers the chief time-keeper checks and approves the reliability of the stopwatches in use.
- 3) He receives, from all time-keepers, the timing cards, checks the entries and stopwatches if necessary.
- 4) He records and checks the official time of the timing card for each swimmer.
- 5) He supervises the activity of each time-keeper and takes control times himself. He passes on the times recorded for each swimmer to the pool-side secretary.

4.2.6 The time-keepers

- 1) They record the times of the swimmers for whom they are responsible. They use stopwatches approved by the chief time-keeper or chief judge.
- 2) At the signal for the start the time-keepers start their stopwatches and stop them when the swimmer has touched the finishing pad. Immediately after the event they must write the time displayed by their stopwatches on the timing card which they hand over to the chief time-keeper. At the same time they show their stopwatches for control.
- 3) They must not reset their stopwatches to zero before the chief time-keeper or chief judge tells them "set stopwatches to zero".
- 4) They are responsible for the recording of the intermediate times in races of more than 100 meters distance.
- 5) Their task is also to check that the turns and the finish are in accordance with the regulations.

4.2.7 The finish judges

- 1) There are two or more finishing judges.
- 2) They are positioned directly over the finishing line from where they can have at all times a good view of the swimming lane and the finishing line.
- 3) They establish the classification of the swimmers and they hand it over directly to the results office.
- 4) They supervise the relay procedure.
- 5) They are not allowed to be time-keepers in the same event.
- 6) The finishing judges' decisions take precedence over the classification given by the manual stopwatches only if there are fewer than three digital stopwatches per lane.
- 7) They cannot be appealed if they are unanimous. If the arrival judges' decisions are not unanimous, it is the chief judge who decides on the placing. The protocol must then bear the mention 'CJD' (chief judge decision) next to the time.

4.2.8 The swimming-style judges

- 1) There are two swimming-style judges
- 2) They are positioned one for each side of the pool
- 3) They must check that the rules for swimming style are observed
- 4) They must check if the swimmers respect the 15 m zone after the start and after each turn beyond which immersion is prohibited
- 5) Assistants may perform this control
- 6) They must immediately inform the chief judge of all violations of rules.

4.2.9 The turning judges

- 1) They are nominated for each lane by the chief judge.
- 2) They must check whether the swimmer has carried out his turn according to the rules.

4.2.10 The speaker

- 1) He has the task to call the swimmers and teams and to introduce them to the spectators.
- 2) He must announce the results if there is no spectator score board.
- 3) He must give information about the competition in order to make the event interesting and he must also announce new records.
- 4) He is responsible for the announcement of all disqualifications.

4.2.11 The master of ceremonies

- 1) The master of ceremonies prepares beforehand the medals, flowers and other awards.
- 2) He is in charge of the arrangements of the awards podium, the national anthems, the ceremonies and the flags and organizes the ceremony for the medals presentation.
- 3) He calls and gathers the swimmers, the officials and the carriers of the medals in the appropriate order for the protocol ceremony.

4.2.12 The doctor

- 1) He ensures the supervision of the medical control. The presence of at least one doctor at all finswimming events is compulsory
- 2) Before each competition he must check the functioning of the necessary medical equipment.
- 3) A medical control can be carried out at any time during the competition.

5 NATIONAL FINSWIMMING RECORDS

- 1) All the finswimming records concern only the following disciplines and distances for both sexes in the juniors and seniors categories:
 - Surface Finswimming (SF)
 - 50 m
 - 100 m
 - 200 m
 - 400 m
 - Relays
 - 4 x 100 m
 - 4 x 200 m
 - Apnoea finswimming (AP)
 - 50 m
 - Immersion Finswimming (IS)
 - 100 m
 - 400 m
 - Bi-Fins (BF)
 - 50 m
 - 100 m
 - 200 m

5.1 PARTICULAR RULES FOR RELAYS AND INTERMEDIATE DISTANCES

5.1.1 Relay

- 1) The members of a relay team must be of the same nationality.
- 2) If the first swimmer of a relay breaks a National Record of the 100 m or 200 m Surface this performance will be managed as a new record.
- 3) Should the first swimmer in a relay team complete his distance in record time in accordance with the provisions of this subsection, his performance shall not be nullified by any subsequent disqualification of his relay team for violations occurring after his distance has been completed.

5.1.2 Intermediate distances

- 1) If a swimmer in an individual event breaks a National Record at an intermediate distance this performance will be managed as a new record.

6 APPENDIX: Regulations for National Records (Swedish only)

Regler för tidtagning för svenska rekord i fensim

Fastställda av Fensimskommittén 2004-02-02.

System för tidtagning:

- *Elektrisk tidtagning:* Tiden startar automatiskt på starterns signal och stannar automatiskt vid målgång.
- *Halvelektrisk tidtagning:* Tiden startar automatiskt på starterns signal och stannas manuellt av tidtagare.
- *Manuell tidtagning:* Tiden startas och stoppas manuellt av tidtagare.

Regler:

- Halvelektrisk tid jämföres med elektrisk tid.
- För att manuell tid skall kunna jämföras med elektrisk tid skall två tidtagare finnas. Den officiella tiden är den sämre av klockorna med påslag av 0,50 sekunder.
- I resultatlistor anges alltid den manuella tiden. Påslaget görs i samband med att den manuella tiden införes i rekordtabeller.

Motivering:

- Vid elektrisk tidtagning finns inga mänskliga felmarginaler. Elektrisk tid = officiell tid.
- Vid halvelektrisk tidtagning finns en liten felmarginal. Denna accepteras dock som officiell tid eftersom halvelektrisk tid ger en officiell tid när den fungerar som backup till elektrisk tidtagning.
- Vid manuell tidtagning blir tiden alltid för bra p.g.a. följande:
 - Tidtagarens reaktionsförmåga från att signalen uppfattas till dess att klockan startas är normalt 0,2-0,3 sekunder.
 - Differensen mellan ljudets väg från startern till tidtagaren och startern till simmarens på 50 meters distanser i 50 meters bassäng motsvaras av 0,15 sekunder.
 - Målgången $\pm 0,1$ sekund.

7 APPENDIX: Guidelines for judges and officials (Swedish only)

Att tänka på som funktionär

- Funktionärer är till för att tillse att reglerna följs.
- Deltagarna skall kunna reglerna och kan inte skylla på att man inte känner till dessa.
- Våga se felen.
- Döm alla lika
- Undvik partiskhet.
- (Vid tävlande från sin egen klubb är det en bra etik att byta bana så man inte behöver dömer över sina egna)

Vad gör jag vid iakttagelse:

