

TECHNICAL RULES

TECHNICAL RULES OF RACING

Changes to the Technical Rules of Racing normally come into effect from 1st September in each year, unless the Board decides on a different date.

- 501 All Racing competitions held under the jurisdiction of the ASA or its Regions, subject to the overriding condition that the published ASA Health and Safety guidelines take precedence over the provisions of any or all of them, shall be held under the:
- 501.1 relevant parts of the FINA Swimming Rules;
 - 501.2 ASA Judicial Laws and Rules (101 et seq.);
 - 501.3 ASA General Competition Laws (401 et seq.) and
 - 501.4 the following additional Rules.
- 502 A permanently disabled swimmer shall not be disqualified in a competition in a case where his disability prevents him from complying with the rules of a particular stroke, provided that the disability has been notified to the referee by the swimmer or his representative before the race takes place. Notification must be by a Certificate of Swimming Disability issued by the ASA Medical Advisory Committee or a Functional Ability Card (see Guidelines to Competition – Certificates of Disability).
- 503 The starter shall, after consultation with the competitors or their representatives, make adequate provision for any disabled swimmers to be able to perceive a starting signal.
- 504 In events confined to Masters swimmers:
- 504.1 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 holding the rail or side of the pool or other starting place with one or both hands;
 - 504.2 in a backstroke race, prior to the starting signal, swimmers shall line up in the water facing the starting end, holding the rail or side of the pool or other starting place with one or both hands;
 - 504.3 a breaststroke kicking movement is permitted for butterfly.
- 505 English Records
- 505.1 The following distances and strokes shall be recognised for English open and junior records:
 - 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: 100, 200 and 400 metres;
 - Freestyle Relay Team: 4x100 and 4x200 metres;
 - Medley Relay Team: 4x100 metres.All open records shall be recognised for men and women, for long and short course events. The open classification shall have no age limits.
All junior records shall be recognised for males and females, in short course events only. In the junior classification, a swimmer shall be under the age of 16 years at midnight on the day of the swim.

- 505.2 The following distances and strokes shall be recognised for English Age Group records:
Freestyle: 50, 100, 200, 400, 800 and 1500 metres;
Backstroke: 100 and 200 metres;
Breaststroke: 100 and 200 metres;
Butterfly: 100 and 200 metres;
Individual Medley: 200 and 400 metres.
Age Group records shall be recognised for males and females, in long course events only, in the following age groups:
13 years and under;
14 years;
15 years;
16 years;
17 years;
18 years.
For each group the age specified shall be the age of the swimmer at midnight on the day of the record.

The following conditions shall apply to all records except where the text indicates otherwise:

505.3 The Swimmers

- 505.3.1 For individual records, the swimmers must be English in accordance with ASA Law 314.
505.3.2 For team records, all team members must be English in accordance with ASA Law 314 and a team must represent Great Britain, the ASA, one of its Regions or a club affiliated thereto.
505.3.3 Swimmers shall be eligible competitors and registered in accordance with ASA Law 401.1.

505.4 The Pool

- 505.4.1 Short Course Records may be made only in pools of 25 metres or 27.5 yards in length. Long Course records may be made only in pools 50 metres or 55 yards in length.
505.4.1 The start and finish shall be at ends of the pool.
505.4.2 All records shall be made in still water. Any movement of water due to the normal operation of the filtration system may be disregarded.
505.4.3 The course shall be certified correct by an appropriate qualified person.
505.4.4 The height of the platform above the water surface shall not exceed 0.75 metres

505.5 The Event

- 505.5.1 An open or junior record may only be made in:
505.5.1.1 a scratch competition held in public under ASA Laws provided that the Referee, Starter, Judges and Timekeepers are registered with the ASA as officials in the capacity in which they are officiating; or
505.5.1.2 an unpaced individual race against time held in public provided that the date and venue have been fixed and advertised as such before the day of the event and the Referee, Starter, Judges and Timekeepers are registered with the ASA as officials in the capacity in which they are officiating; or
505.5.1.3 a scratch competition held under the auspices and in accordance with record conditions of the Scottish or Welsh ASA's, or of any

country affiliated to FINA, provided that the relevant conditions of this ASA Technical Rule are complied with.

505.5.2 An Age Group record may only be made in an event in which the accepted time is eligible to be included in the British Rankings.

505.5.3 A swimmer in an individual event may apply for a record at an intermediate distance if he, his coach or his manager requests the Referee that his performance be timed at that distance which must be from the start of the event. The swimmer must complete the scheduled distance of the event without disqualification.

505.5.4 The first swimmer in a relay event may apply for a record over the distance of his leg or an intermediate distance if he, his coach or his manager requests the Referee that his performance be timed at that distance. Such performance shall not be nullified by any disqualification of his team or team members occurring after his leg is completed.

505.6 Timing

505.6.1 The time shall be taken by automatic officiating equipment or, if this has malfunctioned, by semi-automatic officiating equipment or by three timekeepers using hand-held watches.

505.6.2 When human timekeepers are used, the Chief Timekeeper or Referee shall inspect the timers used and record the times. The accepted time shall be publicly announced.