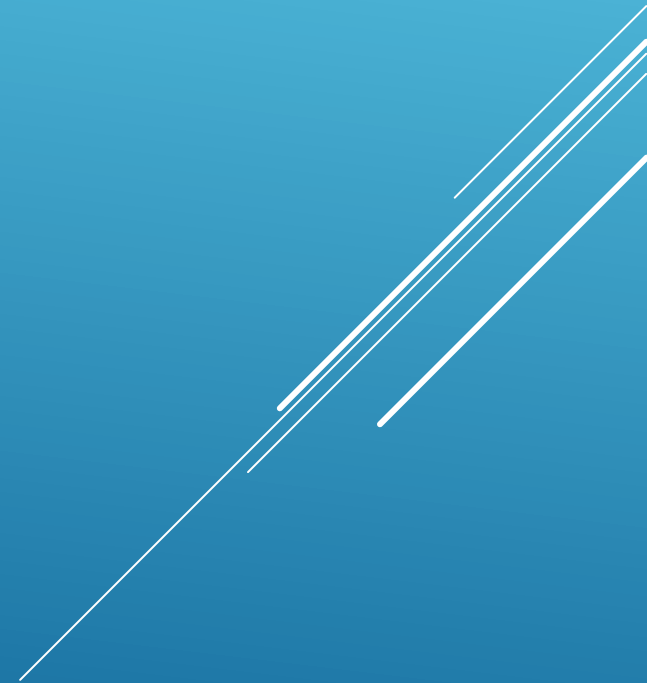


WORLD PARA SWIMMING RULE UPDATES



To participate in Multi Class events swimmers must be classified into groups according to the impact of their impairment on their ability to compete.

Swimming for those with disabilities is governed internationally by a number of peak bodies. The peak bodies which Swimming Australia supports via a competitive pathway are:

- **World Para Swimming**
- **International Federation for Sport for Para-Athletes with an Intellectual Disability (INAS)**
- **The International Committee of Sports for the Deaf (ICSD)**
- **World Transplant Games Federation (WTGF)**

Information on each of these bodies can be found on their relevant Websites.

Purpose

The Australian Swimming Classification System provides a structure for competition for swimmers with a disability. Classification groups athletes according to the impact of their impairment on their ability to compete in the sport of swimming. Each Class therefore may include swimmers with different disabilities. The purpose of classification in swimming is to minimize the impact of eligible impairment types on the outcome of competition. In Australia, swimming classification is designed to ensure a fair environment for competition at all levels from club through to Australian Championships.

Minimal Criteria

Each classification system has a set of eligibility criteria that must be met. In order to be eligible to compete in swimming as an athlete with disability, it is not sufficient simply to have a disability. Specific and objective criteria and testing is used to determine whether a person's impairment results in sufficient activity limitation of their ability to perform the core elements of swimming. Only authorised individuals such as Certified Classifiers are able to determine whether a person meets the minimal disability criteria for a particular Class.

Note: swimmers may hold multiple classifications. However, swimmers may only compete under one classification at a time. Swimmers must nominate their class at the time of classification. Swimmers may change their nominated classification at the end of a season only.

Stroke Classes

Swimmers receive a class for each stroke discipline. A prefix indicates which stroke the class applies to. The stroke classes are designated as follows:

- S Indicates the class for Freestyle, Backstroke & Butterfly
- SB Indicates the class for Breaststroke
- SM Indicates the class for Individual Medley

The Class Groups

There are 19 classes in the Australian swimming classification system. The classes are designated as follows:

Paralympic Classes:

- Classes 1-10 Swimmers with physical impairment (PI)
- Classes 11-13 Swimmers with vision impairment (VI)
- Class 14 Swimmers with intellectual impairment (II)

Other Classes:

- Class 15 Swimmers with hearing impairment (HI)
- Class 16 Swimmers who have received a transplant (TP)
- Class 17 Transition/Review
- Class 18 Significant Other Impairment - Downs Syndrome
- Class 19 High Functioning Autism – IQ over 75

Exceptions to the Rules for Para Swimmers

- Some swimmers are entitled to receive **exceptions** to the swimming rules and other considerations based on their classification. The **exceptions** prevent classified swimmers from being disqualified during Multi Class (MC) competition or in other competition where classifications and rule **exceptions** are observed.
- These **exceptions** are allocated during the Athlete Evaluation and/or Eligibility process and are identified by a system of codes known as the Swimming Codes for **Exceptions**. The Swimming Codes for **Exceptions** are adopted directly from the WPS Swimming Rules.

Codes for Exceptions

STARTS

- A** ASSISTANCE REQUIRED
- B** BLACKENED GOGGLES
- E** UNABLE TO GRIP FOR BACKSTROKE START
- H** HEARING IMPAIRED LIGHT OR SIGNAL REQUIRED
- T** TAPPERS
- Y** STARTING DEVICE

DURING SWIMMING - WPS

- 0** NIL
- 1** ONE HAND START
- 2** BREASTSTROKE - ONE HAND TOUCH
- 3** BREASTSTROKE - SIMULTANEOUS INTENT TO TOUCH
- 4** BUTTERFLY - ONE HAND TOUCH
- 5** BUTTERFLY - SIMULTANEOUS INTENT TO TOUCH
- 7** PART OF UPPER BODY MUST TOUCH
- 8** RIGHT FOOT MUST TURN OUT
- 9** LEFT FOOT MUST TURN OUT
- 12** LEG DRAG OR SHOW INTENT TO KICK
- +** BUTTERFLY KICK IS ABLE TO BE PERFORMED (illegal in Breaststroke)

STROKES - WPS

- **FREESTYLE** NO EXCEPTIONS (**NIL**)
- **BACKSTROKE** ONLY EXCEPTION **1** MAY APPLY
- **BUTTERFLY** EXCEPTIONS **4,5,7** MAY APPLY
- **BREASTSTROKE** EXCEPTIONS:
UPPER BODY – **2,3,7** MAY APPLY
LOWER BODY - **8,9,12,+** MAY APPLY

IPC Code of Exceptions

DURING SWIMMING

- 0 NIL
- 1 ONE HAND START
- 2 RIGHT HAND TOUCH
- 3 LEFT HAND TOUCH
- 4 RIGHT HAND TOUCH WITH SIMULTANEOUS INTENT TO TOUCH WITH OTHER
- 5 LEFT HAND TOUCH WITH SIMULTANEOUS INTENT TO TOUCH WITH OTHER
- 6 SIMULTANEOUS INTENT TO TOUCH
- 7 PART OF UPPER BODY MUST TOUCH
- 8 RIGHT FOOT MUST TURN OUT
- 9 LEFT FOOT MUST TURN OUT
- 12 LEG DRAG OR SHOW INTENT TO KICK
 - + DOLPHIN KICK IS ABLE TO BE PERFORMED

STROKES

FREE	NO EXCEPTIONS ('NIL')
BACK	ONLY EXCEPTION '1' MAY APPLY
BUTTERFLY	EXCEPTIONS '2'-'7' MAY APPLY
BREAST	EXCEPTIONS '2'-'12' MAY APPLY

10.8 Support staff

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.

11.1 The Start

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.

10.2 Officials

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.

STARTS

Swimmers may enter the water or prepare on the platform on the Referees short whistles to avoid delaying the Start.

Whilst swimmers are given specific Codes of Exception for starts it is important to note that all swimmers can start:

- In the water
- Beside the platform
- On the platform – standing or sitting
- A single layer of towel may be used on the platform

An athlete with only one fully functional leg does not need to have a foot at the front of the starting platform as long as they have one hand or other part of the arm at the front of the starting platform.

STARTS

If a Water start is used the swimmer must have:

- One hand in contact with the Wall/Starting platform
- Use an approved Starting Device
- An Assistant holding hands to grips (Backstroke)
- An Assistant holding feet to the wall (Sport Class 1-3 only)
 - on the command “Take Your Marks” all sculling must stop

If a start is delayed the Starter may say “Relax” instead of “Stand Down” to minimise issues for swimmers.

11.4 Breaststroke

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

Breaststroke:

- After the start and each turn a swimmer unable to push off the wall with their legs may use one arm stroke that is not simultaneous to attain the position on the breast.
- Vision impaired swimmers may push their hands forward from any point in the stroke cycle after they have been tapped.
- A swimmer with lower limb impairment must show **either** simultaneous intent to kick or leg drag throughout the race. The foot of the leg with impairment does not have to be turned outwards during the propulsive part of the kick.
- Touches for turns or the finish for an athlete whose arms do not stretch above their head may touch with any part of their upper body.
- SB11-12 athletes may be restricted from a simultaneous touch if they make contact with the lane rope – this is not a DQ if they gain no advantage.

11.5 Butterfly

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).

11.5.2.4 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 arm 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.

11.5.3.1 When an Athlete's impairment results in only one (1) leg being used, the non-functional leg shall drag. For the purpose 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.

11.6 Medley Swimming

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 cover 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.

11.7 Relays

During relays 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

11.8.9 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. Does not allow the use of wearable technology, subject to the accepted devices stated in 11.8.9.2.

11.8.9.2 The wearing of cochlear implants and insulin pumps is permitted. Swimming Australia have advised that this rule will relate to classes 1-14