

WPS Rules and Regulations updates June 2023- Summary Document

Rule Number	Rule	Commentary
	Definitions	Substantial changes and additions to Definitions to ensure all WPS terminology is included and correctly defined.
5.1.2	Anti-Doping	Clarity about Anti-Doping requirements when a record performance is set.
6.6.2.1	Medical Taping	Clarity around requirement to continue to check medical taping
10	General Competition Rules	
10.1	Competition Management	
10.1.1	At all World Para Swimming Approved Competitions, the organising committee or relevant governing body shall appoint a sufficient number of officials to ensure the fairness, integrity and safety of the Competition.	Promoters and organisers of events must appoint sufficient officials to ensure that the competition is fair and safe. The officials for World Championships, Paralympic Games and Sanctioned Competitions are now listed in 10.1.3
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.	Clarifies that DQ calls can be made by either Referee or Starter. Confirmation that AOE overhead cameras may be used to confirm a start infraction. Reaction times from starting blocks should not be used.
10.2.2.7	All potential infractions shall be verbally reported to the Referee by the relevant Technical Official(s). Once confirmed by the Referee, a signed disqualification report shall be completed by the reporting Technical Official, detailing the Event, lane number and the infraction.	Good practice, reflects what is actually done on pool deck.

10.2.4.5 10.2.6.2 10.2.7.10 10.2.8.4	Reporting of an Infraction.	These rules have been amended to reflect the actual on deck reporting protocol of reporting a potential infraction.
10.2.5	Call Room Supervisor	Change of name from Clerk of the Course.
10.2.7	Inspector of Turns	
10.2.7.5	When a Backstroke ledge is being used, each Inspector at the starting end shall install and remove the ledge. Once installed, the ledge shall be set at zero (0).	Clarifies that the backstroke ledge should be set to zero (0) for all athletes.
10.2.11	Video Review Supervisor	New Rules which state the roles and responsibilities involved when video judging is in place and being used.
10.2.12	Video Review Judge	New Rules which state the roles and responsibilities involved when video judging is in place and being used.
10.2.13	Officials Decision Making	Re numbered due to inclusion of video review system
10.4	Events and Programme of Events	New events added.
10.4.1	75m and 150m IM	Deletion of 'Butterfly', a housekeeping change to match the Rule as stated in the Freestyle Rule 11.2.1
10.8	Support Staff	
10.8.3.3	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.	Clarifies the use of tappers for athletes who are NOT in Sport Class 11.
10.9	Call Room	
10.9.1 10.9.1.1 10.9.2.1		Clarifies the call room reporting protocols. The fee incurred under 10.9.2.1 (at approved competitions), the fees are passed onto WPS.

10.16	Swimwear	
10.16.1	A swimsuit not bearing a valid FINA approval label will only be considered approved if it fulfils the material requirements set forth in the current FINA Requirements for Swimwear Approval. This is notably the case for swimsuits made of traditional permeable textile (i.e. open mesh) material (such as cotton, Nylon, Lycra and the like) with no application of surface treatment closing the open mesh structure.	Clarifies that a NPC does no longer have to get a simple swimsuit checked where it does no bear a FINA Label, provided it has not been amended and is made of textile fabric etc.
10.16.5	All swimsuits shall be non-transparent. It is permissible to wear a maximum of two (2) caps (this number includes any hair retaining device or 'soul cap'), both must adhere to The World Para Swimming Uniform and Equipment Advertising Regulations unless otherwise stated in Technical Documentation.	Clarifies the position regarding the number of caps which can be worn and use of hair retaining devices or Afro/soul caps.
11	Swimming Rules	
11.1	The Start	
11.1.1	Once all Athletes have removed their clothing, except for swimwear, the Referee shall signal the commencement of an Event by a short series of whistles inviting them to get ready at the starting end, followed by a long whistle indicating that they should take positions on the starting platform (or for Backstroke swimming and Medley Relays to immediately enter the water). A second long whistle shall bring the Backstroke and Medley Relay Athletes immediately to the starting position. When the Athletes and Officials are prepared for the start, the Referee shall gesture to the Starter with a stretched-out arm, indicating that the Athletes are under the Starter's control. The stretched-out arm shall stay in that position until the start is given.	Formalisation of good practice that competitors remove their clothing, except swimwear, before the referee starts the whistle blowing procedure. Fits along with existing Sports Presentation protocols.
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.	Clarifies when athletes starting from the side should enter the water so as not to delay a start.
11.1.5	Any Athlete initiating a start before the signal may be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the Athlete(s) shall be disqualified upon completion of the Event. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining Athletes shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per Rule 11.1.1	A swimmer may be disqualified if they initiate their start before the signal. An involuntary movement or twitch is not regarded as initiating the start.

11.3	Backstroke	
11.3.1	Prior to the starting signal, the Athletes shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, at least one (1) toe of both feet (or parts thereof) must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.	Clarifies the position of the toes when using a backstroke ledge.
11.3.3	Some part of the Athlete must break the surface of the water throughout the race, except that once some part of the head of the swimmer has passed the 5 metres mark immediately prior to reaching for the finish, the swimmer may be completely submerged. It is also permissible for the Athlete to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point the Athlete's head must have broken the surface.	See below 11.3.6
11.3.6	<i>'being submerged at the finish'</i> <i>We were aware that the rules regarding being submerged at the finish were planned to be reviewed, however at the FINA congress no formal wording was approved. We followed our rules process and deleted from the WPS Rules and Regulations 'it is not permissible to be submerged at the finish' as we planned to follow the FINA/World Aquatics rule when it was released. Sadly the World Aquatics rule change regarding this was a late addition and the wording only came out after the WPS Rules and Regulations had been approved by the IPC Governing Board. WPS still intends to follow the FINA/World Aquatics rule regarding the finish of backstroke, therefore please officiate for the stroke using 11.3.3 as above (this incorporates the WA ruling)</i>	Follow WA Ruling and allow athlete to be submerged within the last 5m of the finish
11.4	Breaststroke	
11.4.2	From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one (1) arm stroke and one (1) leg kick in that order. All movements of the arms shall be simultaneous without alternating movement.	Removes the requirement for the arms to be on the same horizontal plane. Whether a swimmer's arms are on the same horizontal plane is very difficult to judge. The more important aspect is that the arm movements are simultaneous without alternating movement.

11.4.4	During each complete cycle, some part of the Athlete's head must break the surface of the water. All movements of the legs shall be simultaneous, without alternating movement.	Removes the requirement for the legs to be on the same horizontal plane. Whether a swimmer's legs are on the same horizontal plane is very difficult to judge. The more important aspect is that the leg movements are simultaneous without alternating movement.
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.	Removes the requirement for the legs to be on the same horizontal plane. Whether a swimmer's legs are on the same horizontal plane is very difficult to judge. The more important aspect is that the leg movements are simultaneous without alternating movement.
11.5	Butterfly	
11.5.2.4		Review race footage
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).	Aligned with what an athlete can do in Freestyle.
11.6	Medley Swimming	
11.6.1	In individual Medley Events, the Athlete covers the four (4) swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must be used for one quarter ($\frac{1}{4}$) 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.	Incorporation of the previously published interpretation.

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.	Incorporation of the previously published interpretation.
11.7	Relays	
11.7.4	The names of the Athletes, their respective Sport Class and the order in which they are to swim must be submitted on the World Para Swimming Relay Declaration Form, a minimum of one (1) hour before the start of the Session in which the Event is to take place. Failure to do so will result in the team being withdrawn from the Event and the NPC being penalised with a fee of fifty (50) Euros. The team will not be permitted to swim in that Event. Teams submitted for the heats session will be automatically rolled over to the Final unless a new WPS Relay Declaration Form is submitted a minimum of one (1) hour before the start of the Finals Session.	Submission of Relay Declaration forms clarifies/follow what is done in practice.
11.7.6	Substitutions may be made only in the case of a medical withdrawal made in accordance with Regulation 6.3. If a medical withdrawal is accepted, a new World Para Swimming Relay Declaration Form must be submitted, which may contain updated/new Athletes and the strokes they are competing in.	Submission of Relay Declaration forms clarifies/follow what is done in practice.
11.7.14	During relay 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.	Confirmation that relay exchanges must be made from the block or pool deck and to ensure a safe competition, running take-overs are not allowed. A safety measure for all athletes.
11.8	The Race	
11.8.2	An Athlete swimming over the course alone shall cover the whole distance to qualify. An Athlete who does not complete the whole distance in accordance with the relevant Rules shall be disqualified.	A swimmer who does not complete the course is disqualified and NOT listed as "Did not finish (DNF)".
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.	<p>Stipulates the wearing of the listed medical devices is permitted, without having to be checked or declared.</p> <p>Independent Insulin pumps and/or those combined with glucose monitors are acceptable items.</p>
Appendix One	Open Water Rules	Changes have been made, including adding of new events, adopting World Aquatics Rules and general updating.
Appendix Two	Facilities Rules	Changes have been made, adopting the new World Aquatics rules and general updates.