

Guide to Rule differences for SAL Referees

Events

- Masters events are swum as heats only, never finals. Results are determined by the times recorded.
- Individual swimmers are seeded from slowest to fastest in each event, regardless of sex or age.
- Rarely two swimmers may be required to swim in the same lane in events of 400m or longer. If so men and women must not swim in the same lane. Each half of the lane is then deemed to be a separate lane. Swimmers doing a form stroke must have their own lane.

Medical Disabilities (SW 15M)

- The MD rule allows swimmers with hidden disabilities to compete without disqualification if they are unable to perform a breaststroke or butterfly movement correctly, due to their disability.
- This does not exempt them from complying with all other rules for those strokes.

Officials

- Inspectors of Turns must watch swimmer until first “surface” arm stroke

Starts

- Masters allow starts from the end of the pool deck or in the water.
- Starters and Referees give some leniency for unsteadiness on the blocks.
- When Referee blows long whistle blast, swimmers must:
 - have caps and goggles on
 - step on block or pool edge with at least one foot at front of starting position

Swimmers Requiring Assistance

Swimmers who need assistance should where possible provide a helper(s).

The helpers may assist swimmers

- to their starting position
- to remain stationary at the start
- if in the water, to maintain contact with the pool end wall until the starting signal is given
- by touching the body/leg to indicate when to start if the swimmer is deaf or visually impaired.
- by using a device to indicate that they are approaching the end of the pool if visually impaired.
- to leave the pool

Finishes

- Swimmers cannot leave the water when they have completed their race until the Event Referee (or delegated official in one lap events) gives two short whistle blasts.

Backstroke

While the rules are identical, you will see swimmers:

- Doing a double arm stroke with a frog kick.
- Turning onto the breast, grabbing the end wall, then pushing off on their back.

Both of these actions are within the Rules of FINA and MSA.

Butterfly

- The arms may drag over the water as long as the elbows are visible above the surface.
- A breaststroke kick is allowed and it may be mixed with butterfly kicks, throughout the race.
- Swimmers are limited to one breaststroke kick per arm stroke (may do a breaststroke and a butterfly kick). In the 400m and 800m Butterfly two breaststroke kicks per arm stroke are allowed.
- A single breaststroke kick is allowed before the first arm stroke following the start or a turn.

The Race

- Standing on the pool bottom is allowed in all strokes to adjust goggles etc. however swimmers must not push off the bottom to restart.
- Taping on the body for medical reasons and jewellery that cannot be removed are permitted with the approval of the Meet referee
- The first swimmer in a mixed relay is eligible for records.

Disqualification Codes

- There is an extensive list of disqualification codes to be used on Infraction Forms (**see DQ Codes**).