

## CHAPTER 4 RULES, RECORDS AND COLOURS FOR POOL SWIMMING

*(Please refer to Chapter 14 for Open Water Swimming)*

### 1. General

- 1.1. SAMS follows FINA rules for masters. There is a deviation specifically in that SAMS recognizes a 19 to 24 age group for individuals and a 76-99 relay team age group (see paragraphs 2.2 and 3.3 below).
- 1.2. SAMS follows SSA rules and guidelines where such are applicable to masters.
- 1.3. FINA general rules for masters follow:

### 2. FINA General Masters Rules (MGR).

- 2.1. According to the preamble to the FINA rules for masters; "The masters program shall promote fitness, friendship, understanding and compete through Swimming, Diving, Synchronized Swimming, Water Polo and Open Water Swimming among those competitors with a minimum age limit of 25."
- 2.2. In order to encourage young swimmers to become masters, SAMS makes provision for a pre-masters (19-24) category. Note however, that no world masters records exist for this age group and swimmers under the age 25 do not qualify to break a world masters record in this age group or higher.
- 2.3. The members (i.e. SSA) shall register Masters' competitors in a special category for each of the five recognized disciplines. A competitor who registers for Masters in any discipline will retain his/her unrestricted right to compete in other competitions (**MGR 1**).
- 2.4. Except for specific exceptions in the FINA Rules and Regulations all other FINA Rules and Regulations shall apply to Masters Competitions (**MGR 2**).
- 2.5. Individual entries shall only be accepted from persons representing clubs. No swimmer or team may be designated as representing a country or Federation (**MGR 3**).
- 2.6. Age shall be determined as of December 31 of the year of competition (**MGR 4**).
- 2.7. The organizing federation of FINA World Masters Championships shall pay the travelling and accommodation expenses of one member from the FINA bureau (**MGR 5**).
- 2.8. Entry fees shall be decided upon by the country that is hosting the Masters World Championships, but they shall be subject to the approval by FINA (**MGR 6**).
- 2.9. For Masters World Championships, the Management Committee shall consist of the Bureau Liaison, the Chairman and Honorary Secretary of the Masters Committee and other members of the Bureau and Masters Committee present (**MGR 7**).
- 2.10. Masters competitors must be aware of the need of being well prepared and medically fit before entering into Masters' competitions. They shall assume full responsibility for the risks included in competing in such competitions. In consideration of their entry, they must agree to waive and release FINA, the Organising National Federation and the Organising Committee from any kind of liability for accidents which may cause death, injury or property loss. Entry forms containing a warning of the risks, and Accident Waiver and Release of Liability must be signed by each Masters competitor (**MGR 8**).

### 3. Masters Swimming Rules (MSW).

- 3.1. Individual Events. 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94.... (five year age groups as high as is necessary) (**MSW 1.1**).

- 3.2. Relays. To be conducted on the total age of team members in whole years. Age groups of relay events are as follows: 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, .. (forty year increments as high as is necessary) (**MSW 1.2**).
- 3.3. For all purposes pertaining to Masters World Records and Masters World Championships Meet Competition, the actual attained age of the competitor shall be determined as at December 31<sup>st</sup> of the year of the competition (**MSW 2**). SAMS recognises the age group 19 – 24 for individual events and 76 – 99 for relay events.
- 3.4. An eighteen year old may join masters providing he/she turns 19 prior to 31 December of that year.
- 3.5. The Technical Swimming Rules (**MSW 3**) in Part III of this (FINA) Handbook shall apply to Masters with the following exceptions:
  - Age groups and sexes may be combined so that no swimmers has to swim alone and lanes may be filled (**MSW 3.1**)
  - 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 with one hand having contact with the starting wall (**MSW 3.2**).
  - Any swimmer starting before the starting signal has been given by the starter, shall be disqualified (**MSW 3.3**).
  - All Masters' events shall be conducted on a timed final basis (**MSW 3.4**).
  - Swimmers may be allowed to remain in their lane while other swimmers are competing until directed by the referee to exit the pool (**MSW 3.5**).
  - The order of swimmers by gender is optional in mixed relay (**MSW 3.6**).
  - Events shall be pre-seeded with oldest age groups first, slowest heats swum first within each age group. Events 400 metres and over may be deck seeded from the slowest to fastest regardless of age (**MSW 3.7**).
  - The Organising Committee may arrange 400 metre, 800 metre and 1500m Freestyle to be swum two (2) swimmers of the same sex in a lane. Separate timing will be required for each swimmer (**MSW 3.8**).
  - The Warm Up must be supervised (**MSW 3.9**).
  - A breaststroke kicking movement is permitted for butterfly. Only one breaststroke kick is permitted per arm except that a single breaststroke kick is permitted prior to the turn and the finish without and an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull (**MSW 3.10**).
4. Competition between clubs
  - 4.1. As indicated in paragraph 2.5 above, individual entries shall only be accepted from persons representing clubs. No swimmer or team may be designated as representing a country or federation (**MGR 3**).
  - 4.2. Relays shall consist of four swimmers each registered with the same club.
5. Lane allocations
  - 5.1. As indicated in paragraph 3.5 above (**MSW 3.8**), the Organizing Committee may arrange 400m, 800m and 1500m Freestyle to be swum two (2) swimmers of the same sex in a lane. Separate timing will be required for each swimmer.
  - 5.2. As indicated in paragraph 3.5 above (**MSW 3.1**), age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
6. Records for pool swimming
  - 6.1. Masters World records for both sexes in each age group shall be recognized and maintained in 1/100 second time (2 decimal places) and according to the provisions listed the application form. World records may also be

recorded with manual timing in 1/100 second time (2 decimal places in accordance with SW 11.3). Also note the following:

- World records can only be established in a Masters meet (gala) sanctioned by a FINA Member (**MSW 6.2**)
- Applications for Masters World Records must be made on the FINA official forms by the individual in question within 60 days from the end of the event (**MSW 6.1**).

6.2. Consistent with the first bullet point above, clause 4 in the By-Laws to SAMS' constitution states: "Records and colours for pool swimming can only be claimed for those established at an official Masters Gala or masters only heat in any other gala." Why?

- Masters records are exclusive to masters and are accordingly only recognized when broken at masters' galas where all competitors compete within the same masters' ambience. It would be unfortunate if there were swimmers who joined masters simply to break SAMS' records, yet never competed in a masters' gala.
- While there is some sympathy for masters in country areas these members have to accept that what is available in the city is not always possible in the country and that these members may have to travel to participate in masters galas and break records.
- It would be unfair if a master was to break a record while competing in a senior/junior gala and perhaps being pulled on by a non master not swimming with the mindset unique to masters.

6.3. A swimmer must be a registered master for the applicable season before competing in a masters' gala during which a record is broken and then claimed by the swimmer.

6.4. Only a freestyle record may be broken in a freestyle event. Thus a swimmer, for example, doing butterfly in a freestyle event cannot break a butterfly record.

6.5. The following may be found on SAMS' Web Site regarding ratification of records for pool swimming. (NB. In the event of a discrepancy between hereunder and the website, then the info on the website takes precedent)

"In order to have a time recognized as a SAMS Record both of the following criteria must be fulfilled:

- You (or your relay team) must have achieved a time which equals or betters the current SAMS Record time. The time must have been recorded to 1/100th of a second either by ETD (Electronic Timing Device) touchpad or by 3 (three) electronic stopwatches in which case the middle time is used.
- At the time you (or your relay team) achieved the current record equaling or breaking time you (or for relays, every member of your relay team) must have been:
  - (i) A South African Citizen or have been granted South African Permanent Residence Status (i.e at the time you must be in a possession of a valid South African Identity Document that showed you 13 digit RSA ID Number and indicated your status as Citizen or Permanent Resident and
  - (ii) a properly registered and paid-up member, for the current season (01 May to 30 April), of a South African Masters Swimming Club that is affiliated to SAMS (NB Relay team members must all be registered with the same Club.) and
  - (iii) representing the above Club in the Gala/Meet and
  - (iv) competing in a Masters Gala/Meet or in a Heat or Event in a Gala/Meet where the Heat or Event has only Masters participating in it.

(NB. The above also applies to all SAMS' Region and Club Record applications)."

6.6. A record application for pool swimming must reach SAMS' Record Clerk within 21 days form the date of the gala. It is **your responsibility** to ensure that your SAMS Record application is submitted correctly. The procedure for applying for a record, as may be found of SAMS' Web Site, is as follows:

"If you are swimming in a Masters Gala in South Africa, the task of applying for your SAMS record is normally done for you by the gala organizers, but you should check with them to make sure.

If you are swimming in a Masters Gala/Meet outside of South Africa, or swimming in a Masters Event in a Non-Masters Gala/Meet, you need to do the following:



1. You must have achieved a time which equals or betters the time in the current SAMS table as described in paragraph 7.1 above. This time must have been recorded to 1/100th of a second either by ETD (Electronic Timing Device) touchpad or by 3 (three) electronic stopwatches in which case the middle time is used.
2. At the time you achieved the qualifying time you must have been:
  1. a South African Citizen or have been granted SA permanent residence status (i.e. you must be in possession of a valid South African Identity Document that showed the 13 digit RSA ID Number and indicated your status as Citizen or Permanent Resident and
  2. a properly registered and paid-up member, for the current season (01 May to 30 April), of a South African Masters Swimming Club which is affiliated to SAMS and
  3. represented the above Club in the Gala/Meet and
  4. competing in a Masters Gala/Meet or in a Heat or Event in a Gala/Meet where the Heat or Event has only Masters participating in it.
3. You must have competed in a minimum of 3 (or be competing in your 3rd) SAMS Long Course National Championships.”

7.3. The following appears on SAMS’ Web Site regarding the procedure to followed in applying for colours for pool swimming:

“If you are swimming in a Masters Gala/Meet in South Africa, the task of applying for your SAMS colours is normally completed for you by the gala organizers, but you should check with them to make sure.

If you are swimming in a Masters Gala/Meet outside of South Africa, or swimming in a Masters Event in a Non-Masters Gala , you need to do the following:

- If the event was timed using an Electronic Timing Device (ETD) with touchpad you should either obtain a printout of the result from the organizers or obtain the web address (URL) of the published results.
- If the event was timed using hand held electronic stopwatches you should obtain from the timekeeping officials a document, signed by them, listing the required 3 times with the event details.
- You should submit either of the above together with the Gala/Meet name and Event details to your Club’s or Region’s Recorder or Secretary. Either of them will verify that you met the qualifying requirements and forward your submission, along with the completed application form below, to the SAMS Records Officer.”

7.4. The form to be used in applying for colours is as the same as that given for a record application in paragraph 6.7 above.



*Cape Town Masters  
in Bloemfontein  
– 2014*



*Wahoo Masters –  
fooling around as  
always. (2014)*



*Anton and Caren (PE -  
2013)*