

## AMENDMENTS TO RULES FROM 1-OCT-2021

1. Amendments are changes to existing rules or introduction of new rules.
2. If an amendment contradicts or conflict with previous rules or amendments – The Amendment overrides previous rules.
3. All amendments must have a date stamp to avoid confusion

## AMENDMENT 1 1-DEC-2021

### STARTS TURNS, FINISH IN A POOL COURSE

IISA endeavours to replicate FINA swimming rules. Starts, swim, turns and finish, unless rules are modified for safety reasons.

#### *In all Strokes*

*START and TURN, swimmers are allowed to submerge their body and head underwater for a maximum distance of 5m from the wall before head must break surface. Failing to do so will call for immediate disqualification.*

*When required to touch with both hands, time will be taken once both hands touched the wall.*

## FREESTYLE

### START

1. Standing next to the ladder, facing the swim direction.
2. One arm holding the ladder, other in free position. Front shoulder below the surface.
3. Once you push off the wall you must proceed in your swim stroke.

### TURN

1. Touch the pool wall with at least one hand.
2. Only open turn allowed.

### FINISH

1. To finish swimmer must touch the pool wall with at least one hand.

## BREASTSTROKE

### START

1. Standing next to the ladder, facing the swim direction.
2. One arm holding the ladder, other in free position. Front shoulder below the surface.
3. Once you push off the wall you must proceed in your swim stroke.

### TURN

1. Touch the pool wall with both hands.
2. Only open turn allowed.

### FINISH

1. Touch the pool wall with both hands.

## BUTTERFLY

### START

1. Standing next to the ladder, facing the swim direction.
2. One arm holding the ladder, other in free position. Front shoulder below the surface.
3. Once you push off the wall you must proceed in your swim stroke.

### TURN

1. Touch the pool wall with both hands.
2. Only open turn allowed.

### FINISH

1. Touch the pool wall with both hands.

## BACKSTROKE

The pool must have 5m overhead flags to allow for backstroke.

### START

1. Standing next to the ladder, facing the wall.
2. One hand holding the ladder, other hand free. Front shoulder below the surface.
3. Once you push off the wall you must proceed in your swim stroke.

### TURN [old style turn – no flips]

1. Touch the pool wall with at least one hand on your back.
2. The turn is an open turn with legs reaching the pool wall and body turns 180 degrees and pushing off the wall on your back.

### FINISH

1. At least one hand touching the pool wall on your back with at least one hand touching the wall.
2. When touching the wall head must break surface.

## INDIVIDUAL MEDLEY AND IM RELAY

The pool must have 5m overhead flags to allow for IM.

Swimming rules for each stroke as per above.

Change in IM relay is per start, turn and finish per stroke as above.

- 1. The first stroke - Butterfly**
  - 1.1. Start as per Butterfly start.
- 2. Second stroke - Backstroke.**
  - 2.1. Finish Butterfly.

2.2. Once touched the wall with both hands, both legs move to the wall and push on your back into Backstroke.

**3. Third stroke - Breaststroke**

3.1. Finish Backstroke.

3.2. Once touched the wall, body turns 180 degrees facing the swim direction while legs moving towards the wall. Once legs touch the wall, push from the wall into Breaststroke.

**4. Fourth stroke - Freestyle.**

4.1. Finish Breaststroke.

4.2. Once touched the wall, body turns 180 degrees facing the swim direction while legs moving.