

AMENDMENTS TO SWIMMING RULES

The following amendments are effective immediately and will be part of the IISA Swimming

Rules and Regulations as of 10-Nov-2023.

These Amendments will be incorporated into the existing Swimming Rules.

1. Start calls – a new additional call in the water. The Four start calls are as follows:
 - a) Take off your clothes
 - b) Get into the water
 - c) Take your mark
 - d) Go, whistle, gun, flag
1. Swimmers are no longer required to face the direction of the swim at the start.
 - a) Swimmer must stay in position from “Take your mark” to “Go”.
2. Relay handover
 - a) When an incoming swimmer touches the wall, the ongoing swimmer no longer needs to touch the wall with a hand on departure, as long as they touch the wall with any part of the body.
3. Backstroke finish – no longer needs to break the surface with the head. The swimmer's entire body may be submerged at the finish as long as the submerging starts at 5m or less from the finish wall.
4. Turn backstroke - Specify that when turning, the feet can pass over the water during the 180° rotation to the side (but only open turn allowed)
5. Age Limit Minimum age at the day of an event required to compete in IISA events:
 - a) 1000 m and more: 18 years
 - b) 500 m or more, but below 1000 m: 16 years
 - c) Below 500m: 14 years
 - d) Countries are allowed to raise the limit but not reduce it.
 - e) There is no upper age limit. The medical officer decides if the swimmer is fit for the distance.
6. Mixed Relay will move to 2 Males + 2 Females from the IISA World Champ 2025.
7. Pool area – No smoking, vaping and no Alcohol
8. Qualifying Swim valid for 24m [was 18m]
9. Tow floats are not allowed in pool course events
10. Swimmers are required to bring their own safety belts to events.
11. A belt is mandatory for all distances, including relay.
12. Semi-automatic timekeeping is required in world championships and is strongly recommended in continental championships.
13. World record requires timing from 2 timekeepers. This only applies to Certified Pools events.
14. Video recording is recommended for world- and continental championships.
15. The light around the pool must be sufficient – The chief referee must be happy.
16. A minimum depth of 0.90 metres is required in the whole pool.

17. Ladders must extend at least 0.9m below water level.
18. We will no longer use the Red Flag warning.
19. Lane ropes 5m from the wall on both ends shall be of different colours.
20. Sport nationality – requires a passport.
21. Entry – only by sports nationality
22. ECG + Medicals will be valid for 12 months [instead of 6m]
 - a) If the swimmers experience any change in medical circumstances or experience a significant medical event, they must declare it and do a new medical.
 - b) All IISA Events require a medical room. Each swimmer must meet the event doctor and hand in their Medicals + ECG for review registration.
23. IISA Medicals are now required for all participants at any distance in all IISA Events.
24. IISA would like to set an example of safety Standards In cold-water swimming and recommends that everyone involved in cold-water and icy water activities adopt its medical standards.
25. IISA Medical Officer Accreditation – Anyone who wishes to be accredited by the IISA Safety Committee as A Medical Officer based on medical experience and Ice Swimming Events experience should apply to IISA.
 - a) The IISA Safety Committee will assess and accredit
26. Finals
 - a) We have introduced Finals as a test in the 1st IISA European Championship.
 - b) Finals will take place in all individual distances, excluding 500m and 1000m freestyle
 - c) Finals only impact the OPEN [overall] results category. Age Group results will be based on all results up to the Finals. The Finals result can't change the Age Group results.
 - d) Finals can change World Records in Age Groups but not place at the Championship.
 - e) The final will be the fastest 8 or 10 [subject to the number of active lanes in the pool], Male and Female.
 - f) In the Finals, a maximum of two swimmers from each country are allowed. Maximum two males and two females. This allows a broad representation of countries.
27. 4x250m Country Relay
 - a) To reinforce any possible confusion – only one team per country is allowed to represent the country.
 - b) Team name will default to TEAM - Country Name (e.g., TEAM USA, TEAM GERMANY,...)
 - c) Records will be ranked by fastest country descending by country. One entry per country.
28. Until IISA decide to change it, all other 4x50m relay are not country-specific and allow the mixing of countries as desired to accommodate small participation countries, and more than one team per country is permitted if desired.
 - a) Records are per team and not per country.
29. A sports watch is not allowed during pool swimming.
30. As of 1-Dec-2023, Witness in Ice Miles will be required to be an Accredited IISA Observer.