



DSISO Rule Changes to meet new Rules introduced by Fina.

Introduction

Members will be aware that DSISO follows Fina Rules except where it is deemed necessary to exempt certain DSISO swimmers.

However, DSISO brings to the attention of the Membership the following Rule changes by Fina and the implications for DSISO Members.

New Fina Rule

GN 2.3 *In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like armbands or leg bands shall be regarded as parts of a swimsuit.*

GN 2.4 *From January 1, 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials. (for Canadian meets, the rule comes into effect immediately, as per Pierre Lafontaine's directive)*

GN 2.4.1. *Swimsuit Surface covered:*

- *Men swimsuit shall not extend above the navel or below the knee.*
- *Women swimsuit shall not cover the neck or extend past the shoulders, nor shall extend below the knee.*

GN 2.4.1. *Composition/other items:*

- *Men's swimsuits are in one piece. Subject to decency rule and observance of limitation in surface covered,*
- *Women' swimsuits may be in one or two pieces. Other items covering the body and not part of the swimsuit are prohibited.*

New DSISO Rule

GN 2 COSTUMES

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GN 2.5 *The referee of a competition has the authority to exclude any competitor whose swimsuit does not comply with this rule.*

New Fina Rule

SW 7 BREASTSTROKE

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

SW 7.2 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. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

No New DSISO Rule

There is no need to incorporate this into the DSISO Rules since all Fina Rules apply except where there are DSISO Exemptions. Swimmers, coaches and officials will be aware of the rules and will be expected to adhere to them.

However, in this particular case there is a DSISO Exemption, which will remain – Rule SM 7 which reads..

SM 7. Breaststroke

SM 7.1 A swimmer who has affected leg/s and/or foot/feet must show intent of simultaneous movement and the swimmer who has affected leg/legs and/or foot/feet must show intent to kick in the same horizontal plane.

SM 7.2 A swimmer who is unable to use both legs and/or feet shall not be forced to turn the affected foot outwards during the propulsive part of the kick.