

IWSA RULES

Section 1 - Rules For All Races

1.1 Swimmers compete within age categories. See separate age group categories in section 7 below.

1.2 At the starting line, competitors will receive the following commands (with the following intervals):

1. Take off your clothes
2. Get in the water (5 seconds)
3. On your marks (3 seconds)

1.3 Swimming under the water after START for longer than 5 meters from the start wall (when the swimmer is completely submerged and no part of the swimmer is breaking the surface of the water) is strictly forbidden and will result in 5 seconds penalty added to the race time.

1.4 False starts will not be called back. Blatant false starts will result in disqualification. Minor false starts will result in 5 seconds penalty added to the race time. The decision of the race referee(s) will be final.

1.5 Tumble turns are strictly forbidden. Before making a turn, Competitors must touch the end of the pool wall with, at least, one hand.

1.6 Swimming under the water after completing the TURN for longer than 5 meters from the turn wall (when the swimmer is totally submerged and no part of the swimmer is breaking the surface of the water) is strictly forbidden and will result in 5 seconds penalty added to the race time.

1.7 To finish the race, a competitor must touch the end of the lane with, at least, one hand.

1.8 The heat results will be final (no extra final heats).

1.9 Competitors must leave the water immediately after the race.

1.10 Nobody may swim under the influence of drugs or alcohol.

1.11 No performance enhancing drugs can be used by competitors, nor internal or external substances that preserve or increase body heat.

1.12 Swimsuits must be appropriate and non-transparent. Swimsuits may not go beyond the top of the knee or past the shoulder (i.e. they must not have legs or sleeves) and cannot provide the swimmer with thermal protection or buoyancy. No neoprene socks or gloves. NO WETSUITS.

1.13 Swimmers may not use any device or material, which is designed to improve performance. This includes, without limitation, hand-paddles, snorkels, fins or floatation devices.

1.14 Swimmers must wear something on their head; either a swimming cap or a woollen hat or other warm hat. Decorated hats are encouraged!

1.15 The organiser's decision on whether or not a swimmer is attired appropriately will be final.

1.16 All swimmers start in the water. Diving into the water is not permitted.

Section 2 - Rules For 50 and 150 meters Breaststroke Races

2.1 The only permissible stroke for 50 m Breaststroke races is "Head-Up" breaststroke. The crown (the top) of the head must not be submerged during the race, except before the first stroke within the 5 m zone of the start or turns (when water overflow through the head is permitted) – for all age groups, men-women, with time control. If the crown (the top) of the head submerges during the race, when it is not allowed, the swimmer will receive 5 second penalty that will be added to their race time.

2.2 For 150 m Breaststroke races the water overflow through the head (i.e. normal breaststroke) is permitted during the whole course of swimming.

Section 3 - Rules For 50 and 150 meters Freestyle Races

3.1 Swimming style is freestyle meaning "any style" for individual swims.

Section 4 - Rules For Ice-Butterfly 50 m.

4.1 Swimming style is a regular butterfly for individual swims.

4.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast.

4.3 Both hands must simultaneously slip forward over the water.

4.4 All the movements of the two legs up and down should be done at the same time during the entire race.

Section 5 - Rules For IWSA Freestyle Mixed Team Relay

5.1 The swimming distance is 4 x 50 meters.

5.2 Swimming style is freestyle meaning "any style" for the swims of team members.

5.3 Teams' gender must be mixed. There must be, at least, one woman or one man in each team.

5.4 Team must consist of a team Captain and 3 swimmers. Only the team Captain should register the team. The names of the other 3 members should be provided on registration.

5.5 Team members must agree on their start order prior to mustering.

5.6 When called to the pool area, team members will be instructed take their position at the teams lane according their start order.

5.7 The swimmers must follow the general regulations described in Chapter 1.

5.8 The first swimmer starts as described in Section 1

5.9 There is no claxon signal for the following swimmers. The previous swimmer completing his or her turn by touching the wall signals the start for the subsequent swimmer. The second, third or fourth swimmer must be in the water in the start position while (and before) the incoming teammate is touching the wall.

5.10 The team finishes when the fourth swimmer touches the wall at the end of the lane.

Section 6 - Rules for Endurance Swim

6.1 Swimming style is freestyle meaning "any style".

6.2 Duration of the swim is limited by 15 minutes

6.3 All race regulations in Section 1 also apply to the endurance race

6.4 Swimmers compete in 8 age categories. See main IWSA age categories groups for categories. Minimum age for an endurance swimmer is 18 years old on day of competition.

6.5 At registration, swimmers competing in the endurance swim must present their [Endurance Swim Qualifier Form](#).

6.6 Endurance swimmers must have a registered assistant - a trusted person who knows the swimmer and can confirm the swimmer's ability to swim the endurance distance, and is able to provide the needed support to the swimmer until he or she is fully recovered.

The assistant must:

- follow the swimmer to the pool area;
- stay at the start end of the lane all the time during the swim;
- make a sign to the judge to stop the swimmer's race in a case of suspecting the swimmer to behave inadequately so continuing the swim may result in danger to his or her life and health;
- support the swimmer after the swim, during recovery procedures until he or she is fully recovered.

6.7 It is highly recommended that endurance swimmer has a personal insurance policy providing coverage for extreme sports.

6.8 Mandatory briefing for endurance swimmers will be held according to the event schedule. All endurance swimmers must attend the meeting. A failure to appear at the briefing will result in disqualification.

6.9 Medical exam shall be held for endurance swimmers on the swimming day. The medical exam shall include but not limited to a blood pressure test and drug and alcohol evaluation. Medical restriction based on results of the exam is unconditional and makes the endurance swim impossible.

6.10 The Organisers have a right to reduce the distance or cancel the endurance swim in a case when the weather conditions changed severely increasing the risk of danger to the swimmers. Their decision to do so will be final.

6.11 The judges have a right to stop the swimmer's race in a case of suspecting the swimmer to behave inadequately so continuing the swim may result in a danger to his or her life and health.

Section 7 - Age Groups

All individual races will be divided into age categories. The age groups are determined by your age on 31 December 2023.

The age groups are as follows:

- **A:** 18-19 years (those born in 2005 + 2004) – competitors must be at least 18 years old on the date of the event.
- **B:** 20-29 years (those born in 2003 - 1994)
- **C:** 30-39 years (those born in 1993 - 1984)
- **D:** 40-49 years (those born in 1983 - 1974)
- **E:** 50-59 years (those born in 1973 - 1964)
- **F:** 60-69 years (those born in 1963 - 1954)
- **G:** 70-79 years (those born in 1953 - 1944)
- **H:** 80 years and over (those born in 1943 or before)

Participants in all events must be 18 years or over on the day of the competition.