

PART 13: SWIMMING TECHNICAL RULES

13.1 ELIGIBILITY

13.1.1 Age divisions. Swimming may be offered in the Futures (6 years and younger), Junior (three subdivisions of 7-9, 10-12, and 13-15 years), Open (any age), and Masters (35 years and older) Divisions. Swimmers who choose to compete in the Open Division may not compete in the same event (e.g., 50m freestyle) in another age division.

13.1.2 Sex divisions. Separate events shall be held for males and females in all individual events. The competition host shall determine whether separate relay events shall be held for males and females, or whether to offer mixed relays consisting of two males and two females.

13.1.3 Classifications

13.1.3.1 World Dwarf Games. The IDAF upper-body classification system shall be used in Open and Masters Division swimming events. The IDAF juniors division classification system shall be used in juniors division events. Refer to Part 2 of this rule book for further information.

13.1.3.2 Other IDAF sanctioned or approved competitions. Use of classifications at other IDAF sanctioned or approved events is at the discretion of the competition host.

13.1.3.3 IPC sanctioned or approved competitions. The International Paralympic Committee (IPC) classification system may be substituted for the IDAF upper-body system when IDAF events are sanctioned or approved by IPC.

13.2 EVENTS. Any of the events listed below may be offered at IDAF sanctioned or approved meets. Events labeled "WDG" must be offered at the World Dwarf Games. Events labeled "X" may be offered at the discretion of the competition host. Events marked with an asterisk (*) are offered at Paralympic Games for swimmers with S6, SB6, and SM6 IPC classifications.

13.2.1 Individual events. Note that the 12.5m distance for futures events is not absolute. Consider races at short distances across the width of the pool or from the middle of a pool lane to the end of the pool. Also note that events may be offered in yards rather than meters when a 25-yard pool is used.

	Futures 6 & younger	Juniors 7-9	Juniors 10-12	Juniors 13-15	Open Class 1, 2, 3	Masters 35 & older
12.5m flotation	WDG					
25m flotation	X	WDG	WDG	WDG		
12.5m freestyle	WDG					
25m freestyle	WDG	WDG	WDG	WDG	X	WDG
50m freestyle					WDG*	
100m freestyle					WDG*	

200m freestyle					X	
400m freestyle					X*	
25m backstroke		WDG	WDG	WDG		WDG
50m backstroke					WDG	
100m backstroke					WDG*	
25m breaststroke		WDG	WDG	WDG		WDG
50m breaststroke					WDG	
100m breaststroke					WDG*	
25m butterfly		WDG	WDG	WDG		WDG
50m butterfly					WDG*	
100m butterfly					X	
100m individual medley		WDG	WDG	WDG	X	
200m individual medley					WDG*	

13.2.2 Relay events. Note that the 4 x 25m relays may be offered only if there is a minimum water depth of 2 meters (6.6 feet) at both ends of the pool or if swimmers use an in-water start where water depth is insufficient.

	Futures 6 & younger	Juniors (all ages and all classes)	Open (all classes)	Masters
4 x 25m freestyle relay		X		
4 x 50m freestyle relay		X	WDG	
4 x 50m medley relay			X	

13.3 RULES

13.3.1 Starts, strokes, and turns. Federation Internationale de Natation (FINA) rules SW4 - *Start*, SW5 - *Freestyle*, SW6 - *Backstroke*, SW7 - *Breaststroke*, SW8 - *Butterfly*, SW9 - *Medley Swimming*, and SW10 - *The Race* shall be observed with the exceptions noted in 13.3.2 below. The FINA rules are available online at <http://www.fina.org>.

13.3.2 Exceptions

13.3.2.1 Atlantoaxial instability. Swimmers with atlantoaxial instability shall not perform the forward start and shall not compete in butterfly or individual medley events.

13.3.2.2 Forward start. In any event that uses a forward start, swimmers may choose to start from a standing, kneeling, or sitting position on the starting block or pool deck. Swimmers may also choose to start in the water with at least one hand in contact with the end wall of the pool.

13.3.2.3 Backstroke start. In any event that uses a backstroke start, swimmers may choose to use the starting block grips, the swimming pool gutter, or other placement of both hands on the end wall of the pool.

13.3.2.4 Water depth. The forward start (diving) is not permitted if the depth at the starting end of the pool for an individual event or relay leg is less than 2 meters (6.6 feet). If the water depth is insufficient, swimmers shall start in the water with at least one hand in contact with the end wall of the pool.

13.3.2.5 Flotation devices. Flotation vests or flotation swimsuits may be used only in the designated futures and juniors individual events and in the juniors 4 x 25m freestyle relay. The competition host shall specify whether swimmers must provide their own flotation equipment, e.g., vests, arm floats, kickboards.

13.3.2.6 Relays. The competition host shall determine whether separate relay events shall be held for males and females, or whether to offer mixed relays consisting of two males and two females. Junior Division relay teams may be comprised of swimmers from any of the age sub-divisions (7-9, 10-12, 13-15 years) and any classification (Class 1, 2, or 3). Open Division relay teams may be comprised of swimmers from any classification (Class 1, 2, or 3).

13.4 COMPETITION PROCEDURES

13.4.1 Warm-up/practice opportunities. The competition pool shall be available for warm-up at least 30 minutes prior to each session of competition. The competition host shall determine the schedule and location of additional practice time opportunities.

13.4.2 Entry limit. Each swimmer may compete in a maximum of four individual events and one relay event each day.

13.4.3 Check-in procedures. The competition host shall determine check-in procedures.

13.4.5 Competition format. The order of events shall be specified in the swimming meet information provided to athletes in advance of the entry deadline. Male and female swimmers from different age groups and different classifications may be combined in heats for efficiency; however, their results shall be kept separately for awards purposes. If swimmers are required to provide best times when entering the swimming competition, slow-to-fast timed finals seeding shall be used.

13.4.6 Awards. At the discretion of the competition host, when sex and/or classification divisions are combined, separate awards may be presented to swimmers in the different divisions (e.g., when Class 1 and Class 2 players compete in the same event, awards may be presented to the highest ranking swimmers in each class).

13.4.7 Timing accuracy. The acceptable standard of timing accuracy for World Dwarf Games championship meet records or International Dwarf Athletic Federation swimming records shall be any one of the following: (a) electronic timing; (b) the middle time from three stopwatches; or (c) the average time from two stopwatches.

13.4.8 Lifeguards. There shall be at least one lifeguard for each swimming pool in use (e.g., competition pool and warm-up pool). The lifeguard shall have no duties other than lifeguarding. Lifeguards must be certified by a recognized agency within the host country.

13.5 FACILITIES. The swimming pool shall be either 25 meters or 25 yards in length, with a minimum of 6 competition lanes (preferably 8 competition lanes). A 25-meter pool is preferred for World Dwarf Games competitions.

13.6 EQUIPMENT. The swimming pool shall be equipped with starting platforms, lane lines, and backstroke flags. Automatic timing equipment shall be used whenever possible. A back-up timing system consisting of either buttons or stopwatches or both shall be used. FINA (<http://www.fina.org>) equipment standards should be used as guidelines.

13.7 UNIFORMS. Swimwear shall include only a swimsuit, cap, and goggles. Ear plugs and nose clips may be used if desired. All swimsuits shall be made from textile materials. For males the swimsuit shall not extend above the navel nor below the knees. For females the swimsuit shall not cover the neck, extend past the shoulder, nor extend below the knee. Swimmers who choose high-tech swimsuits shall wear FINA-approved swimwear (go to <http://www.fina.org> and then search for "FINA Approved Swimwear").

13.8 OFFICIALS

13.8.1 Minimum number. The minimum number of officials shall be one referee, one starter, two stroke-and-turn judges, two timers per lane, one announcer, and a sufficient number of administrative personnel to conduct the meet. The referee and starter may double as stroke-and-turn judges.

13.8.2 Qualifications. The referee, starter, and stroke-and-turn judges must be certified by a national governing body for swimming within the host country or by FINA.

13.8.3 Uniforms. Officials shall wear either a uniform provided by the competition host or the customary uniform of the official's home country.

PART 14: TABLE TENNIS TECHNICAL RULES

14.1 ELIGIBILITY

14.1.1 Age divisions. Table tennis may be offered for the Junior A (7-11 years), Junior B (12-15 years), Open (any age), and Master's (35 years and older) age divisions. Players who choose to compete in the Open Division may not compete in the same event (e.g., singles) in another age division.

14.1.2 Sex divisions. Separate singles competition may be conducted for males and females. Doubles competition may be conducted for males, females, and/or mixed-sex teams.

14.1.3 Classifications

13.1.3.1 World Dwarf Games. The IDAF lower-body classification system shall be used in Open and Masters Division table tennis events. The IDAF juniors division classification system shall be used in juniors division events. Refer to Part 2 of this rule book for further information.

13.1.3.2 Other IDAF sanctioned or approved competitions. Use of classifications at other IDAF sanctioned or approved events is at the discretion of the competition host.