



Scottish Swimming
Regulations
for the
Swimming
National Discipline Committee
Issue 13Temp – December 2021

Suspension of Calendar Planning (SW6) extended until September 2022
Postponement of new Technical Swimsuit regulations(SW8.8.1.2) until September 2022
(approved by the Company Board – 30 November 2021)

Swimming Committee Regulations

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The “**Scottish Swimming Governance Documents**” are on www.scottishswimming.com
under - <Club> – <Manage Your Club> – <Governance Documents>
<https://www.scottishswimming.com/clubs/manage-your-club/governance-documents.aspx>

SW1.0 General

- SW1.1 The National Swimming Committee (NSC) a National Discipline Committee of Scottish Swimming, shall comply with the relevant sub-sections of Company Article A3.1.3.
- SW1.2 The NSC shall conduct its business in accordance with Section A3.1.3.2 of the Company Articles.
- SW1.3 The membership of the NSC shall be in accordance with Company Article A3.1.3.7.2.
- SW1.4 The NSC shall have the following responsibilities in addition to those stated in Company Article A3.1.3.6.1.
- SW1.4.1 Calendar planning of District and Club competitions in conjunction with the National Championships / Meet Plan and liaising with the Coaches Technical Panel.
 - SW1.4.2 Organisation and implementation of National Championships and Meets.
 - SW1.4.3 Support swimming activities in the Districts including the District Regional Programme and District Championships.
 - SW1.4.4 Act as a communication medium between Scottish Swimming and the Districts on swimming matters.
 - SW1.4.5 Assist with the implementation of Scottish Swimming strategies and policies.
 - SW1.4.6 Act as a forum for consultation with the Director of Performance (Director of Aquatics, interim for 2021/22) on swimming matters.
 - SW1.4.7 Formulation of Swimming Regulations and provide interpretation as necessary.
 - SW1.4.8 Ratify all Scottish Swimming Records and recommend them for approval by the Company.
 - SW1.4.9 Liaise through the Technical Officials representative with the Technical Officials Committee.
 - SW1.4.10 Advertise for and appoint a National Championships / Meet Convener every two years.
 - SW1.4.11 Liaise with the Coaches Technical Panel on the selection of Staff and Competitors eligible to compete outwith Scotland or in International contests held in Scotland.
 - SW1.4.12 Integration of Para-Swimming.

SW2.0 Scottish Championships/Meets**SW2.1 All Championships/Meets**

- SW2.1.1 General
 - SW2.1.1.1 All Championships shall be held in an indoor pool.
 - SW2.1.1.2 All Championships shall be conducted under FINA and Scottish Swimming Rules.
 - SW2.1.1.3 The following Championships are open and shall be held annually:
 - a) National Open Championships
 - b) National Open Short Course Championships
 - c) National Open Age Group Championships
 - SW2.1.1.4 The following Meet shall be open to swimmers with Scottish eligibility according to Company Rule R4.5.3 and the conditions in the Meet Information:
 - a) Scottish Summer Meet
 - SW2.1.1.5 The following Championships/Meets are closed to Scottish Clubs and Teams and may be held annually at the discretion of the NSC:
 - a) National Team Championships
 - b) Scottish Leagues
 - SW2.1.1.6 Additional Meets may be organised at the discretion of the NSC. Any additional Meets must have the approval of the Company Board.
- SW2.1.2 Championship/Meet Organisation
 - SW2.1.2.1 The management of Championship/Meets shall be by an organising committee appointed by and under the jurisdiction of the NSC.
 - SW2.1.2.2 Entries shall be made in accordance with the published Meet Information.
 - SW2.1.2.3 The decision to include either semi or consolation finals will be at the discretion of the NSC.
 - SW2.1.2.4 The number of heats will be determined by the organising committee when entries are known. The organising committee reserves the right to restrict entries to ensure a good standard of competition.
 - SW2.1.2.5 The following entry time verification process will apply:

- a) Clubs will be required to prove submitted entry times. Failure to provide the requisite proof by the stated date will result in automatic exclusion from the event and the entry fee forfeited.
- b) During and/or after the event further checks may be instigated, where significant under performance, in relation to an entry time is recorded. Further proof of entry time will be requested by a specific date. Failure to comply will result in a fine.

SW2.1.2.6 The number of sessions, the programme of events for each session, the qualifying or consideration time for entry for events and the closing date for entries will be determined annually by the NSC and published at least six months before the first day of the championships. Qualifying or consideration times must be recorded within a date fixed by the NSC which will be not less than six months before the first day of the Championship.

SW2.1.2.7 Conditions relating to failure to appear, withdrawals or amendments shall be contained in the published Meet Information.

SW2.1.2.8 Unpaid fines will result in swimmers being excluded from future Scottish National Championships/Meets

SW2.1.2.9 Technical officials will be appointed as required by SW7.1. 8

SW2.1.3 Eligibility to Compete

SW2.1.3.1 Eligibility to compete is as defined in Company Rule R4.5.3.

SW2.1.3.2 If an event has only one competitor (including only one relay team) a decision on whether the event is swum will be made by the National Championships/Events Convener.

SW2.1.4 Jury of Appeal

SW2.1.4.1 The NSC shall appoint the Chair of a Jury of Appeal in advance of each Scottish Championship/Meet. Other members of the Jury will be appointed by the Chair/Championships Convener at the Championship/Meet as required.

SW2.1.4.2 The procedure and treatment shall be in accordance with Company Rules R11.3 and R11.4.

SW2.1.5 Events

SW2.1.5.1 The NSC may by exception vary the events for the various Championships/Meets and Leagues under its jurisdiction.

SW2.2 National Open Championships

SW2.2.1 General

SW2.2.1.1 The Championships shall normally be held in a 50m pool.

SW2.2.2 Events

SW2.2.2.1 The NSC, at its discretion, may organise other events to be run alongside the Championship

SW2.2.3 Titles

SW2.2.3.1 Scottish Open Champion

Fastest swimmer in the final/heat declared swims of each event shall be Scottish Open Champion.

SW2.2.3.2 Scottish National Champion (Senior and Junior)

Fastest swimmer in the final/heat declared swims of each event with National eligibility as defined in Company Rule R4.5.3 shall be Scottish National Champion. If there is no National swimmer in the final, the title shall be awarded to the fastest National swimmer in the consolation final or semi-finals, failing which the heats.

SW2.2.4 Awards

SW2.2.4.1 Medals shall be presented as follows;-

- a) Scottish Open Champion 1st, 2nd, 3rd
- b) Scottish National Champion 1st
(provided the individual is not also the Scottish Open Champion).
- c) Scottish National Junior Champion 1st
(provided the individual is not either the Scottish Open or National Champion).
- d) Scottish Open Para Swimming Champion 1st, 2nd, 3rd

- SW2.2.4.2 The following Trophies shall be awarded using an appropriate points method as decided by the NSC and published in the Meet Information:
- | | |
|-------------------------|---|
| a) Top Club | Most points earned by a Scottish club or composite team |
| b) Berger Paints Trophy | Best performance (male or female) by a Scottish swimmer in the National Open Championships. |
| c) Eileen Adams Trophy | Best combined performance in the Senior Men's 200m and 400m Freestyle |

SW2.3 National Open Short Course Championships

SW2.3.1 General

- SW2.3.1.1 The Championships shall normally be held in a 25m pool.

SW2.3.2 Events

- SW2.3.2.1 The NSC may, at its discretion, organise other events to be run alongside the Championships

SW2.3.3 Titles

SW2.3.3.1 Scottish Short Course Open Champion

Fastest swimmer in the final/heat declared swims of each event shall be the Short Course Open Champion.

SW2.3.3.2 Scottish Short Course National Champion (Senior and Junior)

Fastest swimmer in the final/heat declared swims of each event with National eligibility as defined in Company Rule R4.5.3 shall be declared the Short Course National Champion.

If there is no National swimmer in the final, the title shall be awarded to the fastest National swimmer in the consolation final or semi-finals, failing which the heats.

SW2.3.4 Awards

SW2.3.4.1 Medals shall be presented as follows:

- | | |
|---|----------------|
| a) Scottish Short Course Open Champion | 1st, 2nd, 3rd. |
| b) Scottish Short Course National Champion | 1st |
| (provided the individual is not also the Scottish Short Course Open Champion) | |
| c) Scottish Short Course National Junior Champion | 1st |
| (provided the individual is not either the Scottish Short Course Open or National Champion) | |

- SW2.3.4.2 The following Trophies shall be awarded using an appropriate points method as decided by the NSC and published in the Meet Information.

- | | |
|-----------------------------|--|
| a) Top Club | Most points earned by a Scottish club or composite team |
| b) Alistair Sankey Memorial | Best combined performance in the senior men's 100m and 200m Butterfly. |
| c) Paisley 500 Trophy | Best overall performance by a male or female. |
| d) Citrus Trophies | Best performance by a junior male and female. |
| e) Aberdeen 200 Trophies | Best single performance for male and female. |

SW2.4 National Open Age Group Championships

SW2.4.1 General

- SW2.4.1.1 Ages are defined as age on 31st December

- SW2.4.1.2 Competitors may only swim in their own age group.

- SW2.4.1.3 The NSC may at their discretion run all or part of the National Open Age Group Championships in conjunction with the National Open Championships

SW2.4.2 Events

- SW2.4.2.1 The Age Groups for individual and relay events will be decided on an annual basis by the NSC subject to a minimum of 11 years old on the following 31st December.

SW2.4.3 Titles

SW2.4.3.1 Scottish Age Group Open Champion

The fastest swimmer in the final/heat declared swims of each event shall be Scottish Age Group Open Champion.

SW2.4.3.2 Scottish Age Group National Champion

The fastest swimmer in the final/heat declared swims of each event with National

eligibility as defined in Company Rule R4.5 shall be Scottish Age Group National Champion. If there is no National swimmer in the final, the title shall be awarded to the fastest National swimmer in the consolation final or semi-finals, failing which the heats

SW2.4.4 Awards

SW2.4.4.1 Medals shall be presented as follows:

- a) Scottish Age Group Open Champion 1st, 2nd, 3rd.
- b) Scottish Age Group National Champion 1st

(provided the individual is not also the Scottish Age Group Open Champion)

SW2.4.4.2 Trophies will be awarded as follows using an appropriate points method as decided by the NSC and published in the Meet Information.

- a) Trophies (1 male/1 female) To be awarded to the best performance by a boy and girl aged 16 and under (age as at 31st December).
- b) Sharp Trophies To be awarded to the fastest Boy and Girl swimmers in the youngest age group in 200m Individual Medley.
- c) Top Club Most points earned by a Scottish Club or Composite Team.

SW2.5 National Team Championships

SW2.5.1 General

SW2.5.1.1 A Team Championships may be arranged at the discretion of the NSC. Details of events, eligibility, points, awards etc will be as per Meet Information.

SW2.6 Scottish Summer Meet

SW2.6.1 General

SW2.6.1.1 Ages are defined as age on 31st December

SW2.6.1.2 Competitors may only swim in their own age group.

SW2.6.2 Events

SW2.6.2.1 The Events and Age Groups for individual and relay events will be decided on an annual basis by the NSC subject to a minimum of 12 years old as at 31st December.

SW2.6.2.2 The NSC will decide annually what restrictions, if any, will be applied on which swimmers may compete at this Meet.

SW2.6.3 Awards

SW2.6.3.1 Medals shall be presented within each Age Group as follows:
1st, 2nd, 3rd.

SW2.7 Scottish Leagues

SW2.7.1 General

SW2.7.1.1 Leagues may be arranged at the discretion of the NSC. Details of events, eligibility, points, etc, will be as per Meet Information.

SW3.0 Scottish Records

SW3.1 National Records

SW3.1.1 There shall be the following types of record, by male and female swimmers eligible to represent Scotland as defined in Company Rules R4.5.3 and R7.1.1.

- a) Scottish National Long Course Record
Achieved in a 50m pool
- b) Scottish National Long Course Age Group Record
Achieved in a 50m pool for each age group between 11 and 18 years inclusive, based on swimmers age on the date of the swim.
- c) Scottish National Long Course Junior Record
Achieved in a 50m pool by any junior swimmer, as defined in Company Rule R4.5.6(a)
- d) Scottish National Long Course Para-Swimming Record within appropriate classification. Achieved in a 50m pool for each classification
- e) Scottish National Short Course Record
Achieved in a 25m pool.

- f) Scottish National Short Course Age Group Record
Achieved in a 25m pool for each age group between 11 and 18 years inclusive, based on swimmers age on the date of the swim.
- g) Scottish National Short Course Junior Record
Achieved in a 25m pool by any junior swimmer, as defined in Company Rule R4.5.6(a)
- h) Scottish National Short Course Para-Swimming Record within appropriate classification. Achieved in a 25m pool for each classification

SW3.2 Other Records

SW3.2.1 In addition to National Records there are the following records;

- a) Scottish Age Group Championship Record
Achieved by a swimmer, swimming over a recognised distance, for a stroke within his/her Age Group, at the Scottish Age Group Championships. These records have been discontinued following the introduction of National Age Group Records. A record of existing Scottish Age Group Championship Records, as at 26th June 2005, will be retained by Scottish Swimming, in recognition of those achieving those records.
- b) Scottish National Team Records (Long and Short Course)
Achieved by teams participating in any of the relay categories, as per SW3.3.1 and SW3.3.2, whose members are eligible to represent Scotland as defined in Company Rules R4.5.3 and R7.1.1.
- c) Scottish National Junior Team Records (Long and Short Course)
Achieved by teams participating in any of the relay categories, as per SW3.3.1 and SW3.3.2, whose members are eligible to represent Scotland as defined in Company Rules R4.5.3 and R7.1.1 and who are junior swimmers as defined in Company Rule R4.5.6(a)
- d) Scottish Club or Composite Team Relay Records (Long and Short Course)
Achieved by a Scottish Club or Composite team participating in any of the relay categories, as per SW3.3.1 and SW3.3.2,
- e) Scottish Junior Club or Junior Composite Team Relay Records (Long and Short Course)
Achieved by a Scottish club or Composite team in any of the relay categories as per SW3.3.1 and SW3.3.2, whose members are junior swimmers as defined in Company Rule R4.5.6(a)

SW3.3 Distances

SW3.3.1 The following distances will be recognised for Scottish Records as defined in SW3.1 and SW3.2.

- a) Freestyle 50m, 100m, 200m, 400m, 800m and 1500m
- b) Backstroke 50m, 100m and 200m
- c) Breaststroke 50m, 100m and 200m
- d) Butterfly 50m, 100m and 200m
- e) Individual Medley 100m, 200m and 400m
- f) Freestyle Relay 4x50m, 4x100m and 4x200m
- g) Medley Relay 4x50m and 4x100m
- h) Mixed Freestyle Relay 4x100m Long Course and 4x50m Short Course
- i) Mixed Medley Relay 4x100m Long Course and 4x50m Short Course

SW3.3.2 The following distances and categories will be recognised for Scottish Para-Swimming Records as defined SW3.1 and SW3.2

- a) Freestyle 50m (S1-S14), 100m (S1-S14), 200m (S1-S14), 400m (S1-S14), 800m (S6-S14) and 1500m (S6-S14)
- b) Backstroke 50m (S1-S14), 100m (S1-S14) and 200m (S6-S14)
- c) Breaststroke 50m and 100m (SB1 – SB9 & SB11 – SB14), 200m (SB4-SB9 & SB11-SB14)
- d) Butterfly 50m (S1-S14), 100m (S5-S14) and 200m (S8-S14)
- e) Individual Medley 100m (SM1-SM14), 150m (SM1-SM4), 200m (SM3-SM14) and 400m (SM6-SM14)
- f) Freestyle Relay 4x50m (20points), 4x100m (34points, 49points & S14)
- g) Medley Relay 4x50m (20points), 4x100m (34points, 49points & S14)
- h) Mixed freestyle relay 4 x 50m (20 Points, S1 –S10)

SW3.4 Conditions

- SW3.4.1 All records shall be made under FINA conditions
- SW3.4.2 A record may be made;
- a) In an accredited or individual race against time within Scotland
- b) In a scratch competition or record attempt held under the auspices of the Swimming Associations of England, Wales or any country affiliated to FINA.
- SW3.4.3 A swimmer may apply for a record at any intervening recognised distance when competing over a longer distance, providing the scheduled distance is completed and the time recorded at the intervening distance is by Automatic Officiating Equipment.
- SW3.4.4 The first swimmer in a relay team, except in mixed relays, may apply for a record. Should the first swimmer in a relay team complete the distance in a record time, his/her performance shall not be nullified by any subsequent disqualification of the relay team for violations occurring after the distance has been completed.
- SW3.4.5 A record may not be claimed in an event (such as a “skins” event) where the start rules as laid down in SW4 of FINA Swimming Rules have not been complied with.

SW3.5 Application

- SW3.5.1 All applications for a Scottish record shall be submitted in accordance with Company Rule R7.1.
- SW3.5.2 It is the responsibility of the swimmer or his/her club to apply for any record for which they are eligible. NSC may also apply for records.

SW3.6 Certificates

- SW3.6.1 Certificates will be issued in accordance with Company Rule R7.1.3.

SW4.0 British Records

- SW4.0.1 Information regarding British Records is available from the Company (see also Company Rule R7.2)

SW5.0 Competition / Training Outside Great Britain**SW5.1 Procedure for Scottish Swimming Clubs, Teams and Individuals**

- SW5.1.1 Application for a permit should be made in accordance with Company Rule R8.0

~~**SW6.0 Calendar Planning**~~~~**SW6.1 General**~~

- ~~SW6.1.1 Calendar Planning is to provide Scottish Swimming with a coordinated and planned competition programme that meets the needs of competitive swimmers of all abilities~~

~~**SW6.2 Calendar Planning Process**~~

- ~~SW6.2.1 The NSC will maintain and publish a three year calendar listing planned National, District and other Level 1 Meets in the period, together with planned dates and venues and whether or not these are confirmed.

SW6.2.2 Each District Licensing Authority will undertake a Calendar Planning process, either annually or six monthly.

SW6.2.3 Clubs and other organisations will be invited to submit applications to run meets, detailing the proposed dates and venues, the level/age group of swimmers for whom the meet is planned, and the type of events planned.

SW6.2.4 The District Licensing Authority will review applications, resolve clashes and gaps, and create a calendar that complies with any Scottish and District plan. The resulting Meet calendar for the review period will then be published. The calendar must be published on an appropriate web site and issued to meet applicants no later than six months prior to the first day of the period under review.

SW6.2.5 Districts, clubs and other meet organisers wishing to hold a Level 1 Meet should submit their application to the NSC, with a copy provided to the District Licensing Authority where the event will be held. The District Licensing Authority will notify the NSC of its support, or otherwise, for any proposed Level 1 meet (other than National events) to be held in their District. The NSC will review applications as per SW6.2.4 and update the NSC calendar as appropriate.~~

SW6.3 Calendar Review

- ~~SW6.3.1 Each District Licensing Authority will undertake a Calendar Review process, either annually or six monthly.~~
- ~~SW6.3.2 The District Licensing Authority will review the Meets held in the relevant period and assess how well the calendar plan objectives have been met. The review will be recorded and available to meet organisers and other affiliated clubs within the relevant District. The licensing authority will develop and, as appropriate, implement appropriate plans to resolve issues arising from the review.~~

SW7.0 Licensing and Accreditation**SW7.1 General**

- SW7.1.1 Licensing and Registration of Meets is to provide Scottish Swimming with a means of control over and the maintenance of minimum standards during the operation of swimming meets in Scotland in accordance with Company Rule R4.4.1. Clubs/Organisations running events must be aware of the Health and Safety Regulations and implications in respect of insurance cover.
- SW7.1.2 A Licence or Registration is required for any competitive meet which involves two or more participating clubs. All meets taking place between two or more clubs in the same pool are considered to be competitive.
- SW7.1.3 Application for Licences must be made on the current version of the licence form as published by Scottish Swimming and available for download from the Scottish Swimming web-site as at the date the application is made.
- SW7.1.4 A Licence is not required for Level 4 Meets, the organising club is required to register with the relevant District Swimming Committee using the form available on the District web-site.
- SW7.1.5 All swimmers at Licensed or Registered Meets must be members of Scottish Swimming or be registered members of Swim England, Swim Wales or another FINA affiliated country, prior to competing in any Licensed Meet.
- SW7.1.6 The control and monitoring of licence compliance will be undertaken when the Meet Report is completed in accordance with SW7.10.2 and is reviewed by the appropriate Licensing Authority.
- SW7.1.7 Accreditation is to provide common criteria for the establishment and conduct of Licensed swimming meets which as a consequence provide swimmers with the opportunity to achieve qualifying standards for National and International swimming Meets, Teams and Squads.
- SW7.1.8 Accreditation can only be granted for Level 1 and Level 2 Meets. The minimum requirements of officials for meets with or without electronics must be adhered to and is to be found in the STO Regulations.
- SW7.1.9 Application for licences may be declined in accordance with Company Rule R4.4.11
- SW7.1.10 Leagues must submit individual applications for licence and accreditation for each meet held, if required. Only one fee per division will be applied for the duration of a League season.
- SW7.1.11 Should a Licensed Meet fail to achieve the required minimum standards as required by the Swimming Regulations, the swimming committee issuing the Licence will follow the process laid down in SW7.14.5.
- SW7.1.12 In special circumstances, a Licence that has been issued for a Meet may be withdrawn, or have its conditions changed by the licensing authority that issued it.

SW7.2 Licence Categories

- SW7.2.1 Event Licences will be categorised as follows:
- a) Level 1 – International Meets between two or more Nations, National Meets, District Championships including those run by Associate Members (e.g. Scottish Schools Finals, Scottish Universities finals etc.), Club Long Course Competitions (not Graded or Time Banded) may also be licensed at Level 1.
 - b) Level 2 – Other Accredited meets, including non-Championship District Meets, Regional Events, Other Club Meets, Invitational Meets, Inter Club Meets, Club Events and/or League Matches, Meets run by Associate Members (e.g. Scottish Schools Regional events, Scottish Disability Sport (SDS) Performance Events, etc.) where conditions for Accreditation are intended to be achieved.
 - c) Level 3 – Non Accredited Meets, including those run by Associate Members (e.g. Scottish School Heats, etc.).
 - d) Level 4 – Registered Meets as per published guidelines.

SW7.3 Jurisdiction

- SW7.3.1 The NSC is responsible for the issue of Licences for all Level 1 Meets and for Level 2 Meets run by a District.
- SW7.3.2 The appropriate District Swimming Committee is responsible for the issue of licences for all other Level 2 and all Level 3 Meets and the monitoring of Level 4 Registered Meets.

SW7.4 Conditions

- SW7.4.1 Applications for a Licence in categories Level 1 and level 2 will automatically carry application for accreditation.
- SW7.4.2 Internal Club Competitions do not require a licence unless the Club requests the Meet to be accredited. Clubs must be aware of Health and Safety requirements and implications in respect of insurance cover.
- SW7.4.3 A meet involving swimmers from two or more clubs that are members of the same Scottish Swimming Composite Team will be considered an Internal Club Competition only if swimmers are not swimming for their club, in accordance with Company Rule R5.4.4.
- SW7.4.4 Virtual Galas (meets where clubs/swimmers compete against each other at different pools/times, where only one club is in a pool at a time) do not require a Licence unless the Club requests the meet to be accredited. Clubs must be aware of Health and Safety requirements and implications in respect of insurance cover.
- SW7.4.5 Accreditation will not be granted for competitions which are limited to swimmers under the age of 10.

SW7.5 Facility and Meet Minimum Standards

SW7.5.1 All Competitions and Meets

The following minimum standards are required:

a) Conversation with Facility Operator about roles and responsibilities to include: <ul style="list-style-type: none"> - Health and Safety procedures - Risk Assessment - Safeguarding - First aid arrangements
b) Competitors and those in organising or officiating roles to be members of the SASA, Swim England, Swim Wales or another member affiliated to FINA
c) Seating on poolside for competitors and any officials but may be waived for short duration Registered Meets.
d) Announcements for Health and Safety to include <ul style="list-style-type: none"> i) Emergency evacuation procedures ii) Whether diving is permitted and any conditions iii) Photography restrictions

SW7.5.2 Licensed Competitions

In addition to the minimum standards outlined in SW7.5.1, the following standards are required at Licensed Meets. They are not required at Registered Meets.

	Level 3	Level 2	Level 1
a) Warm-up facilities and marshals	*	*	*
b) Backstroke flags	*	*	*
c) Electronic Results service	\$	*	*
d) Technical Officials and Electronic Timing as appropriate according to SW7.12.1	*	*	*
e) Separate seating for spectators, VIP's etc		*	*
f) Anti-turbulence lane ropes		*	*
g) Car/Coach parking reasonably available close to pool		*	*
h) Programme and start sheets		*	*
i) Strobe light for start end			*

j)	Electronic Timing and full lane display scoreboard.			*
k)	Separate Swim-down facilities and marshals			#
l)	Separate wet and dry changing facilities			*
m)	Photocopying, printing facility and internet access			*
n)	Spectator catering facilities			*
o)	Availability of competitor accommodation			*
p)	Drug, lactate and sports analysis facilities			#

\$ Results service at Level 3 Meets can be provided manually within 2 days of the event

Compulsory only at National events

SW7.5.3 In exceptional circumstances, one or more of these minimum standards may be waived at the discretion of the licensing body if it is satisfied that this will not materially detract from the standard of the Meet.

SW7.5.4 Level 1 competitions must have minimum entry criteria such as Qualification or Consideration times in order to ensure an appropriate standard of competition. Competitions may not be Graded or Time Banded.

SW7.5.5 All National and District Level 1 Championships will be age as at 31st December.

SW7.5.6 Swimmers under the age of 11 (age as at 31st December) will not be eligible to compete at Level 1 competitions.

SW7.6 Session Timescale Standards

SW7.6.1 The following criteria shall apply.

a) Level 1 Meets

Duration of competitive day (including medal presentations, excluding warm ups) must not exceed 9 hours. Appropriate arrangements must be made to relieve or rotate officials if individual sessions are longer than 3 hours.

b) Level 2 and Level 3 Meets

Duration of competitive day (including medal presentations, excluding warm ups) must not exceed 6 hours. Individual sessions must not exceed 3 hours.

The maximum duration of a meet issued with a Level 3 License will be one day.

SW7.7 Applying for a Licence

SW7.7.1 Application must be made after a provisional pool booking has been made on the appropriate form available from the Company or appropriate District Swimming Committee. Application may not be made until the relevant calendar plan (in accordance with SW6.2.4) has been issued. Advertising of a Meet cannot take place until a meet has been licensed and a Licence number has been issued. All meet advertisements and information should display the licence number prominently. Any application should be received by the licensing body at least 30 days prior to the first day of competition, although this may be waived at the discretion of the licensing body.

SW7.7.2 Application for Level 1 and Level 2 Meets run by a District Meets must be made to the NSC, accompanied by the appropriate fee (in accordance with Company Rule R3.4.1). A programme of events must accompany the application.

SW7.7.3 Application for all other Level 2 and all Level 3 Meets must be made to the appropriate District Swimming Committee accompanied by the appropriate fee (in accordance with Company Rule R3.4.1). A programme of events must accompany the application.

SW7.7.4 Where application is being made for a Meet which has not been included in the Licensing Authority's calendar plan the applicant must state the reason for the exclusion. In such cases, the licence will only be issued if:

- a) There is no clash with a meet already on the Licensing Authority's calendar, or
- b) The meet is internal to an individual club or composite team

SW7.7.5 When a change to the details of an application (e.g. change of venue, date or format) is required, a new application must be made. The fee for a new application may be waived at the discretion of the swimming committee granting the licence.

SW7.7.6 Registered Meets require the appropriate form to be completed and submitted to the relevant District Swimming Committee before the Meet takes place.

SW7.8 Notification

- SW7.8.1 Confirmation that a Licence has been granted will be sent to the applicant within 30 days of receipt of the application.
- SW7.8.2 Where a Licence application is refused, the applicant will be notified within 30 days of receipt of the application and the reason for refusal stated.

SW7.9 Requirements

- SW7.9.1 The organiser of Licensed Meets must provide a results service as follows:
- Level 1 & 2 – Results must be recorded on a computerised service and a complete set of results, signed by the referee, should be provided to the licensing authority. Computer files should be sent to Scottish Swimming and British Swimming for inclusion in the Scottish Swimming squad selection database and GB Swim Rankings.
 - Level 3 – A computerised results service is not required but results must be circulated to participating clubs within 2 days following completion of the Meet. Results do not require to be sent to the licensing body.
- SW7.9.2 All Licensed Meet programmes and results must carry the Meet Licence number and if appropriate, a statement that Accreditation has been or will be applied for.

SW7.10 Reports

- SW7.10.1 The control and monitoring of licence compliance will be based on self assessment by the organising body with endorsement by the Meet Referee and /or Session referee
- SW7.10.2 For all Licensed Meets a completed Meet Report signed by the Meet Organiser and all session referees, must be returned within seven days of the completion of the Meet to the relevant licensing authority. It must be accompanied by a list of the Technical Officials and results in accordance with SW7.9.1

SW7.11 Management of Meets

- SW7.11.1 The Referee (or Lead Official for Registered Meets) will assume control at the end of the warm up of each scheduled session until the final event has been ratified.
- SW7.11.2 The Referee will be responsible, for the proper conduct of a Licensed Meet as defined by its Licence, for all poolside related activities and areas (e.g. to include computer team, commentary team and competitors seating).
- SW7.11.3 A Meet Director/Manager must be appointed for all Licensed Meets by the Organising Body.

SW7.12 Meet Technical Officials

- SW7.12.1 The Officials required for Licensed/Accredited Meets shall be in accordance with the requirements of STO Regulations STO12.0.
- SW7.12.2 A complete list of technical officials for each session must be signed by the session Referee. This must be included in the meet report (see SW7.10) in accordance with the guidelines on the application form.

SW7.13 Fees

- SW7.13.1 The fee for each Licence category will be set in accordance with Company Rule R3.4.2.
- SW7.13.2 There will be no fee for Level 4 - Meet Registration.

SW7.14 Accreditation Confirmation

- SW7.14.1 In the event of Accreditation not being endorsed, the meet organiser will be notified by the relevant licensing authority within fourteen (14) days as to the reasons why.
- SW7.14.2 Accreditation may be withheld if, for one or more sessions, the meet or session referee cannot confirm the validity of swimmer times and/or that swims were undertaken within FINA and Scottish Swimming rules. In particular, accreditation may be withheld if
- The minimum requirement of Officials was not achieved.
 - Times have not been recorded in accordance with FINA / Scottish Swimming rules.
- SW7.14.3 Where an event seeking accreditation does not fully comply with the requirements as laid down in SW7.14.2 the licensing body, at its discretion, may accredit individual sessions within the event where the requirements were met.

- SW7.14.4 Where accreditation is withheld, either in its entirety, or for individual sessions, the meet organiser will, within 7 days, notify each participating club in writing, detailing the sessions which were not accredited.
- SW7.14.5 Where there has been a failure to meet minimum standards for the relevant level of licence, not covered by SW7.14.2, for example:
- a) Minimum facility standards were not adhered to,
 - b) Time criteria were not met and a satisfactory explanation has not been provided,
 - c) Health and Safety Guidelines were not announced or were not adhered to, meet accreditation will be granted and the following additional process will apply:
 - i. On the first failure by a meet organising club or other body, the licensing authority will issue a warning, in writing, highlighting the failure and requiring the organising body to respond in writing, within 28 days, detailing the corrective action that will be taken for any future meet.
 - ii. On a subsequent failure within a two year period, the licensing authority may cancel any issued licences held by the organising body and may refuse to issue a licence to the organising body for any event to be held in the 12 months from the date of the second or subsequent failure.

SW8.0 Scottish Swimming Rules**SW8.1 Order of Events**

SW8.1.1 No alteration shall be made to the order of the printed programme unless with the consent of the Referee and Meet Convener. The Referee shall inform the starter, recorder and announcer of any alteration.

SW8.2 Relay Events

- SW8.2.1 Competing clubs or teams must submit a list of names of relay team members, including reserves, to the recorder, for the information of the Referee, before the commencement of the competition or session. The relay team members must be listed in order of competing.
- SW8.2.2 All relay team members must be bona fide members of the competing club or team.
- SW8.2.3 The composition of a relay team may be changed between heats and finals provided it is made up from the list of swimmers submitted.
- SW8.2.4 A swimmer may be named as a member for only one relay team except for reserves as per paragraph SW8.2.5.
- SW8.2.5 A swimmer may be named as a reserve for more than one relay team for the same club or team but may only swim for one of them. In the event that the composition of a relay team is changed to include a reserve swimmer, that swimmer must be withdrawn from being a reserve from any other team.

SW8.3 Start

SW8.3.1 Only at Level 3 Meets may able-bodied competitors start with other than a dive, provided they have the consent of the Referee. In such instance the Referee shall inform all other competitors.

SW8.3.2 Para-Swimming will comply with World Para Swimming rules 3.1.

SW8.4 Disqualification

SW8.4.1 A swimmer shall be disqualified for failing at the end of a race to keep their place in the water. Disqualification shall not be enacted provided the swimmer returns to the water on the instruction of the Referee

SW8.5 Permanently Disabled Swimmer

SW8.5.1 A permanently disabled swimmer shall not be disqualified in a competition in a case where their disability prevents them from complying with the rules of a particular stroke, provided that the swimmer has a confirmed classification (disability status on British Swimming membership database) or a certificate of swimming disability. The following procedures should be followed:

- a) At disability specific events (Pan-Disability events) and events which include multi classification entry conditions – The meet organiser is responsible for collating up to date stroke exception and classification information on each classified swimmer at entry and providing this to the meet referee.
- b) At events where no multi classification entry conditions exist – The swimmer or their representative is responsible for providing stroke exceptions to the referee where applicable. This can be done by checking on the Scottish Swimming Membership where internet access is available at the meet, by showing the membership check on a smart phone, or by producing a printed version of the relevant Membership Page. Where swimmers are in possession of a Certificate of Swimming Disability, this should be presented to the Referee by the swimmer or their representative.

SW8.6 Mixed Events in Age Group Competitions

SW8.6.1 In Age Group Competitions only, events may be swum mixed at the discretion of the event organisers.

SW8.6.2 Para-Swimming mixed events may only be swum at the discretion of the event organisers

SW8.7 Lane Numbering

SW8.7.1 In Age Group Competitions taking place in a 10 lane pool numbering may be 0 to 9, or 1 to 10 at the discretion of the Meet organisers.

SW8.8 Swimwear Policies

SW8.8.1 For swimming competitions held under the direct jurisdiction and control of Scottish Swimming the Scottish Swimming "Swimwear Policies" shall apply.

SW8.8.1.1 Agreed Swimwear Policy is included in full in SWAppendix 1 of these Regulations.

~~SW8.8.1.2 Restriction of the Use of Technical Swimsuits by Swimmers aged 13 and under Policy is included in full in SWAppendix 2 of these Regulations.~~

SWAppendix 1 – Scottish Swimming Agreed Swimwear Policy**Agreed Swimwear Policy (September 2018)**

This Policy has been produced to provide clarity to swimmers, coaches, parents / guardians and technical officials around Swimwear.

Scottish Swimming follows the FINA rules as stated in their General Rules and Byelaws. The General Rules provide that swimwear for all competitors shall be in good moral taste, suitable for the individual sports disciplines and not carry any symbol which may be considered offensive. All swimsuits shall be non-transparent.

FINA By Laws are more descriptive and prescriptive. The FINA By Laws are in the main aimed at international Competition, Olympic Games, World Championships etc. In the absence of individual federation rules, (which are allowed), referees are expected to follow FINA Rule BL 8.3 on swimwear, namely "For pool swimming competitions swimsuits for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, nor extend past the shoulder, nor below knee. The swimsuits shall be made from textile materials."

FINA rules do allow for Federations to adopt their own Age Group Rules. In accordance with this Scottish Swimming will adopt their own rules when it comes to Swimwear and these changes have been captured in the Scottish Swimming, Swimming Regulations.

Scottish Swimming seeks to promote a sport that does not unreasonably restrict participation and for those competitions and events that are under the direct jurisdiction and control of Scottish Swimming, we will allow suitable swimwear that competitors require to wear as an alternative to FINA compliant swimwear. For the purposes of this policy these costumes will be referred to as 'Agreed Swimwear'.

Scottish Swimming Guidelines on Agreed Swimwear

1. These guidelines shall apply to the discipline of swimming (not Open Water or Masters) held under Scottish Swimming Rules and all levels of Scottish Swimming licensed meets, including National Championships.
2. Agreed swimwear must not provide any competitive advantage, (compared to FINA Approved Swimwear)
 - Agreed swimwear should be made of a textile material as per the current FINA Rules
 - There is no limit to the number of pieces that the suit is made up from
 - The tightness of the swimwear is not a factor that will be considered
3. For Level 3 licensed swim meets agreed swimwear does not need prior approval. As level 3 meets are non-accredited, swimmers will not be disqualified for wearing Agreed Swimwear.
4. For Level 1 and 2 licensed swim meets swimmers wishing to use Agreed Swimwear must apply to do so using Appendix 1B, (found at the end of this policy). The application must be submitted to the Scottish Swimming office, using the email address on the form below, at least 21 days prior to the first day of competition. The application will be considered by a panel made up of; Chair of the National Swimming Committee, Chair of the STO Committee, a further nominee from the STO Committee, Scottish Swimming Director of Performance (Director of Aquatics, interim for 2021/22) and a coach.
5. When a swimmer receives approval for a specific make of swimsuit it can then be worn at future competitions for a period of one year. A new application must be made if a different make of swimsuit is proposed and on an annual basis for the same swimsuit, i.e. approval will only be for one year at a time.
6. The swimmer will receive written confirmation of approval/non approval of their swimsuit. Approval must be presented to the meet referee (or session referee) prior to the start of the competition (or session).

The referee will capture on the meet licence report the fact that there has been an athlete compete in that session who wore 'Agreed Swimwear', the referee will include the swimmer's name in the report.
7. Swimmers wearing Agreed Swimwear cannot alternate swimwear, i.e. swim one race in Agreed Swimwear and then another race in FINA Compliant Swimwear.
8. Swimmers wearing Agreed Swimwear will have times achieved recognised for entry to accredited meets.
9. Swimmers wearing Agreed Swimwear will not be able to claim any records at Scottish National or District level as records require all FINA rules to be met.
10. Swimmers wearing Agreed Swimwear will not be selected for national teams or squads. This is because national squads and teams compete internationally under FINA rules which are out with the jurisdiction of Scottish Swimming.

SWAppendix 1B – Agreed Swimwear Approval Application Form

<p><u>Application to wear Agreed Swimwear</u></p> <p>This form should be completed after reading the Scottish Swimming Swimwear Policy. Please complete and return this form to info@scottishswimming.com at least 21 days before your first day of competition. You will receive an email confirmation of receipt and will be informed of the outcome of your application at least three days before competition.</p>			
ATHLETE NAME:		D.O.B.:	
ADDRESS:		Membership Number:	
PARENT/GUARDIAN/NEXT OF KIN			
NAME:		TEL.:	
ADDRESS: (if different from above)		MOBILE:	
		EMAIL:	
CLUB NAME:		COACH NAME:	
SWIMWEAR DETAILS: (Provide a link to the website and swimwear that you propose to wear – the website should contain details of the material / fabric the swimsuit is made of.)			
DATE OF APPLICATION:			

SWAppendix 2 – Scottish Swimming Restriction of the Use of Technical Swimsuits by Swimmers aged 13 and Under Policy**Restriction of the Use of Technical Swimsuits by Swimmers aged 13 and Under Policy (September 2022)**

Effective 1 September 2022, swimmers aged 13 Years and under are not permitted to wear technical swimsuits at any competition licensed or registered by Scottish Swimming that takes place in Scotland. This includes any National, District, Regional and Club meet.

This policy does not conflict with FINA General rules or By Laws on swimwear. General Rules provide that *swimwear of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not carry any symbol which may be considered offensive. All swimsuits shall be non-transparent.* In addition, FINA By Laws, require that *For pool swimming competitions swimsuits for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, nor extend past the shoulder, nor below knee. The swimsuits shall be made from textile materials.*

How will the age of the swimmer be determined?

The age of the swimmer shall be the age that the swimmer is swimming at, be that age on day or age at any other date e.g. 31 December.

What is a technical swimsuit for the purposes of this policy?

Technical swimsuits are specialised swimsuits, that push the boundaries of performance advantage in competition. They are tight fitting, often with bonded seams, creating an unyielding construction that provides muscle compression and other benefits to the performance of senior swimmers from the types and design of fabric used. When this policy is introduced, a technical swimsuit will be defined as one that carries the FINA Approval Mark. This definition will be reviewed periodically as the nature of technical swimsuits evolves.

Traditional one-piece swimsuits and knee length swimsuits for girls, and trunks and jammers for boys, that comply with FINA By Laws on profile will still be permitted, provided they do not carry the FINA Approval Mark.

Application of this Policy

If a swimmer aged 13 or under appears at marshalling or the start area wearing a technical swimsuit, they will not be allowed to swim and the race will proceed without them. They may also be disqualified directly after a race if a technical swimsuit is detected too late to stop them from swimming.