

~~SCOTTISH AMATEUR SWIMMING ASSOCIATION~~ ~~LIMITED~~

SCOTTISH SWIMMING

REGULATIONS SWIMMING

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SW1.0 GENERAL

- SW1.1** The responsibilities of the Swimming committee are set out in [Company Article A3.1.3 Section 9.3 of the Company Articles](#)
- SW1.2** The Swimming Committee shall conduct its business in accordance with [Company Article A3.1.3.2 Section R11.0 of the Company Rules](#)
- SW1.3** The membership of the Swimming Committee, shall be in accordance with [Company Article A3.1.3.7.2](#)
~~—Company Article 9.5.1~~
- SW1.4** The Swimming Committee shall have the following responsibilities in addition to those stated in ~~Company Article A3.1.3.6.1 Article 9.3 of the Company Articles.~~
- SW1.4.1 Calendar Planning of District and club competitions in conjunction with the National Championships/Meets Plan.
 - SW1.4.2 National Championship/Meets, organisation and implementation.
 - 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 Performance Director on swimming matters.
 - SW1.4.7 Formulation of Swimming Regulations and provide interpretation as necessary.
 - SW1.4.8 Ratification of all Scottish Swimming Records.
 - SW1.4.9 Liaise with the Swimming Technical Officials committee
 - SW1.4.10 Advertise and appoint a National Championships/Meet Convenor every two years.

SW2.0 SCOTTISH CHAMPIONSHIPS/MEETS

SW2.0.1 General

SW2.0.1.1 All championships shall be held in an indoor pool.

SW2.0.1.2 All championships shall be conducted under FINA and SASA Rules

SW2.0.1.3 The following CHAMPIONSHIPS/MEETS are open and shall be held annually:

- (1) National Open Championships
- (2) National Short Course Championships
- (3) National Age Group Championships

SW2.0.1.4 The following CHAMPIONSHIPS are closed to Scottish clubs and teams and may be held annually at the discretion of the Swimming Committee:

- (1) Scottish Leagues

SW2.0.2 Championship/Meets Organisation

SW2.0.2.1 The management of Championships/Meets shall be by an organising committee appointed by and under the jurisdiction of the Swimming Committee

SW2.0.2.2 Entries shall be made in accordance with the published Information Pack

SW2.0.2.3 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

SW2.0.2.4 The following entry time verification process will apply:

- a) Clubs may be requested to prove the submitted entry times. Failure to respond by the stated date with the requisite proof 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. Proof of entry time will be requested by a specific date. Failure to comply will result in a fine to the club/swimmer (in accordance with Company Rule [R 3.6.1](#) ~~12.6.1~~)
- c) Unpaid fines will result in swimmers being excluded from future Scottish National Championships/Meets

SW2.0.2.5 The number of sessions, the programme of events for each session, the Qualifying or Consideration time for entry for events and closing date for entries will be determined annually by the Swimming Committee and published at least twelve weeks before the first day of the championships. Qualifying or Consideration times must be recorded within a date fixed by the Swimming Committee which will be not less than six months before first day of Championship

SW2.0.2.6 Failure to appear, withdrawals or amendments shall be in accordance with the published Information Pack

SW2.0.2.7 Technical officials will be appointed as required by SW7.14

SW2.0.3 Eligibility to Compete

SW2.0.3.1 Eligibility is as defined in Company Rule [R4.5](#) ~~R13.5~~

SW2.0.3.2 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 Events Convener

SW2.0.4 Jury of Appeal

SW2.0.4.1 Swimming Committee shall appoint or arrange for the appointment of a jury of appeal in advance of each Scottish Championship/Meets

SW2.0.4.2 The procedure and treatment shall be in accordance with Company Rules [R11.3 and R11.4](#) ~~[R15.3 and R15.4](#)~~

SW2.0.5 Events

SW2.0.5.1 The Swimming Committee may by exception vary the events for the various Championships, Meets and Leagues under its jurisdiction

SW2.1 NATIONAL OPEN CHAMPIONSHIPS

SW2.1.1 General

SW2.1.1.1 The Championships must be held in a 50m pool

SW2.1.1.2 Requirements in paragraphs SW2.0.1, SW2.0.2 and SW2.0.3 shall apply

SW2.1.2 Events

- SW2.1.2.1 The events will be those events included in the FINA World Championships programme
- SW2.1.2.2 The 800 metres Freestyle and 1500 metres Freestyle events will be "Declared Winner", and the Championship places will be decided by times recorded in the heats
- SW2.1.2.3 The decision to include either semi or consolation finals will be at the discretion of the Swimming Committee
- SW2.1.2.4 At its discretion, the Swimming Committee may organise other events to be run alongside the Championships.

SW2.1.3 Titles

SW2.1.3.1 Scottish Open Champion

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

SW2.1.3.2 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](#) ~~R13.5~~ shall be Scottish National Champion

If there is no National swimmer in the finals/heat declared swims, the title shall be awarded to the fastest National swimmer in the semi-finals, failing which the heats

SW2.1.4 Awards

SW2.1.4.1 Medals shall be presented as follows:-

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

SW2.1.4.2 The following Trophies shall be awarded using an appropriate points method as decided by the Swimming Committee and published in the Meet Information:

- a. Top Club
- b. Berger Paints Trophy Best performance (male or female) by a Scottish swimmer in the National Open Championships.
- c. Best Male, Best Female

SW2.2 NATIONAL SHORT COURSE CHAMPIONSHIPS

SW2.2.1 General

- SW2.2.1.1 The Championships shall normally be held in a 25m pool

SW2.2.1.2 Requirements in paragraphs SW2.0.1, SW2.0.2 and SW2.0.3 shall apply

SW2.2.2 Events

SW2.2.2.1 Individual events will be those included in the FINA World Championships programme. Relay events for Men and Women may be included at the discretion of the Swimming Committee

SW2.2.2.2 800 metres Freestyle and 1500 metres Freestyle events will be "Declared Winner" and Championship places will be decided by times recorded in the heats

SW2.2.2.3 Inclusion of semi finals will be at the discretion of the Swimming Committee

SW2.2.2.4 At its discretion, the Swimming Committee may organise other events to be run alongside the Championships.

SW2.2.3 Titles

SW2.2.3.1 Short Course Champion

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

SW2.2.3.2 Short Course National Champion

- Fastest swimmer in the finals/heat declared swims of each event with National eligibility as defined in Company Rule [R4.5](#) ~~R13.5~~ shall be the Short Course National Champion
- If there is no National swimmer in the final/ fastest heat , the title shall be awarded to the fastest National swimmer in the semi-finals, failing which the heats

SW2.2.4 Awards

SW2.2.4.1 Medals shall be presented as follows:

- (a) Short Course Championship 1st, 2nd and 3rd
- (b) Short Course National Champion 1st (provided the individual is not also the Short Course Champion)

SW2.2.4.2 The following Trophies shall be awarded using an appropriate points method as decided by the Swimming Committee and published in the Meet Information:-

- (a) Top Club

- | | |
|------------------------------|---|
| (b) Alistair Sankey Memorial | Best combined performance in the senior men's 100m & 200m Butterfly |
| (c) Paisley 500 | Best overall performance by a male or female |
| (d) Citrus Trophies | Best performance by a junior male & female |
| (e) Aberdeen 2000 | Best single performance for male & female |

SW2.3 NATIONAL AGE GROUP CHAMPIONSHIPS

SW2.3.1 General

SW2.3.1.1 Ages are defined as age on the last day of competition

SW2.3.1.2 Competitors may swim only in their own age group

SW2.3.1.3 The National Swimming Committee may at their discretion run all or part of the National Age Group Championships in conjunction with the National Open Championships

SW2.3.1.4 Requirements in paragraphs SW2.0.1, SW2.0.2 and SW2.0.3 shall apply

SW2.3.2 Events

SW2.3.2.1 The Events will be those individual events included in the FINA World Championship programme excluding 50m events. The Relay Events will be decided on an annual basis by the Swimming Committee.

SW2.3.2.2 The Age Groups for individual and relay events will be decided on an annual basis by the Swimming Committee subject to a minimum of 10 years and a maximum of 18 years old on the last day of the Championships.

SW2.3.2.3 Inclusion of semi finals will be at the discretion of the Swimming Committee

SW2.3.3 Titles

SW2.3.3.1 Scottish Age Group Champion

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

SW2.3.3.2 Scottish National Age Group Champion

The fastest swimmer in the final/heat declared swims of each event with National eligibility as defined in Company Rule [R4.5](#) ~~R13.5~~ shall be Scottish National Age Group Champion. If there is no National swimmer in the final, the title shall be awarded to the fastest National swimmer in the semi-finals, failing which the heats

SW2.3.4 Awards

SW2.3.4.1 Medals shall be presented as follows:

- | | | |
|-----|--------------------------------------|---|
| (a) | Scottish Age Group Championship | 1st, 2nd and 3rd. |
| (b) | Scottish National Age Group Champion | 1st (provided the individual is not also the Age Group Open Champion) |

SW2.3.4.2 Trophies will be awarded as follows using an appropriate points method as decided by Swimming Committee and published in the Meet Information.

:-

- | | | |
|----|----------------|--|
| a) | Trophies | To be awarded to the best performance by a boy or girl aged 16 or under,. |
| b) | Sharp Trophies | To be awarded to the winners of the Boys & Girls 11/12 years Individual Medley |
| c) | Top Club | |

SW3.0 SCOTTISH LEAGUES**SW3.1 General**

SW3.1.1 The Leagues will be held in either a 50 or 25 metre pool

SW3.1.2 Age Groups will be:-

- a) 11/12 Years
- b) 14 Years and under
- c) 16 Years and under
- d) Open.

SW3.1.3 Age shall be as at 31st December in the year of competition.

SW3.1.4 Minimum age shall be 11 years.

SW3.2 Events

SW3.2.1 The individual male and female events will be 50m for 11/12 years and 100m for the other age groups, over all strokes.

SW3.2.2 Relay events will be:-

	Medley	Freestyle
11/12	4 x 50m	4 x 50m
14 and under	4 x 50m	4 x 50m
16 and under	4 x 50m	4 x 50m
Open	4 x 50m	6 x 50m

SW3.2.3 For the Open age group there will be in addition 200m I.M. events for male and female

SW3.2.4 Competitors may swim in any number of events out-with their own Age Group. Competitors may only swim a maximum of two individual events in their own age group

SW3.3 Points System

SW3.3.1 Points shall be awarded, according to the number of lanes (N), as follows:-

1 st Place	N points
2 nd Place	N-1 point
3 rd Place	N-2 points and so on

SW3.3.2 In the event of a dead heat the points concerned will be aggregated and divided equally among the clubs involved.

SW3.3.3 If there is a tie on final gala points then the winner will be the club with the greatest number of 1st places and if these are equal then second places will be taken into account and so on.

SW3.3.4 No points will be awarded in the event of a disqualification or having no swimmer in the event

SW4.0 SCOTTISH RECORDS

SW4.1 National Records

SW4.1.1 There shall be the following types of record, male and female, by swimmers eligible to represent Scotland as defined in Company Rules [R4.5.3](#) ~~R13.5.3~~ and R [7.1.1](#) ~~13.9.1~~.

- (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 inclusive, based on swimmers age on the date of the swim
- (c) **Scottish National Junior Long Course Record**
Achieved in a 50m pool by any junior swimmer, as defined in Company Rule [R4.5.6\(a\)](#) ~~R13.5.6a~~
- (d) **Scottish National Short Course Record**
Achieved in a 25m pool
- (e) **Scottish National Short Course Age Group Record**
Achieved in a 25m pool for each age group between 11 and 18 inclusive, based on swimmers age on the date of the swim
- (f) **Scottish National Junior Short Course Record**
Achieved in a 25m pool by any junior swimmer, as defined in Company Rule [R4.5.6\(a\)](#) ~~R13.5.6 a~~.

SW4.2 Other Records

SW4.2.1 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 SW4.3.1, whose members are eligible to represent Scotland as defined in Company Rules [R4.5.3](#) ~~R13.5.3~~ and [R7.1.1](#) ~~13.9.1~~.
- (c) **Scottish National Junior Team Records (Long and Short Course)**
Achieved by teams participating in any of the relay categories, as per SW4.3.1, whose members are eligible to represent Scotland as defined in Company Rules [R4.5.3](#) ~~R13.5.3~~ and [R7.1.1](#) ~~R13.9.1~~ and who are junior swimmers as defined in Company Rule [R 4.5.6\(a\)](#) ~~R13.5.6 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 SW4.3.1

SW4.3 Distances

SW4.3.1 The following distances will be recognised for Scottish Records as defined in SW4.1 and SW4.2

Freestyle	50m, 100m, 200m, 400m, 800m and 1500m
Backstroke	50m, 100m and 200m
Breaststroke	50m, 100m and 200m
Butterfly	50m, 100m and 200m
Individual Medley	100m, 200m and 400m
Freestyle Relay	4 x 50m, 4 x 100m and 4 x 200m
Medley Relay	4 x 50m and 4 x 100m

SW4.4 Conditions

SW4.4.1 All records shall be made under FINA conditions

SW4.4.2 A record may be made:

- (i) In an accredited meet or individual race against time within Scotland
- (ii) In a scratch competition or record attempt held under the auspices of the Swimming Associations of England, Wales or any country affiliated to FINA

SW4.4.3 A swimmer may apply for a record at any intervening recognised distance when competing over a longer distance, provided the scheduled distance is completed and the time recorded at the intervening distance by Automatic Officiating Equipment.

SW4.4.4 The first swimmer in a relay may apply for a record. Should the first swimmer in a relay team complete his distance in a record time, his/her performance shall not be nullified by any subsequent disqualification of his relay team for violations occurring after his distance has been completed.

SW4.4.5 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.

SW4.5 Application

SW4.5.1 All applications for a Scottish record shall be submitted in accordance with Company Rule-[R7.1](#) [R13.9](#).

SW4.6 Certificates

SW4.6.1 Certificates will be issued in accordance with Company Rule-[R7.1.3](#) [R13.9.3](#).

SW5.0 BRITISH RECORDS

SW5.0.1 Information regarding British Records is available from Company (see also Company Rule [R7.2](#) ~~R13.10~~)

SW5.0.2 British Junior is defined as, under 16 years of age at the time of the attempt

SW6.0 TOURS OVERSEAS

SW6.1 Procedure for SASA Clubs, Teams and Individuals

SW6.1.1 Application for a permit should be made in accordance with Company Rule [R8.0](#) ~~R13.12~~

SW7.0 LICENSING AND ACCREDITATION

SW7.1 General

- SW7.1.1 Licensing is to provide the Association with a means of control over and the maintenance of minimum standards during the operation of swimming events in Scotland. Clubs/Organisations running events must be aware of the Health and Safety Regulations and implications in respect of insurance cover
- SW7.1.2 Accreditation is to provide common criteria for the establishment and conduct of “Licensed” swimming events which as a consequence provide swimmers with the opportunity to achieve qualifying standards for National and International swimming meets, teams and squads.
- SW7.1.3 A licence is required for any competitive event which involves two or more participating clubs.
- SW7.1.4 Accreditation can only be granted for Level 1 & Level 2 Meets. The minimum requirements of officials for events with or without electronics **must be adhered to** and is to be found in the STO Regulations.
- SW7.1.5 All swimmers must be members of the SASA or be registered members of another FINA affiliated country, prior to competing in any licensed meet.
- SW7.1.6 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 and/or by monitoring and reporting by Meet Observers, appointed by the appropriate swimming committee (SW7.12.2)
- SW7.1.7 Application for licences may not be granted if the date(s) clash with other competitions promoted by:
- (a) The SASA
 - (b) The District in the geographical region
- SW7.1.8 Leagues must submit individual applications for licence and accreditation for **each** meet held. Only one fee per division will be applied for the duration of a League season
- SW7.1.9 Should a meet fail to achieve the required minimum standards as required by the Swimming Regulations the swimming committee issuing the licence may suspend any outstanding licences, or refuse to issue a new licence in the name of the organising body.

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/District Meets which include those run by Associate Members e.g. Scottish Schools Finals (not Heats), Scottish Universities finals (not Heats) etc
- b. **Level 2** – Other Accredited Meets, Regional Events, Club Open, Invitational Meets, Inter Club Meets, Club Events and/or League Matches, Grand Prix's
- c. **Level 3** – Non Accredited Meets, including those run by Associate Members e.g. Scottish Schools Heats

SW7.3 Jurisdiction

SW7.3.1 The National Swimming Committee is responsible for the issue of licences for Level 1 Meets

SW7.3.2 The Appropriate District Swimming Committee is responsible for the issue of licences for Level 2 and Level 3 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 event to be accredited. However clubs must be aware of Health and Safety requirements and implications in respect of insurance cover

SW7.5 Facility Minimum Standards

	Licensed/Accredited	Licensed Only
a) Warm up facilities and marshals	*	*
b) Competitor Seating	*	*
c) Separate seating for spectators, VIP's etc	*	*
d) Electronic Timing or at least 2 T/K per lane	*	
e) Anti turbulence lane ropes	*	
f) Office facilities – photocopying, telephone	*	
g) Programme and start sheets	*	
h) Results service	*	
i) First aid facilities	*	*

SW7.6 Session Timescale Standards

- SW7.6.1 The following criteria shall apply unless discretion is granted when a licence is issued:-
- a) Duration of each session, including medal presentations –
L1,L2 & L3 Meets – Three hours
 - b) Sessions per day – L1, L2 & L3 Meets – Three maximum
 - c) Total duration of a competitive day – L1 Meet – Nine hours maximum
- L2 & L3 Meets – Six hours.
- SW7.6.2 A Licensing Authority(LA), which is not also the promoting body, shall have discretion to grant a licence for a Meet which does not comply with SW7.6.1, provided suitable arrangements have been made for officials and other volunteers, including time off poolside. When the promoting body is also the LA, the Company CEO has the discretion to authorise the issuing of a licence.

SW7.7 Applying for a Licence

- SW7.7.1 Application must be made on the appropriate form available from the Company or appropriate District Swimming Committee. Advertising of a Meet cannot take place without a current Licence number. Any application should be received by the licencing body at least 30 days prior to the first day of competition, although this may be waived at the discretion of the licencing body.
- SW7.7.2 Application for Level 1 meets must be made to the National Swimming Committee, accompanied by the appropriate fee (in accordance with Company Rule ~~R3.4.2~~ R12.4.2). A programme of events must accompany the application
- SW7.7.3 Application for Level 2 and Level 3 meets must be made to the appropriate District Swimming Committee accompanied by the appropriate fee (in accordance with Company Rule ~~R3.4.2~~ R12.4.2). A programme of events must accompany the application.
- SW7.7.4 When a change to the details on an application (e g. change of venue 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.

SW7.8 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 advised within 30 days of receipt of the application and the reason of refusal stated

SW7.9 Requirements

- SW7.9.1 The organiser of licensed Meets must provide a results service as follows:
- a) Level 1 & 2 – a computerised service
 - b) Level 3 – a service capable of producing result sheets immediately following the completion of the Meet, if a computerised version is not used
- SW7.9.2 Results must be made available to accompany the Meet report requirements in accordance with SW7.10 as follows:
- a) Level 1/2 – One complete signed set of results plus computer files in the specific format for inclusion in the SASA and GB Swim Rankings
 - b) Level 3 – No results sheets required
- SW7.9.3 All Meet programmes and results must carry the Meet Licence number and if appropriate, a statement that Accreditation has been applied for.

SW7.10 Reports

- SW7.10.1 For all licensed Meets a completed Meet Report (sections F, G & H on the Application Form) must be returned within seven days of the completion of the Meet to the Swimming Committee granting the License. It must be accompanied with a list of Technical Officials and results in accordance with SW7.9.2

SW7.11 Accreditation Confirmation

- SW7.11.1 In the event of Accreditation not being endorsed, the meet organiser will be notified by the relevant Committee within fourteen (14) days as to the reasons why
- SW7.11.2 Accreditation may be withheld if, for one or more sessions:
- a) Minimum facility standards, as laid down in Part F of the Licence Application Form, were not adhered to.
 - b) Time criteria were not met and a satisfactory explanation has not been provided.
 - c) The minimum requirement of Officials was not achieved.
 - d) Health and Safety Guidelines were not announced or were not adhered to.

- SW7.11.3 Accreditation will be granted on a meet, not a session, basis.

SW7.12 Meet Observers

- SW7.12.1 The role of the Meet Observer is one of observation and reporting only
- SW7.12.2 If no Meet Observer is appointed 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

SW7.13 Management of Meet

- SW7.13.1 The Referee will be responsible, for the proper conduct of a meet as defined by its licence, for all poolside related activities and areas (e.g. to include computer team, commentary team and competitors seating).
- SW7.13.2 The Referee will assume control at the end of the warm up of each scheduled session until the final event in the session has been ratified
- SW7.13.3 A Meet Director/Manager must be appointed for all licensed meets by the Organising Body

SW7.14 Meet Technical Officials

- SW7.14.1 The Officials required for Licensed/Accredited Meets shall be in accordance with the requirements of STO Regulations Section STO12.0
- SW7.14.2 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 licence application form

SW7.15 Fees

- SW7.15.1 The fee for each licence category will be set in accordance with Company Rule [R3.4.2](#) ~~[R12.4.2](#)~~.

SW8.0 SASA 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 Gala 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 team members including reserves to the recorder, for the information of the Referee before the commencement of the competition or session. The team members must be listed in order of competing

SW8.2.2 All team members must be bona fide members of the 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 or a reserve for only one team

SW8.2.5 Clubs may enter only one male and one female team per age group in the Scottish Age Group Championships In the Scottish National Open Championships only one senior and one junior team per club/composite team may be entered in each male and female event.

SW8.3 Start

SW8.3.1 Able-bodied competitors at level 3 events only, may start with other than a dive provided they have the consent of the Referee. In such instance the Referee shall inform all other competitors.

SW8.4 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 disability has been notified to the Referee by the swimmer or their representative before the race takes place. Notification must be by a Certificate issued by Scottish Disability Sports