



SDS CHAMPIONSHIPS FOR SWIMMERS WITH A PHYSICAL DISABILITY, VISION IMPAIRMENT OR HEARING LOSS - RULES

1. Eligibility

- 1.1. The Championships are open to swimmers who are vision impaired, deaf or have a physical disability.
- 1.2. Swimmers who are vision impaired are combined with physically disabled swimmers. Swimmers who are deaf compete in events for deaf swimmers only.
- 1.3. All swimmers must be 10 years of age or over on the day of the championships.
- 1.4. It is the responsibility of area representatives to ensure that all swimmers are appropriately prepared for the events entered. Swimmers may not use swimming aids at these championships.
- 1.5. If there is uncertainty about the eligibility of a swimmer, then the SDS Events Team should be contacted on events@scottishdisabilitysport.com.
- 1.6. It is the responsibility of each Area Organiser to ensure that each swimmer and coach agrees to abide by the SDS Athlete and Coach code of conduct prior to the date of the event.

2. Classification

Where a vision, hearing or physical impairment is combined with some degree of learning disability then the swimmer should be entered for the championships for the impairment that has the most functional impact on their swimming. Questions concerning classification should be directed to the SDS Events Team on events@scottishdisabilitysport.com.

3. Preliminary Gala

- 3.1. It is recommended that all swimmers should compete in an area qualifying championships. The format should mirror the national championships and times recorded by individual swimmers used as qualifying times.

4. Time Bands and Information on Open Events

- 4.1. For both male and female swimmers there are ten classes. The class into which a swimmer may be entered is determined by the time band into which a swimmer falls by reference to the time recorded by that swimmer in their last timed swim for that stroke and distance.
- 4.2. The Grangemouth Sports Complex has a 25 metre pool. A swimmer who is faster than 28.00 seconds for 25 metres must swim in a 50 metre race.



Time Bands are as follows:-

25 metre Pool	Class	Distance	From	To
	1	50 metres	Up to	49.99 secs
	2	50 metres	50.00	56.99 secs
	3	50 metres	57.00	66.99 secs
	4	50 metres	67.00	78.00 secs
	5.	25 metres	28.00	32.99 secs
	6.	25 metres	33.00	37.99 secs
	7.	25 metres	38.00	43.99 secs
	8.	25 metres	44.00	50.99 secs
	9.	25 metres	51.00	57.99 secs
	10.	25 metres	58.00	and up

Butterfly	Class	Distance	From	To
	1	50 metres	Up to	44.99
	2	50 metres	45.00	57.00
	3	25 metres	28.00	32.99
	4	25 metres	33.00	44.00

75 Metres Individual Medley	Class	From	To
	1	Up to	1.29.99
	2	1.30.00	1.44.99
	3	1.45.00	1.59.99
	4	2.00.00	3.00.00

100 Metres Individual Medley - Open

Available only to swimmers who record a time of less than 28 seconds for 25 metres Butterfly.

100 Metres Free Style - Open

All swimmers who record a time of less than 42 seconds for 50 metres free style must be entered for 100 metres freestyle only. This rule applies to swimmers from all impairment groups. In exceptional circumstances and at the discretion of the Championships convenor, swimmers who record times below 42 seconds for 50 metres freestyle may be allowed an entry into 50 metres freestyle e.g. international swimmer from lower numerical IPC Swimming class.

- 4.3. Swimmers may only be entered over one distance in any stroke e.g. 25 metres, 50 metres or 100 metres.



- 4.4. There will be open events for deaf swimmers along with open 100m events for swimmers that meet the timing guidelines as follows:

50 metres freestyle OPEN
50 metres backstroke OPEN
50 metres breaststroke OPEN
50 metres butterfly OPEN
100 metres freestyle open
(swimmers who are able to swim 50 metres under 42 secs)
100 metres backstroke open
(swimmers who are able to swim 50 metres under 42 secs)
100 metres breaststroke open
(swimmers who are able to swim 50 metres under 42 secs)
100 metres butterfly open
(swimmers who are able to swim 50 metres under 45 secs)
100 metres Individual Medley OPEN
(swimmers who are able to swim 25 metres butterfly under 28 secs)

There will be separate events for men and women if numbers permit.
All deaf swimmers must conform to FINA rules for all strokes.

5. **RE-CLASSIFICATION**

If in any race in this competition a swimmer breaks through the fastest time for his/her class, then the next time that swimmer competes, he/she shall be entered in the class appropriate to his/her new best time. Only times recorded within three months of the championships date will be considered.

6. **STROKES**

For the purpose of this competition, the rules of stroke will be as in the World Para Swimming (WPS) rules. Exceptions will be made for classified swimmers with stroke exceptions, and these will be given to the relevant officials. For unclassified swimmers, leeway will be shown in applying the rules relating to the previous adapted versions with respect to disqualifications. Where officials deem the action to not be an attempt at gaining an obvious advantage the swimmer will not be disqualified and advised on the area to improve. Swimmers without a classification and new to competition will be treated sympathetically on these matters and at the discretion of the STOs in partnership with SDS and SS delegates.



7. EVENTS

7.1. An Area may enter any number of swimmers in any class. There is no restriction on the size of entry.

7.2 RELAYS

Open Relay Rules

- 4 x 25 or 4 x 50m metres free style open - mixed
- The open relay is restricted to swimmers who qualify for classes 1 to 5 inclusive.
- Qualifying times must be recorded on the day of the Championships.
- Swimmers may swim in any order and Area Teams may submit any number of entries.
- A maximum of one deaf swimmer and one swimmer with a visual impairment may be included in each team.
- There will be no diving during relays.

Restricted Relay Rules

- 4 x 25 metres free style – mixed
- This relay is restricted to swimmers who qualify for classes 6 - 9 inclusive.
- Qualifying times must be recorded on the day of the Championships.
- Swimmers may swim in any order and Area Teams may submit any number of entries
- Deaf swimmers may not swim in the restricted relay, only swimmers with a physical or vision impairment.
- There will be no diving during relays.

General Rules

- Relay team lists must be handed to the recorder no later than 30 minutes before the start of the first relay.
- The announcer will announce the cut off time for the submission of relay team lists.
- Team lists must include the classification for each swimmer entered.

8. HEATS AND FINALS

Where heats are swum the number of fastest swimmers needed to fill all lanes shall qualify for the final. In the event of insufficient time being available to swim heats and finals, all races will be treated as a final.



9. PARTICIPATING TEAMS AND AWARDS

- 9.1. The Sportsman’s Endeavour Trophy will be awarded to the Area team gaining most points overall.
- 9.2. A penalty clause will be included in the Gala rules to ensure that participating Areas conscientiously go about submitting accurate times. Swimmers who improve on lower limit of their time band by more than 3 seconds (25 metre events) or 5 seconds (50 metre events) will not score points towards their team total.

Points will be awarded as follows for individual events: -

	1st	2nd	3rd	4 th	5th	6th
6 swimmers	7	5	4	3	2	1
5 swimmers	6	4	3	2	1	
4 swimmers	5	3	2	1		
3 swimmers	4	2	1			
2 swimmers	3	1				
1 swimmer	2					

- 9.3. A maximum of two swimmers from any area can score points in a race. The two swimmers finishing in the highest positions in the race will be assigned points.
- 9.4. Entries direct from Clubs will not be accepted. All entries must be part of the **ONE AREA SUBMISSION**.
- 9.5. Medals will be presented to first, second and third where there are 4+ swimmers in the field. The SDS Minus One rule will apply (i.e. – 4+ swimmers = Gold, Silver, Bronze, 3 = Gold and Silver only, 1 or 2 swimmers = Gold only).

10. SAFETY

10.1 Warm Up

Swimmers in classes 6-10 should warm up in lanes 1, 2 and 6 and swimmers in classes 1-5 should warm up in lanes 3, 4 and 5. Swimmers with epilepsy should be supervised on a one to one basis at all times. No swimmers may enter the pool without the permission of the team manager. For the last 10 minutes of the warm up there will be the opportunity to practice dive starts in lanes 3, 4 and 5.

10.2 Diving

Only those swimmers who have been taught to dive start should attempt to dive from either the poolside or blocks. Swimmers may start in the water.



10.3 Hoist

To assist with the organisation on the day it would be helpful if Area Organisers could identify on their entry form those swimmers who require use of the pool side hoist.