



**CONSEIL INTERNATIONAL DU SPORT MILITAIRE
INTERNATIONAL MILITARY SPORTS COUNCIL**



CISM REGULATIONS FOR SWIMMING and LIFESAVING

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FOREWORD

The sport of swimming demands a combination of physical strength, superior fitness and intense mental fortitude, and for these reasons, it has always been considered a very practical and significant sport for military athletic competition. Since the CISM foundation, this discipline has been a regular mainstay in the sporting calendar. Under the auspices of CISM, the world military swimming championships are made up of two separate disciplines: swimming and lifesaving.

Due to the fact that it can often be challenging and impractical for a host country to plan and execute a comprehensive program that would include both disciplines, it is possible to organize a championship focused solely on a single discipline. Swimming and lifesaving CISM championships take place between July and October and should always be harmonized with the international event calendar of FINA and ILS. Para-athletes inside CISM should be integrated in a swimming championship wherever applicable. Therefore it is not necessary to have special infrastructure or equipment available.

1. COMPETITIONS, RULES AND APPOINTMENTS

1.1 COMPETITIONS

1.1.1 SWIMMING

During CISM World Championships the event schedule for swimming will be conducted in accordance with the FINA World Championship program and during CISM World Games the event schedule for swimming will be executed in accordance with the FINA Olympic program.

The program will be established based on the number of participating athletes in order to take into account the stipulated requirement for the official four-hour rest period required between morning heats and finals.

1.1.1.1 SWIMMING EVENTS DURING WORLD CHAMPIONSHIPS AND WORLD GAMES

The following events will be conducted at World Championships and World Games:

Freestyle 50, 100, 200, 400, 800 (Female) and 1500 (Male) meters

Backstroke 50, 100 and 200 meters

Breaststroke 50, 100 and 200 meters

Butterfly 50, 100 and 200 meters

Individual Medley 200 and 400 (Male) meters

Freestyle Relays 4 x 100 and 4 x 200 (Male) meters

Medley Relay 4 x 100 meters

Mixed Relays 4 x 100m Freestyle

Mixed Relays 4 x 100m Medley

In the case of a swimming championship where para-athletes are integrated, the program for the para-athletes will be adapted in consultation between the Organizing Committee and the President of the

CSC. The way of classification of the para- athletes will be specified in the respective invitation for the event.

1.1.2 LIFESAVING

Based on the availability of supporting infrastructure and equipment, the competition should include both, pool and beach/ocean events. The program of the Lifesaving events is as follows:

1.1.2.1 Lifesaving Pool events

Individual:

50 m manikin carry
100 m manikin carry with fins
100 m manikin tow with fins
100 m rescue medley
200 m obstacles
200 m super lifesaver

Relays:

4 x 25 m manikin
4 x 50 m medley
4 x 50 m obstacles

1.1.2.2 Lifesaving Beach / Ocean events

Individual:

Run-Swim-Run
Board Race
Surf ski race
Oceanwoman/Oceanman
Beach flags

Relays:

Rescue Board Rescue
Rescue Tube Rescue
Oceanwoman relay/Oceanman relay

The detailed description of the different events can be seen in ILS Competition manual (actual edition)
<http://www.ilsf.org/lifesaving-sport/rules>

In case, that not all events can be realized, the OC has to contact the President of the CSC about the program which is planned before it is outlined in the invitation.

1.2 INTERNATIONAL FEDERATIONS (IF) RULES

1.2.1 SWIMMING

Swimming competitions will take place under FINA rules unless otherwise specified.

1.2.2 LIFESAVING

Lifesaving competitions will take place under ILS rules unless otherwise specified.

1.2.3 KNOWLEDGE OF CISM REGULATIONS

It is mandatory for all Chiefs of Missions to have a detailed working knowledge and thorough understanding of the most recent CISM regulations. For the Team Captains/ Coaches it is from utmost importance to have knowledge about CISM Regulations for Swimming and Lifesaving and in addition basic knowledge about FINA and ILS Rules. **A check-list with the most important information is attached as Appendix 1 to this regulations.**

1.3 OFFICIAL REPRESENTATIVES

1.3.1 OFFICIAL CISM REPRESENTATIVE

The appointment and the responsibilities of the official CISM representative are articulated in article 2.14 of the CISM Regulations (15 November 2011 Edition, Amended January 2015).

1.3.2 MEMBERS OF THE CSC SWIMMING

The duties and responsibilities of the president and the members of the CSC Swimming are articulated in articles 2.15, 2.16 and 7.12 of the CISM Regulations (15 November 2011 Edition, Amended January 2015).

1.4 JURIES

1.4.1 TECHNICAL JURY

A Technical Jury will be appointed by the President CSC Swimming during the preliminary meeting of an event in accordance with article 8.12 of the CISM Regulations (15 November 2011 Edition, Amended January 2015). The establishment of a Technical Jury may include representation from both the CSC membership and designated team representatives. The PCSC will chair the Technical Jury (Art.2.16 B 10.) The member of the CSC who is assigned the responsibility of the CSC Secretary will always be a member of the Technical Jury.

1.4.2 JURY OF APPEAL

The composition, assigned duties and tasks, as well as the processes and procedures of the Jury of Appeal are articulated in article 8.13 of the CISM Regulations (15 November 2011 Edition, Amended January 2015).

1.5 REFEREES / TECHNICAL DELEGATES

The host nation that is organizing the championship is responsible to provide a referee with a FINA/ILS license and other technical delegates with minimum national license to run the competition. If there occur problems in finding a referee licensed by the IF, the OC has to contact the President of the CSC.

In case of an integrated swimming event the OC should organize an official IPC classifier.

2. PARTICIPATION - COMPOSITION OF A MISSION

2.1 PARTICIPATION TO THE CHAMPIONSHIP

2.1.1 COMPOSITION OF THE MISSION

One Chief of mission

One Team Captain

One Medical Staff /Physiotherapist

One Coach (if less than 10 swimmers) or **two** Coaches (more than 10 swimmers)

Maximum of ten competitors swimming (**male**)

Maximum of ten competitors swimming (**female**)

In the event that a Lifesaving competition is being held, then the mission will also include:

One Coach Lifesaving (if less than 10 lifesavers) or **two** Coaches (more than 10 lifesavers)

Maximum of six competitors lifesaving (male)

Maximum of six competitors lifesaving (female)

Only if the requirement exists, the organizing committee may invite referees from participating countries. For these referees it is mandatory to have a minimum national valid license from their national federation.

Should the country hosting the championship have insufficient capacity to accommodate the Delegations as established above, they may seek to have the maximum number of swimmers (male/female) reduced to 8 following consultation and approval of the President of the CSC. The specific number of invited athletes that will be permitted will be clearly stipulated within the invitation to the event.

2.1.2 SUPPLEMENTARY PERSONNEL

Delegations may not add personnel at any time without the explicit agreement and approval of the host nation that is organizing the event.

2.1.3 REPLACEMENT OF A COMPETITOR / WITHDRAWAL

Replacement of a competitor will only occur during the conduct of a championship in accordance with the established rules and procedures stipulated by the FINA rules for swimming and ILS rules for lifesaving. Additional entries after the Technical meeting will not be accepted.

A competitor who withdraws from the heats/preliminary rounds after the Team Captains Meeting or for a final more than thirty (30) minutes after the preliminaries of the event in which qualification was earned, is not permitted to start in that session including relays.

2.1.4 ACCREDITATION OF FUTURE ORGANISERS

To facilitate enhanced situational awareness, future organizers (observers) may attend Championships in accordance within the following limitations:

Two years in advance of hosting their own World Championships – one (1) observer.

One year in advance of hosting their own World Championships - three (3) observers.

2.2 REGISTRATION - PRELIMINARY AGREEMENT

The preliminary agreement form must be completed by all member nations that intend on competing at the championship, and this form must reach the host country duly completed at least three (3) months in advance of the Championship. This form must stipulate the following information:

The size and composition of the mission

Designation of which competitions the contributing nation will provide competitors for

2.3 FINAL ENTRY FORM

The final entry form must reach the host country duly completed a minimum of one (1) month prior to the commencement of the Championship stating:

- Ranks and names of the officials
- Ranks and names of competitors
- Exact travel details
- **Swimming and/or Lifesaving entry form (events).** - See appendix 2 attached to this regulations.
- Signed commitments of the Chief of Delegation declaring military status of the competitors and Chief of Mission declaring understanding and following article 2.11 of the CISM Regulations (Editions 2011, Amended January 2015).

3. EVENT SCHEDULE

The Overall duration of the event is normally 8 days, scheduled as follows:

Day one:	Missions arrive / Training
Day two:	Preliminary/ Technical meeting / Appointment of juries / Training / Opening ceremony
Day three:	Competition
Day four:	Competition
Day five:	Competition
Day six:	Cultural activity
Day seven:	Competition / End of competitions /Closing ceremony
Day eight:	Missions depart

If only Swimming or Lifesaving competitions are held in the program, it may be shortened by one day following consultation and approval by the President of the CSC.

4. SPORTS REGULATIONS

4.1 GENERAL PROVISIONS

4.1.1 Competitors

While respecting the number of competitors as specified in paragraph 2.1.1., each country may only enter 2 individual Swimmers/Lifesavers per event. Relay: 1 team per country.

4.1.2 Minimum performance

Entries are not dependant on previous performance times.

4.1.3 Infrastructure

Swimming competitions shall in principle take place in a 50 m pool with at least 8 Lanes, a min. depth of 2m and a water temperature between 25°-28°. Automatic officiating equipment is mandatory.

5. ANTI-DOPING CONTROL

The anti-doping tests and procedures shall be carried out accordingly the CISM and WADA anti-doping regulations.

The number of tests and minimum level of analysis should follow the Test Distribution Planning (TDP) issued by CISM General Secretariat and posted on the CISM website annually.

In accordance with CISM Regulations and related CISM Sports Regulations all new world record holders must be submitted to an Anti-Doping test in order to validate their new record. Organizing Committees should provide extra Anti-Doping Kits to fulfill this task, if necessary.”

6. RESULTS AND AWARDS

6.1 RESULTS

The President of the CSC Swimming (or a member of the CSC officially designated by her/him) must sign all result lists before they are certified as official. Management of records is regulated as per article 8.36 of the CISM Regulations (15 November 2011 Edition, Amended January 2015).

6.2 ORGANIZING COMMITTEE

The organizing committee must ensure that all CISM or world records established during CISM championships are authorized by the international sanctioning body to be officially recognized and certified. This will include liaising with the applicable International Federations, and striving to ensure that proper precautions are taken to ensure that at all times CISM competitions remain complaint with all established regulations and protocols in order to ensure all records established during any CISM Championship will be officially certified and formally recognized by the International sanctioning organizations in question.

6.3 OFFICIAL CISM MEDALS

Official CISM medals are awarded in each competition as per article 8.30 of the CISM Regulations (15 November 2011 Edition);

	Man (individual)	Men (Team)	Woman (individual)	Women (team)
Gold, Silver, Bronze	6	6	6	4 or more
Gold and Silver	5	5	5	
Gold	4	4	4	

6.4 CEREMONIES AND PROTOCOL

In accordance with the guidelines articulated in article 8.26 of the CISM Regulations (15 November 2011 Edition, Amended January 2015), during the conduct of all award ceremonies, all athletes must wear their designated team track-suit and military personnel those as OCR, CoD, CoM, CSC-members awarding the medals should wear uniform. Under certain special circumstances, the OCR may authorize the wearing of the team track-suits by athletes for the closing ceremonies. The participation is mandatory.

6.5 FAIR PLAY CUP

In accordance with article 8.34 of the CISM Regulations (15 November 2011 Edition, Amended January 2015), the organizing committee will award a Fair-play Cup to an individual or a team for a specifically recognized action that contributed towards or demonstrated outstanding fair-play during the Championship. The final selection of the recipient of this award shall be conducted by the official CISM representative (OCR), the Chairman of the Organizing Committee and the President of the CSC Swimming and Lifesaving.

6.6 OTHER AWARDS

The OC can also award the most successful team and or male / female athlete of the competition. This can be made by FINA / ILS points / scoring or medal table. If it is foreseen to do so, the modalities should be approved by the CSC and announced during the Technical meeting.



CISM Sport Committee Swimming

Check-list for Team-Captains / Coaches



This Check- list for Team Captains/ Coaches is to make sure the most necessary regulations are known by the responsible persons, to avoid misunderstandings during preliminary meeting and to run the competition smoothly.

General information:

Generally all events will be conducted according to **FINA and ILS** regulations. The actual CISM swimming and Lifesaving regulations may have detailed or additional regulations. Please use only the Forms CSC and OC is handing over to you during Technical meeting.

Times / Timeschedule:

- Team Captains meeting every day at the beginning of warm-up session – location tbd (withdraw forms / entry sheets for the relays can be handed over at this time)
- Warm-up sessions end 15 min prior to the start of the session – pool has to be cleared

Swimming and Lifesaving Pool events:

- max. 2 athletes per nation per discipline are permitted
- changings of athletes and especially additional entries for individual events and relays can **latest** be made during / at the end the technical meeting – afterwards **no** entries will be accepted (detailed relay rules see below)
- In all competitions a competitor or team not wishing to take part in a final in which qualification was earned shall withdraw within thirty (30) minutes following the preliminaries of the event in which the qualification took place.
- A competitor who withdraws from the heats/preliminary rounds after the Team Captains Meeting or for a final more than thirty (30) minutes after the preliminaries of the event in which qualification was earned, is not permitted to start in that session including relays
- There will be no preliminary heat if 8 or less athletes start in an event (direct Final)

- timed heats for 800 / 1500 m freestyle (slower heat in the preliminary heats session faster heat in the finals session)
- entry times have to be given for the seeding of heats – if no entry time is given, the athlete / relay will be seeded in the slowest heat at the outer lanes.
- Athletes have to assemble in the calling area prior to the start – the Clerk of course will check the swim suites and the accreditation

Swim suites:

- all used swim suites for swimming and Lifesaving have to be in compliance with IF regulations

Relays:

- only one team per nation in a relay event is permitted
- The composition of a relay team may be changed between preliminary heats and finals of an event.
- The names of swimmers actually swimming on a relay must be submitted at least **one hour before the start of the session** in which the event is to take place, in the order in which they are to swim. The names of swimmers in medley relay events must be listed for their respective strokes
- Mixed Relays must consist of two (2) Men and two (2) Women

Lifesaving:

- Pool events:
 - will run in general similar to the swimming events (beside technical specifications ILS)
- beach / ocean events
 - All own equipment not provided by the OC has to be checked in advance of the competition
 - The draws for position will be made by officials, the method used for the draws will be approved by the Chief Referee.
 - Prior to the start a Marshall will place the competitors in the order as drawn for all heats or finals (in a special designated marshalling area)
 - In Ocean events, caps – securely fastened under the chin – must be worn on the competitors' heads at the start of each event.
 - In Ocean events there must be identification scheme painted on the arms / legs of the competitor (Number) to make sure the correct identification in the finishing area (detail info during Technical Meeting).

Doping controls:

- According to CISM Anti-Doping Rules
- All Procedures will be in compliance with WADA;
- There will be tests every day;
- Athletes are chosen randomly and when CISM and world records are broken

Award ceremonies:

- Award ceremonies will be announced.
- It is mandatory to show up for the award ceremony.
- Full track suit has to be worn.
- CoM or other Officials will be invited to conduct the Ceremonies (dress code Uniform)

Protests / Appeal:

- According to CISM / FINA regulations (CISM Regulations 8.12-8.13, FINA General Rules 9.2-9.3)
 - Any protest shall be submitted to the President of the Technical Jury IN WRITING and SIGNED by the CHIEF of MISSION or TEAM CAPTAIN within 30 minutes following the conclusion respective event or match,
 - Each protest requires a deposit of **100 Euro**,
 - Decision of Technical Jury is reported in writing to the Organizing Committee (OC) and the OCR.
 - If the protest is rejected the Chief of Mission / Team Captain can protest against this decision.
 - This appeal shall be submitted to the President of the Jury of Appeal within two hours after the written notification of the rejection by the Technical Jury

(note: FINA General Rule 9.2.1: against decisions of the referee; however, no protest shall be allowed against decisions of fact)

