



International Military Sports Council

CISM Sports Committee SWIMMING &
LIFESAVING

Rules and Regulations

English Edition 2026

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Chapter I: General

1.1 World Swimming and Lifesaving regulations

All CISM Swimming and Lifesaving events (such as the CISM Military World Championship and the CISM Military World Games) shall be conducted in accordance with the rules and regulations of World Aquatics (WA) and the International Life Saving Federation (ILS), as these International Federations (IF) are the governing international federation for these sports¹.

Exceptions may only be authorized following prior consultation with the President of the CISM Sport Committee (PCSC). All participants shall be informed of any approved changes during the Technical Meeting. Such updates may also be communicated through official bulletins or event-specific regulations.

All Chiefs of Mission shall have a detailed working knowledge and thorough understanding of the most recent CISM Regulations.. Team Captains and Coaches shall also possess a sound knowledge of the CISM Swimming and Lifesaving Regulations, as well as a basic understanding of the applicable WA and ILS Rules.

1.2 Host Nation and organization

The objective is to organize at least one CISM Swimming and/or Lifesaving Championship per year.

The Host Nation shall organize one CISM Swimming or Lifesaving Championship, choosing from Swimming Pool events, Swimming Open Water events, Pool Lifesaving events, or Surf Lifesaving events. A combination of Swimming and Lifesaving Championships may also be organized.

During a World Military Swimming Championship, the Host Nation may also conduct World Military Para Swimming Competitions involving military para-swimmers.

The Host Nation is required to appoint an Organising Committee (OC), which shall be responsible for organizing and managing all technical aspects of the Championship.

Additionally, the OC shall ensure that all CISM or World Records established during CISM Championships are officially recognized and certified by the relevant international sanctioning bodies. Appropriate measures shall be taken to ensure that all competitions fully comply with the regulations and protocols required for official record ratification.

At the conclusion of the competition, the “Request for Ratification of a Record” form shall be completed and submitted to the PCSC.

Although Championships may be organized exclusively within a military framework, cooperation with civilian Organising Committees is strongly recommended in order to ensure the necessary technical and logistical expertise.

¹ For para-Swimming activities, the relevant international federation is World Para Swimming (WPS).

It is recommended that the Host Nation contact the PCSC in advance to discuss all technical and organizational matters, including the most appropriate dates for the Championship while taking into consideration the WA or ILS competition calendars.

If required, a preliminary site survey may be conducted by the PCSC or by one or more members of the CSC in coordination with the Host Nation.

1.3 Award ceremonies

1.3.1 Official Medals

The Host Nation must provide individual and team medals in accordance with CISM regulations and consistent with WA or ILS practices.

1.3.2 Fair Play Cup

To promote CISM values and sportsmanship, a Fair Play Cup may be awarded to an athlete or team displaying an exceptional act of fair play. The award is optional and requires unanimous agreement that the act truly merits recognition. It may also be granted following consultation between the PCSC, the OCR and the Local Organising Committee (LOC). This distinction aims to highlight exemplary behaviour and promote the values of fair play, integrity and respect within the sport.

1.3.3 Other awards

The OC may also award the most successful team and/or the most successful male and female athletes of the competition. The awards may be determined based on WA/ILS points scoring systems or on the final medal table. If it is foreseen to do so, the modalities should be approved by the CSC and announced during the Technical Meeting.

1.4 Time Schedule

Team Captains' Meetings shall be held daily at the beginning of the warm-up session (location to be determined). Withdrawal forms and relay entry sheets may be submitted during these meetings. Warm-up sessions shall end fifteen (15) minutes prior to the start of the competition session, and the pool must be cleared accordingly. The same principle applies to Open Water and Ocean/Beach Lifesaving competition areas.

1.5 Swimsuits

All swimsuits used for Swimming and Lifesaving competitions shall comply with WA and ILS regulations.

1.6 Anti-Doping

CISM fully supports Fair Play and a clean sport environment. Doping is strictly prohibited, as it violates health, integrity, equal opportunity, and the fundamental values of sport. Applicable rules follow the World Anti-Doping Agency (WADA) Code and International Standards. CISM, World Aquatics (WA), the International Life Saving Federation (ILS), National Anti-Doping Organizations (NADOs), and Major Event Organizers are all bound by these rules. The annually updated WADA Prohibited List identifies all banned substances and methods and is available on the WADA website. Athletes requiring the use of prohibited substances or methods for medical reasons must apply for a Therapeutic Use Exemption (TUE) following the procedure published on the CISM website.

At every CISM Military World Swimming and Lifesaving Championship, anti-doping testing is mandatory according to the WADA Code and International Standards. The number and type of tests are defined in the CISM Test Distribution Plan (TDP) by the CISM Anti-Doping Manager and communicated to the Local Organising Committee (LOC) before the Championship.

A CISM Anti-Doping Commission (ADC) shall be appointed for each Championship. It consists of:

- the Official CISM Representative (OCR), acting as Chair
- the PCSC.
- an anti-doping representative of the LOC, supported by the Doping Control Officer of the designated Sample Collection Authority.

Any athlete may be selected for doping control; selection procedures are determined by the ADC.

1.7 Protests and Appeals

1.7.1 Role of the Technical Jury

The Technical Jury is responsible for issuing decisions concerning the correct application of competition rules throughout the event. It ensures that all technical aspects of the competition are conducted in full compliance with the relevant regulations.

1.7.2 Composition of the Technical Jury

The composition of the Technical Jury is defined by the PCSC during the Technical Meeting. It must be composed of at least three members, preferably chosen among the CSC representatives present and additional qualified delegates from the participating missions.

1.7.3 Protests to the Technical Jury

Protests relating to the result or conduct of an event must be submitted within 30 minutes of the official announcement of the event result. Should the initial decision be contested, a written appeal may be lodged with the Technical Jury within the same thirty-minute deadline.

1.7.4 Appeal deposit

Any written appeal submitted to the Technical Jury must be accompanied by an appeal deposit of 100 USD. The deposit shall be refunded if the appeal is upheld; otherwise, it will be retained by the Organising Committee. Appeals not accompanied by the required deposit within the established deadline shall be considered inadmissible.

1.7.5 Jury of Appeal – Authority and Function

Decisions of the Technical Jury may be appealed before the Jury of Appeal as a second instance. The Jury of Appeal is appointed by the OCR of the event and must consist of a minimum of three other members, selected from the participating delegations and, where possible, representing different continents to ensure neutrality and diversity.

1.7.6 Referees / Technical Delegates

The Host Nation organizing the Championship shall provide a referee holding a valid WA/ILS license, as well as technical delegates possessing, at minimum, a valid national license required for conducting the competition. If difficulties arise in securing a referee licensed by WA or ILS, the Organising Committee shall contact the PCSC.

For Open Water Swimming and/or Lifesaving events, it is strongly recommended that referees from participating nations be invited. When invited, referees from participating nations shall possess, at minimum, a valid national license issued by their respective national federation.

1.7.7 Infrastructure

Pool competitions shall, in principle, be conducted in a 50 m pool with at least 8 lanes, a minimum depth of 2 m, and a water temperature maintained between 25°C and 26°C. Automatic timing equipment shall be mandatory. All other infrastructure requirements shall comply with the World Aquatics facility regulations and ILS Competition Rule Book.

If a Host Nation wishes to organize a Championship but does not have all the required infrastructure or equipment available, it is recommended that the Host Nation contact the PCSC or CISM Headquarters to discuss possible arrangements. The primary objective shall remain the successful organization of the Championship.

1.8 General event schedule

The overall duration of the event is normally eight (8) days. ; schedule below is an example schedule and not definitive:

Day one:	Missions arrival, Training.
Day two:	Preliminary/Technical Meeting, Appointment of juries, Training, Opening ceremony.
Day three:	Competition Day 1
Day four:	Competition Day 2
Day five:	Competition Day 3
Day six:	Competition Day 4, End of competitions
Day seven:	Cultural activity, 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 PCSC.

The Host Nation/OC is responsible to offer training possibilities from the day of arrival until the day before departure. No special arrangements available exclusively to one athlete or one team shall be permitted.

1.9 Accreditation of future organisers

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

- Two years in advance of hosting their own World Championship - 1 observer
- One year in advance of hosting their own World Championship - 3 observers

Chapter II: World Military Swimming Championship

2.1 Participation

2.1.1 Maximum athlete quota (20 athletes total)

Each nation may register up to 20 athletes in total, with a maximum of 10 male and 10 female athletes.

2.1.2 Adjustment of the maximum athlete quota

The limit of 20 athletes per mission may be increased or reduced depending on:

- Host Nation accommodation capacity
- availability of sports facilities
- objective logistical constraints

Any modification must be agreed in advance between the Host Nation, the PCSC and the CISM Sports Department. Once formally approved, it must be communicated to all delegations by including it in the invitation file

2.1.3 Mission Composition – Reduced athlete quota

The number of support staff permitted follows the table below:

Athletes	Mission Chief	Team Captain	Coaches / Trainers	Ad libitum / Masseurs / Physiotherapists
1 - 9	1	1	1	1
10 - 20	1	1	2	1

2.1.4 Additional members

No additional mission personnel may be added without explicit authorization from the Host Nation.

2.1.5 Athlete entry limits per Nation

Each nation may enter:

- Up to 2 athletes in every individual event.
- 1 team per relay event.

2.1.6 Individual Events

If 8 or fewer athletes are entered in an event, no preliminary heats shall be conducted, and the event shall proceed directly to a final.

Timed heats shall be used for the 800 m and 1500 m freestyle events, with slower heats conducted during preliminary sessions and the fastest heat conducted during the finals session.

Entry times must be provided for heat seeding purposes. If no entry time is provided, the athlete or relay team shall be placed in the slowest heat and assigned to the outer lanes.

Athletes must report to the call room prior to the start of the event. The Clerk of Course shall verify swimsuits and accreditation.

Each athlete may participate in a maximum of 3 individual events.

2.1.7 Relay Events

The composition of a relay team may be modified between preliminary heats and finals. The names of athletes participating in relay events shall be submitted no later than 1 hour prior to the start of the session in which the event takes place and shall be listed in swimming order. For medley relay events, athletes shall be listed according to their respective strokes. Mixed relay teams shall consist of 2 male and 2 female athletes.

2.1.8 Replacement of an athlete / Withdrawal

Replacement of an athlete may occur only during the Championship and in accordance with World Aquatics (WA) regulations. Additional entries after the Technical Meeting shall not be accepted.

An athlete withdrawing from heats or preliminary rounds after the Team Captains' Meeting or withdrawing from a final more than 30 minutes after completion of the relevant preliminary event, shall not be permitted to compete further in that session, including relay events.

In all competitions, an athlete or relay team not wishing to participate in a final after qualifying must officially withdraw within 30 minutes following the completion of the preliminary event in which qualification was obtained.

2.2 Events

2.2.1 List of events for Men and Women

INDIVIDUAL EVENTS

Freestyle: 50 m, 100 m, 200 m, 400 m, 800 m, 1500 m.

Backstroke: 50 m, 100 m, 200 m.

Breaststroke: 50 m, 100 m, 200 m.

Butterfly: 50 m, 100 m, 200 m.

Individual Medley: 200 m, 400 m.

RELAY EVENTS

Freestyle Relay: 4 × 100 m, 4 × 200 m.

Medley Relay: 4 × 100 m.

MIXED EVENT

Mixed Medley Relay: 4×100 m

If eight (8) or fewer athletes are entered in an event, no preliminary heats shall be conducted, and the event shall proceed directly to a final.

2.2.2 Minimum participation requirement

The Host Nation may cancel an event if fewer than 3 athletes are registered. The decision must be announced at least 30 days before the Championship begins.

2.3 Competition format

2.3.1 Championship duration and timetable definition

a) Recommended Championship Duration

For the full competition programme, the recommended duration is 4 competition days (providing for morning and afternoon sessions). Any changes to the overall duration or event structure must be agreed in advance. After it has been formally approved, it must be communicated to all delegations by including it in the Invitation file.

b) Timetable Preparation and Approval

A preliminary, day-by-day timetable must be prepared by the Local Organising Committee (LOC) in consultation with the PCSC before the Invitation File is published, ensuring that athletes are able to compete in multiple events, adequate recovery times and a balanced distribution of rounds. Preliminary heats shall be conducted during morning sessions, while finals shall be conducted during afternoon sessions.

2.4 Award Ceremonies

Award ceremonies shall be announced accordingly. Attendance at award ceremonies is mandatory. Athletes must wear a full tracksuit during the ceremony. The national flag may not be wrapped around the athlete during the award ceremony. Chiefs of Mission (CoM) or other officials may be invited to participate in the ceremonies (Dress Code: Uniform).

2.4.1 Individual events

Top three (3) athletes are awarded (gold, silver, bronze).

2.4.2 Relays events

Top three (3) teams are awarded (gold, silver and bronze). Each relay team member receives a medal.

Chapter III: World Military Open Water Swimming Championship

3.1 Participation

3.1.1 Maximum athlete quota (8 athletes total)

Each nation may register up to 8 athletes in total, with a maximum of 4 male and 4 female athletes.

3.1.2 Adjustment of the maximum athlete quota

The limit of 8 athletes per mission may be increased or reduced depending on:

- Host Nation accommodation capacity
- availability of sports facilities
- objective logistical constraints

Any modification must be agreed in advance between the Host Nation, the PCSC and the CISM Sports Department. After it has been formally approved and agreed upon, it must be communicated to all delegations by including it in the invitation file.

3.1.3 Mission Composition – Reduced athlete quota

The number of support staff permitted is proportional to the total number of athletes.

Athletes	Mission Chief	Team Captain	Coaches / Trainers	Ad libitum / Masseurs / Physiotherapists
1 - 8	1	1	1	1

3.1.4 Additional members

No additional mission personnel may be added without explicit authorization from the Host Nation.

3.1.5 Athlete entry limits per Nation

Each nation may enter:

- Up to 4 athletes in every individual event (only top 3 score).
- 1 team per relay event.

3.1.6 Individual Events

Athletes must report to the call room prior to the start of the event. The Clerk of Course shall verify swimsuits and accreditation.

Each athlete may participate in a maximum of two individual events and the mixed relay.

3.1.7 Relay Events

The names of athletes participating in relay events shall be submitted no later than 1 hour prior to the start of the session in which the event takes place and shall be listed in swimming order.

Mixed relay teams shall consist of 3 male athletes and 1 female athlete.

3.1.8 Replacement of an athlete / Withdrawal

Replacement of an athlete may occur only during the Championship and in accordance with World Aquatics (WA) regulations. Additional entries after the Technical Meeting shall not be accepted.

3.2 Events

3.2.1 List of events for Men and Women

INDIVIDUAL EVENTS

5 km, 10 km, 3 km Knockout Race.

MIXED RELAY EVENT

4×1250 m Mixed Team Event (three (3) male and one(1) female)

The Host Nation may decide to organize either the 5 km event or the 3 km Knockout event for men and women.

3.2.2 Minimum participation requirement

The Host Nation may cancel an event if fewer than 3 athletes are registered. The decision must be announced at least 30 days before the Championship begins.

3.3 Competition format

3.3.1 Championship duration and timetable definition

a) Recommended Championship Duration

For the full competition program, the recommended duration is 3 competition days. Any changes to the overall duration or event structure must be agreed in advance. After it has been formally approved, it must be communicated to all delegations by including it in the Invitation file.

b) Timetable Preparation and Approval

A preliminary, day-by-day timetable must be prepared by the Local Organising Committee (LOC) in consultation with the PCSC before the Invitation File is published, ensuring the possibility for athletes to compete in multiple events, adequate recovery times and a balanced distribution of rounds.

3.4 Award Ceremonies

Award ceremonies shall be announced accordingly. Attendance at award ceremonies is mandatory. Athletes must wear a full tracksuit during the ceremony. The national flag may not be wrapped around the athlete during the award ceremony. Chiefs of Mission (CoM) or other officials may be invited to participate in the ceremonies (Dress Code: Uniform).

3.4.1 Individual events

Top three athletes are awarded (gold, silver, bronze).

3.4.2 Relays events

Top three teams are awarded (gold, silver and bronze). Each relay team member receives a medal.

Chapter IV: Swimming Championship during Cadet Games

4.1 Participation

4.1.1 Maximum athlete quota (20 athletes total)

Each nation may register up to 20 athletes in total, with a maximum of 10 male and 10 female athletes.

4.1.2 Adjustment of the maximum athlete quota

The limit of 20 athletes per mission may be increased or reduced depending on:

- Host Nation accommodation capacity
- availability of sports facilities
- objective logistical constraints

Any modification must be agreed in advance between the Host Nation, the PCSC and the CISM Sports Department. After it has been formally approved and agreed upon, it must be communicated to all delegations by including it in the invitation file

4.1.3 Mission Composition – Reduced athlete quota

The number of support staff permitted follows the table below:

Athletes	Mission Chief	Team Captain	Coaches / Trainers	Ad libitum / Masseurs / Physiotherapists
1 - 9	-	1	1	1
10 - 20	-	1	2	1

4.1.4 Additional members

No additional mission personnel may be added without explicit authorization from the Host Nation.

4.1.5 Athlete entry limits per Nation

Each nation may enter:

- Up to 2 athletes in every individual event.
- 1 team per relay event.

4.1.6 Individual Events

If 8 or fewer athletes are entered in an event, no preliminary heats shall be conducted, and the event shall proceed directly to a final.

Entry times must be provided for heat seeding purposes. If no entry time is provided, the athlete or relay team shall be placed in the slowest heat and assigned to the outer lanes.

Athletes must report to the call room prior to the start of the event. The Clerk of Course shall verify swimsuits and accreditation.

Each athlete may participate in a maximum of 3 individual events.

4.1.7 Relay Events

The composition of a relay team may be modified between preliminary heats and finals. The names of athletes participating in relay events shall be submitted no later than 1 hour prior to the start of the session in which the event takes place and shall be listed in swimming order. For medley relay events, athletes shall be listed according to their respective strokes. Mixed relay teams shall consist of 2 male and 2 female athletes.

4.1.8 Replacement of an athlete / Withdrawal

Replacement of an athlete may occur only during the Championship and in accordance with World Aquatics (WA) regulations. Additional entries after the Technical Meeting shall not be accepted.

An athlete withdrawing from heats or preliminary rounds after the Team Captains' Meeting or withdrawing from a final more than 30 minutes after completion of the relevant preliminary event, shall not be permitted to compete further in that session, including relay events.

In all competitions, an athlete or relay team not wishing to participate in a final after qualifying must officially withdraw within 30 minutes following the completion of the preliminary event in which qualification was obtained.

4.2 Events

4.2.1 List of events for Men and Women

INDIVIDUAL EVENTS

Freestyle:	50 m, 100 m, 200 m, 400 m.
Backstroke:	50 m, 100 m, 200 m.
Breaststroke:	50 m, 100 m.
Butterfly:	50 m, 100 m.
Individual Medley:	200 m.

RELAY EVENTS

Freestyle Relay:	4 × 100 m.
Medley Relay:	4 × 100 m.

MIXED EVENT

Mixed Medley Relay: 4×100 m

If eight or fewer athletes are entered in an event, no preliminary heats shall be conducted, and the event shall proceed directly to a final.

4.2.2 Minimum participation requirement

The Host Nation may cancel an event if fewer than 3 athletes are registered. The decision must be announced at least 30 days before the Championship begins.

4.3 Competition format

4.3.1 Championship duration and timetable definition

a) Recommended Championship Duration

For the full competition program, the recommended duration is 3 or 4 competition days (providing for morning and afternoon sessions). Any changes to the overall duration or event structure must be agreed in advance. After it has been formally approved, it must be communicated to all delegations by including it in the Invitation file.

b) Timetable Preparation and Approval

A preliminary, day-by-day timetable must be prepared by the Local Organising Committee (LOC) in consultation with the PCSC before the Invitation File is published, ensuring the possibility for athletes to compete in multiple events, adequate recovery times and a balanced distribution of rounds. Preliminary heats shall be conducted during morning sessions, while finals shall be conducted during afternoon sessions.

4.4 Award Ceremonies

Award ceremonies shall be announced accordingly. Attendance at award ceremonies is mandatory. Athletes must wear a full tracksuit during the ceremony. The national flag may not be wrapped around the athlete during the award ceremony. Chiefs of Mission (CoM) or other officials may be invited to participate in the ceremonies (Dress Code: Uniform).

4.4.1 Individual events

Top three athletes are awarded (gold, silver, bronze).

4.4.2 Relays events

Top three teams are awarded (gold, silver and bronze). Each relay team member receives a medal.

Chapter V: World Military Pool Lifesaving Championship

5.1 Participation

5.1.1 Maximum athlete quota (12 athletes total)

Each nation may register up to 12 athletes in total, with a maximum of 6 male and 6 female athletes.

5.1.2 Adjustment of the maximum athlete quota

The limit of 12 athletes per mission may be increased or reduced depending on:

- Host Nation accommodation capacity
- availability of sports facilities
- objective logistical constraints

Any modification must be agreed in advance between the Host Nation, the PCSC and the CISM Sports Department. After it has been formally approved and agreed upon, it must be communicated to all delegations by including it in the invitation file

5.1.3 Mission Composition – Reduced athlete quota

The number of support staff permitted follows the table below:

Athletes	Mission Chief	Team Captain	Coaches / Trainers	Ad libitum / Masseurs / Physiotherapists
1 - 6	1	1	1	1
7 - 12	1	1	2	1

5.1.4 Additional members

No additional mission personnel may be added without explicit authorization from the Host Nation.

5.1.5 Athlete entry limits per Nation

Each nation may enter:

- Up to 2 athletes in every individual event.
- 1 team per relay event.

5.1.6 Individual Events

If 8 or fewer athletes are entered in an event, no preliminary heats shall be conducted, and the event shall proceed directly to a final.

Entry times must be provided for heat seeding purposes. If no entry time is provided, the athlete or relay team shall be placed in the slowest heat and assigned to the outer lanes.

Athletes must report to the call room prior to the start of the event. The Clerk of Course shall verify swimsuits and accreditation.

5.1.7 Relay Events

The composition of a relay team may be modified between preliminary heats and finals. The names of athletes participating in relay events shall be submitted no later than 1 hour prior to the start of the session in which the event takes place and shall be listed in swimming order. For medley relay events, athletes shall be listed according to their respective strokes. Mixed relay teams shall consist of 2 male and 2 female athletes.

5.1.8 Replacement of an athlete / Withdrawal

Replacement of an athlete may occur only during the Championship and in accordance with International Life Saving Federation (ILS) regulations. Additional entries after the Technical Meeting shall not be accepted.

An athlete withdrawing from heats or preliminary rounds after the Team Captains' Meeting or withdrawing from a final more than 30 minutes after completion of the relevant preliminary event, shall not be permitted to compete further in that session, including relay events.

In all competitions, an athlete or relay team not wishing to participate in a final after qualifying must officially withdraw within 30 minutes following the completion of the preliminary event in which qualification was obtained.

5.2 Events

5.2.1 List of events for Men and Women

INDIVIDUAL EVENTS

- 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

RELAY EVENTS

- 4 × 25 m Manikin Relay
- 4 × 50 m Medley Relay
- 4 × 50 m Obstacles Relay

MIXED EVENT

- 4 × 50 m Lifesaver Relay

If eight or fewer athletes are entered in an event, no preliminary heats shall be conducted, and the event shall proceed directly to a final.

5.2.2 Minimum participation requirement

The Host Nation may cancel an event if fewer than 3 athletes are registered. The decision must be announced at least 30 days before the Championship begins.

5.3 Competition format

5.3.1 Championship duration and timetable definition

a) Recommended Championship Duration

For the full competition program, the recommended duration is 2 or 3 competition days (providing for morning and afternoon sessions). Any changes to the overall duration or event structure must be agreed in advance. After it has been formally approved, it must be communicated to all delegations by including it in the Invitation file.

b) Timetable Preparation and Approval

A preliminary, day-by-day timetable must be prepared by the Local Organising Committee (LOC) in consultation with the PCSC before the Invitation File is published, ensuring the possibility for athletes to compete in multiple events, adequate recovery times and a balanced distribution of rounds. Preliminary heats shall be conducted during morning sessions, while finals shall be conducted during afternoon sessions.

5.4 Award Ceremonies

Award ceremonies shall be announced accordingly. Attendance at award ceremonies is mandatory. Athletes must wear a full tracksuit during the ceremony. The national flag may not be wrapped around the athlete during the award ceremony. Chiefs of Mission (CoM) or other officials may be invited to participate in the ceremonies (Dress Code: Uniform).

5.4.1 Individual events

Top three athletes are awarded (gold, silver, bronze).

5.4.2 Relays events

Top three teams are awarded (gold, silver and bronze). Each relay team member receives a medal.

Chapter VI: World Military Surf Lifesaving Championship

6.1 Participation

6.1.1 Maximum athlete quota (12 athletes total)

Each nation may register up to 12 athletes in total, with a maximum of 6 male and 6 female athletes.

6.1.2 Adjustment of the maximum athlete quota

The limit of 12 athletes per mission may be increased or reduced depending on:

- Host Nation accommodation capacity
- availability of sports facilities
- objective logistical constraints

Any modification must be agreed in advance between the Host Nation, the PCSC and the CISM Sports Department. After it has been formally approved and agreed upon, it must be communicated to all delegations by including it in the invitation file

6.1.3 Mission Composition – Reduced athlete quota

The number of support staff permitted follows the table below:

Athletes	Mission Chief	Team Captain	Coaches / Trainers	Ad libitum / Masseurs / Physiotherapists
1 - 6	1	1	1	1
7 - 12	1	1	2	1

6.1.4 Additional members

No additional mission personnel may be added without explicit authorization from the Host Nation.

6.1.5 Athlete entry limits per Nation

Each nation may enter:

- Up to 2 athletes in every individual event.
- 1 team per relay event.

6.1.6 Replacement of an athlete / Withdrawal

Replacement of an athlete may occur only during the Championship and in accordance with International Life Saving Federation (ILS) regulations. Additional entries after the Technical Meeting shall not be accepted.

6.2 Events

6.2.1 List of events for Men and Women

INDIVIDUAL EVENTS

- Run–Swim–Run (or Surf Race if no sandy area or beach is available)
- Board Race
- Surf Ski Race
- Ocean Woman / Ocean Man
- Beach Flags

RELAY EVENTS

- Rescue Board Rescue
- Rescue Tube Rescue
- Ocean Woman Relay/Ocean Man Relay

MIXED EVENT

- Ocean Lifesaver Relay

Detailed descriptions of the various events may be found in the latest edition of the ILS Competition Rule Book.

If not all events can be organized, the Organising Committee (OC) must contact the President of the CSC regarding the proposed programme before it is included in the Invitation File.

6.2.2 Minimum participation requirement

The Host Nation may cancel an event if fewer than 3 athletes are registered. The decision must be announced at least 30 days before the Championship begins.

6.3 Competition format

6.3.1 Championship duration and timetable definition

a) Recommended Championship Duration

For the full competition program, the recommended duration is 2 or 3 competition days. Any changes to the overall duration or event structure must be agreed in advance. After it has been formally approved, it must be communicated to all delegations by including it in the Invitation file.

b) Timetable Preparation and Approval

A preliminary, day-by-day timetable must be prepared by the Local Organising Committee (LOC) in consultation with the PCSC before the Invitation File is published, ensuring the possibility for athletes to compete in multiple events, adequate recovery times and a balanced distribution of rounds.

6.4 Award Ceremonies

Award ceremonies shall be announced accordingly. Attendance at award ceremonies is mandatory. Athletes must wear a full tracksuit during the ceremony. The national flag may not be wrapped around the athlete during the award ceremony. Chiefs of Mission (CoM) or other officials may be invited to participate in the ceremonies (Dress Code: Uniform).

6.4.1 Individual events

Top three athletes are awarded (gold, silver, bronze).

6.4.2 Relays events

Top three teams are awarded (gold, silver and bronze). Each relay team member receives a medal.

CHAPTER VII: World Military Para - Swimming Championship

7.1 Participation

7.1.1 Maximum athlete quota (6 athletes total)

Each nation may register up to 6 athletes in total, with a maximum of 3 male and 3 female athletes. If a delegation has no female athletes, the female positions may be filled by additional male athletes. The same shall apply vice versa.

7.1.2 Adjustment of the maximum athlete quota

The limit of 6 athletes per mission may be increased or reduced depending on:

- Host Nation accommodation capacity
- availability of sports facilities
- objective logistical constraints

Any modification must be agreed in advance between the Host Nation, the PCSC and the CISM Sports Department. After it has been formally approved and agreed upon, it must be communicated to all delegations by including it in the invitation file

7.1.3 Mission Composition – Reduced athlete quota

The number of support staff permitted follows the table below:

Athletes	Mission Chief	Team Captain	Coaches / Trainers	Ad libitum / Masseurs / Physiotherapists
1 - 6	1	1	1	1

7.1.4 Additional members

Delegations may request authorization for additional medical personnel if an athlete demonstrates a documented need for continuous or 24-hour assistance.

7.1.5 Athlete entry limits per Athlete

Each athlete may participate in a maximum of 3 events.

7.1.6 Individual Events

Entry times must be provided for heat seeding purposes. If no entry time is provided, the athlete shall be placed in the slowest heat and assigned to the outer lanes.

Athletes must report to the call room prior to the start of the event. The Clerk of Course shall verify swimsuits and accreditation.

7.1.7 Replacement of an athlete / Withdrawal

Replacement of an athlete may occur only during the Championship and in accordance with World Aquatics (WA) regulations. Additional entries after the Technical Meeting shall not be accepted.

7.2 Events

The competition programme shall follow World Para Swimming regulations and align with internationally recognized para-swimming standards

7.2.1 List of events for Men and Women

INDIVIDUAL EVENTS

Freestyle: 50 m, 100 m.

Backstroke: 50 m, 100 m.

Breaststroke: 50 m, 100 m.

7.3 Competition format

7.3.1 Championship duration and timetable definition

a) Recommended Championship Duration

For the full competition program, the recommended duration is 2 or 3 competition days (providing for morning and afternoon sessions). Any changes to the overall duration or event structure must be agreed in advance. After it has been formally approved, it must be communicated to all delegations by including it in the Invitation file.

b) Timetable Preparation and Approval

A preliminary, day-by-day timetable must be prepared by the Local Organising Committee (LOC) in consultation with the PCSC before the Invitation File is published, ensuring the possibility for athletes to compete in multiple events, adequate recovery times and a balanced distribution of rounds. Preliminary heats shall be conducted during morning sessions, while finals shall be conducted during afternoon sessions.

7.4 Classification

7.4.1 Classification requirements

To be eligible to compete, each athlete must provide one of the following:

- A valid World Para Swimming International Classification;
- A valid National Classification;
- Confirmation of eligibility for the Open Category in accordance with CISM regulations.

A copy of the classification card or national declaration must be submitted during the entry process.

7.4.2 Eligible classes

Physical Impairments: S1, S2, S3, S4, S5, S6, S7, S8, S9 and S10

Vision Impairments: S11, S12 and S13

Open Category: The Open Category is intended for athletes who cannot be classified under International Paralympic Committee (IPC) regulations and shall be conducted in accordance with current CISM policy.

7.4.3 Category mergers and ranking method

Athletes with different impairments may compete against one another, as sport classes are allocated according to the impact of the impairment on swimming performance rather than according to the impairment itself.

7.5 Award Ceremonies

7.5.1 Medal awarding rules

In events contested by athletes belonging to World Para Swimming recognized sport classes and conducted in full accordance with World Para Swimming classification and competition regulations, medals shall be awarded according to the official results. All medals awarded in these events shall be considered official and included in the official medal standings.

Award ceremonies shall be announced accordingly. Attendance at award ceremonies is mandatory. Athletes must wear a full tracksuit during the ceremony. The national flag may not be wrapped around the athlete during the award ceremony. Chiefs of Mission (CoM) or other officials may be invited to participate in the ceremonies (Dress Code: Uniform).

The top 3 athletes within the same category shall receive gold, silver, and bronze medals. If only one athlete participates in an event within a category, the athlete shall still receive an official medal. The minimum participation requirement defined in other chapters does not apply to Para Swimming categories.

7.5.2 Medal awarding in merged categories

Where categories are merged after the closing of entries, medals shall be awarded according to the athlete's impairment category. Even if only one athlete competes within a category, an official medal shall still be awarded.

7.5.3 Awards for the Open Category

Awards for the Open Category may include (non-mandatory) local prizes or honorary recognitions, such as diplomas or participation trophies. However, no official CISM medals will be presented for this category, and the results obtained will not be counted toward the official medal table.

Annex A: Overview of substantive changes

This annex provides an overview of the substantive changes between the 2021 and 2026 editions of the CISM Swimming and Lifesaving Regulations. Only material modifications have been included. Editorial changes such as corrections of typos, grammar, or formatting have not been listed.

Article	Change	Summary
ALL CHAPTERS	Format Change	In line with other CISM Sports Regulations
	Comprehensive revision and modernization of the Regulations	All chapters have been reviewed and rewritten using a contemporary regulatory format. The Regulations have been aligned with the latest CISM policies and the current rules and regulations of World Aquatics (WA) and the International Life Saving Federation (ILS).
CHAPTER I	New Chapter	This chapter has been introduced for the first time. It establishes the general provisions applicable to all CISM Swimming and Lifesaving competitions and provides common rules governing the organization and conduct of Championships.
CHAPTER III	Introduction of Open Water Swimming Championship	This chapter formally establishes the framework for CISM World Military Open Water Swimming Championship. It includes the official events recognized by World Aquatics (WA), participation quotas, mission composition, competition formats, and organizational requirements necessary for the successful conduct of the Open Water Championship.
CHAPTER IV	New Chapter	This chapter did not exist in the previous edition. It provides the complete regulatory framework for Swimming competitions conducted during CISM Cadet Games, including participation criteria, competition formats, event programs, and organizational requirements.
CHAPTER V	Structural revision and modernization	While the technical content remains largely consistent with the previous edition, the chapter has been revised and reformatted to align with the new structure of the Regulations. It provides a clearer framework for the organization of Lifesaving Pool competitions during CISM World

		Military Championships and Military World Games.
CHAPTER VI	Introduction of Surf Lifesaving	This chapter formally introduces Surf Lifesaving (Ocean and Beach competitions) within the CISM framework. It includes the official events recognized by the International Life Saving Federation (ILS), participation quotas, mission composition, competition formats, and organizational requirements necessary for the successful conduct of Ocean and Beach Championships and competitions during Military World Games.
CHAPTER VII	Introduction of Military Para Swimming Competitions	This chapter formally introduces Para-Swimming Competitions within the CISM framework. The new articles define participation quotas, event programs, classification requirements, medal allocation procedures, and other provisions necessary for the proper conduct of para-swimming competitions during CISM World Military Championships and Military World Games.. Para-athlete competitions are limited to Swimming Pool events, as Open Water Swimming and Lifesaving disciplines are not currently recognized within the World Para Swimming program.