

CISM REGULATIONS FOR SWIMMING and LIFESAVING

1 January 2012 Edition

INTRODUCTION

The sport of swimming demands a combination of physical strength, superior fitness and intense mental fortitude, and for that reason, it has always been considered a very practical and significant sport for military athletic competition. Since the creation of CISM, 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, and these are swimming and lifesaving.

Due to the fact that it can often be challenging and impractical for a single host country to plan and execute a comprehensive program that would include both disciplines, it is possible and often more practical to organise a championship focussed 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.

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 programme 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) metres
- Backstroke 50, 100 and 200 metres
- Breaststroke 50, 100 and 200 metres
- Butterfly 50, 100 and 200 metres
- Individual Medley 200 and 400 (Male) metres
- Freestyle Relays 4 x 100 and 4 x 200 (Male) metres
- Medley Relay 4 x 100 metres

1.1.2 LIFESAVING

Based on the availability of supporting infrastructure, the conduct of the competition should include both pool and beach lifesaving 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 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

1.2 INTERNATIONAL FEDERATIONS 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 and Team Captains to have a detailed working knowledge and thorough understanding of the most recent CISM regulations for Swimming and Lifesaving.

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).

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).

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). The establishment of a Technical Jury may include representation from both the CSC membership and designated team representatives. The individual 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).

1.5 TECHNICAL DELEGATES

The host nation that is organizing the championship event is responsible to provide technical delegates for all disciplines.

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 in the event that the requirement exists, the organizing committee may invite referees from participating countries.

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 anytime without the explicit agreement and approval of the host nation that is organizing the event.

2.1.3 REPLACEMENT OF A COMPETITOR

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 ILSF rules for lifesaving

2.1.4 ACCREDITATION OF FUTURE ORGANISERS

To facilitate enhanced situational awareness, future organisers (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 1 attached to this regulation.
- 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).

3. EVENT SCHEDULE

The Overall duration of the event is normally 9 days, scheduled as follows:

- Day one : Missions arrive
Training
- Day two : Preliminary meetings
Appointment of juries
Training
Opening ceremony
- Day three : Competition
- Day four : Competition
- Day five : Competition
- Day six : Cultural activity

- Day seven : Competition
- Day eight : End of competitions
Closing ceremony
- Day nine : Missions depart

If only swimming competitions are held in the program, it may be shortened by one day.

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 Swimmers/lifesavers per competition/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. Automatic officiating equipment is mandatory.

5 ANTI-DOPING CONTROL

5.1 DEFINITION

Doping is defined as:

- the presence of prohibited substances or its metabolites or markers in an athletes bodily Specimen
- the use or the attempted use of a prohibited substance or a prohibited method
- the refusing, or failing without compelling justification to submit to sample collection after notification

5.2 CONTROLS

Anti-Doping controls will be carried out according as per article 8.14 and Article 9.1 of the CISM Regulation (15 November 2011 Edition) which is in complete compliance with the Anti-Doping Code of WADA. The list of prohibited substances and methods used for the Anti-Doping testing in CISM events will always be the actual WADA list.

At all World Military Swimming Championships, there will be a specified number of tests carried out, taking into account any testing that will be conducted for any world records that may be achieved. For each discipline, these are as follows:

- **Swimming – eight (8)**
- **Lifesaving – three (3)**

5.3 RESPONSIBILITIES

The responsibilities for the oversight and implementaion of the Anti-Doping controls will lie with the Anti-Doping Commission formed for each event. The composition and tasks of this commission are defined in

Article 9.2 of the CISM Regulations (15 November 2011 Edition). In order to assist the Anti-Doping commission, the latest version of the Anti Doping Controls checklist will at all times be followed and adhered to by the commission.

6. RESULTS AND AWARDS

6.1 RESULTS

The president of CSC Swimming (or an individual specifically 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).

6.2 ORGANISING COMMITTEE

The organising committee must ensure that all CISM or world records established during CISM championships are authorized by the international sanctioning body to be officially recognised 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 compliant with all established regulations and protocols in order to ensure all records established during any CISM Championship will be officially certified and formally recognised 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), during the conduct of all award ceremonies, all athletes must wear their designated team track-suit and military personnel awarding the medals must wear uniform. Under certain special circumstances, the OCR may authorize the wearing of the team track-suits by athletes for the closing ceremonies.

6.5 FAIR PLAY CUP

In accordance with article 8.34 of the CISM Regulations (15 November 2011 Edition), 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, the Chairman of the Organizing Committee and the President of the CSC Swimming and Lifesaving.

