



**CISM**

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



**CISM  
SWIMMING and LIFESAVING  
REGULATIONS**

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## FOREWORD

The different disciplines of aquatic sports 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 disciplines has been a regular mainstay in the sporting calendar. Under the auspices of CISM, the world military 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. Therefor it is not necessary to have special infrastructure or equipment available.

# CISM

# 1. COMPETITIONS, RULES AND APPOINTMENTS

## 1.1 COMPETITIONS

For all competitions the Organizing Committee (OC) should create a day by day schedule (including the order of events) as soon as possible in accordance with the President of the CISM Sport Committee (PCSC). For the Team Captains it is necessary to have this schedule to finalize the final entry (to define athletes per discipline and entry times).

In the case in which para-athletes are integrated, the program for the para-athletes will be finally defined in consultation between the Organizing Committee and the President of the CSC (PCSC). The way of classification of the para-athletes will be specified in the respective invitation for the event and will probably sum up some different IPC sport-classes in one sport-class to make sure that there will be a competition possible with minimum 3 athletes per sport class. The red marked disciplines under 1.1.1.1 are generally foreseen for the participation of para-athletes. For relays with para-athletes there will be a defined system inspired by the point-system of IPC swimming.

### 1.1.1 SWIMMING

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

The schedule 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 POOL EVENTS

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

Freestyle 50, 100, 200, 400, 800 and 1500 meters

Backstroke 50, 100 and 200 meters

Breaststroke 50, 100 and 200 meters

Butterfly 50, 100 and 200 meters

Individual Medley 200 and 400 meters (or 150 m Individual Medley without Butterfly)

Freestyle Relays 4 x 100 and 4 x 200 meters

Medley Relay 4 x 100 meters

Mixed Relays 4 x 100m Freestyle

Mixed Relays 4 x 100m Medley

#### 1.1.1.2 OPEN WATER SWIMMING

The following disciplines should be organized in case the OC wants to integrate open water swimming events. It will be also possible to host open water swimming integrated in a lifesaving Beach/Ocean event.

5km (male/female)

10 km (male/female)

Mixed Team event (4x1250m relay)

### 1.1.2 LIFESAVING

CISM and ILS signed a convention of collaboration on which the future events will be conducted in accordance with this agreement. 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  
4 x 50 m Lifesaver Relay (Mixed)

**1.1.2.2 Lifesaving Beach / Ocean events**

**Individual:**

Run-Swim-Run (or Surface if no sandy area or beach is unavailable)  
Board Race  
Surfski Race  
Oceanwoman/Oceanman  
Beach flags

**Relays:**

Rescue Board Rescue  
Rescue Tube Rescue  
Oceanwoman relay/Oceanman relay  
Ocean Lifesaver Relay (Mixed)

The detailed description of the different events can be seen in ILS Competition Rule Book (latest 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 and the Convention of Collaboration between ILS and CISM 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 2.13 and 2.14 of the CISM Regulations.

### **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 actual CISM Regulations.

## **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 actual CISM Regulations. 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 also 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 A of the CISM Regulations.

## **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. For open water swimming and/or Lifesaving Beach/Ocean events it is strongly recommended to invite referees from the participating countries. In case of a swimming event including Para-athletes 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 athletes) or **two** Coaches (10 athletes and more)

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

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

**Maximum of four** competitors swimming open water (**male**)

**Maximum of four** competitors swimming open water (**female**)

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

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

**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.

It is possible that an athlete can compete in swimming events pool and open water in the same championship. It is also possible that an athlete can compete in lifesaving events and in swimming events. The Athlete who will participate in different disciplines will count on the respective maximum number of allowed athletes per discipline fixed above.

### **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 at the date mentioned in the invitation. 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 latest at the date mentioned in the invitation for the Championship:

- 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 B of the CISM Regulations.

### 3. GENERAL EVENT SCHEDULE

The Overall duration of the event is normally 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 four:	Competition
Day five:	Competition
Day six:	Competition / 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 President of the CSC.

The host country/OC is responsible to offer training possibilities from the day of arrival until the day before departure. No special arrangements only available for one athlete or team will be accepted.

### 4. SPORTS REGULATIONS

#### 4.1 GENERAL PROVISIONS

##### 4.1.1 Competitors

While respecting the number of competitors as specified in paragraph 2.1.1. only 2 individual Swimmers/Lifesavers per event are permitted to go into the final, For relays only 1 team per country can participate in an event.

##### 4.1.2 Minimum performance

Entries are not dependant on previous performance times.

##### 4.1.3 Infrastructure

Pool 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.

All other infrastructure guidelines are according the ILS competition rule book or FINA facility rules. If a host nation is willing to host a championship but has not all above specified infrastructure or equipment available it is recommended to contact PCSC or CISM HQ for negotiations. The main goal is to make a championship happen.

## **5. DOPING CONTROL**

According CISM regulations 9.2 B there will be an Anti-Doping-Commission chaired by the OCR. The 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.

In accordance with CISM Regulations and related CISM Sports Regulations all new world record holders must be submitted to a Doping-Test in order to validate their new record. Organizing Committees should provide extra Doping-Test-Kits to fulfill this task, if necessary.” Copies (form) of the conducted Doping-Test must be handed over to the OCR.

## **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.

### **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 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. At the end of the competition the form “request for ratification of a record” has to be completed and handed over to the PCSC.

### **6.3 OFFICIAL CISM MEDALS**

When preliminaries are swum, medals shall be awarded to those swimmers of the relays who swam in the heats and the final race.

### **6.4 CEREMONIES AND PROTOCOL**

In accordance with the guidelines articulated in article 8.26 of the CISM Regulations, 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.

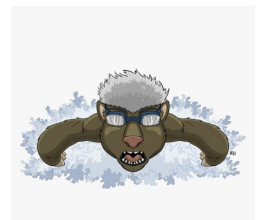
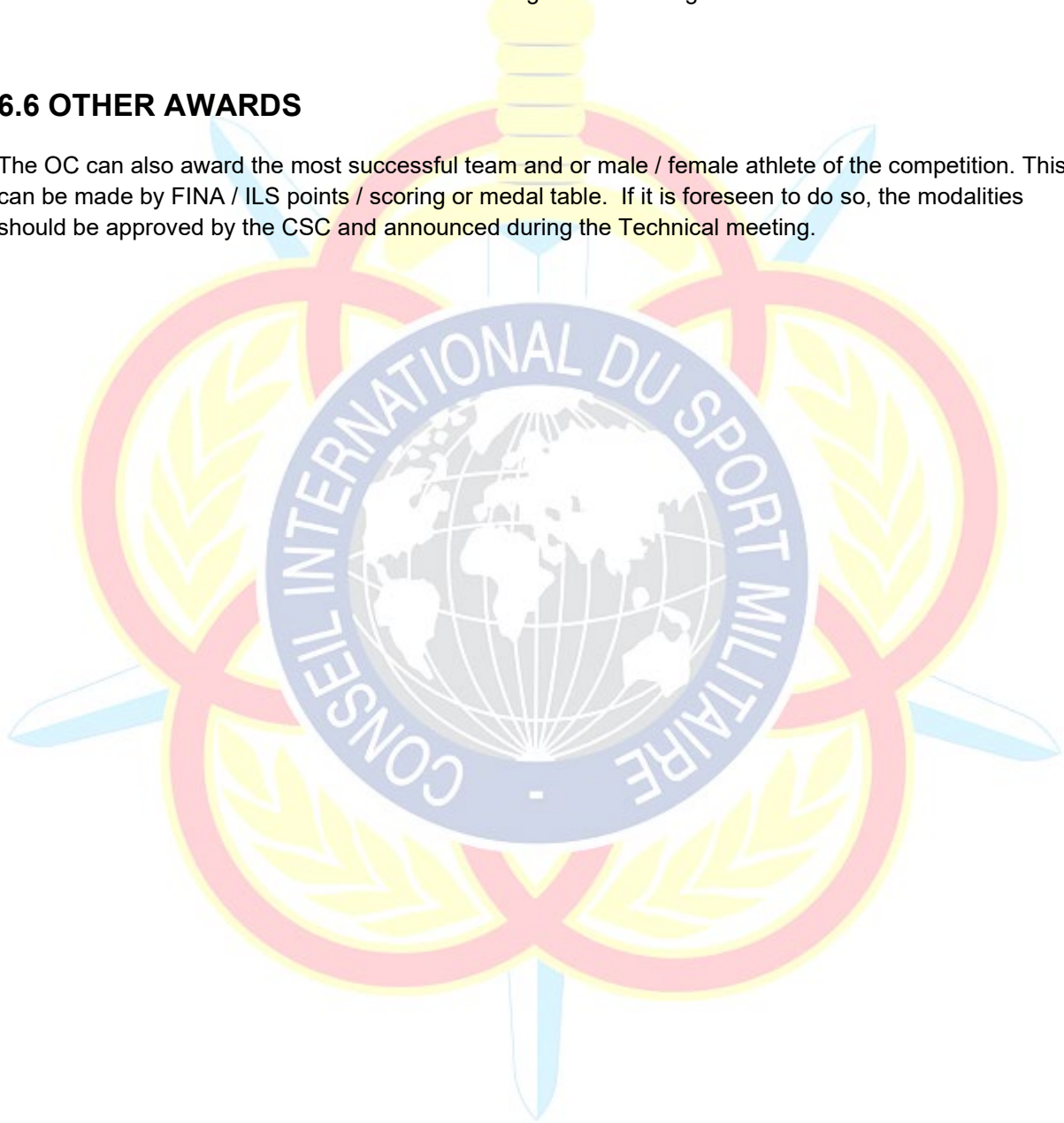
### **6.5 FAIR PLAY CUP**



In accordance with article 8.34 of the CISM Regulations, 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.





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## 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 in the finals
- 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 heats in the preliminary heats session, the 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 (same for open water swimming).
  - 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)*

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