

**Finswimming Commission**  
**Michel GAUNARD**

## Technical notice concerning Finswimming rules 2020

Dear Friend,

You participate last year to the world cup. In 2020, some modifications were decided. This technical notice presents you the most important modification concerning Finswimming rules or information's concerning World Cup.

### 1) Modification of Finswimming rules. V2020-01

The Finswimming Rules were modified. You can find attached to the present notice and here the most important modifications you need regarding your organization of World Cup rounds or Golden Finale.

#### 2.1.3.2. b/ is canceled.

**Consequently, Cat D swimmers may compete on 50AP**

#### 2.2.5 Finswimming in Open Water (OW)

For safety and security reasons, underwater swimming is no permit in open water competition. During the race, if a swimmer breaks this rule, the style judge shows him a yellow card to inform him on his fault. If the style judge notes the fault again, a second yellow card is shown to the swimmer. With the third fault of underwater swimming, the style judge shows to the swimmer a red card that informs him on his disqualification and oblige him to stop and go out of water. During relay event in Open Water, this rule applies to each member of the team.

**It's precising that in open water, the style in Bi Fins is freestyle (dolphin authorized).**

#### 3.3.3.g/ Modification of program of CMAS Championships, day 2 (order of races) and 3 (400BF)

Day 2	100 IM Women	100 IM Women	
	100 IM Men	100 IM Men	100 IM Women
	200 SF Women	200 SF Women	100 IM Men
	200 SF Men	200 SF Men	200 SF Women
	200 BF Women	200 BF Women	200 SF Men
	200 BF Men	200 BF Men	200 BF Women
	1500 SF Women (slow heats)	1500 SF Women (fast heat)	200 BF Men
	1500 SF Men (slow heats)	1500 SF Men (fast heat)	1500 SF Women
	4x50 SF mixed	4x50 SF mixed	1500 SF Men
			4x50 SF mixed

On day 3, Modification of 400 BF in Heats in morning and Finale in afternoon

Day 3	50 SF Women	50 SF Women	
	50 SF Men	50 SF Men	50 SF Women
	50 BF Women	50 BF Women	50 SF Men
	50 BF Men	50 BF Men	50 BF Women
	400 IM Women (slow heats)	400 IM Women (fast heat)	50 BF Men
	400 IM Men (slow heats)	400 IM Men (fast heat)	400 IM Women
	400 BF Women (heats)	400 BF Women (finale)	400 IM Men
	400 BF Men (heats)	400 BF Men (finale)	400 BF Women
	4x200 SF Women	4x200 SF Women	400 BF Men
	4x200 SF Men	4x200 SF Men	4x200 SF Women
			4x200 SF Men

7.11 When they approach the finishing-line, swimmers must enter the arrival cone and complete their course inside the cone, or else be disqualified. I

7.12 The competition field (positions of buoys, arrival cone, etc..) must be organised to oblige the athletes to pass through it on each lap in the same conditions with the point 7.11.

### 8.1.2.3. Starting procedure

- a) The starting dive must be made from a starting block.
- b) At the beginning of each event, the chief judge must signal to the swimmers by “a series of brief whistles”, to take off all clothes except for the bathing-suit, to put on the fins or Monofin. Then, the swimmers have maximum one and half minute and fifteen seconds (1'30" 1'15") to get ready.
- e/ On the starter command “take your marks” (or “à vos marques” or “a sus marcas” “Preparados”),

## 2) Modifications of World Cup Rules swimming pool, V2020-01

The possibility of participation is still 2 swimmers by event but 4 events by athlete and not 3 until 2019.

Cancellation of 100 IS for technical reason (ex: USA) and because necessary in to increase the events in BF to 4 (1 by session) with inclusion of 400BF.

Inclusion of one relay the first day to have 1 relay by day. relay 4x100 BF mixed on session 2 of day 1.

## 3) Remind

Because many mistakes concerning the type of classifications, please read again with attention the point 3 CMAS FINSWIMMING WORLD CUP MEETINGS CLASSIFICATION, and particularly 3.3, 3.4, 3.5. It's mandatory to establish 2 classifications, one for Clubs, one for National Teams.

## 4) Program of World cup

The program of World Cup is according table on next page.

### Saturday

7h30	8h45	Warm Up	
9h00			<b>Opening Ceremony</b>
		50 AP	Men/Women
		50 AP	Boys/Girls
		50 BF	Men/Women
		50 BF	Boys/Girls
		800 SF	Men/Women
		800 SF	Boys/Girls
			<b>Award ceremony</b>
15h00	15h45	Warm Up	
16h00		400 BF	
		400 BF	
		200 SF	Men/Women
			<b>Award ceremony</b>
		200 SF	Boys/Girls
		4x100BF	mixed
			<b>Award ceremony</b>

### Sunday

08h00	8h45	Warm Up	
9h00		100 SF	Men/Women
		100 SF	Boys/Girls
		100 BF	Men/Women
			<b>Award ceremony</b>
		100 BF	Boys/Girls
		400 SF	Men/Women
		400 SF	Boys/Girls
			<b>Award ceremony</b>
14h00	14h45		
15h00		50 SF	Men/Women
		50 SF	Boys/Girls
		200 BF	Men/Women
		200 BF	Boys/Girls
			<b>Award ceremony</b>
		4 x 100 SF	Men/Women
		4 x 100 SF	Boys/Girls
			<b>Award ceremony</b>
Departure of the teams (possibility open water)			

## 5) Others documents

- List of Bi-Fins certified 2020-01
- List of swimsuits certified 2020-01

Director Finswimming Commission  
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