



To: NPCs widely practising swimming

Bonn, 26 February 2010

Dear IPC Swimming Community,

The IPC Swimming STC is pleased to present as attached, the IPC Swimming Rules and Regulations for 2010.

The IPC Swimming STC acknowledges, and is grateful for, the support and input received from the IPC Swimming Community in preparing these Rules and Regulations through the:

- IPC Swimming Forum 2006
- IPC Swimming office invitation to the NPCs for rule revision (2008)
- Documents presented for the 2009 IPC Swimming Summit
- Discussions held at the 2009 IPC Swimming Summit
- IPC Swimming Technical Rules Working Group (2009)
- Informal meetings held with the community at various competitions since the Summit
- Revision done by the former and current STC

We also thank various members of the IPC Headquarters Staff for their assistance in preparation of the final document.

We look forward to receiving input from the IPC Swimming Community on the Rules and Regulations via the 2010 IPC Swimming Forum to be held in Eindhoven on 21 August. There will be additional information sent out in the coming weeks on the forum, including information on the process to use for proposing amendments to the 2010 Rules and Regulations.

Following the Swimming Forum, proposals supported will be considered for inclusion in the 2011-2014 Rules and Regulations.

As a summary, the 2010 IPC Swimming Rules and Regulations have incorporated the following:

- The IPC Handbook is referenced wherever applicable e.g. Governance, Athlete eligibility etc.
- Swimming Rules and Regulations in separate chapters



- Structured to reflect the flow of a competition
- Competition format and competition entry reflecting the IPC Swimming philosophy
- Motions passed by the IPC Swimming membership at the Durban 2006 Sport Forum, incorporated where applicable e.g.
 - Alignment with the wording of FINA Swimming Rules
 - Swimming rule exceptions reviewed to ensure an athlete is not disadvantaged by their disability
 - Toes no longer have to be under the water in a backstroke start
 - Butterfly kick now permitted during the first arm stroke after a start or turn in breaststroke
 - The requirement of shoulders to be in line with the normal water surface in butterfly has been removed
- Classification references aligned with the IPC Classification Code
- Protest procedure clearly explained

Should you have questions, please contact us via the IPC Swimming Office at ipcswimming@paralympic.org.

Thank you again to all who contributed to this process, and to the community for your patience in waiting for this final product.

Sincerely,

Jane D. Blaine

STC Chairperson
IPC Swimming