

ATHLIMA 2026 — SWIMMING COMPETITION

OFFICIAL RULES AND REGULATIONS

1. Swimming Costume and Equipment

1. All swimmers must wear proper swimming costumes suitable for competitive swimming.
2. **Boys:** Must wear proper swimming shorts.
3. **Girls:** Must wear appropriate swimming costumes with shorts underneath. **V-cut costumes are not permitted.**
4. Swimming caps are compulsory for all swimmers.
5. Goggles are recommended for all swimmers. However, swimmers who wish to swim without goggles may do so, provided they wear a swimming cap.

2. Events and Participation

1. All events are individual events. No team events will be conducted.
2. Each swimmer may participate in more than three events, subject to the event schedule and competition arrangements.
3. All events will be conducted on a time-trial basis.
4. The two fastest timings recorded in each event will be awarded the Gold Medal and Silver Medal, respectively.
5. If an event has fewer than three participants, it is likely to be cancelled.

3. Event Conduct and Swimming Rules

1. Swimmers must follow the prescribed swimming technique and lane discipline throughout their event.
2. A missed stroke or improper stroke execution, as determined by the referee, will result in immediate disqualification.
3. Touching the lane ropes or lane dividers during the event will result in immediate disqualification.
4. Stopping in the middle of the pool during an event will result in immediate disqualification.
5. Deliberately touching or interfering with another swimmer will result in immediate disqualification.
6. The decision of the judge/referee shall be final and binding. No arguments or disputes regarding the official decision will be entertained.

4. Event Management and Reporting

1. Swimmers are requested to reach the venue at least five minutes before their scheduled event.
2. On the day of the competition, the names of swimmers and their respective events will be announced.
3. Swimmers are required to report when their names and events are announced, participate in their event, and leave the premises after completing their swim.
4. Each swimmer will complete their event, have their timing recorded, and clear the premises to ensure smooth management and avoid unnecessary crowding and chaos.
5. Swimmers are requested to cooperate with the officials and follow all instructions for the proper conduct of the competition.

5. Timing and Results

1. The official timing of each swimmer will be recorded during their respective event.
2. The event timings and final results will be announced later through the designated communication channels.
3. Swimmers may check the published timings and results once they are officially announced.

IMPORTANT NOTICE

All participants are expected to maintain discipline, follow the instructions of the officials, and ensure fair play throughout the competition. Any violation of the rules may result in disqualification.

The Organising Committee reserves the right to make necessary decisions regarding event conduct, scheduling, and safety in the interest of the competition.