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国际游泳竞赛规则

英 汉 对 照

国 际 泳 联

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中国游泳运动协会
《游泳季刊》编辑部
1995、6 广州

2011年4月

编者的话

国际泳联最近下发了《游泳竞赛规则》，该规则自 1995 年起执行。该规则与现行规则相比，有多处修改与补充。为促进我国游泳技术水平不断提高，帮助教练员、运动员和裁判员准确理解游泳竞赛规则精神，提高他们的专业理论水平及外语能力，我们组织广州体育学院游泳教研室部分教师对这部规则进行了翻译，并将该规则英语原文和汉语参考译文以逐条对照的形式刊出发行。

该规则 SW1 至 SW3 及 SW11 至 SW13 的参考译文分别由王建宇、谭政典老师提供，SW4 至 SW10 的译文是笔者试译的。由于我们水平有限，错误难免。笔者希望读者对我们译文中的不当之处，提出宝贵意见，并将更好的译文，提供给我刊。我们将在《游泳季刊》中辟出专栏，选择刊载读者提供的优秀译文，以提高整个游泳界准确理解国际游泳竞赛规则的能力。来函请寄：广州市，广州大道北，广州体育学院迟爱光收，邮编：510076。

规则译文经国家体委游泳处陈嫣屏，原家玮同志审阅，我院游泳研究生王林同学在编辑这部规则过程中也做了很多工作，笔者对上述同志付出的劳动，深表谢意。

《游泳季刊》编辑部

迟爱光

1995 年 6 月 18 日

《游泳季刊》1996 年征订启事

《游泳季刊》是中国游泳运动协会科研委员会与广州体育学院合办的专业学术性刊物。重点介绍游泳专业知识及有关游泳运动的各种学术理论,交流教学训练方法及先进经验,及时报道国内外游泳动态及竞赛成绩资料,可供从事游泳运动的教练员、运动员及从事游泳教学与训练工作的大、中、小学教师,体育院系师生和游泳爱好者参考。

《游泳季刊》全年出版四期,每逢三、六、九、十二月出版,全年订价 16 元(含邮费)。欢迎广大读者踊跃订阅。本刊继续办理《游泳季刊》1995 年征订手续。

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《游泳季刊》编辑部

欢迎订阅《游泳成绩评分表》等资料

不久前国际泳联公布了《游泳成绩评分表》,中国游泳运动协会、《游泳季刊》编辑部共同编印出版了该评分表,国家体委游泳处处长陈嫣屏为该表作了序。

该表详尽列出男、女各 13 个奥运会游泳比赛项目及男子 800 米,女子 1500 米自由泳项目成绩分值。该表使用时只要根据不同项目成绩即可在表中查出应得分值。使用简便,可供不同性别、不同游泳项目成绩水平之间的比较,可供计算各类比赛团体总分、个人全能比赛成绩等。该表对游泳运动员选材,队伍的组成、选拔及体育院系游泳专修课成绩考核评定也有较高参考价值。该评分表共 20 页,彩色过塑封面,订价 4 元。

1992 年国家体委委托广州体院举办了全国中级游泳教练员岗位训练班,编写了《全国中级游泳教练员岗位培训班教材》。中国游泳运动协会秘书长郭庆龙为该教材撰写了前言。该教材包括游泳技术,游泳训练,游泳选材,游泳运动的生理、生化、心理及医务监督,游泳训练中的科研工作五大部分,全书约 25 万字,是游泳教练员的最佳参考书。每本订价 8 元。

《世界优秀游泳运动员的训练方法》一书介绍了近百位世界冠军,奥运会冠军和世界纪录保持者的训练安排及参加比赛的战术,全书插图、图表近百幅,20 余万字,每本订价 12.8 元。

订购办法同《游泳季刊》

《游泳季刊》编辑部

欢迎订购游泳分道线

天津市前进塑料包装厂吸收国内外设计之精华制造的游泳分道线美观、耐用，达到最佳的消波压浪效果，符合国内、国际比赛规则要求，在国内举办的多次国际、国内比赛使用，受到好评。

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欲购该厂产品者可与《游泳季刊》编辑部或与天津市和平区业余体校李书弟联系（电话 7310034）。

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请购比赛型游泳镜——“泳星”牌游泳镜

我刊编辑部推出的《第七届世界游泳锦标赛》录像带表明，进入决赛的半数以上运动员，其中包括阿尔姆西克、埃文斯、干叶铃、波波夫、帕金斯、多兰、劳斯、塞科尔夫、洛佩斯、内斯蒂，取得男子 4×200 米自由泳接力比赛第一名的 4 名瑞典队员全部采用比赛型游泳镜。该种类型游泳镜除出发、游进时不漏水，不脱落外，最大优点是设计合理，不影响游速，有助运动员创造优异成绩。

我刊编辑部研制的“泳星”牌游泳镜的所有技术指标，已达比赛型游泳镜的一切技术标准，质量可靠、价格低廉、供货及时，深受广东地区各游泳体校运动员、教练员的青睐。

零售价格：每副 18 元（含邮寄、包装费），若在本刊编辑部取货，每副 12 元。

批发价格：20 副以上，每副 10 元；50 副以上，每副 8 元（含包装、邮寄费）。

邮局汇款请寄：“广州市，广州大道北，广州体育学院刘桂敏收”，请在汇款单附言处注明“订购游泳镜及订购副数”。请写清收件人姓名、详细地址（省、市、区、街、门牌号）及所在地区邮政编码，以免误寄。

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广州体院邮政编码：510076

《游泳季刊》编辑部

SW1 MANAGEMENT OF COMPETITIONS

SW1 比赛的管理

SW1.1 The Management Committee appointed by the governing body shall have jurisdiction over all matters not assigned by the rules to the referee, judges or other officials and shall have power to postpone events and give directions consistent with rules adopted for conducting any event.

SW1.1 由主办单位任命的管理委员会,有权处理规则以外的关于总裁判、裁判员或其他工作人员的一切未尽事宜,并有权推延比赛及根据规则对每一项目的比赛给与指导。

SW1.2 At the Olympic Games, World Championships and World Cups, the FINA Bureau shall appoint the following minimum numbers of officials for the control of the competitions:

referee(1)

judges of stroke(4)

starters(2)

chief inspectors of turns (2, 1 at each end of the pool)

inspectors of turns (1 at each end of each lane)

chief recorder(1)

recorder(1)

clerks of course(2)

false start rope personnel(1)

announcer(1)

For all other international competitions, the governing body shall appoint the same or fewer number of officials, subject to the approval of the respective regional or international authority where appropriate. Where Automatic Officiating Equipment is not available, such equipment must be replaced by chief timekeeper, 3 timekeepers per lane, and 2 additional timekeepers.

SW1.2 在奥运会、世界锦标赛和世界杯比赛中,国际泳联执委会至少应任命以下人数的裁判员监管比赛:

总裁判一人,技术检查员四人,发令员二人,转身检查长二人(两边池端各一人),转身检查员每条泳道两端各一人,记录长一人,记录员一人,检录员二人,司线员一人,广播员一人。

举办其他国际比赛时,主办单位应任命相同人数或再少一些人数的裁判员,报请各自相应地区或国际组织批准。不具备自动计时装置时,必须增设计时长一人,每条泳道计时员三人,另二位计时员作为替补。

SW1.3 The swimming pool and the technical equipment for Olympic Games and World Championships shall be inspected and approved in due course prior to the Swimming competitions by the FINA Delegate together with a member of the Technical Swimming Committee.

SW1.3 国际泳联代表与游泳技术委员会成员应在赛前共同检查与验收供奥运会和世界锦标赛使用的游泳池和设备。

SW1.4 Where underwater video equipment is used by television, the equipment must be operated by remote control and shall not obstruct the vision or path of swimmers and must not change the configuration of the pool or obscure the required FINA markings.

SW1.4 在水下装有电视录像设备时,该设备必须由遥控器操作,并不得阻挡运动员的视线和泳道,不得改变游泳池的结构及不得遮盖国际泳联要求设置的标志物。

SW2 OFFICIALS

SW2 裁判员

SW2.1 Referee

SW2.1 总裁判

SW2.1.1 The referee shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or regulations related to the competitions. He shall enforce all rules and decisions of FINA and shall decide all questions relating to the actual conduct of the meet, and event or the competition, the final settlement of which is not otherwise covered by the rules.

SW2.1.1 总裁判全权管理全体裁判员,分配他们的工作,指令他们执行有关比赛的各项规程和一切特殊规定。他应执行国际泳联的所有规则和决议,负责解决他实际经管的比赛、项目或比赛中出现的所有问题,和最终解决本规则中未涉及到的一切实际问题。

SW2.1.2 The referee may intervene in the competition at any stage to ensure that the FINA regulations are observed, and shall adjudicate all protests related to the competition in progress.

SW2.1.2 总裁判可随时干预比赛,以确保国际泳联各项规程得以执行,有权判决与比赛过程中有关的各种抗议。

SW2.1.3 Where the finish judge's decision and the times recorded do not agree, the referee shall determine placing. Automatic Officiating Equipment, if available and operating, shall be consulted as stated in SW13.

SW2.1.3 当终点裁判员的裁决与计时员计取的成绩不一致时,总裁判有权裁决名次。如果具备并启用自动计时装置,应参照 SW13 有关规定。

SW2.1.4 The referee shall ensure that all necessary officials are in their respective posts for the conduct of the competition. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.

SW2.1.4 总裁判要确保各项比赛所需的裁判员都能在自己的岗位上尽责。当裁判员缺席、工作不力或不称职时,总裁判有权指派他人代替。总裁判认为有必要,可以加派裁判员。

SW2.1.5 At the commencement of each event, the referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions on the starting platform (or for backstroke swimming and medley relays to immediately enter the water.) A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position, When the swimmers and officials are prepared for the start, the referee shall gesture to the starter with a stretched out arm, indicating that the swimmers are under the starter's control.

SW2.1.5 在每项比赛开始时,总裁判应用连续短促哨声示意运动员脱外衣,然后用长哨声示意运动员上出发台就位(仰泳或混合泳接力的仰泳运动员应立即下水)。第二声长哨示意仰泳或混合泳接力的仰泳运动员立即就位。当所有运动员和裁判员都做好出发准备时,总裁判伸出手臂向发令员打手势,示意所有运动员已处在发令员的监控下,可开始发令。

SW2.1.6 The referee shall disqualify any swimmer for any violation of the rules that he

personally observes or which is reported to him by other authorized officials.

SW2. 1. 6 总裁判根据本人的观察或其他裁判员的报告,有权取消犯规运动员的比赛或录取资格。

SW2. 2 Starter

SW2. 2 发令员

SW2. 2. 1 The starter shall have full control of the swimmers from the time the referee turns the swimmers over to him (SW2. 1. 5) until the race has commenced. The start shall be given in accordance with SW4.

SW2. 2. 1 发令员有权管理自总裁判打出发手势后至比赛开始的运动员。(见 SW2. 1. 5)。出发应按 SW4 的规定执行。

SW2. 2. 2 The starter shall report a swimmer to the referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start, but only the referee may disqualify a swimmer for such delay, wilful disobedience or misconduct. Such disqualification shall not be counted as a false start.

SW2. 2. 2 运动员在出发过程中有延误比赛、蓄意不服从命令或其他不端行为,发令员应向总裁判报告,只有总裁判根据报告有权取消运动员的比赛资格。这一取消不算作一次出发抢码犯规。

SW2. 2. 3 The starter shall have power to decide whether the start is fair, subject only to the decision of the Referee. If the starter believes the start is not fair, he shall recall the swimmers after the signal of start has been given, except after a false start has occurred, when the starter shall not recall the swimmers after the signal of start has been given. (See SW4. 4)

SW2. 2. 3 发令员有权判定运动员出发是否犯规。但需服从总裁判的判决。如果发令员认为有出发犯规时,应在出发信号发出后,将运动员召回。在发生过一次出发抢码犯规后,发令员在出发信号发出之后,不得将运动员召回。

SW2. 2. 4 When starting an event, the starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the timekeepers can see and or hear the starting signal and the swimmers can hear the signal.

SW2. 2. 4 发令员发令时,应站在距游泳池出发一端约 5 米以内的泳池侧面,便于计时员和运动员能看见或听见出发信号。

SW2. 3 Clerk of Course

SW2. 3 检录员

SW2. 3. 1 The clerk of course shall assemble swimmers prior to each event.

SW2. 3. 1 检录员应在每项比赛开始前召集运动员。

SW2. 4 Chief Inspector of Turns

SW2. 4 转身检查长

SW2. 4. 1 The chief inspector of turns shall ensure that inspectors of turns fulfill their duties during the competition.

SW2. 4. 1 转身检查长应确保转身检查员在比赛过程中各尽其责。

SW2. 4. 2 The chief inspector of turns shall receive the reports from the inspectors of turns if any infringement occurs and shall present them to the referee immediately.

SW2. 4. 2 转身检查长在出现转身犯规时应接受转身检查员交来的犯规报告,并立即将报告交总裁判。

SW2. 5 Inspectors of Turns

SW2. 5 转身检查员

SW2. 5. 1 One inspector of turns shall be assigned to each lane at each end of the pool.

SW2. 5. 1 每条泳道的两端都要设有一名转身检查员。

SW2. 5. 2 Each inspector of turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last armstroke before touching and ending with the completion of the first armstroke after turning. The Inspector of Turns at the starting end of the pool, shall ensure that the swimmers comply with the relevant rules from the start and ending with completion of the first armstroke. The inspectors of turns at the finish end shall also ensure that swimmers finish their race according to the current rules.

SW2. 5. 2 转身检查员应检查运动员转身动作是否符合规则,即从触及池壁前的最后一个手臂动作开始至转身后完成第一次手臂动作止。在出发端,转身检查员应检查运动员是否按有关规则进行出发和出发后的第一次划水动作。在终点一端,转身检查员应检查运动员是否按有关规则到达终点。

SW2. 5. 3 In individual events of 800 and 1500 metres, each inspector of turns at the turning end of the pool shall record the number of laps completed by the swimmer in his lane and keep the swimmer informed of the remaining number of laps to be completed by displaying "lap cards".

SW2. 5. 3 在 800 和 1500 米项目比赛时中,转身端转身检查员应记录他负责泳道的运动员的游进趟数,并用报趟牌通知运动员所剩趟数。

SW2. 5. 4 Each inspector at the starting end shall give a warning signal when the swimmer in his lane has two lengths plus five (5) metres to swim to finish in individual events of 800 and 1500 metres. The warning signal may be by whistle or bell.

SW2. 5. 4 在 800 和 1500 米项目比赛时,出发端转身检查员应在运动员距终点还有两趟加 5 米时,用哨或铃发出信号。

SW2. 5. 5 Each inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When Automatic Equipment Which judges relay take-offs is available, it shall be used in accordance with SW13. 1

SW2. 5. 5 在接力比赛中,出发端检查员应检查出发运动员是否在前一运动员触及池壁后离开出发台。当启用判决接力出发的电动装置时,应按 SW13. 1 的规定执行。

SW2. 5. 6 Inspectors of turns shall report any violation on signed cards detailing the event, lane number, the swimmer's name and the infringement delivered to the chief inspector of turns who shall immediately convey the report to the referee.

SW2. 5. 6 转身检查员应在检查表上详细记录犯规运动员的项目、泳道、姓名和犯规情况,签名后交转身检查长。转身检查长应立即将检查表交总裁判。

SW2. 6 Judges of Stroke

SW2. 6 技术检查员

SW2. 6. 1 Judges of stroke shall be located on each side of the pool.

SW2. 6. 1 技术检查员应位于游泳池两侧。

SW2. 6. 2 Each judge of stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns to assist the inspectors of

turns.

SW2. 6. 2 技术检查员应检查运动员在游进中的泳式和动作是否符合规则,并协助转身检查员观察转身情况。

SW2. 6. 3 Judges of stroke shall report any violation to the referee on signed cards detailing the event, lane number, the swimmer's name and the infringement.

SW2. 6. 3 技术检查员应在检查表上详细记录犯规运动员项目、泳道、姓名和犯规情况,向总裁判报告。

SW2. 7 Chief Timekeeper

SW2. 7 计时长

SW2. 7. 1 The chief timekeeper shall assign the seating positions for all timekeepers and the lanes for which they are responsible. There shall be three (3) timekeepers for each lane. There shall be two (2) additional timekeeper designated, either of whom shall be directed to replace a timekeeper whose watch did not start or stopped during an event, or who for any other reason is not able to record the time.

SW2. 7. 1 计时长应负责安排全体计时员的座位及其所负责的泳道,每条泳道应分配三名计时员,再安排两名候补计时员。比赛中当某计时员未开表或停表以及因其他原因不能计时时,可指定任何一名候补计时员代替。

SW2. 7. 2 The chief timekeeper shall collect from each timekeeper a card showing the time recorded and, if necessary, inspect their watches.

SW2. 7. 2 计时长应负责收集计时员填好比赛成绩的卡片,必要时检查他们的秒表。

SW2. 7. 3 The chief timekeeper shall record or examine the official time on the card for each lane.

SW2. 7. 3 计时长应记录或核对每一泳道比赛卡片上的正式成绩。

SW2. 8 Timekeepers

SW2. 8 计时员

SW2. 8. 1 Each timekeeper shall take the time of the swimmers in the lane assigned to him in accordance with SW11. 3. The watches shall be certified correct to the satisfaction of the meet Management Committee.

SW2. 8. 1 计时员应按 SW11. 3 的规定计取他负责泳道运动员的成绩。所有秒表应按大会管理委员会的要求,检查、证明其准确性。

SW2. 8. 2 Each timekeeper shall start his watch at the starting signal, and shall stop it when the swimmer in his lane has completed the race. Timekeepers may be instructed by the chief timekeeper to record times at intermediate distances in races longer than 100 metres.

SW2. 8. 2 计时员应在出发信号发出后立即开动秒表,当他所负责的运动员抵达终点时立即停表。计时长可指令计时员计取 100 米以上距离项目的分段成绩。

SW2. 8. 3 Promptly after the race, the timekeepers in each lane shall record the times of their watches on the card, give it to the chief timekeeper, and if requested present their watches for inspection. They shall not clear their watches until they receive the "clear watches" signal from the chief timekeeper or the referee.

SW2. 8. 3 比赛一结束,每道的计时员应立即将秒表上的成绩登记在卡片上,并交计时长。若被要求查看秒表时,应出示秒表接受检查。未得到计时长或总裁判“回表”信号前,计时员不得回表。

SW2. 8. 4 Unless video backup system is used, it may be necessary to use the full complement of timekeepers even when Automatic Officiating Equipment is used.

SW2. 8. 4 除非使用录像辅助系统, 否则即使使用自动计时装置, 也须安排足够的计时员。

SW2. 9 Chief Finish Judge

SW2. 9 终点裁判长

SW2. 9. 1 The chief finish judge shall assign each finish judge his position and the placing to be determined.

SW2. 9. 1 终点裁判长应负责安排终点裁判员的位置和判定名次。

SW2. 9. 2 After the race, the chief finish judge shall collect signed result sheets from each finish judge and establish the result and placing which will be sent directly to the referee.

SW2. 9. 2 每组比赛后, 终点裁判长应收集每位终点裁判员已签名的比赛结果报告单, 并确定比赛结果和名次, 送交总裁判。

SW2. 9. 3 Where Automatic Officiating Equipment is used to judge the finish of a race, the chief finish judge must report the order of finish recorded by the Equipment after each race.

SW2. 9. 3 当使用自动计时装置判定比赛名次时, 终点裁判长在每组比赛后, 根据自动计时装置的记录, 报告运动员到达终点的顺序。

SW2. 10 Finish Judges

SW2. 10 终点裁判员

SW2. 10. 1 Finish judges shall be positioned in elevated stands in line with the finish where they have at all times a clear view of the course and the finish line, unless they operate an Automatic Officiating device in their respective assigned lanes by depressing the "push-button" at the completion of the race.

SW2. 10. 1 除非终点裁判员使用自动计时装置在比赛结束时按下各自指定泳道的按钮, 否则, 终点裁判员应就位于终点延长线的梯形架上, 以便在比赛的过程中, 始终能清楚地看到整个游程和终点线。

SW2. 10. 2 After each event the finish judges shall decide and report the placing of the swimmers according to the assignments given to them. Finish judges other than push-button operators shall not act as timekeepers in the same event.

SW2. 10. 2 每组比赛完后, 终点裁判员应根据分工, 判定并报告运动员的名次。终点裁判员除控制按钮外, 不应兼做本组比赛的计时员。

SW2. 11 Desk Control

SW2. 11 记录

SW2. 11. 1 The chief recorder is responsible for checking results from computer printouts or from results of times and placing in each event received from the referee. The chief recorder shall witness the referee's signing the results.

SW2. 11. 1 记录长应负责检查计算机打印出来的成绩或由总裁判收集的各项比赛成绩和名次。记录长还应亲自监督总裁判在成绩单上签字。

SW2. 11. 2 The recorders shall control withdrawals after the heats or finals, enter results on official forms, list all new records established, and maintain scores where appropriate.

SW2. 11. 2 记录员在预赛或决赛后, 应将成绩填写在正式表格上, 列出所创造的新纪录并计算得分。

SW2.12 Officials shall make their decision autonomously and independently of each other unless otherwise provided in the Swimming Rules.

SW2.12 裁判员应独立自主按游泳规则做出自己的裁决。

SW3 SEEDING OF HEATS AND FINALS

SW3 预赛和决赛的编排

The starting stations for all events in Olympic Games, World Championships, Regional Games and other FINA competitions shall be by seeding as follows:

在奥运会、世界锦标赛、地区性运动会和国际主持的其他国际比赛中,各项运动员的编组和泳道安排应按以下原则:

SW3.1 Heats

SW3.1 预赛

SW3.11 The best competitive times of all entrants for the preceding twelve months shall be submitted on entry forms and listed in submit times shall be considered the slowest and shall be considered the slowest and shall be placed at the end of the list. Placement of swimmers with identical times or of more than one swimmer without times shall be determined by draw. Swimmers shall be placed in lanes according to the procedures set forth in SW3.1.2. below. Swimmers shall be placed in trial heats according to submitted times in the following manner:

SW3.1.1 参加比赛的运动员应在报名单上写明自己近一年的最好成绩。大会管理委员会按照报名单的成绩排列先后次序。未写明成绩的运动员,作为最差的排在最后。成绩相同的运动员或没有成绩的运动员超过1人时,应以抽签决定其先后。根据SW3.1.2的方法编排运动员的泳道。根据所报的成绩按下列方法编组。

SW3.1.1.1 If one heat, it may be seeded as a final and swum only during the final session, at the referee's discretion.

SW3.1.1.1 若只一组时,编排方法同决赛编排法,按总裁判的决定,在决赛比赛的时间进行比赛。

SW3.1.1.2 If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc.

SW3.1.1.2 如有两组时,成绩最好的运动员应编排在第二组,次最好者编排在第一组;第二次最好者编排在第二组,第三次最好者编排在第一组,以此类推。

SW3.1.1.3 If three heats, the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc.

SW3.1.1.3 如有三组时,成绩最好的运动员编排在第三组,次最好者编排在第二组,再次最好者编排在第一组,第四最好者编排在第三组,第五最好者编排在第二组,第六最好者编排在第一组,第七最好者编排在第三组,以此类推。

SW3.1.1.4 If four or more heats, the last three heats of the event shall be seeded in accordance with SW3.1.1.3 above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each heat, in accordance with the pattern outlined in SW3.1.2 below.

SW3. 1. 1. 4 如有四组以上时,最后三组按以上SW3. 1. 1. 3方法编排,最后三组以前的组,应包括次最好者;最后四组以前的组,应包括次最好者,以此类推。在每组中,应根据运动员报名成绩,递减顺序编排泳道,其方法同下面的SW3. 1. 2。

SW3. 1. 1. 5 Exception: When there are two or more heats in an event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.

SW3. 1. 1. 5 例外情况: 当一项比赛中有两组或两组以上时,任何预赛至少应安排三名运动员一组,但是编排后有弃权者时,预赛一组内可少于三人。

SW3. 1. 2 Except for 50 meter events, assignment of lanes shall be (number 1 lane being on the right side of the pool when facing the course from the starting end) by placing the fastest swimmer or team in the centre lane in pool with an odd number of lanes, or in lane 3 or 4 respectively in pools having 6 or 8 lanes. The swimmer having the next fastest time is to be placed on his left, then alternating the others to right and left in accordance with the submitted times. Swimmers with identical times shall be assigned their lane positions by draw within the aforesaid pattern.

SW3. 1. 2 除50米项目外的泳道安排: (站在出发池端面对池,第一泳道应在池的右侧),如果泳道是奇数,成绩最好的运动员或接力队应安排在中间的泳道。若有六条或八条泳道,成绩最好的运动员或接力队应安排在第三或第四泳道上,成绩次好的在最好的左边泳道上,再次好的在最好的右边泳道上,按报名时的成绩,先左后右,依次安排。成绩相同的运动员采取抽签形式按上述原则安排道次。

SW3. 1. 3 When 50 meter events are contested, the races may be swum, at the discretion of the Management Committee, either from the regular starting end to the turning end or from the turning end to the starting end, depending upon such factors as existence of adequate Automatic Equipment, starter's position, etc. The Management Committee should advise swimmers of their determination well before the start of the competition. Regardless of which way the race is swum, the swimmers shall be seeded in the same lanes in which they would be seeded if they were both starting and finishing at the starting end.

SW3. 1. 3 举行50米项目比赛时,其比赛是从常规出发一端游到转身一端,还是从转身一端游到出发一端,要根据自动计时装置、发令员的位置等因素,由管理委员会决定。在比赛开始前,管理委员会应通知运动员他们的决定。无论比赛如何进行,运动员的泳道安排出发和到终点都在发端情况下进行。

SW3. 2 Finals

SW3. 2 决赛

SW3. 2. 1 Where no preliminary heats are necessary, lanes shall be assigned in accordance with SW3. 1. 2 above. Where preliminary heats have been held, lanes shall be assigned as in SW3. 1. 2 based, however, on times established in such heats.

SW3. 2. 1 当无需安排预赛时,泳道的安排方法同SW3. 1. 2, 如有预赛时,按照预赛的成绩根据SW3. 1. 2有关规定进行安排。

SW3. 2. 2 In the event that swimmers from the same or different heats have equal times registered to 1/100 second for either the eighth place or sixteenth place, there shall be a swim-off to determine which swimmer shall advance to the appropriate finals. Such swim-off shall take

place not less than one hour after all involved swimmers have completed their heat.

SW3. 2. 2 在一项比赛中,如预赛同组或不同组运动员,其成绩直至百分之一秒都相同,在取第八名或第十六名进入决赛时,应采用重赛来决定哪位运动员进入决赛。重赛应在所有有关运动员游完预赛至少一小时后进行。

SW3. 2. 3 Where one or more swimmers scratch from a final event (A or B final), substitutes will be called in order of classifications in heats. The event or events must be re-seeded and supplementary sheets must be issued detailing the changes or substitutions, as prescribed in SW3. 1. 2.

SW3. 2. 3 当一名或一名以上运动员在决赛中弃权(决赛 A 或决赛 B),其空额将按预赛成绩的顺序替补。比赛须重新编组,按 SW3. 1. 2 有关规定执行,公布替补名单时应详细说明运动员的变化及替补情况。

SW3. 3 In other competitions, the draw system may be used for assigning lane positions.

SW3. 3 在其他比赛中,可采用抽签方法来安排泳道。

王建宇译

SW4 THE START

SW4 出发

SW4. 1 The start in Freestyle, Breaststroke and Butterfly races shall be with a dive. On the long whistle (SW2. 1. 5) from the referee the swimmers shall step onto the starting platform with both feet the same distance from the front and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. When all swimmers are stationary, the starter shall give the starting signal (shot, horn, whistle or command).

SW4. 1 自由泳、蛙泳和蝶泳比赛须起跳出发。听到总裁判发出长哨声后(SW2. 1. 5)、运动员应立即上出发台,两脚距出发台前缘的距离应相同。当发令员发出“各就位”的口令后,运动员应立即做好出发准备姿势,此时至少一脚应站在出发台的前缘上。当所有运动员都处于静止状态时,发令员应发出出发信号(鸣枪、鸣笛、鸣哨或口令)。

SW4. 2 The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle (SW2. 1. 5), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (SW6. 1). When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

SW4. 2 仰泳和混合泳接力比赛应从水中出发。当总裁判第一次发出长哨声时(SW2. 1. 5),运动员应立即入水。总裁判第二次发出长哨声时,运动员应尽快返回池壁,做好出发姿势(SW6. 1)。当所有运动员都做好出发姿势后,发令员应发“各就位”的口令。当所有运动员都处于静止状态时,发令员应发出出发信号。

SW4. 3 In Olympic Games, World Championships and other FINA events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform. The sound of these loudspeakers shall be sufficiently loud that repetition of the signal (SW4. 5) will give adequate recall signal for a false start.

SW4. 3 在奥运会、世界锦标赛和国际泳联举办的其它比赛上,须用英语发“各就位”的口令。

出发时需用多组并联扬声器,每个出发台都应安装扬声器。应保证扬声器的音量,以便运动员听清抢码犯规召回信号(SW4.5)。

SW4.4 The starter shall call back the swimmers at the first false start and remind them of not starting before the starting signal. After the first false start any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back, be reminded by the starter of the penalties, and start again.

SW4.4 出现第一次抢码犯规时,发令员应将运动员召回,并应提醒运动员在出发信号发出前不得有出发动作。出现第一次抢码犯规后,任何一名运动员再在出发信号发出前出发,都将被取消参赛资格。如果在出发信号发出后发现运动员抢码犯规,应继续比赛,赛后取消犯规运动员的录取资格。如果在出发信号发出前发现运动员抢码犯规,则不再发出出发信号,但应将不犯规的运动员召回,发令员提醒判罚规定后,再次组织出发。

SW4.5 The signal for a false start shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the referee decides that the start is false he shall blow his whistle, which shall be followed by the starter's signal (repeated) and dropping of the false start rope.

SW4.5 抢码犯规信号与出发信号相同,但应与下放召回线同时连续发出。如果总裁判认定有运动员抢码犯规,总裁判应吹哨,此时发令员也应(连续)发出召回信号并下放召回线。

SW4.6 If an error by an official follows a fault by a swimmer, the fault by the swimmer is expunged.

SW4.6 因裁判员失误导致运动员抢码犯规,不算运动员抢码犯规。

FREESTYLE

SW5 自由泳

SW5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

SW5.1 顾名思义,自由泳比赛时,运动员可采用任何泳式。但个人混合泳和混合泳接力项目比赛除外,在这两类项目比赛中,自由泳段游程可采用仰泳、蛙泳、蝶泳以外的任何泳式。

SW5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW5.2 每游完一趟和到达终点时,运动员身体的某一部分必须触壁。

SW6 BACKSTROKE

SW6 仰泳

SW6.1 The swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. The feet, including the toes, shall be under the surface of the water. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

SW6.1 运动员面对出发端,齐排于水中,两手抓住握手器。两脚(包括脚趾)应处于水面下。禁止站在水槽内或水槽上或用脚趾钩住水槽边。

SW6.2 At the signal for starting and after turning the swimmer shall push off and swim

upon his back throughout the race except when executing a turn as set forth in SW6. 4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

SW6. 2 随出发信号和转身后,运动员应蹬离池壁,并在整个游程中呈仰卧姿式。除做转身动作外,运动员必须始终仰卧。转身规则要求请看SW6. 4。正常仰卧姿式身体可有转动动作,但不得转至与水平面呈 90° 。头部姿式不受此限。

SW6. 3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

SW6. 3 在整个游进过程中,运动员身体的某部分必须露出水面。在转身过程中,允许运动员完全潜入水中。在出发和每次转身后,运动员潜泳距离不得超过15米。在15米处,运动员头部必须露出水面。

SW6. 4 During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. Once the body has left the position on the back, there will be no kick or arm pull that is independent of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall. When executing the turn there must be a touch of the wall with some part of the swimmer's body.

SW6. 4 转身时,肩的转动可以超过垂直面,直至呈俯卧姿式。为协助转身动作,转身开始后一臂或两臂同时可做一次连续划水动作。身体一旦改变仰卧姿式,将不再允许做与连续转身动作无关的打腿和划臂动作。蹬离池壁时,运动员必须再次返回仰卧姿式。转身时,运动员身体的某部分必须触壁。

SW6. 5 Upon the finish of the race the swimmer must touch the wall while on the back.

SW6. 5 运动员到达终点时,必须以仰卧姿式触壁。

SW7 BREASTSTROKE

SW7 蛙泳

SW7. 1 From the beginning of the first stroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the normal water surface.

SW7. 1 出发和每次转身后,从第一次手臂动作开始,身体应保持俯卧姿势,两肩应与水面平行。

SW7. 2 All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

SW7. 2 两臂的所有动作应同时并在同一水平面上进行,不得有交替动作。

SW7. 3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the last stroke. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SW7. 3 两手应一起在水面、水下或水上由胸前伸出。除最后一次划水动作外,肘部不得出水。双手应在水面和水下向后划水。除出发和每次转身后的第一次划水动作外,两手向后划水不得

超过臀线。

SW7.4 All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

SW7.4 两腿的所有动作应同时并在同一水平面上进行,不得有交替动作。

SW7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

SW7.5 在蹬腿过程中,两脚必须做外翻动作。不允许做剪夹、爬泳上下打水或海豚泳向下打水动作。只要不做海豚泳向下打腿动作,允许两脚露出水面。

SW7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The shoulders shall remain in the horizontal plane until the touch has been made. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

SW7.6 在每次转身和到达终点时,两手应在水面、水上或水下同时触壁。触壁前两肩应保持水平。在触壁前的最后一个划水动作结束后,头可以潜入水中,但在触壁前最后一个完整或不完整动作周期中,头应部分地露出水面。

SW7.7 During each complete cycle of one arm stroke and one leg kick, in that order, some part of the swimmer's head shall break the surface of the water, except that after the start and after each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

SW7.7 在每个以一次划臂和一次蹬腿顺序完成的完整动作周期内,运动员头的某一部分应露出水面。只有在出发和每次转身后,在运动员全身没入水中时,可做一次长划臂动作和一次蹬腿动作。但在第二次划臂至最宽点并在两手向内划水前,头必须露出水面。

SW8 BUTTERFLY

SW8 蝶泳

SW8.1 The body must be on the breast at all times, except when executing a turn. The shoulders shall be in line with the water surface from the beginning of the first arm stroke, after the start and after each turn and shall remain in that position until the next turn or finish. It is not permitted to roll onto the back at any time.

SW8.1 除转身时外,身体必须始终俯卧。从出发和每次转身后的第一次手臂动作开始,至下一个转身或到达终点止,两肩应与水面平行。任何时候都不允许转呈仰卧姿势。

SW8.2 Both arms must be brought forward together over the water and brought backward simultaneously.

SW8.2 两臂必须在水面上同时向前摆动,并同时向后划水。

SW8.3 All movements of the feet must be executed in a simultaneous manner. Simultaneous up and down movements of the legs and feet in the vertical plane are permitted. The legs or feet need not be at the same level, but no alternating movements are permitted.

SW8.3 两脚的动作必须同时进行。允许两腿和两脚在垂直面上同时做上下打水动作。两腿和两脚可不在同一水平面上,但不允许有交替动作。

SW8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface. The shoulders shall remain in the horizontal plane until the touch is made.

SW8.4 在每次转身和到达终点时,两手应在水面、水上或水下同时触壁。触壁前两肩应保持水平。

SW8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface.

SW8.5 在出发和每次转身过程中,允许运动员在水下做一次或多次打水动作和一次划水动作,这次划水动作必须使身体游至水面。

SW9 MEDLEY SWIMMING

SW9 混合泳

SW9.1 In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.

SW9.1 在个人混合泳项目中,运动员须按下述顺序参赛:蝶泳、仰泳、蛙泳和自由泳。

SW9.2 In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

SW9.2 在混合泳接力项目中,运动员参赛顺序如下:仰泳、蛙泳、蝶泳和自由泳。

SW9.3 Each section must be finished in accordance with the rule which applies to the style concerned.

SW9.3 每种泳式游程结束时,须按相应泳式规则要求触壁。

SW10 THE RACE

SW10.1 A swimmer swimming over the course alone shall cover the whole distance to qualify.

SW10.1 参赛运动员应独自游完比赛全程。

SW10.2 A swimmer must finish the race in the same lane in which he started.

SW10.2 运动员应在他出发的泳道游抵终点。

SW10.3 In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.

SW10.3 在各项比赛中,运动员转身时身体须触及池壁。转身必须从池壁完成,不得在池底跨越及行走。

SW10.4 Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.

SW10.4 在自由泳比赛中,或在混合泳项目自由泳段比赛时,运动员可在池底站立,但不得行走。

SW10.5 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.

SW10.5 阻碍或干扰邻道运动员者,应取消其比赛资格。如属故意犯规,总裁判须将犯规情况报大会,并将犯规情况告该运动员的单位。

SW10.6 No swimmer shall be permitted to use or wear any device that may aid his speed,