

Nordic Swimming Federation



- **Statutes**
- **A - General rules and regulations**
- **B - Swimming**
- **C - Diving**
- **D - Synchronised swimming**
- **E - Water polo**
- **F - Masters**
- **G - Open water**
- **H - Nordic Education Group**
- **I - Nordic Records**

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CONTENTS

Statutes of the Nordic Swimming Federation	Page	3
A - General rules and regulations	Page	6
B - Swimming	Page	8
1. Nordic Championships		
2. Nordic age group invitational Championships		
C - Diving	Page	12
1. Nordic Junior and Senior Championships		
D - Synchronised swimming	Page	13
1. Nordic Junior and Senior Championships		
E - Water polo	Page	14
1. Nordic Championships for men and women		
2. Nordic Junior Championships		
3. Nordic Championships for club teams		
F - Masters	Page	15
1. Nordic Open Masters Championships in swimming		
2. Nordic Masters Championships in Diving		
G - Open Water Swimming and Open Water Masters	Page	17
1. Nordic Open Water Championships		
H - Nordic Education Group	Page	19
I - Nordic records	Page	20

Statutes of the Nordic Swimming Federation

1

The members of the Nordic Swimming Federation (NSF) are the Danish Swimming Federation (DEN), the Estonian Swimming Federation (EST), the Faroe Islands Aquatics Federation (FRO), the Finnish Swimming Federation (FIN), the Lithuanian Swimming Federation (LTU), the Norwegian Swimming Federation (NOR), the Icelandic Swimming Association (ISL), Sweden Aquatics (SWE) and the Swimming Federation of Latvia (LAT).

NSF may approve associate members, which have right to participate in NSF competitions as an equal member. They also have right to speak in NSF congress and board meetings without a vote.

2

The Nordic Swimming Federation is a collaborative body between the member federations. The main goal of the collaboration in the Nordic Swimming Federation is strengthening swimming as a sport in the Nordic region by planning and organizing Nordic Championships and competitions in different disciplines. Additional goals are 1) to develop learn to swim –programmes, swimming teaching and baby swimming in the Nordic countries by maintaining Nordic Educational Group activities (rule section H) and 2) that members would have mutual understanding in international questions by sharing information and opinions in meetings or by email.

3

Members and associate members shall be members of World Aquatics (AQUA) and LEN.

4

The Nordic Swimming Federation determines the conditions for Nordic championship competitions and comparable competitions that are designated as Nordic.

5

The bodies of the federation are the congress and the federation board.

Congress is the federation's highest body. Every member has one vote at meetings of the congress. Who exercises this voting right is advised when congress opens. Associated members do not have the right to vote. A simple majority is required for a decision to be valid. No member country may transfer its voting right to the representative of another member country.

The board consists of presidents from each of the member countries. Substitutes may be appointed.

Congress and board meetings are conducted in English.

6

The work of the board is chaired by the Chairperson. The Chairperson and secretariat are decided by the Congress every two years.

7

7 Congress decides whether to collect a membership fee or not. If it decides to collect a membership fee the purpose and plan for it needs to be decided also. The fee may be different for members and associated members. This fee falls due for payment 30 days from the Congress where it was approved and it needs to be paid to the account agreed in the Congress.

8

The accounts, if applicable shall be presented for the approval of congress by calendar year.

9

An ordinary congress is held each year preferably in conjunction with some other meeting or event. Place and the time of the Congress shall be decided by the board at least one month prior to the congress. The agenda and all proposals shall be issued no later than 14 days before the congress. Proposals for discussion at congress shall be received by the secretariat no later than 21 days before the congress.

The agenda shall include the following points if applicable:

1. The Chairperson report of activities and the financial report.
2. Determination of the dates of all Nordic championships for the following calendar year and approval of any other events. Congress decides on the locations of championships on the basis of proposals from the respective countries, and in urgent cases may also decide on other matters falling under this item.
3. Congress decides on the composition of the Nordic Education Group, as well as other working groups for the development of swimming as a sport in the Nordic region.
4. Decision on the membership fee.
5. Discussion of proposals submitted.
6. Decision of Chairperson and secretariat.

10

An extraordinary congress meets if the board so decides or if three of the member countries so request. Such a request shall be submitted to the secretariat with a proposed agenda. The chairperson shall then call the extraordinary congress by issuing the agenda no later than thirty days after the representation has been received and congress shall meet no later than 30 days after the notification has been sent.

11

A secretariat shall exist for NSF's administration, such as correspondence, minutes of meetings, accounts, etc. The task of maintaining the secretariat shall be decided by the congress every two years.

12

The federation's activities between congresses are managed by the federation board. The work of the federation is led by the chairperson. The federation board is deemed to have a quorum when at least half of the representatives of the member countries are present or support the proposal in question by letter. A simple majority is required for a decision. Each member country's board member has one vote.

13

The board shall meet at least once per year (cf. statute 4). Further meetings occur as needed. Board meetings shall be called by the chairperson and shall occur if at least three board members so desire. The invitation to the meeting shall be sent at least seven (7) days before the meeting.

14

The board shall, in addition to what is mentioned in statute 4:

- a) implement the decisions of congress
- b) prepare the items to be discussed by congress
- c) send an annual report and financial statements to the member federations
- d) handle all current business
- e) decide on the proposals put forward by the respective federations. Decisions on which proposals shall be put forward are decided with a simple majority.
- f) discuss on selected items on AQUA's and LEN's congress agendas
- g) decide the time and place for the next congress

15

The bureau and committee members at LEN and AQUA shall give written reports to be shared between members and associate members. They shall take into account the opinion of the Members and Associate Members both for items that are on the agenda and also on matters that the countries wish to bring up for discussion. Bureau and committee members shall put forward in their respective bodies also the views of the Nordic Swimming Federation or the respective federations.

16

Each federation pays its own expenses for travel and accommodation for its representatives at congress or board meetings. Meeting fees shall be shared between participants if not decided otherwise.

17

Specific provisions have been drawn up for championships. Competitors from member countries and associate members are entitled to participate in Nordic championships. All member federations of AQUA may participate in open competitions.

18

Amendments to these statutes may only be made by congress and require a two-thirds majority.

A - General rules and regulations

1

According to the rules of the Nordic Swimming Federation, all member countries and associate members are entitled to participate in the Nordic Championships.

2

The championships shall be organised by one of the member countries, in accordance with the rotation determined by NSF congress. Member countries that do not wish to organise the championships shall notify the NSF board of this no later than one year before the championships. NSF congress determines sanctions in the event of any breach.

3

Dates of the championships are determined by NSF congress or the secretary general on the basis of proposals from the organisers.

4

The organising country (federation or local organiser) should send invitations to compete to participating countries minimum of three months before the competitions start. The invitation shall be sent to NSF's general secretary.

5

Registrations should be made two months before each competition and the final registrations must be in the possession of the organisers no later than 10 days before the first day of competition. At the technical meetings for competitions, changes can be made if the participating countries agree on this. The NSF board determines sanctions in the event of any breach.

6

No entry fees are collected, with the possible exception of all Masters and Open Water Championships. A binding deposit charge may be made for water polo; this shall be adjusted in relation to documented extra expenses.

7

In swimming, diving, synchronised swimming and Open Water Swimming, NSF's championship medals are awarded to swimmers who finish first, second and third in each age group and discipline, and the same for teams in team events. The organiser is responsible for the cost of these. In water polo and masters, prizes are awarded in relation to the respective competition conditions.

8

It is the organiser's responsibility to find the most appropriate accommodation (rooms and food) for participants.

9

In special cases, the NSF board may make exceptions to these competition rules.

10

AQUA's competition regulations shall be observed in all competitions under the NSF.

11

In order to be able to call a competition a Nordic Championship, participants from at least three Nordic countries must take part.

12

Competition report must be written from each NSF championships. The report shall be sent to NSF's general secretary within two weeks of the championships by organising federation.

13

The competition between countries is the same for all disciplines and the points are calculated according to the following table:

Individual + all diving events		Swimming relays	
Position	/Points	Position	/Points
1	10	1	20
2	8	2	16
3	7	3	14
4	6	4	12
5	5	5	10
6	4	6	8
7	3	7	6
8	2	8	4
9	1	9	2

14

Every member country appoints a NSF contact person for swimming, diving, water polo, synchronized swimming, open water and masters. The contact information will be given to NSF's general secretary.

15

All Nordic meetings should be held in conjunction with the annual championships.

B - Swimming

1. Nordic Championships

1.1 Nordic championships should be held every year in December.
Championships are open to NSF member and NSF associate member countries. Other countries may participate on an invitational basis.

1.2 Championships are held over a 25-meter course. Championships should preferably be held in an 8-lane pool.

1.3 Competitors in the championships shall be:

Junior events:

- boys who reach the age of 13 to 17 during the calendar year
- girls who reach the age of 13 to 17 during the calendar year

Senior events:

- boys 18 years and older during the calendar year
- girls 18 years and older during the calendar year

Para events:

Championships will be swum under the current World Para Swimming (WPS) Rules and regulations.
The championships shall be sanctioned by World Para Swimming.

Sport classes	S1-10 (physically impaired swimmers)	No age limitation
	S11-13 (visually impaired swimmers)	No age limitation
	S14 (intellectually impaired swimmers)	No age limitation

Swimmers needs to be nationally classified before the start of the competition.

1.4 Each participating country may enter an unlimited number of individual swimmers in individual events and one team in team events (one in senior events, one in junior events and one in para events). A maximum of two swimmers per age group (junior and senior) and country may swim the finals. Also, a maximum of two swimmers per country may swim the finals in the Para events.

Late entries are allowed until three days before the start of the first session. Changes are allowed until the end of the team managers meeting the day before the competition starts. Withdrawals can be made until one hour before the relevant preliminary session.

All relays must be entered with an entry time (sum of four individual times and no withdraw from relay takeovers)

1.5 The disciplines in the championships are swum in heats and a final. The age groups swim joint heats in each discipline but separate finals. See order of event and start time of each session under "Order of events".

- 800 and 1,500 m freestyle are swum as combined timed finals seeded by entry time regardless of age and country. 800m/1500 meters the slowest heats will be swum in the morning session and the fastest in the evening. Seeding should be made so there is a full heat in the final's session and so that heats in the preliminary session are seeded according to AQUA rules regarding seeding of preliminary heats. Medals will be awarded in both Junior and Senior age groups.
- Relays in 4 x 100 freestyle, 4 x 200 freestyle and 4 x 100 medley is conducted in two groups; junior and senior. However junior swimmers can take part in senior relays, but senior swimmers cannot take part in junior relays.
Each swimmer can only swim in one relay team in each discipline (junior team or senior team).
Even though a junior swimmer is included in a senior relay, the points earned by the senior relay will still count in the team competition for senior.
- 50m disciplines are swum as open.

- The mixed 8x50m relay is swum so that all swimmers can be juniors but with a maximum 50% from the senior team.
- The relay events are swum only in the finals session.
- Events for para-swimmers are marked with classes that are eligible to enter.
- There will potentially be heats in the morning and finals in the evening for 8 best multi-class swimmers:
 - If there are 3 or less swimmers in the event, the event will be swum as a direct final in the morning.
 - If there are 4-8 swimmers in the event, the event will be swum as a direct final in the evening.
 - When there are 9 or more swimmers in the event, the event will be swum as heats in the morning and a final for 8 swimmers in the evening.

Finalists and medallists will be determined by multi-class points (World Para Swimming point system).

1.6 The competitions are swum from Friday to Sunday with heats in the morning and finals in the afternoon. Warm-up 1.5 hours before each session. Withdrawals can be made 30 min after each morning session.

1.7 The winner of the junior final is the Nordic Junior Champion, the winner of the para final by WPS points is the Nordic Para Champion and the winner of the senior final is the Nordic Champion. NSF logo medals are awarded to swimmers who finish first, second and third in each age group and discipline, and the same for teams in team events.

A separate set of medals (not NSF logo medals) will be awarded in events where swimmers representing invitational countries participate.

1.8 Order of events

Friday	Saturday	Sunday
1. 400 freestyle W Para S1-14	20. 400 ind. medley W	42. 400 ind. medley M
2. 400 freestyle W	21. 1500 freestyle M	43. 800 freestyle W
3. 400 freestyle M Para S1-14	22. 50 backstroke M Para S1-14	44. 100 butterfly W Para S1-14
4. 400 freestyle M	23. 50 backstroke M	45. 100 butterfly W
5. 50 backstroke W Para S1-14	24. 200 freestyle W Para S1-14	46. 50 butterfly M Para S1-14
6. 50 backstroke W	25. 200 freestyle W	47. 50 butterfly M
7. 200 backstroke M	26. 150 ind. medley M Para SM1-4	48. 200 backstroke W
8. 200 butterfly W	27. 200 ind. medley M Para SM5-14	49. 100 backstroke M Para S1-14
9. 100 butterfly M Para S1-14	28. 200 ind. medley M	50. 100 backstroke M
10. 100 butterfly M	29. 100 backstroke W Para S1-14	51. 50 breaststroke W Para SB 1-14
11. 200 breaststroke W	30. 100 backstroke W	52. 50 breaststroke W
12. 100 breaststroke M Para SB1-14	31. 50 breaststroke M Para SB1-14	53. 200 breaststroke M
13. 100 breaststroke M	32. 50 breaststroke M	54. 100 freestyle W Para S1-14
14. 50 freestyle W Para S1-14	33. 50 butterfly W Para S1-14	55. 100 freestyle W
15. 50 freestyle W	34. 50 butterfly W	56. 200 freestyle M Para S1-14
16. 50 freestyle M Para S1-14	35. 100 freestyle M Para S1-14	57. 200 freestyle M
17. 50 freestyle M	36. 100 freestyle M	58. 150 ind. medley W Para SM1-4
18. 4x200 freestyle W	37. 100 breaststroke W Para SB1-14	59. 200 ind. medley W Para SM5-14
19. 4x200 freestyle M	38. 100 breaststroke W	60. 200 ind. medley W
	39. 200 butterfly M	61. 4x100 freestyle W
	40. 4x100 medley W	62. 4x100 freestyle M
	41. 4x100 medley M	63. 8x50 freestyle Mixed

The preliminary sessions should start no later than 9:00 and finals sessions should start no later than 18:00.

There is a 15-minute break in finals sessions before the first relay.

- 1.9 Points will be awarded according to the NSF general rules and regulations (section A, pkt. 13).
- Only NSF member and NSF associate member countries can take part in the point competition for teams.
 - Only points achieved in finals can be counted.
 - A trophy will be awarded to the winning team in the junior group, the winning team in the para group and the winning team in the senior group.
 - Points achieved in 50m open events counts (only) in senior team competition.
 - There will be awarded no points in 8x50m freestyle relay.

1.10 The following six trophies will be awarded in the “Best performance award”:

- Trophy for overall best female youth performances according to AQUA points (junior girls)
- Trophy for overall best male youth performances according to AQUA points (junior boys)
- Trophy for overall best female youth performances according to AQUA points (women senior)
- Trophy for overall best male youth performances according to AQUA points (men senior)
- Trophy for overall best female para performances according to WPS points (para women open)
- Trophy for overall best male para performances according to WPS points (para men open)

All individual performances will be considered including junior performances in open events.

Only swimmers representing NSF member and NSF associate member countries can be awarded in the “Best performance award”.

1.11 The organising federation will charge all participating countries an entry fee of Euro 20,- for each competitor (relay only competitors included).

2. Nordic age group invitational Championships

2.1 The Nordic age group invitational Championships in swimming should be held every year in July. Championships are open to NSF member and NSF associate member countries. Other countries may participate on an invitational basis.

2.2 Championships are held over a 50-meter course. Championships should preferably be held in an 8-lane pool.

2.3 Competitors in the championships shall be:

- boys who reach the age of 13 to 16 years during the calendar year
- girls who reach the age of 13 to 16 years during the calendar year

2.4 Each participating country may enter an unlimited number of individual swimmers in each individual event (50, 100, 200 and 400) and one team in relay events, however only two individual swimmers will count in the team competition. All entries will be seeded by entry time.

Maximum two swimmers per country can be entered in 800 and 1500m freestyle unless there are empty lanes. Extra swimmers are to be decided at the team managers meeting. Extra swimmers are selected based on entry times. Extra swimmers in 800 and 1500m free will count in the team competition if their result rank them in top their country.

Late entries are allowed until three days before the start of the first session. Changes are allowed until the end of the team managers meeting the day before the competition starts. Withdrawals can be made until one hour before the relevant preliminary session.

All relays must be entered with an entry time (sum of four individual times and no withdraw from relay takeovers)

2.5 The disciplines in the championships are swum as direct finals and seeded with a full last heat and any other heats according to AQUA rules regarding seeding of preliminary heats.

2.6 The competitions are swum in two sessions on Saturday and one session on Sunday. Warm-up 1.5 hours before each session. See order of event and start time of each session under “Order of events”.

2.7 The winner of the championships is the Nordic Age Group Champion. NSF logo medals are awarded to swimmers who finish first, second and third in each discipline, and the same for teams in team events. A separate set of medals (not NSF logo medals) will be awarded in events where swimmers representing invitational countries participates.

2.8 Order of events

Saturday	Saturday	Sunday
1. 800m Freestyle Girls	11. 400m Individual medley Girls	23. 400m Freestyle Girls
2. 1500m Freestyle Boys	12. 400m Individual medley Boys	24. 400m Freestyle Boys
3. 100m Freestyle Girls	13. 200m Freestyle Girls	25. 200m Backstroke Girls
4. 100m Freestyle Boys	14. 200m Freestyle Boys	26. 200m Backstroke Boys
5. 200m Butterfly Girls	15. 100m Backstroke Girls	27. 100m Breaststroke Girls
6. 200m Butterfly Boys	16. 100m Backstroke Boys	28. 100m Breaststroke Boys
7. 200m Breaststroke Girls	17. 50m Freestyle Girls	29. 200m Individual medley Girls
8. 200m Breaststroke Boys	18. 50m Freestyle Boys	30. 200m Individual medley Boys
15-minute break	19. 100m Butterfly Girls	15-minute break
	20. 100m Butterfly Boys	
	15-minute break	
9. 4x100m Medley Girls		31. 4x200m Freestyle Girls
10. 4x100m Medley Boys		32. 4x200m Freestyle Boys
	21. 4x100m Freestyle Girls	
	22. 4x100m Freestyle Boys	

Start times of sessions:

The sessions on Saturday and Sunday morning should start no later than 10:00 and the session on Saturday afternoon should start no later than 18:00.

2.9 Points will be awarded according to the NSF general rules and regulations (section A, pkt. 13).

- Only NSF member and NSF associate member countries can take part in the point competition for teams.
- A trophy will be awarded to the winning team.

2.10 The organising federation will charge all participating countries an entry fee of Euro 20,- for each competitor (relay only competitors included).

C - Diving

1. Nordic Junior and Senior Championships

- 1.1 The Nordic Diving Championships are held every year. The junior and senior championships can be held as a combined event.
- 1.2 Participating countries can enter two competitors in each discipline. In synchronised competitions and the team event, only one team per country can take part.
- 1.3 Competition disciplines
 - The senior championship includes 1 m and 3 m springboard and platform for women and men.
 - The junior championship includes 1 m and 3 m springboard and platform for girls and boys.
 - If the competition facilities allow for synchronised diving, this shall be included in the senior and junior championships.
 - Team events are held with one woman and one man from each country. Also 5m and 7.5m heights can be used.

The following competition series shall apply:

Seniors, women and men

- 1 m, 3 m and platform: According to AQUA rules.
- Synchronised 3 m and platform: According to AQUA rules for synchronized diving. Also 5m and 7.5m can be used in platform synchronized diving.
- Team Event: According to LEN rules for Team Event.

Class A, B, C

- 1 m, 3 m and platform: Competitions follow AQUA's requirements for competition series of 1m, 3m, platform, synchro 3m and synchro platform.

1.4 Ages

1. Boys and girls who during the calendar year are maximum 18 years on 31 December.
2. Boys and girls who during the calendar year are maximum 15 years on 31 December.
3. Boys and girls who during the calendar year are maximum 13 years on 31 December.

Individual

- A competitor can only compete in one junior class, with the exception that he or she can compete in the synchronised competition in the junior class.

Synchro

- Open for 18-year-olds and below

1.5 Judges

The participating countries shall nominate at least two qualified judges for the championships. Judges meetings shall be held in connection with the Nordic Championships. Judge evaluation shall take place at every championship. Parents may not judge their own children.

1.6 Implementation of competitions

Competitions are held over three days.

1.7 Medal statistics

Medal statistics shall be calculated separately for seniors and juniors. Two trophies will be awarded to the countries according to "General rules and regulations" (13): one for juniors and one for seniors.

D - Synchronised swimming

1. Nordic Junior and Senior Championships

Not in the programme until further notice.

E - Water polo

1. Nordic Championships for men and women

Not in the programme until further notice.

2. Nordic Junior Championships

2.1 The Nordic water polo championships for boys and girls are held every year if three or more member countries participate.

2.2 Competitions may be held as open to all member countries of AQUA.

2.3 The championships start on the last Friday of November and are organized in two age groups:

- Youth 17: Players who reach the maximum age of 17 during the calendar year
- Youth 15: Players who reach the maximum age of 15 during the calendar year

The championships in the two age groups can be organized on different dates and at two different locations.

2.4 The participating countries shall nominate at least one qualified referee for the championships if participate with one or two teams. The participating countries shall nominate two qualified referees for the championships if more than three teams participate.

2.5 The organisers are allowed to choose for themselves an appropriate form for the tournament, based on the number of teams entered. The announcement considering the form of the tournament shall be sent to the participating teams no later than one month before the tournament.

2.6 Girl players may be members of boy teams.

3. Nordic Championships for club teams

Not in the programme until further notice.

F - Masters

1. Nordic Open Masters Championships in swimming

1.1 The Nordic Open Masters Swimming Championships shall be held on the first weekend of October each year.

1.2 Programme

Depending on the number of lanes in the pool and access to the pool, the organisers are free to decide:

- whether a longer freestyle discipline shall be included in the competition programme
- which of the following options for competition days shall be used:
 - o start Friday – finish Saturday
 - o start Friday – finish Sunday
 - o start Saturday – finish Sunday
- change of order of disciplines, depending on whether the programme includes three or four sessions and/or a longer freestyle discipline.

1.3 Disciplines

1-2. 400m freestyle M W	17-18. 50m breaststroke M W
3-4. 50m butterfly M W	19-20. 100m medley M W
5-6. 100m breaststroke M W	21-22. 200m breaststroke/200 backstroke M W
7-8. 100m backstroke M W	23-24. 4x50m medley M W
9-10. 200m butterfly/200 freestyle M W	25. 4x50m medley Mix (2 women and 2 men)
11-12. 4x50m freestyle M W	26-27. 400m medley/200m medley M W
13-14. 100m freestyle M W	28-29. 50m backstroke M W
15 -16. 100m butterfly M W	30-31. 50m freestyle M W
	32. 4x50m freestyle Mix (2 women and 2 men)

The 200 m events in different styles are held every other year, with butterfly and breaststroke in even years and freestyle and backstroke in odd years. The 400 m individual medley is held in even years and the 200 m in odd years. 800 m or 1,500 m freestyle can be included in the programme, as decided by the organiser. Age groups follow AQUA rules (MSW 1 Age Groups).

1.4 Participants

To participate, a competitor must be a member of an association that is a member of the respective country's "Swimming Federation".

1.5 Prizes

Nordic Championship medals are awarded to 1st, 2nd and 3rd placing swimmers. In team events, medals are only awarded for first place. Medals are awarded to all members of the winning team.

1.6 Invitation

The invitation to the Open Nordic Masters Championships shall be available on the organising country's website no later than four months before the competition. The invitation shall also be available in English. The invitation shall be sent by the organising club to all Nordic swimming federations.

1.7 Entry fee

The organising club decides the entry fee with the approval of the national swimming federation. However, this may not exceed that which applies to the European Masters Championships.

1.8 Record

Nordic Masters records are updated by the Swedish Swimming Federation. Records shall be sent to the e-mail address given by the Swedish Swimming Federation. The records list is available on the Swedish Swimming Federation's website - Masters. Each country shall ensure that new Nordic records are advised to the person responsible for the Nordic records list.

2. Nordic Masters Championships in Diving

Not in the programme until further notice.

G - Open Water Swimming and Open Water Masters

1. Nordic Open Water Swimming Championships

1.1 The Nordic Open Water Swimming Championships are held every year in either July or August.

1.2 The Nordic Open Water Swimming Championships distances are 5km and 10km for Seniors, 5km and 7,5km for Juniors, and 3km for Masters. If for any reason it isn't possible to conduct a 7,5 km race for Juniors, a 10km race will be swum instead.

If a race is held on a shorter course, this course should be long enough to ensure that a maximum of 5 rounds are needed in total in order to swim the race. If turning in the race is not fully understandable, and logical, the turns should always be made in the same direction throughout the course.

1.3 Competitors in the championships shall be:

Juniors

- Boys between the ages of 14 and 19 during the calendar year
- Girls between the ages of 14 and 19 during the calendar year

Seniors

- Men 20 years and older during the calendar year
- Women 20 years and older during the calendar year

Masters

- Men 25 years and older during the calendar year
- Women 25 years and older during the calendar year

Both genders are divided into five-year age bands and will cover the top age required by (25-29 years, 30-34 years, 35-39 years etc.)

1.4 Each participating country may enter an unlimited number of individual swimmers in all events.

Swimmers participating in the Nordic championships shall represent their country and must be entered through their national federation.

The Championships may be held as Open Championships, but only swimmers representing national federations as part of the NSF can be awarded Nordic Championship titles.

Enrolment and payment shall take place on the event website.

A participation fee can be applied by local organisers but it cannot exceed EUR 30 per race, per swimmer.

1.5 All swimmers shall have their competitor number written visibly in waterproof ink on the top of their back or their arms, and on their swimming cap. If swimming in a wetsuit, the competitor number shall be written on the hand, and on the swimming cap.

Points of difference to AQUA's rules include, in particular:

- Wetsuits and swim caps may be worn in temperatures of less than 20 °C for safety reasons.
- Wetsuits and swim caps must be worn in temperatures of less than 18 °C for safety reasons.
- Local adaptations may be made with regards to the start, finish and feeding platforms.
 - If the start and/or finish take place on land, dispensation shall be given to the rule of not being allowed to walk on the bottom during the start and/or finish.
- The water should have a minimum temperature of 15 °C.
- Masters competition must be swum as a separate race from the other Nordic Championship races.

- Masters competition can be a part of a mass participation event.
- Masters swimmers should always wear a wetsuit for safety reasons.

1.6 The championships are conducted over two days of competition so that only one event for junior and senior swimmers are conducted on each day.

The host country can decide to conduct the championships in different locations and on different dates, however the events for junior and senior swimmers must be held on two days after each other on the same competition site.

The competition site should be available for training the day before the first event.

1.7 The winner of the junior competition is the Nordic Open Water Junior Champion, the winner of the senior competition is the Nordic Open Water Champion and the winner of each age group in the masters competition is the Nordic Open Water Masters Champion. NSF logo medals are awarded to swimmers who finish first, second and third in each age group and discipline.

1.8 Organisers can decide the order of events taking section G, pkt. 1.6 into account.

1.9 No team competition is conducted.

H - Nordic Education Group

1. Objective

The objective is to develop learn to swim programmes, swimming teaching and baby swimming in the Nordic countries and to arrange a Nordic conference on swimming teaching and a Nordic conference on baby swimming every other year.

The aims of the conferences are:

- to provide new knowledge and add expertise
- to disseminate information in Nordic countries and in Europe
- to help to develop learn to swim –programmes, swimming teaching and baby swimming in swimming clubs

2. Membership and organisation

Each NSF member country appoints a representative to the Nordic Education Group (NEG) working group. The appointed persons should consist of persons from the federations who work in the field of learn to swim - programmes. The chairman always represents the country organizing the next conference.

NSF's member countries appoint a contact person for baby swimming in each country.

The role of the NEG-group is to make suggestions for the topics for the conferences for the organizing country. The cooperation of the NEG-group and the planning of the conferences shall be made via e-mail or other electronic tools. If the group so decides it can arrange a meeting. Each country pays for its own NEG-group expenses for the meetings and conference. Reports from the meetings are sent to the NSF general secretary.

3. Administration

The host country for the next conference on swimming teaching or baby swimming is responsible for the administration and conduct of the conference. NSF's president country and the NEG are responsible for the administration of the NEG.

4. Finance

The organising country is responsible for the finances of the conference.

I - Nordic records

1. All records will be administered by Sweden
2. Junior records (25m and 50m) have to be sent to the country holding the Presidency of NSF.
3. Junior records will be established from June 1. 2015, both for 25m and 50m pools.
4. If a junior record is to be established, it has to be equal to or faster than 800 AQUA points.
5. Age groups for junior records shall be in accordance to AQUA age group rules.