

SWIMMING AND DIVING

The swimming pool shall be either 75 feet long (22.860 m) or 82.021 feet (25 m), measured from the inside walls or from the tile or timing devices attached to the walls, and at least 45 feet wide (13.716 m). A pool 60 feet wide (18.288 m) is recommended.

It is recommended that water depth be a minimum of 3 feet, 6 inches (1.0668 m).

The bottom and walls of pools constructed or refinished shall be white or a light color. Continuous lines at least 12 inches wide (.3048 m) and of a dark color, shall indicate the middle of each swimming lane. It is recommended these lines end 60 inches (1.524 m) from the end walls and the last 12 inches (.3048 m) of the line be 36 inches wide (.9144 m) thus forming a broad "T". The center of each lane shall be indicated on the end walls by a 12-inch (.3048 m) line extending vertically at least 3 feet, 6 inches below (1.0668 m) the surface of the water. Markings on the finish pad and bulkheads shall conform to required markings on the end walls. Visible numbers identifying the lanes shall be provided.

End walls, and movable bulkheads serving as end walls, shall be parallel and vertical for a distance of 3 feet, 6 inches below (1.0668 m) the overflow level of the water, with no protrusions below the surface. Touch pads for automatic timing may be used if they do not shorten the race course beyond minimum specifications. It is recommended end walls be finished with a non-slip surface. In newly constructed pools, it is recommended that inlets on the end walls be at least 2 feet, 6 inches below the surface of the water.

Pools constructed with a radius transition from vertical wall to horizontal bottom meet this rule specification provided the 3 feet, 6 inches depth requirement is met within the 12-inch distance measured out from the end wall.

All ladders, steps or stairs shall be recessed into side walls or easily removed for competition.

One hundred foot-candles of lighting at water level is recommended.

The top edge of deck level pools shall be marked with a dark color which is distinct from surrounding colors to provide the swimmer with a visual target. It is recommended the end walls extend at least 2 inches (5.08 cm) above the normal flat surface of the water.

Lane markers shall be continuous, clearly visible floats which indicate the lateral limits of each lane. They shall be attached to and stretched between the end walls, anchored at surface water level in a recessed receptacle. It is recommended there be solid-color floats within 15 feet (4.572 m) of both end walls in contrast with the center portion of the lane markers. The width of the lanes shall be a minimum of 7 feet (2.134 m). The two lanes next to the side walls may be wider; in such pools, outside lane markers are recommended.

Starting platforms, numbered the same as the lanes, are required (except as described below). The top front edge of the platform and backstroke grips shall be no more than 30 inches (.762 m) above the water level and flush with the pool end wall. The top surface shall be flat with the back-to-front slope not exceeding 10 degrees from the horizontal. It is recommended the top be a minimum of 20 inches square (.508 m) and covered with a non-skid material.

In pools with water depth 3 feet, 6 inches to 4 feet at the starting end (measured at the end wall or any point within 12'' of the end wall), the starting platforms shall be no more than 18 inches above the water surface, or the swimmers shall start from the deck or in the water.

In pools with water depth less than 3' 6'' in the starting end, the swimmers must start in the water.

Backstroke flag lines, suspended 7 feet (2.134 m) above the surface of the water of each lane and 15 feet (4.572 m) from each end wall, shall be required for all events in which the backstroke is swum. At least three pennants of two or more alternating colors shall hang from the line over each lane. The pennants shall be 6 inches to 12 inches wide (15.25 - 30.48 cm), and 12 inches to 18 inches long (30.48 - 45.72 cm).

A visual lap-counting system for the 500 yard/meter freestyle event shall be required for each lane. The system shall consist of a sufficient number of white cards with 12-inch (.3048 m) tall, black, odd, ascending numerals and one solid fluorescent orange card, with or without a numeral.

Timing devices, whether manual, semi-automatic or automatic, shall be calibrated to one-hundredth (.01) of a second. The touch pads for automatic timing shall be centered in the lanes.

NOTES: The diving pool may be separate from or part of the swimming pool. The end of the board to the anchoring pool wall shall be at least 6 feet (1.829 m), with a minimum clearance of 8 feet (2.438 m) between boards and at least 10 feet (3.048 m) from a board to the pool side wall. The distance from the end of the board to forward pool wall shall be at least 29 feet (8.839 m), and the distance from the top of the board at the take-off end to the ceiling overhead shall be at least 16 feet (4.877 m). The above measurements are recommended for one-meter diving.

Water depth at any point 2 to 5 feet in front of the end of the board shall be 10 feet (3.048 m) with 12 feet (3.658 m) or more preferred. Pools constructed after January, 1987 must have a water depth of 12 feet or more.

The maximum depth reduction rate of diving pools which do not exceed minimum depth requirements shall be 6 1/4 percent for a distance of 20 feet (6.096 m) forward and 6 feet (1.829 m) back and to the sides. Deeper pools may have proportionally steeper depth reduction rates.

The diving board shall be horizontal and 1 meter (+/- 5 cm) above the water surface, measured from the top of the board. The board shall be 16 feet (4.877 m) long and 20 inches (.508 m) wide, and the entire top surface shall be covered with a non-skid material.

A fulcrum, which can be moved and set at varying positions between 5 feet, 6 inches and 7 feet, 6 inches (1.676 m and 2.286 m) from the rear of the diving board, is required. However, it is permissible to limit the range of movement of the fulcrum if the diving facility does not conform to one or more of the recommended specifications previously stated. The board shall remain horizontal with the fulcrum in any position.

A water agitation system is recommended which produces water surface agitation extending for 5 feet (1.524 m) beyond the end of the board with a width of 2 feet (.6096 m).