

2026 ACS Swimming Rules

Rules last updated November 2024

1. The Championship shall be conducted under Swimming Victoria rules unless otherwise stated hereunder or in ACS Competition Rules.
2. The events in this Championship shall be one start only.
3. Students shall compete in their own year level. All students are eligible to swim in Open events and may compete in an unlimited number of events.
 - 3.1. **Swim up Rule:** The intent of the “swim up rule” is to only be used in extreme circumstances where a school does not have four available (as in uninjured) swimmers in a given year level to fill a relay team. Under these circumstances only, a school may only apply through the Director/Head of Sport to;
 - Nominate a swimmer that is permitted to swim up in a higher year level, can only swim in the 4 x 50m freestyle or medley relays in that Year level.
 - The swimmer will not be able to swim in any other year level other than the higher level they have been nominated for.
 - The swimmer will not be able to compete in any individual events in either year level.
 The Application form will be made available to schools prior to the event and must be signed by the Director/Head of Sport.
 - 3.2. The Female and Male Swimmers of the Meet shall be determined by each swimmers’ top 5 events only.

4.

NUMBER OF COMPETITORS	
All Individual events	1 Competitor
Medley Relays	1 Team
Freestyle Relays	1 Team

AGE DEFINITIONS	
Junior	Year 7 & 8
Intermediate	Year 9 & 10
Senior	Year 11 & 12

5. **Points Scoring:** (Subject to change)

- 5.1. **Multiclass Points Scoring:** Multiclass points are allocated to the overall points only, not to Year Level scores. Points are dependent upon the number of competitors and classification. For example: If one competitor, then one point is allocated to the overall points. If three competitors points allocated as follows:

With 3 multiclass competitors	With 2 multiclass competitors	With 1 multiclass competitor
1st place – receives 3 points	1st place – receives 2 points	1st place – receives 1 point
2nd place – receives 2 points	2nd place – receives 1 points	
3rd place – receives 1 point		

EVENTS	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
A events	20	18	16	14	12	10	8	6

B events	8	7	6	5	4	3	2	1
Relays	40	36	32	28	24	20	16	12
Multiclass	Refer to explanation above under Rule 5. Multiclass points							

6. Students or teams who DNF or DQ receive last place points.

7. Lane Draw:

2026 Lane Draw (to be rotated annually)							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Bacchus Marsh	Loyola	Overnewton	Aitken	St Leonard's	St Aloysius	St Michael's	Westbourne

8. Seating:

Parents and Spectators							
Overnewton	Loyola	Bacchus Marsh	Westbourne	St Michael's	St Leonard's	St Aloysius	Aitken

9. The Championships shall be held at the Melbourne Sports and Aquatic Centre.

10. The Championships shall commence with an Acknowledgement of Country, the singing of the National Anthem by a student, and end with the trophy and pennant presentations.

11. All schools shall provide a minimum of 3 reliable people to help organise and run the Championships. Marshals should be adults.

12. The starter and referee shall be Swimming Victoria officials. AEO shall be an MSAC staff member.

13. Qualified First Aid officials will be in attendance.

14. A Student with a current injury: Must have a doctor's note with permission to swim

15. **Uniform:** All swimmers should wear school approved bathers (i.e., no board shorts or football shorts). Uniform school caps must be worn.

Coaches and swimmers please note: Race wear may be worn for ACS swimming carnival events but must be FINA approved. FINA approved swimwear carries the FINA label. ACS aims to hold a qualifying event and as such swimmers must only wear one swimsuit or will not be allowed to compete. Swimming Victoria officials will be strict on these rules.

FINA GR 5 Swimwear rules state (relevant to ACS):

GR 5.1: The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste suitable for the individual sports disciplines and not carry any symbol which may be considered offensive.

GR 5.2: All swimsuits shall be non-transparent

BL 8.2: In swimming competitions the competitor must wear only one swimsuit in one or two pieces, and no other garments. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

BL 8.3: swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

BL 7.1.1: Swimsuits: One (1) manufacturer's logo of a maximum size of 20 square centimetres when worn.

Where one-piece body suits are used, two (2) manufacturer's logo shall be permitted, one above the waist and one below the waist of a maximum size of 20 square centimetres each when worn. These manufacturer's logo shall not be placed adjacent to each other.

- One (1) *logo and one (1) *school name or code of a maximum of 20 square centimetres when worn.

BL 7.1.2 Caps: One (1) manufacturer's logo of a maximum of 20 centimetres on the FRONT.

- One (1) *logo and *school name (code) of the size of 32 square centimetres on the right side. Athlete's name of the size of 20 square centimetres on the right side. (*adjusted for ACS purposes)

16. Program:

#	Year	Gender	Event	#	Year	Gender	Event
1	Open	Girls	200m Individual Medley Champ	72	8	Boys	50m B Breaststroke Championship
2	Open	Boys	200m Individual Medley Champ	73	9	Girls	50m A Breaststroke Championship
3	7	Girls	4x50m Medley Relay	74	9	Girls	50m B Breaststroke Championship
4	7	Boys	4x50m Medley Relay	75	9	Boys	50m A Breaststroke Championship
5	8	Girls	4x50m Medley Relay	76	9	Boys	50m B Breaststroke Championship
6	8	Boys	4x50m Medley Relay	77	Multiclass	Mixed 50m Breaststroke Championship	
7	9	Girls	4x50m Medley Relay	78	10	Girls	50m A Breaststroke Championship
8	9	Boys	4x50m Medley Relay	79	10	Girls	50m B Breaststroke Championship
9	10	Girls	4x50m Medley Relay	80	10	Boys	50m A Breaststroke Championship
10	10	Boys	4x50m Medley Relay	81	10	Boys	50m B Breaststroke Championship
11	11	Girls	4x50m Medley Relay	82	11	Girls	50m A Breaststroke Championship
12	11	Boys	4x50m Medley Relay	83	11	Girls	50m B Breaststroke Championship
13	12	Girls	4x50m Medley Relay	84	11	Boys	50m A Breaststroke Championship
14	12	Boys	4x50m Medley Relay	85	11	Boys	50m B Breaststroke Championship
15	7	Girls	50m A Freestyle Championship	86	12	Girls	50m A Breaststroke Championship
16	7	Girls	50m B Freestyle Championship	87	12	Girls	50m B Breaststroke Championship
17	7	Boys	50m A Freestyle Championship	88	12	Boys	50m A Breaststroke Championship
18	7	Boys	50m B Freestyle Championship	89	12	Boys	50m B Breaststroke Championship
19	8	Girls	50m A Freestyle Championship	90	7	Girls	50m Butterfly Championship
20	8	Girls	50m B Freestyle Championship	91	7	Boys	50m Butterfly Championship
21	8	Boys	50m A Freestyle Championship	92	8	Girls	50m Butterfly Championship
22	8	Boys	50m B Freestyle Championship	93	8	Boys	50m Butterfly Championship
23	9	Girls	50m A Freestyle Championship	94	9	Girls	50m Butterfly Championship
24	9	Girls	50m B Freestyle Championship	95	9	Boys	50m Butterfly Championship
25	9	Boys	50m A Freestyle Championship	96	Multiclass	Mixed 50m Butterfly Championship	

26	9	Boys	50m B Freestyle Championship	97	10	Girls	50m Butterfly Championship
27	Multiclass	Mixed 50m Freestyle Championship		98	10	Boys	50m Butterfly Championship
28	10	Girls	50m A Freestyle Championship	99	11	Girls	50m Butterfly Championship
29	10	Girls	50m B Freestyle Championship	100	11	Boys	50m Butterfly Championship
30	10	Boys	50m A Freestyle Championship	101	12	Girls	50m Butterfly Championship
31	10	Boys	50m B Freestyle Championship	102	12	Boys	50m Butterfly Championship
32	11	Girls	50m A Freestyle Championship	1:35pm			
33	11	Girls	50m B Freestyle Championship	103	Jnr	Girls	100m Freestyle Championship
34	11	Boys	50m A Freestyle Championship	104	Jnr	Boys	100m Freestyle Championship
35	11	Boys	50m B Freestyle Championship	105	Inter	Girls	100m Freestyle Championship
36	12	Girls	50m A Freestyle Championship	106	Inter	Boys	100m Freestyle Championship
37	12	Girls	50m B Freestyle Championship	107	Snr	Girls	100m Freestyle Championship
38	12	Boys	50m A Freestyle Championship	108	Snr	Boys	100m Freestyle Championship
39	12	Boys	50m B Freestyle Championship	109	7	Girls	4x50m Freestyle Relay
11:30am				110	7	Boys	4x50m Freestyle Relay
40	7	Girls	50m B Backstroke Championship	111	8	Girls	4x50m Freestyle Relay
41	7	Girls	50m B Backstroke Championship	112	8	Boys	4x50m Freestyle Relay
42	7	Boys	50m B Backstroke Championship	113	9	Girls	4x50m Freestyle Relay
43	7	Boys	50m B Backstroke Championship	114	9	Boys	4x50m Freestyle Relay
44	8	Girls	50m A Backstroke Championship	115	10	Girls	4x50m Freestyle Relay
45	8	Girls	50m B Backstroke Championship	116	10	Boys	4x50m Freestyle Relay
46	8	Boys	50m A Backstroke Championship	117	11	Girls	4x50m Freestyle Relay
47	8	Boys	50m B Backstroke Championship	118	11	Boys	4x50m Freestyle Relay
48	9	Girls	50m A Backstroke Championship	119	12	Girls	4x50m Freestyle Relay
49	9	Girls	50m B Backstroke Championship	120	12	Boys	4x50m Freestyle Relay
50	9	Boys	50m A Backstroke Championship	2:40pm Presentation of Pennants and Trophies			
51	9	Boys	50m B Backstroke Championship				
52	Multiclass	Mixed 50m Backstroke					

		Championship	
53	10	Girls	50m A Backstroke Championship
54	10	Girls	50m B Backstroke Championship
55	10	Boys	50m A Backstroke Championship
56	10	Boys	50m B Backstroke Championship
57	11	Girls	50m A Backstroke Championship
58	11	Girls	50m B Backstroke Championship
59	11	Boys	50m A Backstroke Championship
60	11	Boys	50m B Backstroke Championship
61	12	Girls	50m A Backstroke Championship
62	12	Girls	50m B Backstroke Championship
63	12	Boys	50m A Backstroke Championship
64	12	Boys	50m B Backstroke Championship
12:30pm (approx.) 10 Minute Break			
65	7	Girls	50m A Breaststroke Championship
66	7	Girls	50m B Breaststroke Championship
67	7	Boys	50m A Breaststroke Championship
68	7	Boys	50m B Breaststroke Championship
69	8	Girls	50m A Breaststroke Championship
70	8	Girls	50m B Breaststroke Championship
71	8	Boys	50m A Breaststroke Championship