

Nordic Swimming Federation



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Statutes of the Nordic Swimming Federation

1

The members of the Nordic Swimming Federation (NSF) are the Danish Swimming Union, the Faroe Islands Swimming Association, the Finnish Swimming Association, the Norwegian Swimming Federation, the Icelandic Swimming Association and the Swedish Swimming Federation.

2

The Estonian Swimming Federation is an associate member of NSF (by geographical limitation). Association is by application.

3

The Nordic Swimming Federation is a collaborative body between the member federations. The goal of the collaboration in the Nordic Swimming Federation is that the Nordic countries represent a common position in international questions, as well as strengthening swimming as a sport in the Nordic region.

4

Members and associate members shall be members of FINA and LEN.

5

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

6

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

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 committee consists of representatives from each of the member countries. The member countries' representatives, with the exception of the president (see statute 7), are chosen by the respective member federations. The names are advised at the congress. If a member country wishes to appoint a new committee member during the congress period, this shall be advised in writing to the person who holds the position of chair at that time.

Congress and committee meetings are conducted in the Scandinavian languages.

7

The work of the committee is chaired by a president. The president is elected by congress. The president shall be a member of one of the member countries' committees. The presidency and secretariat rotate between the countries in a fixed order.

8

Congress decides the membership fee, which is stated in Swedish kronor (SEK). This fee falls due for payment on 28 February each year. Associate members do not pay a membership fee.

9

The accounts for each congress period shall be presented for approval by congress in the currency of the president country.

10

An ordinary congress is held each year. Notification shall be received by member countries and associate members no later than two months before the date of the congress. The agenda and all proposals shall be issued no later than one month before the congress. Proposals for discussion at congress shall be received by the secretariat of the chair federation no later than eight weeks before the congress date.

The agenda shall include the following points:

1. The president's 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 amount of the annual fee.
5. Discussion of proposals submitted.
6. Election of president and announcement of secretary general and secretariat (every four years).

11

An extraordinary congress meets if the committee 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 president 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.

12

A secretariat shall exist for NSF's administration, such as correspondence, minutes of meetings, accounts, etc. The task of maintaining the secretariat shall rotate between the members for a period of four years at a time.

13

The federation's activities between congresses are managed by the federation committee. The work of the federation is led by the president. The federation committee 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 committee member has one vote.

14

The committee shall meet at least once per year (cf. statute 4). Further meetings occur as needed. Committee meetings shall be called by the president and shall occur if at least three committee members so desire.

15

The committee 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. This procedure applies not only to nominations of bureau members who shall be elected by the respective congress, but also as a binding recommendation for members and associate members in the bureaus to be put forward for the bureau's election of committees.)
- f) discuss a joint Nordic position on selected items on FINA's and LEN's congress agendas
- g) decide the time and place for the next congress

16

The bureau and committee members at LEN and FINA who are elected by members shall be required to give written reports to the federations of members and associate members. Before meetings with the bureau or committee, representatives shall request input from the federations 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 the views of the Nordic Swimming Federation or the respective federations.

17

Each federation pays its own expenses for travel and accommodation for its representatives at congress or committee meetings.

18

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

19

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 member countries 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 committee 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 six months before the competitions start. The invitation shall be prepared in consultation with NSF's secretary general.
5. Registrations should be made three months before each competition and the final registrations should be in the possession of the organisers no later than 10 days, and must be in the possession of the organisers no later than five 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 committee determines sanctions in the event of any breach.
6. No entry fees are collected, with the exception of the Masters 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 and synchronised 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 committee may make exceptions to these competition rules.
10. FINA'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. In diving and synchronised swimming, at least two countries must participate in each discipline in order for this to count as a Nordic Championship.

B - Swimming

1. Nordic Championships

1.1. Not on the programme until further notice.

2. Nordic Youth Championships

2.1 The Nordic Youth Championships in swimming are held every year. The competition will be held at the same time as the European junior championships.

2.2. Competitors in the championships shall be:

- boys who reach the age of 15 or 16 during the calendar year
- girls who reach the age of 13 or 14 during the calendar year

2.3. Each participating country may enter two representatives in each discipline and one team in the relays.

2.4. The programme for the championships has direct finals. The disciplines are the same as in EYOF 2013.

Disciplines	Girls
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<i>Discipline 1</i>	<i>50 Freestyle</i>
<i>Discipline 2</i>	<i>100 Freestyle</i>
<i>Discipline 3</i>	<i>200 Freestyle</i>
<i>Discipline 4</i>	<i>400 Freestyle</i>
<i>Discipline 5</i>	<i>800 Freestyle</i>
<i>Discipline 6</i>	<i>100 Backstroke</i>
<i>Discipline 7</i>	<i>200 Backstroke</i>
<i>Discipline 8</i>	<i>100 Breaststroke</i>
<i>Discipline 9</i>	<i>200 Breaststroke</i>
<i>Discipline 10</i>	<i>100 Butterfly</i>
<i>Discipline 11</i>	<i>200 Butterfly</i>
<i>Discipline 12</i>	<i>200 Medley</i>
<i>Discipline 13</i>	<i>400 Medley</i>
<i>Discipline 14</i>	<i>4 x 100 Medley</i>
<i>Discipline 15</i>	<i>4 x 100 Freestyle</i>
<i>Discipline 16</i>	<i>4 x 200 Freestyle</i>

Disciplines	Boys
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<i>Discipline 1</i>	<i>50 Freestyle</i>
<i>Discipline 2</i>	<i>100 Freestyle</i>
<i>Discipline 3</i>	<i>200 Freestyle</i>
<i>Discipline 4</i>	<i>400 Freestyle</i>
<i>Discipline 5</i>	<i>1500 Freestyle</i>
<i>Discipline 6</i>	<i>100 Backstroke</i>
<i>Discipline 7</i>	<i>200 Backstroke</i>
<i>Discipline 8</i>	<i>100 Breaststroke</i>
<i>Discipline 9</i>	<i>200 Breaststroke</i>
<i>Discipline 10</i>	<i>100 Butterfly</i>
<i>Discipline 11</i>	<i>200 Butterfly</i>
<i>Discipline 12</i>	<i>200 Medley</i>
<i>Discipline 13</i>	<i>400 Medley</i>
<i>Discipline 14</i>	<i>4 x 100 Medley</i>
<i>Discipline 15</i>	<i>4 x 100 Freestyle</i>
<i>Discipline 16</i>	<i>4 x 200 Freestyle</i>
<i>Mixed:</i>	
<i>4 x 100 Freestyle (two girls, two boys)</i>	
<i>4 x 100 Medley (two girls, two boys)</i>	

2.5. Competitions are swum in two sessions on Saturday and Sunday.

2.6. Points are calculated so that an official international competition can be held between the countries. Points are calculated according to the following table:

Individual		Team events	
Position	/Points	Position	/Points
1	9	1	18
2	7	2	14
3	6	3	13
4	5	4	12
5	4	5	11
6	3	6	10
7	2	7	9
8	1		

The organising country provides the trophy for the winning country.

2.7. Competitions are held over a 50 m course.

3. Nordic Junior Championships

3.1 The Nordic Junior Championships are held in December each year, at the same time as the world or European short course championships.

3.2. Competitors in the championships shall be:

Juniors

- boys who reach the age of 16 or 17 during the calendar year
- girls who reach the age of 14 or 15 during the calendar year

Pre-seniors

- boys who reach the age of 18 to 20 during the calendar year
- girls who reach the age of 16 to 18 during the calendar year

3.3. Each participating country may enter four swimmers per age group in each individual discipline and one team per age group in team events. A maximum of two swimmers per age group and country may swim the finals. Swimmers who are competing in world or European short course championships may not be entered.

3.4. The disciplines in the championships are swum in heats and a final. The age groups swim joint heats in each discipline but separate finals.

800 and 1,500 m freestyle are swum as direct finals.

50 m disciplines are only swum in the pre-senior class but juniors can participate.

The mixed 8x50m relay is swum so that all swimmers can be juniors but with a maximum 50% from the pre-senior team (points not counted).

The team events are swum in the finals session.

3.5. The competitions are swum from Friday to Sunday with heats from 09.30 and finals from 17.30. Warm-up 1.5 hours before each session.

3.6. The winner of the junior final is the Nordic Junior Champion and the winner of the pre-senior final is the Nordic Champion. 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.

3.7. Points are calculated so that an official international competition can be held between the countries.

Only points achieved in finals can be counted. There will be one winner for the Junior Group and one winner for the Pre-senior Group. The organiser will provide a trophy for the winning nation in each group.

Points are calculated according to the following table:

Individual		Team events	
Position	/Points	Position	/Points
1	9	1	18
2	7	2	14
3	6	3	13
4	5	4	12
5	4	5	11
6	3	6	10
7	2	7	9
8	1		

3.8 Competitions are held over a 25-m course

3.9 A trainer clinic of about two hours shall be held on the Saturday evening.

3.10 Order of disciplines

Friday

1. 200m freestyle girls
2. 200m freestyle boys
3. 100m breaststroke girls
4. 100m breaststroke boys
5. 100m backstroke girls
6. 100m backstroke boys
7. 50m butterfly girls (pre-senior, open)
8. 50m butterfly boys (pre-senior, open)
9. 200m medley girls
10. 200m medley boys
11. 800m freestyle girls
12. 1,500m freestyle boys
- 3.

15 minute break

13. 4x100m freestyle girls
14. 4x100m freestyle boys

Saturday

15. 50m breaststroke girls (pre-senior, open)
16. 50m breaststroke boys (pre-senior, open)
17. 100m freestyle girls
18. 100m freestyle boys
19. 100m butterfly girls
20. 100m butterfly boys
21. 400m medley girls
22. 400m medley boys
23. 50m backstroke girls (pre-senior, open)
24. 50m backstroke boys (pre-senior, open)

15 minute break

25. 4x200m freestyle girls
26. 4x200m freestyle boys

Sunday

- 27. 50m freestyle girls (pre-senior, open)
- 28. 50m freestyle boys (pre-senior, open)
- 29. 200m backstroke girls
- 30. 200m backstroke boys
- 31. 200m breaststroke girls
- 32. 200m breaststroke boys
- 33. 400m freestyle girls
- 34. 400m freestyle boys

- 35. 200m butterfly girls
- 36. 200m butterfly boys

15 minute break

- 37. 4x100m medley girls
- 38. 4x100m medley boys

3.11. Best performance award

Trophy for overall three best performances according to FINA points, boys and girls, junior and pre-senior.

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. 5 m and 7.5 m heights are to be used.

The following competition series shall apply:

Seniors, women and men

1 m, 3 m and platform

According to FINA rules

Synchronised 3 m and platform

According to FINA rules for synchronised diving. 5 m and 7.5m are to be used in platform synchronised.

Team Event

According to LEN rules for Team Event.

Class A, B, C

1 m, 3 m and platform

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

- 1.4. Ages
 - A. Boys and girls who during the calendar year are maximum 18 years on 31 December.
 - B. Boys and girls who during the calendar year are maximum 15 years on 31 December.
 - C. 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.

The organising country shall advise the other countries of the date and location at least one year before the championships. Invitations to participate shall be sent out no later than six months before the championships.

D - Synchronised swimming

1. Nordic Junior and Senior Championships

- 1.1. The Nordic Synchronised Swimming Championships are held every year. The junior and senior championships can be held as a combined event.
- 1.2. The competitions are open to all member countries of FINA. Only participants from Nordic countries can be Nordic champions, however.
- 1.3. Participating countries may enter two solos, two pairs, one combination and one team for the competitions.
- 1.4. Specific rules may be devised for the competitions.
- 1.5. Competitions are held over two or three days.
- 1.6. For the junior championships, participating countries may enter two solos, two pairs, one combination and one team for the competitions, consisting of competitors aged no more than 18 in the calendar year.
- 1.7. The junior competitions follow the same programme as the European junior championships and shall be timed so that they can be used as qualifying for the European junior championships.
- 1.8. The participating countries should nominate at least one qualified judge for the championships.

E – Water polo

1. Nordic Championships for men and women

1.1 The Nordic Water Polo Championships for men and women are held every year.

2. Nordic Junior Championships

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

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

2.3 The championships are held **in two age classes:**

- Youth: boys who reach the maximum age of 17 during the calendar year
- Youth: boys who reach the maximum age of 15 during the calendar year
- Juniors: boys who reach the maximum age of 20 during the calendar year

The championships in the two age classes can be held on different dates and at two different locations.

2.4 The participating countries shall nominate at least one qualified judge for the championships.

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

3. Nordic Championships for club teams

3.1 The Nordic Water Polo Championships for men's teams are held in October each year.

3.2 The competitions may be held as open to all club teams from member countries of FINA.

3.3 The participating countries may enter two club teams each, which should be the two best teams to have taken part in the national series.

3.4 The participating countries shall nominate at least one qualified judge for the championships.

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

3.6 The special Lars and Thomas Fjærstad prize is awarded to the best team. A team that has won the championship three times may keep the trophy. The winning team is responsible for engraving and for ensuring that the trophy is in place at the next tournament.

F – Masters

1. Open Nordic Championships for men and women

1.1. The Open Nordic Masters Swimming Championships shall be held on the first weekend of October each year in the following order: FIN, NOR, DEN, SWE, ISL, etc. Other competition dates may only be accepted in a force majeure situation. The competitions should be held at a location close to an international airport.

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:
 1. start Friday – finish Saturday
 2. start Friday – finish Sunday
 3. 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
3-4 50m butterfly M W
5-6 100m breaststroke M W
7-8 100m backstroke M W
9-10 200m butterfly/200 freestyle M W
11-12 4x50m freestyle M W
13-14 100m freestyle M W
15 -16 100m butterfly M W
17-18 50m breaststroke M W
19-20 100m medley M W
21-22 200m breaststroke/200 backstroke M W
23-24 4x50m medley M W
25 4x50m medley Mix (2 women and 2 men)
26-27 400m medley/200m medley M W
28-29 50m backstroke 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 FINA 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" and be registered as a Masters swimmer.

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. Report

The organiser shall, no later than four weeks after the competition, send a report about the event to the secretariat of the Nordic Swimming Federation. The report shall include all participants, the number of medals awarded, what was done well and what could have been done better, and experiences in general. The report shall be in one of the three Scandinavian languages and in English. The organising countries are responsible for ensuring that the respective organising committees have copies of the previous year's report, the relevant Open Nordic Masters Championships conditions and FINA's rules for Masters swimming.

1.9. Masters conference

The swimming federation of the organising country is the host of the Open Nordic Masters Championships conference in connection with the Open Nordic Masters Championships. Invitations shall be sent to the respective swimming federations no later than two (2) months before the meeting. The agenda shall be sent to registered delegates by e-mail no later than three (3) weeks before the meeting. Each country may send a maximum of three (3) representatives to the conference. Registration of delegates shall be sent by the respective countries no later than one (1) month before the meeting, including the names and e-mail addresses of the registered delegates. The Open Nordic Masters Championships conference may propose rule changes to the NSF. The agenda with the proposed rule changes received from member countries shall be sent by e-mail to the registered delegates no later than three weeks before the meeting.

1.10. Record

Each country's Masters committee is responsible for ensuring that the respective countries' records lists are kept up to date. The records lists shall appear on each country's website. Nordic Masters records are updated by the Swedish Swimming Federation (at present by Margit Ohlsson). Records shall be sent to margitohlsson@hotmail.com and info@simforbundet.se. 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

2.1. Not on the programme until further notice.

G – Open Water Swimming

1. Nordic Championships

- 1.1. The Open Nordic Championships in open water swimming are held every year.
- 1.2. The competitions are open to all member countries of FINA.
- 1.3. The total number of registrations may be limited if circumstances so require. Competitors from the Nordic countries shall have precedence.
- 1.4. Wetsuits may be used if the water temperature is less than 20 degrees Celsius.
- 1.5. The championships are competed over distances of 5 km and 10 km.

H - Nordic Education Group

1. Objective

- 1.1. To develop swimming teaching and baby swimming in the Nordic countries.
- 1.2. To arrange a Nordic conference on swimming teaching and a Nordic conference on baby swimming every other year.

2. Membership and organisation

- 2.1. Each NSF member country proposes a representative to the Nordic Education Group (NEG) working group.
- 2.2. NSF's member countries appoint a contact person for baby swimming in each country.
- 2.3. Members are appointed for a minimum of two years at a time.
- 2.4. Members are appointed at the NSF congress the year after the conferences.
- 2.5. The working group constitutes itself with a chair.

3. Administration

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

4. Finance

- 4.1. The Nordic swimming teaching conference and baby swimming conference have separate accounts.
- 4.2. The aim is that conferences shall make neither a profit nor a loss. The organising country takes the costs and income for the conference.
- 4.3. Each country pays for the attendance of its own working group member and contact person for baby swimming at both the conference and planning meetings.
- 4.4. Project accounts for the NEG for the swimming teaching conference and the baby swimming conference are reported to the NSF by the country in which the conference takes place. Reports are sent to the NEG and the NSF and approved by the NSF.
- 4.5. After each conference, the host country prepares a financial report for the Nordic Swimming Federation and the NEG.

5. The aims of the conferences

- 5.1. To establish a meeting place where networks can be created between swimming teachers and educators and persons or organisations that plan swimming teaching and baby swimming.
- 5.2. Providing new knowledge and experience about swimming teaching and baby swimming.
- 5.3. Disseminating knowledge between the participating countries.

6. Members of NEG

- 6.1. All members of the Nordic Swimming Federation are represented in the NEG.