

OFFICER & PAKENHAM DISTRICTS SWIMMING CARNIVAL 2018

DISTRICT SWIMMING CARNIVAL - 2018

Wednesday 21st February, 2018

AGE GROUPS

Ages are calculated as at 31st December, 2018

THE START (The ONE START Rule applies.)

On the signal from the Referee (a long whistle blast), competitors must step onto the back of the starting blocks, except that in backstroke they should enter the water on the signal. When on the starting block, each competitor should position their feet in preparation for the start. On the command of the Starter "Take your marks", the competitors must immediately assume a starting position, remain stationary and wait for the starting signal. When all competitors are still, the starter will give the starting signal. This may be beeper, whistle or oral command. Any competitor who starts before the starting signal will be disqualified and advised after the completion of the race.

ANY DISQUALIFICATION HOWEVER IS AT THE STARTER & HEAD JUDGE'S DISCRETION!

COMPETITORS MAY SWIM IN ONLY

❖ **Two individual events plus**

One Relay event & One Medley event. (Max: 4 events)

Children CANNOT swim in the same event in TWO different age groups!!

MEDLEY TEAMS

- ❖ There will be one event in the 'Girls' stream and one event in the 'Boys/Mixed' stream.
- ❖ The events will be 'Open Age' events. ie. Competitors may be from the 9/10, 11 and/or 12/13 y.o. age groups.
- ❖ Order of swimming is: backstroke, breaststroke, butterfly, freestyle

RELAY CHANGES

- ❖ In relay races the team of a competitor whose feet have lost touch with the starting platform before the preceding swimmer touches the wall shall be disqualified, unless the competitor at fault returns to a place in the water directly beneath the original starting position and starts afresh. It is not necessary to return to the starting platform.

STROKE TECHNIQUE

- ❖ Competitors must use continuous correct stroke technique as defined within the rules.
- ❖ Competitors using incorrect stroke technique will be disqualified by the judges.

CONTINUATION

- ❖ **1ST PLACE ONLY IN ALL EVENTS** will proceed to the Division Swimming Championships. These children will be provided with further information on the day.
- ❖ Entrants who are unopposed within the District must swim at the District Carnival to qualify.
PLEASE ENSURE that all competitors are familiar with the enclosed rules.

Paula Spierings
Officer and Pakenham District Coordinator
Officer Primary School

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SWIMMING VICTORIA - RULES AND INTERPRETATIONS SSV OFFICER AND PAKENHAM DISTRICT

SSV PRIVACY STATEMENT

"The Information Privacy Act 2000 requires the School Sport Victoria to inform you that, in the conduct of school sport, photographs may be taken of participants and results compiled to record student participation, celebrate student success and achievement and to promote the SSV and events conducted by the SSV. We limit the use and disclosure of any personal information to the purpose of participating in school sport. By accepting the invitation to participate in events under the auspices of the SSV, you undertake to abide by the SSV Privacy Policy." SSV officials will not divulge personal information about students who participate in SSV activities. (This includes parent details, address, phone number, school details or phone, medical information, etc.) Personal information about any student will be destroyed once that student has completed their involvement in the particular activity for which the information was obtained.

1. THE START

On the signal from the Referee (a long whistle blast), competitors must step onto the back of the starting blocks; except that in backstroke they should enter the water on the signal. When on the starting block, each competitor should position their feet in preparation for the start. On the command of the Starter "Take your marks", the competitors must immediately assume a starting position, remain stationary and wait for the starting signal. When all competitors are still, the starter will give the starting signal. This may be gun, beeper, whistle or oral command. Any competitor who starts before the starting signal may be disqualified and advised after the completion of the race.

2. FREESTYLE SWIMMING

(a) Freestyle means that in an event so designated a competitor may swim any style except that in individual medleys and medley relays, freestyle means any stroke other than backstroke, breaststroke or butterfly. In turning in freestyle, the swimmer may touch the wall with any part of his body and not necessarily before pushing off again with his feet. A hand touch is not required. (b) Styles may be changed at any time during a freestyle race and normal rules pertaining to the form strokes may be broken without penalty. (c) In a freestyle race, a swimmer may stop, stand and resume, provided he floats off the bottom and does not walk. (d) In a freestyle event, a swimmer who misses the wall at the turn, may go back and touch the wall before continuing the race.

3. BACKSTROKE SWIMMING

(a) Competitors enter the water feet first when the Referee blows the whistle and are expected to line up promptly facing the starting end, with both hands placed on the end of the pool or starting grips. The feet, including the toes, shall be under the surface of the water. Standing in gutters or bending toes over the lip of gutters is not permitted. After the signal for the start, the competitor shall push off and swim on the back throughout the race. The term "on the back" includes the movement of the body in a rolling action up to but not including 90degrees. A competitor may remain submerged for a distance of 15 metres after the start and each turn after which some part of the body must remain on the surface of the water at all times. During the turn the body may leave the position on the back whilst executing a continuous turning action, the competitor must have returned to the position on the back before leaving the wall. Contact with the wall during a turn may be made with any part of the body. Failure to touch the wall during a turn will cause disqualification.

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4. BREASTSTROKE SWIMMING

From the beginning of the first stroke after the start & after each turn, the body shall be kept on the front. It is not permitted to roll on to the back at any time. All movements of the arms shall be simultaneous & in the same horizontal plane without alternating movement. The arms shall be pushed forward together from the breast on, under or over the water. The elbows shall be under the water except for the final stroke at the turn and at the finish. 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 at the start and after each turn. All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick.

A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above or below the surface of the water. 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 cycle preceding the touch. During each complete cycle of 1 arm stroke and 1 leg kick, in that order, some part of the competitor's head shall break the surface of the water, except, that after the start and each turn the competitor may take 1 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.

5. BUTTERFLY SWIMMING

From the beginning of the first stroke after the start, and after each turn, the body must be kept on the front. Underwater kicking on the side is permitted. It is not permitted to roll on to the back at any time. Both arms must be brought forward together over the water and brought backwards simultaneously. All movements of the feet must be executed in a simultaneous manner. Simultaneous up and down movements of the legs and feet are permitted. **A breaststroke kicking action is NOT permitted.** The legs and feet need not be on the same level, but no alternating movements are permitted. 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. At the start and after each turn, a competitor is permitted one or more leg kicks and one arm pull under the water, which must bring the competitor to the surface. It is permissible for the competitor to be completely submerged 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 of the water. The competitor must remain on the surface until the next turn or finish.

6. THE FINISH

It is important that swimmers hit the wall firmly, with both hands simultaneously in breaststroke and butterfly, with any part of the body in freestyle and with the hand, arm, shoulder or back in backstroke.

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7. LEAVING THE WATER

AFTER THE RACE the Chief Judge should give two sharp whistle bursts to signify to the competitors that they may leave the water. It is required that swimmers wait in their lanes in the water until that signal. This should always be by the side, not over the end. Please get children into good habits at District Carnivals - make them stay in their lanes until whistled out and then get out to the side of the pool, NOT over the end of the pool.

8. RULES FOR RELAY RACES

So long as some part of the foot retains contact with the block, a competitor may start to move prior to the incoming competitor touching the wall. If a swimmer leaves the block before the incoming one touches, the team shall be disqualified, unless the competitor at fault returns to a place in the water directly beneath his original starting position, touches the end, pushes off and resumes the race. It shall not be necessary to return to the starting platform. Any swimmer (except for the final swimmer), having completed his/her distance in a relay event, must leave the pool as soon as possible without obstructing any other competitor who has not yet finished. Otherwise the swimmer committing the fault, or the relay team, shall be disqualified.

9. MEDLEY EVENTS

The sequence of strokes in a Medley Relay is backstroke, breaststroke, butterfly and freestyle. The sequence of strokes in an Individual Medley is butterfly, backstroke, breaststroke and freestyle.

The above should be read in conjunction with the SSV Policies, Codes of Behaviour and General Rules for Competition on the SSV website:

<http://www.ssv.vic.edu.au/>

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