



Swimming Rules

Students need to be aware that the following rules will be enforced at Zone carnivals.

Further information can be found at -

<https://app.education.nsw.gov.au/sport/>

<https://nsw.swimming.org.au/>



False Start: The *one start* rule will apply.

Freestyle:

SW5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15metres after the start and each turn. By that point, the head must have broken the surface.



Over-rotating your head and breathing to the sky effects you balance and often causes scissor kicks.

Backstroke:

SW6.3 Some part of the swimmer must break the surface of the water throughout the race.

SW6.5 Upon the finish of the race the swimmer must touch the wall whilst on the back in his/her respective lane.



Breaststroke:

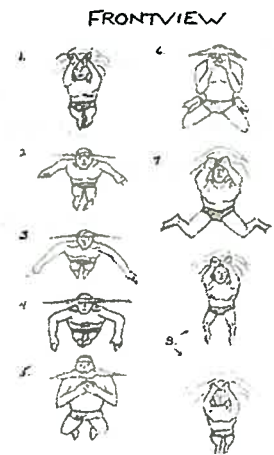
SW7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

SW7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

SW7.3 The hands shall not be brought back beyond the hip line, except during the first stroke after each start and each turn.

SW7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement. *For example, A butterfly kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull followed by a breaststroke kick.*

SW7.6 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 level.



Butterfly:

SW8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

SW8.2 Both arms must be brought forward together over the water and brought backward simultaneously throughout the race.

SW8.3 All up and down movements of the legs must be simultaneous. The position of the legs or feet need not be on the same level, but they shall not alternate in relation to each other. A Breaststroke kicking movement is not permitted.

SW8.4 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.

SW8.5 At the start and at turns a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.



2020



Merimbula Public School
Swimming Carnival Program



Please note that you may only take photos/video of your own child/children

Event 1	Open 100m Girls Freestyle	*timed heats, no finals
Event 2	Open 100m Boys Freestyle	*timed heats, no finals
Event 3	8 years 50m Girls Freestyle	*heats or final
Event 4	8 years 50m Boys Freestyle	*heats or final
Event 5	9 years 50m Girls Freestyle	*heats
Event 6	9 years 50m Boys Freestyle	*heats
Event 7	10 years 50m Girls Freestyle	*heats
Event 8	10 years 50m Boys Freestyle	*heats
Event 9	11 years 50m Girls Freestyle	*heats
Event 10	11 years 50m Boys Freestyle	*heats
Event 11	12/13 years 50m Girls Freestyle	*heats
Event 12	12/13 years 50m Boys Freestyle	*heats
Event 13	Junior Girls 50m Breaststroke	*timed heats, no finals
Event 14	Junior Boys 50m Breaststroke	*timed heats, no finals
Event 15	11 years Girls 50m Breaststroke	*timed heats, no finals
Event 16	11 years Boys 50m Breaststroke	*timed heats, no finals
Event 17	12/13 years Girls 50m Breaststroke	*timed heats, no finals
Event 18	12/13 years Boys 50m Breaststroke	*timed heats, no finals
Event 19	Junior Girls 50m Backstroke	*timed heats, no finals

Event 20	Junior Boys 50m Backstroke	*timed heats, no finals
Event 21	11 years Girls 50m Backstroke	*timed heats, no finals
Event 22	11 years Boys 50m Backstroke	*timed heats, no finals
Event 23	12/13 years Girls 50m Backstroke	*timed heats, no finals
Event 24	12/13 years Boys 50m Backstroke	*timed heats, no finals
Event 25	Junior Girls 50m Butterfly	*timed heats, no finals
Event 26	Junior Boys 50m Butterfly	*timed heats, no finals
Event 27	11 years Girls 50m Butterfly	*timed heats, no finals
Event 28	11 years Boys 50m Butterfly	*timed heats, no finals
Event 29	12/13 Girls 50m Butterfly	*timed heats, no finals
Event 30	12/13 Boys 50m Butterfly	*timed heats, no finals
Event 31	50m Freestyle Finals – for age groups with more than 1 heat	

The following events are subject to available time.

Event 32	Junior 200m IM Girls (may be changed to 100m on day)	
Event 33	Junior 200m IM Boys (may be changed to 100m on day)	
Event 34	Senior 200m IM Girls (may be changed to 100m on day)	
Event 35	Senior 200m IM Boys (may be changed to 100m on day)	
Event 36	House Relays	