



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.

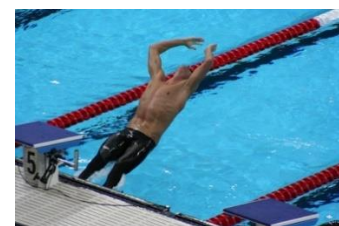


Over-rotating your head and breathing to the sky effects you balance and often causes scissor kicks.

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.

