

SWIMMING – TECHNICAL GUIDELINES

The following Age Criteria

For the U12 Age category – Born in the year 2013, 2014.

EVENTS

- Freestyle: 50M, 100M.
- Backstroke: 50M, 100M.
- Breaststroke: 50M, 100M.
- Butterfly: 50M, 100M.

For the U14 Age category – Born in the year 2011 and 2012.

EVENTS

- Freestyle: 50M, 100M.
- Backstroke: 50M, 100M.
- Breaststroke: 50M, 100M.
- Butterfly: 50M, 100M.

For the U17 category – Born in the year 2008, 2009 and 2010.

EVENTS

- Freestyle: 50M, 100M.
- Backstroke: 50M, 100M.
- Breaststroke: 50M, 100M.
- Butterfly: 50M, 100M.
- Individual Medley : 200M.

Note :

- Number of Events eligible to participate for swimmer is 2 Events.
- Race will be cancelled if there are less than 3 Swimmers in any Event.

RACE COURSE

Long Course : 50-meter-long pool divided into eight lanes. Each lane 2.5 meters

Short Course : 25-meter-long pool divided into eight lanes. Each lane 2.5 meters

START

For freestyle, breaststroke, butterfly and individual medley (IM) events, swimmers begin by diving into the water from an elevated starting platform.

For backstroke events, swimmers start in the water, facing the wall of the pool. They grasp a bar underneath the starting platform with both hands, and place both feet on a "backstroke ledge," which dangles on the wall below the surface.

FALSE START

In swimming, there are no "false start" warnings. Any swimmer who dives into the pool before the starting signal is automatically disqualified.

URNS

In freestyle and backstroke, swimmers may somersault as they reach the wall, touching it only with their feet.

In butterfly and breaststroke, swimmers must touch the wall with both hands simultaneously before executing the turn.

Once a turn is made, swimmers can remain underwater for up to 15 meters before they must resurface and continue performing the required stroke.

FINISH

In Free Style Some part of the swimmer must touch the wall upon completion of the length at the finish.

In Back Stroke the swimmer must touch the wall while on the back in his/her respective lane.

In Breast Stroke the touch shall be made with both hands separated and simultaneously at, above, or below the water level.

In Butterfly the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

UNDER WATER

In Free Style, Butterfly & Back Stroke. 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.

In Breast Stroke after the start and turns, one arm stroke and a single dolphin kick are allowed, but the head must break the surface before the hands turn inward on the second stroke.

THE RACE RULES

- 1 All individual races must be held as separate gender events.
- 2 A swimmer swimming over the course alone shall cover the whole distance to qualify.
- 3 The swimmer must remain and finish the race in the same lane in which he/she started.
- 4 In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.
- 5 Pushing the bottom, Pulling on the lane rope is not allowed.
- 6 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender.

Technical Officials

- Referee – Have full control over the official meet.
- Control Room Supervisor – Supervise the Operations.
- Starter –Will give start for the Race.
- Call Room Supervisor - Clerk of the Course.
- Inspector of Turns – Inspects Turn and Finish
- Judges of Stroke – Check the Stroke as per the rules.
- Chief Timekeeper & Time Keeper's –Each Time Keeper per Lane.

Warm Up & Cool Down Timings

- Morning warm-up timings would from 6.30 am to 8 am
- Evening warm –up timings would be from 3 pm to 4 pm.

First Aid

- A standard First Aid Kit for emergency
- Two Life Guards are arranged on the Deck of the Swimming Pool.