



## **Convening Committee 14/15 Sheares Hall**

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### **Swimming (Female)**

#### **1 Rules and Regulations**

1.1 All players will abide to the General Rules and Regulation as laid down by the Inter-Hall Games Convening Committee 2014/15.

1.2 The game shall take place in the format of Event.

1.3 The competition will be conducted in accordance to the latest standard rules of the game as approved by the FINA Swimming Rules 2009-2013, with exception to the rules stated below:

##### **1.3.1 The Players**

1.3.1.1 There can be no IVP swimmers for individual events and event 9.

1.3.1.2 Any swimmer (inclusive of: swimming, triathlon, aquathlon, water polo and lifesaving but excluding: canoe-polo and dragon-boating) whose name appears on the official IVP (varsity) team list will be deemed a varsity swimmer, regardless of whether or not he/she had participated on the actual day of the IVP swimming meet.

##### **1.3.2 Order of Events**

- 1) 50m Freestyle (Male)
- 2) 50m Freestyle (Female)
- 3) 4 x 50m Freestyle Relay (Male)
- 4) 4 x 50m Freestyle Relay (Female)
- 5) 50m Breaststroke (Male)
- 6) 50m Breaststroke (Female)
- 7) 4 x 50m Breaststroke Relay (Male)
- 8) 4 x 50m Breaststroke Relay (Female)
- 9) 10 x 50m Freestyle Novelty Relay (Mixed)
- 10) 4 x 50m Medley Relay (Mixed)

1.3.2.1 There will be 4 individual events and 6 relay events. Events 1, 2, 5 and 6 are individual events while events 3, 4, 7, 8, 9 and 10 are relay events.

- 1.3.2.2 For each individual event, each hall is allowed to send up to 2 swimmers. There will be 2 heats per event and results will be based on timed finals.
- 1.3.2.3 For event 9, 10 x 50m Freestyle Novelty Relay, there shall only be a maximum number of 6 male swimmers.
- 1.3.2.4 For event 10, 4 x 50m Medley Relay, there shall be an equal number of male and female swimmers.
- 1.3.2.5 There will be a 10 minute break after event 4 and a 15 minute break after event 8.

### 1.3.3 Participation Caps

#### Individual Events

- i) There can be no IVP swimmers in individual events.

#### Relay Events

- ii) Each male non-IVP swimmer can only participate in either 2 relays and 1 individual, or 1 relay and 2 individuals (excluding event 9 which only has a cap on IVP players).
- iii) Each female swimmer is allowed to swim in all 3 events, excluding event 9, the 10 x 50m Freestyle Novelty Relay.

### 1.3.4 Submission of Team List

- 1.3.4.1 Each team must submit the names of the swimmers of each event 30 minutes before on the day of competition. For relay events, excluding event 9, there shall be a maximum of 2 reserves.
- 1.3.4.2 Failure to submit the team lists by the stated date without justification will render the offending hall/s disqualified.
- 1.3.4.3 Swimmer is to produce their matriculation cards as verification. Failure to do so will render the particular swimmer disqualified.

### 1.3.5 Scoring

- 1.3.5.1 Only events 3, 4, 7, 8 and 10 will have points awarded for the respective positions.

First Position: 7

Second Position: 5

Third Position: 4

Fourth Position: 3

Fifth Position: 2

Sixth Position: 1

Disqualification: 0

- 1.3.5.2 Total points accumulated after the aforementioned events have been completed will constitute towards the IHG position for IHG Swimming i.e. 1st - 6, 2nd - 5, 3rd - 4, 4th - 3, 5th - 2, 6th - 1.

- 1.3.5.3 IHG Swimming position for the male teams will be based on the points accumulated from events 3, 7 and 10.

- 1.3.5.4 IHG Swimming position for the female teams will be based on the points accumulated from events 4, 8 and 10.

- 1.3.5.5 Points obtained for event 10, 4 x 50m Medley Relay, will be awarded to both male and female teams.

- 1.3.5.6 If a tie results between any halls after tabulation, they will be declared winners together.

- 1.3.5.7 The points for the event for the particular hall will be considered forfeited if both the swimmer and reserves are unable to swim.

### 1.3.6 Lanes Allocation

- 1.3.6.1 Lane allocations will be allocated by drawing lots. Refer to the appendix for lane allocation for respective halls.

### 1.3.7 Rules and Regulations

- 1.3.7.1 The swimming meet shall be held in accordance with the latest rules and regulation that the various hall captains have agreed upon.

- 1.3.7.2 Protests must be submitted to the referee, in writing by the respective Hall Swimming Captains before the start of the next

event. Protest forms are obtainable at the announcer's table. The referee's decision is final.

- 1.3.7.3 Videos filmed by protesting halls will not be entertained during a protest.
- 1.3.7.4 There will be 2 timekeepers per lane (one from hall who is a non-swimmer and one from external) and the average of the 2 timings will be taken as the registered time. Each hall will provide 2 timekeepers, with stopwatches.
- 1.3.7.5 There will be 1 neutral referee, who will double up as the stroke judge.
- 1.3.7.6 There will be 1 neutral starter, who will double up as the finish judge.
- 1.3.7.7 There will be 1 neutral inspector of turns.
- 1.3.7.8 There will be 1 clerk of course from Temasek Hall.
- 1.3.7.9 There will be 1 chief timekeeper/ recorder from Temasek Hall.
- 1.3.7.10 Positions will be based on the registered time.
- 1.3.7.11 In the event that a swimmer does not show up in time for the event he/she is registered for, the respective hall captain will substitute him/her with the reserve submitted for that event. If no reserves are submitted, there shall only be an allowance of 15 minutes, exceeding which his/her respective team shall be forfeited.
- 1.3.7.12 One start rule will be applied (Refer to section 9, One Start Rule).

### 1.3.8 Officials

#### Referee

- 1.3.8.1 The referee shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or regulations related to the competitions. He shall enforce all rules and decisions of FINA and shall decide all questions relating to the actual conduct of the meet, and event or the competition, the final settlement of which is not otherwise covered by the rules.

- 1.3.8.2 The referee may intervene in the competition at any stage to ensure that the FINA regulations are observed, and shall adjudicate all protests related to the competition in progress.
- 1.3.8.3 The referee shall ensure that all necessary officials are in their respective posts for the conduct of the competition. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.
- 1.3.8.4 At the commencement of each event, the referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions on the starting platform (or for backstroke swimming and medley relays to immediately enter the water). A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position.
- 1.3.8.5 When the swimmers and officials are prepared for the start, the referee shall gesture to the starter with a stretched out arm, indicating that the swimmers are under the starter's control. The stretched out arm shall stay in that position until the start is given.
- 1.3.8.6 The referee shall disqualify any swimmer for any violation of the rules that he personally observes or which are reported to him by other authorized officials.

#### Starter

- 1.3.8.7 The starter shall have full control of the swimmers from the time the referee turns the swimmers over to him until the race has commenced.
- 1.3.8.8 The starter shall report a swimmer to the referee for delaying the start, for wilfully disobeying an order or for any other misconduct-taking place at the start, but only the referee may disqualify a swimmer for such delay, wilful disobedience or misconduct.
- 1.3.8.9 Such disqualification shall not be counted as a false start.
- 1.3.8.10 The starter shall have power to decide whether the start is fair, subject only to the decision of the Referee. If the starter believes the start is not fair, he shall recall the swimmers after the signal of start has been given, except after a false start has occurred, when the starter shall not recall the swimmers after the signal of start has been given.

- 1.3.8.11 When starting an event, the starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the timekeepers can see and or hear the starting signal and the swimmers can hear the signal.

#### Clerk of Course

- 1.3.8.12 The clerk of course shall assemble swimmers prior to each event.
- 1.3.8.13 The clerk of course will also ensure that only registered swimmers participate in the events, which includes checking of matriculation cards.
- 1.3.8.14 The clerk of course shall report to the referee any violation noted in regard to the above point and if a swimmer is not present when called.

#### Inspectors of Turns

- 1.3.8.15 One inspector of turns shall be assigned at each end of the pool.
- 1.3.8.16 Each inspector of turns shall ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last arm stroke before touching and ending with the completion of the first arm stroke after turning.
- 1.3.8.17 The Inspector of Turns at the starting end of the pool shall ensure that the swimmers comply with the relevant rules from the start and ending with completion of the first arm stroke. The inspectors of turns at the finish end shall also ensure that the swimmers finish their race according to the current rules.
- 1.3.8.18 Each inspector at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall.
- 1.3.8.19 Inspectors of turns shall report any violation, detailing the event, lane number, the swimmer's name and the infringement to the referee.

#### Stroke Judge

- 1.3.8.20 The Stroke judge shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns to assist the inspectors of turns.

- 1.3.8.21 The Stroke Judge shall report any violation to the referee with details of the event, lane number, the swimmer's name and the infringement.

#### Chief Timekeeper

- 1.3.8.22 The chief timekeeper shall assign the seating positions for all timekeepers and the lanes for which they are responsible.
- 1.3.8.23 The chief timekeeper shall collect and record from the timekeepers in each lane the times recorded and, if necessary, inspect their stopwatches.

#### Timekeepers

- 1.3.8.24 In each lane, the 2 timekeepers and the swimmer must be from 3 different halls.
- 1.3.8.25 Each timekeeper shall take the time of the swimmers in the lane assigned to him.
- 1.3.8.26 Each timekeeper shall start his watch at the starting signal, and shall stop it when the swimmer in his lane has completed the race.
- 1.3.8.27 Promptly after the race, the timekeepers in each lane shall present the times of their watches to the chief timekeeper, and if requested present their watches for inspection.
- 1.3.8.28 They shall not clear their watches until they receive the "clear watches" signal from the chief timekeeper or the referee.

#### Finish Judge

- 1.3.8.29 The finish judge shall judge and record the placing of the teams, which will be checked against the recorded time. The referee will resolve any conflict, which may arise.

### 1.3.9 One Start Rule

- 1.3.9.1 When using the one-start rule, the starter shall call back the swimmers at the first false start and the team which false started will be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back, and start again.

- 1.3.9.2 The signal for a false start shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the referee decides that the start is false he shall blow his whistle, which shall be followed by the starter's signal (repeated) and dropping of the false start rope.

### 1.3.10 Strokes

#### Freestyle

- i) Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
- ii) Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- iii) 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 15 metres after the start and each turn. By that point, the head must have broken the surface.

#### Backstroke

- i) Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. The feet, including the toes, shall be under the surface of the water. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.
- ii) At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.
- iii) 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 15 metres after the start and each turn. By that point the head must have broken the surface.

#### Breaststroke



- i) 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.
- ii) All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
- iii) The hands 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 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 after the start and each turn.
- iv) All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
- v) The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.
- vi) 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. 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 or incomplete cycle preceding the touch.
- vii) During each complete cycle of one arm stroke and one leg kick, in that order, some part of the swimmer's head shall break the surface of the water, except that after the start and after each turn the swimmer may take one 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.

#### Butterfly

- i) From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the normal water surface. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

- ii) Both arms must be brought forward together over the water and brought backward simultaneously.
- iii) All movements of the feet must be executed in a simultaneous manner. Simultaneous up and down movements of the legs and feet in the vertical plane are permitted. The legs or feet need not be at the same level, but no alternating movements are permitted.
- iv) 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.
- v) 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.

#### Medley Swimming

- i) In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.
- ii) In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.
- iii) Each section must be finished in accordance with the rule which applies to the style concerned.

#### 1.3.11 Appendix

##### 1.3.11.1 Additional rules and regulations.

- 1) Swimmers are allowed to swim any stroke for freestyles relay.
- 2) Breaststrokes have to touch the walls with 2 hands
- 3) Butterfly must be coupled by fly kick and not with breaststroke kick.
- 4) Backstrokers, in the absence of the 5m flag as a gauge, if they do not end off perfectly, will not be penalized.

- 5) Any foul start will not be entertained. If swimmer is found to take-off before his team mate arrives, he can swim back in any stroke of choice regardless of the event stroke. He can swim back to touch the wall to restart his lap. If not, the team will be disqualified.
- 6) In FINA rules, swimmers who have completed have to wait for all swimmers to finish and for the referees to give the cue to clear the pool. If not, the team will be DQ. However, we have discussed and for the friendliness of this meet, to have this rule taken out.

#### 1.3.12 Others

##### BREASTSTROKE PLUNGE

- 1.3.12.1 For breaststroke kick, after plunging, one pull, one dolphin kick and one breaststroke kick is allowed before the swimmer break water. Failure to break water after this will result in disqualification.

##### PLUNGING

- 1.3.12.2 No starting in the water will be allowed for any event. All competitors must start from either the plunging board or from the edge of the pool. It should also be noted that no body part should touch the bottom of the pool during the course of the race.

##### RELAY

- 1.3.12.3 In the case of a relay event where the swimmer jumps off the board before the other swimmer touches the wall, he/she is allowed to swim back to the starting point in any stroke, touch the wall with one hand and kick off again. There will be no penalization if the swimmer does that. However, if the swimmer continues the race, the team will be disqualified.
- 1.3.12.4 In every relay event there will be 4/10 individual swimmers competed in the relay. Each individual swimmer has to complete one whole lap and no swimmer will be allowed to swim a return leg.

#### 1.3.13 Wet Weather

- 1.3.13.1 In event of inclement weather, wait for 45 mins and if match can continue, a 15 minute warm up will be conducted before the first

event. If unable to enter pool after 45 minutes, suspend match, keep score and continue match another day.

## 2 Manpower

Each hall will provide the adequate manpower for the following purposes:

Manpower	Duties	Quantity
Time Keepers	To record the time of starting and finishing of each period in the game.	1 per Hall + 6 external
Umpires	To ensure that during the events all rules and regulations are adhered to by the competitors.	3 ex-IVP Swimmers
Lifeguard	To ensure the safety of all participants	1 from SRC

### **3      Logistics**

The following logistics will be required for the smooth running of the games:

Item	Quantity
Stopwatches	2 per hall
Loudhailers	2
Air Horn	3
Scoreboard	1
Whistle	2

## 4 Declaration

The above Rules and Regulations have been agreed upon by the Captains of Swimming (Female), Inter-Hall Games 2014/15.

Ivy Tan  
Swimming (Female)  
Captain  
Kent Ridge Hall

Chan Li Shing  
Swimming (Female)  
Captain  
Sheares Hall

Jocleen Chin Jia Rui  
Swimming (Female)  
Captain  
Eusoff Hall

Leung Sin Yung, Joanne  
Swimming (Female)  
Captain  
King Edward Hall

Tan Chun Hui  
Swimming (Female)  
Captain  
Raffles Hall

Ong Yan Qing Tania  
Swimming (Female)  
Convening Captain  
Temasek Hall

Chian Qing Ying  
Swimming (Female)  
Liaison Officer

Su Ying Lun  
Inter-Hall Games 2014/15  
Convening Chairperson