

# BACK TO COMPETITION

## Towards Zero DQs

### Some timely reminders from your whistle blowers!

#### STARTS & TURNS

\*Starting before the starting signal means disqualification. **i.e. you get no time and no points so is it really worth trying to anticipate the start?**

\*In Butterfly, backstroke & freestyle, you may be completely submerged for not more than 15m after the start & each turn.



#### BUTTERFLY

\*Arms must be brought forward simultaneously over the water.

\*Leg movements must be simultaneous.

\*Touch at the turn and finish must be with both hands.



#### BACKSTROKE

\*If you are doing a backstroke tumble turn you must start to pull **immediately** you turn on to your front.

\*If you are doing a touch turn, as soon as you turn on to your front you must touch the wall and push off straight away on your back.



#### BREASTSTROKE

\* All leg movements must be simultaneous.

\*During the propulsive phase of the kick, feet must be turned outwards.

\*The touch at each turn & finish must be made with both hands separated, & simultaneously.



#### FREESTYLE

\*You must touch the wall with some part of your body at turns & the finish.

\* Standing on the bottom of the pool or holding the lane rope is allowed but you must not use the bottom of the pool or the lane rope to propel yourself forward.

#### INDIVIDUAL MEDLEY

The finish for each leg of the race must be in line with the rules for that stroke.  
**i.e. you must touch on your back at the finish of the backstroke leg.**

## SWIMWEAR



There are rules regarding the swimwear that may be worn in competition.



- Swimmers must wear only one swimsuit in one or two pieces.
- Swimsuits for men shall not extend above the navel nor below the knee.

Swimsuits for women shall not cover the neck, nor extend past the shoulder,

- nor below the knee.
- Swimsuits must be made from textile materials, no clips or zips etc. are allowed.



## WATCHES



- \* The rules do not permit swimmers to use or wear pacemaking devices.
- \* Watches are considered to be pacemaking devices.
- \* Therefore if you wear a watch in a race you will be **disqualified!**

**IN THE INTERESTS OF SAFETY PLEASE DO NOT WEAR WATCHES IN WARM UP.**

## TAPING



If you need to wear taping you must get this approved by the Meet Referee before you swim your first race.

## JEWELLERY



Basic jewellery may be worn in pool events unless swimming two to a lane.

**During warm up there will be more than two swimmers in a lane so please use common sense and avoid wearing jewellery that could cause injury to others.**

**This is only a snapshot of the rules and covers some of the most common disqualifications.**

**If you are swimming a stroke or an event for the first time, or are unsure of the rules, please talk to your coach or an official to get clarification.**

**After doing all your swimming preparation it would be disappointing to be disqualified through your lack of knowledge of the rules!**

<https://mastersswimming.org.au/wp-content/uploads/2018/10/Masters-Swimming-Australia-Swimming-Rules-updated>

# THE DAY OF COMPETITION ARRIVES

## WARM UP

- \*At all swim meets supervised warm up facilities are available before and during the event.
- \*During some meets this may be one lane only. If that is the case swimming butterfly and backstroke is not allowed for safety reasons.
- \*Warm up lanes have signs designating the stroke to be swum in that lane. We ask that you comply with signage and be mindful of the fact that you are sharing the lane with swimmers of all abilities.

## THE RACE

- \*All events are heat seeded so swimmers need to know their Event & Heat number.
- \*Listen for announcements &/or check the claim board so that you know when to report to the waiting area.
- \*Get your name marked off by the Check Starter and stay there until you are escorted over to the starting area.
- \*Once there do not move away as you may miss your heat and will not be able to swim in that event.
- \*When the heat before you is in the water confirm your name with the timekeeper.
- \*In 25m short course & 50m long course you confirm your name at the finish.
- \*When the heat before you finishes move forward behind the blocks. (Only get on the blocks when the whistle blows)
- \*The starter will announce the event & heat number and then the referee will blow one long whistle to indicate that you should immediately step up to your starting position.
- \*In backstroke the long whistle means enter the water. You will then get another long whistle to take up your starting position.
- \*The starter will then say, "take your marks" and when all swimmers are steady the starting signal will be given.

## THE FINISH

- If races are being started "over the top" - when you finish you should stay in the water holding on to the lane rope about a metre back from the wall. When that heat has started you should quickly exit the pool to the side nearest you.
- At the end of an event or when conventional starting is being used the referee will give two short blasts of the whistle indicating that you should quickly exit the pool to the side nearest you.
- PLEASE DO NOT HOLD UP THE MEET BY STAYING IN THE WATER TALKING OR TRYING TO GET THE TIMEKEEPERS TO GIVE YOU YOUR TIME!

## RELAYS

Members of a relay team must swim in the order that was nominated on their entry card.

**Failure to do so will result in disqualification!**

Any swimmer whose feet lose touch with their starting area before their incoming swimmer touches the wall will cause their team to be disqualified.

## DISTANCE SWIMS

In events of 400m or more swimmers will be given a warning signal (bell or whistle) when they have two lengths plus five (5) metres to finish. The signal may be repeated after the turn until the swimmer has reached the flags.

**The onus is still on the swimmer to do the correct number of laps!**

At some meets lap counters will be placed at the turning end of the pool to display the laps remaining for that swimmer.

Above all remember what Masters Swimming is all about!

**FITNESS, FRIENDSHIP & FUN!**