NSW Department of Education

School swimming carnival – guide for officials

Carnival officials

Announcer

Main roles

- Keeping the audience informed about the ongoing events. This includes the ‘calling’ of events to be marshalled and program updates (including changes). The announcer has a key role in setting the ‘flow’ of the carnival and ensuring it runs smoothly.
- Sharing the results of events, including the names of students who advance to the next level of competition and any records that are broken during the carnival.
- Making safety announcements, such as reminders to stay in designated areas, not to be on pool deck unnecessarily during events, to reapply sunscreen, stay hydrated or follow any specific protocols during the carnival.
- Working closely with event officials and staff to ensure the smooth running of the carnival, coordinating schedules, addressing any issues, and making sure the events progress as planned.

How to be an announcer at a carnival

- Have the best view of the pool and marshalling areas as possible.
- Be familiar with the event program and establish a clear schedule for ‘calling’ students to marshal for each event.
- Ensure that announcements can be heard in all areas of the venue.

Suggestions for school carnivals

- Where possible, assign this role to a member of staff who has experience at school carnivals.
- To maintain a clear view of the venue and minimise distractions, the announcer should be stationed within a designated 'officials only' area.
- The volume and quality of sound of announcements is critical to the success of the carnival. The hiring of professional equipment and support with setup may be required.

Pool officiating positions

Pool referee

PRE-REQUISITE - Must have a thorough knowledge of swimming, swimming laws and carnival procedures.

Main roles

The pool referee is the chief official responsible for overseeing the entire swimming competition. Their primary responsibilities include:

- Ensuring that all rules and regulations are strictly followed throughout the carnival.
- Adjudicating on important decisions during the event, including addressing infringements or disputes such as false starts, lane violations, obstructions, or interferences.
- Overseeing the accurate recording of results.
- Supporting officials by ensuring they have the necessary equipment and fully understand the event rules.
- Signalling the start of each race and collaborating with other officials to ensure the smooth running of all competition aspects.
- Prioritising the safety and wellbeing of athletes, officials, and spectators by maintaining a hazard-free pool deck and monitoring conduct.

How to be a pool referee

- Conduct a comprehensive pre-carnival briefing for all pool officials, covering event procedures, rules, modifications, and specific instructions.
- Monitor the timing of events and ensure the carnival runs on schedule. Communicate proactively with the announcer, marshals, starter, timekeepers, and judges to manage any delays or bottlenecks.
- Lead the observation of swimmer infringements during events, including:
    - Swimmers leaving their lanes (particularly in dive starts).
    - Compliance with stroke, turn, and finish rules.
    - Management of false starts where swimmers leave the blocks early.
- Handle disputes or protests related to pool events fairly and transparently.
- Warn or exclude swimmers from the competition for improper conduct, maintaining discipline and sportsmanship.

Suggestions for school carnivals

- Assign a responsible member of the Executive team or the carnival convenor/assistant to act as the pool referee.
- If implementing a protest system, communicate clearly and in writing to all teachers, volunteers, students, and parents/carers before the carnival about procedures, including how protests can be submitted (written or verbal), who may submit them, and what evidence is acceptable.
- Emphasise that all pool officials share responsibility for observing races and noting infringements.
- Consider using officials who have completed their duties for the day to assist in monitoring relay race touches and take-offs.

Safety considerations

Refer to the Specific sport and physical activity guidelines for swimming and water safety. The pool specific information is below.

- Ensure the pool deck is clear of obstacles and hazards at all times.
- Monitor the behaviour of swimmers, officials, and spectators to prevent unsafe conduct.
- Confirm that all safety equipment, such as rescue tubes and first aid kits, are readily accessible.
- Coordinate with lifeguards and emergency personnel to maintain readiness in case of incidents.
- Reinforce the importance of warm-up and cool-down procedures to prevent injuries.

Relays

For relay activities the following strategies must be employed.

- Ensure swimmers understand the correct procedures for relay takeovers, by briefing officials and, if needed, communicating expectations before the event.
- Monitor relay exchanges closely to prevent swimmers from diving in before the incoming swimmer touches the wall, addressing any false starts or unsafe takeovers immediately.
- Have officials positioned appropriately to observe relay exchanges and intervene immediately if any unsafe behaviour or rule infringements occur. The referee leads and coordinates these officials.
- Confirm that the pool deck and starting blocks remain clear and unobstructed during relay takeovers to reduce the risk of slips or trips.
- Intervene and manage any unsafe behaviour during relay events to uphold safety and fairness.

The starter

A good Starter must be physically and mentally alert with quick reactions and good eyesight. They should be able to take command with a good, clear speaking voice.

The Starter assumes control of the competitors from the time they step up onto their blocks until after the signal to start has been given.

Main roles

- Providing instructions to students, such as explaining the starting commands, where to start (on blocks, beside blocks, in water) and race rules.
- Communicating with other officials, such the timekeepers, marshals and judges.
- Due to the hazardous nature of caps, schools are strongly encouraged to use alternative starting devices such as:
    - electronic starting pistols
    - beepers with flashes
    - whistles or other audible signals.
- Observing for false starts and then notifying and recalling competitors and restarting the race.
- Maintaining safety by ensuring that the pool is clear of any obstacles or hazards before starting the race and following Specific sport and physical activity guidelines for swimming and water safety.

How to start a race

1. Call students for the next race to the start line. Work with marshals to ensure they are in their correct positions.
2. Provide a race briefing to explain the start commands and any race rules.
3. Communicate with the head timekeeper to ensure the timekeepers are ready to start. This could be accomplished by using a flag, a two-way radio, or a hand signal.
4. Check the pool is clear.
5. Ensure competitors are behind the blocks.
6. Start the race using the commands below.
    - For the freestyle, breaststroke, backstroke and relays the method of starting is:
        i. a long whistle is blown by the Referee, the competitors will position themselves for the start (on their blocks, beside their blocks).
        ii. “TAKE YOUR MARKS, (All competitors will immediately and without delay assume their starting position with at least one foot on the front of starting platform or wall. Students in the water must have two feet on the wall and one hand on the backstroke bar).)
        iii. Once all competitors are perfectly still, use the starting device. (Hooter or gun blast)
    - For races backstroke and/or in pool starts, the method of starting is:
        i. a long whistle is blown by the Referee, the competitors enter the pool. A second long whistle is blown the swimmers shall return without undue delay to the starting position and position themselves for the start.
        ii. “TAKE YOUR MARKS, (All competitors will immediately and without delay assume their starting position.)

iii. Once all competitors are perfectly still, use the starting device. (Hooter or gun blast)

7. Check for false starts, if there is a false start use the starting device a second time and call the athletes back to the start. When ready, start the race again.
8. Competitors must remain in their lanes at the finish of each event until instructed to leave the water by the referee.

Suggestions for school carnivals

- The starter must have the best view of all students on the blocks.
- Call the students to the stand behind the blocks. On the 'WHISTLE' students stand on the blocks/ beside the blocks/ in the water, check that the competitors are completely on the blocks/ beside the blocks/ in the water), ensure they have enough time to steady themselves.
- Once all students are on their blocks, notify the timekeepers that the race is about to start. On the command - "TAKE YOUR MARKS", the students should come to the START position.
- Once all athletes are 'on their marks' and steady, the race should start with as little delay as possible.
- If any student moves or is unsteady at any time during the start procedure, the race should be stopped, the students asked to stand up and the race should be restarted.
- Consider implementing a rule on false starts like the NSWPSSA false start rule below. This rule strikes a balance between fair competition and encouraging student participation.

Rules and regulations

Rules for swimming events

- NSWPSSA false start rules:
    a) Any swimmer starting before the starting signal has been given, shall be disqualified and be withdrawn from the event (this is at the discretion of the referee).
    b) 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.
    c) 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. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) (SW4.3).
- NSWCHSSA false start rules:
    a) "One start" rule will apply, Swimmers who false start may be disqualified.
    b) Any swimmer starting before the starting signal has been given, shall be disqualified and be withdrawn from the event (this is at the discretion of the referee).

Marshal

Main roles

- Supervising students within the marshalling area.
- Ensuring students are in the correct event for their age and gender.
- Briefing students on the race and responding to questions or concerns.
- Organising students into heats and assigning lanes.
- Working with the starter to ensure a timely start for each race.

How to marshal students

1. Greet students at the marshalling area and state the age/gender division of the race/s being marshalled.
2. Group students into heats, see suggestions below.
3. Beginning with heat 1, assign each student a lane and ask them to stand behind the start line (at least 5m) in their designated lane.
4. Repeat for remaining heats, reminding students to stay in their heat line and lane line.
5. Inform the starter when the heats are ready.
6. The first heat moves forward up to the start line when the starter calls ‘ON YOUR MARKS’.
7. One of the marshals can assist the starter by checking all students are correctly positioned on the blocks, beside the blocks or in the water.
8. Once the race has started, move remaining heats forward.

Suggestions for school carnivals

- Use numbered cones to clearly indicate where students should stand/sit once allocated a heat and lane. For some events this can be directly behind the blocks. For all other events this should be on the outside of the pool in a marshalling area.
- Mark designated zones, using cones, in the marshalling area for students to sit while waiting to be marshalled.
- Ask students to sit in house groups on arrival at the marshalling area to ensure there is an even spread of houses in each heat. This can also help with allocating house points.
- Communicate with the carnival announcer regularly to ensure smooth transitions between events.
- In the marshalling area remind students to remain in the pool, in their lanes at the conclusion of the race while places are being assigned.
- A minimum of 2 marshals is recommended for school carnivals.
- Give multi-class competitors a choice in how they would like to participate. This could be with peers of the same age and gender, other multi-class athletes or within their classification. All multi-class competitors’ times must be recorded for progression in the Representative School Sport Pathway (RSSP).
- Marshals should be aware of when races and medal presentations clash and support students so that they don’t miss their events.

Rules and regulations

Swimmers in Multi-class events

- Each swimmer in Multi-class events must have current classification documentation (national, provisional or review status) for their disability category.
- The verification of classifications will be done against the Swimming Australia National Classification Masterlist and in conjunction with Paralympics Australia, Sports Inclusion Australia, Transplant Australia and Deaf Sports Australia.
- Swimmers who do not have a classification prior to competition and fail to meet this requirement will be ineligible to compete at the NSWPSSA Swimming Championships.
- All Intellectual and Hearing classifications should be completed prior to the state championships. Physical Impairment classifications requiring review will be conducted at the state championships (if classifiers available). Should a swimmer's classification be deemed ineligible at this time, they can still participate, but receives no percentages, and will not be eligible for placings, medals, records or team selection.
- If a swimmer's classification changes during the championship, as a result of a classification review, the new classification will be used from that point in time for all future events being contested. If an event has already been completed, the former classification will be used to determine its results, placings and team selection.
- Classification for Swimmers in Multi-class events is done by specific governing bodies. The classification categories and governing bodies are as follows:

Classification for swimmers in Multi-Class events

Classification category	Governing body
Intellectual	Sport Inclusion Australia
Physical	Swimming Australia
Vision	Paralympics Australia
Transplant	Transplant Australia
Hearing	Deaf Sports Australia

- Deaf or hard-of-hearing athletes can wear hearing aids for marshalling, but they must be removed before the start of the race.
- When an athlete's swimming race is at the same time as a medal/ribbon ceremony, the race takes priority, they can leave the medal/ribbon ceremony to participate in their race and then should return to the presentation area after the race.

Touching the wall

- In all events turn must be made from the wall and it is not permitted to take a stride or step from the bottom of the pool.

(a) Breaststroke

At the turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke and at the finish an arm stroke not followed by a leg kick is permitted. 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.

(b) Backstroke

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

A swimmer shall swim upon his/her back throughout the race. 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.

Upon the finish of the race and at the touch at the finish of the backstroke section in the Individual Medley, the swimmer must touch the wall on the back in his/her respective lane.

(c) Butterfly

At the turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.

(d) Freestyle

When turning or finishing a race the swimmer is required to touch the wall of the pool or course with any part of the body, not necessarily the hand. However, at the finish of the race it is necessary for contact to be made with the wall of the pool. A hand touch is not obligatory.

(e) Relays

In all relays the outgoing swimmer cannot leave the starting block until the incoming swimmer has made contact/touched the wall of the pool.

Chief timekeeper

Main roles

- Leading timekeepers in the accurate and consistent timing of races by using precision timing devices such as stopwatches or electronic timing systems to measure the duration of each race.
- At the end of each race, recording the time of all students in conjunction with the place order determined by the judge(s).
- Supporting timekeepers throughout the day. This includes providing technical assistance, 'covering' them if they miss a start, arranging a replacement as required and general encouragement.

How to be a chief timekeeper

1. Before the first race, brief all timekeepers on how to operate the stopwatch/timing system and the specific timekeeping procedures that are in place.
2. Stand in line with the finish at the end of the pool. Ensure you and all timekeepers are in the best position to see the swimmer touch the wall by standing and leaning out over the wall to see the touch.
3. Inform the starter when all the timekeepers are ready.
4. Be alert and ready to start timing when the starter notifies that the race is about to start
5. Start the timer when the starting device signal occurs. Check with timekeepers if anyone missed the start and cover the lane of anyone who did (unless timers are started automatically).
6. If 'covering' a specific lane, watch it closely as students approach the finish line. Stop your timer as soon as the student touches the wall.
7. Collect times from all lanes. Records should include:
    - event (for example, girls, 10 years, 50m Freestyle)
    - race (for example, Heat 3, Final)
    - time (for example, 30.3).
8. Corroborate collected times with the placings from the judge(s). If there is a discrepancy between the times and the judge(s)' placings, the judge(s)' placings take precedence.
9. Once you are satisfied that all times have been correctly recorded, instruct timekeepers to clear their stopwatches and prepare for the next race.

NOTE: When there are 2 timers for a lane, the slower time is recorded. When there are 3 timers, the middle time is recorded.

Suggestions for school carnivals

- Assign the role to an experienced teacher or member of the Executive team.
- Use touch pad/wireless recording technology to confirm timings. Your local swimming club may be able to provide equipment or a contact. There are also sprint timer photo finish apps for tablets/smart phones that can be used.
- Chief timekeepers should use a multi-timer stopwatch to record multiple lanes/places.
- The chief timekeeper should record the time of first place to assist with accuracy in case of a potential broken record.
- Ensure all timekeepers stand to stop the timer when swimmers touch the wall, and remind students to stay in the pool, in their lane while judges make decisions and times are recorded.
- Prior to the first race ensure all timekeepers know how to use a stopwatch.
    - Hold the watch between the thumb and forefinger.
    - Use forefinger for start/stop button and thumb for reset button.
    - Try to keep the watch as still as possible.
    - Press ‘reset’ when all times have been recorded.

Rules and regulations

Races are started using the commands below.

- For the freestyle, breaststroke, backstroke and relays the method of starting is a long whistle is blown by the Referee, (the competitors position themselves for the start), “TAKE YOUR MARKS, (All competitors will immediately and without delay assume their starting position), once all competitors are perfectly still, use the starting device. (Hooter or gun blast).
- For races backstroke and/or in pool starts, the method of starting is a long whistle is blown by the Referee, the competitors enter the pool. A second long whistle is blown the swimmers shall return without undue delay to the starting position and position themselves for the start. “TAKE YOUR MARKS, (All competitors will immediately and without delay assume their starting position.) Once all competitors are perfectly still, use the starting device. (Hooter or gun blast).

TIMEKEEPER'S CARD SHEET		
LANE 1	**LANE 2**	**LANE 3**
Event	**Event**	**Event**
Time 1	**Time 1**	**Time 1**
Time 2	**Time 2**	**Time 2**
Time 3	**Time 3**	**Time 3**
Official Time	**Official Time**	**Official Time**
LANE 4	**LANE 5**	**LANE 6**
Event	**Event**	**Event**
Time 1	**Time 1**	**Time 1**
Time 2	**Time 2**	**Time 2**
Time 3	**Time 3**	**Time 3**
Official Time	**Official Time**	**Official Time**
LANE 7	**LANE 8**	**LANE 9**
Event	**Event**	**Event**
Time 1	**Time 1**	**Time 1**
Time 2	**Time 2**	**Time 2**
Time 3	**Time 3**	**Time 3**
Official Time	**Official Time**	**Official Time**

TIMEKEEPER'S SLIP			
Event #:			
Heat #:			
Lane #:			
Timekeeper No. 1	**.min**	**.sec**	**.th/s**
Timekeeper No. 2	**.min**	**.sec**	**.th/s**
Timekeeper No. 3	**.min**	**.sec**	**.th/s**

Timekeepers

Main roles

- Ensuring accurate and consistent timing of races by using precision timing devices such as stopwatches or electronic timing systems to measure the duration of each race.
- At the end of each race, recording or reporting the time of the student they were responsible for timing.
- Collaborating with the starter, judge(s) and recorders to ensure smooth coordination of races.

How to time keep

1. Stand up at the end of the pool and lean out over the wall to see the touch. Ensure you have a good view of the touch.
2. Inform the chief timekeeper when you are ready, the chief timekeeper will inform the starter that the timekeepers are ready.
3. Be alert and ready to start timing when the starter notifies that the race is about to start (unless timers are started automatically).
4. Start the timer when the starting device signal occurs. If you miss the start inform the chief timekeeper immediately (unless timers are started automatically).
5. Watch your allocated lane when the swimmer is about five (5) metres from the finish (the backstroke flags are 5 metres from each end of the pool), look directly down the wall of your lane and wait for the swimmer to swim into your view. Stop your stopwatch at the instant any part of the body of the swimmer makes contact with the finish wall. (Do not worry whether the swimmer touched correctly, the Referee will decide that.)
6. Report your allocated lane(s) time(s) to the chief timekeeper. If there is no chief timekeeper, record the times. Records should include:
    - event (for example, girls, 10 years, 50m Freestyle)
    - race (for example, Heat 3, Final).
    - time (for example, 30.3). Do not clear your stopwatch until the chief timekeeper is satisfied that all times have been correctly recorded.
    - If there are two watches on the lane, record both and place a tick/mark against the slower time; If there are three watches on the lane, record all three times and place a tick/mark against the middle time.

Suggestions for school carnivals

- If needed, ask parents/carers to be timekeepers and use teachers experienced/confident in timekeeping as chief timekeeper and place judges.
- Use touch pad/wireless recording technology to confirm timings. Your local swimming club may be able to provide equipment or a contact. There are also sprint timer photo finish apps for tablets/smart phones that can be used.
- Timekeepers should remind swimmers to stay in the pool in their lane when they finish the race, while judges make decisions and times are recorded.
- Prior to the first race ensure all timekeepers know how to use a stopwatch.
    - Hold the watch between the thumb and forefinger.
    - Use forefinger for start/stop button and thumb for reset button.
    - Try to keep the watch as still as possible.
    - Press the button as athletes finish their race. Press 'reset' when all times have been recorded.
- Set up an exclusion zone around the timekeepers so that judges and timekeepers can work without interference from spectators. This can be 10-15m from the end of the pool, or back in the grandstand/seating area if there is an area allocated.

Rules and regulations

Races are started using the commands below.

- For the freestyle, breaststroke, backstroke and relays the method of starting is a long whistle is blown by the Referee, (the competitors position themselves for the start), "TAKE YOUR MARKS, (All competitors will immediately and without delay assume their starting position), once all competitors are perfectly still, use the starting device. (Hooter or gun blast).
- For races backstroke and/or in pool starts, the method of starting is a long whistle is blown by the Referee, the competitors enter the pool. A second long whistle is blown the swimmers shall return without undue delay to the starting position and position themselves for the start. "TAKE YOUR MARKS, (All competitors will immediately and without delay assume their starting position.) Once all competitors are perfectly still, use the starting device. (Hooter or gun blast).

Swimming recording sheet

Event details	Placing	Name	House	Time
School:	1st			
Swimming event:	2nd			
Boys/girls:	3rd			
Age:	4th			

Lane	Name	House	Time	Place
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Place judge

Main roles

- Determining the finishing positions of participants in swimming events, by assessing the order in which athletes touch the wall.
- Identifying the first, second, third and fourth place finishers according to the rules and regulations of the event. Using technology or timing systems, where available, to make accurate determinations.
- Collaborating with timekeepers to ensure alignment between recorded times and the observed finishing positions.
- Communicating finishing positions with recorders promptly following the race, usually by completing an event recording sheet.

How to judge a race

1. Stand in line with the end of the pool on the opposite side of the pool to the starter. Ensure you have a good view of the end wall (finish).
2. Watch the race as the students' approach the end of the pool. As they touch the wall identify which lane finished in which place, for example, lane 4 finished 1st, lane 1 finished 2nd etc.
3. Write down your placings. Communicate these to the chief timekeeper.
4. Always act independently. Only share your place(s) with the chief timekeeper.

Suggestions for school carnivals

- Imagine the closest edge of the finish line is a pane of glass. Once athletes break the pane, with any part of their body, they have crossed the line. The body is the torso, from the shoulders to the hips and does not include the head, neck, arms, legs or hands. For a wheelchair or frame running event, you place the athletes as the front axle of the leading wheel crosses the finish line.
- Only one judge is typically needed, but 2 is beneficial especially if there are 10 lanes.
- Only use teachers or independent adults such as paid athletics' officials.
- Set up an exclusion zone around the pool deck so that lifeguards, judges and timekeepers can work without interference from spectators. This can be 10-15m behind all the edges of the pool. If an indoor pool with a grandstand don't allow parents/spectators on pool deck.
- Use finish line wireless timing technology like the Dolphin wireless timing equipment to time races if possible. The local swimming club may be able to provide a local contact where you can hire the equipment.
- If using a tablet/smartphone to confirm placings, have 2 set up on tripods to record the finish of alternating races, or in case one fails.

Swimming judge's sheet

Event Name: Heat #:

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th

Lane	Name	House	Time	Place
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

The rules of Swimming NSW – Disqualification rules for start and strokes

SW4 - THE START

SW4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle (SW2.1.5) from the Referee the swimmers shall step onto the starting platform and remain there. On the Starter's command "Take your Marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal. (WA SW4.1)

SW4.2 The start in Backstroke and Medley Relay races shall be from the water. At the Referee's first long whistle (SW2.1.5) the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (see SW6.1). When all swimmers have assumed their starting positions, the Starter shall give the command "Take your Marks". When all swimmers are stationary, the Starter shall give the starting signal. (WA SW4.2)

SW4.4 Any swimmer initiating a start before the starting signal may 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. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per SW2.1.5 (WA SW4.4)

SW5 - FREESTYLE

SW5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly. (WA SW5.1)

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

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 not more than 15 metres after the start and each turn. By that point, the head must have broken the surface. (WA SW5.3)

SW6 - BACKSTROKE

SW6.1 Prior to the starting signal, the swimmers shall line up in the water, facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, at least one toe of each foot must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited. (WA SW6.1)

SW6.2 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 SW6.4. 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. (WA SW6.2)

SW6.3 Some part of the swimmer must break the surface of the water throughout the race, except that once some part of the head of the swimmer has passed the 5 42 metres mark immediately prior to reaching for the finish, the swimmer may be completely submerged. It is also 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. (WA SW6.3)

SW6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall. (WA SW6.4)

SW6.5 Upon the finish of the race the swimmer must touch the wall while on the back. (WA SW6.5) NOTE: Backstroke start procedure shall be in accordance with SW4.2

SW7 - 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. At any time prior to the first breaststroke kick after the start and after each turn a single butterfly kick is permitted. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. (WA SW7.1)

SW7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous without alternating movement. (WA SW7.2)

SW7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and 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 43 back beyond the hip line, except during the first stroke after the start and each turn. (WA SW7.3)

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 without alternating movement. (WA SW7.4)

SW7.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick. (WA SW7.5)

SW7.6 At each turn and at the finish of the race, the touch shall be made with both hands separated* and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. 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. (WA SW7.6)

* Separated means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

SW8 - 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. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. (WA SW8.1)

SW8.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to SW 8.5. (WA SW8.2)

SW8.3 All up and down movements of the legs must be simultaneous. The legs or the 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. (WA SW8.3)

SW8.4 At each turn and at the finish of the race, the touch shall be made with both hands separated* and simultaneously, at, above, or below the water surface. (WA SW8.4)

* Separated means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

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 them 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 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. (WA SW8.5)

SW9 - MEDLEY SWIMMING

SW9.1 In Individual Medley events the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance. (WA SW9.1)

SW9.2 In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke. Leaving the wall on the back during the freestyle portion is permissible but no kicking action is permitted until the swimmer has returned past the vertical to the breast at which point kicking, including a butterfly kick(s) may commence. (WA SW9.2)

SW9.3 In Medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance. (WA SW9.3)

SW9.4 Each section must be finished in accordance with the rule which applies to the style concerned. (WA SW9.4)