



Moorooka Marlins Swim Club Rules

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RULES

1. OVERVIEW

- (a) The season commences Term 4 and ends Term 1 with club nights held each Friday night, excluding School Holidays. During the season swimmers compete against their “Personal Best Time” accumulating points towards the Aggregate Points Trophy Competition. Refer to section 2 for the main rules on the Aggregate Points Trophy Competition.
- (b) The annual Club Sprint (25m & 50m) Championships are held at the end of the season. Refer to section 4 for the main rules affecting the annual Club Sprint (25m & 50m) Championships.
- (c) The annual Club Distance (100m & 200m) Championships are held at the end of the season, usually over the last seven or eight Friday nights of the season. Refer to section 5 for the main rules affecting the annual Club Distance (100m & 200m) Championships.
- (d) Annually trophies are awarded to the best boy and girl swimmer in each age group at the Club Sprint Championships. Refer to section 6 for the rules on determining Age Sprint Champions.
- (e) During the season on selected Saturday or Sunday afternoons the Club competes against other clubs at Inter Club Swim Meets. Refer to section 7 for the main rules affecting Inter Club Swim Meets.
- (f) The dates and times of Club Nights and Championships are as determined by the Management committee. The dates and times of Inter Club Swim Meets are as determined by the Club Swim Meet Coordinators in consultation with the Executive members.
- (g) Planned dates and times of Club Nights, Championships and Inter Club Swim Meets are to be set out in the Club Handbook for each season. Subsequent amendments by the management Committee to planned dates and times advised in the Handbook are to be promptly notified to members at Club Nights.
- (h) The Club Handbook is available for viewing on the Moorooka Marlins website:
<https://www.moorookamarlins.com.au/>

2. CLUB NIGHTS

2.1 Overview

- (a) At Club nights the following events are held 13m, 25m, 50m, 100m events for all 4 strokes: and 100m & 200m Individual Medley. In addition, the Management Committee has the option of including 200m Freestyle, Breaststroke & Backstroke.
- (b) Dates, times, and order events swum will be determined by the Management Committee at the beginning of the season and will be set out in the Club’s season handbook. Usually 13m, 25m and 50m events for at least 3 strokes are swum each Club Night and the 100 m and 200m events are spread over many weeks.
- (c) Where the Management Committee determines there are sufficient weeks in the last half of the season then 200m Freestyle, Breaststroke & Backstroke championship events are also held on alternate club nights, in addition to 100m championship events.

2.2 Nominations/Registrations

- (a) Swimmers must nominate the strokes they wish to swim on Club night for which they have qualified. Refer Rule 2.5 on “Compulsory Qualifying Times”. You can nominate on the night or on the Moorooka Marlins web page <https://www.moorookamarlins.com.au/>
- (b) Swimmers can choose to be:
 - Permanently nominated to swim each Club Night or nominate each week and
 - Permanently nominated for selection for the season to all Inter Club Swim Meets.
- (c) Any permanently nominated swimmer must promptly contact a member of the Management committee beforehand if unable to swim on a Club night or at an Inter Club Meet swim.
- (d) Any swimmer who fails to swim in any of their nominated swims during a Club night will lose one point for each stroke not swum, this will be at the discretion of the Management Committee. Refer to Rule 3.3 (e), (f) and (g)
- (e) If two consecutive Club nights are missed by a swimmer without notification to the Management Committee, discretionary actions include:
 - Remove the swimmer from the permanent register; and
 - Refused future requests by the swimmer for permanent registration.

2.3 Warm-up swim

- (a) The warm-up period is at the discretion of the Referee and Management Committee. This will only commence when a club official is present and ready to supervise swimmers in the pool.
- (b) Swimmer must comply with the following guidelines unless otherwise directed by either the Referee or Club Official on Observation duty.

Lane 1 – Reserved for Younger Swimmers

Lanes 2-5 – Starting in the water from the deep end swimming down the left-hand side of each lane, turning at the shallow end, swimming down the other side of the lane and finishing at the deep end.

Lane 6 – Diving and Backstroke starting and one-way lane from the deep end and swimming to the middle and exiting or swimming all the way to the shallow end is permitted. No turns or swimming from the shallow end to the deep end is permitted in this lane

- (c) No diving is permitted from the shallow end of the pool at any time (i.e in any Club activity) in any lane.

2.4 Events

- (a) Boys and girls swim together with events graded from slowest to fastest.
- (b) The order of events will be determined by the Management Committee at the beginning of the season and will be set out in the Club Handbook for the season.
- (c) The Management Committee may vary the order of events during the season. If necessary, with reasonable notification to members at prior club nights to varied events being held.

2.5 Compulsory Qualifying Times/Eligibility

- (a) To be eligible for 25m events, swimmer must either:
 - Be 8 years of age or older
 - Or**
 - Have swum the following qualifying times in the 13m event of that stroke at Club Nights.

Freestyle – 14 Seconds

Backstroke – 16 Seconds

Butterfly – 16 Seconds

Breaststroke – 18 Seconds

- (b) To be eligible for 50m events, a swimmer must either:
 - Be twelve (12) years of age or older
 - Or**
 - Have swum the following qualifying times in the 25m event of that stroke at Club Nights

Freestyle – 24 Seconds

Backstroke – 27 Seconds

Butterfly – 27 Seconds

Breaststroke – 29 Seconds

- (c) To be eligible for 100m Freestyle, Breaststroke, Backstroke, Butterfly, and Individual Medley events, as swimmer must either:
 - Be twelve (12) years of age or older
 - or**
 - Have swum the following qualifying times in the 50m event of that Stroke at Club Nights:

Freestyle – 48 Seconds

Backstroke – 54 Seconds

Butterfly – 54 Seconds

Breaststroke – 58 Seconds

- (d) To be eligible for the 200m Individual Medley event, a swimmer must either:
- Be thirteen (13) years of age or older
 - Or**
 - Have swum the following qualifying times in the 100m Individual Medley event at Club Nights.

1 Minute 35 Seconds

- (e) The computer will automatically upgrade swimmers who have qualified on Club Nights for 25m & 50m Events.
- (f) Times swum in the Championships (heats or finals) and at Inter Club Swim Meets are not counted:
- As qualifying times for Club Nights and
 - As part of the Aggregate Points Trophy Competition.
- (g) Once a swimmer has qualified for a new 25m or 50m they have the option:
- Not to swim the new distance but swim the old distance.
- However, only one point will be awarded for this lesser distance swim, regardless of the time swum. Also refer to Rule 3.3 (f) and (g) on points awarded
- (h) Swimmers can swim each sprint (i.e. 13m, 25m or 50m) stroke only once per Club Night, unless attempting a record (also refer Rule 3.3 (f) and (g) on points awarded and Rule 8.1 (e) on attempting records).

2.6 Awards

- (a) A Monthly “Most Improved Times” Award is presented to the swimmer who has made the greatest improvement in their times. This award is calculated on a percentage basis as follows:

$$\frac{\text{(Fastest Time – Slowest Time)}}{\text{Slowest Time}} \times 100$$

- (b) Graduation Certificates are Presented to successful swimmers graduating from 13m to 25m or 25m to 50m or 50m to 100m in each stroke or Individual Medley from 100m to 200m.
- (c) Swimmers completing a program of Learn-to-swim or Improver classes will receive a certificate congratulating them on their season’s efforts.
- (d) On achieving 10 years eligibility to swim in the Club Championships (eligibility as per Rule 4.3), members will be presented with an award to recognize their 10-year participation with the club.
- (e) At the end of the season each swimmer receives a record of their completed Club Night swim times.

2.7 Cancellation of a Club Night

- (a) Cancellation of swimming (partial or full Club Night) due to adverse conditions will be decided by a meeting at the pool of Management committee members to constitute a quorum of at least three (3). The decision of the meeting will be binding.

3. Club Nights

3.1 Personal Best Time

- (a) Throughout the season swimmers will compete against their “Personal Best Time” and be awarded points towards an Aggregate Points Trophy Competition.
- (b) The referee, after consideration of Rule 2.5, will decide what distance, either 13, 25 or 50m, that new swimmers are permitted to swim to establish a “Personal Best Time”, which is usually on their first Club Night.
- (c) Swimmers, who have swum throughout the previous season, will compete at Club Nights at the start of the new season against their “Personal Best time”, recorded during previous season Club Nights.
- (d) Once a “Personal Best time” is established, swimmers compete against this time to score points in the Aggregate Points Trophy Competition.

3.2 Age Groups

- (a) To encourage swimmers to improve their personal performance, an Aggregate Points Trophy Competition is conducted each season for boys and girls.
- (b) Age groups are determined annually by the Management Committee prior to the commencement of the swimming season and as published in the annual Club Handbook.
- (c) For Aggregate Points Trophy Competition, age is taken from the swimmers age as at the Annual Sprint (25m & 50m) Championship finals (i.e. age is taken from the swimmers age on block o the final day of swimming for the season).

3.3 Points

(a) Aggregate Trophy Competition Points are allocated as follows, except when another rule in this Section (3.3) Applies.

	13m	25m	50m	100m/200m
First Swim in an event	0	3	3	3
Swim slower than their previous best time by more than 2.5 seconds	0	1	1	2
Swim more than 1.5 to 2.5 seconds slower than their previous best time	0	1	2	3
Swim more than 0.5 to 1.5 seconds slower than their previous best time	0	2	3	4
Swim from 0.5 seconds slower to 0.5 seconds faster than their previous best time	0	3	4	5
Swim more than 0.5 to 1.5 seconds faster than their previous best time	0	4	5	6
Swim more than 1.5 to 2.5 seconds faster than their previous best time	0	5	6	7
Swim Faster than their previous best time by more than 2.5 seconds	0	6	7	8

(b) No Aggregate Trophy points are allocated for swimming in:

- Inter Club Swim Meet events
- PB Challenge
- Championship events (including long distance and sprint events)

(c) Aggregate Trophy points are awarded on a swimmers' times compared with their previous "Personal Best Time" and not on their placing in the individual Club Night swim events.

(d) Aggregate Trophy points are calculated using Club Night swims from the start of the season to the end of the season, excluding the Lloyd Hawkins Relay Night.

(e) A swimmer will lose one (1) point for every nominated event in which they do not swim.

(f) Any Permanently nominated swimmer must contact a member of the Management Committee before nominations close if unable to swim on a Club night.

(g) The Management Committee can decide during a Club Night not to deduct one point for a nominated event not swum if the Management Committee is notified of exceptional circumstances why a swimmer is unable to swim an event (such as an injury occurring after nominations closed)

(h) Where a swimmer does swim in a 25m or 50m event in the same stroke in one Club Night, points will only be awarded to the 50m event, being the greatest distance event sum for that stroke for which points are eligible to be awarded.

(i) Swimmers, who qualify for a 25m or 50m event and don't swim in that event but swim lower/lesser distance event will gain only one (1) point for the lower/lesser distance swim regardless of the time swum (i.e. if qualified for 50 m event but continue to swim only in the 25m event then only 1 point will be awarded).

(j) No points will be awarded to any swimmer when a Club Night is cancelled prior to the completion of a 50m stroke.

- (k) Where a Club Night is partially completed (e.g. the arrival of a storm means some strokes are cancelled) then swimmers nominated to swim, will be given 1 point for each event that is not completed / swum.
- (l) If disqualified during an event the swimmer will be given one (1) point for that event.
- (m) When determining the total number of points for the season towards the Aggregate Points Trophy Competition, swimmers are to drop their three lowest point scoring Club Nights from the total number of nights in the season. This allows those members missing Club nights, such as due to illness or swimming “away” the potential to miss up to three Club Nights without penalty.

3.4 Awards

- (a) Aggregate Points Trophies are awarded at the end of each swimming season to recognize swimmers with the best overall personal improvements at Club Nights throughout the season.
- (b) Aggregate Points Trophies are awarded to the winner and runner-up of each boy and girl age categories as per Rule 3.2 (b) achieving the highest number of points for the season as per Rule 3.3.
- (c) In the event of a tie in the points for the Aggregate Points Trophy winner, there will be two winner’s trophies awarded and there will be no runner up trophies awarded.
- (d) Awards are made regularly (approximately monthly) during the season to those swimmers who have gained the most points over a given period, determined by the Management Committee.

3.5 Eligibility

- (a) Swimmers must be registered financial members.
- (b) Swimmers, financial / registered for the whole season must have swum in at least 50% of Club Swim Nights (excluding Lloyd Hawkins Relay Night)
Or
Swimmers, who are financial/registered for up to half the season and who are swimming with the Club for the first time after 1st January, must have swum at least 50% of Club Nights during the second half of the season.

4. SPRINT (25m & 50m) CHAMPIONSHIPS

4.1 Overview

- (a) Age Sprint Championships are conducted at the end of the season for all four strokes for the following distances:
 - 25m for swimmers aged 9 years and under and
 - 50m for swimmers aged 10 years and overRefer rule 4.4 for age groups
- (b) Dates, times, and events swum will be determined by the Management Committee and will be set out in the Club Championship day Program.

4.2 Nominations / Registrations

- (a) Nominations must be lodged by the dates selected and advertised by the Management Committee

4.3 Eligibility

- (a) Swimmers must have competed during the season in a minimum of two Club swims over any distance in each stroke nominated. Thus, times are not a qualifying criteria in the Championships (e.g. 13m Freestyle club night swimmers can nominate for the 25m freestyle annual championship event)
- (b) Swimmers must be registered financial members
- (c) Swimmers, financial / registered for the whole season, must have swum at least 50% of Club Swim Nights (excluding Lloyd Hawkins Relay night) from the beginning of the season until the close of nominations (as set by the Management Committee)

Or

Swimmers, who are financial / registered for up to half the season and who are swimming with the Club for the first time after 1st January, must have swum at least 50% of Club Swim Nights from the beginning of the second half of the season until the close of the nominations (as set by the Management Committee).

- (d) All swimmers who participate in the Lloyd Hawkins Relay Night may have this swim counted as an extra Club Night towards their assessment for eligibility, at the discretion of the Management Committee.
- (e) Swimmers 15 years and older who participate at an Inter Club Swim Meet on behalf of the Club may have this swim counted as an extra Club Night towards their assessment for eligibility, at the discretion of the Management Committee.
- (f) Swimmers missing a Club Night by representing their School Region, State etc. may have this swim counted as an extra Club Night towards their assessment for eligibility, at the discretion of the Management Committee.

4.4 Age Groups and Distances

- (a) Distances are:

	Freestyle	Backstroke	Breaststroke	Butterfly
9 Years & Under	25	25	25	25
10 Years & Under	50	50	50	50

- (b) Boys and girls compete separately in each stroke, however different ages and sexes may be combined (i.e. swim together) to minimize the number of events on the program.
- (c) Age is taken from the swimmer's age on block on the day of the swim, **except** if Club Championship 25m and 50m heats are held prior to Championship Day (e.g. on the last Friday of the Season), where age is defined as the age on block as at Championship day (usually on the last Saturday of the season as decided each year by Management Committee) when trophies and finalist medals are awarded.

- (d) Age Groups for Sprint Championships are as determined annually by the Management Committee prior to the commencement of the swimming season and as published in the annual Club Handbook.

4.5 Awards

- (a) Award presentations will be made to each girl and boy 1st, 2nd and 3rd as determined by the Chief Judge or Chief Timekeeper as per rules 8.3 & 8.4
- (b) Where heats are held to determine the six Championship finalists or when there are only six or less participants for the age group then 1st, 2nd & 3rd will be awarded on placing in the final. Otherwise 1st, 2nd & 3rd will be awarded on a combination of time and placing (i.e where 1st, 2nd & 3rd in an age group is determined from the multiple events where no final is held then the Chief Judge, in consultation with the Chief Timekeeper, determines the overall age group placegetters for that event.
- (c) The number of placings after the tie will be reduced by the number of additional swimmers in the tie.
For example, a tie for first (i.e. judges award a dead heat in a final) will result in awarding two firsts, no second and a third.

5 – DISTANCE (100m & 200m) CHAMPIONSHIPS

5.1 Overview

Distance Championships in 100m & 200m events are conducted at the end of the season in Freestyle, Breaststroke, Backstroke, Butterfly, and Individual Medley

5.2 Nominations / Registrations

- (a) Nominations must be lodged by the dates selected and advertised by the Management Committee.
- (b) Where there are more than six (6) nominations for an event, 100m & 200m places will be determined on fastest times (i.e. there will be no heats to determine finalists) if the Chief Judge agrees heat placings match times.
- (c) Events are usually conducted over the last seven or eight (7-8) Friday nights of the season prior to the 25m & 50m Championship Finals, as determined by the Management Committee.

5.3 Eligibility

- (a) Distances are:

	Freestyle & Backstroke	Breaststroke	Butterfly	Medley
12 Years & Under	100	200	100	100
13 Years & Over	100	200	100	200

- (b) Age is taken from swimmers age on block on the day of the swim.

- (c) Boys and girls compete separately in each stroke; however, different ages and sexes may be combined (i.e. swim together) to minimize the number of events on the program.
- (d) Age groups for distance Championships are as determined annually but the Management Committee prior to the commencement of the swimming season and as published in the annual Club Handbook.

5.4 Awards

- (a) Presentations will be made to each girl and boy 1st, 2nd & 3rd placegetters / three (3) fastest times.
- (b) The number of placings after the tie will be reduced by the number of additional swimmers in the tie. For example, a tie for first (i.e. where two swimmers swim the same fastest time in agreement will judges placing) will result in awarding two firsts, no second and a third.

6 – AGE SPRINT CHAMPIONSHIPS

6.1 Champions

- (a) Age Sprint Champions are awarded for the swimmer on the day in each boy and girl age category at the Annual Championships producing the highest combined score for all four strokes (i.e. in 25m and 50m championship finals on the last day of the season).
- (b) Annual Championship events used for allocating points for awarding Age Champions are only sprint finals (i.e. 25m & 50m finals on the Championship day). Points are allocated from first to sixth place only. Refer rule 6.4 for further details on points.

6.2 Age Groups

- (a) Age Groups for Age Champion trophy presentations are as determined annually by the Management Committee prior to the commencement of the swimming season and as published in the annual Club Handbook.
- (b) Age is a per rule 4.4 (c) as applicable to the Sprint Championships

6.3 Eligibility

Eligibility is a per Rules 4.3 as required also for the Sprint Championships.

6.4 Points

- (a) Points towards determining Age Champions are awarded for the results of each Championship on the following basis:

1st – 7 Points
2nd – 5 Points
3rd – 4 Points
4th – 3 Points
5th – 2 points
6th – 1 Points

- (b) The male and female swimmer for each age group as per Rule 6.2 with the most points as per Rule 6.4 will be the Age Champion. No Runner up trophy is awarded.
- (c) In the event of a tied result, each swimmer will be awarded the appropriate points for that placing. However, the number of placings after the tie will be reduced by the number of additional swimmers in the tie. For example, a two-way tie for first will result in each swimmer being awarded seven points for first and no points will be awarded for second place.
- (d) In the event of a tie in the points for the Age Champion, there will be two Age Champion trophies awarded for that age group.
- (e) For determining Age Champion Trophy points in events with multiple age groups, points are awarded to the first six (6) placegetters in each age group. For example, in final of 13- and 14-year boys:
 - A 14-year-old for first place gets 7 points towards the fourteen-year-old Age Champion Trophy
 - A 13-year-old for second place in the final but first place in their Age Champion age group gets 7 points towards the thirteen-year-old Age Champion Trophy.
 - A 14-year-old for third place in the final but second place in their age group gets 5 points towards the fourteen year only Age Champion Trophy etc.

6.4 Trophies

Trophy presentation will be made to each girl and boy with the most points as per Rule 6.4 in each age group as detailed in Rule 6.2.

7 – INTER CLUB SWIM MEETS

7.1 Overview

The Club will plan to participate, usually on Saturday afternoons, in a maximum of eight (8) Inter Club Meets each season as organized by the Swim Meet Coordinators. The Management committee is to plan for at least two of these meets to be B grade swim meets.

7.2 Swim Meet Coordinators

The Swim Meet Coordinators, after considering recommendation of the Management Committee, will decide the following for “Home” Inter Club Swim Meets (at the Club pool):

- Age groupings
- Events to be swum
- Order of events
- Starting time for meet

7.3 Points

(a) For “Home” Inter Club Swim Meets, points will be:

- 1st – 7 Points
- 2nd – 5 Points
- 3rd – 4 Points
- 4th – 3 Points
- 5th – 2 points
- 6th – 1 Points

(b) In the event of a tied result the points available for the tied placings will be added together and divided by the number of tied competitors

For example, a tie for first by two swimmers (i.e. Judges award a dead heat in a final) will result in awarding 6 points to each swimmer for the tie for first and no points for second.

i.e.
$$\frac{7+5}{2} = 6$$

7.4 Awards

(a) For “Home” Inter Club Swim Meets the following are presented:

- Competitor Ribbons for Swimmers 8 years and under
- Ribbons for 1st, 2nd & 3rd placegetters
- Trophies for 1st, 2nd, 3rd Swim Clubs

(b) A Club “Swimmer of the Meet” is selected for each Inter Club Swim Meet by the Club Coach.

7.5 Age Groups and Distances

(a) For “Home” Inter Club Swim Meets, unless determined otherwise by the Club Swim Meet Coordinators, age groups & distances for:

- Allocating points for club Trophies
- Presenting awards to event placegetters

	Freestyle	Backstroke	Breaststroke	Butterfly	Medley & Freestyle Relays
6 Years & Under	25	n/a	n/a	n/a	n/a
7 Years	25	n/a	n/a	n/a	n/a
7Years & Under	n/a	25	25	25	100
8 Years	25	25	25	25	100
9 Years	25	25	25	25	100
10 Years	50	50	50	50	200
11 Years	50	50	50	50	200
12 Years	50	50	50	50	200
13 Years	50	50	50	50	200
14 Years	50	50	50	50	200
15 Years & Over	50	50	50	50	200

n/a = not applicable as events combined or separated

- (b) For “Home” Inter Club Meets, age is taken from swimmers age on block on the day of the swim (i.e. based on “Age on Block”)
- (c) If swimmers from various ages, due to lack of numbers are grouped in an event not listed in Rule 7.5 (a) (e.g. 13, 14 and 15 and over years records), this will occur only when the Club Swim Meet Coordinators are advised in advance of the event of details of the date of birth of swimmers who subsequently break such records. Refer also Rule 8.1.
- (d) If swimmers swim up an age group then they must swim up in the higher age group for the whole meet, except for relays.
- (e) Female swimmers can swim in the male events; however, male swimmers can not swim in female events. If a female swimmer swims in a male event then she is to swim only in this male age group for the whole meet, except relays.
- (f) The above rules 7.5 (a) to (e) may be varied only if other competing clubs object and subsequently where the Management Committee agrees to the change.

7.6 Nominations / Registrations

- (a) Swimmers are to advise the Management Committee of their availability for Inter Club Swim Meet selection at least three weeks prior to the meet.
- (b) If a swimmer is forced to withdraw from a Inter Club Swim Meet that they have been selected to swim in then they must advise the Swim Meet Coordinators as soon as they find out they cannot swim at the meet.
- (c) Those selected swimmers who withdraw without adequate reason or notice may be denied future selection.

7.7 Selection of Swimmers

- (a) Selection of swimmers is based on a combination of:
 - The fastest times recorded at the Club night which is two or three swim nights before the meet date, as determined by the Club Swim Meet Coordinators.
 - Times swum at the last Inter Club swim meet (i.e. the last meet held before the team selection is to be posted on the pool notice board).
 - The potential to repeat these times.
 - Allowing swimmers, who swim close to fastest Club times, opportunity to participate in some strokes / events in addition to relays at Inter Club meets.
 - The reliability of swimming to their potential in meets when selected.
- (b) Selections will be posted on the pool notice board on the Friday night, one week prior to the meet.
- (c) Final selection of Club swimmers for the Inter Club Swim Meet will be made by the Club Swim Meet Coordinators.

7.8 B Grade Meet Selection of Swimmers

The Club participates in B grade events allowing lower performing swimmers the opportunity to participate in Inter Club Swim Meets. Selection of club swimmers for B grade meets is based on the criteria in Rule 7.7 except the fastest two swimmers in each boy / girl age category will be ineligible for that B grade meets, unless no other swimmers nominate to swim at that meet.

8 – RECORDS, PROTESTS, JUDGING, REFEREEING AND TIMEKEEPING

8.1 Records

- (a) There will be two types of records:
- Pool Records are established for the fastest times recorded in the Club Pool by any swimmer or relay team from any recognized swimming club participating in a Club event.
 - Club Records are established for the fastest times recorded by a swimmer or relay team who is / are all registered financial member(s) of the Club, swimming in the Club Pool in a Club event.
- (b) Records are for distances and age groups set out in Rules:
- 4.4 – 25m and 50m events
 - 5.4 – 100m and 200m events
 - 7.5 – Inter Club Swim Meets

Thus, at Club Nights, Championships and “Home” Inter Club Swim Meets, records can be set for the age groups and distances in the above-mentioned tables / rules.

- (c) Age groups for Pool and Club Records are taken from the swimmer’s age on block on the day of the swim. Thus, all swimmers move up an age group on their birthday for Pool and Club Records.
- (d) Swimmers are to apply to the Referee prior to an event to attempt a record at Club Nights they have achieved a time in the vicinity of or better than the existing record. The date for the record attempt will be at the discretion of the Referee.
- (e) To establish a record, a minimum of two times must be recorded by personal appointed by the Referee by using electronic timing devices such as stop watches.
- (f) No records are awarded at “Home” Inter Club Meets (i.e. at the Club Pool) if events are not based on “Age on Block” (i.e. are based on the swimmers “Year of Birth”). Swimming “Year of Birth” will only occur where the Management Committee applied rule 7.5 (f) allowing Rule 7.5 (b) to be varied so that Rule 8.1 (c) cannot be applied.
- (g) Swimmers, swimming up an age group, are only eligible to set records for the age group the swimmer competes in.

8.2 Protests

At Club Nights, Championships and Inter Club Swim Meets conducted by the Club, any protests must be submitted to the Referee within fifteen (15) minutes of the conclusion of the event and the Referee’s decision shall be final and binding in all cases.

8.3 Judging

- (a) Judges will determine the placegetters and their decision will be binding and overrule times, subject to Rule 8.2

- (b) The Chief Timekeeper is responsible for ensuring the times recorded by official Timekeepers are correct.
- (c) Each lane is to have appointed at least one official Timekeeper. However, at Annual Club Championships, at least two Timekeepers are to be appointed to each lane.
- (d) Any Judge can be replaced at the discretion of the Chief Judge.

8.4 Time Keeping

- (a) The Chief Timekeeper is responsible for ensuring the times recorded by official Timekeepers are correct.
- (b) Each lane is to have appointed at least one official Timekeeper. However, at Annual Club Championships, at least two Timekeepers are to be appointed to each lane.
- (c) Any Timekeeper can be replaced at the discretion of the Chief Timekeeper.
- (d) The Chief Timekeeper, in determining the official times, will take into consideration all official recorded times on the lane. However, the final decision on times on all lanes is at the discretion of the Chief Timekeeper taking the Judges placings into account.
- (e) The final decision on placing is at the discretion of the Chief Judge unless no Chief Judge was appointed and only then will the Chief Timekeeper have the final decision on placings.
- (f) Where an even number of official Timekeepers record a time for a lane, the time recorded will be the average of the times (i.e. add all times together and divide this amount by the number of times recorded giving an average time of the recordings)
- (g) Where an odd number of official Timekeepers record a time for a lane, the time recorded will be the middle time (i.e. time on the stopwatch that is in the middle of all times recorded).

8.5 Refereeing and Starting

- (a) The Referee may intervene in swim events at any stage to ensure swimming regulations are observed and shall adjudicate on all protests related to competition in progress(i.e. the referee has full control and authority over all officials at all times to ensure regulations are being complied with).
- (b) When swimmers and officials are prepared for the start, the referee shall gesture to the starter indicating that the swimmers are under the starter's control.
- (c) The starter has full control over the swimmers from the time the referee turns the swimmers over to him / her until the race has commenced. The starter has the power to decide whether the start is fair, subject only to the decision of the referee.
- (d) The starter shall report a swimmer to the referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start of an event, but only the referee may disqualify a swimmer.
- (e) When starting an event the starter shall stand on the side of the pool concourse within approximately two meters of the starting edge of the pool where the Timekeepers can see and hear the starting signal and the swimmer can hear the signal.

9 – CLUB CAPTAINS

9.1 Nominations

- (a) All financial senior swimmers (13 year or over at the beginning of the season to be elected to) who want to be considered by the Management Committee for offer to Club Members for election as a Captain are to submit a written nomination for these Positions.
- (b) The written nomination (i.e. nomination form) is to provide:
 - A statement of consent and support from the nominee's parent or guardian.
 - The specific duties and responsibilities the nominee is willing to regularly perform for the Club if elected as a Captain
 - The name, signature, and date of signature of the member nominating for Captain
 - The name, signature, and date of signature of the nominee's parent.

9.2 Criteria for Election

The following are some of the criteria to be used by the Management Committee for assessing nominee's eligibility to be recommended to members for election as a Club Captain.

- (a) Commitment by attendance and helpfulness at past Club Events, particularly Club Nights and Inter Club Swim Meets.
- (b) Demonstrated sense of responsibility.
- (c) Role model to younger swimmers.
- (d) Commitment to perform the duties as detailed in Rule 9.3.
- (e) Member is financial and will be thirteen years (13) or over at the beginning of the season the member is nominating to be elected.

9.3 Duties

- (a) Assist Marshall's to orgainse swimmers in event at Inter Club Swim Meets and Club Nights, particularly relays.
- (b) Assist setting up the pool and with putting lane ropes and other Club equipment away at Club Swimming activities.
- (c) Assist Marshall's with younger swimmers' behaviors.
- (d) Attend some General Meetings, where appropriate, and attend the Annual General Meeting (AGM)
- (e) Provide input into Club Newsletters / Reports
- (f) Assist the President or Club Officials as requested in running Club Nights and Inter Club Swim Meets provided it does not interfere with their personal swimming.
- (g) Accept awards on behalf of the Club at Inter Club Swim Meets.
- (h) Present Club graduation and record certificates.
- (i) Delegate tasks to and obtain co-operation from other senior swimmers.
- (j) Act responsibly, especially being a role model to younger swimmers.
- (k) At Inter Club Swim Meets, be the check starter (i.e. ensure swimmers are in the right event) for the 25m events and assist swimmers to make correct 25m changeovers in relay events.

9.4 Term of Office

- (a) Term of Office – One (1) Season (i.e. elections will be held annually)
- (b) Club Captains can be re-nominated in the following season.
- (c) If Captains serve for three (3) seasons they will be encouraged by the President not to re-nominate for captain positions. This will allow other member the opportunity to participate in leadership / higher profile role.

9.5 Selection

- (a) Five (5) weeks prior to the end of the season, unless another date is advised to Club Members by the Management Committee, members who meet the criteria in Rule 9.2 can nominate to the Management Committee in accordance with Rule 9.1 to be considered for election as Club Captain for the coming season.
- (b) Swimmers who provide written nomination in accordance with Rule 9.1 and who are financial members will be considered by the Management Committee for assessment as to their suitability for election, considering the criteria asset out in Rule 9.2.
- (c) The names of all nominees who:
 - Have complied with the requirements of Rule 9.1
 - Meet the criteria of Rule 9.2 and
 - Are likely to perform the duties as set out in Rule 9.3
- (d) Notification of Captain nominees who have met the criteria as assessed by the Management Committee will be made to members at a Club Night just prior to the end of the season as determined by the Management Committee.
- (e) Club Member who are financial and who regularly swim at Club Nights can vote to select Captains from those members recommended by the Management Committee.
- (f) Captains will be asked by the Club President if they will accept the appointment prior to the announcement to Club Members of the appointments.

9.6 Presentations

- (a) Announcement to all members of the Club Captains for the coming season will be at Presentation Night or at the last day of the Club Championships as decided by the Management Committee (i.e. at the end of the season)
- (b) At the end of the season the names of the Club Captains who served for the year will be placed on the Club Captains Perpetual Shield. A smaller shield will be presented to outgoing Captains, if the Management Committee assesses that duties as per Rule 9.3 have been satisfactorily performed throughout the year.
- (c) Badge or Club shirt presentations will be made to incoming Club Captains on the first Club Night of the season.

10 – CONDUCT / DICIPLINE

- (a) Swimmers / Members under seventeen (17) years of age must be accompanied by a responsible adult for the whole of the Club activity that the swimmers are attending.
- (b) Your children are your responsibility. Please look after them and abide by the Club Rules.
- (c) Loitering is not permitted in the Change Rooms
- (d) Unnecessary movement will not be permitted along the pool concourse.

- (e) Swimmers should remain in the allotted area unless directed by Club Officials.
- (f) Swimmers are not permitted in the time keeping area unless under instruction by Club Officials.
- (g) Running, jumping, and pushing are not permitted in the pool complex. Diving into the pool is only allowed from the deep end.
- (h) Swimmers must remain within the pool complex, otherwise they will not be able to participate in Club activities.
- (i) Silence should be observed during all announcements.
- (j) After the Referee blows the whistle for a “Start” there should be silence within the Pool Complex until after the “Start” signal is given.
- (k) Swimmers not reporting to the marshalling area when called, can be withdrawn from that event by the Referee.
- (l) The Referee will not delay any race for any swimmer who does not report when called.
- (m) Members must always obey the instructions of any Club Official during Club activities. This applies particularly at:
 - Inter Club Swim Meets “Away” and at “Home”
 - Championships and
 - Club Nights
- (n) Swimmers are to only use the pool ropes for support in case of emergency.
- (o) The methods and systems used for conducting events are determined by the Management Committee and the decisions of the Club Officials are binding on all participants.
- (p) Members who continue to disobey the instructions of any Club Official at a Club event are to be reported by the Club official to the President. If appropriate the President can eject the members(s) from participating and or admission to the Club event. The President and Club Officials are to report to the Management Committee all such disciplinary actions enforced. As determined by the Management Committee the following disciplinary action also can occur:
 - Issue of a written official warning or
 - Disallow participation and or admission for the offending member to certain or all future Club events after forwarding written notification of such action to the member.

Members can appeal to the Management Committee against the disciplinary action in writing, delivered to the President detailing / showing cause why the disciplinary action is unfair and suggesting alternative disciplinary actions.

Any person aware of unsafe activities being performed within the pool complex should take immediate action to stop such unsafe activities and then report the unsafe activity to the President or Referee.

11 – HEALTH AND SAFETY

- (a) Each parent shall ensure the child's fitness to engage in the Club's activities.
- (b) No swimmer is allowed in the pool who
 - Is suffering from discharging eyes, ears, nose, etc.
 - Has sores on any part of the body
 - Is wearing Band-aids or sticking plaster
 - Has any flu like symptoms, including headache or a cough.
- (c) Swimmers are not allowed to wear hairpins, watches, rings, bangles or other jewellery in the pool.
- (d) To safeguard the health of all swimmers, parents are requested to ensure that their children always maintain a high level of personal hygiene.
- (e) Change rooms are to be kept neat and tidy, in the change rooms, swimmers are requested not to leave unattended personal belongings at any time.
- (f) The wearing of caps in the pool is compulsory for all swimmers with hair to be tucked under the cap so that it is not exposed.
- (g) Under Department of Education regulations, smoking is not allowed on the School premises. Smoking withing the pool complex is therefore not permitted.

12 – GENERAL RULES

12.1 Suitable Attire

Swimmers must be suitably attired as determined by the Management Committee

12.2 Lost Property

Unclaimed lost property will be disposed of at the discretion of the Management Committee.

12.3 Valuables

Valuables brought into the pool complex are the owner's responsibility.

13 – STARTING AND STROKE RULES

13.1 The start

- (a) The start in Freestyle, Breaststroke, Butterfly, and Individual Medley races shall be with a dive. On the long whistle from the Referee the swimmers shall step onto the starting platform and remain there. On the Starter's command: "Take your Marks:", the swimmer shall immediately take up a starting position with at least one foot at the front of the starting platform. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.
- (b) The start in Backstroke and Medley Relay races shall be from the water with the feet of all swimmers to be below the surface of the water.

At the Referee's first long whistle 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. 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.

- (c) There shall be no movement by the swimmer immediately before the starting signal is given.

13.2 False Start

The two-start rule is only used for 13m and 25m events and the one start rule is used only for 50m, 100m, 200m and longer distance events.

- (a) *Two start rule* – All 13m & 25m events

The starter and the Referee shall have power to decide whether the start is fair. If the Starter or Referee believes that the start is not fair, they shall recall the competitors after the signal of start has been given – except after one false start, when the Starter or Referee shall not recall the competitors after the signal of start has been given.

After the first false start:

- The Starter or Referee shall call back the competitors and remind them of not starting before the starting signal and
- Any swimmer starting before the second starting signal has been given (i.e. breaking) shall be disqualified.

If the second starting signal sounds before the disqualification is declared, the race shall continue and the swimmer(s) who have broken shall be disqualified upon completion of the race.

If the disqualification is declared before the second starting signal, the signal shall not be given, but the remaining competitors shall be called back, be reminded by the Starter or Referee of the penalties and start again. That is to say that if there is a break on the first start, the second start shall be the effective start.

The Signal for a false start shall be the same as the starting signal but repeated along with the 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.

- (b) *One Start Rule* – 50m & over events

Any swimmer starting before the starting signal has been given shall be disqualified. If the Starting signal sounds before the disqualification. If the starting signal sounds before the disqualification is declared, the race shall continue, and the applicable swimmer or swimmers shall be disqualified upon the completion of the race.

If the disqualification is declared before the starting signal is given, the signal shall not be given, but the remaining swimmers called back, be reminded by the Starter or Referee of the penalties and the race started again.

13.3 Freestyle

Freestyle means that in an event so designated the swimmer may swim any style, except that in Individual Medley or Medley Relay events where Freestyle means any style other than

Breaststroke, Backstroke or Butterfly. Some part of the swimmer must touch the wall upon completion of each length and at the finish.

Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than fifteen meters (15m) after the start and each turn. By that point, the head must have broken the surface.

13.4 Backstroke

The swimmers shall line up in the water, facing the starting end with both hands placed on 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.

At the signal for starting and after turning the swimmer shall push off and swim upon the back through the race, except when executing a turn. The normal position on the back can include a rolling movement of the body up to, but not including ninety (90) degrees from horizontal. The position of the head is not relevant.

“except when executing a turn” means any deviation from the normal Backstroke position to execute a continuous turning action. The phrase “continuous turning action” means a uniform, unbroken motion with no pauses.

After the upper shoulder rotates beyond the vertical towards the breast, a continuous single arm pull, or a continuous simultaneous double arm pull may be used to initiate the turn. Once the body has left the position on the back, there shall be no kick, arm pull, or floatation that is independent of the turning action.

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 fifteen (15) meters after the start and each turn. At that point, the head must have broken the surface.

During the turn, the shoulders may be turned over ninety (90) degrees from horizontal to the breast after which a continuous single arm pull or a continuous simultaneous double pull may be used to initiate the turn. Once the body has left the position on the back, there will be no kick or arm pull that is independent of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.

When executing the turn there must be a touch of the wall with some part of the swimmer’s body. Upon the finish of the race the swimmer must touch the wall while on the back.

13.5 Breaststroke

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. The hands shall be pushed forward together from the breast on, under or over the water. The elbows shall be under the water except at the finish. The hands shall be brought back on or under the water except 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.

All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. 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.

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.

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.

13.6 Butterfly

From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast and both shoulders shall be in line with the normal water surface.

Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time. Both arms must be brought forward together over the water and brought backward simultaneously.

All movements of the feet must be executed in a simultaneous manner. Simultaneous up and down movement 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.

Explanatory Note: Either the Dolphin or Breaststroke kick may be used and both hands simultaneously, at, above or below the water surface. 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 the swimmer to the surface.

At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, above or below the water surface. At the start and turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring the swimmer to the surface.

It shall be permissible for the swimmer to be completely submerged during the turn and for not more than fifteen (15) meters 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.

13.7 Medley

In Individual Medley events, the swimmer covers the four (4) swimming styles in the following order:

- Butterfly, Backstroke, Breaststroke, Freestyle

In Medley Relay events, swimmers will cover the four (4) swimming styles in the following order:

- Backstroke, Breaststroke, Butterfly, Freestyle

Each section / style of the medley must be finished in accordance with the rule that applies to the style concerned.

14 DEFINITIONS / CLUB CHARTER

Refer to the Club Charter for further definitions and rules.