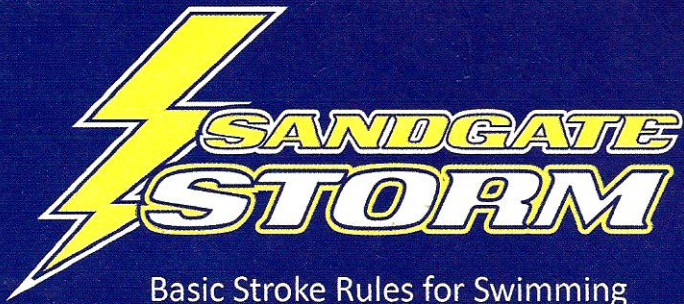


SANDGATE STORM

A Basic Guide to the Rules of Racing

- 1. *Remain quiet in Marshalling***
- 2. *Starts***
 - Ensure you are in the correct lane
 - After you “Take your mark”, remain still
 - Start after the starter’s gun/beep
- 3. *During the race***
 - Swim the correct stroke
 - Swim in the correct lane
 - Do not pull on the lane ropes
 - Feet stay off the bottom of the pool
- 4. *Finishes***
 - Touch the wall above or below the bar
 - Wait in the water, in your lane until the Referee calls you out

Even the best swimmers get DQ’d sometimes. If it happens to you, speak to your coach after Club Night. They’ll help you fix any issues during training. Please don’t approach the referee on the pool deck.



SANDOGATE STORM

Basic Stroke Rules for Swimming

1. Freestyle

- Remember to touch the wall above or below the bar. (Do this for all strokes)

2. Backstroke

- Stay on your back at all times (turns excepted)
- After the turn, return to your back immediately

3. Breaststroke

- Breathe with every stroke
- Arms must pull in unison above the hips
- Two-hand touch for turns and finishes

4. Butterfly

- Arms must circle in unison
- Feet must be together when kicking
- Two-hand touch for turns and finishes

Working on technique with your coach at training and racing at club night will help you master each stroke. For a more comprehensive outline of swimming rules, please visit our website.