

Club Championships

A Message from our Referees

As we approach the Club Championships, it is worth reminding swimmers of the Rules. Rules tolerances only apply where there is no major disadvantage imposed on another swimmer. Remembering any swimmers competing in BSA/QSA competitions will be subjected to the full rules with only some rule tolerances for the under 10s.

Therefore, all swimmers are encouraged to practise the various strokes and concentrate on coordinating, as best as they can, with the basic rules of each stroke. Your coaches are the best people to assist you with this task; listen well. Parents/guardians are asked to discuss this with their swimmers. This will avoid disappointment and misunderstanding of the outcomes.

In brief the main areas that 25, 50 and 100m swimmers will be **disqualified** include

- False start and delaying the start. All caps and goggles must be fitted prior to the referee's first long whistle
- Competing in the wrong stroke
- Swimmer **not** touching the wall with two hands in Breaststroke and Butterfly turns and finishes
- Swimmer **not** touching the wall on their back in the Backstroke finish
- In both Breaststroke and Butterfly, all arm movements and all leg movements not being simultaneous
- During turns, the swimmer **not** contacting the end of the pool
- Swimmer pulling on a lane rope and/or jumping off the bottom of the pool
- The Backstroke turn is **not** a single continuous action
- Swimmer does **not** return to the back after a backstroke turn upon leaving the wall
- Swimmers leaving the water before all competitors have finished
- Swimmers attempting a backstroke turn into breaststroke when competing in a medley.

12 1/2m Swimmers

While it is not necessary for these swimmers to be technically correct, it is important that they start in a fair manner. These swimmers need to hang on to the bar and not leave the wall until the start gun sounds. This will be especially important for those who wish to contest the Perpetual Trophy during the Club Championship in March. Again, rule tolerances apply.