

COUNTY CHAMPIONSHIPS GUIDELINES

Leaving the water at the end of the race

The new rules state that swimmers **must** leave the water as soon as possible at the end of the race. However, in the interests of SAFETY swimmers will be requested to **stay in the water** in their lanes until told to leave the pool by the **STARTER**. In relays, swimmers are to leave the water as quickly and safely as possible, the last swimmer remaining in the pool until released.

BACKSTROKE

The feet may now be above the water level at the start. However, the toes **must not** be over the gutter or other edge.

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 a continuous single arm pull or a continuous 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.

The only stroke requirement is that the swimmer remains on the back. A swimmer who stops and stands is **no longer on the back**.

BREASTSTROKE

A **downward** dolphin kick is now permitted at the start and turn. For sometime there has been controversy in deciding whether a swimmer had performed a dolphin / downward kick or whether it was a natural undulation of the body.

The **downward** dolphin kick is limited to the start or turn and **only** when the body is totally submerged. It is **not** a license to do this at any other time or to do more than one kick.

At the start or after the turn the sequence must be

breaststroke arm pull – dolphin kick – breaststroke kick – breaststroke arm pull (head must break the surface as usual). The **downward** dolphin kick is **not** permissible prior to the arm pull. During, or at the end of the arm pull of the first stroke after the start and after each turn, a single **downward** dolphin kick, is allowed, but not required, followed by a Breaststroke kick. During the arm pull, if a **downward** dolphin kick is taken, it must be followed by a Breaststroke kick. It is not permissible to take only a **downward** dolphin kick without then taking a normal Breaststroke kick. **No other sequence is permitted.**

INDIVIDUAL MEDLEY

The swimmer shall swim the individual medley in the following order:

Butterfly – Backstroke – Breaststroke – Freestyle

Each stroke must conform to the rules for that stroke. Turns from one stroke to another are considered finishes, and must therefore conform to the finish rules for each stroke. The stroke changes are as follows:

Butterfly to Backstroke – Once a legal touch has been made, the swimmer may turn in any manner desired. The swimmer must have returned to a position where the shoulders are at or past the vertical toward the back before the feet leave the wall.

Backstroke to Breaststroke – Upon the finish of the backstroke, the swimmer must touch the wall while on the back. Once the touch has been made, the swimmer may turn in any desired manner. The shoulders must be past the vertical toward the breast when the feet leave the wall. The prescribed stroke form must be attained prior to the first arm stroke.

Breaststroke to Freestyle - once a legal touch has been made, the swimmer may turn in any manner desired. The freestyle leg **may not include** backstroke, butterfly or breaststroke.

RELAYS

A swimmer who leaves the blocks or wall before the incoming swimmer touches may **not** now return to the wall and start again.

FOULS

In the event of a foul the affected swimmer may be offered a re-swim in the next heat, which can be split, or if it occurs in the final the Referee can order it to be re-swum. It is no longer permissible for the Referee to simply put the swimmer in the final.