**Horsley Zone**

**Swimming Carnival Rules Updated March 2019**

1. **Eligibility**: Children must compete in their own age group. Juniors are those who turn 8, 9 or 10 in that year. Seniors are those who turn 11, 12 or 13 in that year.

2. **False Starts:** After two false starts, a competitor will be disqualified.

3. **Rules**: **Breaststroke** – competitors must touch the end of the pool with both hands simultaneously. **Butterfly** - feet must remain together and arms must clear the water. **Lanes** – competitors must remain in their lane until instructed to move by the judge or referee.

4. **General Rules**: competitors must remain in the lane in which they started. Children must remain in their lanes until instructed to leave by the chief judge or the referee. Failure to comply with these rules could lead to disqualification.

5. **Swimming caps**: Competitors must wear their school swimming caps if they wish to gain points for their school, unless prior permission is sought from zone conveners (eg medical reason). **MOTION PASSED AT HORSLEY ZONE MEETING 1/3/18**

6. **Protests**: These must be handed in writing to the carnival referee by the team manager within 15 minutes of the disputed event. Protests will be dealt with by the convener, the carnival referee and the HZPSSA executive.

7. **Coaching**: Parents, coaches and unauthorised persons are not allowed onto the pool deck. Once competitors are in the hands of the officials controlling the event, they shall not receive any coaching advice. **Penalty** – disqualification of the competitor at the discretion of the referee.

8. **Marshalling**: Competitors must report to the marshalling area immediately after the first call. After two calls, competitors will be eliminated.

9. **Starting**: The starting instruction will be as follows; **a)** **Whistle Blast** at which competitors take position on the back of the blocks, **b)** The starters command **“Take Your Marks”** competitors step forward and assume starting position, **c)** A **Gun Blast.**

10. **Finals**: Finals will not be swum due to time constraints. The placings will be decided from the fastest times from the heats.

11.**Relays**: During changeovers, swimmers must not leave the blocks until the swimmer in the pool has touched the wall. Competitors are to remain in their lanes until told to leave by the relay judges.

**COMPETITORS:** Each school can nominate up to 3 competitors in each Freestyle age race event and 2 competitors in the form strokes (Backstroke, Breaststroke and Butterfly), Medley and 100m Freestyle events.

**QUALIFYING TIMES:** To assist in the flow of events please make sure all competitors in the form strokes are under qualifying times set out below.

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| **STROKE / AGE DIVISION** | **QUALIFYING TIME** | |
| **FREESTYLE- 50m** | **BOYS** | **GIRLS** |
| All ages | 1.20.00  **MOTION PASSED AT HORSLEY ZONE MEETING 9/2/17** | 1.20.00  **MOTION PASSED AT HORSLEY ZONE MEETING 9/2/17** |
| **FREESTYLE- 100m** | **BOYS** | **GIRLS** |
| All ages | 2.10.00  **MOTION PASSED AT HORSLEY ZONE MEETING 12/4/18** | 2.10.00  **MOTION PASSED AT HORSLEY ZONE MEETING 12/4/18** |
| **BACKSTROKE** | **BOYS** | **GIRLS** |
| Junior | 1.15.00 | 1.15.00 |
| 11 years | 1.13.00 | 1.13.00 |
| Senior | 1.11.00 | 1.11.00 |
| **BREASTSTROKE** |  |  |
| Junior | 1.17.00 | 1.17.00 |
| 11 years | 1.14.00 | 1.14.00 |
| Senior | 1.13.00 | 1.13.00 |
| **BUTTERFLY** |  |  |
| Junior | 1.13.00 | 1.13.00 |
| 11 years | 1.11.00 | 1.11.00 |
| Senior | 1.09.00 | 1.09.00 |
| **200m INDIVIDUAL MEDLEY** |  |  |
| Junior | 4.20.00 | 4.20.00 |
| Senior | 4.00.00 | 4.10.00 |

**RELAYS:** Each school can enter one relay team in each relay event. Jnr Relay is open to competitors who are in the 8, 9 & 10yr age group and Snr Relay is open to competitors in the 11, 12 & 13yr age group.