



Flying Lions Competition Rules

Mission Statement

To share our knowledge and passion for swimming, by empowering safety, fun, and proper technique to all our team members to achieve their full potential through encouraging excellence.

The goal of the SSSS Swim Team, is to provide the young people of our community the opportunity to participate in a fun, recreational swim program and to teach the basics of competitive swimming skills in an environment of team spirit, sportsmanship and fun thereby developing a lifelong enjoyment of swimming.

Through swim team practice, coaching staff demonstrate advanced stroke techniques and familiarise swimmers with competitive swimming rules adapted for the entry level competition used at our SSSS swim meets..

Quick Rules for Competitive Swimming

THE START:

Freestyle, Breaststroke, Butterfly and Medley must start with a dive.

Whistle: step onto the starting block (or side of the pool)

“Take your Marks”: Get into the starting position with at least one foot at the front of the blocks (or pool).

Backstroke

Whistle: get into the water and return to the wall.

“Take your Marks”: Get into starting position

When all swimmers are stationary the starter will give the “go” signal. [whistle]

The **“one false start rule”** means if you go before the start signal twice in a row you might be disqualified.

Rules While Swimming

ALL STROKES:

1. Some part of the swimmer must touch the wall upon completion of each length and at the finish.
2. Try not to stand up when turning but certainly do not take a step or push off from the bottom of the pool
3. If a swimmer is unable to complete the event we encourage them to roll over and kick on their back until their breath is regained. At this point they should resume the event stroke.

Freestyle:

1. Only flutter kicks allowed.
2. Flip turns are optional

BACKSTROKE:

1. Inside the flags ok to do freestyle
2. Dolphin kick ok for underwater turns
- 3) Only flutter allowed once surfaced

BREASTSTROKE:

1. The stroke cycle must be one arm stroke and one leg kick.
2. During the stroke cycle some part of the head must break the surface of the water.
3. The arms must move simultaneously.
4. A flutter or downward dolphin kick is not allowed.
5. At the turn and finish both hands must touch simultaneously.
6. Swimmer is allowed one complete arm stroke followed by a butterfly kick and breaststroke kick after pushing off the wall.

BUTTERFLY:

1. Both arms must move simultaneously and be brought forward over the water.
2. All up and down movement of the legs must be simultaneous.
3. At the turn and finish both hands must touch simultaneously.
4. A flutter or Breaststroke kick is not allowed.

MEDLEY:

1. Each stroke must be finished as if it were the finish of the race

Rule Enforcement

These rules are intended to be used as a general guide. The more complicated aspects (backstroke turns, flip turns and pull outs) are covered by the coaches but not required during swim meets.

SSSS coaches are lenient with our newer swimmers especially during swim meets yet continue to impress the importance of competition rules.

During a swim meet and at the coaches discretion, a 5 second penalty per 25 yards may be applied to a swimmers time if a significant advantage was made by the continued use of the incorrect stroke or kick.

Examples: Dolphin kick used during a breaststroke race. Flutter kicks used during a breaststroke or butterfly race.