



Liverpool Primary School Sports Association

LZPSSA SWIMMING CARNIVAL BYLAWS

OFFICIALS

1. CHIEF JUDGE/ REFEREE

1.1 The **Chief Judge/ Referee** shall have jurisdiction over all matters not assigned by the Rules to the Referee, Judges or other officials and shall have power to postpone events and give directions consistent with the rules adopted for conducting any event.

1.2 The **Chief Judge/ Referee** shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or regulations related to the competitions.

1.3 The **Chief Judge/ Referee** may intervene in the competition at any stage to ensure that the Swimming Australia regulations are observed, and shall adjudicate all protests related to the competition in progress.

1.4 The **Chief Judge/ Referee** shall determine placings for each event.

1.5 When the swimmers and officials are prepared for the start, the **Chief Judge/ Referee** shall gesture to the Starter with a stretched out arm, indicating that the swimmers are under the Starter's control. The stretched out arm shall stay in that position until the start is given.

1.6 A disqualification for starting before the starting signal must be observed and confirmed by both the starter and the **Chief Judge/ Referee**.

1.7 The **Chief Judge/ Referee** shall disqualify any swimmer for any other violation of the rules that he personally observes. The Chief Judge may also disqualify any swimmer for any violation reported to him by other authorised officials. All disqualifications are subject to the decision of the Chief Judge and Protest Committee.

1.8 The **Chief Judge/ Referee** shall have the authority to commence a race prior to the swimmers in the previous race leaving the water.

1.9 The **Chief Judge/ Referee** shall ensure that the rules related to the style of swimming designated for the event are being observed.

1.10 After the race, the **Chief Judge** shall collect race result sheets and establish the result and placing which will be sent directly to the **Recorder**.



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2. STARTER

2.1 The **Starter** shall report a swimmer to the **Chief Judge** for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start, but only the **Chief Judge/ Referee** may disqualify a swimmer for such delay, wilful disobedience or misconduct. Such disqualification shall not be counted as a false start.

2.2 The starter shall have power to decide whether the start is fair, subject only to the decision of the **Chief Judge/ Referee**.

2.3 When starting an event, the **starter** shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the timekeepers can see and or hear the starting signal and the swimmers can hear the signal.

3. TURNS JUDGE

3.1 A **Turns Judge** shall be assigned to ensure that swimmers comply with the relevant rules for turning, commencing from the beginning of the last armstroke before touching and ending with the completion of the first armstroke after turning.

3.2 The **Turns Judge** at the starting end shall determine, in relay events, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall.

4. CHIEF TIMEKEEPER

4.1 The **Chief Timekeeper/ School organiser** shall assign the lane positions for all timekeepers and the lanes for which they are responsible.

4.2 When **Automatic Officiating Equipment** is used in any competition, the placings and times so determined and relay take-offs judged by such equipment shall have precedence over the decisions of human judges and timers.

4.3 **Where Automatic and Semi-Automatic Officiating Equipment is not available** such equipment must be replaced by a **Chief Timekeeper** and **two Timekeepers per lane**, each with a digital watch.

5. TIMEKEEPERS

5.1 Each **Timekeeper** shall take the time of the swimmers in the lane assigned to him.

5.2 Each **Timekeeper** shall start his watch at the starting signal, and shall stop it when the swimmer in his lane has completed the race.



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6. RECORDER

6.1 The **Recorder** is responsible for checking the relay exchange printout and reporting any early take-offs to the **Chief Judge**.

6.2 The **Recorder** shall control withdrawals after the heats or finals, enter results on official forms, list all new records established, and maintain scores where appropriate.

6.3 The **Recorder** is responsible for checking results from computer printouts or from results of times and placing in each event.

6.4 If automatic timing devices are being utilised, the **Recorder** shall supervise the automatic timing operation, including being responsible for checking the results from computer printouts.

7. SEEDING OF HEATS, SEMI-FINALS AND FINALS

7.1 The starting positions for all **heats** shall be at the discretion of the organiser.

7.2 The starting positions for all **finals** shall be as follows;

- 1st seed – Lane 4
- 2nd seed – Lane 5
- 3rd seed – Lane 3
- 4th seed – Lane 6
- 5th seed – Lane 2
- 6th seed – Lane 7
- 7th seed – Lane 1
- 8th Seed – Lane 8

8. THE START (UPDATED 2021 USING THE NEW SAFE DIVING GUIDELINES)

8.1 The start in **Freestyle, Breaststroke, Butterfly and Individual Medley** races shall be:

- a **dive using the blocks** (REFER TO THE TABLE BELOW);
- a **dive beside the starting platform** or a dive from a sitting position on the starting platform;
- a **start in the water**. Students starting in the water must have 2 feet on the wall and 1 hand on the backstroke bar.

** If a student isn't comfortable using the blocks, they may start on pool deck, or in the water regardless of competency. Beginning in the water will not give an advantage to a swimmer. A dive start is the most efficient way to begin a race.*

On the long whistle, the swimmers shall step onto the starting platform and remain there. On the Starter's command "Take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the **Starter** shall give the starting signal.



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DEPTH	COMMENT	ENTRY
Less than 1000mm	Dive starts should not be permitted	All events should be commenced in the water
1000 - 1350mm	Concourse/bulkhead level to a Maximum height above water of 400mm	Competitive dive starts may be permitted from Concourse/bulkhead
	Concourse/bulkhead level greater than 400mm	In-water start
1350mm or greater	Concourse/bulkhead/Starting Blocks (Starting Platforms) level to a Maximum height above water of 750mm	Competitive dive starts may be permitted from Starting Blocks (Starting Platforms)
	Concourse/bulkhead/Starting Blocks (Starting Platforms) level greater than 750mm	In-water start

8.2 Sport Class 1-3 swimmers are permitted to have their foot/feet held to the wall until the starting signal is given.

8.3 The start in **Backstroke** races shall be from the water. At the long whistle, the swimmers shall immediately enter the water. When all swimmers have assumed their starting positions, the starter shall give the command "Take your marks". When all swimmers are stationary, the **Starter** shall give the starting signal.

8.4 The start in **relay races** shall be with a dive from the diving platform or the wall or a competitor may start in the water. For a swimmer starting in the water, the swimmer's feet must be on the wall when the incoming swimmers hand touches the wall. The swimmer starting in the water must start on the left of the lane.

8.5 Any swimmer starting before the starting signal has been given, shall be **disqualified**.

9. FREESTYLE

Crawl stroke

The legs perform a kicking action while the arms are alternately brought over head and into the water.



Turns

Swimmers in crawl stroke and backstroke races may somersault when reaching the wall, touching it only with feet.





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9.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

9.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

9.3 Some part the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn.

10. BACKSTROKE

Backstroke

The swimmer stays on his or her back and uses an overhand arm motion and a flutter kick. The swimmer may stay under the water for 15 metres after starting and turning.



Turns

10.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips.

10.2 Where a swimmer is unable to hold either starting grip, it is permissible to hold the end of the pool.

10.3 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn.

10.4 Some part of the swimmer must break the surface of the water throughout the race. It shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

10.5 When executing the turn, there must be a touch of the wall with some part of the swimmer's body in his/her respective lane.

11. BREASTSTROKE



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Breaststroke

Arms move forward from breast at the surface of the water, then pull backward under the water for propulsion. Simultaneous thrust of the legs is called the frog kick. The swimmer must touch the wall with both hands

Turns

Quick turns are key to good race. the swimmer must touch the wall on each turn.



11.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted.

11.2 All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

11.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

11.4 During each complete cycle, some part of the swimmer's head must break the surface of the water.

11.5 A **butterfly kick** is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull followed by a breaststroke kick.

11.6 The feet must be turned outwards during the propulsive part of the kick.

11.7 At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level.

12. BUTTERFLY

Butterfly

It is the most demanding stroke – a simultaneous overhand arm motion combined with a dolphin kick. The swimmer must touch the walls with both hands.

Turns

Swimmer makes an open turn after touching the wall with both hands and pushes off with feet.





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12.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

12.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race.

12.3 At each turn and at the finish of the race, the touch shall be made with both hands separated

12.4 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn.

13. MEDLEY SWIMMING

13.1 In individual medley events, the swimmer covers the four swimming styles in the following order: **Butterfly, Backstroke, Breaststroke and Freestyle.**

14. THE RACE

14.1 The swimmer must remain and finish the race in the **same lane** in which he/she started.

14.2 Should a swimmer with a visual impairment inadvertently surface in the wrong lane after a start or executing a turn and the swimmer has surfaced in a lane not in use, the swimmer shall be permitted to complete the race in that lane.

14.3 **Pulling on the lane rope** is not allowed.

14.4 No swimmer shall be permitted to use or wear any device or **swimsuit** that may aid his/her speed, buoyancy or endurance during a competition (such as **webbed gloves, flippers, fins, power bands, or adhesive substances**, etc.). Goggles may be worn.

14.5 There shall be four swimmers on each relay team.

14.6 The swimmer who is next to swim in the relay event must be standing on the starting platform immediately prior to his/her start. Running starts shall not be permitted.

14.7 In a relay event a swimmer may commence in the water. The swimmer may not lose hand/feet contact with the starting place until such time as the preceding team member touches the wall otherwise the swimmer shall be disqualified.

GENERAL RULES

15.1 Competition Area



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Competitors and officials only are permitted on the Competition area. Competitors **MUST** leave the area immediately after the completion of their event.

15.2 Calls

i. Calls will not be made for individual competitors in any event.

15.3 Team Entries/ Changes

School team managers must confirm entries and notify carnival convenors of any errors prior to the carnival. Any changes to school teams must be submitted to the carnival convenor no later than 5 pm the day before the carnival. No changes to individual entries will be accepted on the day of the carnival except in the event of substitutions for a relay team.

15.4 Wildcards (to compete at Zone)

- i. All wild card entries must be submitted in writing to the President of Liverpool Zone PSSA to be considered. Wildcards will be granted for scheduling clashes e.g. a *SSW* event is postponed due to inclement weather and the rescheduled date clashes with a school's carnival. In the event of illness preventing an athlete from competing at their school carnival, it will be up to the President's discretion whether or not to award a wildcard to that student.
- ii. Having been granted a wildcard/s, schools need to make it clear which students were issued wildcards on their competitor's sheet.
- iii. Any swimmer who has been granted a wild card entry for individual events is not allowed to compete in the relay team for the school.
- iv. For fairness purposes, the first three competitors from that school will accrue points for that event.

15.5. Wildcards (to compete at *SSW*)

i. *SSW* will grant a wildcard entry into the regional championships if a student missed the zone carnival because they were representing *SSW* at a higher level (State/National Championships) or a DoE event that is deemed higher than Association level e.g. Schools Spectacular etc. Athletes will not be granted wildcards if the clash event in question is organised by an external provider e.g. Paul Kelly Cup.

15.6 Protests

- i. Protests can only be lodged by the individual school's nominated Team Manager.
- ii. Protests must be lodged with the Chief Judge no more than half an hour after the results have been posted.



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- iii. The Starters decision is final, not even the Chief Judge can overturn it. A protest lodged against the start of a race will be deemed frivolous.
- iv. Photographic and/or video evidence from outside the arena will never be used by the Chief Judge to make a decision on a protest.
- v. When a protest is lodged, the name of the protesting school and the reason for the protest is to be declared.
- vi. Two types of reasons only shall be announced - either on a technicality or on the judges' decision.

16. MEDICAL

- i. A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each swimming carnival.
- ii. On advice from the Medical Officer to the appropriate judge, a swimmer may be removed from an event if they appear to be suffering from a medical condition which poses a serious risk of injury.

17. UNACCEPTABLE BEHAVIOUR

- i. The Chief Judge will speak to a swimmer who displays unacceptable or unsporting behaviour. Any repetition of that behaviour will lead to the disqualification of that swimmer. The Chief Judge will notify the appropriate team manager.

18. RECORDS

18.1 Times which are equal to 1/100th of a second will be recognised as equal records and swimmers achieving these equal times will be called "Joint Holders".

(BASED ON SWIMMING AUSTRALIA RULES AS OF JANUARY 2014)