



SHREE PRAJAPATI ASSOCIATION (UK)

ESTABLISHED 1976

CHARITY NO. 892570

श्री प्रजापति समाज (युके)

www.prajapati.org.uk

HEADQUARTERS

President: Kiranbhai Mistry (Birmingham) **Secretary:** Jasuben Mistry (London) **Treasurer:** Dhayabhai Mistry (Leicester)

31st Annual Sports Competition is to be held on Saturday 22nd August 2009

University of Hertfordshire

SWIMMING RULES

THE START

The races shall begin with a dive or from the water depending on preference of the swimmer.

On the long whistle of the referee the swimmers shall take their place in the allocated lane. On the starter's command "take your marks", the swimmers shall take their starting position either on the edge to dive in or in the water.

When all the swimmers are stationary, the starter shall give the starting signal. Swimmers must not start before being given the signal by the referee.

HEALTH AND SAFETY

There will be lifeguards on duty at the event.

Please ensure that you read and take note of all health and safety rules around the pool and swimming areas.

All young children must be accompanied by their parents in the changing areas.

Signs should be provided where necessary to give instructions to users on the safe use of the pool and equipment. Please take note of all safety signs around the swimming area such as

- Where there are sudden changes in depth and it is necessary to clearly mark the depth of water, especially at shallow and deep ends;
- To show areas where it is unsafe to swim or dive;
- Where there are slippery surfaces.

Please do not run in the pool area.

When waiting for your race to be called, please wait patiently in the designated area.

Please listen to all instructions and rules given by the referees and sports controllers.

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No food or drinks are permitted in the pool area.

No diving is permitted, unless at the start of a race.

If you are not swimming, please do not crowd the swimming area and do not stand near the edge of the pool.

In case of an emergency, please inform the lifeguard or sports controllers immediately.

STROKES

FREESTYLE

Freestyle means that the swimmers may swim any style (Front Crawl, Breast Stroke, Back Stroke, Butterfly).

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

BACKSTROKE

The swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

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. When turning there must be a touch of the wall with some part of the swimmers body. The swimmer must have returned to the position on the back upon leaving the wall.

When finishing the race, the swimmer must touch the wall while on the back.

BREASTSTROKE

From the beginning of the race, the body shall be kept on the breast. It is not permitted to roll onto the back at any time.

The hands shall be pushed forward together from the breast on, under or over the water. The hands shall be brought back on or under the surface of the water.

At each turn and the finish of the race, the swimmer must touch the end with their hands.

THE RACE

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The swimmer must cover the whole distance of the course to qualify.

The swimmer must finish the race in the same lane in which they started.

In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.

Pulling on the lane rope is not allowed.

Obstructing another swimmer by swimming across another lane or otherwise interfering is not allowed. Should the foul be intentional, the referee shall report the matter.

TIMING

The times shall be recorded for each participant to determine the winner. The swimmer with the fastest time will win the race.

Should a swimmer be disqualified from the race, this must be recorded by the referee.

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