

**Karachi Gymkhana  
Annual Swimming Championship 2016**

**Ref Rul V1 2016**

**Competition Rules**

1. Participation is restricted to members and their children only.
2. As grouping is on calendar year basis ( 1<sup>st</sup> Jan- 31<sup>st</sup> Dec) , ALL FORMS MUST BE ACCOMPANIED BY THE PARTICIPANTS BIRTH CERTIFICATE & B Form and club ID form. No application will be considered without a copy of the applicant's birth certificate & b Form or if submitted after the last date (even if it is complete)
3. The participant must be of the age stipulated on the form for that group e.g. for the 10 and under age group, the child's can participate in that age group if he is born any time from 1<sup>st</sup> Jan 2006 to 31<sup>st</sup> Dec 2006
4. Any miss declaration of age can and will result in this disqualification of the participant as per decision of the organizing committee. And medals and points already awarded may be rescinded.
5. Entries may be added or deleted at the discretion of the organizing committee.
6. The competition commences at 9:00 am on Sunday 18<sup>th</sup> Sep 2016. The organizing committee will not be held responsible for the participants missing their race due to late arrival.
7. The decision of the judges will be considered as final. Any undue approach or reproach will result in disqualification of the participant.
8. No misdemeanor, rude behavior or activity which may bring the championship in dis repute is allowed against organizing committee members hence called the organizers. All the family members including the swimmer who are in breach of this rule, upon discretion of organizers may be requested to leave the swimming Pool area and the child/children may be debarred from the event and future events. Any medals and point already awarded may also be rescinded.
9. Only members of the organizing committee are allowed within the roped area along with the children called to participate in a particular race. All others are requested to keep out or risk disqualification of their child.
10. All final decisions will be judged by the visual method, however timings are noted for record purposes.
11. All forms must be completed before handing in.
12. As time is needed to check each and every form and birth certificate to enable correct grouping, no entries will be entertained after the last date stated on the form, that is 15<sup>th</sup> September 2016

**GROUP CHAMPION AND HONOUR ROLL**

Only one age group points will be counted ( Age group, Open and veteran are considered as separate event) as follows

1 <sup>st</sup> position	15 points
2 <sup>nd</sup> position	10 points
3 <sup>rd</sup> position	6 point

No points for the following

Underwater	No points
Relays	No points

In case of a tie:

For 1 <sup>st</sup> position	-	both get 15 points, next position will be the 3 <sup>rd</sup> position (there will be no 2 <sup>nd</sup> position)
For 2 <sup>nd</sup> position	-	both get 10 point (there will be no third position)
For 3 <sup>rd</sup> position	-	both get 6 point.

In case of only one child participating in an event and finishing without being disqualified, child will be considered 1<sup>st</sup> with 15 points. In case of 2 participants and no disqualification they will be considered as 1<sup>st</sup> with 15 points, 2<sup>nd</sup> with 10 points.

The child with maximum points will be chosen for the Honour Roll, in case of tie in points, both names will go on the Honour Roll.

**Free Style**

**SW 5.1** 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.

**SW 5.2** Some part of the swimmer must touch the wall upon completion of each length and at the finish.

**SW 5.3** Some part of 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. By that point, the head must have broken the surface.

**Breast stroke**

**SW 7.1** 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.

**SW 7.2** From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. 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. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

**SW 7.3** 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.

**SW 7.4** During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

**SW 7.5** The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

**SW 7.6** 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. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

*Interpretation*

*“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.*

**Backstroke**

**SW 6.1** Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

**SW 6.2** When a backstroke ledge is being used, each inspector at the starting end shall install and remove the ledge after the start.

**SW 6.3** 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 as set forth in SW 6.5. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

**SW 6.4** Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely sub-merged 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.

**SW 6.5** 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. During the turn the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or immediate continuous simultaneous 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.

**SW 6.6** Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

**Butterfly**

**SW 8.1** 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.

**SW 8.2** Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race, subject to SW 8.5.

**SW 8.3** All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

**SW 8.4** 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 surface.*Interpretation*

*“Separated” means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.*

**SW 8.5** 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. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

**Individual Medley**

**SW 9.1** In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

*Interpretation:*

*According to SW 9.1 each of the strokes must cover one quarter (1/4) of the distance. Being on the back when leaving the wall for the Freestyle portion of the Ind. Medley is covering more than one quarter of the distance in the style of Backstroke and is, therefore, a disqualification. Backstroke swimming is only defined as being on the back. See also SW 5.1, SW 6.1 – SW 6.5, SW 7.1 to 7.6, SW 8.1 – 8.5*

**SW 9.2** In medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

**SW 9.3** Each section must be finished in accordance with the rule which applies to the stroke concerned.

I have read the rules and agree to abide by them

Membership# \_\_\_\_\_ Signature \_\_\_\_\_ Name \_\_\_\_\_ Date \_\_\_\_\_