

→ 2017 Nottingham City Swim Galas RULES – KS3 CHAMPIONSHIP

- 1) Swimmers will be from years 7, 8 and 9
- 2) One swimmer may swim in no more than two individual races
- 3) Only child swimmers, no child or adult spectators at the pool side please
- 4) Only two teachers and two escorts to each team
- 5) Schools should therefore aim to bring at least 12 children, plus staff
- 6) The gala is not held under ASA rules but all strokes must be to a suitable standard - **please ensure those selected are able to complete their specified race**
- 7) The team manager is to report to the judging table on arrival to register teams.
- 8) Lane numbers will be allocated on arrival
- 9) Team managers must have the swimmers to the starting end one race prior to their own
- 10) All races will start in the water by a whistle
- 11) All finishing will be encouraged under ASA gala rules. I.E Backstroke swimmers will start, swim and finish on their backs, Breaststroke we encourage swimmers to finish with a two handed touch as per ASA law, Freestyle means the swimmers may swim any style they wish and finish by touching the wall.
- 12) All relays and two length races will start in shallow end. All one length races will start in the deep end. This ensures all the races finish at the shallow end.
- 13) Relay changes will occur in the water, by the incoming swimmer touching the **side** before the next swimmer goes. If the swimmer goes before the touch, they will be disqualified
- 14) Time cards will be given at the end of the race. The swimmer must take them immediately to the runner so that positions can be calculated
- 15) Where heats occur, winning teams will be allocated by time and not individual race position.
- 16) Points from each race will be added together to find the overall winning school of the gala
- 17) Every swimmer must be able to swim 50 metres competently.
- 18) Quiet will be required at the start of the race, but we encourage children to make as much noise as possible during races and really support ALL competitors.

*Teachers please ensure that the swimmers bring a cold drink to the pool
(no glass bottles allowed).*

Each child should also bring a t-shirt and a spare towel.



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