Swimming rules and policies as outlined by Swimming Australia and Queensland Swimming govern the Electric Eels Swimming Club in the aim to provide quality swim experiences for young swimmers and encourage a safe, enjoyable and accountable environment for everyone involved in swimming.

**RULE TOLERANCES POLICY**

At all Electric Eels Swimming Club Nights, Club Championships and Hosted Swim Meets:

1. **7 years and under**: All swimmers competing as 7 years and under will **not be** disqualified at any time in accordance with the Swimming Queensland rule tolerances policy.
2. **8 years and over**: All swimmers 8 years and over not adhering to the swim rules may be disqualified.

**NOTIFICATION OF BREACH**

Swimmers of any age who breach the rules will be given a ‘correction form’ when they infringe the rules at Electric Eels club nights only. This will enable the swimmer, parents and coaches to identify the breach easily and help the swimmer specifically address the swimming problem identified.

**BLOCK STARTS**

1. Block starts are permitted at the **deep** **end** of the pool only. No diving will take place at the shallow end at any time.
2. Block starts are used for 25 metre and over events in the strokes of Freestyle, Breaststroke, Butterfly, Individual Medley and for the first swimmer of relay events.
3. A swimmer may start in the water at either pool end but is required to have one hand in contact with the wall or pool bar until the audible starting signal is given. Standing on the bottom of the pool at the time of the start at either end is prohibited.

Block start rules are as follows:

1. Races are to be started with a dive. When the race is called by the Starter, the swimmers must stand immediately behind the block.
2. On the long whistle from the Referee, the swimmers must step onto the starting platform (ie. starting block or pool edge) and remain there.
3. On the Starter's call "Take your marks" swimmers must immediately take up a starting position with at least one foot at the front of the starting platform. The position of the hands is not relevant.
4. The swimmer must be stationary once the “Take Your Marks” call has been given. Any forward movement will be a **false start** and the swimmer will be disqualified.
5. Swimmers must remain stationary. Then the Starter will give the audible starting signal for swimmers to dive/start.
6. Swimmers aged 8 years and over starting before the starting signal has been given will be disqualified.

**FALSE STARTS**

1. False start means ‘breaking’ or moving on the blocks before the Starters audible signal is given.
2. For all events there will be only one start. If the swimmer false starts (and are of eligible age) they will be disqualified.

**TURNS**

1. With all turns (tumble or other) you must touch the wall with some part of your body.  Note that breaststroke and butterfly require both hands to touch the wall (or pool bar) at the same time.
2. Your feet must not touch the bottom of the pool at any stage, including turns,  
   or you will be disqualified.
3. Each strokes turns are outlined below.

**PULLING ON THE LANE ROPE, RAIL OR SIDE OF THE POOL:**

1. Pulling on the lane rope or side of the pool or pool hand rail at any time is not allowed.

**OBSTRUCTING:**

* 1. Obstructing another swimmer on the starting blocks or by swimming or moving across another lane or otherwise will disqualify the offending swimmer.
  2. The swimmer must remain and finish the race in the same lane in which he/she started.
  3. Any swimmer not entered in a race, who enters the water of their own accord where an event is being conducted will be disqualified from their next scheduled race in the meet.

**EXITING THE POOL:**

1. **Individual races:** Following the completion of a swimmers individual race, the swimmer must wait in their lane until the referees short whistle signal and then proceed to the closest side of the pool by ducking under the lane ropes and making their way immediately to the pool steps or side.
2. **Relay races:** Following the completion of a swimmers portion of a relay race, the swimmer must leave the pool as soon as possible without obstructing any other team’s competitor whether via the starting/finishing pool end or by proceed to the closest side of the pool by ducking under the lane ropes and making their way immediately to the pool steps or side. Obstructing another team’s competitor will result in disqualification for the offender and their team.

**FREESTYLE**

1. **Start:** See block start
2. **Underwater:** The head must break the surface of the water within 15m from the start. Swimmers may only do a normal kick or dolphin kick while underwater.
3. **Stroke**: Freestyle means the swimmer may swim any style, except in an individual medley or medley relay event, freestyle means any style other than backstroke, breaststroke or butterfly. Some part of the swimmer must break the surface of the water throughout the race. Standing on the bottom is permissible but a swimmer must not walk (or bounce forward) during freestyle events or during the freestyle portion of medley events.
4. **Turn**: Some part of the swimmer must touch the wall upon completion of each length and at the finish. Two turn techniques are mostly used:
   1. **Forward Tumble Turn** – The swimmer must touch the wall with some part of their body in their respective lane. The swimmer must push off the wall on their front. Feet may touch the bottom of the pool but no stepping or hopping is permitted.
   2. **Swivel Turn** – Swimmers must touch the wall with their hand. The swimmer then swivels and pulls their feet up onto the wall to push off on their front again.  Feet may touch the bottom of the pool but no stepping or hopping is permitted.
5. **Finish**:  Touch the wall with any part of the body.

**BACKSTROKE**

1. **Start**:  The start in backstroke and medley relay races will be from the water. Following the Starters signal the Swimmers must line up in the water facing the starting end, with both hands holding the starting grips.
2. At the Referee's first long whistle, the swimmers shall immediately enter the water. At the Referee's **second** long whistle, the swimmers shall return without undue delay to the starting position. 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.
3. **Underwater:** Swimmers may only do a normal kick or dolphin kick while on your back underwater. The head must break the surface of the water within 15m from the start.
4. **Stroke:** The swimmer must remain on their back throughout the race except when executing a turn. 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. Some part of the swimmer must break the surface of the water throughout the race.
5. **Turns:  Two turn techniques are permitted:**
   1. **Reverse Tumble Turn** – The swimmer must touch the wall with some part of their body in their respective lane. Once a shoulder rotates beyond the vertical and the body has left the position on the back, a continuous single or simultaneous double arm pull may be used to initiate the turn.  The swimmer can be completely submerged during the turn. The swimmer cannot push off the wall on their front and then roll over. The swimmer must have returned to the position on their back when leaving the wall. Feet may never touch the bottom of the pool.
   2. **Swivel Turn** – Swimmers must touch the wall with their hand while still on their back. The swimmer then swivels and turns to push off on their back again.  Feet may never touch the bottom of the pool. The swimmer cannot push off the wall on their front and then roll over.
6. **Finish**:  The swimmer must touch the wall while on their back in their respective lane.

**BREASTSTROKE**

1. **Start**:  See Block Start
2. **Underwater:** After the start and turn, the swimmer must remain on their front and can take one arm stroke completely back to the legs. A single butterfly kick is permitted during the first arm-stroke, followed by a breaststroke kick. The head must break the surface of the water before completion of the second arm stroke within 15m from the start.
3. The swimmer must remain on the surface until the next turn or finish.
4. **Stroke:** Swimmers are not to roll onto their back at any time. 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 must be simultaneous and in the same horizontal plane without alternating movement. Butterfly kick is not permitted in the stroke cycle and is only permitted once underwater at the start and turn.
   1. The swimmers hands must push forward together from the breast on (under, or over the water). The elbows must 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.
   2. 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.
   3. The feet must be turned outwards during the propulsive part of the kick. Alternating movements or butterfly kicks are not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward Butterfly or other kick.
5. **Turn**:  Both hands must be separated, on the same plane and touch the wall at the same time (as in butterfly). After the touch swimmers may turn in any manner as long as the swimmer is on their front when leaving the wall. Underwater, the swimmer can take one arm stroke completely back to the legs. A single butterfly kick is permitted during the first arm-stroke, followed by a breaststroke kick. The head must break the surface of the water before completion of the second arm stroke within 15m from the start. A tumble turn is not permitted.
6. **Finish**:   Both hands must be separated, on the same plane and touch the wall at the same time (as in butterfly).

**BUTTERFLY**

1. **Start**:  See block start
2. **Underwater:** Swimmers may do dolphin kick while underwater either on their front or side. Swimmers are permitted one double arm stroke that brings the swimmer to the surface of the water. A swimmers head must break the surface of the water within 15m from the start with your body positioned on your front.
3. **Stroke:** From the beginning of the first arm stroke after the start and each turn, the swimmers body must be kept on their front. Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race. All up and down movements of the legs must be simultaneous. Alternating kicks or a breaststroke kicking movement is not permitted.
4. **Turn**:  Both hands must be separated and on the same plane and touch the wall at the same time (as in breaststroke). Swimmers can turn in any manner and may roll onto their back as long as they are on their front when leaving the wall. A tumble turn is not permitted.
5. **Finish**:  Both hands must be separated and on the same plane and touch the wall at the same time (as in breaststroke).

**INDIVIDUAL MEDLEY**

1. **Order:** The swimmer covers the four swimming styles in the order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.
2. **Turns**:  The turn must be made from the wall. Swimmers must not touch the bottom of the pool. The swimmer must touch each end of the pool. Standing on the bottom during the freestyle portion of medley events shall not disqualify a swimmer, but the swimmer must not walk or bounce forward. Each stroke must be completed in accordance with the finish rule for that stroke.
   * **Butterfly to backstroke**: must finish butterfly by touching the wall with two hands at the same time and then push off on back for backstroke.
   * **Backstroke to Breaststroke:** must touch the wall while still on their back.
   * **Breaststroke to Freestyle**: must finish breaststroke by touching the wall with two hands at the same time before pushing off on the front for freestyle.

**RELAYS**

1. **There are two types of relays:**
   1. **Medley relay:**
      * 1. Swimmers will cover the four swimming styles in the order: Backstroke, Breaststroke, Butterfly and Freestyle.
   2. **Freestyle relay:**
      * 1. Swimmers will swim freestyle stroke
2. **For all relays:**
3. There shall be four swimmers on each relay team. Mixed relays may be swum. Mixed Relays must consist of two (2) Men and two (2) Women.
4. **Starts:** First swimmers must start in accordance with the stroke rules. For subsequent swimmers, swimmers must not lose touch with their feet from the starting platform (blocks or pool edge) before the preceding team-mate touches the wall. Running starts are not permitted. A swimmer must start in the water at the shallow end and may start in the water in the deep end and in both cases is required to have one hand in contact with the wall or pool bar until the audible starting signal is given or the preceding team-mate has touched the wall. Standing on the bottom of the pool during the start at either end is prohibited.
5. **Turns:** All swimmers must conduct turns in their portion of the race in accordance with stroke rules.
6. **Finishes:** All swimmers must finish their portion of the race in accordance with the stroke rules.
7. **Exiting the pool:** Any swimmer that has finished their distance in the relay event must leave the pool as soon as possible without obstructing any other team’s competitor. Obstructing another team’s competitor will result in disqualification.

**REVIEW OF RACE REFEREE DECISION**

When clarification and/or review of Race Referee decision is/are sought, club members must approach the Race Referee for clarification and review of decision within 30 minutes of the event finishing.

If not satisfied with the outcome, the club member must notify the Electric Eels Swimming Club Management Committee in writing within 7 days for the matter to be reconsidered. The decision of the Management Committee is final.