



Electric Eels Swimming Club

Season 2025/2026

Handbook

Contents

Welcome.....	2
The Electric Eels 2024/2025 Committee.....	2
Key Roles 2024/2025 (Non-Committee).....	2
Communication.....	3
Membership	3
Swim School Affiliation.....	3
Photography.....	4
Club Captains	5
Club Night Calendar.....	6
Friendly Meets Calendar	6
Competitive Meets	6
Club Nights	6
Weekly Program	6
Nominations	7
Eligibility Criteria.....	7
Points Scoring	8
Electrathon - not updated yet.....	8
Relay Events - 25m and 50m Freestyle Events - Updated	9
Parent Volunteers - updated.....	9
Club Championships.....	10
Club Records	12
Appendices	13
Club Rules	13
Warm Up rules	18

Welcome

The Electric Eels Swimming Club (EESC) welcomes you to the 2025/2026 swimming season at the Zillmere State School Pool. If you are new to the club or are coming back this season, we hope you enjoy the fun packed and exciting swimming season that the Electric Eels Swimming Club has ahead.

The Electric Eels Swimming Club has been in existence since 1975 and has held club nights at the Zillmere State School Pool for most of this time. Our club has a long proud history of providing fun and fitness through swimming for our children in our local community and we look forward to continuing this tradition. Through the hard work of our committee, volunteers and the generosity of our sponsors and partners we will have an exciting season of club nights and carnivals. We wish all our swimmers and their families an electrifying season and look forward to seeing you on the pool deck.

The Electric Eels 2025/2026 Committee

Role	Name	Email
Presidents	Ben Iser	president@electriceels.org.au
Vice-President	Jeff Campbell	vice.president@electriceels.org.au
Secretary	Amanda Lindner	secretary@electriceels.org.au
Treasurer	Tanya O'Connor / Carmen Murie	treasurer@electriceels.org.au
Race Secretary	Alyssa Heim / Natasha Winders	race.secretary@electriceels.org.au

Key Roles 2025/2026 (Non-Committee, no requirement to attend meetings)

Canteen Coordinator	Gaby Hickey, Mere Faktaufon & Sarina Peeters	
BBQ Coordinator	Vacant - Need Help	
Volunteer Coordinator	Markarite Tigarea	volunteers@electriceels.org.au
Fundraising Coordinator	Vacant - Need Help	fundraising.manager@electriceels.org.au
Social Media Coordinator	Vacant - Need Help	info@electriceels.org.au

Communication

The main form of communication between committee and members is via email. Please ensure that the email used on the membership form is regularly monitored and ensure swim club emails are not going to your junk/spam folder. Information is also posted on our social media pages on Facebook and Instagram. Our club nights are run via the Swim Club Connect App which is available on Apple and Android devices.

Membership

Types of Membership

Electric Eels offers several membership options as follows:

Recreational Membership - this membership enables swimmers to participate in club nights, and “friendly” swim meets throughout the swim club season (October-March). Note: you can participate in friendly swim meets, however, injury insurance is only covered for club nights under this membership. It is the parent’s choice as to what membership they choose for their swimmers. This membership is registered and paid for through Swim Central website (<https://swimcentral.swimming.org.au>).

Competitive Membership - this membership enables swimmers to participate in club nights, friendly meets, and Swimming QLD sanctioned competitive meets throughout the year. You can find out more information about competitive swimming at <https://qld.swimming.org.au/your-membership> and apply for membership through the Swim Central website (<https://swimcentral.swimming.org.au>).

Second Claim - this membership is for swimmers who are swimming competitively at other clubs/schools but wish to participate in Eels Club Nights and represent the Eels at friendly swim meets throughout the season. Second claim memberships can be purchased through Swim Central (<https://swimcentral.swimming.org.au>).

Trials - new swimmers are invited to 1 x trial club night free of charge. If you wish to continue after that, a Recreational or Competitive membership will need to be purchased through Swim Central at (<https://swimcentral.swimming.org.au>).

Note: there are no longer any Casual memberships available.

Swim School Affiliation

Swimmers who would like to participate in swimming lessons or squad training, we recommend Wizards Swim School located at Geebung State School. Many of our club swimmers train in this program and coaches (Gary and Paula) attend some of our club nights to support their swimmers. Enquiries for Wizards Swim School can be sent to geebung@wizswim.au.

Photography

Photographs may be taken during club nights and at events/meets. These may be used for the club website and social media.

Photography policy

The Club does not prohibit the photography (still & video) or the capturing of images of swimmers providing:

- Photographs or images are primarily of immediate relevance to the photographer (e.g. parent/child, club photographer)
- Photographs or images are not published on the Internet without the knowledge and consent of the parent/guardian (please see consent section below).
- All children in the photograph or image are appropriately dressed
- The photograph or image does not intentionally expose any person to ridicule or contempt and is not likely to cause distress, upset or embarrassment to a child - either now or in the future
- Photographs or images are not considered indecent
- Photographs or images are for private use only
- Photographs or images are not used for commercial purposes
- Photographs or images are associated with the primary activity of swimming and activities around the pool deck

Photography is **not permitted** in (or close to) change rooms.

Photograph or image use for coaching purpose

Coaches may utilise photographic and video images for the purposes of coaching.

Photograph or image use for club purposes

Photographic images are used in a positive way to promote the Club and the achievements of its members. Photographs and images will often be placed on the Club website and social media accounts. If you do not wish for your child to be photographed, please refer to the consent section below.

Vigilance and reporting

It is the responsibility of all parents and/or guardians to be vigilant and report any concerns regarding perceived inappropriate photography or image use to the committee.

Consent

It is the responsibility of all parents and/or guardians to advise coaches or the committee if they do not want their child to be photographed or an image of their child placed on the website or social media accounts. Please email race.secretary@electricceels.org.au to advise if you do not consent to the taking or use of photographs of your child.

Club Captains

Senior and Junior Captains are selected each season to provide encouragement and support to our swimmers. Two Senior Captains (female/male) and two Junior Captains (female/male) will be selected. In the event there are only females or males nominating for Captains, two of the same gender may be selected, and any additional Captains may be selected at the discretion of the Committee.

Senior Captains

Senior Captains are responsible for:

- contributing to a supportive atmosphere by mentoring and encouraging younger swimmers
- help with marshalling on club nights
- providing support during the 12.5m events (in the pool)
- leading cheer practice on club nights
- assist younger swimmers during 25m relays
- helping Junior Captains handout drinks to volunteers (if needed)
- support Committee members with fundraising activities
- leading cheers at friendly meets and leading cheer practice on club nights
- assisting committee in any other required tasks on club nights and at friendly meets.

Senior Captains are selected at the start of each season by the committee with consideration of following criteria:

- Swimmer is at least 13 years of age at the beginning of the season
- Swimmer was a member during the previous season
- Swimmer has demonstrated leadership through offering to help at club nights and/or friendly meets
- Swimmer has contributed to a friendly and supportive environment by encouraging and congratulating others, actively participating in club nights \
-

Junior Captains

Junior Captains are responsible for:

- contributing to a supportive atmosphere by encouraging and cheering on swimmers
- responsible to distribute drinks to volunteers on club nights
- help Senior Captains with cheer practice on club nights
- assisting Senior Club Captains and Committee members at friendly meets
- assisting the committee in any other required tasks on club nights.

Junior Captains are selected at the start of each season by the committee with consideration of following criteria:

- Swimmer is at least 10 years of age at the beginning of the season
- Swimmer was a member during the previous season
- Swimmer has demonstrated leadership through offering to help at club nights and/or friendly meets
- Swimmer has contributed to a friendly and supportive environment by encouraging and congratulating others, actively participating in club nights.
-

Nominations will be called for within the first few weeks of the season for the committee to consider.

Club Night Calendar

Please see Swim Club Connect App or website for Club Night Calendar, as it can be subject to change depending on weather cancellation or other circumstances.

Friendly Meets Calendar

All club members are welcomed and encouraged to participate in friendly meets. These are inter-club competitions usually opened to all swimmer levels and ages.

Friendly meets can be found within the Club Night Calendar and information on each meet will be emailed to members closer to the time.

Nominations for these meets will be received in the Swim Club Connect App. At these meets the 9 years & underage groups compete in 25 metre races in each stroke and the 10 years & over age groups compete in 50 metre races in each stroke. These meets often include team relays. The relay teams are selected from the list of nominated swimmers by the Head Coach.

Competitive Meets

Competitive swimmers are encouraged to regularly check Swim Central. The cost for competitive carnivals is the responsibility of individual members and registration occurs through swim central <https://swimcentral.swimming.org.au/>.

Club Nights

Weekly Program

EESC Club nights are programmed for every Friday night of Term 4 & Term 1 of the Catholic school year. (Refer to [Club Night Calendar](#) on the website.)

The aim of club nights is to create an environment of fun where each swimmer is challenged to strive for continuous improvement with their own times.

The gates open at 5.00pm. A supervised warm up session is offered between 5.30pm and 5.50pm. The competition program commences after the warmup around 6pm.

Nominations

Nominations for club nights are made via Swim Club Connect App and are the responsibility of the parent to nominate their swimmers prior to 6pm on Friday night.

Swimmers completing a trial will be entered into the Swim Club Connect App under the name Trial 1 or 2, once the trial is completed if the swimmer wishes to continue they can purchase a membership in Swim Central and create a profile in the Swim Club Connect App under the swimmer's name.

Eligibility Criteria

Swimmers at their first club night meet are required to swim each stroke at the either the 12.5 metre or 25 metre distance until they either:

- swim the designated distance under the qualifying time (see the table below); OR
- are assessed by a swim teacher or coach as being proficient enough in that stroke to graduate to the next level.

In some circumstances, swimmers who are transferring from another club are able to swim in either 25 metre or 50 metre events on their first club night meet, if they are able to provide times from other competition meets.

To graduate from 12.5m to 25m swimmers must either:

- swim the 12.5m under the qualifying time (see table below) OR
- request the swimmer be graduated to 25m, and the request will be referred to the Head Coach or Learn to Swim Teacher who will assess their capability and stroke performance.

To graduate from 25m to 50m swimmers must either:

- swim the 25m under the qualifying time (see table below) OR
- request to be graduated to 50 metres based on the expectations of their school at school swimming championships meets/carnivals. For example, a swimmer 10 years of age who is proficient in Freestyle but has been unable to swim 25 metres under 25 seconds (eg. A PB of 25.50 seconds), may request to be graduated to 50 metres based on his/her being required to swim 50m in friendly meets and/or school swimming carnivals. The request will be referred to the Head Coach who will assess their capability and make a recommendation to the Management Committee.

To graduate from 50 metre to 100 metre events swimmers must achieve the qualifying time.

Swimmers who have graduated to a longer distance (from 25 metres to 50 metres or from 50 metres to 100 metres) may revert to swimming the shorter distance as agreed to by the Race Secretary.

Swimmers must qualify for 25 metres in all four strokes before becoming eligible to swim in the 100 metre Individual Medley. Promotion to the 200 Individual Medley is based on swimming under the qualifying time for the 100 metre Individual Medley.

Qualifying times for individual strokes:

	Freestyle	Backstroke	Breaststroke	Butterfly
12.5m	18	22	Proficiency based only	
25m	25	29	30	27
50m	45	52	55	48

Qualifying times for Medley:

100m Medley (4 x 25m)	Qualified for 25m in all strokes
200m Medley (4 x 50m)	1:40.00

Points Scoring

Points are awarded to each swimmer on the following basis:

- 1pt - more than 2.50 sec SLOWER than PB
- 2pts - 1.51 - 2.50 sec SLOWER than PB
- 3pts - 0.50 - 1.50 sec SLOWER than PB
- 4pts - 0.50 sec SLOWER to 0.50 sec FASTER than PB (also for first swim at new distance)
- 5pts - 0.50 - 1.49 sec FASTER than PB
- 6pts - 1.50 - 2.49 sec FASTER than PB
- 7pts - more than 2.50 sec FASTER than PB

These points are accumulated over the season and each swimmer is awarded a points trophy at the 2025 Trophy Presentation.

The swimmer with the highest points total accrued during the season receives the Points Champion Trophy.

Electrathon

The Electrathon comprises four long distance events (200 metres of each stroke) included in the club night schedule. The Electrathon is designed to present swimmers with an additional challenge and prepare them for school swimming championship meets and representative meets.

Electrathon events are not included in the Club Night Points System. They are instead a part of the EESC Championships Program.

The swimmer's age for all Electrathon races is calculated as the age at the date of the first day of the Electric Eels Club Championships to be held in March 2026.

These events are open to those swimmers who have qualified for the 100M event of that stroke. Swimmers who

The races will be swum as part of the Friday club night program of events and are conducted as a championship race.

The swimmers who accumulate the most aggregate points (as per below) will be awarded the Electric Eels Electrathon medal in their age group at the 2026 Trophy Presentation. To be eligible for an Electrathon medal swimmers over the age of 10 years must compete in at least 2 Electrathon events, 9 years and under only need to compete in 1.

The age groups for the event will be (assuming there are eligible swimmers):

- 7 years & under male & female
- 8 years male and female
- 9 years male & female
- 10 years male & female
- 11 years male & female
- 12 years male & female
- 13 years male & female
- 14 years male & female
- 15 years & over male & female

Electrathon Points system: 1st - 4pts, 2nd - 3pts, 3rd - 2pts, All other places - 1pt

Club Night Relays - 25m and 50m Freestyle Events

To enable swimmers to practice relays in readiness to carnivals and promoting a fun team spirit, we conduct Club Night Relays across the club night calendar. Senior Captains and Senior Swimmers will help swimmers throughout the relay event to ensure they learn how to start and stop correctly. All swimmers who have qualified for 25 metres are able to enter the 25m Freestyle Relay and swimmers who have qualified for 50 metres are eligible to enter the 50m Freestyle Relay. Swimmers who have qualified for 50m are not to be entered into the 25m relay races.

Club Night Relays will be entered into the Swim Club Connect App in the relevant weeks. If you want your child to participate in a relay enter them through the App and it will automatically put them into a team.

Parent Volunteers

Club nights can only occur if we have help from our swimmers' parents.

A few key roles are needed to assist with coordinating club night:

- Canteen Coordinator's (Not a committee position)
- BBQ Coordinator (Not a committee position)
- Volunteer Coordinator (Not a committee position)
- Fundraising Coordinator (Not a committee position)
- Social Media Coordinator (Not a committee position)

Each week we require multiple helpers to be able to run a club night:

- Canteen Server
- BBQ Cooks and servers
- Timekeepers
- 12.5m Marshalling
- Marshalling (25m/50m)
- Check Marshalling
- Race Starter
- Referee

ALL families are required to assist **on at least 4 occasions** each term, and where possible more if families are able to. The Volunteer Coordinator will email out the Volunteer List each week and it will also appear in the Swim Club Connect App.

If you are unavailable to volunteer on your assigned night, please ensure you contact the volunteers@electriceels.org.au as early as possible to organise to be changed to another week.

Club Championships

The 2025-2026 Season Club Championship will be held on the evening of **Friday, 20th March 2026**. The 2025-2026 Club Trophy Presentation is scheduled for **Sunday, 29th March 2026**.

Eligibility will be based on the following criteria:

AGE

The age for club championships will be the swimmer's age on the day of the championships.

CLUB NIGHT MEET ATTENDANCE

Club members joining at or prior to the beginning of the 2025-2026 season (Friday 10th October 2025) must swim in at least 50% of all available club nights to qualify to swim in the club championships.

Swimmers joining the club during Term 4 or Term 1 must swim in at least 50% of club nights or a minimum of 5 club nights. Swimmers who join after the middle of Term 1 will be ineligible this season.

Cancellations due to weather or unforeseen circumstances will not be counted as an available week.

Swimmers who have notified the club that they have been unable to swim due to injury may have those weeks when incapacitated deemed not to count as available weeks at the club committee's discretion.

No 12.5m events will be held at Club Championships. Only swimmers who have qualified for and have swum 25m in each stroke at least once at a club night meet will be eligible to participate.

Season 2025-2026 - Eligibility Table for Club Championships

16 Week Season	Week No.	Start Date	Swims to Be Eligible		Week No.	Start Date	Swims to Be Eligible
1st 1/2 Season - Term 4	Week 1	10th Oct	8	2nd 1/2 Season - Term 1	Week 10	30th Jan	5
	Week 2	17th Oct	8		Week 11	6th Feb	5
	Week 3	24th Oct	7		Week 12	13th Feb	Not eligible
	Week 4	31st Oct	7		Week 13	20th Feb	Not eligible
	Week 5	7th Nov	6		Week 14	27th Feb	Not eligible
	Week 6	14th Nov	6		Week 15	6th Mar	Not eligible
	Week 7	21st Nov	5		Week 16	13th Mar	Not eligible
	Week 8	28th Nov	5		Week 17	Club Championship	
	Week 9	5th Dec	5			Friday Night 20th Mar	

EVENTS

4-7yrs: 25m each of Freestyle, Backstroke, Breaststroke, Butterfly

8-9yrs: 25m each of Freestyle, Backstroke, Breaststroke, Butterfly and 100m Medley

10years & over: 50m each of Freestyle, Backstroke, Breaststroke, Butterfly and 100m Medley

AGE CHAMPIONS

To be crowned age champion, swimmers must have qualified for and competed in all strokes and the individual medley (8 years and over only) at club championships.

An age champion will be crowned for all years from **4-14yrs plus 15yrs & over** assuming there are eligible swimmers. Where there is a swimmer in a younger age group (6 & under) who has only qualified for some strokes age champion may still be awarded at the Committee's discretion.

CHAMPIONSHIP POINTS SYSTEM

Points for championship races will be awarded as:

1st - 6pts

2nd - 5pts

3rd - 4pts

4th - 3pts

5th - 2pts

All other places - 1pt

Club Records

Club Records can be broken at Club Nights, Club Championships and at Friendly Carnivals (home and away).

Records are currently being updated and will be available on our website.

Appendices

Club Rules

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 - 9 years:** Rule tolerance applies to swimmers 8 - 9 years in accordance with the Swimming Queensland rule tolerance policy.
3. **10 years and over:** All swimmers 10 years and over not adhering to the swim rules may be disqualified.

BLOCK STARTS

- A. Block starts are permitted at the **deep end** of the pool only. No diving will take place at the shallow end at any time.
- B. 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.
- C. 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 10 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. If a swimmer breaks at the start of the race, the race will be restarted, with all swimmers eligible to swim. If the same swimmer breaks again in the same race, he/she will be disqualified (if of an appropriate age).

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 turn 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 handrail 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 swimmer's individual race, the swimmer must wait in their lane until the referee's 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 swimmer's 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:
 - a) **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.
 - b) **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

2. **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.
3. 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.
4. **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.
5. **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.
6. **Turns: Two turn techniques are permitted:**
 - a) **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.
 - b) **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.
7. **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.
 - a) The swimmer's 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.
 - b) 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.

- c) 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.
- 8. **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.
- 9. **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 swimmer's 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 swimmer's 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:

a) **Medley relay:**

1. Swimmers will cover the four swimming styles in the order: Backstroke, Breaststroke, Butterfly and Freestyle.

b) **Freestyle relay:**

1. Swimmers will swim freestyle stroke

2. For all relays:

- a) **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.
- b) **Turns:** All swimmers must conduct turns in their portion of the race in accordance with stroke rules.
- c) **Finishes:** All swimmers must finish their portion of the race in accordance with the stroke rules.
- d) **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.

Warm Up Rules

The safety of our swimmers requires the cooperation and effort of all families and volunteers at the pool. The offering of a warm-up period is for swimmers to practice swimming laps to help them prepare for their races. In short, warm-up time is not a free swim.

ALL PARENTS AND CARERS ARE ASKED TO:

1. Supervise their children in the pool during warm-up. Parents and carers are welcome and encouraged to stand on the pool deck to supervise their children during the warm-up period.
2. Ensure their children understand the pool rules and know their designated lane before to entering the water.
3. Instruct their children to respectfully obey the Electric Eels Club Volunteers if spoken to.

SWIMMER'S RULES:

1. NO DIVING except in Lane 6 the designated dive/walk back lane
2. LANE ROPES: Swimmers must not sit on, climb over, or pull on the lane ropes at any time. Swimmers may swim under the lane ropes.
3. SWIMMERS LANE ALLOCATIONS: (See diagram below)
 - a. LANE 1 (closest to entrance) - NO DIVING. Reserved for 12½ meter event swimmers only. Swimmers must remain in lane 1. Swimmers may hold onto the pool edge, rail or lane rope.
 - b. LANES 2, 3, 4, & 5 (middle lanes) - NO DIVING. Reserved for 25 meter and over event swimmers. To swim multiple laps, swimmers must 'circle the lane' by swimming up the lane as close as possible to the left side lane rope and back on the right.
 - c. LANE 6 (further most from entrance) - DIVING PERMITTED FROM BLOCK ONLY. Reserved for 25m sprint practice with a racing dive (1 x lap). After diving and sprinting 25m, swimmers hop out at the shallow end and walk back to repeat.
4. NO RUNNING ON POOL DECK AT ANY TIME.
5. NO PULLING, JUMPING UP AT OR TOUCHING THE POOL FINISHING FLAGS.
6. NO PUSHING OR PULLING OTHERS INTO THE POOL.
7. NO PUSHING OR PULLING ON OTHER SWIMMERS WHILE IN THE POOL.

Any swimmer not complying with these rules will be asked to exit the pool. Please make the time to discuss these rules with your children before arriving to the pool on club night.

Lane 1	12½ meter event swimmers only. No diving.
Lanes 2 to 5	Lap swimmers. Turn under lane rope. No diving.
Lane 6	Dive (from block only) and Sprint 25m. Walk back. Line up.

