

## **Dear Carifta Judges**

As we begin the countdown to Carifta 2010 we have been looking at the rules as outlined in the FINA 2009-2013 handbook. To bring you up to par with everyone else here are the rules of the day.

### **SWIMMING RULE OF THE DAY**

#### **Backstroke**

##### **SW 6.3**

Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish 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.

#### **Now break it down:**

Some part of the swimmer must break the surface of the water throughout the race.

- It is permissible for the swimmer to be completely submerged during the turn.
- It is permissible for the swimmer to be completely submerged at the finish.
- It is permissible for the swimmer to be completely submerged for a distance of not more than 15 metres after the start. By that point the head must have broken the surface.
- It is permissible for the swimmer to be completely submerged for a distance of not more than 15 metres after each turn. By that point the head must have broken the surface.

## Breaststroke

### 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.

#### Now break it down:

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
- except during the turn
- except 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
- except during the first stroke after 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.

#### This is the tricky part:

- The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

## **Butterfly**

### **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.

#### **Now break it down:**

All up and down movements of the legs must be simultaneous.

- Simultaneous = happening at the same time (Oxford Dictionary)

The legs or the feet need not be on the same level, but they shall not alternate in relation to each other.

- Alternate = happening one after the other, reversing position at intervals (Oxford Dictionary)

A breaststroke kicking movement is not permitted.

## **The Race**

### **SW 10.3**

The swimmer must remain and finish the race in the same lane in which he/she started.

### **Now break it down:**

- The swimmer must remain in the same lane in which he/she started.
- The swimmer must finish the race in the same lane in which he/she started.

### **SW 10.14**

Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.

### **Points to ponder:**

Why do we ask swimmers to stay in the water until the race is finished?

Why do we stop swimmers who attempt to exit the pool immediately after they finish?