

COACHES TIPS : SWIMMING

The Swimming competition at the 2016 Trans Tasman Competition Games will be run in accordance with the FINA Rules (2015 – 2017 version) and the SOI Swimming Rules (2016 version).

The notes below have been put together to aid you and your swimmers so the event is an enjoyable and successful experience for everyone.

Helpful hints and information:

Etiquette Pool Side:

- Swimmers and their assistants, where approved, will be the only people allowed on to the field of play ie, the pool deck. This means coaching swimmers poolside is not allowed, and coaches will be asked to leave the pool deck.
- Swimmers are not permitted to climb over the timing pads to exit the pool – they must exit the pool by moving to the nearest side, ducking under the lane ropes.
- At the conclusion of a race swimmers need to wait for two short whistle blasts from the referee before exiting to the sides. Swimmers need to practise this before the Games.
- At the start of a race swimmers must not enter the water or climb on to the starting blocks until the referee gives a long whistle blast.
- Coaches, managers and all spectators need to be quiet at the start of races, indicated by the referees long whistle, so all swimmers can hear the start commands

Common DQ's

Starts – SW 4

- Starting before the start signal is given ie, it is a one start rule. It has been experienced in past meets including World Games that, if a swimmer False starts and then gets out & goes back to their lane to start again, it has been found to be more friendly & convenient to allow them to swim again but still may be DQd by the Referee. Too many times there has been embarrassing situations where the swimmer don't understand they cannot swim. That is all eliminated by letting them, swim but under a DQ decision.
- Coaches therefore need to be aware of this ruling from the outset.

Freestyle – SW 5

- Not touching the end of the pool with some part of their body during turns and at the finish.
- Walking on and/or jumping from the bottom of the pool

Backstroke - SW 6

- Not on back leaving the wall during turns
- During turns left a position on the back & did not initiate turn.
- Took more than one single or double arm pull to initiate a turn
- Failed to touch the wall at turn or finish
- Not on back when touching wall at end of race
- Leaving a position on the back ie, standing or walking

Breaststroke – SW 7

- Incorrect stroke cycle
- Feet not turned out during propulsive part of the kick
- Non simultaneous touch at turn or the finish.
- Non simultaneous arm and, leg movements
- Arm and leg movements not on the same horizontal plane
- Hands brought back beyond the hip line apart from at the start and turns
- Leaving a position on the breast ie, standing or walking
- More than one butterfly kick during the first arm stroke
- Butterfly kick not before first breaststroke kick

- Hands not separated during touch at turn or finish

Butterfly - SW 8

- Non simultaneous touch at turn and at the finish
- Left a position on the breast during the race ie, stood or walked
- Forward movement of the arms under the water at turn or finish
- Non simultaneous movement of the arms or legs
- Alternating movement of the legs.
- Hands not separated during touch at turn or finish.

Medley – SW 9

- Incorrect stroke order
- Failed to finish a stroke leg in accordance with the finish rule for the stroke

The Race – SW 10

- Pulled on the lane rope
- Feet not in contact with the starting platform before the preceding team member touched the wall

Special Olympics Swimming Summer Sports Rules - 2016

- Swimmers can only stop and stand in a flotation, assisted, unassisted, kickboard and freestyle events – they must not walk or jump. This does not apply for the 15m walk event.
- Did not have at least one foot in contact with the pool bottom at all times in a walking event
- Took arm strokes during kickboard event
- Hand not in contact with kickboard at finish

Swim Suits – BL 8.2 & 8.3

- In swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items like arm bands or leg bands shall be regarded as parts of the swim suit, so therefore are not permitted.
- Swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.
- An exception for swim suits can be granted for cultural, ethnic and modesty reasons. The exception must be applied for before the event – do not assume an exception will be granted so have a legal alternate swim suit available. Wetsuits are not permitted.
- Swim suit exceptions will only be considered by the Competition Manager, or Technical Delegate, at the Team Managers Meeting held before the commencement of each session.

Protests

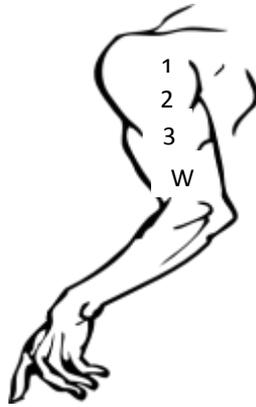
- The protest form must be submitted to the Competition Manager within 20 minutes of the posting of the provisional or final result.
- There is no cost payable by a Head Coach/Team Manager in lodging a Protest
- Protests will only be accepted from the swimmer's Head Coach or Team Manager. **NO** parents, supporters or swimmer can submit a protest.
- Ensure if you are going to lodge a protest you complete all sections thoroughly including an accurate account of the rule or regulation deemed to have been broken. No protests will be accepted if the form is incomplete. Copies of the rules are available from the information desk but it is prudent to carry your own set of the FINA & SOI rules.
- All results will be posted for you to view – the location will be advised at the Team Managers Meeting.

Marshalling

- Swimmers need to be at marshalling at least 6 races in advance. If they do not arrive at marshalling before their scheduled race is taken to the seating behind the starting blocks they will be marked as a 'no show' and not be able to compete in this race. Swimmers names will be called three (3) times only and this will be via the Marshalling officials, NOT by the venue's sounds system.
- We need to adhere to the tight schedule we have set for this meet, so races will not be delayed.
- If it is preliminary/heat races then a "no show" will eliminate the swimmer from competing any further in this particular event ie, the final.

Swimmers Bib Number

- **Please bring your own broad point or chisel point vivid permanent marker**
- Marked clearly with a permanent chisel tip marker on the upper arm with each digit at least 3cm high.
- Exceptions codes must be underneath the bib number.
- Bib numbers must be vertical with exception code below.
- If a swimmer has been granted an exception to wear a rash shirt then their bib number and exception code must be clearly visible below the sleeve.



Swimming Exception Codes

The Exception Codes, have now been adopted by Special Olympics International.

- Clubs/Delegations must indicate in a swimmer's entry information the applicable exceptions, if any.
- At the event the code/s must also be written on the upper arms of the swimmer.
- The rationale behind the exception codes is to inform the event referee of a swimmer's personal requirements, within the rules, so they can be given a fair start in a safe environment. This information will be presented on the session programme and will greatly assist in the smooth delivery of the event.
- The codes as shown in the programme will be adhered to by the swim officials, irrespective of what the athlete may wish.

Relay Team Substitutions

Replacements for any relay team members will be permitted up to the time of Team Managers meeting on the morning of the relay race. The only exception to this is an injury to a swimmer who was registered to compete in a relay race but has withdrawn due to medical reasons, in which case a replacement can be made up to 30 minutes before the race is called/marshalled.

Replacement swimmers cannot be from another club, nor can they also be entered into another relay race.

Replacement swimmers should be slower than the swimmer they are replacing to avoid possible Maximum Effort Violation, as the team would have been divisioned based on the original four members time.

25 Mtr Races

For the 25 meter events, these will start from the main Dive Block end of the pool and finish at the Bulkhead. The electronic timing system cannot therefore be used, so swimmers times will be manual. The Timekeepers will record the times from each side of the pool with the Referees recording places as is normal, but without electronic timing of course.

This will give the swimmers all they need for a normal start.

It also takes away the risk and danger of having swimmers and Inspector of Turns (IOT'S) on the narrow bulkhead.

Performance Improvement Declaration (PID)

- These will be provided in your coaches packs, & further copies can be obtained from the Sports Information Desk.
- If an athlete's performance in an event during a Preliminary Heat is for some reason not a true reflection of their abilities, their coach can submit a Performance Improvement Declaration (PID) requesting a time more reflective of their abilities to be used when divisioning Finals races. This ensures the swimmer is appropriately divisioned for their Finals races.
- If a PID form is not submitted, divisioning will be done using the preliminary Heat results time, which could result in the athlete being disqualified due to violation of the Maximum Effort Rule.
- PIDs must be lodged by the head coach within 30 minutes of the results, for the event, being posted.

 <u>Performance Improvement Declaration (P.I.D.)</u>		
Date:		Time PID Submitted:
Sport:		Club/Team Code:
Athlete/Team Name:		Bib/Competitor ID:
Event/Discipline:		Division/Heat/Section:
Entry Data:	Heat Data:	Preferred Data:
Head Coach or Team Manager Signature: _____		

Awards:

- The presentation of awards will take place at regular intervals though the day, as per the schedule provided in the Team packs.
- Coaches should at all times, be aware of what awards are being marshalled and then presented.
- Athletes will be marshalled and then escort from the podium, and then collected by the Coach at the designated area.
- It is suggested that swimmers wear their Club/State track suit Tops for the Awards.

General

- Maximum Effort Violations (MEV) will not be enforced for any "Straight Finals" races or in the top Division of any events. Athletes who are disqualified for MEV will be awarded a Participation Ribbon as well as a Certificate of Achievement in recognition of their achieving a Personal Best Time.
- If the referee and starter call a false start a rope will be dropped at the 15m mark to indicate to the swimmers that the race is being recalled. Swimmers need to be coached in the reasons why the rope is across the pool. They should stop and swim back the to the start end for a new start. If a swimmer enters the water before the start signal is given they may be disqualified from starting a second time.
- Swimmers need to be able to perform each stroke entered technically correct. No exception will be given to a swimmer who is hindered by a physical impairment. This is of particular importance in the strokes of breaststroke and butterfly.
- It is recommended that relay team swimmers hug a lane rope at the completion of their leg until all team members have finished. They must not hinder any swimmer in other lanes.
- When using a flutter board in the 15 and 25m events the swimmer should keep both hands in contact with the board at all times – stroking with any arm/hand is not permitted.
- The finish in a kickboard race will be when either the board or part of the body touches the wall.
- Freestyle is any stroke except in an Individual or Relay Medley.