

## **SWIMMING RULES TOLERANCES**

To avoid disqualifying junior swimmers, the meet Referee must apply the following tolerances in relation to the Swimming Rules with children aged 9 years and under at all *non-qualifying* meets. (Children aged 7 years and under must not be disqualified under any circumstances.)

Stroke Correction Forms should be given to children who infringe the Rules.

### ***Breaststroke***

- Arms may be brought past the hips
- Legs should show some semblance of a breaststroke kick, even if not always on the same plane
- Hands are permitted to touch the wall non-simultaneously at the finish & turn/s
- Heads do not need to break the surface on every stroke cycle

### ***Backstroke***

- Swimmers may roll over at the turn and/or the finish

### ***Butterfly***

- Irregular alternating movements of the feet permitted. Overall impression is that swimmers are endeavouring to move the feet simultaneously
- During the recovery stroke, only the wrist to the elbow need break the surface of the water, and the stroke may be completed under the water
- Overall impression should be that swimmers are endeavouring to bring their arms forward simultaneously

### ***Freestyle***

- Nil

### ***General***

- The one-start rule shall not apply. Children may start from the blocks or from the edge of the pool if they wish
- Swimmers may hold onto lane ropes at any stage (but not pull on them to gain an advantage). In stopping, they must not walk on the bottom of the pool

### ***Other swimmers***

At the discretion of meet organisers, the above tolerances may also be applied to older swimmers.