

Swimming

Admittance to the competition

To compete in the swimming categories, children should bring medical forms proving that they are allowed to visit the swimming pool and participation in the competition. It is possible to submit single paper for the whole group, but it should be certified by the school seal.

Responsibilities and Rights of participants

Contestants must be aware of all the rules of the competition and follow them, behave properly in the pool, to go to the start in an organized manner, follow all the recommendations from the judges.

Contestant's Costume

The participant is obliged to perform in a cap and a neat and well-fitting swimming suit.

Participants' costumes must comply with moral standards and be made of non-translucent material: boys swimming trunks and shorts, girls - closed sports swimsuits.

The referee or chief judge has the right not to allow an athlete if he violates these requirements.

Team leader

Each organization participating in the competition must have its own representative. The team leader (sponsor) is the leader of the team. He is responsible for the discipline, life and health of the participants and must ensure their timely appearance at the competition. The representative is prohibited from interfering with the orders of the judges and persons conducting the competition. With all questions, he must contact the referee (chief judge) or his substitute.

Start

After the referee has given a series of short whistles, the participants in the competition must prepare for the start. After receiving the permission from the chief judge to start, the judge gives the preparatory command "To the start!", According to which the participants in the competition must immediately take a fixed starting position. The position of the hands is not regulated. When all swimmers have taken a stationary position, the judge must give the starting signal - whistle. The start is exclusively from the water.

Any swimmer who started before the start signal was given should be disqualified.

Free swimming

Free swimming means that the swimmer can swim in any manner, changing it the way he likes while completing the distance. The contestant should touch the wall with any part of the body when turning and finishing.

Пловец должен коснуться стенки бассейна любой частью тела при повороте и на финише. Apart from the special permission (which may be granted to the contestant when he is performing the turn) the participant should swim over the water, and not under it. After jumping into the water and swimming the distance of 15 centimeter the contestant's head should be out of the water.

Going through the distance

Contestant, who is performing solo should finish the distance completely for the result to be calculated. Contestant should finish the competition on the same line he started it.

Every time, when making turns, the swimmer must touch the wall or turntable at the end of the pool. The turn must be made from the wall, it is not allowed to push from the bottom of the pool.

A competitor who stands on the bottom of the pool during a freestyle swim is not disqualified unless he is walking on the bottom.

Participants are not allowed to pull themselves up, holding on to the dividing paths, sides, stairs, and also push off from them.

A swimmer who, while passing the course, finds himself on someone else's lane and prevents another swimmer from passing the distance, must be disqualified. If such a violation affected the result of another participant, then the judge has the right to give him a new attempt.

Competitors are not allowed to use or wear any device to increase speed, buoyancy or endurance (webbed gloves, fins, etc.). Glasses are allowed.

Category		Distance	Style
Junior	Boys	25 meters	Free
	Girls	25 meters	Free
Senior	Boys	50 meters	Free
	Girls	25 meters	Free

List of Documents:

Permission to enter the swimming pool

A copy of the order signed by the director and the seal of the school stating that the leaders of the group (indicating the last name, first name and patronymic) are responsible for the life and safety of children during the entire convention and sports events in particular.

List of necessities for the swimming pool:

- hat
- slippers