

SWIMMING

FACILITY & EQUIPMENT

Long swimsuits ('lazer' type) are not allowed.

AGE CATEGORIES

Please refer to the **SGIS Age Categories** for this academic year located [HERE](#).

ROSTERS

Schools enter a maximum of 6 swimmers per gender and per category.

Each school may enter two competitors per individual event and one team per relay event.

Swimmers may enter three individual events and two relays, in one category only.

Seed times entered into software make for better heats. Schools are encouraged to provide seed times. Entries must be provided on the given platform and within deadlines from the event organizer. Scratches only on the day and no changes to events after the given deadline.

OFFICIAL RULES

[FINA Rules](#) will be followed by all SGIS events.

SPECIAL RULES

When an event is announced, all swimmers must report to the marshalling area.

Competitors must obey the starter's instructions. Starter's command will be: "Swimmers Ready", "Take Your Marks", followed by a blast of the whistle to signal the start of the race.

False starts will be repeated, but there will be no disqualification on the first start, 2nd start events run and disqualification applies. A yellow card is given to the field on the first offense.

Individual Medley: Fly, Back, Breast, Free

- Swimmer may kick underwater only up to the 15m point

Butterfly

- Two-hand touch on both turn and finish
- No flutter kick allowed

Backstroke

- Swimmer must finish on their back

Breaststroke

- Two-hand touch on both turn and finish
- One stroke allowed under the water and then surface and swim the whole stroke
- No flutter kick allowed

Relays

- Swimmers must touch the end of the pool clearly before the next team member leaves the starting block
- Medley: Back, Breast, Fly, Free

OFFICIATING, SCORING & RESULTS

There will be no finals. Places will be determined on the basis of the best time in the heats.

Results should be posted visually. Medals will be awarded to 1st, 2nd and 3rd place finishers at times and locations decided by the organiser. Trophies awarded to the 1st, 2nd, and 3rd place team per gender and per category. Overall 1st, 2nd and 3rd place combined trophy additionally awarded.

Points will be awarded as follows for both individual and relay events:

Place	Points
1	8
2	6
3	4
4	3
5	2

6	1
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HEALTH & SAFETY

-When a pool has a shallow and deep end, race start must be from the deep end

-Qualified medical person (or pool staff at hired facility) must be present at all times of the meet

-First aid facilities must be available