

Competition Rules and Etiquette

The Start of a Race

- Referee gives one long blast on the whistle.
- All swimmers and spectators become silent.
- No movement on the pool side.
- For Frontcrawl, Breaststroke and Butterfly the referee gives three short blasts on the whistle followed by one long blast.
- Swimmers move to the starting position. On the block, on the side or in the water.
- The start of the backstroke race is similar except after the three short blasts and one long blast the swimmers get into the water.
- The referee will blow the whistle again which signals you must get into the starting position and remain still whilst you wait for the starting signal.
- Referee hands the race over to the starter.
- Starter for the race issues the command 'take your marks'.
- When everybody is still the starter then starts the race by either using a whistle or an electronic horn.
- When the swimmers enter the water this is the time for spectators and other swimmers on the poolside to cheer on the swimmer(s) in the water.

At the end of a Race

- It is polite to wait in the water on finishing your race until the referee asks you to get out.
- It is also polite to shake the hands of your opponents when they finish their race, whether you win or lose.

On the Poolside

- You must remain on the pool side near where the team manager can find you so that you can be ready for your race in plenty of time.
- In team situations you must ask permission from the team manager to leave the poolside.
- Cheer on your team mates once the race has started.
- Remain on the poolside until the end of the gala.
- When you have finished swimming and are allowed to get changed you should do so quickly and quietly. Remember sounds carry from the showers and changing rooms.
- You will need a t shirt, swimming hat and goggles. It is also advisable to have an extra towel, spare goggles and pool shoes.