

HANDY HINTS FOR NEWER SWIMMERS

[How to Put On a Swim Cap!](#)

COMPETITIONS FAQ

Competitions:

A swimming competition is generally known as a 'swim meet' in Nova Scotia or a 'meet'. In other parts of the world, they are known as a 'gala'.

What to expect when you arrive:

Your club should give you details on what time you should arrive to the pool and where you should meet your teammates.

Each club sits together in a designated area either on the pool deck or in assigned bleachers.

Swimmers sit with teammates (not their parents).

Parents do not have access to the deck for safety reasons and should remain in designated areas.

What to bring:

Your club should give you the details on what you should bring to a swim meet; however, as a minimum, you should plan to have your swimsuit, bathing cap, goggles, towel, team clothing, water bottle and depending on the length of your swim meet some healthy/nutritious snacks. It is important that swimmers stay warm throughout the swim meet, so bringing team clothing is important.

The race start:



At the start of a race, the referee will blast their whistle a few times quickly; this indicates your race is about to begin. These are known as 'FINA' tweets.

They will then blast one longer whistle, indicating that swimmers in that race must step up on the block.



At this point, the starter will take control of the race using the microphone of their starting system. They will state 'Take your marks', swimmers will then move into race start position, once swimmers are set, they will press the button to indicate the race start.

Swimming distance events:

A 'distance' event is traditionally the 800m (32 laps of a 25m pool or 16 laps of a 50m pool) or 1500m Freestyle (60 laps of a 25m pool or 30 laps of a 50m pool) events; these are introduced to age group level swimmers at various meets throughout the year.



Lap Counters are available from meet management to swimmers in distance events to help count – at higher level meets (National), a certified Official will hold the lap counter at the turn end of the pool. For local meets, your teammates are allowed to hold the lap counter from the side of the pool and help you with your counting.

A certified Official or Timer will ring a bell when you are approaching the flags for your final turn at the start end, indicating that you only have two laps remaining in your race.



It is important that swimmers keep track of their own counting in case someone else makes an error!

Times:

Certified/Registered timers are in place at all competitions; they will check you in when you arrive at the starting blocks.



Timers will use a traditional stopwatch to time your race, however, some pools in Nova Scotia have access to electronic timing. They may use a 'plunger' in addition to their stopwatch. Dalplex Pool (located at Dalhousie University) is the only pool in the province that has touchpads linked to the scoreboard to automatically be displayed.

DISQUALIFICATIONS (DQ's)

Most swimmers get disqualified at some point in their swimming career. Often younger swimmers and their parents are unsure of the disqualification rules. Here are some of the most common reasons for disqualifications:

DQs at the start:

Moving at the start. After the starter has said "take your marks", swimmers must remain still on the block or in the water, until the starting signal has sounded. This includes fiddling with goggles.

Swimmers should not leave the water at the end of a race until authorised by the Referee. If timing pads are being used, swimmers must not climb out over them, but progress under the lane rope(s) and exit at the side of the pool.

Freestyle:

Swimmers must touch the wall at every turn (ideally with both feet) and with one hand at the finish of the race.

Start & Turn – The swimmer must surface at or before 15m.

Turn – The swimmer must touch the wall with some part of the body.

Any stroke can be swum; generally, it is front crawl

Backstroke:

Start & Turn – The swimmer must surface at or before 15m, and some part of the body must break the surface throughout the race (until the next turn or finish).

Body position – Must remain on the back throughout the swim (shoulders must not go beyond vertical), except when executing a turn.

Non continuous turning action. Gliding, kicking, or pulling into a turn is not permitted. EXCEPT a continuous single or continuous simultaneous double arm pull may be used to initiate the turn.

Turn; forward roll – here the swimmer rolls onto the front, takes one stroke then the arms pull them into the turn. There must be no kicking once the arm pull has been completed, and no gliding. This turn must be continuous and is frequently the reason for disqualification in backstroke.

Swimmers must have returned to their backs upon leaving the wall.

Finish – Must be on the back, not having the shoulders past vertical (onto the front).

Breaststroke:

After the start and after each turn, the swimmer may take one arm stroke completely back to their legs. Their head must break the surface of the water before their hands turn inwards at the widest part of their second stroke.

A single downward dolphin kick is permitted followed by one breaststroke leg kick while totally underwater.

Turn & Finish – Both hands must touch together.

All arm and leg movements must be simultaneous and on the same horizontal plane.

Body position – the swimmer must remain on the breast.

The hands shall not be brought back to the hips other than at the start and turns.

2 handed touch, swimmers must touch the wall at the turn and the finish with both hands simultaneously.

The feet must be turned outwards during the propulsive phase of the kick.

Incorrect kick - No alternating, scissor or butterfly kicking is permitted.

Butterfly:

Arms not clearing the water, they must be on or over the water.

Arms must be brought forward together and brought back simultaneously.

Alternating legs. Legs must move together and remain in the same relative horizontal plane. (no alternating kick)

Incorrect touch. Swimmers must touch the wall at the turn and the finish with both hands simultaneously.

Learn more on how you can get involved as a Swimming Official in Nova Scotia:

<https://www.swimnovascotia.com/officials>