

U11 25m Gala

Team / Squad Criteria	Age Group Eligibility
<ul style="list-style-type: none"> 8 (4x Boys, 4x Girls) 	<ul style="list-style-type: none"> Year 6 and below

Competition Format & Basic Rules

The following races are included;

- Boys & Girls 25m Freestyle*
- Boys & Girls 25m Backstroke*
- Boys & Girls 25m Breaststroke*
- Boys & Girls 25m Freestyle*
- Boys & Girls 4 x 25m Medley Relay (backstroke, breaststroke, freestyle & freestyle)
- Boys & Girls 4 x 25m Freestyle Relay

*Each member of the team **must** swim in an individual race.

The poolside officials will look to see that the swimmers are conforming to the rules of competitive swimming as governed by British Swimming. The simplified rules are as follows:

Freestyle

- They must touch the wall at the end of each length,
- They must not walk.

Backstroke

- They must remain on the back throughout the race including being on the back to touch at the finish
- No standing is allowed

Breaststroke is more complicated.

- They must be on the breast throughout the race, no standing or walking.
- The movement of the legs and arms must be simultaneous.
- The feet must be turned out when kicking.
- During the arm pull the hands must not be brought back beyond the hipline.
- Only one stroke underwater is allowed at the start.
- Each stroke must contain one arm pull and one leg kick.
- The touch at the finish must be with both hands simultaneously.

It is advisable that swimmers have been taught the stroke, either at formal swimming lessons or at a swimming club.

Relays

A frequent problem at this level is starting before the starting signal is given. Another is in the relays when a swimmer starts before the incoming swimmer has touched the wall. When starting in the water the swimmer has started when their hands or hand are no longer in contact with the wall.

The Start of the Race

- The referee will give a series of short whistle blows to warn swimmers to prepare for the race.
- The announcer will introduce the event.
- The referee will give one long blast of the whistle and swimmers will then enter the water to prepare for the start.
- The referee will then hand the race over to the starter.
- The starter will say “take your marks” and then start the race.

www.swimming.org