

2021 Junior Pool Competition Resource

2021 Pool Competition Team Managers and Officials Handbook

Please note since 2019 there have been rule changes affecting mainly manikin carry position and line throw.

Event Information:

Starts:

- Long whistle = move into position
- On your marks
- Acoustic sound = begin racing

Notes:

- Competitors need to get themselves organised quickly with caps, goggles, fins before they get onto the blocks or pool edge.
- Dive starts allowed if pool of suitable depth and can be from block or pool edge.
- otherwise there will be an in water start with one hand on the wall.
- At the end of the race, competitor must stay in the pool until two short sharp whistles sound, then leave by the side of the pool nearest them.
- Competitors will be advised of disqualifications before the signal to leave the pool is given.
- Juniors can only use rubber fins.

Events:

50m Obstacle Race (U9/10/11)

- Two laps of 25m pool. Obstacle is set up at 12.5 m down the pool and competitor must therefore swim under the obstacle twice.
- The wall must be touched at the turn.
- NO FINS.

25m Obstacle Race (U8)

- Competitors are to swim 25m freestyle under an obstacle at 12.5m.
- The obstacle will only be at the surface i.e. modified obstacle.
- Race ends when hand placed on wall.
- NO FINS.

4x25m Obstacle Relay TEAM event (U9/10/11)

- 4 people each swim 25m freestyle under obstacle at 12.5m, each team member must touch the wall before the next team member starts.

50m Manikin Carry WITH FINS (U9,10,11)

- Empty manikin held by handler at the 25m mark on its back with 'bottom' to the wall.
- Dive start or in pool start, swims 25m freestyle.
- The wall does NOT have to be touched before touching the Manikin.
- **Handler (wearing club cap)** must release manikin as soon as competitor touches the wall.
- The competitor picks up the Manikin in their choice of hold i.e. behind the neck for one armed freestyle, chin hold for side or safety back stroke, and swims back 25m with one hand contacting the Manikin at all times.

***25m Manikin Carry NO FINS (U9/10/11)**

- Empty Manikin held at 12.5m by handler in pool wearing club cap.
- Competitor can dive start or start in water, swims freestyle to pick up Manikin.
- The Manikin must be behind the head of the competitor at all times, otherwise it will be considered to be 'pushed' rather than 'towed'.
- It can be carried.
- One armed freestyle held at hip or on back.
- Side stroke style
 - c) safety backstroke style
 - d) one armed backstroke
- The manikin face can now tip down towards the water or even be facedown without a DQ.
- The competitor must not gauge the eyes or choke the neck or obstruct the nose of the Manikin but use an appropriate safety hold on the chin.
- The manikin must be in contact with one hand at all times.
- The handler must release the Manikin as soon as it is touched by the competitor.

25m Kickboard Carry NO Fins (U8)

- Competitor starts in water holding kickboard. Care must be taken to hold it in the correct hand at the start (i.e. so as not to start swimming and swap hands).
- During the carry it can be held in one or both hands but must not be in front of the head (i.e. closer to feet of competitor).
- The board must be in position by the 5m flags.
- Competitor can choose to use:
 - one armed freestyle, board held near hip or on lower back)
 - sidestroke (front arm performing the stroke and kickboard held behind, near hip)
 - safety backstroke (like breaststroke on back) with one arm doing a sweep - under the water
 - doing single armed backstroke
- One hand touch the wall to finish, must still be holding the board.

4X25m Kickboard Relay TEAM event (U8/9)

- Four competitors, each carries one kickboard 25m.
- All will start in the water, one hand on wall, the first holding the kickboard also.
- Competitor 3 and 4 enter the water and prepare to race holding onto the wall with one hand *after* competitor 1 and 2 leave the wall.
- Competitor 2,3,4 must keep one hand on the wall until the *preceding* competitor touches the wall and cannot touch the kickboard until they have touched the wall.
- There must be a hand of *at least one* competitor on the kickboard *at all times* during the handover.
- There is a 5m changeover zone at the start of each leg.
- By the 5m mark the kickboard must be in position behind the competitor as per all other carry events.

4X25m Manikin Relay TEAM event (U10/11)

- Four competitors, each carries one manikin 25m.
- Competitors 1 and 2 will start in the water, one hand on wall, the first holding the manikin.
- Competitor 3 and 4 enter the water and prepare to race holding onto the wall with one hand *after* competitor 1 and 2 leave the wall.
- Competitor 2,3,4 must keep one hand on the wall and cannot touch the manikin until the preceding competitor touches the wall.
- There must be a hand of *at least one* competitor on the manikin *at all times* during the handover.
- There is a 5m changeover zone at the start of each leg.
- By the 5m mark the kickboard must be in position behind the competitor as per all other carry events.

25m Tube Tow WITH FINS (U8)

- The competitor may start in the water or on the blocks with a rescue tube donned over the shoulder and swim 25m towing the tube.
- The ribbon will sit on the shoulder opposite the hand holding the tube.
- With a dive start the rope must be correctly contained in the hold of the tube so that nothing can get tangled, and the clip must be pointing behind the competitor. The easiest way is to loop up the rope twice and hold with the thumb on the inside of the tube.

***50m Tube Tow & Clip up WITH FINS (U9/10/11)**

- The competitor may start in the water or on the blocks with the tube on (rope safely looped up) and swim 25m towing the tube.
- At the end they must touch the wall, then clip up the tube to the ring on the rope. This must be done within 10m of the wall.
- The competitor swims back towing the clipped up tube.
- The tube must be extended fully by the time it passes the 10m rope/mark.

4x25m Medley Tube Relay TEAM event - 2&4 WITH FINS (U9/10/11)

- 1 swims 25m Freestyle
- 2 swims 25m Freestyle **with fins**
- 3 swims 25m Freestyle with rescue tube
 - touches the wall then passes tube ribbon to competitor 4
- 4 swims 25m Freestyle **with fins** dragging the open tube
 - starts in the pool with one hand on wall and takes / exchanges the rescue tube ribbon once competitor 3 touches the wall.

25m Freestyle Race WITH FINS (U8)

- Where pool is deep enough dive starts allowed (can choose in pool start).
- One hand touch.

4x25m Freestyle Relay TEAM (U8) WITH FINS

- 4 people swim 25m Freestyle with fins each.
- Each competitor must touch wall before next competitor begins.
- Can dive start or start in water.

6m Line throw (U8,9)

***8m Line throw (U10/11)**

- Note this is an individual event with the Rescuer being the Competitor.
- Rope 12.5m long.
- Throw zone is maximum 1.5m back from edge of pool must not step outside of this area with both feet until the event is over, ie whistle blown or DQ). During the event one foot must be wholly inside the throw zone.
- On long whistle Rescuer moves into throw zone. Patient takes one end of rope and swims to 'toggle' bar set 8m down pool, extending the rope behind them over the bar, before taking hold of the bar with one hand, and gently securing the rope under the hand in such a way that the rope can glide beneath the hand as the Rescuer winds it in. The Patient must try not to pull this toggle bar closer to the Rescuer while they are trying to reach the rope.
- Rescuer takes up position with rope in one hand and arms by sides.
- On Start signal the Rescuer retrieves the line (best position turned to the side with outside arm resting on outside thigh in a slight squat with feet wide apart, hands over rope, pool side hand looping the rope up into the outside hand resting on the thigh), then throws it to the Patient (ideally just beyond the patient i.e. the rope uncoiled beyond the patient) . An alternative stance is to turn to one side, back (non throwing side) knee bent, front knee straight, leaning with non throwing elbow onto the back knee, using the throw hand to wind in the rope.
- Patient can use foot /leg /hand to bring rope close enough to grasp.
- Will be disqualified if not holding onto the bar when the ropes is grasped or touched by any part of the body.

- Once grasped the other hand can only grab the rope **once**, ideally behind the first hand. Any further movement of the hands up the rope will be considered climbing the rope and lead to disqualification.
- once the rope is grasped the Patient should shout **“got it!”** the Rescuer pulls the Patient in hand over hand, with the Patient allowed to kick only with head down.
- The wall touch should be two handed. On touch the Rescuer should sit down within the throw zone to signal they have finished, and to make sure they do not step outside the 1.5m throw zone before the end of the event has been signalled.
- Rope must be grasped from **within** own lane barriers, if this cannot be achieved, shout for Rescuer to start again.
- if the Patient is unable to reach the rope, the Rescuer must retrieve the rope and throw again. The team will be DNF if > 45 sec elapses from the Start signal and their race is not complete.
- The patient can slide along the bar in the attempt to reach the rope. They are able to temporarily release the bar but must be holding the bar when the rope is touched.

NOTES

- U8 have 2 relays.
- U9/10/11 have 3 relays.
- Each competitor can do a maximum of 4 relays ie U8 could do 2 in their own age group and 2 in the age group up.
- U9-11 could do 3 in their own and 1 up, or 2 in their own and 2 up, or 1 in their own and 3 up.
- Usual rules apply where only half the team can be from the age group below.
- Teams must have at least one boy or one girl in the mix.
- Composites can be formed with other clubs at all carnivals including States. At the junior carnivals this can be requested of the Carnival Ref at the beginning of the carnival. For States clubs need to submit nippers interested in composites by the close of entries, and pool panel will randomly assign composite teams. Medals and proportional points will be assigned to the composite teams.

Brief notes on disqualifications (DQs):

Obstacle events:

- Not surfacing before obstacle from each end of the pool.
- Going over the obstacle.
- Deliberately (not accidentally) dislodging the obstacle.

*Line throw:

- Rescuer falling into the pool.
- Patient not holding the bar when the rope is touched.
- Patient reaching into the next lane to retrieve the rope.
- Patient ‘climbing’ the rope.
- Patient not touching with two hands.
- Rescuer stepping back outside the 1.5m throw zone during the event with both feet. One foot must be wholly inside the throw zone either in the air or on the ground.

*Manikin carry events:

- Handler not releasing the manikin as soon as the competitor has touched.
- Competitor losing grip on the manikin during the event (‘dropping’ the manikin).
- Competitor ‘pushing’ the manikin ie the top of the manikin head is in front of the competitors head.
- Incorrect manner of hold ie obstructing nose, gauging eyes, choking neck.

NOTE: If manikin face tips more than 90 degrees from horizontal (surface of the pool facing up). This is no longer a DQ.

Kickboard carry events:

- The board in front of the competitors head at any time during the event (ie not pushing the board) after passing the 5m flags.

Kickboard relay:

- During changeover the hand of at least one competitor must be on the board at all times.
- The kickboard must remain behind the head of the competitor once the 5m mark is reached.

*Tube events:

- During clip up events the wall must be touched after the 25m swim before the tube is clipped.
- The tube must be clipped before passing the 10m mark.
- The tube must be extended by the 10 m marker.

Rescue tube relay:

- Swimmer 3 must touch the wall before exchange of the ribbon to 4 occurs.

Relays in general:

- Breaking at the changeovers i.e. next competitor leaving the wall or diving from the block (feet leaving the block) before the previous competitor has touched the wall.

Starts in general:

- In junior competition in general one false start will be allowed, but the next person (any person) to break will be a DQ .

The Aquatic Sport Department would like to thank Black Rock Life Saving Club for the development of this resource.