

Club Night Rules

Parents are asked to explain club rules to their children & to ensure that their children abide by these rules.

1. Competitors in the marshalling area must **sit quietly** & listen for race starts & for announcements. Swimmers will only be called **twice** for races from the marshalling area—if they miss their race, they cannot ask to be started in another heat.
2. Swimmers are to listen for the Marshall to call their name & then line up in front of the marshalling area.
3. At the start of the previous race the Marshall will send swimmers to stand at the rear of the appropriate lane.
4. **Do not walk in front of the timekeepers.** Swimmers are to approach the timekeepers from **behind** when collecting their time slips & belongings.
5. Caps, goggles & bathers should be adjusted before mounting the blocks.
6. At the finish of the previous event swimmers should stand behind the blocks to await the referee's whistle. When the whistle blows swimmers should mount the back of the block & be ready for starting instructions. On the command "**take your marks**" swimmers should step to the front of the block & take up the starting position and remain **still**. When all swimmers are still the starter will sound the starting signal (hooter, whistle or gun). On this sound the swimmers will enter the water. One start rule shall apply.
7. **Freestyle, breaststroke, butterfly & individual medley** starts should be a forward entry (dive) from the blocks. **Backstroke & Medley relay** races start in the water. Swimmers enter the water at the referees whistle & immediately take their starting position in accordance with backstroke rules, remaining stationary after the starting command until the starting signal.
8. Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue & the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back & start again.
9. At the completion of the race, swimmers are to remain quietly in their lane until instructions to leave are given by the referee. (Swimmers can be disqualified for swimming back down their lane.)
10. Swimmers should exit the water **under** the ropes to the side of the pool which is nearest to them. Lanes one to four to the left & lanes five to eight to the right.
11. Swimmers should collect their time from their Timekeeper immediately after the race is completed. Do not walk in front of the timekeepers. Swimming times will also be posted on the noticeboard the following week.
12. Swimmers & spectators should stand well back from the pool edge so as not to get in the way of the Referees, Timekeepers or other Officials.
13. Competitors & spectators must not at any time walk in front of the Referees or Timekeepers during the progress of the race as this impedes their view of the swimmers.
14. Lane ropes etc. should not be cleared from the main pool until all the swimmers from the last race have left the water.
15. Please check the grandstand before leaving to make sure you have all of our property & that all litter is placed in the bin provided. Lost property will be put in the Records Box.
16. Help is required to set up the pool before 6.00pm & also to return the equipment to the storeroom at the end of the night. This is everyone's responsibility & the more people who help the sooner we go home at the end of the night.