

Panathlon Swimming

Rules & Race Descriptions – Barnsley 18 June



Race	Description	Rules
1	25m /one length Freestyle 1 swimmer	<ul style="list-style-type: none"> Swimmers will start in the water and can select any stroke, front or back. Each team to select one swimmer who can swim 25m unaided. The race will start at the deep end.
2	25m /one length Backstroke 1 swimmer	<ul style="list-style-type: none"> Swimmers should start in the water on their back Swimmers need to remain on their back throughout the race including the finish. Each team select one swimmer who can swim 25m unaided The race will start at the deep end.
10m Races note		<ul style="list-style-type: none"> Swimmers who compete in the 25m races are not eligible for the 10m races. 10m Freestyle swimmer not eligible for races 4 and 5
3	1 x 10m Freestyle 1 swimmer	<ul style="list-style-type: none"> Swimmers will start in the water and can swim on their front or back
4	1 x 10m Flotation Device 1 swimmer	<ul style="list-style-type: none"> Swimmers can select any flotation device to use in the race Swimmers will start in the water and can swim on their front or back An arm pull is allowed
5	1 x 10m on back with Noodle 1 swimmer	<ul style="list-style-type: none"> Swimmers will be supplied with a noodle/woggle and lay back with their head supported on the noodle Swimmers will start in the water Swimmers will push off from the wall and kick. Hands must then remain on the noodle/woggle
6	2 x 25m Relay 2 swimmers	<ul style="list-style-type: none"> Two freestyle legs Swimmers MUST start in the water – no jumping/diving The race will start at the shallow end – with an end wall touch as a legitimate takeover
7	4 x 10m Relay 4 swimmers	<ul style="list-style-type: none"> Four freestyle legs Swimmers MUST start in the water – swimmers 1 and 3 at the wall end and swimmers 2 and 4 with the aqua leader 10m down the pool in contact with the noodle. Swimmers may use a flotation device
Team Challenges		Ensure that all swimmers get the opportunity to compete in at least 1 team challenge or relay race
8	Slam Dunk Swim Relay 3 swimmers	<p>Two, or more, teams competing in the pool at the same time.</p> <ul style="list-style-type: none"> All 3 swimmers are in the water with swimmer 1 at one at the “wall” and the others staggered up the pool - Swimmer 1 pushes a ball to swimmer 2 and returns to the wall. - Swimmer 2 pushes a ball to swimmer 3 and returns to the wall Swimmer 3 swims then shoots at a target and swims back to the wall, to join swimmers 1 and 2 This is a timed race with the clock stopping when the whole team has returned to the wall. If the basket is scored 5 seconds are taken off that team’s total time

9	Raft Race 4 swimmers	<p>Two, or more, teams competing in the pool at the same time.</p> <ul style="list-style-type: none"> • Swimmers start in the water at the wall with four objects on poolside. A large raft is approximately 10m away • One at a time the swimmers need to swim with their object to the raft, place their object onto the raft and remain with the raft. • The next swimmer will go once signalled by the official. When all four swimmers have their objects on the raft they return as a team to the finish position – the wall • All swimmers must be in contact with the raft on the ‘final leg’ <p>NB – for safety reasons no swimmer is to be on the large raft</p>
10	Treasure Hunt 4 swimmers	<p>Two or more teams competing in the pool at the same time.</p> <ul style="list-style-type: none"> • A variety of pool toys are placed in the team’s lane – both sinking and floating. There will be the same number and same item in all lanes • Teams have 60 seconds to collect as many items as possible and return them to the raft placed on poolside. • Swimmers can only collect one item at a time. If they bring back 2 items, the officials will remove one of them. • Each team has their four swimmers in the water to collect at the same time. • For the item to count it must be placed on the raft on poolside. • If an item falls back into the pool it must be placed back onto the raft. • Swimmers are not allowed to throw items, they must swim with them. • Once a swimmer has an item it must not be taken away by a member of another team. • Sinking items retrieved score 2 points, floating objects one point