**Panathlon Swimming**



**Rules & Race Descriptions – South Cambs & Hunts**

**Tuesday 17th June**

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| **Race** | **Description** | **Rules** |
| 1 | **25m /one length Freestyle**  **1 swimmer** | * 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** | * 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** | | * **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** | * Swimmers will start in the water and can swim on their front or back |
| 4 | **1 x 10m Flotation Device**  **1 swimmer** | * 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** | * 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** | * 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** | * 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**  **4 swimmers** | Two, or more, teams competing in the pool at the same time.   * All 4 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 pushes a ball to swimmer 4 and returns to the wall * Swimmer 4 swims then shoots at a target and swims back to the wall, to join swimmers 1, 2 and 3 * 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** | Two, or more, teams competing in the pool at the same time.   * 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’   **NB – for safety reasons no swimmer is to be on the large raft** |
| 10 | **Treasure Hunt**  **4 swimmers** | Two or more teams competing in the pool at the same time.   * 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 |