**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.
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| 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.
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| **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**
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| 3 | **1 x 10mFreestyle****1 swimmer** | * Swimmers will start in the water and can swim on their front or back
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| 4 | **1 x 10mFlotation 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
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| 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
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| 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
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| 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
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| **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
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| 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
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