

SOME OF THE BASIC COMPETITION RULES FOR A NOVICE GALA

You must stay very still after the official has shouted 'take your marks'

Freestyle – Start after the beep and hit the end wall as soon as you can

**Backstroke – Stay on your back at all times unless you are doing a
tumble turn**

**Butterfly – Make sure when you do fly kicks your feet are together,
make sure both of your hands hit every turn/the finish together and
make sure your hands come out of the water and re-enter the water at
the same time**

**Breaststroke – You can NOT do dolphin kick and you must hit every
turn/the finish with both hands together**

Swim all races in the centre of the pool to avoid touching the lane ropes

**If your hat/goggles come off or come lose you must NOT touch them
until you have finished your race**

FOLLOW THESE RULES TO AVOID BEING DISQUALIFIED

Always remember that the referee's decision is FINAL!

SHORT HAND TERMS YOU MAY SEE

PB – Personal Best

DQ – Disqualified

DNS / DNC – Did not swim / did not compete

T/O – Time Only

S/T – Speeding Ticket