RULES AND REGULATIONS

The following rules are extracted from the Hong Kong Amateur Swimming Association and will apply to the School Swimming galas.

1. STARTING

After the Starter has placed the competitors on the starting platforms, he shall give the preparatory command “Take you marks”. But shall not give the actual starting signal until he is satisfied that all competitors are perfectly STATIONARY on the platform.

FALSE STARTS- “The Starter shall recall the competitors after the first or second false start and shall caution them against starting before the signal on the third attempt. A false start by ANY swimmer in the third attempt of the same (irrespective if the same or another swimmer is the offender) shall disqualify THAT swimmer.

2. FREE STYLE

“A competitor may swim any style or styles and rules relating to Breast Stroke, Butterfly and Back Stroke do not apply. Competitors must complete each lap by making physical contact with the end of the pool with a part of the body - it is not necessary to touch with the hand of the turn.”

3. BREAST STROKE

“Both hands must be pushed forward together from the breast on or under the surface of the water and be brought backward simultaneously and symmetrically with lateral extension.”

“The body must be kept perfectly on the breast and both shoulders in line with the surface of the water.”

“The feet shall be drawn up together, with knees bent and open. The movements shall be continued with a rounded and outward sweep of the feet, bringing the legs together. No vertical movements are allowed after the leg kick.

“All movements of the legs shall be SYMMETRICAL AND IN THE SAME LATERAL PLANE.”

“When touching at the turn of on finishing a race the touch shall be made with both hands simultaneously on the same level, with the shoulders in a horizontal position.”

“Swimming under the surface of the water is prohibited except for ONE leg kick after the start and after the turn.”
4. **BACK STROKE**
(a) Competitors shall line up in the water, facing the starting end with both hands on the rails or end of the pool.
(b) At the signal for the starting they shall push off and swim upon their backs through out the race.
(c) Foremost hand or arm has touched the end of the course for the purpose of turning, finishing, shall be disqualified.

5. **BUTTERFLY**
(a) Both arms must be brought forward together over the water and be brought backward simultaneously and symmetrically.
(b) The body must be kept perfectly on the breast and both shoulders in line with the surface of the water.
(c) All movements of the feet must be executed in a simultaneous manner and movements in a vertical plane are permitted.
(d) When touching at the turn or on finishing a race, the touch shall be with both hands simultaneously on the same level, with the shoulders in the horizontal position.
(e) At the start, at the turn and also during a race, when a swimmer is in the under-water position, he may be allowed to make one or more leg-kicks.

6. **RELAY**
The condition of remaining stationary before the start applies to the first swimmer; succeeding swimmers may adopt any position desired, provided they do not leave the starting platform before the incoming swimmer has touched the end of the pool.

7. **FOULING**
Jostling or swimming across and obstructing another competitor so as to impede his progress shall disqualify the offender, if in the opinion of the Referee such fouling has jeopardized the chance of another swimmer.