



March Pointscore - Important Notice

This year at Pointscore the swimmers will be using the skills they are learning and practising in training to swim within the FINA rules of competitive swimming.

The rules will be introduced gradually to Group 1 over the course of the year and continue to be applied in full for Groups 2, 3 and 4.

Group 1 swimmers on 18th March will only be disqualified for the rules stated below.

- 4.4 Starting before the starting signal
- 5.2 Did not touch wall at the finish
- 6.3 Backstroke- left position on the back
- 6.6 Backstroke- not on the back at finish
- 7.6 Breaststroke- did not touch at finish with both hands or touch not simultaneous or hands not separated
- 10.2 Swimmer did not cover the whole distance
- 10.3 Swimmer did not remain and/or finish in the lane in which they started
- 10.4 Took a stride or step from the bottom of the pool
- 10.6 Pulled on the lane rope

All swimmers must be able to swim the distance required without flotation aids or assistance in the water.

Please contact myself or a member of the coaching team if you have any questions.

Ruth McCollough- Coach