



**2016 LA84 Foundation  
Summer Swim Program  
Swim Coaches Packet**

# Novice Swim Team

## Sample Meet Format

<b>Girls</b>	<b>AGE</b>	<b>EVENT DESCRIPTION</b>	<b>AGE</b>	<b>BOYS</b>
1	7 - 8	200 Medley Relay	7 - 8	2
3	9 - 10	200 Medley Relay	9 - 10	4
5	11 - 12	200 Medley Relay	11 - 12	6
7	13 - 14	200 Medley Relay	13 - 14	8
9	15 - 17	200 Medley Relay	15 - 17	10
11	7-8	50 Backstroke	7-8	12
13	7-8	50 Backstroke Open	7-8	14
15	9 - 10	50 Backstroke	9 - 10	16
17	9 - 10	50 Backstroke Open	9 - 10	18
19	11 - 12	50 Backstroke	11 - 12	20
21	11 - 12	50 Backstroke Open	11 - 12	22
23	13 - 14	50 Backstroke	13 - 14	24
25	13 - 14	50 Backstroke Open	13 - 14	26
27	15 - 17	50 Backstroke	15 - 17	28
29	15 - 17	50 Backstroke Open	15 - 17	30
31	7-8	50 Breaststroke	7-8	32
33	7-8	50 Breaststroke Open	7-8	34
35	9 - 10	50 Breaststroke	9 - 10	36
37	9 - 10	50 Breaststroke Open	9 - 10	38
39	11 - 12	50 Breaststroke	11 - 12	40
41	11 - 12	50 Breaststroke Open	11 - 12	42
43	13 - 14	50 Breaststroke	13 - 14	44
45	13 - 14	50 Breaststroke Open	13 - 14	46
47	15 - 17	50 Breaststroke	15 - 17	48
49	15 - 17	50 Breaststroke Open	15 - 17	50
51	7 - 8	200 Freestyle Relay	7 - 8	52
53	9 - 10	200 Freestyle Relay	9 - 10	54
55	11 - 12	200 Freestyle Relay	11 - 12	56
57	13 - 14	200 Freestyle Relay	13 - 14	58
59	15 - 17	200 Freestyle Relay	15 - 17	60
61	7-8	50 Butterfly	7-8	62
63	7-8	50 Butterfly Open	7-8	64
65	9 - 10	50 Butterfly	9 - 10	66
67	9 - 10	50 Butterfly Open	9 - 10	68
69	11 - 12	50 Butterfly	11 - 12	70
71	11 - 12	50 Butterfly Open	11 - 12	72
73	13 - 14	50 Butterfly	13 - 14	74
75	13 - 14	50 Butterfly Open	13 - 14	76
77	15 - 17	50 Butterfly	15 - 17	78
79	15 - 17	50 Butterfly Open	15 - 17	80
81	7-8	50 Freestyle	7-8	82
83	7-8	50 Freestyle Open	7-8	84
85	9 - 10	50 Freestyle	9 - 10	86
87	9 - 10	50 Freestyle Open	9 - 10	88
89	11 - 12	50 Freestyle	11 - 12	90
91	11 - 12	50 Freestyle Open	11 - 12	92
93	13 - 14	50 Freestyle	13 - 14	94
95	13 - 14	50 Freestyle Open	13 - 14	96
97	15 - 17	50 Freestyle	15 - 17	98
99	15 - 17	50 Freestyle Open	15 - 17	100
<b>End of Meet</b>				

# LA84 Foundation

## Summer Swim Festival Short Course Standards

### Maximum Time Standards

<b>GIRLS 7-8</b>	<b>TIME</b>	-	<b>BOYS 7-8</b>	<b>TIME</b>
50 FREE	39.50		50 FREE	38.40
50 BACK	47.10		50 BACK	45.80
50 BREAST	51.30		50 BREAST	50.00
50 FLY	45.30		50 FLY	46.00

  

<b>GIRLS 9-10</b>	<b>TIME</b>	-	<b>BOYS 9-10</b>	<b>TIME</b>
50 FREE	32.90		50 FREE	33.10
50 BACK	39.50		50 BACK	39.40
50 BREAST	44.60		50 BREAST	44.60
50 FLY	37.30		50 FLY	37.20

  

<b>GIRLS 11-12</b>	<b>TIME</b>	-	<b>BOYS 11-12</b>	<b>TIME</b>
50 FREE	29.70		50 FREE	29.80
50 BACK	35.20		50 BACK	35.60
50 BREAST	39.80		50 BREAST	40.00
50 FLY	33.30		50 FLY	33.50

  

<b>GIRLS 13-14</b>	<b>TIME</b>	-	<b>BOYS 13-14</b>	<b>TIME</b>
50 FREE	28.30		50 FREE	26.50
50 BACK	33.41		50 BACK	31.03
50 BREAST	36.48		50 BREAST	36.32
50 FLY	31.19		50 FLY	31.53

  

<b>GIRLS 15-17</b>	<b>TIME</b>	-	<b>BOYS 15-17</b>	<b>TIME</b>
50 FREE	28.70		50 FREE	25.50
50 BACK	32.82		50 BACK	29.17
50 BREAST	36.43		50 BREAST	34.39
50 FLY	30.43		50 FLY	29.00

## 2016 LA84 Foundation Summer Swim

### NOVICE SWIM INDIVIDUAL STROKES AND RELAYS RULES

#### The Start

**A.** At the start of each heat, the Referee shall announce the event and distance to be swum. The Referee shall signal the swimmers by a short series of whistles to remove all clothing except for swim wear, followed by a long whistle and give the command (Take Your Mark) the swimmers should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle and give the command (Take Your Mark) the swimmers should take and maintain their starting positions

**B.** On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.

**C.** When a swimmer does not respond promptly to the command "take your mark", the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.

#### False Starts

**A.** Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "Stand up" command and may step off the blocks. The Starter shall restart the race upon signal by the Referee.

**B.** If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.

**C.** If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.

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## BREASTSTROKE

**Start** — The forward start shall be used.

**Stroke** — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

**Kick** — After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

**Turns and Finish** — At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

## BUTTERFLY

**Start** — The forward start shall be used.

**Stroke** — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

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**Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

**Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

**Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

### BACKSTROKE

**Start** — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

**Stroke** — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

**Turns** — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pulls or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

**Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

### FREESTYLE

**Start** — The forward start shall be used.

**Stroke** — In an event designated freestyle; the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15

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meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

**Turns** — Upon completion of each length the swimmer must touch the wall.

**Finish** — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

**INDIVIDUAL MEDLEY** — The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

**Start** — The forward start shall be used.

**Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

### Turns

**A.** Intermediate turns within each stroke shall conform to the turn rules for that stroke.

**B.** The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

**Butterfly to backstroke** — The swimmer must touch as described in butterfly. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

**Backstroke to breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

**Breaststroke to freestyle** — The swimmer must touch as described in breaststroke. Once a legal touch has been made, the swimmer may turn in any manner.

**Finish** — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

### RELAYS

**Freestyle Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

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**Medley Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

### **Rules Pertaining to Relay Races**

- A.** No swimmer shall swim more than one leg in any relay event.
- B.** When automatic relay take-off judging is used, each swimmer must touch the touch plate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
- C.** In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- D.** Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- E.** Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- F.** In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- G.** In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.