



SWIMMING

Boys & Girls U/8	1 length Freestyle
Boys & Girls U/10	1 length Freestyle
Boys & Girls U/10	1 length Backstroke
Boys & Girls U/12	2 lengths Freestyle
Boys & Girls U/12	2 lengths Breaststroke
Boys & Girls U/12	2 lengths Backstroke
Boys & Girls U/14	2 lengths Freestyle
Boys & Girls U/14	2 lengths Backstroke
Boys & Girls U/14	2 lengths Breaststroke
Boys & Girls U/16	2 lengths Freestyle
Boys & Girls U/16	2 lengths Backstroke
Boys & Girls U/16	2 lengths Butterfly
Boys U/13 (Squad) (Panel of 6) (four to swim and two subs)	4x1 length freestyle
Girls U/13 (Squad) (Panel of 6) (four to swim and two subs)	4x1 length freestyle

Length = 25 metres maximum

1. Rules of Swim Ireland to apply except where amended by Community Games rules.
2. Competitors in all events must swim within their own lanes. Any competitor wilfully impeding another competitor or in the squad competition impeding a member of another squad in any way will cause his own or his squad's disqualification.
3. Once a panel has been submitted for a



- squad no alternation or addition can be made. A member of the panel may compete and swim any leg of the squad at any stage of the competition. No competitor may swim two legs of the squad.
4. Races will be judged on touching the finish wall.
 5. In the breaststroke races, the touch must be with both hands.
 6. In the squad, the incoming swimmer must “Touch” before outgoing swimmer leaves the block.
 7. The order of the start will be:-
 - a) “Take your marks”. Then and only then will competitors mount the starting blocks.
 - b) When the official starter is satisfied that all competitors are ready, he will either blow a whistle or fire a starting gun to start the race.
 8. Swimmers must stay in the water at the end of a race until they are given official permission to leave.
 9. Technological equipment can be used at the National Finals to assist finish judges in the determination of placings at the finish of all swimming events.



10. One false start to be allowed in all swimming events.
11. Swimming gala referee's decisions at area, county or National Finals are final provided he has applied the rules and bye laws of the Community Games and no appeal will be accepted on such decisions.

Note: At the National Finals U/8, competitors must be able to swim one length of the pool from the deep end.