

# NUNDAH STATE SCHOOL AMATEUR SWIMMING CLUB



Established in 1960

## The Nundah X - Experience Shield Rules 2024

- 1 The Nundah Carnival is open to swimmers aged 5 years through to 18 years.
- 2 Swimmers can nominate for their chosen event - multiple heats per event is likely
- 3 This carnival will use the Age on block ruling.
- 4 Fastest swimmer from each club in each event will be awarded points 4-1 based on time which will be added to each club's total score. If a swimmer is disqualified, the points will be allocated to the next fastest swimmer from that club
- 5 Children in 25m events will not be disqualified unless their actions affect the outcome of the race (such as swimming the incorrect stroke). Swimming Qld rules will apply for 50m events
- 6 Placings will be determined by the timing system in conjunction with the referee and the race secretaries
- 7 All events in the 9 years and under category will be 25m, including relays which will be 4 x 25m (except individual freestyle which will be 50m for 9 years only) and all events in the 10 years and above category will be 50m. Medley Relay and Freestyle Relay will be 4 x 50m
- 8 One relay team per club
- 9 Swimmers may swim up in relays if there are not enough swimmers in that age group available (for example, 11yr old filling a spot in the 12yr and over relay)
- 10 The adult relay for this event will not count towards points for the overall cup and will be a 4 x 25m freestyle relay with one team entry per club.
- 11 This event will enforce the one start rule.
- 12 Caps must be worn by all swimmers when competing.
- 13 All events excluding backstroke will be dive over start.
- 14 Relay age groups are: Junior 9Yrs and under, Intermediate 10 -11Yrs, Seniors 12 – 18Yrs \*Except where a swimmer is swimming up an age group for the event.
- 15 Mixed relays must be a mixture of male and female swimmers
- 16 Substitutions are permitted on or even during the carnival, provided the referee and race secretary are made aware of such changes.
- 17 No diving into shallow end of the pool. All 25m relays will require changeovers in the water. The swimmer leaving the wall must have one hand on the wall or bar until the approaching swimmer touches the wall to complete the leg
- 18 Pool noodle All Ages relay: 10 swimmers in total completing 5 laps of the pool, starting from the shallow end. Maximum of 2 swimmers from each age group (7&under, 8, 9, 10, 11, 12&over), but in any combination (eg. 12yr old with a 9yr old). Both swimmers must be touching the pool noodle at all times
- 19 All competitors (excluding adult relay members) must be current financial members of their appropriate club.
- 20 Ribbons will be awarded for first, second and third in each event
- 21 Pool records can be broken on the day.
- 22 Nundah Sharks has adopted the Qld Swimming Association's policy in relation to storm safety which will be strictly applied at the carnival if required.

*Experience the **Difference***