

## SNSW Technical Swimming Committee Coaches and Athletes Briefing

### Junior State Age Championships, 30-31 March 2019

The 2019 NSW Junior State Age Championships will be held at SOPAC on 30<sup>th</sup> – 31<sup>st</sup> March 2019. Information on the Meet is as detailed below.

#### Technical Manager

At a recent meeting, the SNSW Board approved a recommendation from the Technical Swimming Committee to appoint a Technical Manager to SNSW Meets. The Technical Manager replaces the role of Meet Director.

The Technical Manager for this meet is **Graham Towle OAM**.

#### Rules

The Meet will be conducted under SNSW Rules.

Note that the **recent Rule changes agreed at the FINA Technical Congress**, held during the 17<sup>th</sup> FINA World Swimming Championships, **became effective at the recent Metropolitan Championships**.

An Explanatory Memo, which highlights the changes and amendments to the Swimming Rules can be found [HERE](#).

FINA also issued an Interpretation to Swimming Rules:

- **The Start** – “After all swimmers are stationary, any swimmer initiating a start before the signal may be disqualified when such movement is observed and confirmed by both the starter and referee.”
- **Breaststroke and Butterfly** – Clarification of the word “separated” to mean “that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern”

#### Backstroke Ledges

Backstroke Ledges will be used during this Meet. A swimmer is not required to use the Ledge for the start of a backstroke race.

The ledges will be set to “0” (zero) by the Inspector of Turns and it will be swimmer’s responsibility to adjust the ledge, and to make sure that it is locked in place after this adjustment.

#### Relay Procedures

The Board recently approved a change to the relay entry procedure that essentially requires the Chief Recorder to be notified in writing prior to a session commencing, **only if there are any changes to a relay team’s electronic entry**. It is a good idea to also list your reserves on the electronic entry.

GR9.1.3 has been amended to read “In relay events the names of swimmers and the order in which they are to swim shall be submitted in *accordance with the Swimming NSW Entry procedures*. **Any changes to the swimmers and/or the order in which they are to swim must be**

**submitted in writing to the Chief Recorder or delegate prior to the commencement of the sessions at which the relays are to be swum”**

### **Marshalling**

The Board also approved a change to the Marshalling Procedure. GR 9.1.1 now reads **“For Heats, Semi-Finals and Finals, swimmers shall report to the Marshal/First Call Room at a time determined by the event management. A swimmer failing to do so shall be deemed to be withdrawn.** Once reported, a swimmer is not permitted to leave the marshalling area unless approval is first obtained from the Marshal. All heats *of each event* shall be deemed to be one event for the purpose of the Rule.”

**For this meet, the Event Management has determined that swimmers must ensure they report to the Marshal to be marked present at least two events ahead of their scheduled event or 10 minutes prior to the start of a Session if swimming in the first two events.**

“For example if entered in Event 9, the swimmer must have reported to **the Marshal** before the start of the first heat of Event 7”

### **Marshalling “Cut off” Procedure:**

- When closed, the Marshalling Sheets will be marked with the number of the event and the heat then in the water, along with the scoreboard time.
- In all cases where a swimmer has reported late for an event, including when an event has been amalgamated or reseeded, the swimmer will be taken to the Technical Manager. The Referee will ultimately make decisions as to entitlement to swim.

### **Withdrawals**

Please advise the Marshal in advance if a swimmer is not competing in a race in which they are entered. This can allow for early amalgamations or reseeds of Events.

In addition, where a swimmer has entered, but will not be in attendance for a day, or the whole meet, the Recorders should be advised prior to the commencement of the day’s competition.

### **MC Swimmers**

MC swimmers are required to report with their classification card to the Referee prior to each Session. Each Support Staff member for MC swimmers must wear their Pool Deck Accreditation tag while in the Marshalling Area, and on Pool Deck.

### **Medal Presentation**

At the completion of their event, medallists are to proceed immediately to the presentation area. Competitors must ensure they wear club apparel for the medal ceremony. Presentation of medals will take place as soon as the results are finalised and swim downs are to take place after the medal ceremony.

### **Finalist Ribbons**

Swimmers entitled to a finalist ribbon **must** collect any ribbons earned in a session **prior** to the commencement of the next session e.g. Ribbons earned in session one (1) **must** be collected **prior** to the start of session two (2).

### Taping

- The following uses of tape are generally permitted in competition and advanced notification to the Technical Manager or Referee is recommended:
  - a. Wound protection and closure.
    - Band-Aids, dressings, “Butterfly” type, etc. are normally permitted with no advanced notification to the Technical Manager or Referee.
- When the tape to hold a dressing in place completely circles a major limb or the dressing is exceptionally large in size
  - b. Taping of no more than two (2) injured fingers or toes together.
  - c. Tape to secure medical alert bracelets and pendants, religious objects, etc.
  - d. Tape to secure medical devices such as insulin pumps, ostomy bags, etc.
- In all other cases taping, including Kinesio Taping, Elastic Therapeutic Tape, taping intended to provide compression or support to muscles, ligaments, tendons or joints (except as stated above), the swimmer must provide advanced notification to the Technical Manager or Referee by way of a medical certificate. The certificate must be signed and dated by a Medical Practitioner or Physiotherapist indicating credentials of the medical practitioner and incorporate the period taping is required.
- Casts supporting a broken bone or other injury, whether fibre glass, plastic or plaster, are not permitted in competition – irrespective of whether a Medical Practitioner’s note has been presented.

### Timekeeper Roster

In case of a “soft touch” or touch pad failure, Timekeepers are very important to the successful running of a meet. Thank you to Clubs providing Timekeepers at this Meet.

When on Pool Deck, Timekeepers are to remember –

- If you have been allocated to time keep at the commencement of a Session, please report to the Chief Timekeeper in the Shane Gould Room at least 30 minutes prior to the session commencing;
- No mobile phones are allowed on Pool deck. If you need to be contactable, please leave your phone with the NSW Staff Member;
- As athletes are concentrating on their race, please avoid conversations with swimmers, unless initiated by the swimmer.
- Refrain from talking and maintain silence during the period between the Referee’s long whistle and the point where the starting signal is activated by the Starter.
- For timekeepers who know they will need to leave early, or that nobody from the club is available to replace them after their shift, please ensure you notify the Chief Timekeeper (usually Lane 0), so that they can organise a replacement as early as possible. This is to be done regardless of whether the club has previously informed NSW of their limitations or not. Doing this ensures that meet organisers have the best possible chance of keeping lanes filled with Timekeepers.

### ASCTA Accreditation

All Coaches must clearly display their ASCTA accreditation upon entry to SOPAC. Failure to do so will incur the standard entry charge.

Thank you and good luck to all swimmers and coaches.