



LADIES SWIMMING BYLAWS

FORMAT & RULES

UPDATED ON 21/12/2023



LADIES SWIMMING BYLAWS

FORMAT

- All international swimming rules and regulations shall apply, unless otherwise stated below. It is imperative that all participants adhere to the highest standards of sportsmanship, fair play, and respect for fellow participants.
- In the event of any dispute, the decision of the referee shall be final and binding.
- Any complaints received, or any unruly behavior by a participant or by a Jamat shall be deliberated by the disciplinary committee whose decision shall be final and binding. This committee should also be responsible for handling protests or appeals in case of disputes. Disciplinary measures may result in participants being disqualified from the tournament.
- Participants are expected to be ready when an event is called. Unnecessary delay by a participant may result in her disqualification
- For those events where there are more than six (6) participants, heats shall be arranged. The participants with the six (6) fastest times will proceed to the final.

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- All swimmers shall adorn swimming caps.
- All swimmers shall only be suited in a ONE-PIECE swimming costume. A fitted swimming top and /or fitted shorts or leggings may also be adorned.
- **Swimming goggles and nose plugs are permitted.**
- The following events shall be competed for in the tournament provided that at least six (6) participants have registered for that stroke/distance:
 - Freestyle 25m
 - Freestyle 50m
 - Breaststroke 25m
 - Breaststroke 50m
 - Backstroke 25m
 - Backstroke 50m
 - Butterfly 25m
 - Butterfly 50m
 - **4x25m medley* relay (1 team maximum per jamaat)**
 - **4x25 freestyle relay (1 team maximum per jamaat)**
- ***The medley consists of the following strokes in the order mentioned: Backstroke, Breaststroke, Butterfly, Freestyle**
- **Participants are required to commence all races except backstroke with a dive, either off the board or from the side of the pool. No participant shall begin any race in the water with the exception of backstroke.**
- To end a race, the following must be noted: Breaststroke and Butterfly with both hands touching the wall and Freestyle and Backstroke with one hand touching the wall.
- During a turn for the 50m races, the same rule as above applies when touching the wall to turn.
 - **Tumble turns are allowed for freestyle and backstroke only – feet must touch the wall during the turn.**
 - **For the backstroke once the turn has been made the swimmer must not make any strokes on her front before turning on her back.**
- Two consecutive false starts by a participant will result in her disqualification
- All swimmers will be competing on an individual basis, there are no team points.



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- Lanes have been pre allocated on a random basis, under no circumstances can they be changed. If a swimmer is absent on the day, that lane will remain empty.
- The swimming event will take place on the 27th and 28th December after maghrib salaah. Most of the heats will be conducted on the 27th but some will take place on the 28th, along with the finals and relay races. The finalists of the races completed on the 27th will be communicated through official Unity Games channels on the morning of the 28th. Under no circumstance should participants approach the Unity Games Committee on the evening of the 27th to enquire about the names of the finalists.
- The Gala will start promptly at 6.30pm on 27th and 28th December 2023, the venue is Deira International School – transport to the venue will be provided from GEMS Wellington International School.
- All swimmers must be suited and ready for a prompt start by 6.15pm.

Clarification for relay

- Only one swimmer is permitted per stroke for the medley relay therefore each relay must have 4 swimmers (both medley and freestyle).
- For the freestyle relay the 2 swimmers starting from the deep end will dive into the pool and the two swimmers starting from the shallow end will wait in the water until their team mate touches the wall with one hand before taking off
- For the Medley Relay, we will use the following format, each swimmer must wait for their team mate to touch the wall correctly before taking off:
 - Backstroke – starting in the pool at the deep end.
 - Breaststroke – starting in the pool at the shallow end.
 - Butterfly – starting on the diving board at the deep end.
 - Freestyle – starting in the pool at the shallow end.

Any queries/concern/disputes should be channelled to the Unity Games Organising Committee. The final interpretation of the by-laws shall be done by the Unity Games Committee.

Salaams and Duas,

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www.unitygamesdubai.com