

## SCOUT SWIMMING CARNIVAL EVENT RULES & EQUIPMENT PARRAMATTA DISTRICT

### Rules & Equipment

- *Please note these rules may be updated slightly after suggestions / corrections from various people.*
- *If something is not clear, inadequate or wrong then please advise so they can be improved.*

### Patrol Freestyle Relay (50 metres times 4 participants per patrol)

- 4 Patrol members swim with each scout to touch the wall before the next scout enters the water and starts swimming the next lap

### Life Jacket or PFD 4 x 30 m relay (patrols)

- 1 PFD per scout
- 4 Patrol members swim with each scout to touch the end before the next scout enters the water (swimming area) and starts swimming the next lap

### Duck relay (4 participants per patrol)

- 4 Patrol members line up on the spectator side of the 50m pool.
- 4 batons (approx. 250mm in length and made of non-floating material) are placed in the water on the opposite side of the pool.
- When the whistle blows the first Scout dives in and swims to the eastern side of the pool,
- retrieves one baton and swims back.
- When he/she touches the starting wall of the pool the next Patrol member can dive in.
- The race continues until all members of the Patrol are out of the pool in a straight line with their batons in the air.
- The Patrol Leader then additionally raises the patrol registration number in the air.
- The first Patrol to achieve this will be declared the winner.
- **Batons as described**

### Treading Water Activity - (Captain Ball - 4 participants per patrol)

- Captain Ball should be timed so that absolute places can be determined from the heat
- To START THE RACE 4 Patrol members the "team" and the "Captain" jump into the water.
- The "Captain" should have a tennis ball in hand.
- The "team" line up in correct positions treading water in single file some distance away from the "Captain".
- The "Captain" stays in their allocated position in the water (adjacent to the wall) with a tennis ball in hand
- The "Captain" throws a tennis ball to the first player in the line who must retrieve it (without assistance of other team members) then throw the ball back before dog paddling / swimming to the back of the line.

- The "Captain" then throws the ball to the next player, who throws the ball back and dog paddles / swims to the back of the line.
- The play continues in this way until all players have had a turn.
- The last player catches the ball and dog paddles / swims to the "Captain" to swap places with them.
- The "new Captain" now repeats the throwing of the ball to each player (starting with the previous "Captain" with whom places have just been swapped)
- The race is complete when each player has finished their turn at being "Captain" and the Captain is standing out of the water facing the team (who remain in the water). The "Captain" should hold their arm upright.
- If a ball leaves the pool or enters an unauthorized area it must be retrieved by the "Captain" and re-thrown to the appropriate team member.
- The entire team must tread water for the duration of the event (no holding walls or lane ropes).
- This event will require 3 troop members plus one "Captain" (4 scouts in total)
- **1 tennis ball required per participating patrol** (2 ropes to go across the pool to be supplied by event organizers not individual patrols)

Medley - Backstroke (1 across lap) / Breaststroke (1 across lap) / Freestyle (1 across lap) across the pool 25m each stroke – open age

- The across the pool Backstroke, Breaststroke, Freestyle is NOT to be run as a relay but as an individual medley swum strictly in the above order. The event is to be started in the water
- Scouts are to swim the first lap from the Cumberland Highway or eastern side of the pool towards the spectators on the hill.
- Parents are instructed to tap swimmers on the head at the end of any backstroke lap to prevent swimmers from swimming head first into the end of the pool unstopped (hence the swimmers swim toward the parents / spectators on the first backstroke lap).
- The laps are to be swum in the stated order commencing on the eastern (Cumberland Highway) side of the main pool. Returning swimmers doing breaststroke will also be able to see backstroke swimmers coming toward them.
- The scout finishes the event when they exit the water, stand up straight and places one of their arms upright in the air.
- Scouts will be aggregated along the side of the pool in height order with the tallest scouts being at the deepest end of the pool.
- Following the above arrangements also ensures no scouts are diving into shallow water.

Tube tow (patrols – open age - 4 participants per patrol)

- 4 Patrol members line up on the spectator side of the diving pool with 2 ropes of at least 25-30m in length and an inflated car tyre tube.
- On the start whistle the ends of each rope are to be secured to the tube using a recognizable Scout knot.
- A member then swims with one of the ropes to the opposite side of the pool and gets out.
- That scout then pulls the tyre tube with a scout in it across the pool.
- The remaining patrol members use the second rope to pull the empty tube back to the starting side of the pool.
- The next Scout gets into the tube and is pulled across the pool using the rope.

- This sequence continues until all of the Patrol, the tube and the ropes are out of the pool and the Patrol is in a straight line at the alert.
- The Patrol Leader then raises the patrol registration number in the air.
- The first Patrol to achieve this will be declared the winner.
- **2 Ropes as described and inflatable tube**
- Approximately the first 8 places typically need to be allocated

Li-Lo Chariot (Return) Relay (patrols – open age - 4 participants per patrol)

- 4 Patrol members line up on the spectator side of the pool with an airbed (standard single).
- When the whistle sounds the first member of the Patrol dives in and paddles the airbed across the pool and after touching the other side paddles back.
- The next member of the Patrol can jump in once the first Scout has touched the wall and will then paddle across and back in the same fashion.
- The race continues until all of the Patrol is out of the pool in a straight line with the airbed on the ground in front of them.
- The Patrol Leader raises the patrol registration number in the air.
- The first Patrol to achieve this will be declared the winner.
- **One air bed as described**

Li-Lo Caravan (patrols – open age) (fun race, but does not count in points tally - 4 participants per patrol)

- The patrol lines up on the spectator side of the pool.
- 4 Patrol members start in the water.
- When the whistle sounds, they all mount (straddle) the Li-Lo and paddle to the other side of the pool.
- If anyone falls off, the Li-Lo must stop until all patrol members are re-mounted.
- Only arm paddling allowed.
- **One air bed as described**