50m Leisure Event

Pool

In the programme of

SLRG/SSS training championship event: swim 50 m freestyle including two somersaults. The aim is not to swim as fast as possible, but to get as close as possible to the target time of your category (1 min 09 s for AK8 to AK14 and Masters 50+ to 70+; 59 s for AK16, AK18, Open and Masters 30+ / 40+).

Procedure

1. Start from the block or the pool edge
2. 50 m freestyle with two somersaults in the water
3. Aim for the target time of your category

Key points

✓ Perform at least 2 somersaults over the 50 m; neither their position nor the direction of rotation is specified.

✓ A somersault is a complete 360° rotation around the transverse (horizontal) axis. Fewer than 2 somersaults over the distance results in disqualification.

✓ A tumble turn does not count as a somersault.

✓ The time achieved is compared with the target time: for example, 1 min 02 s against a 59 s target gives a difference of 3 s.

Disqualifications

CODE	MEANING	RULEBOOK
DQ1	Not completing the event in accordance with the event description or general rules	ILS
DQ2	Unsporting behaviour / unfair competition	ILS
DQ3	Late arrival at the marshalling area	ILS
DQ4	Failure to be present at the start of the event	ILS
DQ5	Wilful damage to the venue, accommodation or property of others	ILS
DQ6	Abuse of officials	ILS
DQ7	Using a sticky/adhesive substance to improve grip or support (hands, feet, manikin, rescue tube)	ILS
DQ9	Leaving the water after the event before being authorised by the official (final whistle)	ILS
DQ10	False start: commencing the starting action before the start signal	ILS
DQ14	Failing to touch the wall/edge at the finish	ILS

CODE	MEANING	RULEBOOK
DQ17	Using a lane rope, pool steps, edge or other pool fixture for assistance (e.g. to surface)	ILS

Names and detailed rules may vary between rulebooks: always refer to the official rules of the competition.