4×50m Obstacle Relay

Pool

In the programme of ILS

Four swimmers each cover 50 m. On each leg, two submerged obstacles must be passed beneath, with a mandatory surfacing on each side.

Procedure

1. The 4 swimmers each swim 50 m in turn, passing under the obstacle twice
2. The next swimmer starts only after the previous one has touched

Key points

✓ Each swimmer must bring their head above the surface at least once before and after each obstacle.

✓ A swimmer who passes over an obstacle may go back and pass under it without penalty.

✓ In a 25 m pool, all starts and changeovers take place at the same end; each swimmer comes back after 50 m.

✓ Each swimmer touches the wall at 25 m and at 50 m.

✓ Each swimmer completes only one leg; afterwards they follow the exit instructions and do not re-enter the water.

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

CODE	MEANING	RULEBOOK
DQ11	Passing over an obstacle without immediately correcting the error	ILS
DQ12	Failing to surface before each obstacle	ILS
DQ14	Failing to touch the wall/edge at the finish	ILS
DQ17	Using a lane rope, pool steps, edge or other pool fixture for assistance (e.g. to surface)	ILS
DQ36	A competitor completing more than one leg of the relay	ILS
DQ37	Leaving the block / releasing contact with the wall before the previous competitor has touched	ILS
DQ44	A competitor re-entering the water after completing their leg	ILS

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