



Competition Rules

1. Swimmers must swim only events that their Coach has entered/selected for them.
2. Swimmers must only enter meets/galas and any type of competition that has been selected/ agreed by their coach.
3. Swimmers must show respect and compliance to the Coach and/or Team Manager when poolside.
4. Swimmers must behave in a manner that supports and reflects the reputation of Worksop Dolphins Swimming Club. No inappropriate behaviour will be tolerated, such as using bad language or throwing equipment.
5. Swimmers must always wear the Worksop Dolphins kit (swim hats / t-shirts) at any type of competitions. WD SC club kit must be worn for the presentation of medals/awards.
6. Swimmers must ensure to comply with arrangements and timings for any type of competition given by their coach. Follow warm - up instructions and prepare themselves for their races as their coach have been instructed.
7. Swimmers must be part of the team. Stay with the team on poolside. If they leave poolside for any reason, they must tell the Coach and/or Team Manager where they are going.
8. Swimmers must listen for their race to be announced. Report to the Marshalling Area /Clerk of the Course/Competitors Stewards in good time for their race(s). Take their swim hat and goggles with them!
9. Is always good to support your teammates.
10. Swimmers must (if the facility exists) swim down after each race as their coach instructed. Do not use this time to play.
11. After their race swimmers must report to the coach to receive feedback on their race.



12. Let the coach be the judge of your performance, it may not be as bad as you think!
13. Swimmers must accept all the judgments of officials. If you do disagree with the decision speak to your coach and they will speak to the officials if needed.
14. Most of all – HAVE FUN!!!

The above rules should be fully implemented for the smooth operation of the competitions!