

## **GLOSSARY**

**AGE GROUPS:** A division of swimmers by age that determine the events in which they are eligible to participate. RCSL rules specify the following age groups:  
6 & Under, 8 & Under, 9-10 year olds, 11-12 year olds, 13-14 year olds, and 15-17 year olds

**ANCHOR:** The last swimmer in a relay.

**CLERK OF COURSE:** Also referred to as the “Bull Pen”. Staging area at a meet where swimmers gather to receive their heat and lane assignments. Only used

**CITY CHAMPIONSHIP MEET:** End-of-season meet between all swimmers from all teams in the Rocket City Swim League.

**COMPETITIVE STROKES:** The four competitive strokes are (1) Freestyle, (2) Breaststroke, (3) Backstroke, and (4) Butterfly.

**COMPETITOR’S AGE:** The swimmer’s age that determines the “age group” in which the swimmer is placed during a meet. In RCSL the eligibility of a swimmer in a particular age group will be determined by his/her birthdate at the time of the meet. In instances such as the City Championship Meet when competition extends over two or more days, a swimmer’s age shall be fixed by his age on the day the meet begins.

**COURSE:** The designated distance over which the competition is conducted. The standard for individual events is 25 meters/yards for 8 & under swimmers and 50 meters/yards for 9 & up swimmers. Relay events will be 100 meters/yards for 8 & under and 200 meters/yards for 9 & up.

**DECK:** The area around a swimming pool reserved for swimmers, coaches, and judges.

**DQ:** Disqualification from the event. A swimmer can be disqualified for various reasons.

**DUAL MEET:** An competition between two clubs/swim teams.

**E, H, L:** The order of information most swimmers write on their arms and/or legs before a meet begins to help remind them what events they are swimming, which heat, and what lane they have been assigned. For example, 49-2-4, then 69-1-7 means this swimmer is first swimming in Event 49, Heat 2, Lane 4, then later in the meet  
Event 69, Heat 1, Lane 7.

**EVENT:** Any race or series of races in a given stroke and distance for a specific age group and gender. Example: Girls 8 & Under 25 meter Freestyle.

**EXHIBITION:** Swimming event (FREEstyle) that allows all swim team members to participate in the swim meets (dual and City). Exhibition events do not count in the total point score for any team, but usually the swimmers are provided with a participation (exhibition) ribbon.

**FALSE START:** A swimmer moves in his position once the Starter has called “take your mark.”

**FLAGS:** Triangular pennants alternating two or more contrasting colors suspended on a line stretched over each lane; short course yard pool they are 15 feet from the wall, in a meter pool they are 5 meters from the wall. Used primarily to notify backstrokers that the wall is coming.

**FLIP TURN:** A type of turn used in FREestyle and BACKstroke. As the swimmer approaches the wall, they tuck their body into a somersault, roll toward the wall and push off with their feet.

**FLUTTER KICK:** The alternating kick used in backstroke and freestyle, usually 6 kicks per cycle.

**HEAT:** Take the total number of swimmers entered in any particular event and divide by the number of lanes you are running/operating. This number is the number of “heats” for that particular event.

**HEAT SHEET:** The program for the meet, showing all the “heats” or races in chronological order, including swimmers’ names and see times. Heat sheets are generally available at the entrance of the pool for a nominal fee.

**LANE:** The section of a pool, distinguished by lane lines, in which a swimmer is assigned to swim. At Blossomwood, we have 6 lanes.

**LANE ROPE:** The easily breakable, floating markers attached to a line that stretches from the starting end to the turning end to separate each lane.

**LAP:** A lap is considered to be ‘down and back’ to the original point, thus making it two (2) lengths. At Blossomwood this is 25 yards

**LENGTH:** A length is from one side of the pool to the other. At Blossomwood this is 25 yards

**LEAD-OFF:** The swimmer to execute the first leg of the relay (Medley, Mixed, and Free).

**LEG:** The part of a relay event swum by one individual swimmer.

**MEET:** The swimming equivalent to a “game.” Summer league dual meets are usually held on Wednesday nights.

**MEDLEY RELAY:** Medley Relay is swum by four (4) different swimmers, each swimmer swimming one (1) of the four strokes. The Medley Relay is swum in the following order: BACKstroke, BREASTstroke, butterFLY, FREestyle.

**MIXED RELAY:** A free relay composed of boy and girl swimmers.

**START POSITION:** The position taken by the swimmer at the beginning of the race. The swimmer is required to have at least one foot at the front of the starting block and remain motionless until the start signal sounds. The most common positions has the swimmer bent over, knees bent and feet shoulder width apart. Some swimmers prefer a track start with one foot forward and one foot back. During dual meets the starts are performed from the side of the pool (not from the starting blocks).

**SCORING:** Dual meet scoring is as follows:  
RELAY (“A” Relays ONLY)

1st place      7 points  
2nd place      0 points

**INDIVIDUAL EVENTS:**

1st place      5 points  
2nd place      3 points  
3rd place      1 point

**SCRATCH:** To withdraw from an event.

**SEED:** To assign a swimmer to a heat or lane according to their times. In most cases, the fastest swimmers are in the final heat of an event. (City Meet)

**STROKE & TURN JUDGE:** A trained swim official that judges the swimmers' legality for the event being swum. If a stroke & turn judge finds that the swimmer's stroke is not legal, he/she notifies the referee who will then determine if the swimmer has disqualified.

**TIME CARDS:** A card that is either handed to the swimmer in the Clerk of Course or given to the timer behind the lane. Cards usually list the swimmer's name, event number, event description, and the lane and heat number the swimmer will swim in.

**TOUCH:** Can be at turns or finishes. See swimming strokes for proper touch technique(s) at turns and finishes.

**TOUCH PAD:** Part of an automatic timing device placed on the wall of each lane that will register the time when the swimmer completes the distance. The unit is activated when touched by whatever part of the body hits first, be it the hand, head, or foot. (City meet)

**WARM-UP, WARM-DOWN:** The beginning (warm-up) or ending (warm-down) section of a practice or meet where the effort is not on speed or distance, but rather to gently familiarize the body to exercise. Very important piece of any workout as it assists in preventing injury.

## **SWIMMING**

### ***Freestyle***

In freestyle, the competitor may swim any stroke he or she wishes. The usual stroke used is the Australian crawl. This stroke is characterized by the alternate overhand motion of the arms and a flutter kick. Each swimmer's head must surface within 15 meters of the start of the race. Finish, just get to the wall.

### ***Breaststroke***

A stroke performed while the body is kept on the breast and both shoulders in line with the water's surface. The arms shall move simultaneously and in the same horizontal plane. Hands shall be pushed forward together from the breast on, under, or over the surface of the water. Picture yourself drawing an upside down heart. During the kick, all movements of the legs shall be simultaneous; feet must be turned outward during the propulsive part of the kick.. Sometimes called the "frog" kick. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. After

the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. A scissor, flutter, or downward butterfly kick is not permitted except as provided herein. At the turn and finish of a breaststroke race, the hands must touch the wall simultaneously and the shoulders must be in line with the surface of the water.

### ***Backstroke***

Stroke performed while on the back. The shoulders cannot rotate past the vertical toward the breast except during a turn in which some part of the body must touch the wall before pushing off the wall. Once the body has rotated past the vertical toward the breast for the turn, a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall. Each swimmer's head must surface within 15 meters of the start of the race. During the finish the swimmer must touch the wall while on their back.

### ***Butterfly***

Swimmer's shoulders shall be in line with the water surface. Both arms are brought forward over the water and pulled back together. The kick is usually an up and down motion similar to that of a dolphin. Any movement of the legs and feet must be simultaneous. No flutter kicking is allowed. At the turn and finish, the hands must touch the wall simultaneously and the shoulders are level with the surface of the water. Each swimmer's head must surface within 15 meters of the start of the race.

### ***Medley Relay***

In the Medley Relay, all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in BACKstroke, BREASTstroke, butterFLY, and FREEstyle order.

### ***Mixed Relay***

Free Relay that consists of 2 boys and 2 girls in that age group. Can be swum in any order.

### ***Freestyle Relay***

There are two (2) freestyle relays - 100 and 200 yards. 8 & Under swim 100 yards. 10 & up swim 200 yards.