



NATIONAL FEDERATION OF YOUNG FARMERS' CLUBS  
Competitions Programme 2010/11

Status Final  
August 2010  
Eliminator

National Team Swimming Medley Relay

R U L E S

**Competition Aim**

To provide members with the opportunity to take part in a national swimming competition.

**Learning outcomes**

Swimming skills, teamwork, adhering to rules, fitness, fun, winning/losing and personal development skills.

1. **DATE & VENUE** - After Area Eliminators, the Final will be held during Competitions Weekend 2011 – date and venue tbc.
2. **REPRESENTATION** - Counties may enter one team per 600 members or part thereof in Area Eliminators.

English Areas and Wales will be represented by one team per 3,000 members or part thereof in the Competition Final.

3. **HEALTH & SAFETY AND CHILD PROTECTION** – All competitions carried out at every level must comply with Health and Safety Legislation and meet the relevant safety standards.

The completion of a Parental Consent form for members under the age of 18, **and a form for completion by the accompanying senior member** to be completed and returned to NFYFC not later than 5 working days prior to the competition. It is the responsibility of the County Federation to ensure these forms are completed and returned in good time.

4. **ELIGIBILITY** - A team is made up of 4 competitors with atleast one member who must be 16 years of age or under, another who must be 17-21 years of age one who must and 21-26 years of age or under on 1 September 2010 (this age range must be adhere to), and full members of a Club affiliated to NFYFC.

Competitors are required *in person* to produce on the day of each round of the competition (County, Area and National) their current and signed Membership Card, with suitable photo-ID, or a fine of **£10** will be imposed for non-production.

**All competitors must be able swim at least 25 meters (1 length)**

5. **SUBSTITUTION** - If more than half of the original squad members are unable to go forward to subsequent rounds, then the next highest placed team from the previous round will represent the Area.
6. **PROCEDURE** –The competition will take the format of heats, with the four qualifying teams competing in the final. Four swimmers from the same team compete in relays swimming 25 meters (1 length) each, using all four swimming styles, the sequence being: Breaststroke, backstroke, butterfly, and front crawl. Relay changeovers are valid when the fingers on the oncoming competitor are touching the side.
7. **AWARDS** –? and NFYFC Awards to the winning team.

- a. NFYFC prize cards will be given to teams placed second and third.
- b. NFYFC Certificates of Achievement will be awarded to teams placed 1<sup>st</sup> to 10<sup>th</sup>.

**NOTES:**

1. **IMPORTANT:** Competitors are reminded to read carefully the General Rules relating to National Competitions if they are taking part in this Competition. These are available from THE NFYFC website.
2. This competition **WILL** carry points towards the NFU Trophy.
3. All competitors **MUST** Be able to swim at least 25 meters (1 length)
4. Non swimmers will not be allowed on the poolside
5. All supporters will be on the viewing gallery
6. Diving is allowed but only in the deep end of the swimming pool- no shallow diving
7. Diving blocks will not be available
8. Backstroke competitors must start in the in the water
9. The lifeguards who are on duty are must adhered to- Poolside Code of Conduct is to be obeyed at all times, if anyone mis-behaves constanly, they will be asked to leave the pool
10. Photography will not be allowed at the poolside – it will be permitted at the presentation of awards.
11. The race must be officiated by qualified judges.
12. Members will be disqualified if they are not at the Presentation of Awards without prior permission being granted.