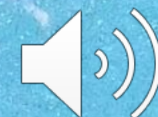




# RELAYS

ANNUAL ONLINE RSL TRAINING



# RELAYS

## Freestyle Relay

- Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s).
- Freestyle finish rules apply.

## Medley Relay

- Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: **Backstroke – Breaststroke – Butterfly - Freestyle**
- Rules pertaining to each stroke used shall govern where applicable.
- At the end of each leg, the finish rule for each stroke applies in each case.



No swimmer shall swim more than one leg in any relay event.

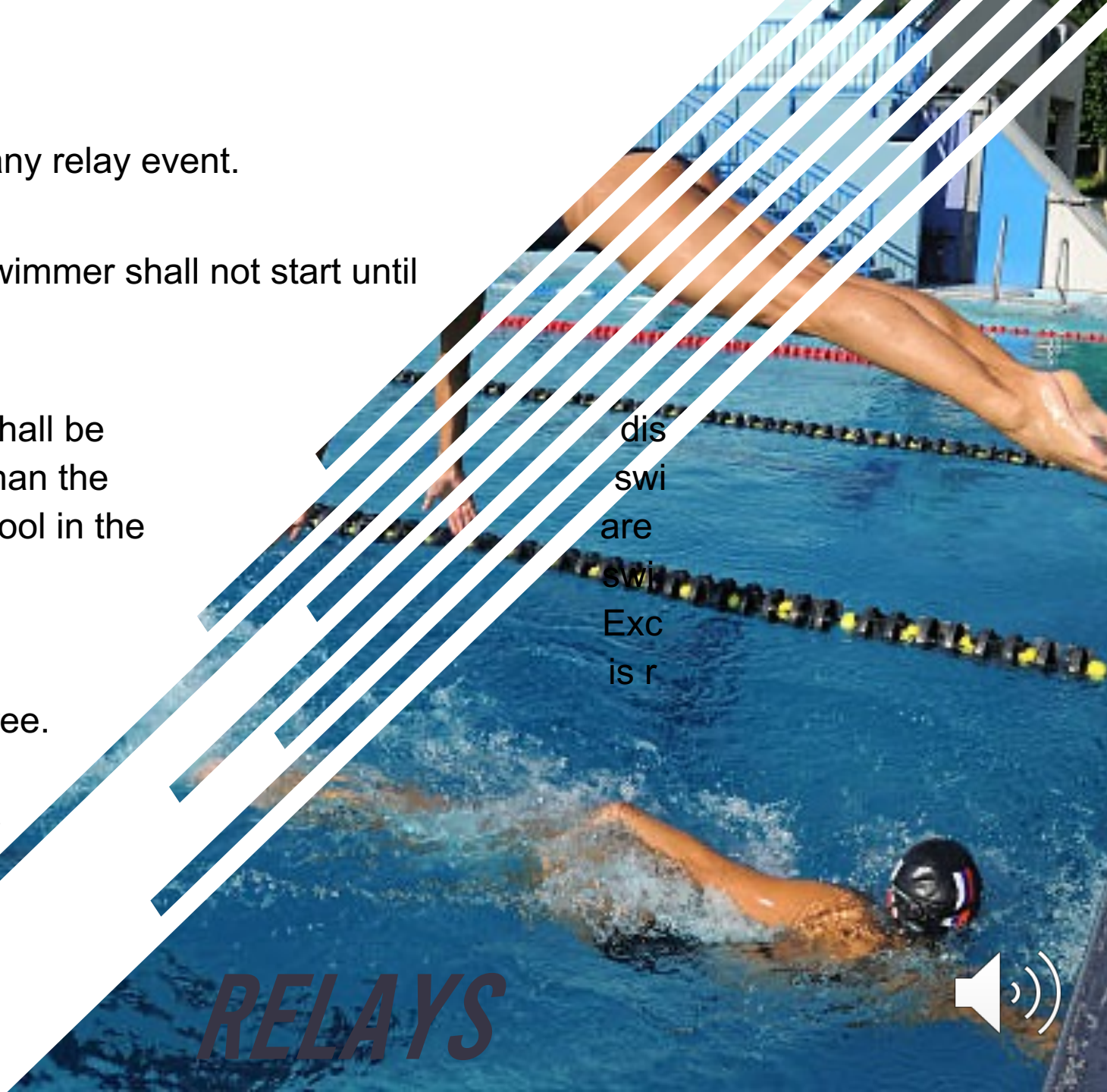
In relay races a swimmer other than the first swimmer shall not start until their teammate has concluded their leg.

Any relay team member and their relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.  
Exception: When an in-the-water start is required, or such start is approved by the Referee.

Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.

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# RELAYS



In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.

In relay races involving **in-the-water starts**, the team of a swimmer who has lost touch with the end of the course before their preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

The in-water swimmer shall maintain contact with the end of the pool as follows:

- 1) at least one hand shall be in contact with the end of the pool; and
- 2) that hand shall be above the waterline.



***RULES CONTINUED*** 