

URDD RULES

1. ENTRIES MUST BE SENT TO YOU LOCAL DEVELOPMENT OFFICER BEFORE THE GALA
2. No swimmer is allowed to take part in more than two individual (including I.M.) and two relay races.
3. **One** swimmer will represent the County/ Region in each race at the **National Urdd Gala**. The gala will be held at the INTERNATIONAL POOL, CARDIFF BAY ON **SUNDAY**, 27 JANUARY 2019.

GENERAL RULES

1. Swim Wales rules are used at all Urdd galas. A copy is available on the Urdd Website
2. **All competitors must be registered members of the Urdd for 2018-19.**
3. If a competitor who has competed is found to be ineligible to compete the organiser has the right to disqualify the individual, and in the case of a relay race, the team.
4. The length of the swimming pool in the County Gala will be 25m but at the National Finals a 50m pool will be in operation.
5. Competitors must race in their own age group and are NOT allowed to compete at an older age group.
6. Swimmers with disabilities are encouraged to compete. Please contact us to discuss classifications.

LIST OF RACES

a) Years 7 & 8

b) Years 9 & 10

c) Years 11 +

1. Freestyle (100m)
 2. Breaststroke (100m)
 3. Backstroke (100m)
 4. Butterfly (100m)
 5. Individual Medley (200m)
 - Butterfly - 50m
 - Back - 50m
 - Breast - 50m
 - Free - 50m
 6. Freestyle Relay (4 x 50m = 200m)
 7. Medley Relay (4 x 50m = 200m)
 - Back - 50m
 - Breast - 50m
 - Butterfly - 50m
 - Free - 50m
- Races 1-7 – GIRLS and BOYS swim in separate competitions
8. Freestyle Mixed Relay (4 x 50m = 200m)
For 2 x Boys & 2 x Girls

