



NIPPER MANIKIN RULES

Future Rules of the Nippers Stillwater

A start can be from the diving block on the starting platform, or on the pool deck, or in the water with one hand in contact with the starting wall.

Manikin Carry Race

- I. 8yrs - 10yrs empty manikin
- II. 11yrs - 13yrs full manikin.

When using a 50m Pool, 8yrs-10yrs:

- I. The start will be executed from a dive or preferred entry to the pool.
- II. The Nipper swims 25m (The manikin will be held in the water at the 25m point in a prone position, face up with head facing the direction of the finish).
- III. The manikin must be in the correct carrying position when the top of the manikin's head passes the 5m line. The manikin must be held with at least one hand before the designated 5m change-over line. The Nipper must not swim underwater beyond the designated line and must remain at the surface with the manikin throughout the rest of the race.
- IV. In the pick up or change over zone the competitors are not judged by the carrying manikin rules.
- V. The manikin must be carried face up and not pushed. Pushing means the manikin's head is held forward of the competitor's head. The hold must not be around the throat, mouth, nose or eyes. A front crawl stroke is not permitted.
- VI. The finish will be when the end of the pool is touched with the manikin still held by the competitor.

When using a 50m Pool, 11yrs-13yrs:

- I. The start will be executed from a dive or preferred entry to the pool.
- II. The Nipper swims 25m and pick up the manikin from the bottom of the pool
- III. The manikin must be in the correct carrying position when the top of the manikin's head passes the 5m line. The manikin must be held with at least one hand before the designated 5m change-over line. The Nipper must not swim underwater beyond the designated line and must remain at the surface with the manikin throughout the rest of the race.
- IV. In the pick up or change over zone the competitors are not judged by the carrying manikin rules.
- V. The manikin must be carried face up and not pushed. Pushing means the manikin's head is held forward of the competitor's head. The hold must not be around the throat, mouth, nose or eyes. A front crawl stroke is not permitted.
- VI. The finish will be when the end of the pool is touched with the manikin still held by the competitor.

Note:

Competitors shall not be disqualified if water does cover the manikin's mouth and nose, so long as the manikin is not below the competitor's body

MANIKIN RELAY 11yrs, 12yrs & 13yrs only

- I. The start will be in the water.
- II. At the start the Nipper carries the manikin using the rules for the manikin carry.
- III. They transfer the manikin to Nipper No2 within the 4m change-over zone between 23m-27m mark.
- IV. The changeover must always have one hand from each competitor in contact with the manikin.
- V. Nipper No3 holds onto the side of the pool until the second Nipper touches the end and then transfers the hold.
- VI. Nipper No3 transfers at the half way mark to the last Nipper who carries the manikin and the race stops then Nipper No4 touches the end.
- VII. The carry must be in accordance to the rules of the manikin carry.

Note:

In the pick up or change over zone the competitors are not judged by the carrying manikin rules.