

## State Swim Protocol and Pool Regulations

- Participants will not be allowed to stand on far side of pool closest to the starting area. That area is restricted to only those swimmers competing in the next event.
- Relay swimmers must leave the water immediately after finishing their relay leg.
- The “stand-up” command is not permission to enter the pool. It may be charged as a false start.
- On the backstroke starts, swimmers are not to go beyond the backstroke flags when entering the water.
- NO shaving down in the pool building, showers or anywhere else on Bartlett High School or Anchorage School District premises. Penalty is disqualification from the State Tournament.
- Team areas on the deck will be restricted to deck level bleachers and the shallow end of the deck
- Tape may not be placed on glass, painted or laminated surfaces in the pool building
- NO glass containers will be allowed on the deck at any time. Teams are responsible for their area clean up.