

AQUATICS

The following events will be offered at State level competition. Counties/areas may offer additional events at their competitions.

Lead-Up Events

10m Assisted Swim	25m Flotation Race	4x25m Freestyle Relay
15m Flotation Race	25m Freestyle	4x25m Unified Free Relay
15m Unassisted Swim	25m Backstroke	

Regular Events

50m Backstroke	50m Breaststroke	100m Individual Medley	50m Freestyle	50m Butterfly
25m Breaststroke	25m Butterfly	4x50m Unif. Medley Relay	100m Freestyle	100m Butterfly
100m Backstroke	100m Breaststroke	4x50m Unified Free Relay	200m Freestyle	200m Butterfly
200m Backstroke	200m Breaststroke	4x50m Medley Relay	4x50m Freestyle Relay	800m Freestyle
	200m Individual Medley	4x25m Medley Relay	400 m Freestyle	1500m Freestyle

Athletes may compete in a maximum of 2 individual events plus one relay. Athletes may not compete in both Regular and Lead-Up events. Athletes competing in the 25 meter events may not compete in events shorter than 25 meters. Athletes competing in the 10m Assisted Swim, 15m Flotation Race, 15m Unassisted Swim or 25m Flotation Rate may compete in one event only.

Please note that the 25 meter breaststroke, 25 meter butterfly and 4 x 25 meter medley relay are now regular events

Federation Internationale de Natacion Amateur (FINA) rules, as interpreted by United States Swimming (USS), with modifications established by SOI (January 2011 Official Special Olympics Summer Rules Book) will be followed for all training and competition. Specific Stroke rules can be found on the FINA web page.

Federation Internationale de Natacion Amateur (FINA)
 Av. De L'auant – Poste 4
 CH-1005
 Lausanne, Switzerland
www.fina.org

United States Swimming Inc.
 One Olympic Plaza
 Colorado Springs, CO 80909
 (719) 578-4578
www.usswim.org

GENERAL RULES

1. The Meet Referee, in cooperation with the Aquatics Rules Subcommittee, shall have the authority to adjust these rules on a case by case basis for the safety and well being of an athlete. The Referee may intervene in the competition at any stage to ensure that the appropriate regulations are observed, and shall adjudicate all protest related to the competition in progress.
2. The Meet Referee shall have the discretion to allow certain modifications of the current technical rules based upon a physical disability characteristic. Such interpretations shall be requested and ruled on prior to the athlete's participation in a Final and shall not give advantage over another swimmer. Stroke interpretations will be concerned with the action a limb(s) is performing.

3. Standing upon the bottom of a racing course is allowed for flotation events, assisted events and the 15m unassisted event only for the purpose of resting. Walking or jumping from the bottom(propelling) must disqualify the offender.
4. Swimmers may not use the lane rope to propel themselves.
5. Coaches or officials may guide the swimmer by voice only. No physical assistance can be provided to any swimmer from the time of the starting signal until all swimmers have completed the race.
6. No competitor shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (except flotation races) such as webbed gloves, flippers, fins, etc. Goggles may be worn.
7. Swimmers may be assisted from the water upon request.
8. In the Flotation race, each athlete is responsible for his/her own flotation device. The device must be of the body wrap around type such that if the athlete were to not be able to hold on to the device, the device would still support the athlete with the face out of the water. Flotation devices such as kick boards, inner tubes or floats that wrap around the arms are not acceptable.
9. Starting devices may include the following: whistle, horn, or gun. Athletes with hearing impairments may receive hand signal starts from the starter or a designated official. A strobe light in accordance with FINA rules is recommended.
10. An athlete with Down Syndrome who has been diagnosed with Atlanto-Axial Instability may not participate in the butterfly stroke or do diving starts.
11. Lap cards should be used for events 400 meters or above.

Performance Discrepancy – Maximum Effort

- a. Events 50 meters and longer: An athlete who exceeds a time of 15% better than the time recorded for divisioning, or for a reported time, shall be subject to disqualification.
- b. Events 25 meters and shorter: An athlete who exceeds a time of 20% better than the time recorded for divisioning or for a reported time, shall be subject to disqualification. This is inclusive of the 4x25m relays.
- c. It is the responsibility of the coach to submit an improved performance time, if the time recorded in the divisioning competition is not a true reflection of the athlete's ability. Competition management must offer coaches the opportunity to update the information within the established timeframe.
- d. An athlete who is disqualified shall be presented with a participation ribbon.

UNIFORMS/APPROPRIATE CLOTHING

1. The swimsuits of all competitors shall be in good moral taste and shall be non transparent (FINA General Rules 6.1 & 6.2).

AQUATICS MINIMUM SAFETY STANDARDS

- ◆ The minimum number of lifeguards at Aquatics activities must be one lifeguard for every 25 participants.
- ◆ Medical information, which must be on hand, should be discussed with the lifeguard(s) on duty in advance of any activity.
- ◆ The sole function of the lifeguard is to guard. If no relief lifeguard is available, the pool must be emptied, even for short durations, when a lifeguard must leave the poolside.

- ◆ A physical examination must be made of the pool area to identify potential hazards. The deck should be clear of obstructions.
- ◆ A copy of the pool's current rules must be submitted for review prior to entering the pool.
- ◆ Pool depth must be marked and clearly visible.
- ◆ The pool depth must be a minimum of six (6) feet for diving race starts from a starting block. A swimmer may dive from the side of the pool (without starting blocks) if the depth is at least 4 feet. For pools with a depth of 4 feet or less, all competition starts must be from within the water.
- ◆ Safety lines must be in place to divide shallow and deep water areas.
- ◆ A pool facility shall not be used unless a satisfactory inspection rating is received.

REQUIRED FORMS FOR STATE GAMES ENTRY

- ◆ Athlete Sports Entry Form (for individual/Relay team athletes)



AQUATICS HEAT SHEET

EVENT: _____

HEAT: _____

<u>LANE</u>	<u>ATHLETE/TEAM NAME</u>	<u>COUNTY</u>	<u>TIME</u>	<u>PLACE</u>
_____	_____	_____	_____	_____
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