

Swimming Rules

2023

Special Olympics
New Hampshire



The Official Special Olympics Sports Rules for Swimming shall govern all Special Olympics competitions. As an international sports program, Special Olympics New Hampshire has created these rules based on the governing body, the Federation International de Natation Amateur (FINA) rules for swimming, found at <https://www.fina.org/rules>. These rules shall be employed except when they are in conflict with rules listed in this document. In such cases, the rules in this document shall apply.

Events Offered

- 10 Meter with Support
- 10 Meter
- 15 Meter with Support
- 15 Meter
- 25 Meter with Support
- 25 Meter Freestyle
- 50 Meter with Support
- 100 Meter with Support
- 4 x 25 Meter Freestyle Relay
- 4 x 25 Meter Medley Relay
- 4 x 25 Meter Unified Sports Freestyle Relay
- 50 Meter Freestyle
- 25 Meter Backstroke
- 50 Meter Backstroke
- 25 Meter Breaststroke
- 50 Meter Breaststroke
- 25 Meter Butterfly
- 50 Meter Butterfly
- 100 Meter Freestyle
- 4 x 50 Meter Freestyle Relay
- 4 x 50 Meter Medley Relay
- 100 Meter Backstroke
- 100 Meter Breaststroke
- 100 Meter Individual Medley
- 100 Meter Butterfly
- 200 Meter Backstroke
- 200 Meter Freestyle
- 200 Meter Breaststroke
- 400 Meter Freestyle

Registration

- An athlete may compete in up to four events.
- With Support: Athlete uses a floatation device and/or needs assistance of another individual.
 - If assisted by another individual, the assistant may touch, guide or direct the athlete, but may not support or assist with the athlete's forward movement.

Divisioning

- For the Area Swim meet, qualifying scores must be provided during the registration period; however, coaches are encouraged to update the score to reflect a more accurate score if it is appropriate prior to the state competition by the end of the scratch period.

Equipment

- Swimmers cannot wear any device that may aid his or her speed, buoyancy or endurance except in
 - “with support” events.
- Each athlete is responsible for his or her own floatation device if used in a “with support” event.
 - The floatation device must be of the body wrap-around type such that if the athlete were to not be able to hold onto the device, the device would still support the athlete with his/her face out of the water.
 - Floatation devices such as kickboards, inner tubes or floats that wrap around the arms are not acceptable for use at any time.
- Goggles may be worn by the swimmer.

Competition

GENERAL RULES

- Standing on the bottom during any event shall not disqualify a competitor, but he/she shall not walk.
- Swimmers may be assisted from the water upon request.
- Starts may be from the starting block, beside the starting block, or in water.
 - For in-water starts, the athlete shall place one hand on the end of the pool or hold the starting block with one hand. Two hands shall be used for backstroke starts.

RELAY PROCEDURE

- There are four swimmers on each relay team.
- Each swimmer shall swim $\frac{1}{4}$ the distance of the total relay.
- Each Unified Sports relay team shall consist of two athletes and two Unified Sports partners.
- Relay swimmers should exit the pool as soon as possible following the completion of his/her relay
 - leg. Relay swimmers, who cannot exit the water immediately, may be allowed to remain in their
 - lane until all relays have finished, so long as they do not interfere with the other swimmers or the
 - timing equipment. A swimmer remaining in the water should move a short distance away from the
 - end of the pool, close to the lane rope, but not obstruct a swimmer in another lane.

Disqualification

- A stroke judge and turn judge are present at all competitions and will determine if a swimmer is disqualified.
- In a relay, obstruction of a swimmer in another lane shall cause the team to be disqualified.