

Senior Olympics Swimming Rules

Playing Format

- Swimming will be governed by the US Masters Swimming and National Senior Games Association rules except where noted below. For a complete copy of these rules please contact:

US Masters Swimming, Inc. PO Box 185 Londonderry, NH 03053 (603) 537-0203 or (800) 550-7946	National Senior Games Association P. O. Box 82059. Baton Rouge, LA 70884-2059 (225) 766-6800 www.nsga.com
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- Strokes will be Backstroke, 50Y, 100Y and 200Y; Breaststroke, 50Y, 100Y and 200Y; Butterfly, 50Y and 100Y; Freestyle, 50Y, 100Y, 200Y and 500Y; Individual Medley (four different strokes), 100Y and 200Y; and 200Y Medley Relay (Bonus Team event).
- Age groups and sexes may be combined so that no swimmer has to swim alone and so that lanes may be filled.
- All events shall be conducted on a timed final basis.
- The relay will consist of 2 males and 2 females and is open age.
- A false start will result in disqualification.

Playing Rules

- Starts:** The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall.
- Turns:** The breaststroke and butterfly turns must be done with both hands touching simultaneously. The backstroke and freestyle events require some part of the swimmer's body to touch the wall at each turn.
 - Backstroke:** There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach prior to touching the wall.
 - Breaststroke:** The appropriate stroke is required.
 - Butterfly:** The appropriate stroke must be attempted. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly stroke at any time during the race.
 - Freestyle:** Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except in an individual medley event, when freestyle refers to any stroke other than butterfly, breaststroke or backstroke.
 - Medley:** The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns.
 - General:** Any swimmer who uses improper methods in order to gain an advantage over his/her competition will be disqualified from that event.

Swimming Playing Rules (cont)

3. Strokes

a) **Backstroke** (50 yards, 100 & 200 yards)

1. Start—the swimmers shall line up in the water, facing the starting end, with both hands resting either on the end or rail of the pool on any part of the starting platform or block.
2. Stroke—the swimmer shall push off on his back and continue swimming on his back throughout the race.
3. Turns—upon completion of each length, some part of the swimmer's body must touch the wall doing the turn, the shoulders may turn past the vertical towards the breast. If the swimmer turns past vertical such motion must be part of a continuous turning action and the swimmer must return to a position on the back before the feet leave the wall. A hand touch is no longer required on the turns.

b) **Breaststroke** (50 yards & 100 yards & 200 yards)

1. Start—forward start.
2. Stroke—the body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface from the beginning of the first arm stroke and after the start and after each turn. The competitor must be an arm stroke that is an in-water recovery. The kick allowable is a whip kick, or a breast stroke kick.
3. Turns—when touching at each turn, the touch shall be made with both hands, simultaneously.

c) **Freestyle** (50 yards, 100 yards, 200 yards & 500 yards)

1. Forward start shall be used.
2. Means that in an event so designated the swimmer may swim any style; except that in a Medley Relay or Individual Medley event—freestyle means any style other than butterfly, breaststroke, or backstroke.
3. Turns—hand touch is not required at the turn; it is sufficient if any part of the swimmer's body touches the solid wall at the end of the pool.

d) **Butterfly** (50 yards & 100 yards)

1. Start—forward start.
2. Butterfly: The appropriate stroke must be attempted.
3. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly stroke at any time during the race.

e) **Individual Medley** (100 yards & 200 yards)

1. Swimmers will swim a total of 100 or 200 yards, 25 or 50 yards of each stroke.
2. Start—forward start in or out of the water.
3. The order of the medley is butterfly, backstroke, breaststroke and some other stroke.
4. Rules for the individual strokes govern turns.

Source: U S Masters Swimming regulations & Rules of competition.

Swimming Playing Rules (cont)

f) **Co-ed Medley Relay (Bonus Event-must pre-register)**

1. Four swimmers on each team, each to swim 50 yards of the prescribed distance using the desired stroke(s).
2. The order of the medley is butterfly, backstroke, breaststroke & freestyle.
3. In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his preceding teammate touches the wall shall be disqualified.

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