

# St. Louis Senior Olympics

## Swimming Rules

### GENERAL INFORMATION

1. Pool will open for warm-up ½ hour before first event.
2. All competition will be judged by the best time in each age group. Events will be timed finals.
3. In case of a tie, duplicate awards will be presented and the consecutive medal is skipped.
4. All decisions of Meet Director shall be final.

### EVENTS

The following events shall be available to all swimmers in the order published in the meet entry information:

1. 50 yard Freestyle
2. 100 yard Freestyle
3. 200 yard Freestyle
4. 500 yard Freestyle
5. 50 yard Backstroke
6. 100 yard Backstroke
7. 200 yard Backstroke
8. 50 yard Breaststroke
9. 100 yard Breaststroke
10. 200 yard Breaststroke
11. 50 yard Butterfly
12. 100 yard Butterfly
13. 200 yard Butterfly
14. 100 yard Individual Medley
15. 200 yard Individual Medley

### TECHNICAL RULES GOVERNING EVENTS

Starts: Swimmers have their choice of an "in water" or "diving start" for all events except the backstroke. 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 in the water with both hands in contact with the wall or starting block grips. Regardless of the stroke, for all in-water starts the competitor must keep at least one hand in contact with the wall prior to the start. A False start will result in disqualification.

Turns and finishes: The breaststroke and butterfly turns and finishes must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall. The swimmer must touch the wall with some part of the body while on the back at the finish of backstroke events and at the end of the backstroke portion of the individual medley.

Breaststroke: Competitors must do an arm stroke that is an in-water recovery. Elbows must be under the water except at the turns and finish. Both arms must be in the same horizontal plane and move simultaneously. The swimmer must remain on the breast. The hands may not pass the hip line, except on the first pull after the start and turns. The sequence is one arm pull, followed by a kick. Either the whip kick or the breaststroke kick is allowable, but must be simultaneous and on the same horizontal plane. Scissors kick, dolphin kick or flutter kick is

not permitted, except that one dolphin kick is permitted at the start and each turn, followed by a breaststroke kick, during the first arm pull. Some part of the head must break the surface of the water before the hands turn in on the second arm stroke and at least once during every stroke cycle.

Backstroke: There are no rules pertaining to arm or leg movements. The swimmer must remain on the back, but is allowed to turn over on his/her stomach during the turn prior to touching the wall as long as the turn is executed in a continuous motion after turning on the stomach.

Butterfly: All arm strokes shall be an over the water recovery with both arms moving simultaneously. The swimmer must remain on the breast. The whip kick, breaststroke kick, or the dolphin kick may be used exclusively or interchangeably while doing the butterfly. However, for every breaststroke kick or whip kick there must be an over the water arm stroke. Kicks must be simultaneous with both legs and no flutter kick is permitted.

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. In freestyle only, a swimmer may stand on the bottom of the pool as long as he/she does not push off from the bottom of the pool. USMS swimmers who are registered as such, may hang on the wall with feet on the wall only.

Individual Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke, and freestyle. The freestyle leg in the individual medley must be some other stroke besides butterfly, backstroke or breaststroke. Rules for individual strokes will govern strokes turns and finishes.

General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.