



2010 WARRIOR GAMES SWIMMING RULES

These rules are modified paralympic rules to suit the population of the Warrior Games

Disabilities

- Lower Body Impairment
- Upper Body Impairment A/E (Above the Elbow)
- Upper Body Impairment B/E (Below the Elbow)
- TBI/Stroke/CP
- Spinal Cord Injury (SCI)
- PTSD

Swimming Events *there must be a minimum of 3 participants per disability

Men's (Semi-Final Heat/Finals)

- 50M Free 20 max participants per disability
- 100M Free 20 max participants per disability
- 50M Backstroke 20 max participants per disability
- 50M Breaststroke 20 max participants per disability

Women's (Finals Only)

- 50M Free 10 max participants per disability
- 50M Backstroke 10 max participants per disability

Combined

- 200M Free Relay (2 coed relay teams per warrior games team, so it is each team's choice to enter 1 or 2 relay teams)

GENERAL EVENT RULES

Bring your own goggles, suit and swim cap
No full body suits or wet suits

STARTS

Equipment

- A loudspeaker start system conforming, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers and for forward and backstroke starts, shall be the preferred starting device.

The Start

- At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke, at the Referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.
- When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.
- On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.
- When a swimmer does not respond promptly to the command "take your mark", the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.

False Starts

- Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "Stand up" command and may step off the blocks. The Starter shall restart the race upon signal by the Referee.
- If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.
- If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.

- A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.
- A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.

Deliberate Delay or Misconduct

- The Starter shall report a swimmer to the Referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, willful disobedience or misconduct.
- The Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat.
- Such disqualification shall not be charged as a false start.

FREESTYLE

Start — The forward start shall be used.

Stroke — In an event designated freestyle, the swimmer may swim any style. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

Turns — Upon completion of each length the swimmer must touch the wall.

Finish — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

BACKSTROKE

Start — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

Stroke — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters

(16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

Turns — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

Finish — Upon the finish of the race, the swimmer must touch the wall while on the back.

BREASTSTROKE

Start — The forward start shall be used.

Stroke — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water.

The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water.

The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Kick — After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking

the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

Turns and Finish — At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

RELAYS

Freestyle Relay — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

Rules Pertaining to Relay Races

1. No swimmer shall swim more than one leg in any relay event.
2. When automatic relay take-off judging is used, each swimmer must touch the touch plate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
3. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
4. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
5. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
6. In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
7. In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

Reference:

To find places to swim or a local training group in your area, USMS (United States Masters Swimming) provides an online resource at: www.usms.org. USMS is the national governing body for adult (age 19 and over) swimming in the US.

More information on rules / regulations is available from USA Swimming at www.usaswimming.org. USA Swimming's website also offers a "find a club" function; however many USA Swimming teams and clubs will be geared toward age group, high school, and collegiate aged swimmers.