All SOKY Swimming events should be run according to United States Swimming Rules, (USA). Any modifications to those rules can be found in this manual.

Revised December 2017
# Swimming Manual

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** Effective September 21, 2017: USA Swimming Rule 101.6-101.7- Medley Swimming
  - Modifications to Medley Swimming can be found on pages 17 & 18 in this manual. Modifications are in bold and underlined.
Swimming Season

January – February
Teams form and begin training for the season

March – April – May
Swim Meets – Season consists of 6 meets

June
State Swim Meet at Summer Games (Eastern Kentucky University)

Meet dates and locations vary. Past locations include:
University of Kentucky, University of Louisville, Northern Kentucky University, Transylvania University, Lakeside (Louisville), Scott High School (NKY), Transylvania University, Mary T. Meager Center (Louisville), Asbury University, Silverlake Recreation Center (NKY), The Center for Courageous Kids (Scottsville).

During the season, athletes must attend and compete in at least two (2) meets to qualify for the State Meet.

To obtain a copy of the USA Swimming Rules please visit:
https://usaswimming.org

USA Swimming
1 Olympic Plaza
Colorado Springs, CO 80909
(719) 866-4578
The Benefits of Swimming

**Physical Benefits**
- Improves posture, flexibility, muscular endurance, strength and balance
- Stimulates circulation
- Promotes proper breathing
- Rehabilitates under-used or healing muscles
- Improves one’s ability to control and maintain a healthy weight
- Provides a great cardiovascular workout (potential of burning 350 – 420 calories per hour)

**Social Benefits**
- A sport that is safe for all ages, at all fitness levels
- Lots of laughs and fun while getting a great workout
- Enjoyable even when working hard
- Provides social interaction opportunities at practices and meets

**Psychological Benefits**
- Encourages a positive attitude, through physical and skill progression
- Heightened sense of well-being
- Increased energy level
- Participation in competitive swimming helps set high expectations for achievement

Swimming – A Skill for Life!
SOKY Sport Development Teams
Each SOKY Sport Development Team (SDT) is made up of 4-8 volunteers who come from a wide range of backgrounds including, but not limited to, high school/college coaches and officials, professionals in the field, instructors, and representatives from sport governing bodies and organizations, local program coaches and Special Olympics athletes. Using the guidelines set by Special Olympics International and under the guidance of the state Program Director, the group will design policies, restructure rules, and help grow and strengthen our state's program. The goal of this collaborative effort is to make sure our sports programs continue to be the best for our athletes. The primary goals of each SDT are:

1. Improve the quality of training and competition for SOKY athletes.
2. Assess the needs of the respective sport and help develop and implement strategies to meet those needs.
3. Identify and recruit sport-specific resources.

The SDT values the input from each athlete, coach, volunteer and parent. These individuals are invited to share their thoughts at SDT meetings.

Swimming Sport Development Team Members

Amanda Wade- SOKY Program Director

Jan Krekel- Area 4
Developmental Official

Bill Krekel- Area 4
Head of Awards

Debbie Ogden- Area 7
Head Coach: NKY Dolphins

Brandi Wathen- Area 4
Athlete Staging/
Assistant Coach: Area 4 Dolphins

Philip Norris- Area 8
Head Coach: Sunfish

Pat Harkleroad- Area 4
Assistant Coach: Stingrays
The Official Special Olympics Summer Sports Rules shall govern all Special Olympics Swimming Competitions. Special Olympics has created these rules based upon International Governing Body Rules, (FINA) and National Governing Body Rules, United States Swimming, (USA). USA Rules shall be employed except when they conflict with the Special Olympics Sports Rules. In such cases, official Special Olympics Rules shall apply. Athletes can register for up to two (2) individual events and one (1) relay event at each competition.

**SHORT COURSE EVENTS OFFERED - All distances measured in yards.**

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>25 Freestyle*</td>
<td>25 Backstroke*</td>
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<tr>
<td>25 Breaststroke</td>
<td>25 Butterfly</td>
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<tr>
<td>50 Freestyle</td>
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<td>50 Breaststroke</td>
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<td>200 Breaststroke</td>
<td>200 Freestyle</td>
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<td>200 Backstroke</td>
<td>200 Butterfly</td>
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<tr>
<td>4 x 25 Individual Medley</td>
<td>4 x 50 Individual Medley</td>
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<tr>
<td>4 x 25 Freestyle Relay</td>
<td>4 x 25 Unified Freestyle Relay</td>
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<td>4 x 50 Freestyle Relay</td>
<td>4 x 50 Unified Freestyle Relay</td>
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<tr>
<td>4 x 100 Freestyle Relay</td>
<td>4 x 25 Medley Relay</td>
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<tr>
<td>4 x 50 Medley Relay</td>
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*During competition, any male who swims the 25 freestyle or 25 backstroke in 25.00 seconds and under will be disqualified and receive a participation ribbon. Any female who swim the 25 freestyle or 25 backstroke in 30.00 seconds and under will be disqualified and receive a participation ribbon.

**DEVELOPMENTAL EVENTS**

COACHES WHO HAVE ATHLETES IN DEVELOPMENTAL EVENTS NEED TO BE FAMILIAR WITH ENTRY RULES CONCERNING LEAD-UP EVENTS.

These events are intended for athletes of lower skill levels.

15 Walk
15 Flotation
15 Flotation Kickboard
15 Kickboard
15 Assisted Freestyle
15 Assisted Backstroke
15 Unassisted Freestyle
15 Unassisted Backstroke
25 Transitional Freestyle
25 Transitional Backstroke
25 Flotation
2 x 25 Flotation Relay
2 x 25 Kickboard Relay
2 x 25 Relay*
2 x 25 Unified Relay*

* Any combination of developmental events
GENERAL RULES

The technical rules of competition are noted in the USA Rule Book. The USA Rule Book will be used for all events. Some exceptions to these rules are listed below.

1. ALL EVENTS
   a. The Meet Referee 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.
   b. The Meet Referee shall have the discretion to allow for certain modifications/interpretations of the current technical rules based upon a physical disability characteristic. Such interpretation shall not give advantage over another swimmer. Stroke interpretations will be concerned with the action a limb is performing. The stroke judge shall be concerned with what action the arm or leg action constitutes.
   c. The Referee shall have full control and authority over all officials, approve their assignments and instruct them regarding all Special Olympics regulations related to competition. He/she shall enforce all rules and decisions of the Official Special Olympics Rules book and USA rules and shall decide all questions to the actual conduct of the meet.
   d. During freestyle events, athletes may use any stroke and may change that stroke during the course of the race they choose to do so. The only exception is during the individual medley or medley relay. In those events, athletes may use any stroke EXCEPT backstroke, breaststroke and butterfly during the freestyle portion.
   e. Standing on the bottom during freestyle events or during the freestyle portion of the medley events shall not disqualify a competitor BUT the swimmer shall not be allowed to walk making forward progress. Standing on the bottom is allowed only for the purpose of resting. Walking on or jumping from the bottom is cause for disqualification.
   f. A coach may guide the swimmer by voice only. A coach is not allowed to touch the swimmer from the time of the starting signal until all swimmers have completed the race.
   g. Assistant starters may be used to assist athletes in maintaining their positions at the starting line.
   h. No competitor shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition such as; webbed gloves, flippers, etc. Goggles may be worn.
   i. Swimmers may be assisted from the water if needed. Athletes are not to be pulled out of the water by their arms.
   j. During competition, athletes who finish their race should remain in their lane until everyone finishes except during relay races.
   k. If your athlete has a physical restraint/disability that affects their stroke technique, you should submit a Stroke Difficulty Form to the state office before the first meet.
   l. An athlete is NOT allowed to grasp lane dividers to assist in forward motion.
   m. Breaststroke and butterfly turns are initiated by touching the wall with both hands.

2. EQUIPMENT
   a. Starting device, (whistle, horn, gun). A visual start may be used for the hearing impaired. A strobe light in accordance with USA rules is recommended.
   b. Lanes Lines.
   c. Electronic Timing System and/or Stopwatches – at least one per lane
   d. Backstroke Flags.
3. RELAY EVENTS
   a. There shall be four (4) swimmers on each relay team.
   b. Individual stroke relay teams (4x25 Free, 4x50 Free and 4x100 Free) are allowed to have one (1) alternate. This alternate must be listed on the registration form, cannot be registered for any other relays (as a member or as an alternate), and must be the slowest leg of the relay team.
   c. Each swimmer shall swim ¼ the distance of the total relay. No swimmer shall swim more than one leg of any relay.
   d. A relay team that combines genders to include both male and female athletes shall compete as a male relay.
   e. Relay swimmers should exit the pool as soon as possible following the completion of their relay leg.
   f. Unified Relays – teams shall consist of two (2) athletes and two (2) partners and the swimmers may be assigned in any order.
   g. Unified Partners are allowed to enter one (1) short course relay event and one (1) developmental relay event per meet.

4. DEVELOPMENTAL EVENTS
   a. Athletes participating in developmental events cannot enter short course events at the same meet.
   b. All athletes entering the 15 unassisted swim, the 25 transitional freestyle or the 25 transitional backstroke must possess recovery skills. A recovery skill is the method of recovering from a prone (horizontal) position to a standing (vertical position) without assistance or difficulty. Every attempt should be made to train the athlete to complete the distance with assistance only at the start. The athlete needs to possess the endurance to move 15-25 yards.
   c. Flotation devices are those that encircle the body. Water wings are not acceptable. Flotations that may be used are: 1) Head floats 2) Inner tubes 3) Life Jackets/belts. Flotations must fit the athlete securely. Kickboards CANNOT BE USED AS FLOTATIONS. Coaches are to provide all flotation devices and kickboards. Floatation does not have to be a Coast Guard approval device.
   d. Coaches are responsible for obtaining assistants for lifting athletes in and out of the pool. Please follow good lifting techniques, ensure all safety and make sure all wheelchair brakes are in the lock position. (i.e. feet planted, weight evenly distributed, bend knees, lift with legs and not back, etc.) With the exception of the unassisted swim and the transitional swim, it is required that an assistant accompany the athlete into the water.
   e. Assistants’ hands must be visible at all times (out of the water is preferred). Any sculling or under water hand movements may move the athlete forward, causing disqualification. Persons assisting athletes in an event are to guide or direct the athlete without assisting in forward movement.
   f. A touch cue may be necessary to communicate with the athlete. This can be done with a tap to the back, shoulder, arm, leg, etc. Immediately following the cue, the hands MUST be visible.
   g. Standing on the bottom in the racing course is allowed in flotation events, assisted events and the 15 M unassisted event for the purpose of resting. Walking on or jumping from the bottom must disqualify the competitor. This rule will not apply for the 15 M walk.
GUIDELINES FOR HOSTING A SWIM MEET

Meet Officials – The following should be USA Certified:
A. Referee - assign jobs - runs the deck
B. Starter - starts race
C. Stroke and Turn Judges

Additional Personnel needed:
1. Head Timer - responsible for organizing timers
2. Timers - two per lane
3. Clerk of Course - staging person, swimmers check, scratches, etc.
4. Awards – person to organize the awards process
5. First Aid

Facilities
- Six to eight lane pool
- Starting blocks
- Lane lines
- Depth of 4 ft. minimum
- Backstroke flags
- False start rope
- 1 Lifeguard for every 25 swimmers

Entries
- Ensure all entries have valid SOKY medical
- Pre-meet packet – must include schedule, directions, specifics for meet

Keys
- Keep staging away from pool deck
- Flow - Two Escorts/Heat
SWIM MEET INFORMATION

(Times are estimations and are subject to change from meet to meet)

- **Meet requirements** – All athletes must swim in 2 swim meets during the regular aquatics season to qualify for the state meet. If an athlete receives a participation ribbon at a meet, that meet will count as one of the two required.

- **Delegation check-in** will begin 1½ hours before the scheduled start time of the meet and conclude 30 minutes prior to the start of the meet.

- **Scratches** must be turned in at least 30 minutes prior to the start of the meet.

- **Warm-ups** – Athletes will have a 15 to 30-minute period in the water to warm-up. The warm-up will conclude 15 minutes prior to the start of the meet.

- **Coaches Meeting** – 15-30 minutes prior to the start of the event there will be a brief coaches meeting conducted by SOKY staff and meet directors. All head coaches are required to attend the coaches meeting.

- **Adequate # of coaches / chaperones** – Teams need to have enough personnel available at meets to supervise team members who are awaiting or finished competition

- **Staging** – Coaches and chaperones will listen for the clerk of course to call for events. The staging of athletes will stay 3 to 4 events ahead of the current event. When an athlete’s event is called, a coach / chaperone will bring him or her to the staging area. The athlete should be checked in using their wristband and seated. Athletes will be seated in lane order. They will also receive a sponge that has their lane assignment on it. Escorts will lead the athletes to the starting blocks in a single file line, wait for the completion of the event and then lead the athletes back to their designated team area.

Getting athletes to staging is the coach’s responsibility. Announcements will not be made for individual swimmers. It is imperative that coaches and chaperones actively listen for events to be called. They must look ahead in the event program to ensure that each athlete is ready to go to staging. Athletes must bring everything they need for the event to staging: goggles, swim cap, water, and towel.
USA RULE CONCERNING WHISTLE STARTS

All Special Olympics Kentucky sanctioned swim meets will use this rule.
Coaches, please train your athletes using the whistle start!

THE RULE STATES:
“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 swim wear and to stand ready at least one foot distance from the block area. Next, swimmers will hear a long whistle indicating that they should take one of the following positions and remain there:

- On the platform (if diving from the block)
- pool edge (if diving from the side of the pool)
- or in the water (if performing an in water start)

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 you mark”, the swimmers shall immediately assume their starting position with at least one foot at the front of the block, on the side or holding the wall with an outstretched arm in the water. When all swimmers are stationary, the Starter shall give the starting signal.”

IMPORTANT CLAIFICATION ON FALSE STARTS

Under USA Swimming, there is No “Recall” for false starts.

Under the no recall starting procedure, the penalty for a false start is imposed on the offender after the completion of the swim. Races will not be called back, even if the entire division false starts. The first start generally is the swimmer’s best effort. Therefore, swimmers should not be penalized for a good start by having a race recalled due to someone false starting. The starter may recall a heat for usual circumstances, such as a lane line break, sudden noise interfering with the start signal, or anything that may affect fair conduct of the race.
SAFETY CONSIDERATIONS

BASIC RULES

a. There shall be at least one certified lifeguard on duty for every 25 swimmers in the water. (includes everyone in the pool)
b. The sole function of the lifeguard shall be to guard. If no relief lifeguard is available, the pool must be emptied even for short durations when a lifeguard must leave the pool side.
c. The head coach and assistants will review the emergency action plan.
d. Athlete medical forms shall be on site for all practice sessions and meets.
e. Pool depth must be marked and visible.
f. Water depth **should** be 6 feet deep before **beginning to teach** the dive start from the deck. At competition or practice, the minimum depth of the pool shall be 1.52 meters (5 ft) for racing starts from a starting block. A swimmer may dive from the side of the pool without a starting block if the depth is at least 1.22 meters (4 ft).
g. Safety lines must be in place to divide shallow and deepwater areas during recreational aquatic activities.
h. A pool facility shall not be used unless a satisfactory inspection rating is received prior to any Special Olympics athlete entering the water.
i. All rescue and first aid equipment should be inspected on a regular basis and should be easily accessible.
j. An athlete with Down Syndrome who has been diagnosed with Atlanto-axial instability may not participate in the butterfly stroke and/or dive starts.
k. Coaches need to keep important medical devices and medications with them during practices and meets (including nebulizers, inhalers, and vegal nerve stimulators.)
PREPARING FOR COMPETITION

It is imperative that athlete training is done in a way to prepare athletes for competition. Several suggestions to aid in preparedness are:

a. Prepare athletes by conducting your own practice meet. Include all elements such as staging to simulate a real meet as closely as possible.
b. Make sure that you practice the Whistle Start and commands so your athletes will recognize them at a meet.
c. Include a competition style warm-up at your practices.
d. Prior to a meet, advise each athlete on what events they are competing in.

TIPS FOR CONDUCTING A SAFE TRAINING SESSION

a. Establish clear rules for behavior at your first practice and enforce them.
b. Teach athletes that when you hear the whistle, "stop, look, and listen."
c. Athletes should ask the coach before they leave the pool deck.
d. Always rope off the swimming areas so that athletes do not obstruct other swimmers.
e. Make sure athletes bring water to every practice, especially in hotter climates.
f. Check your first-aid kit. Restock supplies as necessary.
g. Identify the nearest phone that is accessible during practice.
h. Ensure that the locker rooms and/or rest rooms are available and clean during practice.
i. Train all athletes and coaches on emergency procedures.
j. Do not allow athletes to swim while wearing watches, bracelets or jewelry, including earrings.
k. Provide proper stretching exercises after warming up at the beginning of each practice.
l. Swimming aids and all other pool equipment should be in a designated place.
m. Coaches should check the chemical levels before athletes enter the pool.
n. Check for slippery deck conditions and remove standing water.
o. Ensure that the correct number of certified lifeguards are present.
SWIMMING ATTIRE & EQUIPMENT

Appropriate swimming attire is required for all competitors. Clothing must be suited to the activities involved. Few sports require less equipment than swimming. Although equipment such as goggles and caps are recommended, a Special Olympics athlete only needs a swimsuit to participate.

**Athletes and Unified Partners will not be allowed to compete wearing ANY jewelry. This includes necklaces, bracelets, rings, earrings, watches, etc.**

**Swimsuits:**
The swimsuit can be anything that closely resembles skin in fit and feel. For males, any brief swim suit made of smooth, quick-drying fabric, such as nylon or Lycra, is fine. A one-piece suit is required for females. The suit needs to be close-fitting, and cut so as not to hinder movements. The swimsuit needs to be substantial enough to stay on the athlete's body while they train. Also be sure that the suit does not become transparent when wet. Racing suits, whether for men or women, will provide less drag and provide more efficiency in the water. Suits with flotation devices built in are only allowed in flotation events.

**Cap:**
A tight-fitting, stretch swimmer's cap is recommended. Swim caps will prevent the hair from falling in the swimmer's face and thus provide less of a distraction. Besides keeping the swimmer's hair dry, the cap also reduces water drag and resistance.

**Goggles:**
Swim goggles are encouraged. Goggles allow the swimmers to comfortably put their faces in the water, thus allowing for better body position and more efficiency. There must be careful adherence safety with the use of this equipment. There are several varieties of goggles that allow for differences in each swimmer's facial structure.

**Nose Clips:**
Nose clips are helpful for athletes who have difficulty controlling their breathing or who have sinus problems. Such clips should be used only when necessary.

**Water Bottle:**
Proper hydration is directly linked with an athlete's health and performance. Water bottles are allowed on the deck.

Other attire/equipment that might be needed includes towels, flip-flops/water shoes, and event equipment (including flotation devices, kickboards, etc)

**Coaches Apparel:**
Coaches should be presentably dressed and preferably wearing a shirt with a collar. Coaches should also be prepared to get into the water if necessary. This sometimes means wearing a swimsuit under clothing.
SHORT COURSE STROKE/RELAY INFORMATION

All stroke information can be found in the USA Swimming rulebook. However, it has been added to this manual for convenience.

FREESTYLE

a. START – The forward start shall be used.
b. STROKE – In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. 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 m (16.4 y) after the start and at each turn. By this point the head must have broken the surface. The swimmer may stop and stand during this event as long as they do not walk, push themselves off the bottom or propel themselves along the lane line.
c. TURNS – Upon completion of each length, the swimmer must touch the wall. If the swimmer misses a touch, he/she may return to that end to touch anytime prior to touching at the end of the next length.
d. FINISH – The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

BACKSTROKE

a. START – The swimmer shall line up in the water facing the starting end with both hands placed on the gutter or 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. When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.
b. 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 and for a distance of not more than 15 meters (16.4 y) after the start and after each turn. By that point, the head must have broken the surface of the water.
c. 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 an immediate continuous single arm pull or immediate 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.
d. **FINISH** – Upon the finish of the race, the swimmer must touch the wall while on the back.

**BREASTSTROKE**

a. **START** – A forward start shall be used.
b. **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 except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. 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 alternation 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 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.
c. **KICK** – After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. 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. Scissor, alternating movements or downwards butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
d. **TURN & FINISH** – At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. 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.

**BUTTERFLY**

a. **START** – The forward start shall be used.
b. **STROKE** – After the start and after each turn, the swimmer’s shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the
swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 m (16.4 y) after the start and after each turn. By this point the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

c. KICK – All up and down movements of the legs and feet must be simultaneous. The position of the legs or feet need not be on the same level but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

d. TURNS – At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

e. FINISH – At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above or below the water surface.

**INDIVIDUAL MEDLEY**

a. The swimmer shall swim the prescribed distance in the following order: the first ¼ – butterfly; the second ¼ - backstroke; the third ¼ - breaststroke; and the last ¼ - freestyle.

b. START – A forward start shall be used.

c. STROKE – The stroke for each ¼ of the designated distance shall use the prescribed rules for that stroke, except in the freestyle, the swimmer must be on the breast except when executing a turn.

d. TURNS – Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
   i. Butterfly to backstroke – The swimmer must touch as described in finish for butterfly. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
   ii. Backstroke to breaststroke – The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the
breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

iii. Breaststroke to freestyle – The swimmer must touch as described in finish of breaststroke. Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.

e. FINISH – The swimmer shall have finished the race when any part of his body touches the wall after the prescribed distance.

RELAYS

a. Freestyle Relay – Four swimmers on each team, each to swim ¼ the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

b. Medley Relay – Four swimmers on each team, each to swim ¼ the prescribed distance in the following order: 1st – backstroke, 2nd – breaststroke, 3rd – butterfly, and 4th – freestyle (this leg may not be backstroke, breaststroke, or butterfly). Rules pertaining to each stroke used (as described in Individual Medley rules above) shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

c. Relay Rules –
   a. No swimmer shall swim more than one leg of any relay event.
   b. In relay races, a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
   c. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member. Relay swimmers who cannot exit the water immediately may be allowed to remain in the 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 shall one obstruct a swimmer in another lane. Obstruction of a swimmer in another lane shall cause the team to be disqualified.
   d. In relay races, the swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
   e. In relay races involving in-water starts, the team of the 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.
25 Freestyle & 25 Backstroke Limitation:

Special Olympics International states that these events are intended for athletes of a lower ability level. Too often, athletes are entered in these events that should be competing in more challenging events. Therefore, it has become necessary to impose a time limit on the 25 Freestyle and the 25 Backstroke events.

If you have an athlete who is very close to the cut off time (consistently within 2 seconds), it is recommended that you do not enter them in these events. Athletes almost always swim faster in meets, therefore, if an athlete is right on the time bubble more than likely they will swim too fast at the meet.

**MALES**
- Must have a qualifying time 25.01 seconds and over to enter these events.
- Any male with a qualifying time 25.00 seconds and under may not enter these events.

**FEMALES**
- Must have a qualifying time 30.01 and over seconds to enter these events.
- Any female with a qualifying time 30.00 seconds and under may not enter these events.

**RELAYS**
- Athletes who swim too fast to participate in the 25 Freestyle may still compete in the 4 x 25 Freestyle Relay, as the performance is measured by the relay team’s overall time, not on an individual basis.

**PENALTY**
- Males who swim the 25 freestyle and/or the 25 backstroke in 25.00 seconds and under will receive a participation ribbon.
- Females who swim the 25 freestyle and/or the 25 backstroke in 30.00 seconds and under will receive a participation ribbon.
- The athlete will not be allowed to enter the event(s) for the rest of the season.
The following Developmental events may be offered in Special Olympics Kentucky Swimming Competition.

1) 15 Yard Walk **(Event not eligible in relay)**
2) 15 Yard Flotation Race **(Athlete may not swim 15 flotation and 25 flotation)**
3) 15 Yard Flotation Kickboard Race
4) 15 Yard Kickboard Race
5) 15 Yard Assisted Freestyle
6) 15 Yard Assisted Backstroke
7) 15 Yard Unassisted Freestyle
8) 15 Yard Unassisted Backstroke
9) 25 Yard Transitional Freestyle **(Developmental athletes only)**
10) 25 Yard Transitional Backstroke **(Developmental athletes only)**
11) 25 Yard Flotation Race
12) 2 x 25 Yard Flotation Relay
13) 2 x 25 Yard Kickboard Relay
14) 2 x 25 Relay* (formerly medley)
15) 2 x 25 Yard UNIFIED Relay* (formerly medley)

* Any combination of developmental events

Athletes may enter a maximum of 2 events and a relay.

**When entering an athlete in an event, please take note that the athlete may not participate in the prior lead-up event.**

**EXAMPLE:** If an athlete is entered in the 15 Yard Unassisted Swim and/or the 25 Transitional Freestyle, he/she may not enter the 15 Yard Assisted Swim.

**Note Changes**
- Athletes may swim an assisted freestyle and an unassisted backstroke or vice versa.
- 15 yard unassisted may swim either transitional event

**Combinations Allowed for Competition**

<table>
<thead>
<tr>
<th>If their Best Event Is:</th>
<th>Allowed to compete in the following events:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) 15 Yard Walk</td>
<td>2, 3, 4, 5, 6, 12, 14, 15</td>
</tr>
<tr>
<td>2) 15 Yard Flotation</td>
<td>1, 3, 12, 14, 15</td>
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<tr>
<td>3) 15 Yard Flotation Kickboard</td>
<td>1, 2, 5, 6, 12, 14, 15</td>
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<tr>
<td>4) 15 Yard Kickboard</td>
<td>1, 5, 6, 7, 8, 9, 10, 11, 13, 14, 15</td>
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<tr>
<td>5) 15 Yard Assisted Freestyle</td>
<td>1, 3, 4, 8, 13, 14, 15</td>
</tr>
<tr>
<td>6) 15 Yard Assisted Backstroke</td>
<td>1, 3, 4, 7, 13, 14, 15</td>
</tr>
<tr>
<td>7) 15 Yard Unassisted Freestyle</td>
<td>1, 4, 6, 9, 10, 13, 14, 15</td>
</tr>
<tr>
<td>8) 15 Yard Unassisted Backstroke</td>
<td>1, 4, 5, 9, 10, 13, 14, 15</td>
</tr>
<tr>
<td>9) 25 Yard Transitional Freestyle</td>
<td>1, 4, 7, 8, 10, 13, 14, 15</td>
</tr>
<tr>
<td>10) 25 Yard Transitional Backstroke</td>
<td>1, 4, 7, 8, 9, 13, 14, 15</td>
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<tr>
<td>11) 25 Yard Flotation Relay</td>
<td>1, 4, 7, 8, 9, 10, 12, 14, 15</td>
</tr>
<tr>
<td>12) 2 x 25 Yard Flotation Relay</td>
<td>1, 2, 3, 11</td>
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<tr>
<td>13) 2 x 25 Yard Kickboard Relay</td>
<td>4, 5, 6, 7, 8, 9, 10, 11</td>
</tr>
<tr>
<td>14) 2 x 25 Relay* (formerly medley)</td>
<td>1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11</td>
</tr>
<tr>
<td>15) 2 x 25 Yard UNIFIED Relay* (formerly medley)</td>
<td>1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11</td>
</tr>
</tbody>
</table>
- **Note Change** Athletes will start on the wall and swim to the opposite end of the pool. Timers will be positioned to clock times at the 15 yard mark as the athletes swim past. This will help reinforce starts and finishes.

- Athletes start the race at the sound of the whistle or horn.

- All starts are in water starts.

- Athletes must stay in his/her designated lane for the entire race.

- An assistant may be allowed to guide the athlete, but may not assist with the athlete’s forward movements.

- Athletes may touch the lane rope, or may hang on the lane rope to rest as long as there is no advantage gained.

- Athletes may stop and stand on the bottom to rest, but may not walk (step forward) or push off the bottom so as to gain an advantage.

- Athletes may not pull on lane ropes in an effort to obtain forward movement.

- In 25 yard events and relays, athletes must touch the wall at the finish. In the flotation race, the flotation may touch the wall at the finish. In the kickboard, the board must touch the wall as the athlete must keep 2 hands on the board at all times. All other events, any body part may touch the wall to finish.

- Relays consist of 2 athletes/ or partner, with assistants.

- In relays, the same rules apply as to individual events.

- In relays, one athlete must touch the wall before the other athlete may start. The second athlete must touch the wall to finish.
1. 15 YARD WALK

- Due to the structure of some Aquatics facilities, the floor of the pool may slope at an angle where the pool is too deep for the athletes to touch bottom for the length of 15 yard. In an effort to be fair to all competitors, meet officials may determine that all the athletes entered in the 15 Walk should use one lane, or that the 15 Walk might not be offered at all, at that particular venue.
- The athlete must have one foot on the floor at all times.

EQUIPMENT:
Whistle, lane markers, stopwatch, and optional starting horn

SET-UP:

a. Finish line should be 15 yards from the end of the pool.
b. All lanes should be 2 yards apart.

SCORING:

- Athlete will be timed from the starting horn or command to when he/she touches the end of the pool.

RULES:

a. Athlete starts race from the wall.
b. Athlete starts the race at the sound of the start horn.
c. ATHLETE MUST HAVE ONE FOOT ON THE POOL FLOOR AT ALL TIMES.
d. Athlete must stay in his/her designated lane for entire race: athlete will be disqualified if he/she impedes the progress of another athlete.
e. An assistant may be allowed to GUIDE the athlete, but may not assist with the athlete’s forward movement.
f. Athletes may touch the lane rope, or may hang onto the lane rope as long as there is no advantage gained.
g. Athlete must not pull on lane ropes in an effort to obtain forward movement. Athletes will be disqualified.
h. Athlete must cross the finish line with one or two hands to finish. If athlete is missing body parts, he/she must cross the finish line with upper torso body part.
2. 15 YARD FLOTATION RACE

EQUIPMENT:

- Athlete must provide his/her own flotation. Kickboard or Water Wings are not permitted.
- PFD’s are Personal flotation devices and must encircle the body.
- Athletes must remain inside the flotation device for the entire race.

Whistle, stop watch, floating line, and optional starting horn.

SET-UP:

a. Set the finish line 15 yd. from the end of the pool. It is preferable that the athletes swim from deep to shallow.
b. Mark lanes 2 yd. apart.

SCORING:

- Athlete will be timed from the starting horn or command to when he/she crosses the finish line with any body part.

RULES:

a. Athlete starts race from the wall.
b. Athlete starts race at sound of the start command.
c. Athlete must stay in his/her designated lane for entire race; athlete will be disqualified if he/she impedes the progress of another athlete.
d. Athlete must remain inside the flotation device for the entire race.
e. An assistant may be allowed to guide the athlete, but may not assist with the athlete’s forward movement.
f. Athlete may touch the lane rope, or may hold the lane rope as long as there is no advantage gained.
g. Athlete must not pull on lane ropes in an effort to obtain forward movement. Athlete will be disqualified.
h. Athlete must cross the finish line with any body part or inner tube, (if used).
3. 15 YARD FLOTATION KICKBOARD RACE

EQUIPMENT:

Whistle, lane markers, stopwatches, flotation devices, kickboards/kickrollers, optional starting horn.

SET-UP:

a. Mark the finish line 15 yd. from the end of the pool.
b. Mark the lanes 2 yd. apart.

SCORING:

- Athlete will be timed from the starting horn or command to when he/she crosses the finish line.

RULES:

a. Athlete begins at the wall - the kickboard/kickrollers must be behind the start line.
b. Athlete starts race at the sound of the start horn or command.
c. Athlete MUST KEEP BOTH HANDS on the kickboard/kickrollers during the entire race.
d. Any style of kick may be used during the race.
e. An assistant may touch or guide the athlete, but may not assist with the athlete’s forward movement.
f. Athlete must stay in his/her designated lane for the entire race; athlete will be disqualified if he/she impedes the progress of another athlete.
g. Athletes may touch the bottom of the pool, or may stand to rest, but may not walk on the bottom or push off the bottom so as to gain an advantage.
h. Athlete may touch the lane rope, or may hold onto the lane rope as long as there is no advantage gained.
i. Athlete must not pull on the lane ropes in an effort to obtain forward movement. Athlete will be disqualified.
j. Athlete must cross the finish line WITH THE KICKBOARD/KICKROLLER to finish.
4. 15 YARD KICKBOARD RACE

- Athlete must keep both hands on the kickboard at all times.
- Any style of kick may be used.

EQUIPMENT:

Whistle, lane markers, stopwatches, kickboards/kickrollers, optional starting horn.

SET-UP:

a. Mark the finish line 15 yd. from the end of the pool.
b. Mark the lanes 2 yd. apart.

SCORING:

- Athlete will be timed from the starting horn or command to when he/she crosses the finish line.

RULES:

a. Athlete begins at the wall - the kickboard/kickrollers must be behind the start line.
b. Athlete starts race at the sound of the start horn or command.
c. Athlete MUST KEEP BOTH HANDS on the kickboard/kickrollers during the entire race.
d. Any style of kick may be used during the race.
e. An assistant may touch or guide the athlete, but may not assist with the athlete’s forward movement.
f. Athlete must stay in his/her designated lane for the entire race; athlete will be disqualified if he/she impedes the progress of another athlete.
g. Athletes may touch the bottom of the pool, or may stand to rest, but may not walk on the bottom or push off the bottom so as to gain an advantage.
h. Athlete may touch the lane rope, or may hold onto the lane rope as long as there is no advantage gained.
i. Athlete must not pull on the lane ropes in an effort to obtain forward movement. Athlete will be disqualified.
j. Athlete must cross the finish line WITH THE KICKBOARD/KICKROLLER to finish.
5. 15 YARD ASSISTED FREESTYLE
6. 15 YARD ASSISTED BACKSTROKE

- The assistant may tap or cue the athletes, but hands must be visible at all times.
- Freestyle is any style.
- Backstroke, the athlete must remain on their back.
- Assistants are positioned at the side of the athlete between the shoulder and hip. The assistant may move the athlete horizontally away from the lane line so that no forward advantage is taken.

EQUIPMENT:
- A flotation device is not allowed in this event.

SET-UP:

a. Start from the end of the pool.
b. Mark the finish line 15 yd. from the end of the pool.
c. Mark the lanes 2 yd. apart.

SCORING:

- Athlete will be timed from the start horn or command to when he/she crosses the finish line.

RULES:

* A flotation device is not allowed in this event.

a. Athlete begins at the wall. Athlete may be positioned on front/prone or back/supine.
b. Athlete starts race at the sound of the start horn or command.
c. Assistant may touch, guide or direct the athlete, but may not support or promote the athlete’s forward movement.
d. Assistants’ hands must be visible at all times. The assistant must be positioned at the side or back of the athlete.
e. Athlete may touch the bottom of the pool, or may stand on the bottom to rest, but may not walk (step forward) or push off the bottom so as to gain an advantage.
f. Athlete may touch the lane rope, or may hold onto the lane rope as long as there is no advantage gained.
g. Athlete must not pull on the lane ropes in an effort to obtain forward movement. Athlete will be disqualified.
h. Athlete must cross the finish line by hand or any body part to finish.
7. 15 YARD UNASSISTED FREESTYLE
8. 15 YARD UNASSISTED BACKSTROKE

- Assistants may walk in back of the athletes (10 foot distance) for safety, but may not assist or touch the athlete. In the backstroke, the assistant may move the athlete horizontally away from the lane line so no forward advantage is taken.

NOTE: If an athlete can swim this event in a time of less than 15 seconds, he/she should be training to compete in the 25 freestyle.

EQUIPMENT:
Floating lane markers, stopwatches, whistle, and optional starting horn.

SET-UP:
a. Start from the end of the pool.
b. Mark the finish line 15 yd. from the end of the pool.
c. Mark the lanes 2 yd. apart.

SCORING:
- Athlete will be timed from the start horn or command to when he/she crosses the finish line by HAND or any body part.

RULES:
a. Athlete must swim the entire 15 yards without assistance.
b. Athlete starts race from the wall. Athlete may be positioned on front/prone or back/supine.
c. Athlete starts race at the sound of the start horn or command.
d. An assistant may help the athlete maintain his/her position at the start line.
e. Athlete must stay in his/her designated lane for entire race; athlete will be disqualified if he/she impedes the progress of another athlete.
f. Athlete may touch bottom of pool, or may stand on bottom to rest, but may not walk or push off bottom so as to gain an advantage.
g. Assistants may walk IN BACK of athlete (minimum 10 ft. distance) for safety, but may not assist or touch the athlete.
h. Athlete may touch the lane rope or hold rope as long as there is no advantage gained.
i. Athlete must not pull on lane ropes in an effort to obtain forward movement. Athlete will be disqualified.
j. Athlete must cross the finish line by hand or any body part to finish.

NOTE: If an athlete can swim this event in a time of less than 15 seconds, he/she should be training to compete in the 25 yard freestyle.
9. 25 YARD TRANSITIONAL FREESTYLE

This is a transitional event that prepares developmental athletes for advancement to short course events.

- An assistant may be in the pool with the athlete, but must remain a minimum of 10 feet behind the athlete.
- USA Swimming Rules apply
- A 3 /multi-whistle start will be used

EQUIPMENT:
Lane lines, stopwatches, whistle, optional starting horn.

SET-UP:
- Use standard short course set-up.

SCORING:
- Athlete will be timed from the start to when he/she touches the end of the pool with any part of their body.

RULES:
a. USA Swimming Rules apply
b. A 3-whistle start will be used.

10. 25 YARD TRANSITIONAL BACKSTROKE

This is a transitional event that prepares developmental athletes for advancement to short course events. Athletes must swim this event on their back.

- An assistant may be in the pool with the athlete, but must remain a minimum of 10 feet behind the athlete.
- USA Swimming Rules apply
- A 3 /multi-whistle start will be used

EQUIPMENT:
Lane lines, stopwatches, whistle, optional starting horn.

SET-UP:
- Use standard short course set-up.

SCORING:
- Athlete will be timed from the start to when he/she touches the end of the pool with any part of their body.

RULES:
a. USA Swimming Rules apply
b. A 3-whistle start will be used
11. 25 YARD FLOTATION RACE

EQUIPMENT:

- Athlete must provide his/her own flotation. Kickboard or Water Wings are not permitted.
- PFD’s are Personal Flotation Devices and must encircle the body.
- Athletes must remain inside the flotation device for the entire race.

Whistle, stop watch, floating line, and optional starting horn.

SET-UP:

- Use standard short course set-up.

SCORING:

- Athlete will be timed from the start to when he/she touches the end of the pool with any part of their body.

RULES:

a. Athlete starts race from the wall.
b. Athlete starts race at sound of the start command.
c. Athlete must stay in his/her designated lane for entire race; athlete will be disqualified if he/she impedes the progress of another athlete.
d. Athlete must remain inside the flotation device for the entire race.
e. An assistant may be allowed to guide the athlete, but may not assist with the athlete’s forward movement.
f. Athlete may touch the lane rope, or may hold the lane rope as long as there is no advantage gained.
g. Athlete must not pull on lane ropes in an effort athlete must not pull on lane ropes in an effort to obtain forward movement. Athlete will be disqualified.
h. Athlete touch the end of the pool with any body part or inner tube, (if used).
12. 2 x 25 YARD FLOTATION RELAY

- Same rules apply as individual event and general rules

EQUIPMENT:

Athlete will provide his/her own flotation. **KICKBOARDS OR WATERWINGS ARE NOT PERMITTED.** PFD's, (Personal Flotation Devices) or inner tubes encircling the body must be used. Whistle, stop watch, and optional starting horn.

SCORING:

Team will be timed from the start command to when the second athlete in the relay touches the end of the pool with any body part.

13. 2 x 25 YARD KICKBOARD RELAY

- Each athlete must have their own kickboard.
- Same rules apply as individual event and general rules.

EQUIPMENT:

- Whistle, lane markers, stopwatches, kickboards/kickrollers, optional starting horn.

SCORING:

- Team will be timed from the starting horn or command to when the second athlete completes full 25 yards and touches end of the pool with kickboard.

RULES:

** All rules apply as to 15 & 25 yard kickboard race.
Athletes swimming on the same team are positioned at opposite ends of the pool in the same lane. One athlete’s kickboard must touch the wall before the second athlete can take off and swim. The second athlete’s kickboard must touch the wall at the completion of the race.

Relay teams will be placed in placed in competitive divisions using qualifying times.
14. 2 x 25 YARD RELAY (formerly medley relay)

- Athletes may swim any combination of individual developmental events
- Teams will be divisioned according to times only.

EQUIPMENT:

Whistle, lane markers, timing device, equipment as needed per event, optional starting horn.

* Athletes must provide their own kickboard or flotation device.

SCORING:

Team will be timed from the starting horn or command to when the second swimmer completes the full 25 meters and touches the end of the pool.

RULES:

1. The Special Olympics athlete must be at the Developmental Level.
2. Both Special Olympics athlete and partner MUST perform an in water start (no dive starts).
3. The two members of the relay team MUST do a different event; flotation, kickboard, assisted or unassisted.
4. Teams will be placed in divisions according to their qualifying times.
15. 2 x 25 YARD UNIFIED RELAY (formerly medley relay)

- Athletes and partners may swim any combination of individual events.
- Partners may not use flotations

EQUIPMENT:

Athlete will provide his/her own flotation if needed. Water wings are not permitted.

Whistle, lane markers, timing devices, equipment as needed per event, optional starting horn.

SCORING:

Team will be timed from the starting horn or command to when the second swimmer completes the full 25 yards and touches the end of the pool.

RULES:

1. The athlete must be at the Developmental Level and entered in another Developmental Aquatics event.
2. Both the athlete and partner **MUST** perform an in-water start (NO DIVE STARTS).
3. If the athlete chooses to swim the assisted swim, the kickboard or flotation, he/she **MUST** also have an assistant in the pool in addition to his/her partner. PARTNER CANNOT BE THE ASSISTANT.
4. This is a Medley Relay - the athlete may swim any Developmental event and the partner may swim back stroke, breaststroke, butterfly or freestyle. PARTNERS MAY NOT USE FLOTATIONS.
5. Teams will be placed in divisions according to their qualifying times.
We are grateful to Dr. James E. “Doc” Counsilman, author, and Prentice Hall, Inc., publishers of *The Science of Swimming*, for the illustrations and descriptions of strokes. Doc Counsilman, swimming coach of Indiana University, was coach of the 1964 and 1976 USA Men’s Olympic Swimming Team and his Indiana Swimming Teams have won many national NCAA Championships.

In 1979, Dr. Counsilman became the oldest person ever to swim the English Channel.

**THE CRAWL STROKE**

1. As one arm begins the pull with the elbow straight, the other arm begins its recovery by bending and lifting the elbow upward. The legs kick up and down in a flutter kick.

2. The pulling arm bends at the elbow. As it is pulled under the body the elbow is held high.
3. The pulling arm reaches maximum elbow bend as it passes under shoulder and chest. Recovering arm enters the water directly in front of the shoulder.

4. As the arm pulls nears completion, the head is rotated to the side for breathing.

5. Breath is taken as arm leaves water. Inhalation is through the mouth.
THE BACKSTROKE

1. The arm has just entered the water at a point directly over the shoulder. The legs are kicked up and downward in the flutter kick.

2. The left arm sinks downward as the pull begins and the right arm starts its recovery directly upward.

3. The elbow of the pulling arm continues to bend as it is pulled backward. The recovering arm recovers directly upward.
4. The pulling arm pushes back and downward, while the legs continue their flutter kick.

1. The pull ends with the palms pressing water toward the bottom of the pool, while the recovering arm enters the water in a line directly over the shoulder.

**THE BREASTSTROKE**

1. The stroke begins from a stretched-out horizontal position, palms facing diagonally outward.

2. Arms are pulled outward, downward and back. The head is lifted up by flexion of the neck.
3. The breath is taken as arms and the pull and legs start to recover by bending at the knees.

5. After the breath is taken, the face is placed back into the water and the heels are brought up toward the buttocks. The arms are pressed forward.

6. The leg kick is made as the arms are extended and the head is dropped slightly so eyes are underwater (but not the top of the head). The swimmer now goes into the glide position.

THE BUTTERFLY STROKE

1. The arms enter the water at shoulder width with the elbows straight. The feet kick downward in the first kick.
2. The hands press in an outward and downward direction with the elbows held high and kept bent.

3. The hands almost come together under the chest and the elbows are bent at right angles.

4. As the arms finish the pull, the second kick is made and the breath is taken.

5. The arms are recovered over the water and the head is lowered so the face is down.
TEACHING TIPS

1. Work within the athlete’s limits
2. Repetition and praise are important when working with Special Olympics athletes
3. Some athletes do not respond to changes well. Stick to a familiar routine.
4. A coach may have to adapt a stroke (as far as the freestyle) to the athlete, not the athlete to the stroke.
5. Some athletes have short attention spans. Keep instruction simple and short.
6. Correct a small part of a stroke at a time.
7. End each workout on a positive note.
8. Workouts need to be geared to the average athlete and then the pace can be picked up.
9. A coach may need to increase or decrease the distance of workouts depending on the skill level and capabilities of athletes.
10. Fatigue factors to look for in athletes:
   a. Kick factor (no white water)
   b. Cramps
   c. Flush color in face
   d. Shortness of breath

An excellent book to help teach strokes, starts, turns and other work-out ideas is "Swimming for Total Fitness" by Jane Katz, Ed. D., Dolphin Books/Doubleday & Company, Inc.

WHAT DOES A WORKOUT INCLUDE

Designing a workout depends on the swimming distance, the stroke emphasis, your philosophy and your goals. Your workouts for athletes should support the team picture as a whole and your overall teaching method. By periodically varying your workouts, you will avoid monotony and burnout.

WHAT ARE THE TYPES OF WORKOUTS?
There are many types of training workouts. Interval training is the most common. This type of training is just simply swimming at given (fixed) distances at a given (fixed) pace with a given (fixed) interval period of rest. Sprint training, repetition training, fast interval training and slow interval training are examples of interval training.

Sprint Training = Swimming short distances at a high rate of speed.
Repetition Training = Swimming distances that are shorter than racing distances. However you want to swim at a pace faster that the whole racing distance.
Fast Interval Training = This consist of a work to rest ratio of 1:1. You develop both speed and endurance.
Slow Interval Training = Swimming at speeds that are 70% of the best pace for that distance.

HOW TO APPLY THE INTERVAL TRAINING CONCEPT

Straight: 4 X 200 with 60 seconds rest performed at constant speed
Ascending: 1 X 25 1 X 50 1 X 75 1 X 100, etc.
Descending: 1 X 200 1 X 150 1 X 100 1 X 50, etc.
Pyramid: 1 X 25 1 X 50 1 X 75 1 X 100 1 X 75 1 X 50 1 X 25
Locomotive: 1 fast/1 slow 2 fast/2 slow, etc.
This can be ascending or descending, straight or pyramid
SAMPLE WORKOUTS

The workouts provided are just examples. The workouts you use need to have meaning to the athlete in developing his/her full potential. It is highly recommended that coaches mentor with another coach, read current literature AND be current on the new rules!

WORKOUT: 1,200 yds Freestyle/flip turns/Pyramid

Warm-up:  
1 X 100 kick  
1 X 100 pull  
1 X 100 alternate breathing

Main Set:  
1 X 50  15 seconds (with 15 sec. Rest per 50)  
1 X 100  30 seconds  
1 X 150  45 seconds  
1 X 200  60 seconds  
1 X 150  45 seconds  
1 X 100  30 seconds  
1 X 50  15 seconds

Cool Down:  1 X 100 kick

Practice: tight turns

WORKOUT: 1,800 yds. IM/Descending

Warm-up:  
1 X 150 swim  
1 X 100 pull  
1 X 50 kick

Main Set:  
1 X 100 Breaststroke pull (rest 1 min. after each 100)  
2 X 200 Freestyle  
2 X 150 Breaststroke  
2 X 100 Freestyle  
2 X 50  Breaststroke

Cool Down:  1 X 100 kick  
1 X 100 pull  
1 X 100 IM easy

Practice: tight turns  
*The main set can be reversed to a ladder or ascending set

WORKOUT: 1,600 yds IM/Straight

Warm-up:  
1 X 100 swim  
1 X 100 pull  
1 X 100 kick
Main Set: 2 X 100 IM pull (rest 1 min. after each 100)
2 X 100 butterfly
2 X 100 backstroke
2 X 100 breaststroke
2 X 100 freestyle

Cool Down: 1 X 100 kick
1 X 100 pull
1 X 100 IM easy

Practice: tight IM turns

WORKOUT: Freestyle 8 X 25

Warm-up: Kickboard with flippers 8 X
1 Arm Drill 8 X
Body Roll 2 X

Main Set: 25 Free (count 20) 25 Free (count 20)
25 Free (count 20) 25 Free (count 20)
25 Free (count 20) 25 Free (count 20)
25 Free (count 20) 25 Free (count 20)

Cool Down: Kickboard Breathing – Face in Count 3
Face out Count 3

HOW TO TRAIN FOR THE SEASON

Make goals and workouts that equal seasonal success. Prior to the start of the swim season, a coach should have a good picture of how they will lay out the training season. Here is a simple formula:

- Begin with Strokes - some yardage
- Increase workouts - still concentrate on strokes
- As training peaks – maximize yardage
- Decrease yardage – rest intervals
- Just before meet – Speed/Starts/Turns

This is a simple formula to start your training. The more familiar you become with training and workouts and your athletes, the more comfortable you will feel with adding elements to the formula. The formula you use should reflect your team. Your training season should resemble a bell curve.
Training Drills

FREESTYLE DRILLS

Catch-up Freestyle - this drill helps body roll and catch, let the hands touch in extended position before beginning to pull.

Zipper - bring the hands up the sides as in normal freestyle as if to be pulling up a zipper on each side. This drill produces high elbow and good body roll.

Chicken Wing - place hands under the armpits and swim freestyle.

Stick - hold a stick in one hand extended in front, stretch above head after recovery of pulling arm, let that hand take the stick and let other arm pull. Produces good roll, catch and stretch.

Fingertip Drag - drag fingertips through the water. Aids in the recovery (high elbow).

Hand Drag - drag hand through the water.

LA Dog - long arm dog paddle, extend hands forward and pull as in normal free-style, but do not recover overhead. Produces strong pull.

LA Dog (head out of water) - same as above except head is out of water which produces a strong pull. This drill can be done with fins.

KRLS - Kick for a 25 or 50 then, swim with right arm, then left arm, then swim stroke.

FREE KICKING DRILLS

1. Kick with hands clasped and arms extended in front of head.
2. Same as above except eyes should be out of water.
3. Vertical kicking (Alternate arms up and down).

Back Crawl
Place your hands in the water directly in front of your shoulder with your palm facing away from your body. After your hand enters the water, press it down and out. Then sweep your hand in and up toward the surface gradually bending your arm. When your hand comes near the surface, push the water down below your leg by extending your arm. Recover your hand straight over head. When kicking don’t let knees break surface. Allow feet to make water boil but not splash at the surface.

BACK STROKE DRILLS

1. Right arm at side, swim only with left, after each pull with left, roll right shoulder.
2. Same as above except left arm at side.
3. Double Arm Back Stroke - Recover and pull both arms at the same time, helps the entry.
4. With one arm above head swim with other arm, then switch arms.
5. Windmill - In shallow water pick up both arms and drop them in a windmill fashion. Then practice in deep water.
6. Backdog - Same as back stroke except underwater recovery. Remember to slide hands through the water. Strong pull.
7. Grab and pull the lane lines - This will allow for proper back pull.
8. Hilter - Swim with one hand at 45” angle while pulling backstroke with the other. Strong pull and proper recovery.
BACK STROKE KICKING DRILLS
1. Kick with both arms at side.
2. Kick with one arm up and other arm at side.
3. Kick with both arms extended overhead.
4. Vertical kicking with hands clasped.
5. Kick on side.

Butterfly: Your hands should enter the water outside your shoulders. Don’t begin stroking immediately. Reach out with your hands in a circle down, out and in and up until they are nearly together under head. After that, push the water out, up, and back toward the surface. Let go of the water as your hands pass your legs. Bring your hands out of the water little finger first. Head down before hands go in head out before hands come out. Kick when head goes down. Kick when head comes out. Head up slow - grab air - head down fast and lunge forward. Lift shoulders on recovery. Rear end should ride high in the water.

FLY DRILLS
1. Right arm only - breathe to the right arm at side and overhead.
2. Left arm only - breathe to the left.
3. Do fly with pull buoy.
4. **Triple Kick Fly** - 2 kicks with arms out front, on third kick pull and breathe.
5. **Drag hand on recovery** - also can be done while wearing pull buoy and fins
6. **Thumb touch fly** - touch thumbs together before entry can be done with or without fins and/or pull buoy. Produces correct entry for hands.
7. **Flydog** - do fly with underwater recovery. Creates strong pull.

DOLPHIN KICKING
1. Dolphin kick with kickboard on stomach.
2. On side with bottom arm out in front and top of arm at side or reverse.
3. On back with hands clasped over head.
4. Vertical kicking with hands clasped over head.
5. Kicking with fins.

Breaststroke Pull - Sweep your hand out, down, in, and up under your shoulders. Then reach forward for the next stroke. Helpful to draw a valentine heart on the deck and have athletes practice.

**Kick:** Recover your legs by lowering your hips and gently pulling your feet up to your buttocks (feet should be held close together and your knees should be turned out slightly.) Outsweep - Begin circling your feet outward when they approach your butt. Turn your feet outward as much as possible while you sweep them outward. Down sweep - As your feet pass outside your shoulders begin pushing down the water with them. Insweep - Continue circling your feet downward and inward until they come together. Turn the soles of your feet together. Do not point your toes at the end of the kick. When the insweep is completed, bring your legs up in line with your body and hold them in a streamlined position during the arm stroke.
BREASTROKE DRILLS

1. 3-2-1-1- Kick 3 times to every one-arm pull then, 2 kicks to one pull and then do the stroke.
2. Breaststroke pull with flutter kick.
3. Breaststroke pull with pull buoy and/or small kick.
4. Swim taking a breath every other stroke.
5. Same as above except using pull buoy.
6. Pulling action from blocks with kickboard at chin so as not to go past shoulders.

Breaststroke Kicking
1. Breaststroke kick on back (can use a kickboard), same as elementary back stroke kick.
2. Heel - touch kick - fingers extended hands together behind back, thumbs locked.
3. Vertical kicking - with arms above and out of water.
4. Kick holding on to the gutter.
5. Kicking with a kickboard.
YOUR ROLE AS A COACH

Concept 1 - Leadership
You are in charge. Your responsibility is to the participant - as an individual and as a team. Try to set examples of basic coaching qualities - happiness, interest, involvement, encouragement and motivation.

Concept 2 - The Participant
Get to know your swimmers. Find out their interests outside of swimming. Find out what they want to swim - specialty strokes. See if they are interested in wanting to learn another stroke. Ask them - don’t force them - get their input. It should be fun!!

Concept 3 - The Program
What are your goals for the participant - to get ready for THE BIG MEET? To learn each of the four strokes? The scale of your program needs to be defined from the beginning. Allow the swimmers to know what kind of program they will participate in. Again, ask them for their input on some of the drills or exercises they would like to do.

Coaching Methodology & Tips

Program Content

1) Stretching and Warm-up - Set up a good stretching program before the swimmers get into the pool. This is especially important at the beginning of the season. The participants need to have as much flexibility as possible. This will help minimize muscle injury before they start. Your stretching program is up to you but make sure all major muscle groups are involved. Emphasize the stretching program so it will be executed by swimmers each time they prepare to swim - make it automatic.

2) Stroke Work - At the beginning of the season, stroke work is very important. In most programs, the swimmers are training for a swim meet. However, training should not be viewed as strictly yardage-and-endurance building, but as repetitive training. If someone is following the wrong technique over and over, then he or she will do the same thing during races. Avoid the “Endurance Training Syndrome”. Teach proper technique first, make them comfortable enough to understand proper stroke technique so that each time they swim, the stroke is repeated properly. Do not confuse proper stroke technique with “The Only Way”, as we know, everyone’s physiological makeup is different. Try to treat each individual with the understanding that stroke efficiency is the key. You want each swimmer to get the most out of each stroke, breath, and basic movement in the water. Stroke Work – Breakdown - A suggestion would be to work in groups of 4 - 8 depending on their level of understanding and swimming experience. Review the stroke. Watch swimmers in the pool, make corrections. Stop one swimmer at a time while the others continue practicing. You can break the stroke down into separate parts, after the overall is discussed and reviewed, then have them do drills for each part of that stroke.

For example:
  a. Freestyle
b. Major objective-streamline (use examples like canoe)
c. Review on deck
d. Swim streamline for a while reviewing each individual
e. Breakdown to kick only (evaluate)
f. Breakdown to pull only (evaluate)
g. Full stroke swim again (Overall evaluation)

Remember, once swimmers are comfortable and you see improvement, ensure that this improvement is maintained every time they swim or practice that stroke. All strokes can be improved in a similar way. Break each one down and incorporate your stroke work program.

3) Work Out Plan - The Season - Once again, establishing your overall goals is important in order to have a good workout plan. The length of the swim season needs to be analyzed from start to finish, as well as the immediate training time.

Workout Plan - The Week - What is it you want to accomplish? At least one stroke other than freestyle should be utilized by swimmers. Hopefully, all strokes will be touched on so that each participant will expand his or her knowledge. You need to look at workout, not so much on a daily basis but weekly. For instance, maybe Monday, Wednesday and Friday will be mainly Freestyle drills, with some other strokes included. The emphasis will be to train the swimmer for endurance and proper stroke repetition. Tuesday and Thursday could be planned for specialty stroke workouts, concentrating on endurance as well as proper stroke repetition. As a suggestion, use one day (towards the end of the workout) to work on starts and turns. The options are numerous, of course, and your preference. Think of all the goals you want to accomplish and work out a system. Be innovative – incorporate relay races during practice. Get the athletes excited about the next practice.

4) Evaluations - This is very important to the overall view coaches have of their programs. It is very helpful for the coach to talk to each individual on a regular basis. This does several things:
   a. It allows the swimmer to feel a closeness to the coach.
   b. The swimmer gets special individual attention.
   c. The swimmer can learn how to improve and maintain improvement.
   d. This is a great time for encouragement and motivation.
   e. The individual has the opportunity to express himself.
   f. The coach can decide which areas need improvement.
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## Swimming Resources

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<tr>
<td>Pannell Swim Shop</td>
<td>WMS Aquatic Specialists</td>
</tr>
<tr>
<td>1-800-595-1153</td>
<td>1-800-426-9460</td>
</tr>
<tr>
<td>1-800-691-7946</td>
<td>Catalog Department</td>
</tr>
<tr>
<td>Louisville/Lexington</td>
<td>P.O. Box 398</td>
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<td>Ellensburg, WA 98926</td>
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<tr>
<td>World Wide Aquatics</td>
<td>Gopher Sport</td>
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<tr>
<td>1-866-689-9333</td>
<td>1-800-533-0446</td>
</tr>
<tr>
<td>6015 Benjamin Rd.</td>
<td>220 24th Ave. NW</td>
</tr>
<tr>
<td>Suite 312</td>
<td>P.O. Box 998</td>
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<tr>
<td>Tampa, FL 33634-5179</td>
<td>Owatonna, MN 55060-0998</td>
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<tr>
<td><a href="http://www.worldwideaquatics.com">www.worldwideaquatics.com</a></td>
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<tr>
<td>Medley Swim Systems</td>
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<tr>
<td>1-800-428-3254</td>
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<tr>
<td>533 Stenning Drive</td>
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<th>Equipment for Special Populations</th>
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<tr>
<td>Danmar Products, Inc.*</td>
</tr>
<tr>
<td>1-800-783-1998</td>
</tr>
<tr>
<td>221 Jackson Industrial Drive</td>
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<tr>
<td>Ann Arbor, MI 48103</td>
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<tr>
<td><a href="http://www.danmarproducts.com">www.danmarproducts.com</a></td>
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<tr>
<td>1-800-776-5309</td>
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<tr>
<td>7100 Spectrum Way</td>
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<tr>
<td>Missoula, MT 59808</td>
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<th>Sprint*</th>
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<tr>
<td>Roth Hammer International Inc.</td>
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<tr>
<td>1-800-235-2156</td>
</tr>
<tr>
<td>San Luis Obispo, CA 93403</td>
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<tr>
<td><a href="http://www.sprintaquatics.com">www.sprintaquatics.com</a></td>
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<tr>
<td>1-800-850-8602</td>
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<td><a href="http://www.abilitations.com">www.abilitations.com</a></td>
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<tr>
<td>1-800-793-7900</td>
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<tr>
<td><a href="http://www.flaghouse.com">www.flaghouse.com</a></td>
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*Companies that carry flotation devices that encircle the body

### VIDEO REFERENCE:
**Officiating Swimming (demonstration of all strokes)**
Order through United States Swimming

### BOOK REFERENCES:
1. Coaching Swimming Successfully by Dick Hanula (published by Human Kinetics)
2. Swimming for Total Fitness by Jane Katz (published by Doubleday)
3. Swim Smarter – Swim Faster (Starts, Turns & Finishes) by Richard Quick & Skip Kenny
SWIMMER ___________________________________________

EVENT ______________ HEAT _________ LANE _________

Infraction / Event

15 Yard Walk
1 One foot not on pool floor _____
2 Assistant helped forward movement _____
3 Uses lane ropes to gain advantage _____

15 Yd Flotation  25 Yd Flotation
4 Flotation does not encircle the body _____
5 Assistant helped forward movement _____
3 Used lane ropes to gain advantage _____

Kickboard
5 One/two hands off kickboard _____
2 Assistant helped forward movement _____
6 Walk/push off from bottom of pool _____
3 Used lane ropes to gain advantage _____
7 Did not touch end of pool with kickboard _____

Assisted Freestyle ASF  Unassisted Freestyle UASF
2 Assistant helped forward movement ______
6 Walk/push off from bottom of pool ______
3 Used lane ropes to gain advantage ______

Assisted Backstroke ASB  Unassisted Backstroke UASB
2 Assistant helped with forward movement ______
6 Walk/push off from bottom of pool ______
3 Used lane ropes to gain advantage ______
8 Not on back off the wall ______
9 Shoulder past vertical ______

25 Yd Transitional Freestyle  Transitional Backstroke
During: Start _____ Swim _____ Turn _____ Finish ______
Toes over lip of gutter after start ______
Not on back off wall ______
Shoulder past vertical ______
Completely submerged prior to turn or finish ______
Other ______
No touch at finish ______

Relays
Relay(Medley) _______ Flotation _______
Unified _______ Kickboard _______
Stoke infraction # _______ Swimmer # _______
Early take off swimmer # _______

Other
False start ______
Delay of meet ______
Did not finish ______
Impeded another athlete ______

JUDGE: ___________________________________________
REFEREE: ___________________________________________
NOTIFIED: SWIMMER _______ COACH _______

BREASTSTROKE
DURING: START _____ SWIM _____ TURN _____ FINISH ______
10 KICK: ALTERNATING BUTTERFLY SCISSORS____
11 ARMS: NON-SIMULTANEOUS TWO STROKES UNDER___
NOT IN SAME HORIZONTAL PLANE PAST HIPLINE ______
12 ELBOWS RECOVERED OVER WATER ______
14 CYCLE: HEAD NOT UP DOUBLE PULL/KICKS ______
15 TOUCH: ONE HAND NON-SIMULTANEOUS____
16 NOT TOWARD THE BREAST OFF WALL ______
19 OTHER____

Butterfly
DURING: START _____ SWIM _____ TURN _____ FINISH ______
20 KICK: ALTERNATING BREAST SCISSORS____
21 ARMS: NON-SIMULTANEOUS UNDERWATER RECOV____
23 TOUCH: ONE HAND NON-SIMULATNEOUS____
24 NOT TOWARD THE BREAST OFF WALL ______
25 HEAD DID NOT BREAK SURFACE BY 15M____
29 OTHER____

BACKSTROKE
DURING: START _____ SWIM _____ TURN _____ FINISH ______
30 TOES OVER LIP OF GUTTER AFTER START _______
31 HEAD DID NOT BREAK SURFACE BY 15M _______
32 NOT ON BACK OFF WALL ______
33 NO TOUCH AT TURN ______
34 PAST VERTICAL AT TURN:
DELAY INITIATING ARM PULL ______
DELAY INITIATING TURN ______
MULTIPLE STROKES ______
35 SHOULDER PAST VERTICAL ______
36 COMPLETELY SUBMERGED PRIOR TO TURN OR FINISH ______
39 OTHER____

INDIVIDUAL MEDLEY
41 STROKES INFRACTION _______ _______ _______
42 OUT OF SEQUENCE _______

FREESTYLE
50 NO TOUCH TURN # _______
51 HEAD DID NOT BREAK SURFACE BY 15M _______

RELAYS
70 STROKE INFRACTION # _______ SWIMMER # _______
71 EARLY TAKE OFF SWIMMER # _______
72 CHANGED ORDER: SWIMMER ______ STROKE _______

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60 FALSE START _______ 61 DELAY OF MEET _______
62 DID NOT FINISH _______ 63 DECLARED FALSE START ______
69 OTHER _______

JUDGE: ___________________________________________
REFEREE: ___________________________________________
NOTIFIED: SWIMMER _______ COACH _______

50