



# ***Special Olympics***

## ***Missouri***

### **SWIMMING**

The Official Special Olympics Summer Sports Rules shall govern all Special Olympics aquatics competitions. As an international sports program, Special Olympics has created these rules based upon Federation International de Natacion Amateur (FINA) and national governing body (NGB) rules for Aquatics. (NGB – Missouri State High School Activities Association (MSHSAA). FINA or national governing body rules shall be employed except when they are in conflict with the Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

#### ***A. SOMO Swimming Rules***

1. Athletes who swim Low Motor Events, which are 10M Assisted Swim, 15M Flotation Race, 15M Walk, 25M Flotation Race, 15M Unassisted Swim, 25M Freestyle, and the 25M Backstroke may ONLY swim in 2 events and the Regulation or Unified 4x25M Freestyle Relay OR the 4x25M Medley Relay (as long as they ONLY swim the freestyle or backstroke).
2. During the 10M Assisted swim, the assistant shall be positioned either behind the swimmer or to the side of the swimmer NOT in front of the swimmer.
3. ALL non-swimmers which are by definition anyone unable to swim a 25M Freestyle or 25M Backstroke MUST be able to touch bottom at all times during competition.
4. PFD's (Personal Flotation Devices) used for Flotation Races MUST be Coast Guard approved. Belts and/or arm flotation devices are NOT allowed.
5. The minimum pool depth for any dive-starts either from blocks or the pool deck shall be 6 feet. For any pool that does not meet this requirement, dive-starts shall NOT be allowed.
6. Athletes may participate in 4 events. 3 individual events and 1 relay OR 2 individual events and 2 relays (that do not conflict) as long as they are not swimming in a Low Motor event.

## ***B. Swimming Order of Events***

1. SOMO will use the following order of events:

<b>Distance</b>	<b>Stroke</b>
1500 M	Free
15 M	Flotation Race
15 M	Unassisted Swim
15 M	Walk
25 M	Flotation
25 M	Free
25 M	Breast
25 M	Fly
25M	Back
4x25 M	Freestyle Relays
4x25 M	Medley Relays
200 M	Free
200 M	Back
200 M	Breast
200 M	IM
800 M	Free
50 M	Freestyle
50 M	Back
50 M	Fly
50 M	Breast
400 M	Free
400 M	IM
100 M	Free
100 M	Breast
100 M	Fly
100 M	Back
100 M	IM
4x50 M	Freestyle Relay
4x50 M	Medley Relay
4x100	Free Relay
4x200	Free Relay

### ***C. Competition Uniforms***

1. All swimwear **MUST** be of one-piece.
2. All swimwear must be approved swimming attire. The final authority will be the Swimming Sports Commissioner or Competition Director.\