

# New Mexico Senior Olympics

## Swimming Rules

Revised 2-2024

### Playing Format

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

United States Masters Swimming, Inc.	National Senior Games Association
1751 Mound Street, Suite 201	P.O. Box 5630
Sarasota, FL 34236	Clearwater, FL 33758
(941) 256-8767 or (800) 550-7946	(727) 475-1187
<a href="http://www.usms.org/rules">www.usms.org/rules</a>	<a href="http://www.nsga.com">www.nsga.com</a>
- Strokes will be Backstroke, 50Y, 100Y and 200Y; Breaststroke, 50Y, 100Y and 200Y; Butterfly, 50Y, 100Y and 200Y; Freestyle, 50Y, 100Y, 200Y and 500Y; Individual Medley (four different strokes), 100Y, 200Y and 400Y; and 200Y Medley Relay (Bonus Team event)
- Age groups and genders may be combined so that no swimmer has to swim alone and so that lanes may be filled.
- All events shall be conducted on a timed final basis.
- The medley relay will consist of 2 males and 2 females and is open age.
- A false start will result in disqualification.
- Participant may be disqualified if the correct stroke is not used. Any swimmer who uses improper methods in order to gain an advantage over his/her competition will be disqualified from that event.
- For the 200M Medley Relay, teams may be formed onsite and all team members must be registered athletes.

### Playing Rules

- Starts:** The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall.
- Strokes**
  - Backstroke** (50 yards, 100 & 200 yards)
    - Start** - The swimmers shall line up in the water, facing the starting end, with both hands resting either on the end or rail of the pool on any part of the starting platform or block.
    - Stroke** - The swimmer shall push off on his back and continue swimming on his back throughout the race.
    - 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 an immediate continuous simultaneous double arm pull may be used to initiate the turn. Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.
  - Breaststroke** (50 yards, 100 yards & 200 yards)
    - Start** - Forward start.
    - Stroke** - The body shall be kept on the breast. 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 without alternating movement. The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements, or downward butterfly (dolphin) kicks are NOT permitted except as provided herein.
    - Turns** - When touching at each turn, the touch shall be made with both hands, simultaneously.

# Swimming Rules (cont.)

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

1. Start - Forward start.
2. Stroke - In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke.
3. Turns – Upon completion of each length, the swimmer must touch the wall.

d) **Butterfly** (50 yards, 100 yards & 200 yards)

1. Start - Forward start.
2. Stroke - 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. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race.
3. 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.

e) **Individual Medley** (100 yards, 200 yards & 400 yards)

1. Swimmers will swim a total of 100, 200 or 400 yards, 25 or 50 yards of each stroke.
2. Start - Forward start.
3. The order of the medley is butterfly, backstroke, breaststroke, and freestyle.
4. Rules for the individual strokes govern turns.

f) **Co-Ed 200M Medley Relay (Bonus Event)**

1. Four swimmers on each team, each swimming 50 yards of the prescribed distance using the desired stroke(s).
2. The order of the medley is butterfly, backstroke, breaststroke & freestyle.
3. In relay races, the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his preceding teammate touches the wall shall be disqualified.
4. If a team member becomes ill after registration, the team may get a substitute with a documented medical reason.
5. Teams may be formed onsite. All team members must be registered for the current Summer Games.

3. **Finish:** The swimmer shall have finished the race when any part of the swimmer touches the wall after completion of the prescribed distance.

*Source: U S Masters Swimming 2024 Regulations & Rules of Competition.*

<https://www-usms-hhgdcfaffnha6hr.z01.azurefd.net/-/media/usms/pdfs/volunteer%20central/rule%20book/compiledrulebook.pdf?rev=75f7138e66f84e3694b81f4a01003b08&hash=F1B33CBF65F5BAA565022A97846EF62F>