

SPECIAL OLYMPICS VIRGINIA SWIMMING SKILLS RULES

KICKBOARD RACE

- A. Touching the bottom of the pool during the race will result in disqualification.
- B. Distance – one width of the pool. The pool should be measured and the times corrected to 15 meters. (Times should be based on 15 meters.)
- C. Held in the shallow end of the pool. Pool depth may vary.
- D. Athlete must use a regular kickboard and keep both hands on the board at all times. If the hands come off the board, the referee will determine if any advantage was obtained, i.e. arm stroke. If so, disqualification will result.
- E. Any kick is acceptable.
- F. Start – one hand on the wall. Either or both feet may be planted on the wall or bottom of the pool.
- G. Finish – when the board touches the wall, the race is over.
Coaches will want to train their athletes not to reach for the wall with their hand as this might be construed as an arm stroke.
- H. Timed and placed.
- I. Areas are required to bring your own equipment for this event. It will not be provided by the venues.

Most common reasons for disqualifications:

- letting go of the board to reach for the wall
- standing up at the end of the race and reaching for the wall
- standing up / touching the bottom for a push / touching the bottom at all during the race
- letting go of the board to stroke with one or both hands
- Kickboards – using a nonstandard board (extra length or width, more like a boogie board, etc.)

Note: train athletes NOT to have the board in a bent arm, almost vertical position – they are basically plowing through the water like this

UNDERWATER RETRIEVAL RACE

- A. 10 weighted objects (dive rings) on the bottom of the pool. They will be grouped in 5 sets of 2, spaced one meter apart, placed lengthwise from the shallow-end edge of the pool.
- B. Each object in the first set will have a value of 2 points, the next set's objects will be worth 4 points, then 6, 8, & 10 points. Each object in a set is worth the points assigned to that set (total possible points: 60)
- C. The athlete is to retrieve, by swimming, walking, diving, etc. one object at a time from any set and bring it back to the deck at the pool's edge. The athlete then goes back and retrieves the next object from any set, etc.
- They do not have to retrieve objects in any specific order as the purpose is to score the highest number of points possible.
- D. The athlete is given one minute to obtain the highest score. Any objects that are not on the deck at the end of one minute DO NOT count!
- E. The athlete can only use their hands to retrieve the objects.
- F. The athletes shall start at the shallowest end of the pool, in the water.
- G. Athletes will have only one 60-second period to retrieve as many rings as possible.

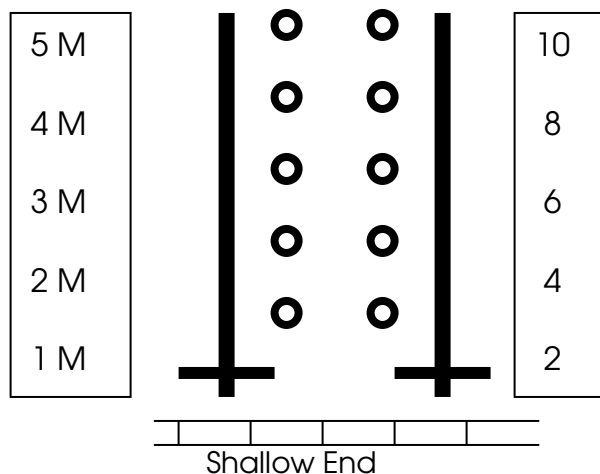
Concerns / errors:

Allowing athletes to pick up objects with their feet

Training athletes to choose rings by color – sets at competitions may not be the same as the ones used in practice!

Standing beside the objects and guiding athletes to them – the athlete should be able to locate the objects without direct assistance

Note: buckets have not been used in competition for several years; rings are placed on the pool deck



WALKING RELAY

- A. Relays shall be made up of 4 athletes from the same registered delegation.
- B. Distance – Each athlete shall walk one width distance. (60 meters) The pool should be measured and the times corrected to 60 meters.
- C. Each leg of the race will be considered finished and the next athlete may advance when:
 - I. Walking – any portion of the body has touched the wall.
- D. All rules concerning the walk will be as described for the individual races.
- E. All 4 athletes will be permitted to be in the water throughout the entire race.

Concerns / disqualifications:

- Walking – if any athlete swims during their leg of the race, the entire team is disqualified

25M ASSISTED SWIM

Each athlete is responsible for having his/her own coach/assistant. The assistant may touch, guide or direct the athlete, but may not support or assist with the athlete's forward movement. The swimmer is allowed to use a flotation device (see specifications listed in section D, 2 Equipment). The assistant may be in the pool or on the deck.

Each athlete is responsible for his/her own flotation device. The device must be of the body wraparound type such that if the athlete were to not be able to hold onto the device, the device would still support the athlete with his/her face out of the water. (Flotation devices such as kickboards, inner tubes or floats that wrap around the arms are not acceptable for use at any time).

CONVERSION FORMULAS

(The examples are converting times from a 12 meter pool to 15 meters)

Individual – (Time) x 15 meters / pool width in meters
(20 sec) x 15 m / 12 m = 20 x 1.25 = 25 sec.

Relay - (Time) x 60 meters / (4 x pool width in meters)
(100 sec) x 60m / (4 x 12 m) = 100 x 1.25 = 125 sec.

ADDITIONAL NOTES

- If requested, an assistant may be in the water with any athlete. They will be there purely for the sake of safety and may not aid the athlete. Exception would be made for blind athletes.
- Each athlete is responsible for his/her own flotation device. The device must be of the body wraparound type such that if the athlete were to not be able to hold onto the device, the device would still support the athlete with his/her face out of the water. (Flotation devices such as kickboards, inner tubes or floats that wrap around the arms are not acceptable for use at any time).
- In addition to the events listed above the following events are located in the SOI Aquatics rules.

They are:

15 M Walk

15M Flotation Race

25M Flotation Race

10M Width Swim