



# **National Veterans Golden Age Games**

## **Swimming**

**25/50yd Backstroke, Breaststroke and Freestyle,  
75ydIM (25yd Backstroke, 25yd Breaststroke, and 25yd Freestyle)**

### **INSTRUCTIONS TO ATHLETES & RULES**

1. Competition numbers must be presented at check-in.
2. Swimming will count as one sport towards the four (4) event maximum. Athletes may enter and medal in one, two, three, or four swimming events.
3. You may not be assisted or coached in the competition area.
4. Athletes in the visual impaired division should inform lead officials to ensure visual cues are offered.
5. Swimming event will be held in an 8 lane 25yd pool.
6. Swimmers will be given an opportunity to warm up prior to the start of the event.
7. All swimmers will begin with an “in water” start, push from the wall. One hand must be in contact with the wall prior to the start.
8. Heats will be set up based on age divisions, depending on the number of athletes some heats may have different age groups.
9. Forward Start: Will be taken from a push from the wall. Each swimmer starting in the water must take the position on the wall with at least one hand in contact with the wall and one foot in contact with the wall. A swimmer starting in the water may face any direction.
10. Start:
  - a. Backstroke: The backstroke start should be used. Swimmers shall line up in the water facing the starting end with both hands placed on the gutter.
  - b. Breaststroke: The forward start shall be used.
  - c. Freestyle: The forward start or the backstroke start shall be used.
11. Stroke:
  - a. Backstroke: The swimmer shall push off on the back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of water throughout the race.
  - b. Breaststroke: After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. The swimmer 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.
  - c. Freestyle: 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 breaststroke or backstroke.

Some part of the swimmer must break the surface of the water throughout the race.

12. Turns:
  - a. Backstroke: Upon completion of each length, some part of the swimmer must touch the wall. 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.
  - b. Breaststroke: 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 level. Once a touch has been made, the swimmer may turn in any manner desired.
  - c. Freestyle: Upon completion of each length, the swimmer must touch the wall.
13. Finish:
  - a. Backstroke: Upon the finish of the race, the swimmer must touch the wall while on the back.
  - b. Breaststroke: 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 level. At the last stroke before 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.
  - c. Freestyle: The swimmer shall have finished the race when any part of the swimmer touches the wall after completing the prescribed distance.
12. Medley: The order of strokes in the individual medley are 25yd backstroke, 25yd breaststroke and 25yd freestyle. Rules for the individual strokes govern start, strokes, turns and finish, except that in the freestyle, the swimmer must be on the breast except when executing a turn.
  - a. Start: The backstroke start should be used. Swimmers shall line up in the water facing the starting end with both hands placed on the gutter.
  - b. Stroke: The stroke of the designated distance shall follow the prescribed rules for that stroke, except that in the freestyle, the swimmer must be on the breast except when executing a turn.
  - c. Turns: The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed.
  - d. Finish: The swimmer shall finish the race when any part of the swimmer touches the wall after completion of the distance.
13. The appropriate strokes must be used to avoid disqualification.
14. Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.

16. Competition will be based on the fastest time of each competitor.
17. Medals will be awarded based on age division and gender.
18. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.
19. Resolving ties: athletes who tie will be awarded duplicate medals.