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## AQUATICS

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The Official Special Olympics Sports Rules for Aquatics shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon Federation International de Natation Amateur (FINA) rules for aquatics found at <http://www.fina.org/rules/index.php>. FINA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Aquatics or Article I. In such cases, the Official Special Olympics Sports Rules for Aquatics shall apply.

An athlete with Down syndrome who has been diagnosed with Atlanto-axial instability may not participate in the butterfly stroke or diving starts.

### SECTION A — OFFICIAL EVENTS

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. 15 Meter Walk
2. 15 Meter Flotation Race
3. 25 Meter Flotation Race
4. 10 Meter Assisted Swim
5. 15 Meter Unassisted Swim
6. 25 Meter Freestyle
7. 50 Meter Freestyle
8. 100 Meter Freestyle
9. 200 Meter Freestyle
10. 400 Meter Freestyle
11. 800 Meter Freestyle
12. 1500 Meter Freestyle
13. 25 Meter Backstroke
14. 50 Meter Backstroke
15. 100 Meter Backstroke
16. 200 Meter Backstroke
17. 25 Meter Breaststroke
18. 50 Meter Breaststroke
19. 100 Meter Breaststroke
20. 200 Meter Breaststroke
21. 25 Meter Butterfly
22. 50 Meter Butterfly
23. 100 Meter Butterfly
24. 200 Meter Butterfly
25. 100 Meter Individual Medley
26. 200 Meter Individual Medley



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- 27.400 Meter Individual Medley
- 28.4 x 25 Meter Freestyle Relay
- 29.4 x 50 Meter Freestyle Relay
- 30.4 x 100 Meter Freestyle Relay
- 31.4 x 200 Meter Freestyle Relay
- 32.4 x 25 Meter Medley Relay
- 33.4 x 50 Meter Medley Relay
- 34.4 x 100 Meter Medley Relay
- 35.4 x 25 Meter Freestyle Unified Sports® Relay
- 36.4 x 50 Meter Freestyle Unified Sports Relay
- 37.4 x 100 Meter Freestyle Unified Sports Relay
- 38.4 x 200 Meter Freestyle Unified Sports Relay
- 39.4 x 25 Meter Medley Unified Sports Relay
- 40.4 x 50 Meter Medley Unified Sports Relay
- 41.4 x 100 Meter Medley Unified Sports Relay

### SECTION B — PERSONNEL

#### 1. Lifeguard Qualifications

- a. Current lifeguard certificate
- b. Current CPR certificate
- c. Current standard first aid certificate (or equivalent)

Lifeguard qualifications must meet the standards of the local or national programs. A lifeguard may not be engaged in any other activity while performing his/her duty as a lifeguard. If a coach is also a trained lifeguard, he/she may not coach and guard at the same time. They must do one job or the other.

#### 2. Head Coach Qualifications

- a. It is recommended that the Head Coach be certified by Special Olympics.
- b. The Head Coach should possess a current certification in CPR and standard first aid (or equivalent).
- c. It is recommended that the Head Coach have some level of basic life saving certification.
- d. If the Head Coach, or any coach, shall serve as a lifeguard, they must meet the qualifications as specified above.

#### 3. Responsibilities of Head Coach or Event Director

The Head Coach or Event Director shall have the overall responsibility for the Special Olympics aquatics practice sessions or events.

- a. Providing an orientation to all aquatics personnel before the Special Olympics session or event.
- b. Coordinating the facility with host agency prior to arrival.
- c. Ensuring that necessary supervisory personnel are available.
- d. Preparing or assuring that an emergency action plan is in place as described in section C, Safety Considerations, which follows.



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- e. Examining the facility to ensure that the minimum quality standards are present in the following areas for each aquatic session or event:
- 1) Safety equipment
  - 2) Traffic patterns
  - 3) Sanitary water conditions
  - 4) Safe environmental factors
  - 5) When a beach or lake is used for a Special Olympics aquatics session or event, the Director of Aquatics shall take extra precautions to ensure that safe aquatics practices are followed.

Note: All participants, including athletes, coaches and volunteers who participate in any boating activity, whether in a pool or on open water, are required to wear a certified life preserver at all times when inside the boat.

- f. Ensuring that lifeguards are aware of Special Olympics athletes who may have a history of seizures.
- g. Medical restrictions exist for some athletes (for example, Down syndrome athletes diagnosed with Atlanto-axial instability competing in butterfly, individual medley events and dive starts). Prior to allowing athletes to compete in these events, the Event Director should review the General Rules section on eligibility.

**4. Race officials (including the referee, timers and judges) must be certified by the respective governing body, including officials of events for athletes of lower ability.**

### SECTION C—SAFETY CONSIDERATIONS

All Special Olympics aquatics training, recreational sessions and competition events shall be conducted in accordance with the following practices, rules and procedures in order to ensure the safety and well-being of all Special Olympics athletes, coaches and volunteers:

#### 1. Basic Rules

- a. There shall be at least one certified lifeguard on duty for every 25 swimmers in the water.
- b. The sole function of the lifeguard shall be to guard. If no relief lifeguard is available, the pool must be cleared, even for a short duration, when a lifeguard must leave the pool side.
- c. The Head Coach or Event Director will review the Emergency Action Plan prior to each occasion. There shall be enough coaches in accordance with FINA or program NGB guidelines.
- d. Athlete medical history forms shall be on site and relevant information shall be discussed with the lifeguard or medical personnel on duty in advance of the aquatic activity.
- e. Pool depth must be marked and easily visible.
- f. The minimum depth of the pool for racing starts shall meet FINA or National Governing Body specifications.
- g. Safety lines must be in place to divide shallow and deep water 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 participant entering the water.
- i. An athlete with Down syndrome who has been diagnosed with Atlanto-axial instability may not participate in the butterfly stroke, diving starts and diving. For additional information and the procedure for waiver of this restriction, please refer to Article I, Addendum F.



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### 2. Emergency Action Plan

An Emergency Action Plan shall be in place prior to any Special Olympics participant entering the water for any reason, be it training, competition or recreation. The original plan should be written and reviewed by the staff on hand. The plan shall include the following:

- a. The procedure for obtaining emergency medical support if a medical doctor, para-professional or medical support is not present.
- b. The posts and areas of responsibilities for each lifeguard.
- c. The procedure for obtaining weather information or weather watch information, particularly if the event is outside.
- d. The procedure for reporting accidents.
- e. The chain of command in case of a serious accident, including who is assigned to talk to the press.
- f. Other items as may be required by local jurisdictions.

### 3. Supervisory Personnel Requirements

An adequate number of supervisory personnel shall be present at all aquatics sessions, events or recreational activities. The type of personnel will vary in accordance with the following requirements:

- a. Recreational Programs:
  - 1) Enough certified lifeguards to provide a ratio of guards to swimmers of 1 per 25.
- b. Training Programs:
  - 1) Enough certified lifeguards to provide a ratio of guards to swimmers of 1 per 25.
  - 2) Enough coaches (preferably Special Olympics certified) to provide for adequate supervision and training of each athlete.
- c. Competitions:
  - 1) Enough certified lifeguards to provide a ratio of guards to swimmers of 1 per 25.
  - 2) Enough supervision to provide for a ratio of observer to swimmers of 1 per 2 for those swimmers who are prone to seizures.
  - 3) Enough supervision to provide for a ratio of observer to divers of 1 per 10.

## SECTION D—GENERAL RULES

The technical rules of competition are noted in the FINA rules found at <http://www.fina.org/rules/index.php>. Special Olympics Programs may substitute their local NGB rules. FINA rules will be used for all multi-Program events. Exceptions to these rules are listed below.

### 1. All Events

- a. The Meet Referee, in cooperation with the Games Director, shall have the authority to adjust these rules on a case-by-case basis for the safety and well-being of an athlete. The Meet Referee may intervene in the competition at any stage to ensure that the appropriate regulations are observed, and shall adjudicate all protests related to the competition in progress.
- 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 be requested and ruled on prior to the athlete's participation in a final and shall not give advantage over another swimmer. Stroke interpretations will be concerned with the action a limb(s) is performing. The Stroke Judge shall be concerned with what action the arm or leg action constitutes.



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- c. The Meet Referee shall have full control and authority over all officials, approve their assignments and instruct them regarding all Special Olympics features or regulations related to the competitions. He/she shall enforce all rules and decisions of the Official Special Olympics Sports Rules and FINA rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise covered by these rules.
- d. Standing on the bottom during freestyle events or during the freestyle portion of the medley events shall not disqualify a competitor, but he/she shall not walk.
- e. Standing upon the bottom in the racing course is allowed only for the purpose of resting. Walking on or jumping from the bottom must disqualify the offender.
- f. Assistant starters may be used to assist athletes in maintaining their positions at the starting line.
- g. No competitor shall be permitted to use or wear any device that may aid his/her speed, buoyancy or endurance during a competition (except flotation races) such as webbed gloves, flippers, fins, etc.). Goggles may be worn.
- h. Swimmers may be assisted from the water upon request.

### 2. Equipment

- a. Starting devices may include the following: whistle, horn, gun. Athletes with hearing impairments may receive hand signal starts from the starter or a designated official. A strobe light in accordance with FINA rules is recommended.
- b. Lane lines
- c. Watches (timing system); at least one watch per lane is required.
- d. Flags should be located 5 meters from each end of the pool to indicate distance to the finish, especially in respect to backstroke events.
- e. For flotation races, each athlete is responsible for his/her own flotation device. The device must be of the body wrap-around 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).

### 3. Relay Events

- a. There shall be four swimmers on each relay team.
- b. Each swimmer shall swim one-fourth the distance of the total relay. No swimmer shall swim more than one leg of any one relay.
- c. Relay team members must come from within the same delegation.
- d. A relay team which 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.

### 4. Walking & Flotation Events — These events provide meaningful competition for athletes with lower ability levels. No flotation device is allowed for any race other than the specified flotation races and assisted swims.

- a. Set-up
  - 1) There should be at least one observer for every two swimmers during competition.
  - 2) The starting line should be marked the appropriate distance from the finish.
  - 3) The depth of the pool should be no more than 1 meter (3.5 feet) deep for walking events.
  - 4) It is preferable that certified swimming officials (including the referee, timers and judges) be used in all events.
- b. Rules
  - 1) For walking events, the athlete must have at least one foot touching the bottom of the pool at all times.
  - 2) No flotation device is allowed for any race other than the specified flotation races.



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**5. Unassisted Swims**—These events provide meaningful competition for athletes with lower ability levels.

- a. Athletes must swim the full distance with no physical assistance.
- b. Competition Managers may allow coaches to provide verbal encouragement and/or direction from the pool deck for these events.

**6. Assisted Swims**—These events provide meaningful competition for athletes with lower ability levels.

- a. 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.

**7. Unified Sports Events**

- a. Relays
  - 1) Each Unified Sports relay team shall consist of two athletes and two partners.
  - 2) Swimmers on a Unified Sports relay team may be assigned to swim in any order.