

LSOG SPORT: SWIMMING

EVENTS *All events are national qualifying events.*

BACKSTROKE: 50y, 100y, 200y

BREASTSTROKE: 50y, 100y, 200y

BUTTERFLY: 50y, 100y

FREESTYLE: 50y, 100y, 200y, 500y

INDIVIDUAL MEDLEY: 100y, 200y - 4 Strokes

EQUIPMENT Fifty yard, 8 lane course with timing system.

GENERAL RULES

Swimming is governed by the U.S. Masters swimming rules, unless otherwise stated.

1. No SMOKING is allowed in the building by swimmers or spectators.
2. Seeding will be by age group, sex, and time, with heats seeded slowest to fastest. Entries without seed times will be placed in slowest heats.
3. Swimmers not reporting to correct lane at proper time in the correct event entered, will not be allowed to swim that event at another time. There is no penalty for scratching an event. Deck entries will not be permitted.
4. 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.
5. **A false start will result in disqualification.**
6. Any swimmer who uses improper methods in order to obtain an advantage over competitor(s) will be disqualified from that event.

SPECIFIC RULES

1. There are no rules pertaining to arm or leg movements in the **backstroke**.
2. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the **butterfly stroke** at any time during the race. Scissor kick is not a legal kick for breaststroke or butterfly.
3. The **breaststroke & butterfly stroke** turns and finish must be done with both hands touching simultaneously at, above, or below the water surface. The **backstroke and freestyle** require some part of the body to touch the wall during the turn. A **backstroke** swimmer is allowed to turn over on stomach during the turn prior to touching the wall.
4. The **butterfly stroke** requires an out of water recovery of the arms while **breaststroke** requires an underwater recovery of the arms. **Appropriate strokes are required.**
5. The order of strokes in the **individual medley** is butterfly, backstroke, breaststroke, and some other stroke. Rules for the individual strokes govern turns.

SCORING

All events are timed finals. All competition will be judged by best in all age groups regardless of the number in an event.

National Qualifying Requirements:

1st, 2nd, and 3rd Place in each age group, plus individuals that meet the National MPS.

Qualified participants may choose a "BONUS" event of a lesser distance than the qualified event ("bonus" selection is made during registration for Nationals).