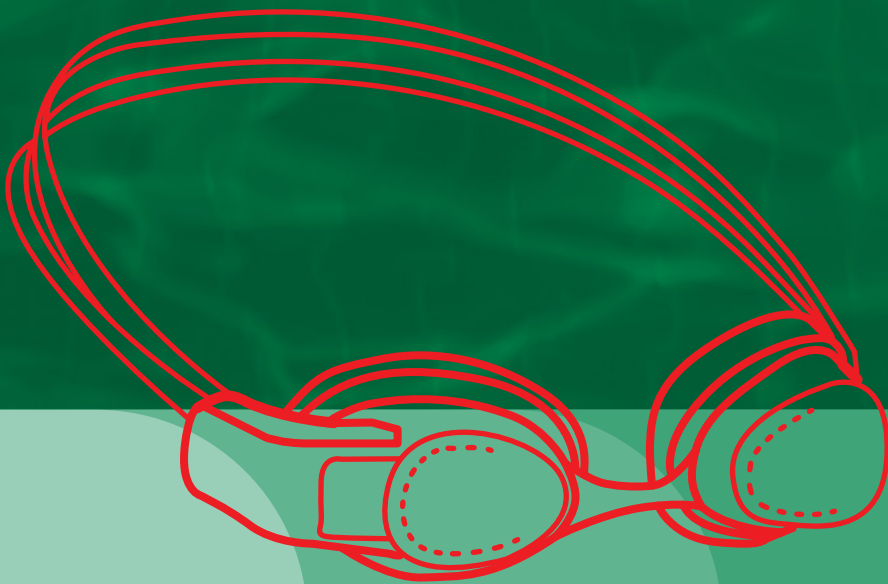




## Summer Sport Rules

# Swimming





## The Special Olympics Canada (SOC) Sport Rules shall govern all SOC aquatics competitions.

As a national sports program, SOC has created these rules based upon Fédération Internationale de Natation Amateur (FINA) and Swimming/Natation Canada (SNC) rules for swimming. FINA and/or SNC rules shall be employed except when they are in conflict with the SOC Official Sports Rules. In such cases the following sections outlining the SOC Official Swimming Rules shall apply.

### SECTION A - Official Events

1. Freestyle: 25,50,100, 200, 400, 800, 1500 metres
2. Backstroke: 25, 50, 100, 200 metres
3. Breaststroke: 25, 50, 100, 200 metres
4. Butterfly Stroke: 25, 50, 100, 200 metres
5. Individual Medley: 100, 200 metres
6. Freestyle Relay: 4 x 25 metres, 4 x 50 metres, 4 x 100 metres
7. Medley Relay: 4 x 50 metres

## SECTION B - Rules of Competition

- I. Swimmers shall enter a minimum of two events and a maximum of six events per competition, excluding relay events. Swimmers may enter the 25m in any stroke if they are not competing in 100m or longer in that stroke.
- II. Relay Events
  - a. Relay team members must come from the same Chapter.
  - b. All relay teams must be an all male team or an all female team. Co-ed teams are allowed but they will compete in the male division.

