



SPORTS for Exceptional Athletes Swimming Rules



as of 5/22/07

The Swimming Rules are based on FINA (Federation Internationale de Natation).

1. Regular Events

- a. 25 Meter Freestyle
- b. 25 Meter Backstroke
- c. 25 Meter Breaststroke
- d. 25 Meter Butterfly
- e. 50 Meter Freestyle
- f. 50 Meter Backstroke
- g. 50 Meter Breaststroke
- h. 50 Meter Butterfly
- i. 100 Meter Freestyle
- j. 100 Meter IM
- k. 200 Meter Freestyle
- l. 4 X 25 Meter Relay

2. Modified Events

- a. 10 Meter Walk
- b. 10 Meter Kickboard
- c. 10 Meter Flotation Device
- d. 25 Meter Modified Freestyle
- e. 25 Meter Modified Backstroke
- f. 25 Meter Modified Breaststroke
- g. 25 Meter Modified Butterfly

3. Stroke Technique

- a. In regular events athletes must use the proper stroke technique or will be disqualified (DQ).
- b. In modified events athletes will be judged on proper stroke technique based on the ability of the athlete.

4. Number of Events

- a. Athletes may enter 3 events plus 1 relay.
- b. The Meet Director may allow athletes to enter more events based on the number of athletes enrolled in the meet.