



# Special Olympics Minnesota 2017 Swimming Handbook



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Practice ideas, skill assessment and development, and rules can be found in the SOI Quick Start Guides and SOI Rules for each respective sport at [www.specialolympics.org/sports.aspx](http://www.specialolympics.org/sports.aspx).

# Special Olympics Minnesota Swimming Handbook

## **SWIMMING EVENTS**

### **Freestyle**

Athletes may start in either a front or back position and may use any stroke style. Athletes may switch strokes during the race and does not have to be a recognized stroke. However, athletes may not walk during freestyle events.

*Distances Offered:* 400, 200, 100, 50 and 25, 15

### **Backstroke**

The backstroke, also known as the back crawl, is probably the easiest of all competitive strokes to teach and learn, as the swimmer has his/her head out of the water, unlike freestyle, where the face is in the water and breathing and arm coordination must be mastered.

Some learners prefer backstroke because their faces are out of the water and breathing is not an issue. Backstroke and front crawl have similarities. These similarities are useful when beginning swimmers are reminded of a skill or part of a skill which may be familiar to them.

Athletes must start with two feet and two hands touching the wall and have an alternating arm motion with a flutter kick. The most common DQ is flipping to the stomach for more than 1 ½ strokes.

*Distances Offered:* 200, 100, 50 and 25

## **Breaststroke**

When swimming the breaststroke the swimmer is prone in the water, and the arm and leg actions are symmetrical. The swimmer breathes in at the beginning of each arm stroke.

Breaststroke is the only competitive stroke where the arm recovery is carried out under water and where a greater amount of frontal resistance is experienced. The arm action is an out sweep, down sweep, in sweep and up sweep with recovery in a streamline position.

The leg kick in breaststroke is probably the most difficult of all kicks for swimmers to master and may take some time. The leg action is simultaneous and is sometimes described as a whip kick. In addition to the breathing, the correct timing of the arms and legs is very important.

Athletes must start with two feet and one hand touching the wall. At each turn and the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The most common DQs are for one-handed touches and using a flutter kick.

*Distances Offered:* 100, 50 and 25

## **Butterfly**

The butterfly stroke is generally taught after the swimmer has established basic skills in the other three competitive strokes. The butterfly stroke relies on good timing and simultaneous arm and leg actions. The stroke is best taught by breaking it down into three phases: kick, arm action and breathing.

Athletes must start with two feet and one hand touching the wall. At each turn and the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The most common DQs are for one-handed touches and using a flutter kick.

*Distances Offered:* 100, 50 and 25

## **Individual Medley**

The swimmer must change strokes throughout the race using the correct turns and tempo for each of the strokes. Regardless of the distance of the individual medley event, the swimmer must swim the race using the four competitive strokes in the correct order (butterfly, backstroke, breaststroke, freestyle). The athlete swims each stroke for one-fourth of the race.

*Distance Offered:* 100

## Flotation Race

Each athlete entered in a flotation event is responsible for having their own flotation device.

**Athletes signed up for a flotation race are not allowed to have an assistant for the race.** The device must be of the body wrap around type such that if the athlete were to not be able to hold on to the device, the device would still support the athlete with the face out of the water (flotation devices such as aqua joggers or other waist belts, kickboards, inner tubes or floats that wrap around the arms are not acceptable). Athletes with an unapproved flotation device will not be allowed to participate.

*Distances Offered: 50, 25 and 15*

## Assisted Swim

Each athlete is responsible for having their own coach/assistant. The assistant may touch, guide, or direct the athlete but may not support or assist the athlete's forward movement. **The swimmer is allowed to use a flotation device** (see above specifications). The assistant may be in the pool or on the deck. Make sure to notify state office if special considerations need to be made for visually impaired athletes.

*Distances Offered: 25 and 15*

## Relay

Athletes who participate in the 25m flotation race are allowed to compete in the 4x25 relay with a flotation device.

Relay Exchanges: Swimmers in positions 1, 2 and 3 must touch the wall prior to the next swimmer leaving the wall.

Relay Substitutions: In an attempt to create an equitable system to allow for relay substitutions but maintain the intent of the divisioning process, we will allow a relay team to make ONE substitution. The newly created team may swim any time slower than their qualifying score, but only 5% faster. If a team making a substitution swims more than 5% faster than their qualifying score, they will receive a participation ribbon.

*Distances Offered: 4 x 25 and 4 x 50*

## Unified Relay

Unified Relay teams must have two athletes and two Unified partners. Teams must have competed as a relay team at an area competition. Substitutions for Unified Partners will not be allowed.

*Distance Offered: 4 x 25*

## SWIMMING RULES OF COMPETITION

### The Meet

- Starts: All starts will consist of two commands ... "Take your marks," and then upon all swimmers being stationary, the start signal.
- Staging & Competition Area: A closed competition policy, which includes staging and competition areas, will be enforced. This is being done to provide a more controlled and manageable event. We do, however, realize that a small percentage of athletes may need individualized assistance in order to perform to the best of their ability. In cases when the individual performance of an athlete may be affected or when their behavior may affect the performance of other athletes, coaches or chaperones will be allowed to accompany those athletes in competition areas otherwise considered closed.
- Divisions: To maximize pool time, some divisions will be run simultaneously in the pool.
- At State, we will not be providing finish line towels. We will provide a plastic caddy for each athlete in which to place any personal items (towels, glasses, deck shoes, etc). Volunteers will bring caddies to the finish line for athletes.
- As a general rule, please bring athletes to staging at least 15 minutes prior to their scheduled start time, but note staging postings in case we are running ahead or behind schedule.

### The Events

- Starts: Breaststroke, Butterfly and Freestyle, athletes must have two feet and one hand touching the wall. Backstroke, athletes must have two feet and two hands touching the wall. No dive starts.
- Turns: Breaststroke and Butterfly, at each turn the touch shall be made with both hands simultaneously at, above, or below the water level. Backstroke and Freestyle, at each turn the touch shall be made with one hand at, above, or below the water level.
- Finish: Breaststroke and Butterfly, at the finish of the race both hands must touch simultaneously at, above, or below the water level. Backstroke and Freestyle, at the finish of the race one hand must touch the wall.
- Touching the Ground or Lane Rope: If during competition an athlete touches the ground they are okay. Athletes can use this or the lane ropes for a break, but cannot propel forward from the ground or rope. If athletes propel themselves forward they will be disqualified and receive a participation ribbon.

- Walking Events: Only at some Area competition. Check with Area Sports Program Managers/Associates.
- Flotation Events: In accordance with SOI Swimming rules, each athlete entered in a flotation event is responsible for having their own flotation device. **Athletes signed up for a flotation race are not allowed to have an assistant for the race.** The device must be of the body wrap around type such that if the athlete were to not be able to hold on to the device, it would still support the athlete with the face out of the water (flotation devices such as aqua joggers or other waist belts, kickboards, inner tubes or floats that wrap around the arms are not acceptable). No exceptions. Do not expect to use flotation devices outside of this definition.
- Assisted Events: Each athlete is responsible for having their own coach/assistant. The assistant may touch, guide or direct the athlete but may not support or assist the athlete's forward movement. **The swimmer is allowed to use a flotation device** (see above specifications). The assistant may be in the pool or on the deck. Make sure to notify state office if special considerations need to be made for visually impaired athletes.
- Unassisted Events: Athletes must swim the full distance without assistance. All events are considered to be unassisted unless titled assisted. In flotation races, athletes may use a flotation device but do not have assistance.

\*Using the above guidelines, please check to make sure you have entered athletes in the correct events.

- Athletes may wear a flotation device in a relay.
- Relay Exchanges: Swimmers in positions 1, 2 and 3 must touch the wall prior to the next swimmer leaving the wall.
- Relay Substitutions: In an attempt to create an equitable system to allow for relay substitutions but maintain the intent of the divisioning process, we will allow a relay team to make ONE substitution. The newly created team may swim any time slower than their qualifying score, but only 5% faster. If a team making a substitution swims more than 5 percent faster than their qualifying score, they will receive a participation ribbon.
- Relay Order: Recommend practicing in the same order that you will compete in. Order of teammates submitted at registration can change if needed though.

## Assistance Needed Definitions

- In-Pool Assistance- Assisting the athlete getting into/out of the pool. The assistant does not stay in the pool during the event.
- Touch Start- Athlete requires someone to tap their shoulder to indicate the start of the race.
- Visual Start- Athlete requires a visual prompt to indicate the start of the race.
- Staging Assistance- Athlete needs an assistant present with him/her throughout the staging process.
- On-Deck Assistance- Athlete needs someone on the deck during the actual race.
- Outside Lane- Athlete requires a lane next to the wall of the pool (ex. Athlete may have a seizure and needs someone very close by.)
- Needs Pool Lift- Athlete needs a mechanical lift to get him/her into and out of the water (note: not available at all event sites).

## Safety Considerations

- There shall be at least one certified lifeguard on duty for every 25 swimmers in the water.
- 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.
- If a lifeguard cannot be present, the event/practice must be cancelled.



## COMPETITION AND DIVISIONING

### Area Competitions

Area	Date	Location	City	Register	Contact
Area 1	Feb. 01	Franklin Middle School	TRF	Jan. 18	kelly.monicatti@somn.org
Area 2	Feb. 17	Bemidji High School	Bemidji	Feb. 3	kelly.monicatti@somn.org
Area 3	Jan. 28	Lincoln Park Middle School	Duluth	Jan. 15	ben.swarts@somn.org
Area 4	Feb. 22	Discovery Middle School	Alexandria	Feb. 6	leah.wolkow@somn.org
Area 5	Feb. 22	Little Falls Middle School	Little Falls	Feb. 6	leah.wolkow@somn.org
Area 7	Feb. 12	Becker High School	Becker	Jan. 29	emily.dierberger@somn.org
Area 8	Feb. 25	Southwest Minnesota State	Marshall	Feb. 12	lukas.johnson@somn.org
Area 9	Feb. 5	Gustavus Adolphus College	St. Peter	Jan. 22	lukas.johnson@somn.org
Area 10	Feb. 26	Rochester Recreation Center	Rochester	Feb. 12	lukas.johnson@somn.org
Area 11	Feb. 12	Southview Middle School	Edina	Jan. 29	sam.leidholt@somn.org
Area 12	Feb. 26	Washington Magnet School	St. Paul	Feb. 12	sam.leidholt@somn.org
Area 13	Feb. 11	Centennial High School	Circle Pines	Jan. 29	emily.dierberger@somn.org

### State Competition

Date	Location	City	Quota Due	Register By
March 25-26	University of St. Thomas	St. Paul	Feb. 24	March 5

### Competition Details

- Spring Games Celebration Ceremonies is Saturday, March 25 at 7:30 p.m. at the University of St. Thomas
- Athletes may enter three individual events and one relay.
- All Unified Relay teams must have competed as a relay at an area competition. Substitutions for Unified Partners will not be allowed.
- Although the pool depth would now allow it in some events, we will continue to not offer dive starts at the area or state level

### Swimming events offered at State

- Backstroke – 200, 100, 50, 25
- Breaststroke – 100, 50, 25
- Butterfly – 100, 50, 25
- Freestyle – 400, 200, 100, 50, 25, 15
- Individual Medley – 100
- Flotation Race – 50, 25, 15
- Assisted Swim – 25, 15
- Relay – 4 x 50 Freestyle, 4 x 25 Freestyle, 4 x 25 Unified Freestyle

### Divisioning

- Coaches need to include an athlete's practice qualifying time for each event that an athlete is registering for
- At State Swimming, divisions are based on an athlete's area results

## EXAMPLE REGISTRATION FORM

## 2012 Aquatics Aquatics Athlete Registration

**Delegation: SOMN****Area: 11**

An athlete can enter up to a total of four events for Aquatics, although if entered in four one must be a relay. It is possible that an athlete can register for more than four events at Area depending on which area events/sports are held together.

Please be sure to register athletes for correct events for area and state. Events offered may differ from area to state. Please review carefully.

For any relays, please be sure to fill out the Relays Worksheet at the end of this registration package.

\*Times must be in .minutes.seconds.milliseconds: example 1.29.23 - PLEASE USE DECIMALS

Athlete Last Name:	Athlete First Name:	Date of Birth:	Area Event: <i>Drop down menu</i>	Practices Qual. Time*	Assistance Needed: <i>Drop down menu</i>	State Event: <i>Drop down menu</i>	Advance to State? <i>Drop down menu</i>
Anderson	Katie	12/22/1950	15M Walk (Area only)	39.61	Outside Lane		Yes
Anderson	Mark	2/20/1982	15M Walk (Area only)	25.16	Outside Lane		Yes
			25M Assisted Swim (AQ25AS)	44.61	Outside Lane		Yes
Anderson	Betsy	6/5/1983	25M Freestyle (AQ25MF)	32.18		25M Freestyle (AQ25MF)	Yes
			25M Backstroke (AQ25BK)	38.12		25M Backstroke (AQ25BK)	Yes
			50M Freestyle (AQ50MF)	1.14.62		50M Freestyle (AQ50MF)	Yes
			4X25M Freestyle Relay (AQ4X25M)	1.58.07		4X25M Freestyle Relay (AQ4X25MF)	Yes
Halbur	Emily	5/3/1989	25M Freestyle (AQ25MF)	28.14		25M Freestyle (AQ25MF)	Yes
			50M Freestyle (AQ50MF)	1.17.03		50M Freestyle (AQ50MF)	Yes
			25M Backstroke (AQ25BK)	34.71		25M Backstroke (AQ25BK)	Yes
			4X25M Freestyle Relay (AQ4X25M)	2.19.11		4X25M Freestyle Relay (AQ4X25MF)	Yes
Reddall	Elizabeth	4/29/1991	25M Freestyle (AQ25MF)	31.21		25M Freestyle (AQ25MF)	Yes
			50M Freestyle (AQ50MF)	1.18.42		50M Freestyle (AQ50MF)	Yes
			25M Backstroke (AQ25BK)	1.11.61		25M Backstroke (AQ25BK)	Yes
			4X25M Freestyle Relay (AQ4X25M)	2.27.81		4X25M Freestyle Relay (AQ4X25MF)	Yes

## 2012 Aquatics Aquatics Relay Registration

Delegation: SOMN

Area: 11

- For any Aquatics relays, please be sure to fill out this page.
- Please be sure to indicate if the participant is an Athlete or Unified Partner.
- This does not need to be filled out for Team Sports such as Basketball.
- Team Name should be made by delegation. Example: BEARS1

*Drop Down Menu*  
**Area Event:** 4x25M Freestyle Relay  
**State Event:** 4x25M Freestyle Relay  
**Team Name:** SOMN 1  
 Relay Time: 2.19.11

*Drop Down Menu*  
 Athlete or Partner? Names of Participants - Place in Order  
 Athlete 1 Katie Anderson  
 Athlete 2 Mark Anderson  
 Athlete 3 Betsy Anderson  
 Athlete 4 Emily Halbur

*Drop Down Menu*  
**Area Event:** 4x25M Unified Free Relay  
**State Event:** 4x25M Unified Free Relay  
**Team Name:** SOMN 2  
 Relay Time: 1.38.25

*Drop Down Menu*  
 Athlete or Partner? Names of Participants - Place in Order  
 Athlete 1 Elizabeth Reddall  
 Athlete 2 Jay Pedersen  
 Unified Partner 3 Kelly Monicatti  
 Unified Partner 4 Ryan Taylor

*Drop Down Menu*  
**Area Event:**  
**State Event:**  
**Team Name:**  
 Relay Time:

*Drop Down Menu*  
 Athlete or Partner? Names of Participants - Place in Order  
 Athlete 1  
 Athlete 2  
 Athlete 3  
 Athlete 4

*Drop Down Menu*  
**Area Event:**  
**State Event:**  
**Team Name:**  
 Relay Time:

*Drop Down Menu*  
 Athlete or Partner? Names of Participants - Place in Order  
 Athlete 1  
 Athlete 2  
 Athlete 3  
 Athlete 4

*Drop Down Menu*  
**Area Event:**  
**State Event:**  
**Team Name:**  
 Relay Time:

*Drop Down Menu*  
 Athlete or Partner? Names of Participants - Place in Order  
 Athlete 1  
 Athlete 2  
 Athlete 3  
 Athlete 4

*Drop Down Menu*  
**Area Event:**  
**State Event:**  
**Team Name:**  
 Relay Time:

*Drop Down Menu*  
 Athlete or Partner? Names of Participants - Place in Order  
 Athlete 1  
 Athlete 2  
 Athlete 3  
 Athlete 4

*Drop Down Menu*  
**Area Event:**  
**State Event:**  
**Team Name:**  
 Relay Time:

*Drop Down Menu*  
 Athlete or Partner? Names of Participants - Place in Order  
 Athlete 1  
 Athlete 2  
 Athlete 3  
 Athlete 4

*Drop Down Menu*  
**Area Event:**  
**State Event:**  
**Team Name:**  
 Relay Time:

*Drop Down Menu*  
 Athlete or Partner? Names of Participants - Place in Order  
 Athlete 1  
 Athlete 2  
 Athlete 3  
 Athlete 4