



National Veterans Golden Age Games

Swimming

**25/50yd Backstroke, Breaststroke and Freestyle,
75ydIM (25yd Breaststroke, 25yd Backstroke, and 25yd Freestyle)
INSTRUCTIONS TO ATHLETES & RULES**

1. Competition numbers must be worn.
2. Swimming will count as one event towards the four event maximum. Competitors may enter and medal in one, two or three swimming competitions.
3. You may not be assisted or coached in the competition area.
4. Swimming event will be held in a 50yd pool (25yd with bulkhead)
5. Swimmers will be given an opportunity to warm up prior to the start of the event.
6. All swimmers will begin with an “in water” start. One hand must be in contact with the wall prior to the start.
7. Heats will be set up based on age divisions, depending on the number of competitors some heats may have different age groups.
8. The backstroke, breaststroke and freestyle events require some part of the body to touch the wall.
9. Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
10. Breaststroke: Forward start must be used. After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
11. Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish.

12. Medley: The order of strokes in the individual medley is 25yd breaststroke, 25yd backstroke and 25yd freestyle. Rules for the individual strokes govern strokes and turns
13. Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.
14. No flip turns are allowed.
15. Competition will be based on the fastest time of each competitor.
16. Medals will be awarded based on age division and gender.
17. Awards will be presented for 1st-3rd medals and 4-6th ribbons
18. Resolving ties: competitors who tie will be awarded duplicate medals.