



Aquatics

- All swimming events should be timed and measured in yards. Do not convert to meters*
- Each swimmer allowed one false start, second false start will result in DQ
 - Race will be recalled after all false starts
- Dive starts not allowed at Summer Games
- Female athletes in one-piece tank suit with no cutouts. Male athletes will wear a brief type racing suit or boxer suit with intermesh lining or any manufactured swimsuit
 - SOMI logo not required*
 - Swim caps and goggles highly recommended
- General Rules:
 - Standing on the bottom during freestyle events or the freestyle events of medley is ok, you just cannot walk
 - Same during the racing course, walking or jumping = DQ
 - A coach or official may guide the swimmer by voice only, no touching
 - Exception to this rule is the assisted races
 - Assistant starters may be used at starting line only
 - The arms in butterfly must move together both in and out of the water
 - For butterfly and breaststroke both hands must touch the wall simultaneously at the turns and finish of the race
 - Water starts: place one hand on the end of the pool or hold the starting block with one hand. Two hands used for backstroke starts
 - Stroke Break: DQ = changing to a different stroke during race, using leg movement or arm movements that don't coincide with the stroke i.e athletes uses front crawl arms and breast stroke kick
- Freestyle:
 - Swimmer may swim any style, except in individual medley or medley relay events. Freestyle means no backstroke, breaststroke or butterfly
 - Some part of swimmer must touch the wall upon completion
- Relays:
 - Shall be four swimmers on each relay team
 - Each swimmer must swim one fourth the distance of the total relay
 - No swimmer shall swim more than one leg
 - Must come from same delegation
 - Males/Females must compete as a male relay*