



Marine Corps Trials Swimming Rules

SWIMMING - Disability/Classification Groups

- 1) Single Leg Amputee and/or permanent lower body limb dysfunction comparable to (SLA)
- 2) Double Leg Amputee (DLA)
- 3) Below the Elbow Amputee and/or permanent upper body limb dysfunction comparable to B/E
- 4) Above the Elbow Amputee and/or permanent upper body limb dysfunction comparable to A/E
- 5) Spinal Cord Injury (SCI) **Participants in this category are paraplegics or tetraplegics, have minimal or no use of lower extremities, and are a primary or full-time wheelchair user*
- 6) Visually Impaired (VI) ** Visual acuity of 20/200 or greater, best corrected, and/or a visual field of less than 20 degrees in both eyes*
- 7) Open **No permanent physical disabilities - PTSD, TBI, Orthopedic injuries*

Distances (Men/Women):

- 1) **50m freestyle**
- 2) **100m freestyle**
- 3) **50m backstroke**
- 4) **50m breaststroke**

Rules: The Marine Corps Trials swimming competition will be run using USA Swimming rules. They can be downloaded at: <http://www.usaswimming.org/Rainbow/Documents/d058dc69-ffc9-4e75-9069-fc977a102a33/2015%20Rulebook.pdf>

Combined 200m freestyle relay - Teams will consist of four total athletes, with a maximum of two representatives from the open category and all others selected from the other disability categories. **If the composition of the relay team cannot be met with the listed requirements, it will be at the discretion of the meet manager as to who can enter.*

GENERAL EVENT RULES

- 1) Athletes must supply their own swimsuit, goggles, and cap
- 2) Full body suits and wetsuits will not be allowed
- 3) Athletes may not use any device that aids speed, buoyancy, or endurance (i.e. webbed gloves, flippers, or fins)
- 4) Videotaping may **NOT** be used to protest a call

Starts:

The starter shall have a microphone for oral commands.

The microphone and the starting signal shall be connected to loudspeakers at each starting block where both the starter's commands and the starting signal can be heard equally and simultaneously by each swimmer.

A strobe/starting light can be used for swimmers with a hearing impairment. The light is required to be able to be transferred next to the starting platform of the swimmer and positioned to the swimmers requirement and where it can be seen by the referee and the starter.

At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke, at the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.

When the swimmers and officials are ready, the referee shall signal with an outstretched arm to the starter that the swimmers are under the starter's control. The stretched out arm shall stay in that position until the start is given.

On the starter's command "take your mark," the swimmers shall immediately assume their starting position with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.

For a swimmer with a visual impairment, on the long whistle from the referee the swimmer shall be permitted to orientate themselves prior to the starter's command, "take your marks".

The swimmer, who has balance problems i.e. standing stationary, may have assistance to balance his/her self on the starting platform i.e. hold at the hips, hand, arm, etc. by one support staff. Support staff may aid the swimmer to remain stationary at the start; however the support staff shall not allow the swimmer unfair advantage by being held beyond the 90 degrees vertical position on the starting platform. Giving momentum to the swimmer at the start is not permitted.

A swimmer may be permitted to start beside the starting platform.

A swimmer may be permitted to take up a sitting position on the starting platform.

A swimmer may be permitted to start in the water but is required to have one hand in contact with the starting place until the starting signal is given. Standing in or on the gutter or on the bottom is prohibited.

Where the swimmer is unable to grip the starting place in a water start, the swimmer may be assisted by a support staff and/or starting device. The device shall be cleared and deemed safe by the referee prior to the commencement of the competition. Giving momentum to the swimmer at the start is not permitted. The swimmer shall have some part of the body in contact with the wall until the starting signal is given.

Freestyle

In any event designated freestyle, the swimmer may swim any style.

Some part of the swimmer must touch the wall upon completion of each length and at the finish.

Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters after the start and each turn. By that point, the head must have broken the surface.

For competitors swimming on their backs, during each complete stroke cycle some part of the swimmer must break the surface of the water.

Standing on the bottom during freestyle events shall not disqualify a swimmer, but he or she cannot walk.

Backstroke

The swimmers shall line up in the water facing the starting end, with both hands placed on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or on the bottom is prohibited.

Where a swimmer is unable to hold both starting grips, it is permissible to hold the grips with one hand only.

Where a swimmer is unable to hold either starting grip, it is permissible to hold the end of the pool.

Where a swimmer is unable to grip the starting place, the swimmer may be assisted by a support staff or starting device. The device shall be cleared and deemed safe by the meet manager prior to the start of the race. Giving momentum to the swimmer at the start is not permitted. The swimmer shall have part of the body in contact with the wall until the starting signal is given.

At the signal for starting, and after turning, the swimmer shall push off and swim upon his or her back throughout the race except when executing a turn. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn at the finish and for a distance of not more than 15 meters after the start and each turn. By that point the head must have broken the surface.

When executing the turn there must be a touch of the wall with some part of the swimmer's body in his or her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull

may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

For the swimmer who has no arms or use of the arms during the turn, once the body has left the position on the back, there shall be no kick that is independent of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.

Upon the finish of the race the swimmer must touch the wall while on the back in his or her respective lane.

Breaststroke

Start- The forward start shall be used

Stroke - 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. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Kick - After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movements.

Turns and Finish - At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Freestyle Relay:

Four swimmers will be on each team. Freestyle finish rules apply.

The composition of a relay team may be changed between heats and finals of an event, provided that it is made up from the list of swimmers properly entered for that event. When heats are complete, medals shall be awarded to those swimmers who swam in the heats and/or the final event.

No swimmer shall swim more than one leg in any relay event.

A swimmer must remain and finish the race in the same lane in which he or she started.

In relay events, the team of a swimmer whose feet or part of the body loses contact with the starting platform before the preceding team member touches the wall shall be disqualified.

In relay events, a swimmer may commence in the water. The swimmer may not lose hand or foot contact with the starting place until such time as the preceding team member touches the wall, otherwise the swimmer shall be disqualified.

Each relay team member shall leave the water immediately upon finishing his or her leg, except the last member.

Any relay team member and his or her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.

A swimmer, in a relay event, who is to commence with a water start, may enter the water only when the preceding takeoff at the same end has been executed.

When turning, a swimmer shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.

Pulling on the lane rope is not allowed.

More information on international swimming rules and regulations is available from IPC Swimming at ipc-swimming.org