



ADAPTIVE SPORTS USA 2020 OFFICIAL SWIMMING RULES

Swimming competition sanctioned by (USOC and Adaptive Sports USA) is conducted in accordance with World Para Swimming rules with the following adaptations and classifications. In a case of a point seemingly not covered, the judgment of the officials and the principles of normal swimming competition will apply. Complete World Para Swimming rules can be obtained directly from:

World Para Swimming
www.worldparaswimming.org

US Paralympics
1 Olympic Plaza, Colorado Springs, CO USA 80909
<http://usparalympics.org/>

ADAPTIVE SPORTS, USA
P.O. Box 621023
Littleton, CO 80162
Phone (720) 412-7979
www.adaptivesportsusa.org
[e-mail: director@adaptivesportsusa.org](mailto:director@adaptivesportsusa.org)

USA Swimming
One Olympic Plaza Colorado
Springs, CO 80909
(719) 866-4578
www.usaswimming.org

TABLE OF CONTENTS

ARTICLE I – FACILITIES

ARTICLE II - INDIVIDUAL STROKES AND RELAYS

- 2.1 Starting
- 2.2 Breaststroke
- 2.3 Butterfly
- 2.4 Backstroke
- 2.5 Freestyle
- 2.6 Individual Medley
- 2.7 The Race
- 2.8 Relay Swimming

ARTICLE III - RULES

- 3.1 Classification
- 3.2 Eligibility
- 3.3 Entries
- 3.4 Events
- 3.5 Event Specifics
- 3.6 Seeding

ARTICLE I - FACILITIES

1. All pools must be accessible for wheelchair users. This should include the locker rooms, rest rooms, access onto the pool deck and enough pool deck space to accommodate a large group of wheelchair athletes.
2. Mats shall be placed on the deck besides the outside lanes and preferable at both ends of every competition lane. At a minimum, mats be placed at the entrance/exit areas.
3. All pools must comply with IPC/US Swimming rules. This includes, but is not limited to: backstroke flags, appropriate timing systems and water temperature.

ARTICLE II - INDIVIDUAL STROKES AND RELAYS

All World Para Swimming rules apply to all competitive swimming strokes, starts, turns and relays. It is highly suggested that all competitive swimmers familiarize themselves with these rules. The following rules and information provided by Adaptive Sports USA are intended to give a basic overview of the stroke as it applies to World Para Swimming rules and to inform what rule adaptations are allowed.

2.1 The Start

2.1.1 At the commencement of each race, the referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except swimwear, followed by a long whistle indicating that they should take positions on the starting platform (or for backstroke swimming and medley relays to immediately enter the water). A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position. When the swimmers and officials are prepared for the start, the referee shall gesture to the starter with a stretched out arm, indicating that the swimmers are under the starter's control. The stretched out arm shall stay in that position until the start is given.

2.1.2 When starting a race, the starter shall stand on the side of the pool within approximately five meters of the starting edge of the pool where the timekeepers can see and/or hear the starting signal and the swimmers can see and/or hear the signal.

2.1.3 The start in Freestyle, Breaststroke, Butterfly and Individual Medley events [when butterfly is the initial stroke] shall be with a dive. On the long whistle from the referee (2.1.1) the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platform. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

2.1.3.1 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 starters command "take your marks".

2.1.3.2 The swimmer, who has balance problems i.e. standing stationary, may have assistance to balance them 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.

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

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

2.1.3.5 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.

2.1.3.6 Class S1-3 swimmers are permitted to have their foot/feet held to the wall, until the starting signal is given. Giving momentum to the swimmer at the start is not permitted.

2.1.3.7 Where a swimmer has been determined by the classifiers as unable to grip the starting place in a water start, the swimmer may be assisted by a support staff or starting device. The device shall be cleared and deemed safe by the World Para Swimming personnel 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.

2.1.3.8 To prevent abrasion, one layer of towel, or the like, may be placed on the starting platform.

2.1.4 The start in backstroke and medley relay events shall be from the water. At the referee's first long whistle (2.1.1), the swimmers shall immediately enter the water. At the referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have taken their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

2.1.5 In IPC Competitions and sanctioned competitions the command "take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

2.1.6 Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer(s) shall be disqualified upon completion of the event. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per 2.1.1.

2.1.7 In the case of a S1-10 and S14 swimmer who additionally is deaf, the swimmer shall be permitted, when no starting light is available, to have conveyed the starting signal by the use of a non verbal instruction.

2.1.8 In the case of a S11-13 swimmer who additionally is deaf, the person tapping shall be permitted to convey the starting signal to the competitor by the use of a non verbal instruction.

2.2 Freestyle

2.2.1 Freestyle means that in an event so designated the swimmer may swim any style, except in individual medley or medley relay events where freestyle means any style other than backstroke, breaststroke or butterfly.

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

2.2.3 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.

2.2.3.1 For S1-5 swimmers swimming on their back, during each complete stroke cycle some part of the swimmer must break the surface of the water.

2.2.4 Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but they shall not walk.

2.3 Backstroke

2.3.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

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

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

2.3.1.3 Where a swimmer is unable to hold the starting grips or end of the pool, the swimmer may be assisted by a Support Staff or starting device. The device shall be cleared and deemed safe by World Para Swimming representative prior to the commencement of the competition. 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.

2.3.2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in 2.3.4. 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.

2.3.3 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, 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.

2.3.3.1 For S1-5 swimmers, during each complete stroke cycle some part of the swimmer must break the surface of the water. One stroke cycle is defined as one full rotation of the shoulder joint(s) and/or one complete up and down movement of the hip joint(s).

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

2.3.4.1 For the swimmer who has no arms or use of his arms during the turn, once the body has left the position on the back, the turn shall be initiated. The swimmer must have returned to a position on the back upon leaving the wall.

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

2.4 Breaststroke

2.4.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

2.4.1.1 After the start and after each turn, a swimmer who is unable to push off with the leg/s, may perform one arm stroke that may not be simultaneous or on the horizontal plane to attain the breast position.

2.4.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be 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. From the start and 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 on the same horizontal plane without alternating movement.

2.4.2.1 When a swimmer does not have any legs or arms or parts thereof, either the kick or the respective arm stroke shall constitute a complete stroke cycle.

Interpretation: The normal position on the breast can include a roll movement of the body up to, but not including ninety (90) degrees from horizontal. The position of the head is not relevant.

2.4.3 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.

2.4.3.1 Swimmers with a visual impairment approaching a turn or finish may push their hands forward from any point in the stroke cycle immediately after they have been tapped.

2.4.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

2.4.4.1 A swimmer with a lower limb impairment must show intent of simultaneous movement and show intent to kick in the same horizontal plane throughout the race or trail/drag the leg/s throughout the race.

2.4.5 The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in 2.4.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

2.4.5.1 A swimmer who is unable to use one or both legs and/or foot/feet to gain normal propulsion shall not be required to turn the affected foot/feet outwards during the propulsive part of the kick.

2.4.6 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.

Interpretation: "Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

2.4.6.1 At each turn and the finish of the race, where a swimmer has different arm lengths only the longer arm must touch but both arms must be stretched forward simultaneously.

2.4.6.2 At each turn and at the finish of the race, a swimmer with upper limbs too short to stretch above the head shall touch with any part of the upper body.

2.4.6.3 At each turn and the finish of the race, where a swimmer uses only one arm for the stroke cycle the swimmer may touch with one hand/arm only.

2.4.6.4 At each turn and the finish of the race, where the swimmer who uses both arms but has restriction in the shoulder/elbow, only the longer arm must touch, but both arms must be stretched forward simultaneously.

2.4.6.5 SB11-12 swimmers may have difficulty making a simultaneous touch at the turn and the finish if they are restricted due to contact with the lane rope. The swimmer shall not be disqualified provided that no advantage was gained.

2.5 Butterfly

2.5.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. 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.

2.5.1.1 After the start and after each turn, a swimmer who is unable to push off with the leg/s may perform one arm stroke that may not be simultaneous to attain the breast position.

2.5.2 Both arms must be brought forward simultaneously over the water and brought backward simultaneously under the water throughout the race, subject to 2.5.5.

Interpretation: "Both arms must be brought forward simultaneously over the water" means the entire arm from the shoulder to the wrist, not just part of it, must recover over the water. There is no requirement to see space between the arm and water.

2.5.2.1 S11-12 swimmers may have difficulty bringing both arms forward simultaneously if they are restricted due to contact with the lane rope. The swimmer shall not be disqualified provided that no advantage was gained.

2.5.2.2 Swimmers with a visual impairment approaching a turn or finish may bring their arms forward under the water immediately after they have been tapped.

2.5.2.3 Where part of an arm is missing, the remaining part of the arm shall be brought forward simultaneously with the other arm.

2.5.2.4 Where an athlete can only use one (1) arm for the arm stroke (as determined by the athlete's Code

of Exception), the arm shall be brought forward over the water. The position of the body must remain in line with the normal water surface. Where an athlete's impairment results in only one (1) arm being used the non-functioning arm shall be dragged or stretched forward.

2.5.2.5 At the turn and finish, athletes with no leg function may perform a half stroke with the arm/s recovering forward under the surface of the water, in order to contact the wall.

2.5.3 All up and down movements of the legs must be simultaneous. The legs or feet need not be at the same level, but no alternating movements are permitted. A breaststroke kicking movement is not permitted.

2.5.3.1 When a swimmer's impairment results in only one leg being used, the nonfunctional leg shall drag. *Interpretation: "shall drag" means that the leg is not providing any propulsion but may follow the undulating hip line and appear to be alternating.*

2.5.4 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 surface.

Interpretation: "Separated" means that the hands cannot be stacked one on top of the other. It is not necessary to see space between the hands. Incidental contact at the fingers is not a concern.

2.5.4.1 At each turn and the finish of the race where a swimmer has different arm lengths only the longer arm must touch, but both arms must be stretched forward simultaneously.

2.5.4.2 At each turn and at the finish of the race, a swimmer with no or non-functional upper limbs or upper limbs too short to stretch above the head, shall touch with any part of the upper body.

2.5.4.3 At each turn and the finish of the race, where a swimmer uses one arm for the arm stroke the swimmer may touch with one hand/arm only.

2.5.4.4 At each turn and the finish of the race, where the swimmer who uses both arms but has restriction in the shoulder/elbow only the longer arm must touch, but both arms must be stretched forward simultaneously.

2.5.4.5 S11-12 swimmers may have difficulty making a simultaneous touch at the turn and finish if they are restricted due to contact with the lane rope. The swimmer shall not be disqualified provided that no advantage was gained.

2.5.4.6 At the turn and finish, swimmers with no leg function may perform a half stroke with the arm/s recovering forward under the surface of the water, in order to contact the wall.

2.5.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

2.6 Medley Swimming

2.6.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

2.6.1.1 In the 150 meter and 75 meter individual medley events, the swimmer covers three swimming strokes in the following order: Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one third (1/3) of the distance.

2.6.2 In medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

2.6.3 Each section must be finished in accordance with the rules which apply to the stroke concerned.

2.7 Relays

2.7.1 For each relay event, each NPC may enter only one team. All swimmers entered per the classification system can be used in the relevant relay event.

2.7.2 All members of one relay team must be of the same sport nationality.

2.7.3 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 swum, medals shall be awarded to those swimmers who swam in the heats and/or the final event.

2.7.4 The names of the swimmers and their classification must be submitted on the World Para Swimming official form minimum one hour before the start of the session in which the event is to take place, in the order in which they are to swim. The names must be listed in their order of competing and the swimmers in medley relay events must be listed for their respective strokes. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.

2.7.5 The reserve/s for relays are to be named on the relay declaration form identifying the classification of the swimmer/s and in the case of the medley relays also the stroke that is to be performed.

2.7.6 Relay teams are based on a point score. The class of an individual swimmer is worth the actual number value i.e. class S6 is worth six (6) points, class SB12 is worth twelve (12) points, etc.

2.7.7 There shall be four (4) swimmers on each relay team. Any relay team member may compete in the race only once.

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

2.7.8.1 In a relay event a swimmer may commence in the water. The swimmer may not lose hand/feet contact with the starting place until such time as the preceding team member touches the wall otherwise the swimmer shall be disqualified.

2.7.9 Any relay team shall be disqualified from an event if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.

2.7.9.1 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.

2.7.10 The tapper is able to convey to the swimmer the relay changeovers and convey the position/place of the relay. An extra tapper may be required, one for tapping the swimmer completing the leg of the relay and one tapper for conveying the changeover. No coaching is permitted.

2.7.11 In relay events each inspector of turns at the starting end shall determine, whether the starting swimmer is in contact with the starting platform when the preceding swimmer touches the starting wall. When AOE, which judges relay take-offs is available, it shall be used in accordance with 2.17.

2.8 The Race

2.8.1 All events must be held as separate gender events.

2.8.2 A swimmer swimming over the course alone shall cover the whole distance.

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

2.8.3.1 Should a S11-13 swimmer inadvertently surface in the wrong lane after a start or executing a turn and the swimmer has surfaced in a lane not in use, the swimmer shall be permitted to complete the race in that lane. If it is necessary for the swimmer to return to the correct lane the tapper may give verbal instructions, but only after clearly identifying the swimmer by name to prevent distraction or interference

to other competitors.

2.8.4 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.

2.8.5 Pulling on the lane rope is not allowed.

2.8.6 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the host country NPC, to World Para Swimming and to the NPC of the swimmer so offending.

2.8.7 Should a foul jeopardize the chance of success of a swimmer, the referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, the referee may order it to be reswum.

2.8.7.1 For swimmers with visual impairment, should an accidental foul occur during a race, caused by a swimmer either surfacing after

2.8.7.1 For swimmers with visual impairment, should an accidental foul occur during a race, caused by a swimmer either surfacing after the start or turn, in a lane that is in use by another competitor, or by swimming too close to the lane rope, etc, the referee shall have the power to allow one or all swimmers to reswim the event. If the foul occurs in a final, the referee may order the final to be reswum.

2.8.8 S11 swimmers with the exception of those with prosthetics in both eyes shall be required to wear opaque (blackened in) goggles for competition. S11 SB11 SM11 swimmers whose facial structure will not support goggles shall be required to cover the eyes with an opaque covering. The goggles of the S11 SB11 SM11 swimmers shall be checked at the finish of the relevant event.

2.8.8.1 In the race that the goggles accidentally fall off during the dive or break during the race, the swimmer shall not be disqualified.

2.8.9 No swimmer shall be permitted to use or wear any device or swimsuit that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc).

2.8.9.1 S1-10 swimmers shall not be permitted to wear prosthesis and/or orthoses during the race.

2.8.10 Any swimmer not entered in an event, who enters the water while a race is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled event.

2.8.11 Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race.

2.8.11.1 S1-5 swimmers may stay in their lane until the last swimmer of the team has completed the race. A swimmer remaining in the water shall move a short distance away from the end of the pool, close to the lane rope but shall not obstruct another swimmer in another lane.

2.8.12 At the completion of each event, the referee shall signal to the swimmers by way of two short whistle blasts that they are required to clear the water.

2.8.13 No pace making shall be permitted, nor may any device be used or plan adopted which has that effect.

2.8.14 If an error by an official or classifier, either technical or in classification follows a fault by a competitor, the fault by the competitor may be expunged

ARTICLE III - RULES (Classifications, Events and Disqualification)**3.1 CLASSIFICATION**

Swimming Classification is necessary for fair competition. Classification is a three step process. The steps are as follows:

1. Bench testing: To include one or a combination of four tests:
 - a) Manual muscle test, b) Coordination test, c) Range of motion of major joints and d) Measurement of limb length or total body height.
2. Observation in the water
3. Observation during competition

A swimmer can have up to three classes. These are determined by the following strokes.

Physical

S1 - S10 Freestyle, Backstroke & Butterfly

SB1 - SB9 Breaststroke

SM1 - SM10 Individual Medley * see formula below

Visual

S11 - S13 Freestyle, Backstroke & Butterfly

SB11 - SB13 Breaststroke

SM11 - SM13 Individual Medley*

Intellectual

S14 - Freestyle, Backstroke & Butterfly

SB14 - Breaststroke

SM14 - Individual Medley*

* To calculate your Individual Medley Class, use the following formula : $[(3XS \text{ class})+(1XSB \text{ class})]$ divided by 4=Individual Medley Class(M)

For the most recent classification information, please check the World Para Swimming website <https://www.paralympic.org/swimming> and click on classification.

3.2 ELIGIBILITY

1. Competitors should have a permanent classifiable disability to be eligible for competition.
2. A swimmer must be classified into the classification system to be eligible for competition with Adaptive Sports USA.

3.3 ENTRIES

At the Adaptive Sports USA Junior Nationals- swimmers may only enter 7 events plus two relays. There is no limit to number of events or what events swum at regional competitions, it is up to the Meet organizers.

3.4 EVENTS

1. Regional Competition Requirement

All regional competitions must be World Para Swimming or US Swimming “approved” in order to allow the meet’s competitors to qualify for the US Swimming Championships for Swimmers with Disabilities. This means that at least one of the official must be a USA Swimming Official and at least one competitor in the competition must also be a US Swimming member prior to the competition. If a Classifying team is desired, submit a request to Bryce.Boarman@usoc.org.

Step 1: Contact USA Swimming headquarters at 719-578-4578 for the Local Swimming Committee (LSC) in your area

Step 2: Contact the area LSC

Step 3: The LSC will help identify USA swimming Officials and will provide you with the appropriate paperwork.

Step 4: At the conclusion of the event provide the swimmer with a copy of the printed results for proof of qualification.

2. Beginning in 1999, National Junior Swim Records can only be set at the Adaptive Sports USA Junior Nationals.
3. Junior athletes have from August 1 until the Adaptive Sports USA Junior Nationals registration deadline to meet the qualifying standards. These can be met at the following: USA Swimming, High School, NCAA, or US World Para Swimming competitions. **To convert the times for yards to meters multiply the time by a factor of 1.093.**
4. All events should be open to all swimmers. Event restrictions are only at Championship Events.

The following events, in yards (y) or meters (m) must be offered to satisfy recognition as a Sanctioned Regional or National Swimming Meet:

SENIOR AND MASTER COMPETITION EVENTS

(see suggested order of events for competition)

50 Freestyle	S1 – S14
100 Freestyle	S1 – S14
200 Freestyle	S1 – S14
400m/500 yd Freestyle	S6 – S14
50 Backstroke	S1 – S14
100 Backstroke	S1 – S14
200 Backstroke	S6 – S14
50 Butterfly	S1 - S14
100 Butterfly	S5 - S14
200 Butterfly	S8 – S14
50 Breaststroke	SB1 – SB14
100 Breaststroke	SB1 – SB14
200 Breaststroke	SB4 – SB14
150 Individual Medley	SM1 –SM4
200 Individual Medley	SM3 –SM14
400 Individual Medley	SM8 –SM14

JUNIOR SWIM EVENTS

	U7/U11	U14	U17	U20	U23
25 Freestyle	S1 – S14	S1 – S14	-----	-----	-----
50 Freestyle	S1 – S14	S1 – S14	S1 – S14	S1 – S14	S1 – S14
100 Freestyle	S1 - S14	S1 – S14	S1 – S14	S1 – S14	S1 – S14
200 Freestyle	S5 – S14	S5 – S14	S1 – S14	S1 – S14	S1 – S14
400M/500Y Free	S6 – S14	S6 – S14	S6 – S14	S6 – S14	S6 – S14
25 Backstroke	S1 – S14	S1 – S14	-----	-----	-----
50 Backstroke	S1 – S14	S1 – S14	S1 – S14	S1 – S14	S1 – S14
100 Backstroke	S5 – S14	S5 – S14	S1 – S14	S1 – S14	S1 – S14
25 Breaststroke	SB1–SB14	SB1–SB14	SB1 – SB3	SB1 – SB3	SB1 – SB3
50 Breaststroke	SB1- SB14	SB1–SB14	SB1–SB14	SB1–SB14	SB1–SB14
100 Breaststroke	SB6 –SB14	SB6 –SB14	SB3–SB14	SB3–SB14	SB3–SB14
25 Butterfly	S1 – S14	S1 – S14	S1 – S5	S1 – S5	S1 – S5
50 Butterfly	S1 - S14	S1 – S14	S1 – S13	S1 – S14	S1 – S14
100 Butterfly	S6 – S14	S6 – S14	S6 – S14	S5 – S14	S5 – S14
4x25 I.M.	SM4 – SM14	SM4 – SM14	-----	-----	-----
3x25 I.M.	SM1 – SM4	SM1 – SM4	-----	-----	-----
4x50 I.M.	SM4 – SM14	SM4 – SM14	SM4 – SM14	SM4 – SM14	SM4 – SM14
3x50 I.M.	-----	SM1 – SM4	SM1 – SM4	SM1 – SM4	SM1 – SM4

Revised 10/2019 THIS IS THE ONLY CHART TO BE USED FOR AGE, CLASSIFICATION SWIM EVENT ELIGIBILITY for Adaptive Sports USA Junior Nationals.

Note: Athlete can participate in a maximum of 7 individual events. Only 1 I.M. event is allowed

Suggested two day format for the Adaptive Sports USA Junior Nationals:

Day 1: All IM, 25 & 50 Back, 100 Breast, 200 Free, 25 & 50 Fly, Relays

Day 2: 25, 50 & 100 Free, 100 Back, 25 & 50 Breast, 100 Fly, 400/500 Free, Relay

2. Regional Competitions (If possible a two day format is preferred.)

Give swimmers adequate rest between events when appropriate.)

DAY ONE	DAY TWO
200 Free 75 IM 100 IM 150 IM 200 IM 400 IM 25 Free 100 Free 50 Back 200 Back 25 Breast 100 Breast 50 Fly 200 Fly JR. 100 Medley Relays (all female, all male and mixed) 15 point 25 point and 35 point	400M/500Y Free 25 Fly 100 Fly 50 Breast 200 Breast 25 Back 100 Back 50 Free JR. 100 Freestyle Relays (all female, all male, and mixed) 10 point, 20 point, and 30 point

3.5 Event Specifics

.1 Category of competitor - There are three categories of swimmers (Junior and Senior, and Masters) they are defined as follows:

A. Junior

1. Defined: Competitors will be assigned to age divisions based upon the athlete's age in the competition year (year of birth as of 12/31) in accordance with the following:

- U7 (Under 7)
- U11 (7, 8, 9, 10)
- U14 (11, 12, 13)
- U17 (14, 15, 16)
- U 20 (17, 18, 19)
- U23 (20, 21, 22)

2. Choice of class for Junior Athletes: Junior athletes who have demonstrated the ability to be competitive at the adult level may do so without loss of eligibility to participate in future Junior sanctioned events. Athletes wishing to compete in a higher junior age or functional classification at a sanctioned junior event may do so for an event, but they must meet the qualifying times for the event in the higher class.

B. Senior

1. Defined: 19 to 39 years of age.

2. Choice of class for Senior and Master Athletes: A swimmer may choose to swim in a higher class than his own class but must remain in that class during the course of all events for that competition. E.g., a S4 may swim as a S5. The choice of class should be written on the entry form.

C. Masters

1. Defined: 40 years of age and over. A swimmer over 40 years of age may compete as either a Senior or Masters swimmer but must swim all events in the same division.

Time Standards

Qualifying times for the USA Swimming Championships for the Disabled can be accessed on the web site or by calling USA Swimming. See information at the start of these rules. Qualifying times for Junior Nationals achieved in a non-Adaptive Sports USA competition must be submitted on the form in the Qualifying Standards Section of this book. This includes USA Swimming, High School or NCAA swimming competitions.

3.6 Seeding

- .1 All events will be conducted as timed finals events.
- .2 Lane assignments when classes are combined:
 - A Combine as many classes as needed to fill the heats.
 - B When classes are combined in an event, keep classes and ages grouped together when possible.

3.7 Disqualification's

- .1 SWIMMING RULES: Swimmers are required to comply with current IPC or US Swimming rules. Any swimmer can be disqualified for not complying with the rules.
- .2 FLOTATION DEVICES: **No flotation devices are allowed.** No competitor is permitted to wear or use any device or substance to help speed or buoyancy during a race. No "booties" may be worn on the feet during competition.

Awards

At National events, awards will be given to the first three place finishers. If there are only three competitors, two awards will be given. If there are only two competitors, one award will be given. If there is only one competitor, one award will be given.

ARTICLE IV - RECORDS

- 4.1 National Junior records are maintained for swimming by Adaptive Sports USA.
- 4.2 Adult national records are maintained by US Paralympics. Application for records may be obtained by contacting US Paralympics or at www.usparalympics

Adaptive Sports USA Swimming

National Disabled Swimming Competition Application Form to meet Qualifying Standards
(for swimmers @ non-Adaptive Sports USA sanctioned swimming meets)

CRITERIA

1. Swimmer should be classified at a regional level.
2. No records can be set.
3. The swimmer must contact the Meet Director.
4. Current Adaptive Sports USA rules must be submitted to the Meet Director in advance.
5. The Officials must complete this form and sign in appropriate places if electronic Meet Management is not used. Then form is mailed to Chair of Adaptive Sports USA Swimming.
6. If electronic Meet Management is utilized, a copy of the results may be submitted.

APPLICATION

Swimmers Name

EVENT _____ **OFFICIAL TIME**

Date of Swim Meet _____ Location

Name and Type of Meet _____ Pool
(25/50/yards/meters)

TIMERS SIGNATURES

WATCH READINGS

We certify that the information above is accurate. (Attach any official paperwork.)

Referee Signature

Meet Director Signature

Swimmer Signature

Parent Signature (if under 18)

Classification _____ Birthday _____ Sex: M F

Address (street/city/state/zip)

Phone (daytime) _____ evening

Please send form to: ADAPTIVE SPORTS USA
P.O. Box 621023
Littleton, CO 80162

Swimming Relay Information
for
the Adaptive Sports USA Junior Nationals

Relay events:

- 4 x 25 Freestyle Relay: 10 Points, 20 Points, and 30 Points
- 4 x 25 Medley Relay: 15 Points, 25 Points, and 35 Points
- 4 x 50 Freestyle Relay: 30 Points and 40 Points
- 4 x 50 Medley Relay: 30 Points and 40 Points

Point system for swimming relays: Compute team points from the following table. Each athlete is able to participate in up to 2 relays. The requirements now are:

1. They must be from the same team.
2. They must have a qualifying standard in the distance being swum (25 distance, swimmer may have a 50 time divided by 2 for a qualifying time)
3. The team may only substitute 1 member from outside the team.

	S1-4	S5-6	S7-8	S9-14
U7/11	1	2	3	4
U14	2	3	4	5
U17	3	4	6	8
U20/U23	4	6	8	10

The Junior Qualifying Standards are for time eligibility only. The Junior Swim Events chart on page 10 are to be used for the Age, Classification event eligibility. Both A and B swim standards have been moved to Adaptive Sports USA website.