



SWIMMING SOSC RULES SUMMARY

UNIFORM STANDARDS

- Swimsuit is required.
- Cover-up while accepting awards is required.

TIMING

- Where no Automatic Equipment is used, official manual times shall be determined as follows:
 - If two (2) of the three (3) watches record the same time and the third disagrees, the two identical times shall be the official time.
 - If all three (3) watches disagree, the watch recording the intermediate time shall be the official time.
 - With only two (2) out of three (3) watches working, the average time shall be the official time.

MODIFICATIONS

- Unassisted Swims - 15M Kick Board
 - Modification to rule 3.5.3.1: The swimmer will start in the water 10 meters from the wall.

MAXIMUM EFFORT - PERFORMANCE DISCREPANCY

- Athlete and their coach will receive warnings at Area, Regional and Chapter competitions if an athlete exceeds 15%. Since GMS is not used on-site, emails will be sent to LPCs/head coaches within one week of event.

2018 RULE CHANGE SUMMARY

Change From	Change To
Old Formatting	See also date change at footer to reflect June 2018
3. RULES OF COMPETITION 3.1.5 Standing on the bottom during freestyle events or during the freestyle portion of the medley events shall not disqualify a competitor, but he/she shall not walk.	DELETED: Standing on the bottom during freestyle events or during the freestyle portion of the medley events shall not disqualify a competitor, but he/she shall not walk. CHANGED TO: Swimmers who have a hearing or vision impairment may apply, at registration, for an 'A' Exception Code allowing them to have an assistant present on pool deck during the start. Vision impaired swimmers can also apply, at registration, for a 'T' Exception Code allowing them to have a Tapper.

OFFICIAL SOSC SWIMMING RULES CAN BE FOUND [HERE](#).

THE 2019 SUMMER GAMES EVENTS WILL BE:

SWIMMING			
Events	Gender	Notes:	
25 Backstroke	Male & Female	Athletes can be entered in a maximum of 3 individual events and 1 relay	
25 Breaststroke	Male & Female		
25 Butterfly	Male & Female		
25 Freestyle	Male & Female		
50 Backstroke	Male & Female		
50 Breaststroke	Male & Female		
50 Butterfly	Male & Female		
50 Freestyle	Male & Female		
100 Backstroke	Male & Female		
100 Freestyle	Male & Female		
100 Individual Medley	Male & Female		
200 Freestyle	Male & Female		
400 Freestyle	Male & Female		
Relay Events	Gender		
4X25 Freestyle Relay	Male & Female		
4X50 Freestyle Relay	Male & Female		
4X25 Individual Medley Relay	Male & Female		
Lower Ability Events	Gender	Notes:	
15M Assisted Swim	Male & Female	Athletes may be entered in a maximum of 3 individual events.	
15M Unassisted Swim	Male & Female		
15M Flotation Race	Male & Female		
15M Walk	Male & Female		
25M Freestyle	Male & Female		
25M Kickboard	Male & Female		