



TYPE OF COMPETITION

Individual Events

- 50Y Freestyle
- 50Y Backstroke
- 100Y Freestyle
- 50Y Breaststroke

Individual Event Start Rights

- Each Service Team is allotted six (6) athletes per gender, per classification, per event competition.
- The individual swimming events feature four separate male and female individual competitions across thirteen (13) classifications categories.
- Athletes may compete in all four (4) individual competitions.
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Relay Events

- The relay swimming events feature five (5), 200Y team relay races; two (2) male, two (2) female and one (1) open.
- Each Service Team may have only one relay team in each relay race.
- Male and female relay team composition is points-based; points are calculated using the classification categories as numbers.
- There are two (2) relays, a twenty-two (22) point and an eighteen (18) point: The four (4) numbers of the athlete's classifications must equal twenty-two (22) or eighteen (18) points.
- There are no gender or classification category restrictions in composition for the open relay team.
- Athletes may compete in only one of the five (5) relay races.

Classifications

- Athletes are classified into similar abilities based on the impact of the impairment. This ensures a fair and equitable race with similar athletes.
- Swim classes: 1.0, 1.5, 2.0, 2.5, 3.0, 4.0, 4.5, 5.0, 5.5L, 5.5U, 6.0 and VI (Visually Impaired).
- The higher the number, the less impacted the swimmer.
- The lower the number, the more profound the impact on their abilities.
- VI athletes have no other impairments except Vision. To equalize the vision loss, VI athletes wear black-out swim goggles to remove any potential sight advantage.
- VI athletes are assisted by tappers to assist them in knowing when they are close to the wall.

COMPETITION FORMAT

- All races shall be run as finals; there will be no preliminary heats.
- If a race classification category has more than one (1) heat, the medalist will be determined from the collected results of all heats.
- The finish time is taken the moment the athlete's hand touches the wall sensor.
- False Starts: Athlete(s) responsible for a false start, as determined by the Race Official, will be disqualified. This rule is often referred to as the "one and done" rule.

SPORT DETAILS

Freestyle

The freestyle stroke is swum in a horizontal position with the body facing down. The body rolls from one side to the other, always turning to the side of the arm that is currently pulling in the water. The head remains in a neutral position, face down, except when turning.

Backstroke

The backstroke uses alternating and opposite arm movements. As one arm pulls through the water from an overhead position to the hip, the other arm recovers above the water from the hip to the overhead position and vice versa. The legs perform a flutter kick, similar to the one used in the front crawl.

Breaststroke

The breaststroke is swum in a horizontal position with the body facing down. 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 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.

SCORING & RULES

- This event will utilize fully automatic timing, and scores will be calculated by gender and classification.
- Each heat may include athletes across multiple classifications; however athletes' results will be only amongst the athletes within their gender/classification.
- Tied Results Procedures: If athletes of the same gender, competition, and classification category have tied race finish times, multiple medals of the same placement will be awarded.