

## ***ARTICLE II***

# **Swimming**

The Special Olympics Canada (SOC) Sport Rules shall govern all SOC aquatics competitions. As a national sports program, SOC has created these rules based upon Fédération internationale de Nation Amateur (FINA) and Swimming/Natation Canada (SNC) rules for swimming. FINA and/or SNC rules shall be employed except when they are in conflict with the SOC Official Sports Rules. In such cases the following sections outlining the SOC Official Swimming Rules shall apply.

### ***SECTION A***

## **Official Events**

Freestyle: 25,50,100, 200, 400 metres

Backstroke: 25, 50, 100, 200 metres

Breaststroke: 25, 50, 100, 200 metres

Butterfly Stroke: 25, 50, 100, 200 metres

Individual Medley: 100, 200 metres

Freestyle Relay: 4 x 25 metres  
4 x 50 metres  
4 x 100 metres

Medley Relay: 4 x 50 metres

### ***SECTION B***

## **Rules of Competitions**

1. Swimmers shall enter a minimum of two events and a maximum of six events per competition, excluding relay events.
2. Relay Events
  - i. Relay team members must come from the same Chapter.
  - ii. All relay teams must be an all male team or an all female team, no co-ed teams are allowed.