

## **Senior Games / Swimming Information**

**Tuesday, August 20, 2024**

**1:00 pm – 2:30 pm**

**Northwest Pool | 2925 Apollo Way | Reno, Nv 89503**

**Sport Fee: \$10.00**

**Host: Health and Wellness Staff | (775) 334-2262 | Healthandwellness@reno.gov**

### **BASICS:**

This meet will be conducted in accordance with United States Masters Swimming rules, except as modified herein. For a copy of these rules, please visit: [www.usms.org](http://www.usms.org).

### **RULES:**

The major points of the rules include:

1. Starts: **The forward start will be taken from a push from the wall.** The backstroke start is taken from the wall. A false start will result in disqualification.
2. Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
3. Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
4. Breaststroke: The appropriate stroke is required.
5. Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly.
6. Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.
7. Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns.
8. Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.