

Swimming

Revised 2025

Special Olympics
Iowa



Registration Entries



Entry forms are available online at www.soiowa.org

- Website: Competitions tab > click on Participation Forms > Scroll to Spring Games
- Entry score for the athlete should be their **best** effort time
- SOIA division guidelines allow for the combining of individuals in consecutive age groups and/or gender into the same division if their ability levels are similar enough to provide fair and equitable competition

Area Competition Entries

- Go to your Area Competitions tab > click on your area to see where to send entries
 - Deadline for the area will be listed at bottom of page

State Competition Entries

- Entries can be emailed to: registrations@soiowa.org
~OR~
- Mailed to the State Office (551 SE Dovetail Road, PO Box 620, Grimes, Iowa)
- After your entries have been put into GMS you will be sent a Delegation Report
 - Review the report and return to the State Office with any corrections

Events



- 25 yard Backstroke
- 50 yard Backstroke
- 100 yard Backstroke
- 25 yard Breaststroke
- 50 yard Breaststroke
- 100 yard Breaststroke
- 25 yard Butterfly
- 50 yard Butterfly
- 100 yard Butterfly
- 15 yard Flotation Race
- 25 yard Flotation Race
- 25 yard Freestyle
- 50 yard Freestyle
- 100 yard Freestyle
- 200 yard Freestyle
- 100 yard Freestyle Relay (4 X 25 yard)
- 100 yard Unified Freestyle Relay (4 X 25 yard)
- 100 yard Individual Medley
- 200 yard Individual

Athletes can participate in up to two individual events and one relay

Developmental Events



- 15 yard Flotation Device
- 25 yard Flotation Device
 - These events are for individuals that need assistance (flotation device) in the water
 - Each athlete is responsible for his/her own flotation device
 - There is a 10 minute limit on the 15 yard Flotation Device
 - There is a 15 minute limit on the 25 yard Flotation Device

Rules



- An athlete with Down syndrome who has been diagnosed with Atlanto-Axial Instability may not participate in Butterfly events, Individual Medley events, or diving starts
- If available, starting blocks may be used at area and state competition
- Each swimmer will be allowed one false start. Upon committing a second false start, that swimmer will be disqualified
- Athletes will be disqualified for walking on the bottom of the pool during competition
- Athletes must use appropriate strokes at all times
- No jewelry is to be worn during competition
- No flotation devices shall be allowed except in the developmental event
- No coach shall enter the water with the swimmer in any event with the exception of assisting an athlete in and out of the pool

Backstroke



- The body shall remain on the back
- The turn requires that some part of the swimmer's body contact the end wall
- The finish requires contact with the finish wall, by any part of the body
- [How to Swim the Backstroke](#)

Breaststroke



- Some portion of the head must break the water surface sometime during each stroke cycle
- The stroke requires both hands be pushed forward from the breast simultaneously on, above, or under the surface of the water
- The kick requires the feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous and in the same horizontal plane. NO scissors, flutter, or downward butterfly kick is permitted
- The turn requires a simultaneous touch with two hands, not necessarily on the same plane after which any manner of turn is permitted
- The finish requires contact with the finish end when both hands touch simultaneously, not necessarily on the same plane
- [How to Swim the Breaststroke](#)

Butterfly



- The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water
- The kick requires that both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke, and alternating up and down movements of the legs are not permitted
- The turn requires simultaneous touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted
- The finish requires contact with the finish end when both hands touch simultaneously, not necessarily on the same plane, and shoulders horizontal
- [How to perform the Butterfly stroke](#)

Competition



- **Relay Categories**

- Co-ed – two female and two male
- Female – four female
- Male – four male **or** one male and three female **or** three male and one female
- Unified Team – two athletes and two Unified Sports partners
- If one athlete is unable to compete the day of competition, then he/she may be replaced with another athlete so long as the category does not change
 - For example: Junior female relay must remain a Junior female relay
- The substituted athlete must already be competing in the sport at the competition

Quiz



- Click the link to take the quiz
- [Swimming Quiz](#)