

Aquatics Competition
Lower Ability Event Rules

These events provide meaningful competition for athletes with lower ability levels.

No flotation device is allowed for any race other than the specified flotation races and assisted swims.

- There should be at least one observer for every two swimmers during competition.
- The starting line should be marked the appropriate distance from the finish.
- The depth of the pool should be no more than 1 meter (3.5ft) deep for walking events.
- It is preferable that certified swimming officials be used in all events.

Rules:

- Walking events - The athlete must have at least one foot touching the bottom of the pool at all times.
- Unassisted Swims – Athletes must swim the full distance with no assistance. Coaches, lifeguards, officials and spectators are allowed to offer encouragement and direction to the swimmer, but only from outside the swimmer's lane.
- 15 Meter Kickboard Event – Type of board allowed.
 - a) Length – max length is 470mm (18.5 inches)
 - b) Width – max width is 330mm (13 inches)
 - c) Thickness – max thickness is 45mm (1.75-2 inches)
 - d) Material – A material that provide appropriate flotation
 - 1) Swimmer must be in the water with one hand placed touching the pool deck edge or, with both hands holding the kickboard with the swimmer's back against the pool edge.
 - 2) Both hands should remain on the kickboard at all times. The swimmer may swim in the prone or supine position. Arm stroking is not permissible. Standing on the bottom of the pool for the purposes of resting is permissible but no walking or jumping is allowed.
 - 3) The finish will take place with the kickboard touches the end of the pool at the finish line or when some part of the swimmer's body touches the pool edge at the finish point.
- Assisted Swims – Each athlete is responsible for having his/her own coach or assistant. The assistant may touch, guide or direct the athlete, but may not support or assist with the athlete's forward movement. The swimmer is allowed to use a flotation device. The assistant may be in the pool or on the deck.
- No flotation device is allowed for any race other than the specified flotation races and assisted swims
 - For flotation events, each athlete is responsible for his/her own flotation device. The device must be of the body wraparound type such that if the athlete were to not be able to hold onto the device, the device would still support the athlete with his/her face out of the water.
 - (Flotation devices such as inner tubes or floats that wrap around the arms are not acceptable for use at any time).