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# Alberta 55 plus Swimming Rules

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## General Information

The rules listed in this section shall be the official rules for any **Alberta 55 plus** event. All Alberta 55 plus Rules are located on our web site at: [www.alberta55plus.ca](http://www.alberta55plus.ca). If there is a discrepancy between any printed rules, the version available on our web site shall prevail.

**Entry Procedures:** Check with your Zone Activity Director for playoff information and date. Contact information is listed on our website at [www.alberta55plus.ca](http://www.alberta55plus.ca)

## Game Courtesies

Rules are made to be followed by all players to make games happen. But often there are unwritten “rules” or courtesies which will make the game much better with fewer problems for all. Whether the game is a friendly recreational event among friends or part of an important tournament, participants should practice good sportsmanship and respect for their competitors.

Rules for many of the activities that 55 plus play are contained in rules books written by provincial, national or international governing bodies. These rules are often referred to but any adaptations to these rules will be listed within each rule.

## Age Groups / Events

All participants must fall within the age group indicated by December 31 of the Event year. All participants in Zone Playoffs must be Active Members.

Age	Events	Participants Advancing to Provincial Games
55+	Women	2 per Zone
55+	Men	2 per Zone
60+	Women	2 per Zone
60+	Men	2 per Zone
65+	Women	2 per Zone
65+	Men	2 per Zone
70+	Women	2 per Zone
70+	Men	2 per Zone
75+	Women	2 per Zone
75+	Men	2 per Zone
80+	Women	2 per Zone
80+	Men	2 per Zone
85+	Women	2 per Zone
85+	Men	2 per Zone
55+	Women Time Predicted	2 per Zone
55+	Men Time Predicted	2 per Zone
<b>TOTAL NUMBER OF PARTICIPANTS PER ZONE = 32 (16 Men / 16 Women)</b>		
<b>Participants may enter a maximum of four (4) events, plus the relay if chosen by their Zone</b>		

1. The Alberta 55 Plus Games and all sanctioned ALBERTA 55 PLUS events will follow the official **F.I.N.A.** Rules as outlined in the current Rules of Swimming/National Canada and modified by ALBERTA 55 PLUS for 55 plus recreational swimmers in the Alberta 55 Plus Games shall apply. The full set of rules can be obtained by contacting:

### Swim Alberta

11759 Groat Road, Edmonton, Alberta T5M 3K6  
Ph: (780) 415-1780.

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## 2. RULES

F.I.N.A. Rules (**modified by Alberta 55 plus for 55 plus recreational swimmers in the Alberta 55 Plus Summer Games**) as outlined in Swimming Rules of Swimming/National Canada (revised 2017) shall apply and are available from Swim Alberta.

The following defines the strokes permitted:

- FREESTYLE - although literally: any stroke you wish to use, the term has become synonymous with **FRONT CRAWL - stroke executed on the front with alternating arms raised above the water; flutter kick only.**
- BREAST STROKE - any stroke that resembles a breast stroke, i.e. **both arms pull simultaneously under the water in a heart-shaped pattern, whip or frog kick only** (dolphin and flutter kick not permitted)
- BACK STROKE - any stroke executed on the back. Upon finish, swimmer must touch wall while on back.
- BUTTERFLY STROKE a stroke in which the arms are thrown together out of the water while the feet kick up and down. A recent change in the Masters swimming rules has occurred which necessitates the following change:

“All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is permitted for butterfly. Only one breaststroke kick is permitted per arm pull except that a single breaststroke kick is permitted prior to the turn and the finish without an arm pull. After the start and after each turn, a single breaststroke kick is permitted prior to the first arm pull.”

Participant may choose up to 4 events plus relay

50m Freestyle	100m Breast Stroke
50m Back Stroke	100m IM
50m Breast Stroke	100m Freestyle
50m Butterfly	100m Back Stroke
2 x 200m time predicted	
Fun Relay 4 X 50m (women) one team per zone	
Fun Relay 4 x 50m (men) one team per zone	

1. Swimmers are required to touch the end of pool during turns.
  - a. Swimmers executing turn during Back Stroke can either touch wall while on back or can flip over and touch during turn (a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn). The swimmer must have returned to position on the back upon leaving wall. Back Stroke finish must be on back.
  - b. Simultaneous 2-hand touch is required for Breast Stroke and Butterfly Stroke.
3. Starts are permitted from blocks, edge of pool, or standing in water at end of pool (push off wall).

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4. False start Rules - Any competitor who commits a false start during a third or subsequent attempt at a start shall be disqualified, no matter if the competitor has been blameless in all previous attempts at starting that race.
5. Timed Races (including extra medal events) – The number of competitors registered in each race will determine the number of heats. If the number of competitors is low, 2 age groups may swim at the same time while keeping results separate. In the event of ties, medals will be awarded to all tying swimmers.
5. Time Predicted Swim (Any stroke or combination of strokes)
  - a. At area/zone play-offs, swimmers predict the time it will take to swim 200 metres.
  - b. At the Provincial Games, swimmers will swim 200 metres on each of two days for a total of 400 metres. They will be required to predict their time for each of the 200 metre swims 1/2 hour prior to competing each day (verbal predictions to be confirmed by initialing time sheet). The lowest combined total difference for the two days will determine the winners, e.g. if 6 seconds over on the first day, and 3 seconds under on the second day, combined total time difference is 9 seconds. Swimmers will be permitted to know their times after the first 200 metre swim.
  - b) Swimmers are not to use watches or receive pacing information from the sidelines.
  - c) In the case of a tie, the swimmer with the fastest time will be declared winner.
  - d) Time Prediction Swimmers must enter appropriate age category when they enter the extra medal events.
  - e) Participants in time predicted races cannot participate in any other event, unless invited to participate in the relay.
6. Participants must compete in the same age category for all events except the relay (just 55+) and the time predicted (just 55+).
7. Zones will perform “Zone fills” up to the total maximum per Zone. This will allow participants to compete in their proper age category.
8. Each Zone is asked to appoint one of their swimmers as a Zone swimming team captain. This person should know the rules and direct any concerns to the appropriate official on behalf of the entire team. Team captain will coordinate participation in the Fun Freestyle Relays for their Zone.
9. Each swimmer should bring 2 bathing suits to minimize the time sitting around wet.

## CLARIFICATIONS TO RULES

- a) Change from one type of stroke to another shall occur at the end of a length.
- b) Starts are permitted from blocks, edge of pool, or standing in water at end of pool (push off wall).
- c) Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he/she shall not walk.
- d) No swimmer shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins etc...). Goggles may be worn.

## Time Predicted Events

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- a) Swimmers permitted to use any permitted stroke (as outlined above) or combination of strokes.
- b) Swimmers required to predict their time for each swim ½ hour prior to competition (verbal prediction to be confirmed by initialing time sheet.)
- c) If event occurs over two days (e.g. at the Provincial Games), the lowest combined total difference for the two days will determine the winners, e.g. if 6 seconds over on the first day, and 3 seconds over on the second day, combined total time difference is 9 seconds. Swimmers will be permitted to know their times after the first swim.
- d) Swimmers are not to use watches or receive pacing information from the sidelines.
- e) In the case of a tie, the swimmer with the fastest time shall be declared the winner.

### Freestyle Relay

- a) There shall be four swimmers on each relay team.
- b) In relay events, the team of a swimmer whose feet lose touch with the starting platform before preceding teammate touches the wall shall be disqualified.
- c) The members of a relay team and their order of competing must be nominated before the race.
- d) Any relay team member may compete in a race only once.
- e) The order of competing for a relay team may be changed by the start of the meet that day.
- f) Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.
- g) Any swimmer having finished his/her race, or his/her distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his/her race. Otherwise, the relay team of the swimmer committing the fault shall be disqualified.
- h) Disqualified swimmers and relay teams shall not be awarded points, if applicable.

A medical examination two months prior to competition is strongly recommended. A Games waiver **must** be signed before competing in any ALBERTA 55 PLUS sanctioned event, including playoff competitions prior to an Alberta 55 Plus Games.