



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL SWIM MEET SCORESHEET & PROCEDURES

Details:

- **Entry Limit**
- Six events
- Sign up if you have access to a pool, or will, before your scores are due
- Swim safely
- Time self or have a buddy do so for you socially distanced
- Find out if the pool you are using is 25m or 25 yds, you will report this when you report your times. All times will be converted to one length in fairness to all.
- Record times here and then enter in google form with pool distance.
- Medals will be determined by time per age and gender category

Rules

1. Rules not covered here will be in accordance with USA Swimming rules, including the U.S. Masters Swimming Section.
2. Starting blocks may not be used unless provided for all swimmers at a designated location. Dive in from side of the pool, where permitted and safe to do so, or start in the water.
 - All backstroke swimmers must start in the water. Regardless of stroke, all in-water starts must keep one hand on the wall or block prior to the start, except in backstroke when both hands must be on the wall or block and the feet entirely beneath the surface of the water.
3. Swim strokes properly and do turns properly as described to avoid DQ's
 - **Freestyle**
 - The swimmer may swim ANY style, except in a medley event, where freestyle means any stroke OTHER than backstroke, breaststroke or butterfly.
 - **Backstroke**
 - The swimmer must push off and continue swimming on the back throughout the race.
 - During the turn, the shoulders may turn past the vertical toward the breast. If the swimmer turns past vertical, such motion must be part of a continuous turning action and the swimmer must return to a position on the back upon leaving the wall.

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- **Breaststroke**
 - All movements of the legs shall be simultaneous.
 - The hands shall be pushed forward together from the breast and shall be brought back on or under the surface of the water.
 - A part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, except at the start and each turn, the swimmer may take ONE arm stroke and ONE leg kick while completely submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
 - Touches at turns and at finish must be two hands simultaneously with the shoulder in line with the water surface.
- **Butterfly**
 - The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick at any time during the race. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water at least once per breaststroke or whip kick, except after the last such kick before the turn or finish.
 - After the start and after each turn, if breaststroke or whip kick is used, only one kick is allowed prior to the arm pull that brings the swimmer to the surface.
 - Touches at turns and at finish for butterfly must be two hands simultaneously with the shoulder in line with the water surface.
- **Individual medley**
 - Shall consist of four strokes in this order: butterfly, backstroke, breaststroke, and freestyle. Above rules for individual strokes will prevail.

VIRTUAL SWIM MEET

Score Sheet

Pool length: 25 yards or 25 meters?

Times:

50 yd. - Freestyle: _____

50 yd. – Backstroke: _____

50 yd. - Breaststroke: _____

50 yd. - Butterfly: _____

100 yd. - Freestyle: _____

100 yd. - Backstroke: _____

100 yd. - Breaststroke: _____

100 yd. - Butterfly: _____

100 yd. - Individual Medley: _____

200 yd. – Freestyle: _____

200 yd. - Backstroke: _____

200 yd. - Breaststroke: _____

200 yd. - Butterfly: _____

200 yd. - Individual Medley: _____

400 yd. – Individual Medley: _____

500 yd. - Freestyle: _____