

SWIMMING

Défi sportif AlterGo 2023

School sports rules

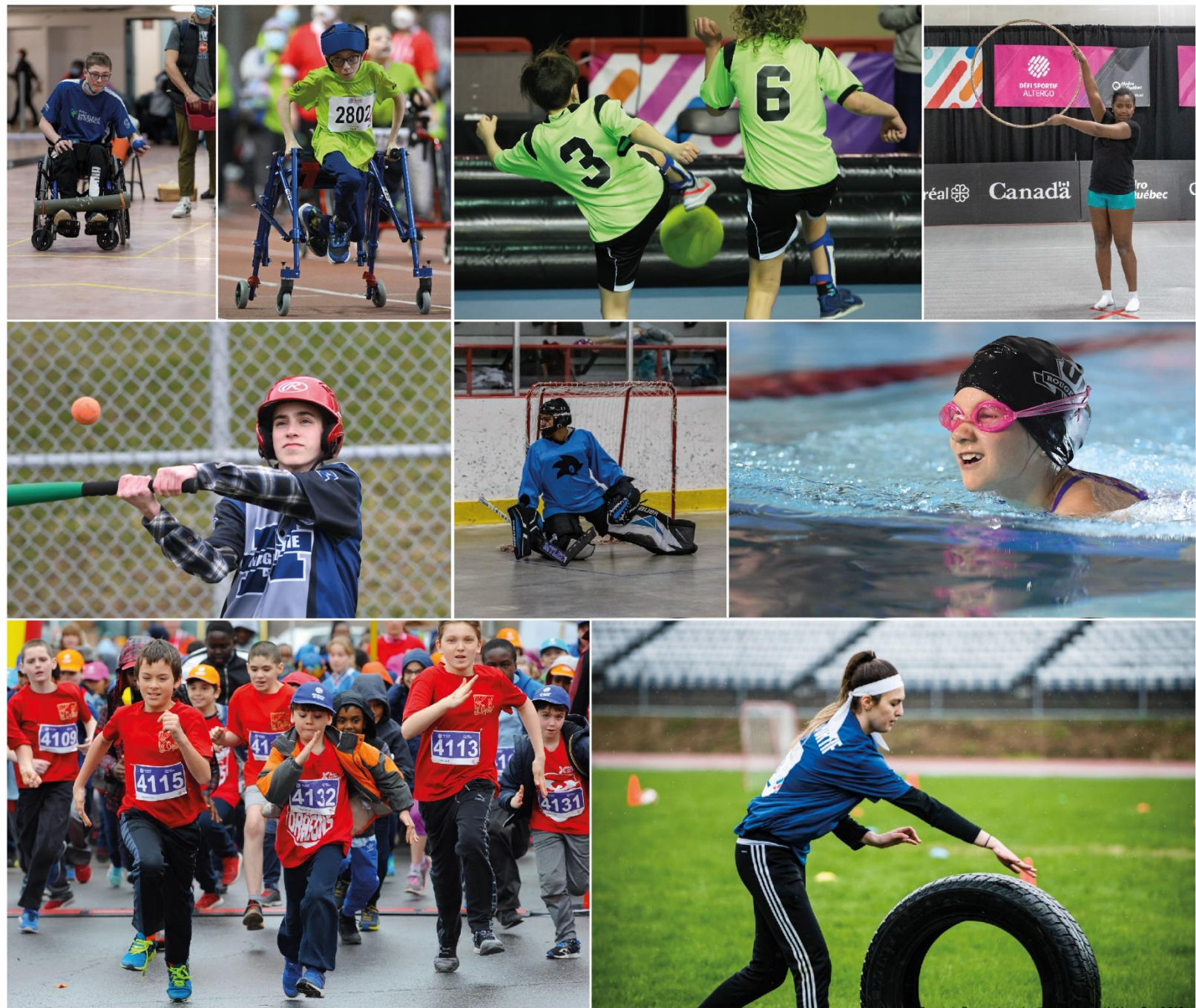


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1. REGISTRATION

For registrations, connect to [the registration platform](#). Each school is responsible for its registrations.

2. CATEGORIES OF ATHLETES

2.1. Without physical disability

Division open to all athletes regardless of their functional limitation with a floatation device.

Division open to all athletes regardless of their functional limitation without a floatation device.

Division for athletes diagnosed with a **mild to moderate intellectual limitation** without a floatation device.

Division for athletes with **severe to intense intellectual impairment**. For this level, athletes can swim with or without a floatation object and are allowed to have a companion behind as a guide.

2.2. With physical disability

Division 1 – with or without a floatation device

The athletes walk with no difficulty. They can walk up and down the stairs without physical assistance or handrails. They can do overall motor activities such as jumping or running but speed, coordination, and balance are impacted.

Division 2 – with or without a floatation device

The athletes walk with difficulty. They must use a handrail or physical assistance to walk down the stairs. The motor performances are poor and poorly developed at the level of the race and the jumps.

Division 3 – with or without floatation object

The athletes use technical help at all times to get around and are autonomous in their movements inside. They require physical help or stable support to get up. Examples of technical aids: manual wheelchair, walker without saddle, crutches, canes.

Division 4 – Division with severe physical disability with or without floatation object and assistance.

The athletes require a motorized wheelchair or manual powered by others. They need an adapted seat to support the torso. They require physical help for transfers. At home, they can use a walker with a seat, make short trips on the ground (crawling) or take steps with physical help.

An assistant is permitted but must not be in front of the athlete.

Division 5 – Division with severe physical disability with r without palm, floatation object and assistance.

These young people are limited in the anti-gravity control of the head and torso. Voluntary control of arms and legs is very limited. These children do not have the means to move independently (some may use a motorized aid with multiple adaptations) and are dependent on the adult for transfers and travel.

Technical aids are needed to maintain alignment of the head and torso.

3. EVENTS

3.1. Short distance events (without physical handicap)

STYLE	DISTANCE	SEX	GRADE
Free	25 m	Girls	Elementary school
Free	25 m	Boys	Elementary school
Free	25 m	Girls	High school
Free	25 m	Boys	High school
Back	25 m	Girls	Elementary school
Back	25 m	Boys	Elementary school
Back	25 m	Girls	High school
Back	25 m	Boys	High school

3.2. Short distance events (with physical handicap) - Divisions 1, 2, 3, 4, and 5

STYLE	DISTANCE	SEX	GRADE
Free	25 m	Girls	Elementary school
Free	25 m	Boys	Elementary school
Free	25 m	Girls	High school
Free	25 m	Boys	High school
Back	25 m	Girls	Elementary school
Back	25 m	Boys	Elementary school
Back	25 m	Girls	High school
Back	25 m	Boys	High school

3.3. Long distance events (with or without physical handicap)

STYLE	DISTANCE	SEX	GRADE
Free	50 m	Girls	Elementary school
Free	50 m	Boys	Elementary school
Free	50 m	Girls	High school
Free	50 m	Boys	High school

3.4. Events with visual impairment

STYLE	DISTANCE	SEX	GRADE
Free	25 m	Mixed	Elementary school
Free	25 m	Mixed	High school

3.5. Relay race with or without floatation object

STYLE	DISTANCE	SEX	GRADE
Free	4 x 25 m	Mixed - Physically disabled	Elementary school
Free	4 x 25 m	Mixed - Physically disabled	High school
Free	4 x 25 m	Girls	Elementary school
Free	4 x 25 m	Boys	Elementary school
Free	4 x 25 m	Girls	High school
Free	4 x 25 m	Boys	High school

Four (4) different athletes must take part in the relay race.

4. RULES

4.1. Generals rules

- There will be no warmup time before the competitions.
- The competitions will take place in two 25-metre pools.
- It is mandatory for swimmers to touch the wall during the relay races.
- Teams must respect the places assigned to their respective school on the side of the pool.

4.2. Flotation objects allowed

The flotation objects allowed are:

- life vest
- upper arms swimming aids
- swim belts
- dorsal ball
- sea snake

The athlete cannot use propulsion aids as a flotation object (Ex. palms or planks), unless he or she is registered in the division 5 race with a physical disability.

4.3. Specifics rules for swimmers with visual impairment

Swimmers with visual impairment can have an assistant to guide them with a pole. A soft object must be attached to the tip of the pole. The assistant touches the swimmer on the head or the shoulder to indicate proximity to the wall of a curve or the finish wall.

4.4. Start

All competitors will start in the water.

A trainer must hold the athlete's arm until the start signal.

Step 1 : when the event is announced, the athlete must be seated.

Step 2 : as the whistle signal blows, the athlete enters the water and takes the starting position.

Step 3 : The beep and red flag lowering indicates the start.

4.5. Assistants

- Assistants will be allowed to assist only in severe physical disability events or in severe-intellectual-disability-with-assistant event.
- He can reorient the athlete (without pushing him or her) if and only if the athlete is entangled in the pool's floatation cables (the athlete must proceed on his own).

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