200m Obstacle Swim

Pool

In the programme of **ILS**

Over 200 m freestyle, eight obstacles are submerged 70 cm below the surface. The swimmer must pass beneath each one, surfacing at least once on either side of every obstacle.

Procedure

1. Start dive
2. 200 m obstacle swim (4 return lengths)

Key points

✓ Surface at least once before each obstacle.

✓ A swimmer who passes over an obstacle may go back and pass under it without penalty.

✓ Touch the wall at each turn and at the finish.

✓ Unintentional contact with the obstacle is not, in itself, an infringement.

✓ Pushing off the bottom to surface after passing under the obstacle is allowed.

Disqualifications

CODE	MEANING	RULEBOOK
DQ1	Not completing the event in accordance with the event description or general rules	ILS
DQ2	Unsporting behaviour / unfair competition	ILS
DQ3	Late arrival at the marshalling area	ILS
DQ4	Failure to be present at the start of the event	ILS
DQ5	Wilful damage to the venue, accommodation or property of others	ILS
DQ6	Abuse of officials	ILS
DQ7	Using a sticky/adhesive substance to improve grip or support (hands, feet, manikin, rescue tube)	ILS
DQ8	Using the pool bottom for support or propulsion, except where the event rules expressly allow it	ILS
DQ9	Leaving the water after the event before being authorised by the official (final whistle)	ILS
DQ10	False start: commencing the starting action before the start signal	ILS
DQ11	Passing over an obstacle without immediately correcting the error	ILS
DQ12	Failing to surface before each obstacle	ILS

CODE	MEANING	RULEBOOK
DQ13	Failing to touch the wall at the turn	ILS
DQ14	Failing to touch the wall/edge at the finish	ILS
DQ17	Using a lane rope, pool steps, edge or other pool fixture for assistance (e.g. to surface)	ILS

Names and detailed rules may vary between rulebooks: always refer to the official rules of the competition.