



RECREATIONAL SERVICES

Intramural Rulebook



Swim Meet

SWIM MEET RULES

High School Federation rules apply with the following Intramural adaptations.

Rule 1 - Entries

- A. An individual may not enter more than three (3) events.
- B. An organization may enter two (2) persons in each event. Only one relay team per relay event for each organization is allowed.
- C. Substitutions will be allowed after sign-up only if class conflict or injury occurs; only prior to the prelims of an event; only prior to 3:00 p.m. the day of the event; and only if done in person at the Recreational Services office. Be sure your entries in each event are correct before turning in your entry form. No substitutions will be allowed at the pool.

Rule 2 - Contestants

- A. Only meet officials and entrants will be allowed on the pool deck. Team managers must remain in the spectator area.
- B. All contestants must wear swim suits. No shorts, cut-offs, etc. will be allowed. Contestants will be allowed a towel or warm-up on the deck prior to their event, but no street clothes or other dressing and/or undressing.

Rule 3 - Starts

- A. For the forward start, swimmers shall assume any position with at least one foot at the front edge of the starting platform or pool deck. Upon the starting command "**take your mark,**" without delay, swimmers shall assume a motionless position with their foot/feet remaining at the front edge of the platform/pool deck. When all swimmers are motionless, the starter shall then activate a starting device.

1. In the forward start, swimmers may stand up or step off the starting platform after the command "stand up," but they shall not unnecessarily enter the water nor delay a new start.
 2. Long, shallow racing dives are encouraged for all swimmers in forward starts.
- B. For the backstroke start, swimmers shall face the starting end with both hands grasping any part of the starting platform or pool end wall in their assigned lane and with both feet in contact with the side of the starting end. Upon the starter's command, "Swimmers, take your mark," swimmers may assume any motionless position which does not remove them completely from the water nor both hands nor feet from the pool end. When all swimmers are motionless, the starter shall activate a starting device.
1. In the backstroke start, swimmers may release from the starting position after the command "stand up," but they shall not leave the starting area nor unnecessarily delay a new start.
- C. Subject to the discretion of the referee/starter, a false start occurs when a swimmer:
1. Unnecessary delays in reporting for the start, or in assuming a starting position.
 2. Leaves the mark before the starting signal.
 3. Does not remain motionless immediately prior to the start.
- D. When one or more swimmers have obtained an unfair advantage at the start, the race shall continue without recall.

Notes:

1. If the recall signal is activated inadvertently, the race is recalled and the referee/starter may disqualify the swimmer(s) leaving the mark before the start of the signal.
PENALTY: The swimmer or relay team is disqualified from the event.

2. The referee/starter may recall the entire heat when he/she is not satisfied that the race was properly begun. It is not necessary to charge any swimmer with a false start under these conditions.
PENALTY: When there is dual confirmation of false start by the referee and starter, the swimmer or relay team is disqualified from the event.

Rule 4 - Strokes & Turns

A. Backstroke

1. The backstroke start shall be used.
2. The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn.
3. Any stroke is permitted.
4. Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted.
5. Any kick is permitted.
6. The swimmer may be completely submerged during the turn or for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point the head must have broken the surface of the water.
7. The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag (20 yard mark), the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed provided such rotation is accompanied by an immediate initiation of the turning action or continuation into the wall.

- a. The immediate initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head.
 - b. After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.
 - c. The swimmer shall assume a position on the back before the feet leave the wall.
8. The finish requires completion of the required distance and contact with the finish end, or the finish pad by any part of the swimmer.

B. Breaststroke

- 1. The forward start shall be used.
- 2. The body shall remain on the breast with both shoulders in the horizontal plane, except while executing a turn.
- 3. On the start or turn, one arm stroke beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater; except that after such arm stroke and before the breaststroke kick, a single downward butterfly kick is permitted. Some part of the head must break the surface before the hands turn inward at the widest part of the second stroke after the start and after each turn.
- 4. There shall be no sculling with the hands at the end of the armstroke.
- 5. The stroke requires both hands be pushed forward from the breast simultaneously on, above or under the surface of the water. Elbows must remain under the water. Butterfly recovery in not permitted.

- 6. The kick requires the feet be drawn up with the knee bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous and in the same horizontal plane. No scissors, flutter or downward butterfly kick (developed from a flexing and extending of the knee) is permitted.
- 7. The turn requires a simultaneous two-hand touch with shoulders horizontal after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull or leg kick.
- 8. The finish requires contact with the finish end or the finish pad, with both hands simultaneously and shoulders horizontal.

C. Butterfly

- 1. The forward start shall be used.
- 2. The body shall remain on the breast with both shoulders in the horizontal plane, except while executing a turn.
- 3. The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water.
- 4. The kick requires that both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke and alternating up and down movements of the legs are not permitted.
- 5. The turn requires a simultaneous two-hand touch with shoulders horizontal, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull or leg kick.
- 6. The finish requires completion of the required distance and contact with the finish end or the finish pad, with both hands simultaneously and shoulders horizontal.

D. Freestyle

1. The forward start shall be used.
2. Any body position, stroke and kick is permitted and any combination of styles may be used.
3. The turn requires that some part of the swimmer's body contact the end wall.
4. The finish requires completion of the required distance and contact with the finish pad by any part of the swimmer.

Rule 5 - Lanes

Disqualification will result if a swimmer hinders another swimmer, *in any way*, or if the swimmer accidentally gets into another lane.

Rule 6 - Individual Medley

The individual medley begins with the forward start. Competitors shall swim the butterfly for the first quarter of the required distance of the complete race, the backstroke for the second quarter, the breaststroke for the third quarter and the freestyle for the last quarter. Competitors shall adhere during each quarter of the race to the position, stroke, kick and turn rules governing the stroke being swum.

Note: Turns at the end of the first three strokes are considered turns. The finish is the end of the final lap of the race.

The order of strokes for the Individual Medley is:

- Butterfly
- Backstroke
- Breaststroke
- Freestyle

Rule 7 - Relay Events

- A. The medley relay is swum by a team of 4 competitors, each

swimming one quarter of the required distance of the race. The first shall use the back-stroke start and swim backstroke; the second shall swim breaststroke; the third, butterfly; and the fourth shall swim the

freestyle. Each swimmer shall adhere to the position, stroke, kick, turn and finish rules governing the stroke being swum.

The order of swimmers for the Medley Relay is:

- Backstroke
- Breaststroke
- Butterfly
- Freestyle

- B. The freestyle relay is swum by a team of 4 competitors, each swimming one quarter of the required distance of the race in any style, adhering to the turn and finish rules of the freestyle event. The first swimmer of the relay team shall use the forward start.
- C. The first swimmer of a relay team, once called to the starting platform by the referee, shall not change his/her swimming order in the relay event with any teammate.
- D. On the takeoff, the second, third and fourth swimmers on a relay team shall use the forward start, except they may be in motion before the previous swimmer finishes. The swimmers shall remain in contact with the front of the starting platform/pool deck until the previous swimmer has finished. However, moving from the back of the starting platform to the front is permitted provided the swimmer is on the starting platform and does not initiate the action from the pool deck.
- E. The first three members of relay teams shall leave the water by the finish end of their lane promptly after finishing their quarter of the race.

Any decision of a timer or judge is final.