

## Swim Meet Rules Spring 2010

### Equipment

Proper swimwear is required.

### Game Regulations

**Entries:** An individual may attempt to qualify for as many as four events. An individual who competes in more than four events will be forfeited out and will lose all team points he/she may have earned. Relays are included in the limitation of four events.

#### **Organization Limits:**

Fraternity- one individual per event per house, four men per relay  
Sororities- two individuals per event per house, four women per relay

Men and Womens' Res Halls- four individuals per living unit

Men and Womens' Coops- No limit of individuals per house (four events per person)

Open- No limit (four events per person)

**Scratching and Substituting:** Individual events: A member of the organization may replace an entry in the qualification round. Once a participant qualifies for the finals, the participant may not be substituted for.

### Sport Specific Rules

**Relays:** A member of the organization may replace an entry in the qualification round. Once the relay team qualifies for the finals, only one member of the qualifying group may be replaced.

#### **Scoring:**

Individuals: 7, 5, 4, 3, 2, and 1.

Relays 14, 10, 8, 6, 4, and 2.

#### **Order of Events:**

100 Yd. Medley Relay

50 Yd. Free style

100 Yd. Individual Medley

50 Yd. Butterfly

100 Yd. Free style

50 Yd. Backstroke

50 Yd. Breaststroke

100Yd. Free style Relay

#### **The Official Start:**

**Forward Start.** In all swimming races with the exception of the backstroke, each swimmer shall stand with at least one foot on the front edge of the starting platform in readiness to assume a starting position. Upon the command "Take your mark," the swimmer shall assume any desired starting position. A swimmer may start in the water but must have at least one hand on the wall or starting block. When the starter sees that the swimmers are completely

motionless, the starter starts the race with the pistol shot and/or electronic sound device.

**Backstroke Start.** In the backstroke start, each swimmer shall line up facing the starting mark with both hands grasping the starting grips (this to include the end of the pool or any part of the starting block) and with both feet in contact with the end of the pool. Upon the command "Take your mark," swimmers shall assume any desired starting position that does not remove them completely from the water, nor their hands, nor their feet from contact with the end of the pool. When the starter sees that the swimmers are completely motionless, the starter starts the race with the pistol shot and/or electronic sound device.

**False Starts:** All swimmers leaving their marks before the starting sound shall be charged with a false start. All other swimmers must be immediately released by the starter with the command "Stand up".

This allows the swimmer in the forward start to stand up or step off the block.

In the backstroke start, the swimmers are released from their starting position but must remain in the starting area.

When the starting sound has been given and one or more swimmers has obtained an unfair advantage, all swimmers shall be recalled at once by a second pistol shot or another sound device by the referee starter recall starter. The starter and/or the referee shall then indicate the swimmer or swimmers, if any, to be charged with a false start.

Any swimmer who unnecessarily delays in assuming and holding a completely motionless starting position after the command "Take your mark" must be charged with a false start.

Any swimmer responsible for an unnecessary delay after the referee's signal shall be charged with a false start.

**Backstroke:** Swimmers shall push off on their backs and continue swimming on their backs throughout the race.

Some part of the swimmer's person must touch the end of the racing course during each turn. After any part of the swimmer's head has passed the backstroke flags, the swimmer's upper shoulder is allowed to rotate past the vertical toward the prone position before the touch is completed provided such rotation is accompanied by an immediate initiation of the turning action.

**Breaststroke:** The forward start shall be used. The body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. 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 head shall always be above the general water level (the surface in a calm state), except that after the start and after each turn, the swimmer may take one arm stroke and one leg kick while wholly submerged. When the hands begin their side ward or downward press, a new stroke shall have been started. A wave passing over the head does not constitute a violation.

All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards in the backward movement. A "dolphin" kick is not permitted (i.e., propulsive movements are determined by flexion and extension at the knees in the vertical plane are prohibited). Breaking the surface with the feet shall not merit disqualification unless caused by movement of the legs in a vertical plane.

When touching at each turn, the touch shall be made with both hands simultaneously. It is permissible on a turn to drop a shoulder after the final arm pull and prior to the touch. Once each legal touch has been made, the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. On the finish, the touch must be made with both hands simultaneously.

It is permissible after the final arm pull prior to a turn or finish for the head to be lowered below the water level of the pool. This would apply equally to the breaststroke leg of the medley relay and the breaststroke in the individual medley.

**Butterfly:** The forward start shall be used. After the start and turns, a swimmer is permitted one or more leg kicks but only one arm pull under water, which must bring the swimmer to the surface.

Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept perfectly on the breast and both shoulders in the horizontal plane from the beginning of the first arm stroke after the start and after each turn.

All up and down movements of the legs and feet must be simultaneous, although they may be on an unequal plane, but the movement shall not be of an alternating nature. (A breaststroke kick may not be used).

When touching at each turn the touch shall be made with both hands simultaneously. It is permissible on a turn to drop a shoulder after the final arm pull and prior to the touch. Once each legal touch has been made, the swimmer may turn in any manner desired; but the prescribed form must be attained from the beginning of the first arm stroke. On the finish, the touch shall be made with both hands simultaneously.

**Free Style:** In a free style event, any style or combination of styles may be used. At each turn, some part of the body must touch the wall.

**Individual Medley:** The swimmer shall swim the prescribed distance as follows: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke, and the last one-fourth, any style other than butterfly, backstroke or breaststroke. A swimmer must swim each phase of this race adhering to the turn and finish rule governing each stroke. It is permissible to drop the shoulder on both the turn or when approaching the finishing turn on breaststroke and butterfly portions.

**Free Style Relay:** Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously.

The lead off swimmer starts with the pistol shot and/or electronic sound device. Each succeeding teammate assumes the forward starting position with at least one foot in contact with the front edge of the starting platform in time to take off after the previous swimmer finishes a leg of the race. The swimmer may be in motion but must still be in contact with the front edge of the starting block when the preceding swimmer finishes. If a contestant leaves the starting mark before the previous swimmer on the contestant's relay team finishes, the contestant shall be disqualified.

**Medley Relay:** Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously as follows: first backstroke; second, breaststroke; third, butterfly, and fourth, free style. In the last one-fourth, any style may be swum other than butterfly, backstroke or breaststroke. All relay team members must swim their phases of the race adhering to the turn and finish rule governing their strokes.

The leadoff swimmer shall conform with the prescribed backstroke start.

When automatic judging and timing equipment is used, swimmers must touch the sensitized portions of the pads in their lanes at the end of the pool to have finished their legs of the relay.

### **Basic Policies**

**Activity Format:** Preliminary and final rounds will be held on separate nights. If fewer than eight (8) swimmers have signed up for a race, no preliminary heats will be held and swimmers will automatically advance to the finals.

**Cancellation:** Any team knowing in advance that they will be unable to play in a scheduled match may request to cancel and take a loss. All cancellation requests must be completed prior to 3:00pm the day of the game, or Friday for Sunday games. The Intramural Sports Office **must** be contacted when cancelling a game to avoid the forfeit charge.

**Forfeit:** GAME TIME IS FORFEIT TIME! Participants must report to the game site and be “ready to play” to avoid a forfeit. “Ready to play” means checked in with the proper game equipment and on the field/court ready to begin play at the scheduled game time. It is advised that participants show up 15 minutes prior to their scheduled start time. The Intramural Sports Staff will be responsible for calling a forfeit. A \$20 charge will be assessed to the captain of the forfeiting team and teams will be dropped from the league after two no-show forfeits.

**Conduct:** All participants are expected to play according to the rules of the Division, Intramural Sports, and University Regulations. The staff of the Division of Recreational Sports reserves the right to penalize individual participants and/or teams for fighting or other unsportsmanlike conduct. Any individual or team that has or is consuming alcohol is subject to an automatic forfeiture. Since the use of alcohol is unsportsmanlike conduct, the Intramural Supervisors and Officials have the right to eject the player(s) or team and may forfeit the contest to the opponent. In addition, cases involving physical abuse of or between participants and/or spectators may be referred to the Office of the Dean of Students for possible action.

**Inclement Weather:** During league play and/or playoff games, a game “under play” may be called due to inclement weather or mechanical failure of the lights. Situations that would warrant calling games due to inclement weather would be lightning and thunder, tornado warnings and conditions that would be deemed injurious to participants if they continued to play. The Intramural Supervisor will have the responsibility for calling games due to

inclement weather or light failure. Games that are called prior to starting by the supervisor will be re-scheduled (if time permits) by the Intramural Staff. These games will be re-scheduled by the Intramural Staff the next regular office day and notices of the re-scheduled games will be posted. Participants should call the Weather Hotline (494.3131) for updated game information.

**Scorecard:** Prior to each game, all players must sign in on the official scorecard. The game officials will then verify each player’s identity by checking the players ID. All participants must display their valid Purdue University ID in order to participate. **NO ID, NO PLAY! (NO EXCEPTIONS)** An individual whose name appears on the official scorecard will be considered as having played in the contest. Late arriving players must have their name added to the scorecard upon arrival by an official before they may participate.

**Eligibility:** A participant may play for only one team. They may play on two teams if one of the teams is a Co-Rec team. For more eligibility policies please see the link below to the Intramural Sports Handbook.

**More Policy Information:** For additional information please review the Intramural Sports Handbook online at: [www.purdue.edu/recsports/programs/imsports](http://www.purdue.edu/recsports/programs/imsports)