SECTION 1. EVENT FORMAT

I. Event Overview
   A. This competition is a combination of individual and team events.
      i. Both individuals and teams may register for events.
      ii. See Section 4 of this document for registration limitations.
   B. Participants will only be able to participate on the specified event date.
   C. For competing organizations, points will be tallied throughout the swim meet.

II. Location
   A. The swim meet will take place in the Boilermaker Aquatic Center, located north of Meredith Hall.
   B. The facility can be entered through the CoRec.

III. Supervision
   A. The intramural and aquatics staff will operate the event.
      i. ALL PARTICIPANTS MUST PRESENT THEIR ID IN ORDER TO PARTICIPATE. ii. Check-in will be between 6:00-6:30 pm and will take place on the pool deck.
         a. All participants must be signed in and “ready to play” with the minimum number of players to avoid a forfeit.
         b. All participants must be registered and on the appropriate team roster in IM Leagues in order to check-in with the Intramural Supervisor.
         c. “Ready to play” includes having the proper game equipment and at the event ready to begin at the scheduled time.
   B. An Intramural Supervisor will provide oversight and aid with operations of the event. Please alert the Intramural Supervisor if assistance is needed.
   C. Certified lifeguards will oversee participants’ safety.

IV. Alcohol and Drugs
   A. The Division of Recreational Sports Facility Policy clearly states that:
      i. Alcohol, tobacco products, illegal drugs, firearms, and other weapons are strictly prohibited in DRS facilities.
      ii. Use of the facilities under the influence of alcohol or drugs is also prohibited.
   B. The Intramural Staff will strictly enforce these policies.

SECTION 2. THE EVENT

I. Brief Overview
   A. The following events (see Section 8 for descriptions) will be offered:
      i. 200 Yd. Medley Relay
      ii. 50 Yd. Free Style
      iii. 100 Yd. Individual Medley
      iv. 50 Yd. Butterfly
      v. 100 Yd. Free Style
vi. 50 Yd. Backstroke
vii. 50 Yd. Breaststroke
viii. 200Yd. Free Style Relay

B. For event descriptions, see Section 8.

II. The Pool
A. The pool is regulation size according to NCAA competition.

III. Beginning Play
A. An official call will be conducted prior to all swim meet events.
B. After the original call, the events will follow a designated order. There will be calls prior to each event informing participants to prepare for the start of that specific event.

SECTION 3. EQUIPMENT

I. Equipment Provided
A. Competition equipment, such as goggles and swim caps, are available for purchase at the Equipment Center in the Co-Rec.
B. Players may use their own competition equipment.

II. Illegal and Required Equipment
A. Swimming suits are required, no gym or running shorts.
B. No eye glasses are permitted in the pool.
C. No jewelry, hats, or anything that would be considered potentially harmful to other participants may be worn.
D. No hard and unyielding items including guards, casts, braces, etc. on the hand, wrist, forearm, and elbow, upper arm or shoulder.

SECTION 4. PLAYERS

I. Individual Participation
A. Individuals may compete in up to four (4) events.
   i. Relays do count towards an individual’s four (4) event limit.
   ii. Should an individual exceed this limit, they will forfeit all previous points earned for their organization.
B. Individuals without teams are also restricted to four (4) events.

II. Organization Limits
A. The following organization limits also occur for team competition:
   i. All Divisions – Limit two (2) individuals per individual event and 1 team per relay event.
   ii. Individuals competing in team competition may only participate in 4 total events.
   iii. Rosters must be submitted via IM Leagues by 5pm on Friday, January 30th. Roster adjustments will not be accepted following this date.

III. Minimum Team Requirements
A. There is no minimum requirement of events for a participating individual or organization.

IV. Substitutions
A. A registered participant may be replaced as long as the replacement occurs prior to end of the check-in period (6:45 pm)
B. All scratches must be turned in by 3pm on the day of the event.
C. Players arriving after the end of the check-in period (6:45 pm) will not be able to participate.
SECTION 5. TIMING

I. Timing
A. Event clocks begin after the official start, denoted by an electronic sound device (see Section 7.1).
B. In each event, the individual or team with the lowest total time shall win that event.
C. Once indicated by the event staff, all times are final and not subject to debate.

SECTION 6. SCORING

I. Scoring
A. Individuals or teams earn points based on the order in which they finished the event.
B. Individual event points will be awarded as follows:
   i. 1\textsuperscript{st} Place – 7 points
   ii. 2\textsuperscript{nd} Place – 5 points
   iii. 3\textsuperscript{rd} Place – 4 points
   iv. 4\textsuperscript{th} Place – 3 points
   v. 5\textsuperscript{th} Place – 2 points
   vi. 6\textsuperscript{th} Place – 1 point
C. Team event points will be awarded as follows:
   i. 1\textsuperscript{st} Place – 14 points
   ii. 2\textsuperscript{nd} Place – 10 points
   iii. 3\textsuperscript{rd} Place – 8 points
   iv. 4\textsuperscript{th} Place – 6 points
   v. 5\textsuperscript{th} Place – 4 points
   vi. 6\textsuperscript{th} Place – 2 points
D. Once indicated by the event staff, all times are final and not subject to debate.

II. Forfeits
A. Forfeited individuals will not receive any points for any missed events.
B. Players violating the event limit restrictions will retroactively forfeit previously earned points.

SECTION 7. EVENT STARTS

I. Official Start
A. When the starter sees that all swimmers are completely motionless, the starter starts the race with an electronic sound device.
B. Should any movement violations occur, a false start shall be called (see Section 7.IV).

II. Forward Start
A. In all events with the exception of the backstroke, each swimmer shall stand with at least one (1) foot on the front edge of the starting platform in readiness to assume a starting position.
   i. A swimmer may alternatively start in the water but must have at least one hand on the wall or starting block.
III. Backstroke Start
   A. Each swimmer shall line up facing the starting mark with both hands grasping the starting grips (this is 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.

IV. False Starts
   A. Any swimmers leaving their marks before the starting sound shall be charged with a false start.
      i. All other swimmers must be immediately released by the starter with the command, "Stand up."
         a. This allows the swimmer in the forward start to stand up or step off the block.
         b. In the backstroke start, the swimmers are released from their starting position but must remain in the starting area.
   B. When the starting sound has been given and one (1) or more participants has obtained an unfair advantage, all swimmers shall be recalled at once by a second sound device.
      i. The starter and/or the referee shall then indicate the swimmer or swimmers, if any, to be charged with a false start.
   C. 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.
   D. Any swimmer responsible for any other unnecessary delay after the referee's signal shall be charged with a false start.
   E. Two (2) false starts from any one (1) individual result in an automatic disqualification from that event.

SECTION 8. EVENT DESCRIPTIONS

I. Backstroke
   A. Swimmers shall push off on their backs and continue swimming on their backs throughout the event.
   B. Some part of the swimmer's body must touch the end of the racing course during each turn.
      i. 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.

II. Breaststroke
   A. The body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface.
   B. Arm Movement
      i. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
      ii. The hands shall be pushed forward together from the breast and shall be brought back on or under the surface of the water.
   C. Leg Movement
      i. All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
      ii. The feet must be turned outwards in the backward movement.
         a. A "dolphin" kick is not permitted.
         b. "Dolphin" kicks are propulsive movements determined by flexion and extension at the knees in the vertical plane.
iii. Breaking the surface with the feet shall not merit disqualification unless caused by movement of the legs in a vertical plane.

D. Head Level
i. 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 (1) arm stroke and one (1) leg kick while wholly submerged.
   a. When the hands begin their sideward or downward press, a new stroke shall have been started.
   b. A wave passing over the head does not constitute a violation.
ii. 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.
   a. This would apply equally to the breaststroke leg of the medley relay and the breaststroke in the individual medley.

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

F. On the finish, the touch must be made with both hands simultaneously.

III. Butterfly
A. After the start and turns, a swimmer is permitted one (1) or more leg kicks but only one (1) arm pull under water, which must bring the swimmer to the surface.
B. Both arms must be brought forward together over the water and brought backward simultaneously.
C. 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.
D. 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.
   i. A breaststroke kick may not be used.

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

F. On the finish, the touch shall be made with both hands simultaneously.

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

V. Individual Medley
A. The swimmer shall swim the prescribed distance as follows:
   i. First ¼ - Butterfly
   ii. Second ¼ - Backstroke
   iii. Third ¼ - Breaststroke
   iv. Fourth ¼ - Any style other than butterfly, backstroke, or breaststroke
B. A swimmer must swim each phase of this race adhering to the turn and finish rule governing each stroke.
i. It is permissible to drop the shoulder on both the turn or when approaching the finishing turn on breaststroke and butterfly portions.

VI. Free Style Relay
A. Four (4) participants are on each team. Each participant swims ¼ of the prescribed distance. B. The lead swimmer begins the event at the official start.

B. Each succeeding teammate will assume the forward starting position with at least one (1) foot in contact with the front edge of the starting platform in time to take off after the previous swimmer finishes their portion of the event.
   i. 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.
   ii. Any such violation will result in a disqualification.

VII. Medley Relay
A. Four (4) swimmers are on each team, and each swimmer will swim 1/4th of the total distance as follows:
   i. First ¼ - Backstroke
   ii. Second ¼ - Breaststroke
   iii. Third ¼ - Butterfly
   iv. Fourth ¼ - Any style other than butterfly, backstroke, or breaststroke

B. Each swimmer must swim each phase of this race adhering to the turn and finish rule governing each stroke.

SECTION 9. PROTESTS

I. Eligibility Protests
   A. If a player is believed to be ineligible (please see our Policy and Procedure Manual Section 1. Eligibility for more details), the game may be played under protest.
   B. Please contact the Intramural Supervisor to file a protest form.