

University of Wyoming
INTRAMURAL SPORTS

Swim Meet Rules

(Updated 8/05)

The Intramural Swim Meet will be held in Corbett Pool. Locker rooms and showers are available.

1. **Events:**

- 50 Yards: Freestyle, Butterfly, Breaststroke, Backstroke
- 100 Yards: IM, Freestyle
- 200 Yards: Freestyle, Medley Relay, Freestyle Relay
- Fun Events: 25 Yard Wet Sweatshirt Race, 50 Yard Wet Sweatshirt Relay, 25 Yard Innertube Race, 50 Yard Innertube Relay, Big Splash Contest, Awesome Dive Contest

2. **Official Start:** In all swimming races with the exception of the backstroke, each contestant shall stand erect with both feet on the starting mark in readiness to assume a starting position. In the backstroke start, each contestant shall line up facing the starting mark with both hands grasping the side of the pool and with both feet in contact with the end of the pool. After the command "Take Your Marks," swimmers will be started with a pistol shot or another form of signal.

3. **False Starts:** All contestants leaving their marks before the starting signal shall be charged with a false start. After two successive false starts, all contestants involved in any subsequent false start shall be disqualified from the event.

4. **Fouls:** Any contestant is liable for disqualification from the event for using incorrect form. Any contestant or relay team shall be disqualified if a teammate jumps into the pool before all others have finished the event.

5. **Freestyle:** Any style or combination may be used

6. **Backstroke:** The contestant shall push off on his back and continue swimming on his back throughout the race. The contestant may turn over beyond the vertical toward his breast and in a continuous motion take only one stroke before his foremost hand has touched the end of the pool.

7. **Breaststroke:** The breaststroke must be swum on the surface. Following the take-off and each turn, one arm-pull and one leg-kick may be taken underwater, but some portion of the contestant's head must be higher than the normal, flat surface of the water at all times. Both hands must be pushed forward simultaneously from the breast on or under the surface of the water and brought backward simultaneously and symmetrically. The body must be kept perfectly on the breast, and both shoulders in the horizontal plane. The feet shall be drawn up, the knees bent and apart. The movement shall be continued with a rounded outward sweep of the feet bringing the legs together. Up and down movements of the legs in the vertical plane are prohibited. All movements of the legs and feet must be simultaneous, symmetrical and in the same lateral plane. A contestant may not introduce a side-stroke movement, or use the top of the instep of one or both feet in the propulsive part of the breaststroke kick. When touching at the turn or on finishing a race, the touch shall be made with both hands simultaneously on the same level, and with the shoulders in the horizontal plane. There shall be no anticipation of the turn. Once a legal touch has been made, the contestants may turn in any manner desired, but the prescribed form must be attained before the feet leave the wall in the push-off.

8. **Butterfly:** All movements of the arms must be symmetrical and simultaneous and all recoveries must be over the water. The body must be kept perfectly on the breast, and both shoulders in the horizontal plane. All movements of the legs and feet must be simultaneous and symmetrical. Up and down movements of the legs and feet are permitted. When touching at the turn or finishing a race, the touch shall be made with both hands simultaneously on the same level, and with the shoulders in the horizontal plane. There shall be no anticipation of the turn. Once a legal touch has been made, the contestants may turn in any manner desired, but the prescribed form must be attained before the feet leave the wall in the push-off. When a contestant is in the underwater position after the start, when turning or during the race, he is allowed to make one or more kicks. A contestant may not introduce a side-stroke movement.

9. **Relays:** 4 contestants per IM and Freestyle Relay, 2 per Wet Sweatshirt and Innertube Relay. Each teammate swims $\frac{1}{4}$ of the prescribed distance. The official start will be the starting signal, and each succeeding teammate assumes a starting position in time to take off the instant the previous contestant finishes his leg of the race. He may be in motion, but both feet must be in contact with the front edge of the starting block when the preceding swimmer finishes.