

Lamar University Intramural Swim Meet Event Rules

(Governed by NIRSA)

All contestants must show a Lamar-Beaumont Cardinal One Card or LIT ID before the events start to be eligible to participate. No ID No Play!!!!

ORDER OF EVENTS (Women first):

200 Yard Medley Relay – backstroke, butterfly, breaststroke, freestyle

200 Yard Freestyle

50 Yard Freestyle

100 Yard Individual Medley - backstroke, breaststroke, freestyle

1 Meter Diving – Forward dive, Jack Knife, & 1 ½ forward dive

50 Yard Backstroke

50 Yard Breast Stroke

200 Yard Freestyle Relay

PARTICIPANTS:

An individual is limited to 3 events plus diving

All-Sports teams may enter two contestants per event and one relay team per event.

Team Scoring:

- Two All-Sports points for winning individual events exception diving.
- Four All-Sports points for winning relay events.
- Five All-Sports points for winning individual for diving.
- 20 points for entering 4 or more participants or 5 points per participant for teams with 3 or less participants.

DIVING EVENT:

1 meter:

Forward dive, Jack Knife, & 1 ½ forward dive

- Each dive will be based on a 1-3 point scale (1 being lowest and 3 being Best) with 3 judges for a max of 9 points per dive. Divers must try all three dives. Only one chance for each dive. Diver with most accumulated points for all 3 dives will win 5 points for team.

OFFICIAL START:

Forward 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.

Take your marks-- then Pistol shot or whistle.

Backstroke Start:

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.

Take your marks-- then Pistol shot or whistle.

False Starts:

1. All contestants leaving their marks before the pistol is discharged shall be charged with a false start unless released verbally by the starter.

2. When the pistol is discharged and one or more contestants have obtained an unfair advantage, all contestants shall be recalled at once by a second pistol shot. The starter shall then indicate the contestant(s), if any to be charged with a false start.
3. A contestant who unnecessarily delays in assuming the steady starting position after the command take your marks should be charged with a false start.
4. At the starter's discretion, any time prior to the discharge of the pistol, may order the contestants to stand up.
5. Penalty for false start. After two (2) successive false starts, all contestants involved in any subsequent false start shall be disqualified and may not swim in the event.

FOULS

1. Each contestant should endeavor to keep a straight course throughout the race; any contestant who, when out of the course, shall touch an opponent is liable to disqualification from the event subject to the discretion of the referee. The referee may also order any race to be swum over if, in their opinion, sufficient unfairness prevailed.
2. Any contestant or relay team shall be disqualified if a teammate shall jump into the pool before all others have finished that event.
3. Any contestant is liable for disqualification from the event for using incorrect form.

FREESTYLE:

In a freestyle event, any style or combination of styles may be used.

BACKSTROKE:

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

BREASTSTROKE:

1. 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.
2. Both hands must be pushed forward simultaneously from the breast on or under the surface of the water and brought backward simultaneously and symmetrically.
3. The body must be kept perfectly on the breast, and both shoulders in the horizontal plane.
4. 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.
5. 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.

BUTTERFLY:

1. All movements of the arms must be symmetrical and simultaneous and all recoveries must be over the water.
2. The body must be kept perfectly on the breast, and both shoulders in the horizontal plane.
3. All movements of the legs and feet must be simultaneous and symmetrical. Up and down movements of the legs and feet are permitted.
4. When touching at the turn of 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.
5. 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.
6. A contestant may not introduce a side-stroke movement.

RELAYS:

1. Four (4) contestants on each team, each to swim one-fourth of the prescribed distance continuously.
2. The lead-off starts with the pistol shot. Each succeeding teammate assumes the forward starting position with both feet in contact with the starting mark in time to take off the instant the previous swimmer finishes their leg of the race. He may be in motion, but both feet must still be in contact with front edge of the starting block when the preceding swimmer finishes.

CO-REC RULES:

1. One male and one female must swim in each event.
2. Relays must have two males & two females. They must alternate male/female or female/male

MISCELLANEOUS:

1. Completion of Races: Even if unopposed a contestant must race and finish the event to win the competition.