



The University of Michigan
Department of Recreational Sports
Intramural Sports Program

SWIMMING & DIVING RULES

I. INTRAMURAL POLICIES AND PROCEDURES

(NOTE: Listed below is a synopsis of important Intramural Policies and Procedures. For a more detailed explanation, please refer to the Intramural Sports Program Manager's Manual, which can be found on our website at www.recsports.umich.edu/intramurals.)

A. ROSTER AND ROSTER ADDITIONS

1. **Individual, Dual, and Team Meets:** For meets, a team must submit its roster prior to the event, and prior to the roster deadline if one is set. Rosters may not be modified after the roster deadline.

B. ELIGIBILITY

1. **Checking ID's:** Before a contest, event, or activity, all members of a team shall present to the official their pictured Student ID card. The official shall then verify the participant's identity and so note on the scorecard. Those players listed on the scorecard and verified by an official are considered to have participated in that contest. Should a participant arrive at the contest after it has started, the participant assumes the responsibility to have his/her identity verified by the official during a stoppage of play. Should a player not be verified by an official, that individual shall be considered an ineligible player.
2. **Forgotten ID Policy:** If a player forgets his or her ID, the following procedure will be followed:
 - a. The player must present a form of pictured ID (i.e. state driver's license, state identification, etc.) to the sport supervisor.
 - b. The sport supervisor shall complete an Intramural Forgotten ID Form and give that form to the participant.
 - c. The participant shall present the completed Intramural Forgotten ID Form along with his/her ID to the game official for verification.
 - d. The player must come in the next working day between 9:00am and 4:30pm with their valid student ID or current Department of Recreational Sports user pass to verify that they are an eligible participant in the Intramural Sports Program. Failure to do so shall result in a forfeit against the violating team.
3. **Club Sport Members and Intercollegiate Athletes:** Teams may not use any Intercollegiate or professional athletes in the sports of Swimming, Diving, or Water Polo. Teams may only use a maximum of one Club Water Polo player AND one Ex-Varsity Swim, Dive, or Water Polo athlete. on their swim & dive roster. Check the IM Manager's Manual for more information regarding the definitions of a Club Sports' member and Intercollegiate Athlete.

C. FORFEITS:

A team not ready to play (or failing to appear) at the designated day, date, time, and location of the scheduled contest will forfeit that contest.

D. SPORTSMANSHIP RATINGS

1. Each team in each contest shall be rated by the officials. A meet has a total of 10 sportsmanship points, based on the conduct of the team for the duration of the meet. During the course of the contest, teams may lose points if their behavior deteriorates. A team will be disqualified if their SRS becomes zero or below.
2. Level 1 Sportsmanship Infraction: For each Sportsmanship infraction a team receives, one point will be deducted.
3. Level 2 Sportsmanship Penalty: For each Sportsmanship Penalty a team receives, three points will be deducted.
4. Level 3 Sportsmanship Ejection: For each Sportsmanship Ejection a team receives, seven points will be deducted.
5. Forfeits: Forfeiting a contest shall result in a seven point deduction.

Level 1: Sportsmanship Infraction (1 point deduction)	? Any verbal warning that addresses conduct	
Level 2: Sportsmanship Penalty (3 point deduction)	? Alcohol use by spectators ? Spectator interference	? Scratches in Meet
Level 3: Sportsmanship Ejection (7 point deduction)	? Alcohol use by player ? Physical contact with an official ? Fighting ? Intentionally injuring or attempting to injure an opponent ? Threatening/Verbal abuse of an official ? Use of an ineligible player ? Use of a suspended player ? Forfeiting a game	

II. SPORT RULES

NOTE: The Official Rules of the National Federation of State High School Athletic Association apply to Intramural meets. These rules are a summation of the high school rules with additional IM information. Copies of the Official rules may be checked out at the Equipment Room of the Intramural Sports Building.

A. MEET ORGANIZATION

1. The meet is conducted in the Canham Natatorium, directly west of the Intramural Building.
2. Managers are advised to arrive 15 minutes prior to the first event.
3. Team schedules and heat sheets will be available from the deck clerk, and will be posted on bulletin boards 30 minutes prior to the start of the meet.
4. Competitors should listen for calls for their events, and should report to the deck when asked to do so. Any person who is not ready to compete when called to do so will be disqualified.
5. The order of events is as follows:
 - a. Diving
 - b. 200 Medley Relay
 - c. 100 Individual Medley Relay
 - d. 50 Freestyle
 - e. 50 Backstroke
 - f. 50 Breaststroke
 - g. 200 Freestyle
 - h. 50 Butterfly
 - i. 200 Freestyle Relay
 - j. T-Shirt Relay (optional, no meet points)
 - k. Inner tube Relay (optional, no meet points)

Please refer to the sections on Diving and Swimming Events for the details of each event.

B. TEAM PERSONNEL

1. Four individuals constitute a team; therefore, *a minimum of four people must be listed on the roster.*
2. Rosters must include the swimmers name, student ID number or user pass number, and the event(s) in which they will compete.
3. Completed rosters are due no later than the manager's meeting for the meet. Rosters may not be submitted at the meet, and no changes may be made to the roster once it is submitted.
4. Individuals may participate in a maximum of three (3) swimming events and may dive.
5. Teams may enter a maximum of one (1) team in each relay, two (2) swimmers in each individual event, and one (1) person in the diving competition.

C. TIMING AND JUDGING

1. Timing
 - a. Timing is done by the Canham Natatorium automated timing system. Swimmers are reminded to touch the touch pads firmly and in the center of the pad. Failure to do so may prevent the pad from sensing the finish.
 - b. Swimmers in relays are required to exit the pool within five (5) seconds of completing their leg of the relay. If the swimmer does not exit in time, and this causes the touch pad to record a false touch, the relay team will be disqualified.
 - c. Hand operated back up time will be kept on all lanes.
2. Judging
 - a. Judging of Diving events is done by members of the Intercollegiate Diving Team. Decisions of the judges are final with regard to their scoring of a dive. However, errors in computation in diving scoring should be brought to the attention of the meet director.
 - b. There will be a stroke judge for all swimming events. Any swimmer who employs an illegal or improper stroke may be disqualified.
3. False Starts
 - a. A false start occurs when a swimmer leaves the starting blocks prior to the starting signal. When a swimmer commits a false start, that swimmer is automatically disqualified from that event. If the starting signal HAS NOT been given, any other swimmers who enter the water from a forward start, or leave the starting blocks from a backward start, are guilty of a false start and may be disqualified. If the starting signal HAS been given, swimmers who enter the water or push away from the blocks will not be charged with a false start unless they delay in returning to the starting position. In all cases, a false start decision is left to the judgment of the starter.

D. SCORING

1. Diving
 - a. Scores for individual dives are calculated by taking scores from the judges, removing the high and the low scores, and then multiplying the total of the remaining scores by the degree of difficulty of the dive. If there are only three judges, the three scores are totaled and multiplied by the degree of difficulty of the dive.
 - b. The over-all place of a diver is determined by the total points earned in three (3) dives.
 - c. The top six divers earn meet points for their teams as follows:
First=7 points, Second=5 points, Third=4 points, Fourth=3 points, Fifth=2 points, Sixth=1 point
2. Swimming
 - a. Individual Events
 1. The top six times for individuals from ALL heats in a particular event earn meet points as follows:
First=7 points, Second=5 points, Third=4 points, Fourth=3 points, Fifth=2 points, Sixth=1 point

- b. Relays
 - 1. The top six times for teams from ALL heats in a particular relay earn meet points as follows:
First=14 points, Second=10 points, Third=8 points, Fourth=6 points, Fifth=4 points, Sixth=2 points
- 3. Point system/team champion
 - a. In order to earn all year divisional points in swimming, a team must enter a minimum of four (4) individuals, who need to participate in ALL of the events for which they are entered -OR- have a positive meet point total at the end of the event.
 - b. The team champion in a division is decided by totaling meet points earned by a particular team from all events. Should a team fail to compete in an individual event which they have entered, they will have three (3) points deducted from their total. In the case of failing to compete in a relay the penalty is 12 points. After all points are totaled and appropriate deductions are made, the team scoring the most points will win the meet.

E. SWIMMING EVENTS

- 1. 200 Medley Relay
 - a. Each member of the relay team swims two (2) 25 yard lengths of the pool.
 - b. The first swimmer will swim the backstroke. (See Backstroke)
 - c. The second swimmer will swim the breast stroke. (See Breaststroke)
 - d. The third swimmer will swim the butterfly stroke. (See Butterfly)
 - e. The fourth and final swimmer will swim Freestyle. (See Freestyle)
 - f. Swimmers must exit the pool within five (5) seconds of completing their leg of the relay.
 - g. Any swimmer starting a leg prior to the completion of the previous leg will cause the team to be disqualified from the relay.
- 2. 100 Individual Medley
 - a. The individual swimmer swims four (4) 25 yard lengths of the pool.
 - b. The first length, the swimmer will swim the butterfly stroke. (See Butterfly)
 - c. The second length, the swimmer will swim the backstroke. (See Backstroke)
 - d. The third length, the swimmer will swim the breaststroke. (See Breaststroke)
 - e. The fourth length, the swimmer will swim Freestyle (See Freestyle)
- 3. 50 Freestyle
 - a. The individual swimmer swims two (2) 25 yard lengths of the pool.
 - b. The swimmer may use any stroke type, and any kick type.
- 4. 50 Backstroke
 - a. The individual swimmer swims two (2) 25 yard lengths of the pool.
 - b. The swimmer must remain on the back to the degree that the shoulders do not turn over beyond the vertical plane, except during a turn.
 - c. Any stroke type or kick type may be used.
- 5. 50 Breaststroke
 - a. The individual swimmer swims two (2) 25 yard lengths of the pool.
 - b. The body of the swimmer must remain on the breast with both shoulders in the horizontal plane, except when executing a turn.
 - c. At the start or on a turn the swimmer is allowed one pull and one kick while under water.
 - d. The stroke requires both arms to be pushed forward from the breast. The butterfly recovery is not allowed.
 - e. The kick is done with feet drawn up and knees bent. The feet must be turned outward during the thrust component of the kick.
 - f. Each turn requires a two handed touch of the wall. After this, any type of turn is permitted. The legal body position must be regained prior to the first pull or kick.
- 6. 200 Freestyle

- a. The individual swimmer swims eight (8) 25 yard lengths of the pool.
 - b. The swimmer may use any stroke type, and any kick type.
7. 50 Butterfly
- a. The individual swimmer swims two (2) 25 yard lengths of the pool.
 - b. The body of the swimmer must remain on the breast with both shoulders in the horizontal plane, except when executing a turn.
 - c. The stroke requires both arms to pull under the water and recover under the water.
 - d. The kick requires both legs and feet to simultaneously up and down in a vertical plane.
 - e. Each turn requires a two handed touch of the wall. After this, any type of turn is permitted. However, the legal body position must be regained prior to the first pull or kick.
8. 200 Freestyle Relay
- a. Each member of the relay team swims two (2) 25 yard lengths of the pool.
 - b. The swimmers may use any stroke type, and any kick type.
 - c. Any swimmer starting a leg prior to the completion of the previous leg will cause the team to be disqualified from the relay.

NOTE FOR ALL SWIMMING EVENTS

A PROPER FINISH IN ALL EVENTS REQUIRES A TWO HANDED TOUCH OF THE WALL.

9. T-Shirt and Inner tube Relays
- These events are run for fun, and will be explained to the participants before the event

F. DIVING EVENTS

1. Each diver will be allowed three (3) dives. The first **MUST** be a forward dive. The second and third dives are optional, as to which dive is selected.
2. A list of dives and degrees of difficulty are attached to these rules. Dives must be chosen from this list and each diver must include the name of the dive, the dive number, the position, and the degree of difficulty on the Diving Entry Form.
3. The diving competition is conducted by division, with the divers in alphabetical order by last name.

G. CO-REC MODIFICATIONS

1. Relay teams consist of 2 men and 2 women.
2. Co-Rec teams need to have equal participation from males and females.