

IM Sports - SWIMMING INSTRUCTIONS

RACE START COMMANDS: 3 commands will be used...

"**Step Up**" - swimmer steps up on starting block

"**Take your mark**" - swimmer moves quickly to the edge of block and assumes whatever starting position they desire, then freeze. One foot must be on the edge of the block.

"**The Gun**" - swimmer leaves the starting block at the sound of the gun.

FALSE STARTS ~ One false start disqualifies a swimmer from that IM race!

RELAY INSTRUCTION: Outgoing swimmer may not leave block until the incoming swimmer has touched the wall. Body may be extended over water but feet must remain on blocks until touch is made.

200 Medley Relay: 4 swimmers - each swimming 50 yards or two (2) lengths of the pool. Stroke order: backstroke, breaststroke, butterfly, freestyle.

100 Freestyle Relay: 4 swimmers - each swimming 25 yards or one (1) length of the pool.

200 Freestyle COED Relay: 4 swimmers (2 male and 2 female) - each swims 50 yards or two (2) lengths of the pool.

STROKE INSTRUCTIONS:

BACKSTROKE: Swimmer starts in the water and uses any stroke **on their back**. The swimmer may swim up to 15 meters under water on start & turn. The touch - some part of the swimmer's person must touch the wall. The swimmer may turn onto the chest prior to the touch as long as no arm pulls are taken prior to the touch. Leg kicks may continue.

BREASTSTROKE: Arm stroke followed by leg kick must be done at the same time and in the same plane - some portion of the head must break water at all times except at the start and the turn. At the start and turn the swimmer may take one arm pull (beyond the hip line) and one leg kick under water. The touch at turn and finish must be made simultaneously and in the same plane with both hands. **One hand touch is a disqualification.**

BUTTERFLY: Arm and legs move together at all times. Arm recovery must be made above water and leg kick must be together. An alternating kick will lead to disqualification. At the start and on the turn, the swimmer is allowed one or more leg kicks but only one arm pull under water. A Breaststroke or scissors kick is not permitted. At each turn and at the finish the touch shall be made with both hands simultaneously.

FREESTYLE: Any stroke may be used. In the **Medley Relay** - NO breast, butterfly or any back-type stroke may be used. At each turn some part of the swimmer's person must touch the wall.

QUESTIONS: Intramural Office, Room 2, IM Bldg, 8am-4:30pm (M-F), (814) 865-5401

Last Modified 7/20/00