



**University of Illinois at Urbana-Champaign**  
**Campus Recreation**  
**Intramural Sports**  
**Swim Meet Rules**

The Swim Meet will be conducted under modified USA Swim Rules. This document covers the major rules with some exceptions.

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**General Intramural Sports Policies and Procedures**

**Signing-In and Rosters**

1. All events for Running Illini are virtual.
2. An individual is bound to the *first* team they sign in for.
3. A participant can only play on 1 Co-Rec team *and* 1 single gender team (i.e. Men's *or* Fraternity Greek Cup).
4. If a player is found participating in the contest without a valid IM membership, said team will forfeit the game and all forfeit fees and consequences will apply.

**Forfeits and Defaults**

1. Teams that are not present at their scheduled contest by game time or are unable to produce enough eligible players to field a team, will be assessed a forfeit aside from the Grace Period Exception.
2. A team may delay its right to win by forfeit and allow the other team a grace period of 10 minutes to acquire a properly equipped team through the Grace Period Exception:
  - a. Once a 10 minute grace period is granted by the team who is ready, they may not rescind their decision and take a forfeit before the 10 minutes passes.
  - b. If 10 minutes passes after the scheduled game time, and the minimum number of eligible players required to play for the opposing team has not arrived, then that team that is ready to play must accept the forfeit.
  - c. If the forfeiting team is able to obtain the minimum number of properly equipped players before the 10 minute grace period expires, game starting procedures will occur.
3. The team captain of a team that has forfeited will be assessed a \$5 forfeit fee. Additionally the team will be ineligible for playoffs.
4. If a team knows in advance that they will be unable to field a team on a given night; they may avoid the forfeit fee and loss of playoff eligibility by filing a default by 2:00pm on the business day of the contest.

5. A team that has one less than the minimum number of players required to start the contest will receive a default.

### **Sportsmanship**

1. The Intramural Activities Program expects all participants to respect and abide by all rules and policies, show respect and concern for the intramural staff, and refrain from abusive language, poor attitude, and manipulation of the rules to further their chance of winning.
2. Sportsmanship ratings are given to teams after each contests by Intramural Sports Leads, Supervisors, and game officials. These ratings reflect behavior before, during, and after a contest. For purposes of our sportsmanship ratings, we will not count administrative technical fouls and rule technicalities against a team's overall sportsmanship. The decision will be final and ratings will exist on the following scale:
  4. Team shows excellent sportsmanship and go out of their way to keep the game safe and fun. Team receives no unsportsmanlike conduct penalties.
  3. Team shows good-to-average sportsmanship, or *one (1) unsportsmanlike conduct penalty is assessed.*
  2. Team shows below-average sportsmanship and displays dissent to game officials before, during, or after contest. *Two (2) unsportsmanlike conduct penalties is assessed during the contest on either two separate participants, or on a single participant resulting in an ejection.*
  1. The intramural contest has been terminated due to *three (3) unsportsmanlike conduct penalties being assessed on one team throughout the contest. The three penalties can all be on separate participants or on one participant receiving two unsportsmanlike conduct penalties (resulting in an ejection) and a separate participant receiving an unsportsmanlike conduct penalty.*
  0. Team displays unacceptable conduct and sportsmanship. Game is canceled due to any of the following conduct:
    - Fighting or abusive, violent behavior.
    - Team repeatedly exhibits unnecessary roughness that jeopardizes the safety of other participants.
    - Spectator or player clearly gestures or shouts obscenities.
    - A game where more than 3 unsportsmanlike conduct penalties have been assessed to one team.

### **Protests**

1. A team captain may protest player eligibility and rule interpretation, but *not* the judgement of the officials.
2. To file a protest, notification of the protest must be made to a game official at the time of the alleged infraction prior to the *next live ball*.
3. A player's eligibility must be protested *prior to the end of the contest*. No more than three (3) participants can have their eligibility protested during a single contest.

For more information regarding the policies and procedures of Intramural Activities please see the Intramural Activities Handbook on Active Illini and the Campus Recreation website.

## **Participant Information**

- a) Each individual may enter as many events as they choose.
- b) Participants are responsible for reporting to the proper lane as their events are called. Heat sheets will be posted to the pool deck.
- c) University of Illinois Intercollegiate athletes and any collegiate swimmers are not eligible for the Intramural Swim Meet.
- d) Disqualification for stroke mishaps will be determined by the onsite official.

Criteria will only be adjusted in situations where facility or weather conditions limit play. It is the captain's responsibility to check their schedules which will be made available on the Active Illini Portal as soon as possible after the regular season has concluded.

### **Event Activities:**

- 200m - Backstroke
- 200m – Breaststroke
- 200m – Butterfly
- 200m – Freestyle
- 200m – Individual Medley
- 50m – Backstroke
- 50m – Breaststroke
- 50m – Butterfly

## **Equipment and Uniform**

**Proper Swimwear:** All patrons and guests within the pool area must comply with our dress code focused on providing patron safety, operating efficiency, and maintaining a family- friendly image. Permitted swimwear must be clean, designed specifically for in-water use, and non-restrictive to necessary body movements.

- **Males:** Must comply in wearing swimwear that covers the buttocks and pubic region.
- **Females:** Must comply in wearing swimwear that covers the breasts, buttocks, and pubic region.

Swimwear attire must be colorfast and lightweight material designed for swimming, such as nylon, spandex, polyester, and high tech trunks. Swim trunks must have a mesh or nylon liner. Swim briefs are also acceptable. Religious and modesty swimwear is permitted so long as

the attire is designed for in-water use and complies with the coverage guidelines mentioned above. Rashguards (including thermal) are acceptable to be worn and are encouraged for individuals seeking sun-protection or a layer of warmth in the cooler water.

These items are prohibited:

- Street clothes in the water
- See-through and revealing swimwear
- T-shirts (including those intended to be worn for modesty purposes and/or sun protection), cut-offs, compression shirts/shorts, athletic shorts, jeans, pants, casual shorts, leotards, dresses, sarongs, sports bras, undergarments, socks, sandals, and shoes (exception for aqua footwear), etc.

Street clothes and cover-ups can be worn on the pool deck; however, it is strongly suggested to store these items in a locker. Proper footwear is required to move throughout the facility and in areas outside of the immediate pool and deck area. All diapered children must wear swim diapers in conjunction with appropriate swimwear. Swim diapers are available for purchase at Member Services. Aquatics and Intramural staff reserve the right to determine whether or not swimwear is permissible to be worn within our facilities.

**Equipment:** No jewelry or fins are allowed during play. Intramural Sports will provide all equipment necessary. Any addition equipment (such as swim caps and goggles) must be brought by the individual and approved by the Intramural Sports staff.

## **Swim Meet Regulations**

### **The Start**

- a) At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.
- b) When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.

- c) Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal.
- d) A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.

### **False Starts**

- a) Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks.
- b) If the starting signal has been given before the disqualification is declared, the race shall continue without recall.
- c) If the recall signal is activated, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.

### **Deliberate Delay or Misconduct**

- a) The Starter shall report a swimmer to the Referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, willful disobedience or misconduct.
- b) The Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat.
- c) Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action by referee.
- d) Grasping lane dividers to assist forward motion is not permitted.

### **Scoring**

- a) Fastest time for each heat will receive an Intramural Championship T-shirt.

## **Contact Information**

If you have any questions or concerns please contact the Intramural Office via email at [intramurals@illinois.edu](mailto:intramurals@illinois.edu) or via phone at 217-244-1344. Our office is open Monday-Friday, 9am to 5pm.