
SWIMMING (M/W) ***Rules & Regulations***

1. Laws of the Meet

The competition shall be conducted in accordance with the International Swimming Federation (FINA) and the Singapore Swimming Association Rules and Regulations as well as the General Rules and Regulations of the NUS Inter-Faculty Games (IFG).

In the event of any dispute, the NUS IFG General Rules and Regulations approved by the IFG Council shall supersede any relevant international sports laws.

2. Player Eligibility

Refer to Rule 5 for player eligibility in the NUS IFG General Rules and Regulations.

3. Registration of Swimmer

3.1. Respective Faculty Sports Directors must confirm participation by submitting the General Participation Form to the NUS Students' Sports Club before the stipulated deadline found on the form.

3.2. **Participation** shall be confirmed with the hosting faculty at least **14 days** before the commencement of the competition. (Meaning 14 days before the first game of that sport regardless of which faculty is playing first.)

3.3. Respective Faculty Sports Directors must submit the **Team Registration Form** to the hosting faculty and the NUS Students' Sports Club at least **7 days** before the commencement of the competition. (Meaning 7 days before the first game of that sport regardless of which faculty is playing first.)

3.4. Each team must register 4 swimmers for each relay event.

3.5. A total of up to 2 reserves may be registered for each team.

3.6. In total, each team may send a minimum of 6 swimmers and a maximum of 14 swimmers for each of the men and women's events.

3.7. Registration must be finalised before the commencement of the competition. No substitutions or additions will be permitted after the commencement of the competition.

4. Prizes

4.1. Medals will be awarded to the swimmers of the top 3 teams. In addition, the champion team shall be awarded a championship trophy and banner.

4.2. Only those who have participated (i.e. swam) are entitled to a medal if the team is within the top 3 positions. Those who did not participate in the relays will not be entitled to a medal.

5. Competition Rules

5.1. Submission of Line-Up

- 5.1.1. The team must submit the complete official line-up of **4 swimmers per relay event** to the hosting faculty at least 20 minutes before the scheduled start time of the meet. No changes will be accepted once the team line-up has been submitted.
- 5.1.2. Each faculty can only send 1 team for each relay event, and all participating faculties must send a minimum of 1 team for the Swim Meet to qualify for participation points as stated in the NUS IFG General Rules and Regulations.
- 5.1.3. Each team is allowed a maximum of **2** Varsity Athletes. Teams are allowed to field only **1** Varsity Athlete **in each relay event**.

5.2. Definitions

- 5.2.1. Relay events refer to the 3 different relays for each gender in this Swim Meet (Refer to 5.3.5).

5.3. Competition Format

- 5.3.1. There shall be 6 different relay events (3 for mens, 3 for womens).
- 5.3.2. Each swimmer (including reserves) is permitted to participate in a maximum of **2 relays** in their respective gender's relay events.
- 5.3.3. All relay events will be timed finals.
- 5.3.4. For each relay event, if there are more than 5 teams, the relay shall be split into 2 rounds. The top 3 positions will be determined by the fastest 3 timings in each relay after the 2 rounds.
- 5.3.5. The Swim Meet shall flow in the following order:
Event 1: 4 X 50M Medley (Men)
Event 2: 4 X 50M Medley (Women)
Event 3: 4 X 50M Breaststroke (Men)
Event 4: 4 X 50M Breaststroke (Women)
Event 5: 4 X 50M Freestyle (Men)
Event 6: 4 X 50M Freestyle (Women)
- 5.3.6. The order of the Swim Meet shall not be changed.

5.4. League Points

Points shall be awarded to teams in each relay event in the following positions:

| | | | | | | |
|----------|-----|-----|-----|------|-----|-----|
| Position | 1st | 2nd | 3rd | 4th | 5th | 6th |
| Points | 10 | 8 | 7 | 6 | 5 | 4 |
| Position | 7th | 8th | 9th | 10th | | |
| Points | 3 | 2 | 1 | 1 | | |

5.5. League Ties

Should there be a tie in league points between two or more teams after all relay events have been completed, the team with a higher position average shall be awarded the higher placing. The position average can be calculated by summing the positions obtained for the 3 relay events, then dividing it by 3.

5.6. Timed Final

Any relay event with more than 8 teams will be held over 2 events as timed finals.

5.7. Cancellation of Swim Meet

Following the NUS IFG General Rules and Regulations, the Swim Meet will be cancelled if there are less than 6 participating faculties.

5.8. Cancellation of Relay Events

Relay events with less than 4 participating faculties will be cancelled.

5.9. Walkovers and Disqualification

5.9.1. The team shall be disqualified if they commit any of the following actions including but not limited to:

5.9.1.1. A false start: 1st swimmer dives into the water before the horn is sounded.

5.9.1.2. The 2nd, 3rd and 4th swimmer dives into the water before the previous swimmer touches the wall in the lane they are in.

5.9.1.3. Swimmers other than the one swimming the next leg of the race jump into the water.

5.9.1.4. A swimmer leaves his allocated lane anytime from start to finish.

5.9.1.5. If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has infringed any of the above, he (and his team) shall be disqualified.

5.9.2. An athlete (and his team) shall **not** be disqualified if he:

5.9.2.1. is pushed or forced by another person to swim outside his lane, or on or inside the line marking the applicable border. If material advantage is gained from forcing the other person to swim out of the allocated lane, the offending athlete (and his team) shall be disqualified.

5.9.3. Scratching of event(s) will be considered as a no-show. This includes swimmer(s) who fail to show up by the start of each event.

5.9.4. In the event that a team has been found to partake in or committed, including but not limited to, dishonest behaviour such as cheating, fielding ineligible players, and/or similar breaches of integrity, the IFG Council reserves the right to disqualify the team from the competition and/or impose the relevant penalties on the team.

5.9.5. Refer to Rule 7 for penalties for disqualification, and Rules 8 and 9 for no-show and walkover rules in the NUS IFG General Rules and Regulation.

6. The Start

- 6.1. The start in Freestyle, Breaststroke, and Medley races shall be with a dive.
 - 6.1.1. On the long whistle from the referee the swimmers shall step onto the starting platform and remain there.
 - 6.1.2. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms.
 - 6.1.3. The position of the hands is not relevant.
 - 6.1.4. When all swimmers are stationary, the starter shall give the starting signal.
- 6.2. The start in Backstroke for the Medley Relay races shall be from the water.
 - 6.2.1. At the referee's first long whistle, the swimmers shall immediately enter the water.
 - 6.2.2. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position.
 - 6.2.3. When all swimmers have assumed their starting positions, the starter shall give the command "take your marks".
 - 6.2.4. When all swimmers are stationary, the starter shall give the starting signal.
- 6.3. Any swimmer starting before the starting signal has been given, shall be disqualified.
 - 6.3.1. If the starting signal sounds before the disqualification is declared, the race shall continue, and the swimmer or swimmers shall be disqualified upon completion of the race.
 - 6.3.2. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.

7. Freestyle

- 7.1. Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- 7.2. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

8. Backstroke

- 8.1. At the signal for starting and after turning the swimmer shall push off and swim upon his/her back throughout the race except when executing a turn. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.
- 8.2. Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.
- 8.3. When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. The swimmer must have returned to the position on the back upon leaving the wall.
- 8.4. Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane

9. Breaststroke

- 9.1. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. At any time prior to the first Breaststroke kick after the start and after each turn a single butterfly kick is permitted.
- 9.2. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.
- 9.3. From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.
- 9.4. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- 9.5. During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.
- 9.6. At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

10. Butterfly

- 10.1. From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.
- 10.2. Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race
- 10.3. All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.
- 10.4. At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.
- 10.5. At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

11. Medley Relay

11.1. In Medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly, and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance of the entire race.

11.2. Each section must be finished in accordance with the rule which applies to the stroke concerned.

12. Attire

All swimmers are to be attired in appropriate swimwear and are advised to wear their faculty swim caps.

13. Official Calls

13.1. In all events, all faculties shall abide by the decisions of the Match Officials.

13.2. The IFG Council will be the rightful and final adjudicators of all protests and disputes.

14. Alterations and Amendments

The IFG Council reserves the right to change or alter these Rules and Regulations given any unusual or extraordinary circumstances at its discretion and will inform all teams of any amendments accordingly.

END

Approved by:



Office of Student Affairs
27 July 2022

FINA R&R (2017-2021):

https://resources.fina.org/fina/document/2021/01/12/b3885f9b-630a-4390-861d-4e7f6031f4a4/2017_2021_swimming_16032018.pdf

Acknowledgement

The above Rules & Regulations for IFG 22 has been read and checked by:

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|  |  |
| NUS Swimming Male captain Liam Chan Female captain Renee Fong | Hosting Faculty: Design and Engineering Sports Director 2022 Jonathan Lim & Grace Chew |