Rule 1: Teams
A. Teams are required to have a minimum of 4 males and 4 females. There is no maximum.
B. Men's and Women's heats will be run for each event.
C. Each team member may only participate in two individual events.
D. Each team member may also participate in all relay events.

The Swim Meet will begin at 7 p.m. Teams may begin to register for events and warm up at 6 p.m. Registration for events will close at 7 p.m. After this time, no participants will be added to events. Team captains or representatives may check in teammates for events prior to 7 p.m.

Rule 2: Event Schedule

200 Medley Relay
100 Breaststroke
200 Freestyle
100 Individual Medley
200 Freestyle Relay
100 Backstroke
50 Freestyle
100 Butterfly
50 Backstroke
100 Freestyle
200 Fun Relay

*Women's heats will take place first in each event.

Rule 3: Scoring
A. Teams will receive points correlating with each team member’s finish in each event.
B. Individual Event Scoring:
   1. 1st Place – 10 points
   2. 2nd Place – 8 points
   3. 3rd Place – 6 points
   4. 4th Place – 4 points
   5. 5th Place – 3 points
   6. 6th Place – 2 points
   7. 7th Place – 1 point
C. Teams will receive one additional point per team member that participates in an individual event.
D. Relay Scoring will go as follows:
   1. 1st Place – 20 points
   2. 2nd Place – 16 points
   3. 3rd Place – 12 points
   4. 4th Place – 8 points
   5. 5th Place – 4 points
Rule 4: Event Restrictions
A. Teams may have a maximum of two members participate in each individual event (Men's and Women's heats are considered separate events). Only one swimmer per team in an individual event may be a part of the Club Swim Team.
   a. For example, a team may have one club member and one non-club member participate in the Men’s 50 Freestyle, and one club member, and one non-club member participate in the Women’s 50 Freestyle.
B. For relay events, teams must be made up of four people. Only two of these relay team members may be a member of the Club Swim Team.
C. There is maximum number of Club Swim Team members on a team; however, the restrictions written in lines A and B must be followed.

Rule 5: Meet Rules
A. Participants must obey all commands from lifeguards and Sports Programs staff
B. Warm up lanes will be provided in 50M pool
C. Swimmers that commit a false start will be disqualified from that event
D. Depending on the number of entrants in each event, there may be multiple heats for each event
E. All heats are final

Rule 6: Championship Awards
A. The winner(s) of each event will receive an Intramural Sports Championship T-shirt (Maximum of 1 t-shirt awarded per participant for the event)
B. The team with the most points at the end of the meet will receive Intramural Sports Championship T-shirts. (Maximum of 1 t-shirt awarded per participant for the event)