

Princeton University Intramural Sports Swim Meet Rules



I. STROKE AND TURN RULES

- a. When swimming Butterfly or Breaststroke, you must touch the wall with both hands at the turn and finish.
- b. When swimming Butterfly or Breaststroke, you cannot do a flutter kick.
- c. When swimming Backstroke, you cannot turn over onto your stomach until you touch the wall.
- d. In a relay, you cannot dive in until the person before you touches the wall.
- e. In the individual medley, the order of the strokes is butterfly, backstroke, breaststroke and freestyle.
- f. In the medley relay, the order of strokes is backstroke, breaststroke, butterfly and freestyle.

II. POINT SYSTEM FOR IM SWIM MEET

- a. Places
 - i. The top six in each individual event will be awarded points from first to sixth place.

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| • First Place | 8 Points |
| • Second Place | 6 Points |
| • Third Place | 4 Points |
| • Fourth Place | 3 Points |
| • Fifth Place | 2 Points |
| • Sixth Place | 1 Point |
 - ii. The top six teams in each relay event will be awarded points from first to sixth place.

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| • First Place | 12 Points |
| • Second Place | 9 Points |
| • Third Place | 7 Points |
| • Fourth Place | 5 Points |
| • Fifth Place | 4 Points |
| • Sixth Place | 3 Points |
- b. Other - Ten points will be awarded to each team who enters participants in all events