



SOMAIYA HOUSE CUP Season 2

RULES AND REGULATIONS

Dates of championship: 9 Apr 2026

Venue: Swimming Eklavya Sports Complex, Somaiya Sports Academy,

Contact Person: VINOD NAIR Head Swimming Coach and Ms. Shivani Kuvar Swimming Assistant Coach,

Mail: vinod.n@somaiya.edu / shivani.k@somaiya.edu

Mobile Number: / 9405368406 ,9833719548

Event Schedule

- **Warm-up:** 4.30 PM– 5.15 PM
- **Event Start:** 5.30 PM

ID Requirement

- You **must bring your Somaiya College ID card.**
- **No ID = Not allowed to participate.**

_General Rules

1. You can start:
 - From the **starting block**
 - From the **pool deck**
 - Or **in the water**
2. **No false starts allowed.**
 - If you perform a **rolling start or flick start in the first attempt**, you will be **disqualified.**
3. The competition will follow rules from **FINA.**

Stroke Rules

Freestyle

- Any stroke is allowed.
- Must **touch the wall** at the end.

Backstroke

- Swimmer must **remain on their back the entire time**.

Breaststroke

- **Arms and legs must move simultaneously**.
- Must **touch the wall with both hands** at the finish.

Butterfly

- **Both arms move together**.
- **Legs stay together during the kick**.
- Must **touch the wall with both hands** at the finish.

Relay

- Each swimmer must complete their leg.
- The **next swimmer starts only after the previous swimmer touches the wall**.

Finishing Rule

- You **must touch the wall to finish**.
- If you don't touch the wall → **disqualification**.

Relay Team Rules

- Mixed freestyle relay team must be:
 - **2 men + 2 women**