

MEMORIAL-SPRING BRANCH SWIM CONFERENCE, INC. COMPETITION RULES

PREAMBLE

The members of this Corporation are forming this association for the mutual benefit of each eligible member through organized swimming competition.

It is our desire that all competition be conducted on the highest level, and that every adult associated with the program emphasize by word and action, the virtues of clean competition and sportsmanship.

It is our desire that the conference provide a competitive outlet and disciplined training program for many to whom this is not normally available, and that it encourage the broadest possible participation, protect the dignity of younger and less experienced competitors, and provide balanced competition for all. The ultimate goal of this program is to provide a fun and competitive experience for all involved. **This is not USA Swimming affiliated, nor a year-round "club" league that swims competitively.**

To this end we establish the following Competition Rules:

I – SWIM MEETS

- A. Annually the member teams shall be apportioned into divisions as determined by a majority vote of the Board of Directors. The primary goal of such apportionment is competitive balance.
- B. All meets at lighted pools shall be held at 6:00 PM on the date prescribed by the league schedule and all meets at unlighted pools shall be held at 9:00 AM on the Saturday following the scheduled date so prescribed; provided however, that said meet time may be changed by mutual agreement of the competing teams at least one week in advance of the meet, in which the Secretary must be notified prior to the day of the scheduled meet, whichever is earlier. No team shall be obligated to compete in a non-chlorinated pool or unsafe pool. The home team will warm up first at all meets held at their pool. The home team will be finished with their warm up and will allow an equal warm up time for the visiting team in order for the meet to start at 6 PM. Arrangements for half-lappers swimming before the meet begins at 6 PM will be done by the coaches ahead of time.
- C. If a meet is not started because of inclement weather as determined by American Red Cross requirements and/or the discretion of the meet director and coaches, it should be held within the next two Saturdays. If a meet has started and the breaststroke events have been finished, the remaining points shall be divided equally between the two teams. Otherwise the meet shall resume at the point at which it was called, unless the teams agree upon the meet winner. Completion of any such meet, if required, shall be within 10 days of the interrupted meet. The coaches must continue with the swimmers they had entered in the interrupted race, however, they may substitute in subsequent races, providing their substitutions are on their list of eligible swimmers. The League President should be notified by the coaches as soon as possible when a postponed meet will swim. The meet director and the two coaches will mutually determine the time, date and location and any other necessary provisions for the makeup meet.

II – SCORING

- A. The Division Champion shall be determined by the best win/loss record of the teams. In the event of a tie within a division at the end of the regular season, the following criteria shall be used to determine the Conference Champion.
1. The team with the best record in head-to-head competition.
 2. If a tie still exists, the team with the greatest total points in head-to-head competition.
 3. If a tie still exists, the team with the greatest season point total shall be declared Champion.
- B. At the end of the season, teams will change divisions based upon the following:
1. The last place team in the Red Division will move to the White Division for the following season.
 2. The first place team in the White Division will move to the Red Division, while the last place team in the White Division will move to the Blue Division for the following season.
 3. The first place team in the Blue Division will move to the White Division for the following season.
- C. Points shall be awarded on the following basis:

	Dual Meets		Meet of Champions
Individual Including IM	1 st - 7 points 2 nd - 5 points 3 rd - 4 points 4 th - 3 points 5 th - 2 points 6 th - 1 point	Individual Including IM	1 st - 9 points 2 nd - 7 points 3 rd - 6 points 4 th - 5 points 5 th - 4 points 6 th - 3 points 7 th - 2 points 8 th - 1 point
Relays 10 and Under*	1 st - 7 points 2 nd - 5 points 3 rd - 4 points 4 th - 3 points	All Relays	1 st - 18 points 2 nd - 14 points 3 rd - 12 points 4 th - 10 points 5 th - 8 points 6 th - 6 points 7 th - 4 points 8 th - 2 points
Relays 11 and older**	1 st - 7 points 2 nd - 3 points		

*Only the designated “A relay” and “B relay” from each team may score. This is regardless of place finish. Relays swum in lanes 1 or 6 shall not count for points regardless of place finish.

**Only the designated “A relay” from each team may score. This is regardless of place finish. Relays in lanes 1,2,5,6 shall not count for points regardless of place finish.

Ties: Split points; add points for the place the swimmers are tied and the next lower place; divide by two for point award, and award prizes to both swimmers for the higher place. No prize is to be awarded for the lower place in the race. Example: Two swimmers come in third. Add third place points (4) and the fourth place points (3) = 7. Award 3.5 points to each swimmer and to each a third place award. No fourth place award is to be given in this race.

DQ's: 0 points. The swimmer disqualified shall be awarded last place. All slower swimmers are to be moved up one place. A "DQ" should be shown on the score sheet of the team of the disqualified swimmer, in the last place of the race.

Distance of events shall be:

Individual	6 & under – 12 years	25 Yards or Meters
	11 – 12 (freestyle only)	50 Yards or Meters
	13 – 18 years	50 Yards or Meters
Relays	6 & under – 12 years	100 Yards or Meters
	11 – 12 (freestyle only)	200 Yards or Meters
	13 – 18 years	200 Yards or Meters
IM	11 – 18 years	100 Yards or Meters

- D. A team's dual meet team score is determined by the place finish of each swimmer in the 1st heat of every event. Each team will have 3 swimmers each in the 1st heat (or 2 swimmers if pool has fewer than 6 lanes). A DQ is awarded 0 points and the next eligible swimmer will be awarded the disqualified swimmers place finish.
- E. A home team shall forfeit the meet with a score of 50-0 if they are not prepared to start the meet at the scheduled time. An away team shall forfeit the meet with a score of 50-0 if they are not present at the time the meet is scheduled to start. This shall be waived if both team reps mutually agree on an alternative start time.
- F. Awards
1. Individual Awards
 - a. Regular Season Meets
 - i. Individual ribbons shall be awarded to swimmers in every heat in accordance with their place finish.
 - b. Meet of Champions Individual Awards
 - i. Swimmers placing 1st-8th shall be awarded individual medals based on place finish at Meet of Champions Finals.
 2. Team Awards
 - a. Meet of Champions Team Champion
 - i. Shall be awarded to the 1st place team at the Meet of Champions.
 - b. Red, White, and Blue Division Winner
 - i. Shall be awarded to the 1st place team during Meet of Champions.
 - c. Sportsmanship Award for Red, White, and Blue Division
 - i. Shall be awarded based on a vote from teams within each division.
 - ii. Each team is given 2 votes to cast, one for the team league rep, and one for the head coach.

III – Eligibility

- A. A swimmer shall be considered eligible if:
1. The swimmer's parents or legal guardians are members in good standing of a member pool.
 2. The swimmer does not train, compete or participate with a USA Swimming team or organization, with the exception of UIL sanctioned events, after the end of the short-course swimming season.
 3. The swimmers' name is on the Eligibility List of swimmers and a signed Release and Consent Form is attached; each team is required to have an eligibility list on file with the designated League Official.
 4. Swimmer has not passed his/her 19th birthday by May 1 of the current swim season.
 5. Swimmer has not competed or practiced with a NCAA Division I swimming program of the current swim season. (added 2015)

B. No coaches, lifeguards, or pool employees whose parents are not members in good standing of the member pool shall be considered eligible swimmers.

C. Any violation of the above eligibility rules shall not be tolerated. Any questions regarding eligibility shall be directed to the Chairman of Eligibility. Any club found swimming ineligible persons shall forfeit each meet in which the ineligible swimmer or swimmers competed. The violating swimmer is prohibited from participating in this league for one year. It shall be up to the discretion of the Conference Officers to determine if any further disciplinary actions should be taken.

D. The total entries per team shall be limited to:

	<u>Regular</u> <u>Season</u>	<u>Meet of</u> <u>Champs</u>
Ind. Events – 6 & Under	6 per team	3 per team
Ind. Events – 7–12 yrs.	6 per team	3 per team
Ind. Events – 13-14 yrs.	3 per team	3 per team
Ind. Events – 15–18 yrs.	2 per team	2 per team
IM (Ind. Medley) 11 – 14 yrs.	3 per team	3 per team
IM (Ind. Medley) 15 – 18 yrs.	2 per team	2 per team
Relay events – 10 and under	Unlimited	1 per team
Relay events – 11 and older	Unlimited	1 per team

Additional relays may be entered but will not be considered for points.

Unlimited entries are allowed for Freestyle, Medley Relay, and Freestyle Relays.

E. A swimmer's age on May 1 of that current swimming season shall determine the level which they may compete during the season.

- F. A swimmer may compete in a total of three (3) individual events (of the same stroke or different strokes), one (1) medley relay, one (1) freestyle relay and one (1) IM in his own age group or an older age group.
- G. Swimmers shall be divided into age groups according to age up date in rule (III-E). Age groups shall be the following: 6 and under, 7-8, 9-10, 11-12, 13-14, and 15-18
- H. Each team shall supply the Eligibility Chairperson a digital spreadsheet of all registered swimmers by Sunday of the first week dual meets begin. The Eligibility Chairperson shall make available to all teams a master or compiled list of each team's eligible swimmers for the current season. If any swimmer(s) needs to be added to the eligibility list, they may submit a new list up to 3pm on the DAY BEFORE a conference meet by contacting the Eligibility Chairperson and the opposing team's league rep of that particular meet and sending both parties electronically, an updated list of eligible swimmers for the current season.
- H. Meet of Champs: A swimmer must have participated in at least 1 regular season meet in order to participate in the Meet of Champs.
- I. A swimmer may be allowed to "swim up" in any age group regardless of event. A swimmer may not "swim up" for that particular stroke if said swimmer has already swum that stroke with their age group. If this occurs, the swimmer will be disqualified for that particular event.

IV – Schedule of Events

- A. All of the listed events, and only the listed events, shall be held at each meet. Extra heats in the individual freestyle event, medley relay event, and freestyle relay event shall be permitted, but shall not be scored for points. One extra heat of breaststroke, backstroke, and butterfly in the 6 and Under (backstroke), 7/8, 9/10 and 11/12 age groups shall be permitted, but shall not be scored for points.

During the regular season, additional heats, not covered in rule (IV-A) may be added to the meet with the consent of BOTH coaches. This must be agreed to in advance.

- B. All half lappers shall swim prior to start of the meet. No half lappers shall be allowed to swim or place in the competitive events. Those swimmers swimming in the 6 and under events must be able to swim the length of the pool in one minute (1.00) for a 25 yard pool or one minute five seconds (1.05) for a 25 meter pool. Six and under freestyle relay teams must have a time of four minutes thirty seconds (4.30) in a 25 yard pool and four minutes forty two seconds (4.42) in a 25 meter pool.

The home team shall determine if half lappers will be swimming on the day of the meet and communicate that in advance to the visiting team. This decision is solely left up to the discretion of the home team. If the home team determines half lappers will not swim, the visiting team may not bring their half lappers.

- C. The events shall be held in order specified and only in the order specified.

- D. 1. Unless otherwise specified in the 15 – 18 age group lanes 2,3,4 & 5 shall be designated as point lanes and lanes 1& 6 exhibition lanes. The meet director must be notified by the coaches before a race if an exhibition swimmer shall be entered in an event. The Meet Director should then notify the finish judges. Exhibition swimmers shall not be awarded points.
2. Additional relays may be entered but will not be considered for points.

Scoring Relay teams for the 10 and under age groups will be placed in Lanes 2-5.
Scoring Relay teams for the 11 and older age groups will be placed in Lanes 3-4.

SCHEDULE OF EVENTS (DUAL MEETS)

<u>AGE</u>	<u>GENDER</u>	<u>STROKE</u>	<u>DISTANCE</u>	<u>Entries**</u>
11-12	Girls	Individual Medley	100 Yards/Meters	Three
11-12	Boys	Individual Medley	100 Yards/Meters	Three
13-14	Girls	Individual Medley	100 Yards/Meters	Three
13-14	Boys	Individual Medley	100 Yards/Meters	Three
15-18	Girls	Individual Medley	100 Yards/Meters	Two
15-18	Boys	Individual Medley	100 Yards/Meters	Two
6&Under	Mixed	Free Style Relay	100 Yards/Meters	Two
7-8	Girls	Medley Relay	100 Yards/Meters	Two
7-8	Boys	Medley Relay	100 Yards/Meters	Two
9-10	Girls	Medley Relay	100 Yards/Meters	Two
9-10	Boys	Medley Relay	100 Yards/Meters	Two
11-12	Girls	Medley Relay	100 Yards/Meters	One
11-12	Boys	Medley Relay	100 Yards/Meters	One
13-14	Girls	Medley Relay	200 Yards/Meters	One
13-14	Boys	Medley Relay	200 Yards/Meters	One
15-18	Girls	Medley Relay	200 Yards/Meters	One
15-18	Boys	Medley Relay	200 Yards/Meters	One
7-8	Girls	Freestyle Relay	100 Yards/Meters	Two
7-8	Boys	Freestyle Relay	100 Yards/Meters	Two
6&Under	Girls	Freestyle	25 Yards/Meters	Three
6&Under	Boys	Freestyle	25 Yards/Meters	Three
7-8	Girls	Freestyle	25 Yards/Meters	Three
7-8	Boys	Freestyle	25 Yards/Meters	Three
9-10	Girls	Freestyle	25 Yards/Meters	Three
9-10	Boys	Freestyle	25 Yards/Meters	Three
11-12	Girls	Freestyle	50 Yards/Meters	Three
11-12	Boys	Freestyle	50 Yards/Meters	Three
13-14	Girls	Freestyle	50 Yards/Meters	Three
13-14	Boys	Freestyle	50 Yards/Meters	Three
15-18	Girls	Freestyle	50 Yards/Meters	Two
15-18	Boys	Freestyle	50 Yards/Meters	Two
6&Under	Girls	Backstroke	25 Yards/Meters	Three
6&Under	Boys	Backstroke	25 Yards/Meters	Three
7-8	Girls	Backstroke	25 Yards/Meters	Three
7-8	Boys	Backstroke	25 Yards/Meters	Three
9-10	Girls	Backstroke	25 Yards/Meters	Three
9-10	Boys	Backstroke	25 Yards/Meters	Three
11-12	Girls	Backstroke	25 Yards/Meters	Three
11-12	Boys	Backstroke	25 Yards/Meters	Three
13-14	Girls	Backstroke	50 Yards/Meters	Three
13-14	Boys	Backstroke	50 Yards/Meters	Three
15-18	Girls	Backstroke	50 Yards/Meters	Two
15-18	Boys	Backstroke	50 Yards/Meters	Two

7 – 8	Girls	Breaststroke	25 Yards/Meters	Three
7 – 8	Boys	Breaststroke	25 Yards/Meters	Three
9 – 10	Girls	Breaststroke	25 Yards/Meters	Three
9 – 10	Boys	Breaststroke	25 Yards/Meters	Three
11 – 12	Girls	Breaststroke	25 Yards/Meters	Three
11 – 12	Boys	Breaststroke	25 Yards/Meters	Three
13 – 14	Girls	Breaststroke	50 Yards/Meters	Three
13 – 14	Boys	Breaststroke	50 Yards/Meters	Three
15 – 18	Girls	Breaststroke	50 Yards/Meters	Two
15 – 18	Boys	Breaststroke	50 Yards/Meters	Two
7 – 8	Girls	Butterfly	25 Yards/Meters	Three
7 – 8	Boys	Butterfly	25 Yards/Meters	Three
9 – 10	Girls	Butterfly	25 Yards/Meters	Three
9 – 10	Boys	Butterfly	25 Yards/Meters	Three
11 – 12	Girls	Butterfly	25 Yards/Meters	Three
11 – 12	Boys	Butterfly	25 Yards/Meters	Three
13 – 14	Girls	Butterfly	50 Yards/Meters	Three
13 – 14	Boys	Butterfly	50 Yards/Meters	Three
15 – 18	Girls	Butterfly	50 Yards/Meters	Two
15 – 18	Boys	Butterfly	50 Yards/Meters	Two
9 – 10	Girls	Freestyle Relay	100 Yards/Meters	Two
9 – 10	Boys	Freestyle Relay	100 Yards/Meters	Two
11 – 12	Girls	Freestyle Relay	200 Yards/Meters	One
11 – 12	Boys	Freestyle Relay	200 Yards/Meters	One
13 – 14	Girls	Freestyle Relay	200 Yards/Meters	One
13 – 14	Boys	Freestyle Relay	200 Yards/Meters	One
15 – 18	Girls	Freestyle Relay	200 Yards/Meters	One
15 – 18	Boys	Freestyle Relay	200 Yards/Meters	One

**Maximum number of scoring entries per team

V – Rules For Swimming the Strokes

A. STARTS

1. For the forward start, swimmers shall assume any position with at least one foot at the front edge of the pool deck. Upon the starting command, “**Swimmers Take Your Mark**,” swimmers shall promptly assume a motionless position with their foot/feet at the front edge of the pool deck. A swimmer may have one or both feet at the edge of the pool deck prior to the start of the race.
2. When all swimmers are motionless, the starter shall activate a starting device.
3. A swimmer may do a forward start in the water with the prior permission of the starter. The swimmer must be motionless and have one hand on the end wall. The swimmer must enter the water feet first when ready to take his position. Entering the water in any way other than feet first is considered a false start.
4. For the backstroke start, swimmers shall face the starting end with both hand grasping any end of the pool end wall (or an adult’s, coach’s, or older swimmer’s ankles) in their assigned lane and with both feet in contact with the side of the starting end. Both of the swimmers’ feet, including the toes, must be underwater at all times during the start. Upon the starter’s command, “**Swimmers Take Your Mark**,” swimmers may assume any motionless position which does not remove them completely from the water nor both hands or both feet from the pool end. When all swimmers are motionless, the starter shall activate a starter device.
5. Subject to the discretion of the starter, a false start occurs when a swimmer:
 - a. Unnecessarily delays in reporting for the start, or in assuming a starting position.
 - b. Leaves the mark before the starting signal.
 - c. Does not remain motionless immediately prior to the start. Other swimmers are to be released by the starters command, “Stand Up.”
6. In the forward start, swimmers may stand up after the command, “Stand up.”
7. In the backstroke start, swimmers may release from the starting position after the command, “Stand up.”
8. If a swimmer is found to have gained unfair advantage at the start. The starter will activate the false start mechanism on the starting device to recall the swimmers. If in the judgement of the meet director, the recalled swimmers need a break before they re-swim, the next available heat will swim ahead of the heat where the infraction occurred. Otherwise the heat where the infraction occurred will immediately recommence.

The meet director must notify the swimmer(s) who committed the infraction and identify which lane(s) have received their 1st warning. The swimmer(s) will be disqualified if there is a second infraction.
9. Only the meet starter may call a “false start.”

PENALTY FOR SECOND FALSE START: The swimmer or relay team is disqualified from that event and shall not swim that event.

B. FORM OF INDIVIDUAL EVENTS

1. The Backstroke

- a. The backstroke start shall be used.
- b. The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn.
- c. Any stroke is permitted.
- d. Any kick is permitted.
- e. Both of these turns will be allowed:
 1. The open backstroke turn requires a hand or arm touch. Swimmers shoulders shall not turn over beyond the vertical plane before their hand or arm has touched the end of the wall, provided they return past the vertical to a position on the back before a foot or both feet have left the wall.
 2. The flip turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag, but prior to the start of the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical plane toward the breast before the touch is complete, provided such rotations is accompanied by an initiation of the turning action or continuation into the wall. After the initiation of the turning action, no additional arm pulls may be taken; however, kicking and gliding action are permitted.
 3. **Both turns** require that the initiation of the turning action shall be accomplished by a single-arm, or in the absence of such pull, by a downward underwater movement of the head. After the initiation of the turning action, no additional arm pulls maybe started; however, kicking and gliding actions are permitted.
- f. The finish requires completion of the required distance and contact with the finish end, by any part of the swimmer. The body shall be on the back for the finish.
- g. At the start of the race AND after the backstroke turn, a swimmer's head must break the surface of the water at or before 15 meters (16.4 yards).

2. The Breaststroke

- a. The forward start shall be used.
- b. The body shall remain on the breast with both shoulders in the horizontal plane, except when executing a turn.
- c. On the start and/or the turn, one simultaneous double arm pull beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater; A single butterfly kick is permitted at any point at the start or turn before the swimmer breaks the surface of the water.

Some part of the head must break the water surface before the hands turn inward at the widest part of the second stroke after the start and after each turn. Thereafter, the hands shall not be brought back beyond the hipline; and some portion of the head must break the water surface sometime during each stroke cycle (one arm pull followed by one leg kick) except after the final arm pull to the turn or finish.

- d. There shall be no sculling with the hands at the end of the first arm stroke following the start or the turn.
- e. The stroke requires that the arms shall move simultaneously and in the same horizontal plane, without any alternating movement. Both hands shall be pushed forward from the breast simultaneously on, above, or under the surface of the water. Elbows must remain at or below the surface of the water (butterfly recovery is not permitted at any time).
- f. The kick requires that feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous and in the same horizontal plane. No scissor, flutter or downward butterfly kick (developed from a flexing and extending of the leg) is permitted.
- g. The turn requires a simultaneous touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The shoulders and chest shall be parallel to the bottom of the pool/horizontal plane prior to the first arm pull.
- h. The finish requires completion of the required distance and contact with the finish end with both hands simultaneously on the wall, not necessarily on the same plane.
- i. At the start of the race and at the turn, the swimmer's head must break the surface of the water at or before 15 meters (16.4 yards).

3. **The Butterfly**

- a. The forward start shall be used.
- b. The body shall remain on the breast not beyond the vertical plane except while executing a turn. After the start and after the turn, the swimmer is allowed one or more leg kicks but only one arm pull under water. The arms must be recovered at the surface before the next arm pull.
- c. The stroke requires that both arms simultaneously pull under the water then simultaneously recover over the water. At any given time, both hands shall be at the same horizontal level.
- d. The kick requires that both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke and alternating up and down movements of the legs are not permitted.
- e. The turn requires a simultaneous touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The shoulders and chest shall be parallel to the bottom of the pool/horizontal plane prior to the first arm pull.
- f. At the start of the race and at the turn, the swimmer's head must break the surface of the water at or before 15 meters (16.4 yards).
- g. The finish requires completion of the required distance and contact with the finish end, with both hands simultaneously, not necessarily on the same plane.

4. **The Freestyle**

- a. The forward start shall be used.
- b. Any body position, stroke and kick is permitted and any combination of styles may be used.
- c. The turn requires that some part of the swimmer's body contact the end of the wall.
- d. At the start of the race and at the turn, the swimmer's head must break the surface of the water at or before 15 meters (16.4 yards).
- e. The finish requires completion of the required distance and contact with the finish end, by any part of the swimmer.

Individual Medley

The individual medley begins with the forward start. Competitors shall swim the butterfly for the first quarter of the required distance of the complete race, the backstroke for the second quarter, the breaststroke for the third quarter and any stroke besides the butterfly, backstroke or breaststroke for the last quarter. Competitors shall adhere during each quarter of the race to the position, stroke, kick and turn rules governing the stroke being swum. In the backstroke, the swimmer must touch the wall on his or her back before turning.

6 & Under Events

Leniency is allowed the 6 & under swimmer in the execution of their strokes as long as they are attempting to do the stroke legally, unless they gain an unfair advantage in swimming the wrong stroke. However, they shall do the legal finishes: i.e., backstrokers remain on back; breaststroke and butterfly finish with a two hand simultaneous touch.

7 – 8 year-old Events

Leniency is allowed the 7 – 8 year old swimmers in the execution of their strokes as long as they are attempting to do the stroke legally, unless they gain an unfair advantage in swimming the wrong stroke. However, they shall do the legal finishes: i.e., backstrokers remain on back; breaststroke and butterfly finish with a two hand simultaneous touch.

PENALTY FOR EVENT FORM VIOLATIONS: Swimmer is disqualified from the event.

C. RELAY EVENTS

1. Medley Relay

A team of four competitors swims the medley relay, each swimming one quarter of the required distance of the race. The first swimmer shall use the backstroke start to swim the backstroke; the second swimmer shall swim breaststroke; the third, butterfly; and the fourth shall swim any stroke except the backstroke, butterfly or breaststroke. Each swimmer shall adhere to the position, stroke, kick and turn rules governing the stroke being swum.

2. Freestyle Relay

The freestyle relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race in any style, adhering to the turn and finish rules of the freestyle event. The first swimmer of the relay team shall use the forward start.

Relay Starts

The first swimmer of a relay team, once called to the deck by the starter shall not change his/her swimming order in the relay event with any teammate.

On the takeoff, the second, third and fourth swimmers on a relay team shall use the forward start, and may be in motion before the previous swimmer finishes. The swimmer shall remain in contact with the edge of the pool deck until the previous swimmer has finished. The body and feet of the swimmer may be in motion before the swimmer in the water finishes. No running starts are permitted; track starts are permitted.

The first three members of the relay teams shall exit the water by the finish end of their lane promptly after finishing their quarter of the race, and shall not re-enter the water.

3. 6 & Under Freestyle Relay

Must have a 1 to 3 ratio or 2 to 2 ratio of different genders.

PENALTIES FOR RELAY VIOLATIONS:

1. For a violation by an individual member of the relay team, the relay team is disqualified from the event
2. For a nonparticipating team member entering the water during the race, the team(s) is (are) disqualified for the event.

VI - MEET OFFICIALS

- A. 1. The home and visiting teams shall provide additional meet officials as needed for the safety and supervision of the swim meets
2. Nothing in these regulations shall be construed as limiting the number of people a pool may use to handle a meet, who should be assigned a specific task, or the right to change such an assignment. No coach or assistant coach shall serve as an official at any meet.
- B. The home team shall appoint a Meet Director who shall be in complete charge of the meet, adjudicate all disputes, and have the final word in all matters subject only to a written protest as provided for herein. The Meet Director shall make a written report to the President and their League Representative on any disqualification, except those involving the mechanics of strokes.
- C. The home team shall provide the Meet Director, three place judges, a director of scoring, official starter, a stroke judge, a touch-turn judge, an official coach and an announcer.
- D. The visiting team shall provide three place judges, an official scorer, a stroke judge, a touch-turn judge and an official coach.
- E. **ONLY THE OFFICIAL COACH OF EITHER TEAM MAY DISCUSS PROCEDURE OR JUDGEMENTS WITH THE MEET DIRECTOR!!!**
- F. **Head Coaches**
The home coach should initiate contact, via phone and/or email, with the visiting coach several days in advance of the meet.
Both coaches need to agree on whether or not the visiting team will bring their half lappers to the meet.
Only head coaches may approach the Meet Director during the meet to discuss procedure or a call involving a swimmer.
Coaches may ask the scorekeeper for the score.
The winning coach is responsible for getting the official score sheet to the Conference Secretary by Saturday of the week of the meet.
- If the meet is called due to inclement weather and the backstroke has not yet been swum, the coach is responsible for ensuring that the swimmers who were in the pool at the call of the meet are the same swimmers who swim when the meet recommences.
- Coaches must notify the Meet Director if they have any swimmers in the 15 – 18 age group who will be swimming in lanes 1 or 6.

G. Meet Director

The Meet Director is responsible for calling a meeting of all officials and head coaches no later than 5:45 p.m. prior to the start of the meet.

The Meet Director is in complete charge of the meet, adjudicates all disputes and has the final word in all matters subject only to a written protest as provided in the Competition Rules.

The Meet Director calls the swimmers out of the pool and lets the Starter know when to call the next race.

The Meet Director takes the information from the Stroke Judges and Touch Turn Judges regarding any disqualifications. The Meet Director then informs the coaches, the swimmer and the Scorekeepers what the swimmer did wrong.

If there is a disqualification during a race, the Meet Director is responsible for re-shuffling place judges before swimmers leave the pool to accurately depict the finish of that race.

H. Scorekeepers

The Scorekeepers, one per team, sit together and keep the official score of the meet. A scorekeeper in training may sit at the official score table.

The Scorekeepers may tell the score only to the Coaches and the Meet Director while the meet is still going on.

The Scorekeepers give the score sheets to the winning Coach to be turned in to the Conference Secretary.

I. Stroke Judges: report any infractions to the Meet Director

Stroke Judges are responsible for knowing all the appropriate strokes and kicks for each stroke swum in the meets.

The Stroke Judges examine the swimmer's stroke from start to finish and signal any infraction by immediately raising a hand or waving a flag if provided with one.

There shall be no disqualification in the 6 & Under through 7 – 8 age groups, unless, in the opinion of the Stroke Judge the swimmer has had an unfair advantage in swimming the wrong stroke.

Stroke judges watch three lanes of the pool on the side closest to them. They move along the side of the pool as the swimmers swim the stroke.

J. Touch Turn Judges: report any infractions to the Meet Director

Touch Turn Judges are responsible for knowing all the appropriate strokes for turns and finishes.

Touch Turn Judges are responsible for watching the stroke as the swimmer enters the turn, the turn itself and the exit.

Touch Turn Judges also watch the touch as the swimmers finish the race.

Touch Turn Judges are responsible for watching for any false starts on the relay takeoffs.

Touch Turn Judges signal any infraction immediately by raising their hand or waving a flag if provided.

K. Starters

Starters will wait for the Meet Director to tell them when to begin the next race. Starters will tell the swimmers at the end of the race when to get out of the water. The Starter will wait for all swimmers to be motionless before starting the race. The Starter will use a quick consistent cadence once swimmers are motionless.

In the event of a false start, the starter will activate the false start mechanism on the starting device to recall the swimmers. If in the judgement of the meet director, the recalled swimmers need a break before they re-swim, the next available heat will be swim ahead of the heat where the infraction occurred. Otherwise the heat where the infraction occurred will immediately recommence.

The meet director must notify the swimmer(s) who committed the infraction and identify which lane(s) have received their 1st warning. The swimmer(s) will be disqualified if there is a second infraction.

L. Place Judges

The Home team is responsible for places 2, 4, 6.
The Visiting team is responsible for places 1, 3, 5.

Each Judge calls his/her own place ONLY (for example, 1st calls 1st, 2nd calls 2nd, etc).

At no time is it acceptable for a judge to call any other place finish except for the one they are responsible for (for example, 1st place calls 1st, 2nd and 3rd or 2nd place calls 1st, 2nd, and 3rd).

If there is a close finish, a judge may refer to the next place judge to discuss in order to help determine who came in what place (for example, a close finish for 2nd and 3rd place may be discussed by the 2nd and 3rd place judges only; 1st and 3rd place judges do not discuss the finish).

If the place judges cannot come to an agreement, only then can other place judges and the Meet Director come in and make an **opinion**

The Meet Director **cannot say**, “I saw it this way and this is how we are going to place the swimmers”. A meet director may be asked to mediate a conflict and facilitate a *final decision by the places judges*. The meet director does not have the final word. Ties are an acceptable alternative and permitted by the league.

Under no circumstance will a stopwatch time or digital recording be considered by the place judges.

Timers may not interfere with this position or call out times to places judges.

Lane Use

RED, WHITE AND BLUE DIVISIONS

Home Team	Visiting Team
Lanes 1,3,5	Lanes 2,4,6

TRI-Meets

Lane 1,3	Coaches will draw <u>prior</u> to the meet for lane assignments. The Meet
Lane 2,5	Director must be notified prior to the start of the meet which team is using
Lane 4,6	which lanes. The Meet Director will inform the scoring table

VII - Protests

- A. Any coach who considers an opposing team guilty of serious and deliberate infraction of these rules or of unsportsmanlike conduct to a serious degree may enter a formal protest by filling out a full written explanation with the President within 48 hours of the alleged infraction.
- B. Upon receipt of such protest, the President shall arrange a meeting of three conference officers, one of whom should be the Secretary, from teams not involved in the dispute (or past officers if two of the officers' teams are involved), and the competing coaches within 72 hours or as soon thereafter as there such officers shall become available. The team alleged to have committed the infraction should promptly receive a copy of the protest.
- C. A two-thirds vote of Conference Officers shall validate a protest; following which the officers shall determine appropriate action (forfeit of meet, re-award of heat and/or suspension of offending swimmer or team) to be taken against the offending team's swimmers or coach, which action shall be final and not subject to final review.
- D. Individual awards shall not be recalled, except in the case of ineligible swimmers or unsportsmanlike conduct on the part of the swimmer.

VIII - GENERAL

- A. During competition, if a swimmer changes lanes or goes under the lane ropes and does not interfere with other swimmers, he/she shall not be disqualified. A final decision shall be made by the Meet Director as to whether or not there as been any interference to other swimmers.
- B. An instruction clinic shall be held annually to instruct all Meet Officials including Meet Directors, Stroke Judges, Touch-Turn Judges, Scorers, Finish Judges and Coaches of their duties. **ALL TEAMS ARE ENCOURAGED TO HAVE A MINIMUM OF THREE REPRESENTATIVES AT EACH CLINIC.** All coaches should also attend.
- C. Spectators at all swim meets shall be strictly controlled and reasonable measures shall be taken to insure that spectators do not interfere with officials in the performance of their duties. The Meet Director may demand the removal from meet premises of anyone he/she considers flagrantly detrimental to the proper conduct of the sport.
- D. No starting blocks will be allowed at the start of any race.

- E. AT NO TIME WILL ALCOHOL BE PERMITTED AT ANY OF THE SWIM MEETS.
- F. All swimmers, parents and spectators must abide by the host team pool rules.
- G. All rules not specifically addressed may be decided at the discretion of the Meet Director.

ARTICLE IX

The following are appointed as the initial members of the Competition Committee:

_____ Director _____ Coach

_____ Director _____ Coach

_____ Director

These persons shall serve until their successors are elected and qualified at the next annual meeting of the Board of Directors.

ADOPTED: May 20, 2007.
MODIFIED: March 3, 2016
ACCEPTED: March 6, 2016

Jennifer Hyland, President