

Memorial -Spring Branch Swimming Conference Swim Meet Rules & Regulations - Shorthand Version

The Competition Rules spell out in detail the job of each official and how the swim meets in this league will be run. Here are a few shorthand briefs:

1. General Meet Information

- All meets begin at 6 p.m.
- The home team warms up first, followed by the visiting team. Each team receives the same amount of warm up time and both warm ups must be complete in time to allow the half lappers to swim and finish by 5:55 p.m.
- Inclement weather (thunder and lightning) prior to the start of the meet or once the meet has begun but the backstroke has not yet been swum necessitates a delay of the meet. Swimmers must get out and stay out of the water for 30 minutes after the last lightening is seen or thunder heard. It is suggested that both teams remain and wait for up to one hour prior to canceling the meet. No meets start after 7:30 pm.
- If a meet is called due to inclement weather as determined by the American Red Cross Requirements, the meet director and the two coaches will decide when it will be rescheduled. If there are rain dates in the calendar that have not passed or not been used, the meet should be moved to the next available rain date. If all rain dates have passed or been used, the meet may be held one of the next two Saturday mornings.
- If a meet is called due to inclement weather and the backstroke has been swum, the scorekeepers will divide the remaining points evenly between the two teams.

2. 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.
- Coaches also can discuss and agree on whether additional heats of swimmers will swim in the individual strokes.
- 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 at the start 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.

MEET OFFICIALS

- **Home team shall appoint a Meet Director, three place judges, a scorekeeper, an official starter, a stroke judge, a touch turn judge, an announcer, and an official coach.**
- **Visiting team shall provide three place judges, an official scorer, a stroke judge, a touch turn judge, and an official coach.**
- **ONLY THE OFFICIAL COACH OF EITHER TEAM MAY DISCUSS PROCEDURE OR JUDGEMENTS WITH THE MEET DIRECTOR!**

3. 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 is then responsible of informing coaches and the Scorekeepers what the swimmer did wrong.
- If there is a disqualification during a race, the Meet Director, at their discretion, is responsible for re-shuffling place judges before swimmers leave the pool to accurately depict the finish of that race.

4. Scorekeepers

- The Scorekeepers, one per team, sit together and keep the official score of the meet.
- 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.

5. Stroke Judges:

- 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.
- Report any infractions to the Meet Director
- 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.

6. Touch Turn Judges:

- 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.
- Report any infractions to the Meet Director
- 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.

7. 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 on deck to be motionless before starting the race.
- The Starter will use a quick consistent cadence once swimmers are motionless.
- The Starter will blow a whistle and call out when it's a false start.

The Starter will also signal the people running the false start rope to drop the rope into the water.

8. 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 place calls 2nd etc).
- 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**. They may only offer their opinion on what they saw in an effort to resolve the conflict between the two place judges. Ties are an acceptable alternative and permitted by the league.
- The Meet Director **cannot say** "I saw it this way and that is how we are going to place the swimmers".
- Timers may not interfere with this position or give times to the place judges to help formulate a decision.
- Under NO circumstances will a stopwatch time or digital recording be considered by the place judges.

9. Starts

- No Running starts are permitted. At least one foot shall be on the front edge of the pool deck.
- **For the forward start**, swimmers shall assume any position with at least one foot 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.
- **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.
- **For the relay start**, the first swimmer will assume the position of the start required for their stroke.
 - **On the takeoff**, the second, third and fourth swimmers shall use the forward start. The swimmer shall remain in contact with the edge of the deck until previous swimmer has finished.

10. Miscellaneous

There is one extra heat (non-scoring) of breaststroke, backstroke and butterfly for the 7/8 and 9/10 age groups.

The 7/8 Freestyle Relay is to be swum after the 15-18 Medley Relay.