

SPRING BRANCH/MEMORIAL 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 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 backstroke 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 Conference Division Championship shall be determined by the best win/loss records 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. Points shall be awarded on the following basis:

	RED DIVISION	WHITE DIVISION
Individual Including IM	1 st - 7 points	1 st - 7 points
	2 nd - 5 points	2 nd - 5 points
	3 rd - 4 points	3 rd - 4 points
	4 th - 3 points	4 th - 3 points
	5 th - 2 points	5 th - 2 points
	6 th - 1 point	6 th - 1 point
Relays	1 st - 7 points	1 st - 7 points
	2 nd - 3 points	2 nd - 3 points

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.

C. Length of races shall be:

Individual	6 & under – 12 years	1 pool length
	11 – 12 (freestyle only)	2 pool lengths
	13 – 18 years	2 pool lengths
Relays	6 & under – 12 years	4 pool length
	11 – 12 (freestyle only)	8 pool lengths
	13 – 18 years	8 pool lengths
IM	13 – 18 years	4 pool lengths

III – Eligibility

A. A swimmer shall be considered eligible if:

1. The swimmers’ 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.

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>Red Division</u>	<u>White Division</u>	All Divisions <u>Meet of Champs</u>
Ind. Events – 6 & Under	3 per team	3 per team	3 per team
Ind. Events – 7–14 yrs.	3 per team	3 per team	3 per team

Ind. Events – 15–18 yrs.	2 per team	2 per team	2 per team
IM (Ind. Medley) 13 – 14 yrs.	3 per team	3 per team	3 per team
IM (Ind. Medley) 15 – 18 yrs.	2 per team	2 per team	2 per team
Relay events – all ages	1 per team	1 per team	1 per team

Additional relays may be entered but will not be considered for points. The “A” relay must be designated.

If the pool of the home team has fewer than 6 lanes, that meet will be scored in only lanes 1-4 for the individual events in ages 6 and under and 7 – 14.

- E. A swimmers’ 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. All age groups are defined as being open of that age group or any younger age.
- H. Additional swimmers may be added to the list up to 3PM on the DAY BEFORE a conference meet by calling the Eligibility Chairperson and then mailing the signed Eligibility and Hold Harmless forms to the Eligibility Chairperson.
- I. Meet Of Champs: A swimmer must have participated in at least 1 regular season meet in order to participate in the Meet of Champs.

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 7/8 and 9/10 shall be permitted, but shall not be scored for points.
- B. All assisted swimmers shall swim prior to start of the meet. No assisted swimmers 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.
- C. The events shall be held in order specified and only in the order specified.

- D. 1. Unless other 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 shall not be considered for points. The “A” Relay must be designated.

<u>SCHEDULE OF EVENTS</u>				<u>ENTRIES PER TEAM</u>
<u>AGE</u>	<u>SEX</u>	<u>STROKE</u>	<u>DISTANCE</u>	<u>Red & White Divisions</u>
13 –14	Boy	Individual Medley	4 lengths	Three
13 –14	Girl	Individual Medley	4 lengths	Three
15 –18	Boy	Individual Medley	4 lengths	Two
15 –18	Girl	Individual Medley	4 lengths	Two
6&Under	Mixed	Free Style Relay	4 lengths	One
7 – 8	Boy	Medley Relay	4 lengths	One
7 – 8	Girl	Medley Relay	4 lengths	One
9 – 10	Boy	Medley Relay	4 lengths	One
9 – 10	Girl	Medley Relay	4 lengths	One
11 – 12	Boy	Medley Relay	4 lengths	One
11 – 12	Girl	Medley Relay	4 lengths	One
13 –14	Boy	Medley Relay	8 lengths	One
13 –14	Girl	Medley Relay	8 lengths	One
15 –18	Boy	Medley Relay	8 lengths	One
15 –18	Girl	Medley Relay	8 lengths	One
7 – 8	Boy	Four – Person Relay	4 lengths	One
7 – 8	Girl	Four – Person Relay	4 lengths	One
6&Under	Boy	Freestyle	1 length	Three
6&Under	Girl	Freestyle	1 length	Three
7 – 8	Boy	Freestyle	1 length	Three
7 – 8	Girl	Freestyle	1 length	Three
9 – 10	Boy	Freestyle	1 length	Three
9 – 10	Girl	Freestyle	1 length	Three
11 – 12	Boy	Freestyle	2 lengths	Three
11 – 12	Girl	Freestyle	2 lengths	Three
13 – 14	Boy	Freestyle	2 lengths	Three
13 – 14	Girl	Freestyle	2 lengths	Three
15 – 18	Boy	Freestyle	2 lengths	Two
15 – 18	Girl	Freestyle	2 lengths	Two

7 – 8	Boy	Breaststroke	1 length	Three
7 – 8	Girl	Breaststroke	1 length	Three
9 – 10	Boy	Breaststroke	1 length	Three
9 – 10	Girl	Breaststroke	1 length	Three
11 – 12	Boy	Breaststroke	1 length	Three
11 – 12	Girl	Breaststroke	1 length	Three
13 – 14	Boy	Breaststroke	2 lengths	Three
13 – 14	Girl	Breaststroke	2 lengths	Three
15 – 18	Boy	Breaststroke	2 lengths	Two
15 – 18	Girl	Breaststroke	2 lengths	Two
7 – 8	Boy	Backstroke	1 length	Three
7 – 8	Girl	Backstroke	1 length	Three
9 – 10	Boy	Backstroke	1 length	Three
9 – 10	Girl	Backstroke	1 length	Three
11 – 12	Boy	Backstroke	1 length	Three
11 – 12	Girl	Backstroke	1 length	Three
13 – 14	Boy	Backstroke	2 lengths	Three
13 – 14	Girl	Backstroke	2 lengths	Three
15 – 18	Boy	Backstroke	2 lengths	Two
15 – 18	Girl	Backstroke	2 lengths	Two
7 – 8	Boy	Butterfly	1 length	Three
7 – 8	Girl	Butterfly	1 length	Three
9 – 10	Boy	Butterfly	1 length	Three
9 – 10	Girl	Butterfly	1 length	Three
11 – 12	Boy	Butterfly	1 length	Three
11 – 12	Girl	Butterfly	1 length	Three
13 – 14	Boy	Butterfly	2 lengths	Three
13 – 14	Girl	Butterfly	2 lengths	Three
15 – 18	Boy	Butterfly	2 lengths	Two
15 – 18	Girl	Butterfly	2 lengths	Two
9 – 10	Boy	Four – Person Relay	4 lengths	One
9 – 10	Girl	Four – Person Relay	4 lengths	One
11 – 12	Boy	Four – Person Relay	8 lengths	One
11 – 12	Girl	Four – Person Relay	8 lengths	One
13 – 14	Boy	Four – Person Relay	8 lengths	One
13 – 14	Girl	Four – Person Relay	8 lengths	One
15 – 18	Boy	Four – Person Relay	8 lengths	One
15 – 18	Girl	Four – Person Relay	8 lengths	One

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 who had initially place both feet at the front edge of the starting platform may either a.) drop one foot back as the starter says, “Take your mark.” ; or b.) assume a “track start” position, with one foot laced on the front edge of the block.
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 legs) 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,” but they shall not unnecessarily enter the water nor delay the start.
7. In the backstroke start, swimmers may release from the starting position after the command, “Stand up,” but they shall not leave the starting area nor unnecessarily delay a new start.
8. When one or more swimmers has obtained an unfair advantage at the start, all swimmers shall be recalled immediately by a pistol shot or other sounding device and a recall rope.

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 requires a hand or arm touch. Swimmers shoulders shall not turn over beyond the vertical plane before their foremost 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 swimmer may also do a flip turn. The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical 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 simultaneous double-arm pull, or in the absence of such pulls, 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.

The swimmer may be completely submerged during the turn or for a distance of not more than 16.4 yards or 15 meters after the start and each turn. By that point, some part of the head must have broken the surface of the water.
- 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.

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 or the turn, one arm stroke beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater; except that after such arm stroke and before the breaststroke kick, a single downward butterfly kick is permitted. 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 under the water except for the last stroke at the turn/finish of the prescribed distance (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 legal body position shall be regained 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, not necessarily on the same plane.

3. **The Butterfly**

- a. The forward start shall be used.
- b. The body shall remain on the breast 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.
- c. The stroke requires that both arms simultaneously pull backward under the water then simultaneously recover over the water. At any given time, corresponding points on 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 legal body position shall be regained prior to the first arm pull.
- f. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water.
- 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. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water.
- 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 back before turning.

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

The medley relay is swum by a team of four competitors, 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 starting 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 front edge of the pool deck until the previous swimmer has finished. The body may be in motion but no intentional movement of the feet is permitted. No running starts are permitted; track starts are permitted.

The first three members of the relay teams shall leave 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 on each disqualification, except one involving the mechanics of strokes or any unsportsmanlike conduct he/she considers detrimental to the good conduct of the meet.
- C. The home team shall provide the Meet Director, three finish 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 finish 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. **The Director of Scoring** shall be responsible for accurate scoring on the Conference approved score sheets, the awarding of individual awards and transporting of those scores to both judges. The Director of Scoring may appoint assistants who will be responsible for awarding ribbons. There shall be only one official scorer for each team.
- G. **The Official Coach** on the winning team shall be responsible for transmitting the Official score sheets to the Conference Secretary by Saturday of the week of the meet. The Official Coach shall respond verbally to the Conference Secretary the scores of the meet by noon the day after the meet is held.
- H. **The Stroke Judge** shall report any infraction to the Meet Director for the swimmer in question. The Meet Director shall then advise the scoring table and the swimmer exactly what he or she did that was wrong. At the conclusion of the

event the Official Coach should be advised of any disqualification and the infraction involved by the Meet Director. Leniency in case of “no harm” foul or fouls among the ten and under age group is encouraged. There shall be no disqualification in the 6 & under through 7 – 8 age groups, unless, in the opinion of the Stroke Judge or Meet director, the swimmer has had an unfair advantage in swimming the wrong stroke. The stroke judge shall examine the swimmer’s stroke from start to finish, and signal any infraction by immediately raising their hand as soon as possible to report to the Meet Director what the stroke infraction consisted of.

I. **The Touch-Turn Judges** shall be responsible for watching the stroke as they enter the turn; the turn itself; and as they exit the turn for the swimmers in their lane. Two hand touches are required in the breaststroke and butterfly; one hand will suffice in other strokes. **THE TOUCH MAY BE ABOVE OR BELOW THE SURFACE OF THE WATER.** They also are responsible for watching for false starts on the relay takeoffs. They should signal any infraction immediately by raising their hand as soon as possible as to report to the Meet director the lane causing the infraction.

J. **The Finish Judges** are responsible for watching the swimmers as they touch at the finish of each race. The visiting team’s finish judges shall be assigned 1st, 3rd and 5th places; the home team 2nd, 4th and 6th places. For Tri-meets the Meet Director shall assign the finish judges to the lanes. The first place judge shall pick the winner independently of the other judges; selection of the second place judge shall take precedence over the third; etc. Finish judges will consider only the order of finish; all other turn and touch infractions are the sole domain of the Touch-Turn Judges.

K. **Lane Use**

RED & WHITE 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 imposing 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 these 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 has 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.

Diana Bates, Vice-President of Eligibility