

**SOUTHWEST OHIO
YMCA SWIM LEAGUE**

**RULES AND REGULATIONS
FOR
COMPETITIVE SWIMMING MEETS**

2004

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SOUTHWEST OHIO ADDENDUM TO NATIONAL RULES

ELIGIBILITY OF INDIVIDUALS

GENERAL

In order to compete in League competition (dual, tri, invitational, and championships) a swimmer must have represented only his/her YMCA in Open Competition during the winter season (9/1-4/30) or in the summer season (5/1 - 8/31).

A swimmer who has represented another YMCA team in the past year is required to obtain a letter of consent (signed by the former coach and a program director or executive director) from the previous team stating that the swimmer has left the team. This applies to changes made between seasons and in season. A sample letter of "Consent to Transfer" is included on the last page of this document.

NOTE: A transfer in season does not make the individual eligible for Zone and National championships if the individual has represented the former association in competition.

SENIOR SWIMMING

Winter Season - 12 years of age as of the first day of the YMCA Short Course National Swimming Championships.

Any person who has at any time represented a scholastic institution beyond grade 12 in competitive swimming or diving is ineligible.

AGE GROUP SWIMMING (8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 & Over)

Winter Season - age as of December 1st.

Summer Season - age as of June 1st.

DUAL/TRI MEET COMPETITION

A swimmer must swim all individual events in only one age group.

A swimmer may swim up for relays and in doing so he/she may compete in one Age Group Free and Medley relay.

OHIO COMPETITION

A swimmer must compete in three (3) League inter-association meets in the current season to be eligible.

A swimmer must compete in his/her age group in all individual events.

A swimmer may swim up for relays and in doing so he/she may compete in one Age Group Free and Medley relay.

SOUTHWEST OHIO ADDENDUM TO NATIONAL RULES

PROOF OF TIMES

In dual/tri meet competition score sheets must be signed by the Head Scorer, YMCA certified Meet Director and/or Meet Referee, and both coaches.

In proving times for Ohio and National Championships, all YMCA score sheets must be signed by the Head Scorer, certified Meet Director and/or Meet Referee, and both coaches. High school sheets must be signed by a Meet Director or Meet Referee.

A machine or carbon copy is acceptable.

Complete sets of invitational final results are also acceptable providing that all sheets are signed by a YMCA certified Meet Director or Meet Referee.

NUMBER OF EVENTS PER INDIVIDUAL (DUAL AND TRI MEETS)

A swimmer may compete in three individual events in addition to one free relay and one medley relay.

AWARDS AND SCORING (DUAL AND TRI MEETS)

If electronic timing is available then it will be used as the Official time in determining the results of events, if not, then three (3) stopwatches per lane will be used. When using three watch times, the middle time will be the Official time. If only two watches work in the event, then an average time will be used as the Official time.

Scoring will be determined by the Official time.

SCORING DUAL MEETS

Individual Events	
Place	Points
1st	5
2nd	3
3rd	1
Other	0

Relay Events	
Place	Points
1st	7
Other	0

In individual events, if a team takes all three places, the point for third place will go to the other team, providing the other team has a swimmer who did not DQ. However, the third place ribbon will be awarded to the actual winning swimmer.

SOUTHWEST OHIO ADDENDUM TO NATIONAL RULES

SCORING TRI MEETS

Individual Events	
Place	Points
1st	6
2nd	4
3rd	3
4th	2
5th	1
Other	0

Relay Events	
Place	Points
1st	8
2nd	4
Other	0

All swimmers' names, including relays, must be on score sheets along with their times even if they did not place.

Ribbons shall be awarded to the first three places in the individual events and only 1st place winning team members in relay events. See Rule for "'AA' Time Standard Breaking Ribbons" pertaining to 'A' meets. All ribbons will be furnished by the host team.

Total team scoring will also be kept and announced at the conclusion of the meet. All this information is to be kept on the official meet scoring record sheet.

At the conclusion of the meet, the host team will see that the visiting team receives their awards, lane slips, and a copy of the score sheet.

NUMBER OF ENTRIES PER TEAM (DUAL AND TRI MEETS)

DUAL MEETS

When a League dual meet is held at a 6 or more lane pool, a team may not enter nor swim more than three (3) official swimmers in each individual event nor more than three (3) official relay teams in relay events.

When a League dual meet is held at a 4 or 5 lane pool, a team may not enter nor swim more than two (2) official swimmers in each individual event nor more than two (2) official relay teams in relay events. At a 5 lane pool, the host team may utilize lane 5 for exhibition swimmers.

TRI MEETS

When a League tri meet is held at a 6 or more lane pool, a team may not enter nor swim more than two (2) official swimmers in each individual event nor more than two (2) official relay teams in relay events.

A tri meet should not be held at a 4 or 5 lane pool.

No exhibition heats will be swum at League dual/tri meets unless agreed upon by both/all teams prior to the meet.

SOUTHWEST OHIO SUGGESTED GUIDELINES & INTERPRETATIONS

GENERAL

All meets will be conducted in accordance with the current "NCAA Swimming Rules" for the winter and summer seasons as modified by the League.

Scheduled dual meets may be converted to "A" meets if agreed upon by both teams. For "A" dual meets use the League's "AA" qualifying times. Any swimmer who obtains a "AA" time in a particular event will receive a "AA" Time Standard Ribbon and will receive no point score for that event. Once a swimmer obtains a "AA" time in a particular event, he/she may not be entered in that event for that season in "A" meets. This also includes the "A" Championships.

Each team's Competitive Swimming League Representative or Meet Director is responsible for compliance with the administrative aspects of these rules by his/her team's officials, coaches, competitors and member spectators, to insure that his/her competition starts on time and proceeds smoothly. Each team's Meet Director or League Representative is responsible for furnishing his/her team's quota of competent officials.

Each team is required to maintain a complete typed roster of all their swimmers, arranged alphabetically, by sex. Names are to be listed last name first and must include the swimmer's age as of 1 December for the current season. A copy of the roster must be given to the Head Scorer before the start of each dual or tri meet. A copy of the roster must accompany the entry forms for all League championship meets. The host team may require that each visiting team submit a copy of the roster for Invitationals.

In dual meets, the host Meet Director will contact the guest Meet Director prior to the meet date and agree on the officials each team will furnish. They are:

	Host Team	Guest Team
Referee	1	-
Starter	1	-
Stroke Judges	1	1
Turn Judges	1	1
Head Timer	1	-
Lane Timers	2 per lane	1 per lane
Scorers	2	-

Each team must provide their own Clerk of Course.

The host team must furnish all equipment and supplies necessary to conduct the meet, except the visiting team's lane timers must supply their own watches.

TEAM LANE ASSIGNMENTS (DUAL MEETS)

Contestants may warm-up in assigned lanes prior to the start of the meet when directed by the Referee. At least 15 minutes must be allotted for warm-ups. The host team will always take lanes 1, 2, and 3, and the visiting team will have 4, 5, and 6 for warm-ups.

SOUTHWEST OHIO SUGGESTED GUIDELINES & INTERPRETATIONS

During competition, the host team will swim in lanes 1, 3, and 5 while the visiting team will have lanes 2, 4, and 6. In 5 lane pools, lane 5 will be for exhibition only. In 4 and 5 lane pools lane 1 and 3 are for the host team while 2 and 4 will be for the visiting team.

CLERK OF COURSE (DUAL MEETS)

Lane slips should be filled out properly including: event #, swimmers name, team name, distance and age group prior to the beginning of each event by the team's Clerk of Course personnel.

APPEALS

The decision of the Referee in matters of judgment is considered final and may not be appealed. Decisions based on these rules and interpretations thereof, may be appealed to the President of the League for final decision. Protest or notices of appeal should be made to the Referee within 30 minutes after the conclusion of the meet and confirmed in writing within one week.

Should the Referee encounter any unusual conditions during a meet necessitating disciplinary penalties he shall inform the President of the League in writing within one week of the circumstances.

RESPONSIBILITIES OF OFFICIALS

Refer to current "NCAA Swimming Rules" for Officials responsibilities and duties.

DISCIPLINARY PENALTIES (DUAL/TRI/INVITATIONAL/CHAMPIONSHIP MEETS)

A swimmer who "shaves down" at the venue of a meet shall be disqualified from said meet.

**Consent to Transfer
Southwest Ohio YMCA Swim League**

**This is to verify that _____ has informed the
_____ YMCA that he/she intends to
transfer his/her membership and swim team affiliation to
_____ .**

We acknowledge that we have been so informed.

Coach

Executive Director