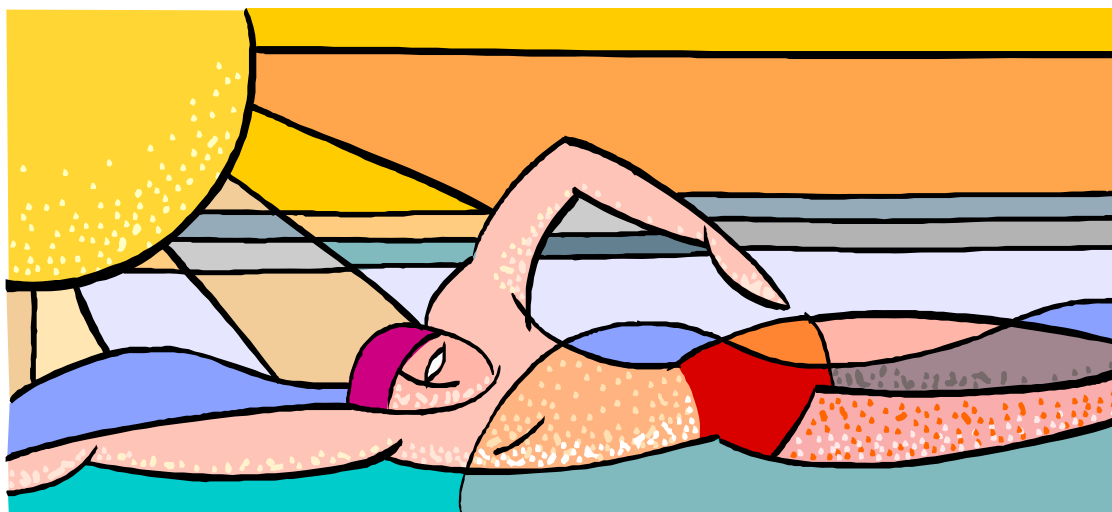


**Colorado State Summer Club Swimming Association**

# **2018 Season**



## **Bylaws**

### **Competition Rules and Meet Guidelines**

Approved: January 11, 2018

# Colorado State Summer Club Swimming Association

## Bylaws

Approved: January 11, 2018

### Article I: Name

#### Section A:

The organization shall be known as the Colorado State Summer Club Swimming Association, a nonprofit organization, herein called CSSCSA.

### Article II: Purpose

#### Section A:

The objectives of CSSCSA shall be:

- 1) To organize and conduct a State Summer Club Swim Meet each year on or about the last weekend of July.
- 2) To promote and encourage competitive aquatics.
- 3) To promote better sportsmanship in competitive aquatics.
- 4) To provide an opportunity for qualifying swimmers to compete against each other.
- 5) To foster further aquatic opportunities for all competing swimmers.

### Article III: Membership and Meetings

#### Section A:

Membership shall be limited to summer club swim teams in the state of Colorado, except by special consideration of the Board. A summer team is defined as one that practices and competes as one team between May 15 and July 31, that does not hold practice more than once a week between September 1 and May 15, and that does not compete in any events between September 1 and May 15. Practice is any team-sponsored swimming.

#### Section B:

Members must agree to pay CSSCSA fees upon acceptance for membership. Dues shall be remitted annually with entries to the State Summer Club Swim Meet.

#### Section C:

The Board shall consist of the President, Vice-President, Secretary, and Treasurer; the representatives elected or appointed by each member league (one per league); and the chairs of any standing committees (one per committee). An individual may serve on the Board in more than one capacity (for example, the representative of a member league may also serve as Secretary, etc).

#### Section D:

The Board will be responsible for planning, coordinating, and conducting the State Summer Club Swim Meet in cooperation with the host team.

#### Section E:

Teams which participate in the State Summer Club Swim Meet, but which do not belong to any member league, may send representation to Board meetings. Such representatives shall have voice but no vote.

#### Section F:

Board meetings may be attended by any interested parties. Meetings shall be tentatively scheduled for Fall, Spring, and Summer of each year. Other meetings may be called by the President of the Board, or by a simple majority of the Board petitioning the President. All Board members shall receive adequate notice of each meeting.

#### Section G:

At each Fall meeting, the representatives of the member leagues shall name a President, Vice-President, Secretary, and Treasurer for the coming year. League representatives are eligible to also hold any of these State offices. Offices are assumed upon election. If a vacancy occurs during the year, the Board may elect a replacement.

#### Section H:

The Board may appoint standing committees or ad hoc committees as circumstances warrant. Current standing committees are the Rules Committee and the Qualification Times Committee.

## Article IV: Voting and Responsibilities

### Section A:

Each Board member shall have only one vote, even if that individual serves on the Board in more than one capacity.

### Section B:

A quorum shall consist of those members present and voting.

### Section C:

A simple majority of Board members present and voting is required to carry a motion.

### Section D:

The Board's responsibilities shall include, but are not limited to, the following:

- 1) To conduct all business.
- 2) To adopt or amend the bylaws, qualification times, and Competition Rules and Meet Guidelines.
- 3) To determine league and team membership.
- 4) To select the host team for the State Summer Club Swim Meet each year.
- 5) To determine annual dues.
- 6) To act on recommendations by standing or ad hoc committees.
- 7) To determine which events and distances are contested by which age groups.
- 8) To approve preliminary State Meet plans including fee structure.
- 9) On or before January 1<sup>st</sup>, adopt Bylaws, Rules, Qualification Times and Division Breakdown for the coming summer.
- 10) To maintain state records and determine appropriate time conversions when necessary.
- 11) To set aside any of these bylaws when obvious unfairness would result.
- 12) To make all final interpretations of the CSSCSA rules and bylaws.

## Article V: Officers, Duties and Committees

### Section A: President

Duties of the President shall be as follows:

- a) Preside at all CSSCSA and Board meetings and to perform all other duties incumbent upon a presiding officer.
- b) Appoint and disband all committees, except those specified in these bylaws.
- c) Be in charge of scheduling the State Summer Club Swim Meet.
- d) Keep copies of all the State Summer Club Swim Meet results.
- e) Call meetings and handle communications in various formats (such as telephone, email, fax, etc.).

### Section B: Vice-President

Duties of the Vice-President shall be as follows:

- a) Perform the duties of the President in his absence or his inability to serve.
- b) Coordinate all aspects of management of the State Summer Club Swim Meet including, but not limited to, insurance, awards, entries, and logistics.
- c) Be responsible for providing all meet material to each team in cooperation with the host team of the State Summer Club Swim Meet.
- d) On or before October 1<sup>st</sup>, provide details from the previous State Meet to assist the Meet Director for the next State Meet.

### Section C: Secretary

Duties of the Secretary shall be as follows:

- a) Keep minutes of all CSSCSA meetings and be responsible for all correspondence.
- b) Provide a copy of the rules and bylaws to all Board members.
- c) Compile a roster of member clubs, leagues, managers, coaches, and winter contacts.

### Section D: Treasurer

Duties of the Treasurer shall be as follows:

- a) Be responsible for collection of all dues.
- b) Pay all bills as approved by the Board. This includes association fees for the State of Colorado.
- c) Present a proposed budget and financial statement at the annual fall meeting.

## Article V: Officers, Duties and Committees (continued)

### Section E: Qualification Times Committee

Each year, the Qualification Times Committee shall determine the qualification times for the State Summer Club Swim Meet for the succeeding year. The qualification times shall be based on factors such as a 3-year average of the 18<sup>th</sup> place entry and finish times of the State Summer Club Swim Meet. Qualification times shall be expressed to the 1/100<sup>th</sup> of a second.

### Section F: Rules Committee

Each year, the Rules Committee shall review the bylaws and competition rules and meet guidelines for possible revisions. The committee shall submit its recommendations to the Board for final decisions.

### Section G: League Representatives

Each member league shall have one league representative on the Board. This individual shall communicate relevant information to the league, including information about the State Meet.

## Article VI: State Summer Club Swim Meet

### Section A:

The State Summer Club Swim Meet shall be governed by the current swimming Rules and Meet Guidelines as adopted annually.

### Section B: Member League

- 1) During the State Summer Club Swim Meet, each member league shall inform the Board of their representative for the coming year. Also, each member team shall inform the Board of pertinent team information, including winter contacts.
- 2) The host team, meet location, meet director and meet dates for the following year shall be tentatively announced at the state meet. The host team will notify the board of any changes.

### Section C: Meet Director

- 1) The Meet Director shall submit to the Board tentative plans for conducting the State Summer Club Swim Meet at the April meeting. Such plans are subject to approval by the board.
- 2) The Meet Director shall provide entry materials to all member teams at least 30 days before the meet.
- 3) The Meet Director shall furnish each participating team and the President with two typed or printed copies of the meet results within two weeks after the State Summer Club Swim Meet.
- 4) The Meet Director and or Host team/League shall present at the September CSSCSA Board meeting a summary of the state meet financials and State Meet preparation book information. The financial summary shall include reconsolidation of entry fees to meet conduct expenses. The State Meet preparation book information shall include meet conduct procedures and details, facility preparation information, equipment logistics and lessons learned and recommendations in the preparation and running of the state meet to be passed on to the next host.

### Section D: Awards and Scoring

Awards for the State Summer Club Swim Meet shall be as follows:

- 1) Individual Events – Awards (medals or ribbons) for 1<sup>st</sup> place through 16<sup>th</sup> place. Medals are required for 1<sup>st</sup> through 3<sup>rd</sup> places. The host team decides the type of award for each place, 4<sup>th</sup> through 16<sup>th</sup>. A club may enter as many individuals as have made qualification times.
- 2) Relay Events – Awards (medals or ribbons) for 1<sup>st</sup> place through 16<sup>th</sup> place. Medals are required for 1<sup>st</sup> through 3<sup>rd</sup> places. The host team decides the type of award for each place, 4<sup>th</sup> through 16<sup>th</sup>. A club may enter an unlimited number of relay teams in any event if the swimmers meet the standards set forth in Article VI, Section F. However, only 2 such relay teams may score points. Medals and ribbons will be awarded without regard to the limit of 2. For example, if a club's relays placed 1<sup>st</sup>, 3<sup>rd</sup>, and 10<sup>th</sup>, the club would score points for the 1<sup>st</sup> and 3<sup>rd</sup> places only. However, the club would receive medals or ribbons for 1<sup>st</sup>, 3<sup>rd</sup>, and 10<sup>th</sup> places. The team in 11<sup>th</sup> place would get 10<sup>th</sup> place points and 11<sup>th</sup> place ribbons. The team in 13<sup>th</sup> place would get 12<sup>th</sup> place points but no ribbons.
- 3) Trophies – Will be awarded to the top 3 teams in each of three divisions. Division I will be the teams scoring approximately in the upper one third of the points in the previous year's Summer Club Swim Meet; Division II will be the teams scoring approximately in the middle one third of the points in the previous year's Summer Club Swim Meet; Division III will be the teams scoring approximately in the lower one third of the points in the previous year's Summer Club Swim Meet, as well as all new teams to the Summer Club Swim Meet. The Board may change team classifications as circumstances warrant. The Board may expand or reduce the number of teams in each division receiving trophies.
- 4) Scoring – Individual Events 20/17/16/15/14/13/12/11/9/7/6/5/4/3/2/1  
Relay Events 40/34/32/30/28/26/24/22/18/14/12/10/8/6/4/2

### Section E: Officials

CSSCSA is responsible for the hiring of qualified officials for the State Summer Club Meet. If possible, all officials should be members of the Colorado Association of Swimming Officials (CASO). Any non-CASO officials must be qualified officials approved by the Board. A minimum of 6 officials is highly recommended.

## Article VI: State Summer Club Swim Meet (continued)

### Section F: Number of Events and Entrants

- 1) A swimmer may enter a total of three (3) individual events and two (2) relays in the State Summer Club Championship Swim Meet. In individual events, a team may enter as many swimmers as make the qualification time.
- 2) Relay events do not have qualification times. All teams may enter up to 2 relays per event (designated as "A" and "B"), regardless of whether the swimmers on those relays have made individual qualification times or not.
- 3) Any additional relays will be designated as "C", "D", etc. Teams may enter more than 2 relays in an event only if the following condition holds: on all relays (starting with "A"), there must be at least one swimmer entered in the relay who has qualified for and is entered in at least one individual event at the state meet.

### Section G: Qualifying Entrants

- 1) All competitors must meet the qualifying times during the designated swim season as a member of their designated summer club team.
- 2) Swimmers "make the qualifying standards" only in meets with a minimum of two qualified officials; a minimum of two lane timers assigned to each lane (one if automatic timing is used); and with written meet results. Intrasquad meets which meet these criteria may be used as qualifying meets. However, intrasquad meets do not count toward the 2 meet requirement discussed in Section H below.
- 3) All swimmers must meet the eligibility criteria set forth in Section H below.

### Section H: Eligibility and Exclusions

- 1) A swimmer's age and gender as of May 15 of each season shall determine the age group **and gender** in which he/she competes that season. For clarification, please refer to the following three examples:
  - a) If a swimmer's 11th birthday is on May 14, then that swimmer competes in the 11–12 age group.
  - b) If a swimmer's 11th birthday is on May 15, then that swimmer competes in the 11–12 age group.
  - c) If a swimmer's 11th birthday is on May 16, then that swimmer competes in the 9–10 age group.
- 2) On or after May 16, a swimmer may practice only with their summer club swim team and compete only in their summer club swim team's meets in order to be eligible. To clarify, a swimmer may NOT practice or compete for another summer club team, a year-round team, etc. on or after May 16. Notwithstanding the above, a swimmer may practice or compete on or after May 16 interscholastically or intercollegiately without losing eligibility. A swimmer may swim in a charity type event with the permission of the state board. A swimmer may not switch teams within CSSCSA on or after May 16.
- 3) A swimmer and team who are found violating this rule will forfeit all points, places, medals and ribbons which accrued to that swimmer. Other swimmers will move up accordingly. The state board may require the team to pay a fine of up to one hundred dollars (\$100.00) before the balance of the team's points, ribbons, medals, and trophies are awarded.
- 4) In addition, a swimmer must compete in at least 2 meets against other teams prior to the state meet as a member of their summer club team in order to compete at the state meet. Thus, although intrasquad meets can count as qualifying meets, they do not count toward the 2 meet requirement.
- 5) The state board assumes that swimmers and coaches will act ethically in fulfilling the requirements of this section. For example, consider swimmers who have "private lessons" or "swim clinics" during the summer season with coaches of other teams. This practice is legal, unless the private lessons or swim clinic takes place while the coach is conducting practice with any other team.
- 6) A swimmer is required to swim in his or her age group, as defined by Section H 1, for the State Summer Club Swim Meet.

### Section I: Protests

- 1) Any protests shall be presented to the Meet Director in writing within 30 minutes after the results of the event in question are posted. The protest will be acted upon by the State Summer Club Swim Meet Committee which is selected by the Meet Director and the Meet Referee. A valid protest may only be submitted by a member of the coaching staff.
- 2) Any eligibility challenges must be signed and submitted to the Board in writing. Appropriate documentation may be required. Verbal and/or anonymous challenges are not acceptable.

### Section J: State Meet Management

- 1) CSSCSA Responsibilities include:
  - a) Establish qualification standards published in meters and yards.
  - b) Provide updated Bylaws and Competition Rules and Meet Guidelines for distribution.
  - c) Maintain and provide team contact list for State Meet information distribution.
  - d) Hire and provide payment for the State Meet officiating crew.
  - e) Maintain and provide State Meet Records, including appropriate conversions.

## Article VI: State Summer Club Swim Meet (continued)

### Section J: State Meet Management (continued)

- 2) Host team/League responsibilities include:
  - a) Obtaining facilities for the conduct of the State Meet. Facility location requires CSSCSA Board approval. The preferred facility would have the following attributes: outdoor 25 meter pool with  $\geq 8$  lanes, lane width  $\geq 7$  feet, wave reduction lane lines, starting platforms and water depth at the starting end of  $\geq 4$  feet. The preferred date for the state meet is the last weekend in July.
  - b) Provide meet workers in order to conduct the State Meet. Lane timing responsibilities may be assigned to attending teams based on the number of entries per team during each session of the meet.
  - c) Provide attendees with access for viewing the competition and refreshments.
  - d) Collect entries and input into an appropriate meet management software for the conduct of the State Meet. Each team shall provide state meet entries in an appropriate meet management format.
  - e) Post a Psych Sheet to the State Meet Website by 6pm on Tuesday before the State Meet.
  - f) Maintain and update the state meet website. This responsibility is shared by the previous year host team and the current year host team.

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# COLORADO STATE SUMMER CLUB SWIMMING ASSOCIATION

## Competition Rules and Meet Guidelines

Approved: January 11, 2018

### Rule 1: Definitions

- Article 1 A manual timing device, a stopwatch, is one that must be started and stopped by hand.
- Article 2 A semiautomatic timing device is one that starts manually/automatically and stops automatically/manually, respectively.
- Article 3 An automatic timing device is one that starts automatically with the starter's device and stops automatically when a contestant touches the finish pad.
- Article 4 A race officially begins when the swimmers are called to the starting blocks by the deck referee's or starter's whistle.
- Article 5 A race officially ends when the last swimmer finishes the race.
- Article 6 A heat is one of a series of races within an event.
- Article 7 Timed finals are one or more heats in which final place winners in an event are determined by time.
- Article 8 A team shall consist of one or more competitors.
- Article 9 Team personnel includes all coaches, managers, counters, and participating or non-participating competitors.

### Rule 2: Pool, Lane, and Equipment Specifications

#### Section 1 Pool Dimensions and Markings

- Article 1 It is recommended that water depth be a minimum of 3 feet 6 inches (1.0668 m).
- Article 2 Continuous lines of a dark color shall indicate the middle of each swimming lane. The center of each lane shall be indicated on the end walls by a line extending vertically below the surface of the water. Markings on the finish pad and bulkheads shall conform to required markings on the end walls.
- Article 3 Lane markers are required and shall be continuous, clearly visible floats which indicate the lateral limits of each lane. They shall be attached to and stretched between the end walls, anchored at surface water level in a recessed receptacle. It is recommended there be solid-colored floats within 15 feet (4.572 m) of both end walls in contrast with the center portion of the lane markers.
- Article 4 When existing facilities are such that pool dimensions, markings and construction do not meet the standards prescribed by rule, meets may be conducted by prior mutual consent of the competing teams.

#### Section 2 Equipment for Swimming Events

- Article 1 Starting platforms, securely attached to the deck or end wall, are required in pools with water depth of 4 feet or more in the starting end. The platforms shall be numbered the same as the lanes. The top front edge of the platform and backstroke grips shall be no more than 30 inches (.762 m) above the water level and flush with the pool end wall. The top surface shall be flat with the back-to-front slope not exceeding 10 degrees from the horizontal. It is recommended the top be a minimum of 20 inches square (.508 m) and covered with a non-skid material. When starting platforms are not securely attached to the deck or the end wall, all swimmers shall start from the deck or in the water, or the meet will be swum in the remaining lanes.

Water Depth at Starting End	MAXIMUM height of Platforms/Deck Above Water Surface
4' or more	30"
3 1/2 – 4'	18" or Start from deck/in water
Less than 3 1/2'	Start in water



## Rule 2: Pool, Lane, and Equipment Specifications (continued)

### Section 2 Equipment for Swimming Events (continued)

- Article 2 The starting signal shall be loud enough to ensure a fair start. It is recommended that the starting signal activate a strobe light or similar optical signal to indicate the start to manual timers and hearing impaired swimmers. The device should be located on the starter's side of the pool and be visible from all starting platforms.
- Article 3 Backstroke flag lines, suspended well above the surface of the water of each lane and 15 feet from each end wall, shall be required for all events in which the backstroke is swum.
- Article 4 A visual lap-counting system for the 400 yard/meter freestyle event shall be required for each competitor's lane. The system shall consist of a sufficient number of white cards with 12 inch tall, black, odd, ascending numerals and one solid fluorescent orange card, with or without a numeral. The lap-counting system shall not be used for events shorter than 400 yards/meters.
- Article 5 Timing devices, whether manual, semiautomatic, or automatic shall be calibrated to one-hundredth (.01) of a second. When automatic timing is used, a manual timing device shall be used for each lane as a backup.
- Article 6 The touch pads for automatic timing shall be centered in the lanes.

## Rule 3: Team Personnel

### Section 1 Injuries

- Article 1 When it is detected in an individual event that a competitor is bleeding, has an open wound or an excessive amount of blood on the uniform, the competitor may not compete in another race/event until proper treatment has been administered. When this occurs prior to the start of a relay race, the start shall be delayed while the competitor receives proper treatment or is replaced by another legal entry off the relay entry card. Once a relay race begins and blood is detected in the starting area or on a competitor who is not in the water (except the fourth swimmer), the race shall be stopped. The area and competitor shall be properly treated and the race re-swum after an appropriate recovery period. If the bleeding cannot be stopped, the wound is not properly covered, or there is no legal substitute on the relay entry card, the team shall forfeit the race.
- Article 2 A competitor who has been rendered unconscious during a meet shall not be permitted to resume participation in that meet without written authorization from a physician.

### Section 2 Uniforms

- Article 1
- a) Swimmers shall compete in decent attire. Swimmers shall not compete with objectionable body markings. Jewelry is permitted unless it is objectionable, indecent, or unsafe. Swimmers shall not make alterations for the purpose of gaining an unfair advantage. When dealing with uniform violations, warnings may be appropriate for a first violation if no unfair advantage was gained.
  - b) The determination of "indecent", "objectionable", and "unsafe" shall be made by the meet referee, in consultation with the coaches, other officials, and meet committee (if one exists). Notwithstanding this consultation, the ultimate decision rests with the meet referee or meet committee.
  - c) Swimmers may wear only one swimsuit at a time during a race. (A swimmer with special needs may request a waiver from the state board.) Swimmers may wear a traditional two piece suit, and this meets the definition of "one swimsuit". A "swimsuit" includes shirts, shorts, undergarments, etc. A "swimsuit" does NOT include swim caps. Exception: Swimmers may wear a t-shirt or similar shirt along with a legal swimsuit, as long as they do not gain a competitive advantage, as determined by the meet referee.
  - d) Penalty for failure to comply with the above:
    - i. For the first violation by a particular swimmer in a meet: If the meet referee feels that the swimmer gained a competitive advantage, the swimmer shall be disqualified from the event. If the meet referee feels that the swimmer did not gain a competitive advantage, the swimmer and/or coach shall be warned and not disqualified (unless unsportsmanlike conduct is displayed, in which case the swimmer is disqualified from the event and the remainder of the meet).
    - ii. For subsequent violations in the meet by a particular swimmer: the swimmer shall be disqualified. If unsportsmanlike conduct is displayed, the swimmer shall be disqualified from the event and from the remainder of the meet
  - e) During a race, it is highly recommended that swimmers **not** wear a swim cap or swim suit of any team other than the one they are representing in the meet.

## Rule 3: Team Personnel (continued)

### Section 2 Uniforms (continued)

Article 2 The swimsuit :

- a) shall be made of a woven/knit textile material.
- b) shall not aid in buoyancy and shall not be altered to aid in buoyancy.
- c) shall not extend above the shoulders nor below the bottom of the kneecap nor cover the neck.
- d) Penalty for failure to comply with the above:
  - i. For the first violation by a particular swimmer in a meet: If the meet referee feels that the swimmer gained a competitive advantage, the swimmer shall be disqualified from the event. If the meet referee feels that the swimmer did not gain a competitive advantage, the swimmer and/or coach shall be warned and not disqualified (unless unsportsmanlike conduct is displayed, in which case the swimmer is disqualified from the event and the remainder of the meet).
  - ii. For subsequent violations in the meet by a particular swimmer: the swimmer shall be disqualified. If unsportsmanlike conduct is displayed, the swimmer shall be disqualified from the event and from the remainder of the meet.

Article 3 Competitors who wear or use any device to aid their speed or buoyancy shall be disqualified.

### Section 3 Lap Counter

Article 1 It is recommended that one person be designated by each coach/competitor in the 400 yard/meter freestyle to operate the visual lap counting system. The lap counter shall be positioned on the deck at the end of the pool opposite the starting end within the lateral limits of the lane of the competitor for whom each is counting. The lap counter changes the visual counter to the next higher odd number, or fluorescent orange card, as the competitor makes each turn at the starting end. The solid fluorescent orange card is shown to indicate the final turn of the race. The visual count may be supplemented by a verbal count. The lap counter shall not interfere with the competition – for example, numbers cannot be held upside down while out of the water.

Article 2 A lap counter who engages in unsportsmanlike conduct while counting a race shall be disqualified from the remainder of the meet. In addition, the swimmer for whom the lap counter was counting shall be disqualified from that event. Refer to Rule 3 Section 4 Article 4 for procedural information.

Article 3 Lap counters may not be used in events shorter than 400 yards/meters.

### Section 4 Conduct

Article 1 At any meet, at least one member of a team's coaching staff shall be present in order for that team's swimmers to compete.

Article 2 Team personnel (swimmers, coaches, managers, parents, spectators, counters, etc. . .) shall not engage in unsportsmanlike conduct. Unsportsmanlike conduct includes, but is not limited to:

- a) making insulting or derogatory remarks toward competitors, coaches, other team personnel, or officials;
- b) showing undue disgust with official's decisions;
- c) intentional interference with meet operation;
- d) taunting of other competitors (including on the basis of relative ability);
- e) refusing to alter attire, body markings, jewelry, etc., when clearly asked to do so under Rule 3-2.

Article 3 Swimmers who engage in unsportsmanlike conduct shall be disqualified from the event in question (if any) and from the remainder of the meet. Coaches and other team personnel who engage in unsportsmanlike conduct shall leave the premises for the remainder of the meet. If no other coaches from that team are present, that team shall no longer be allowed to compete in the meet.

Article 4 Determination of unsportsmanlike conduct shall be made by the meet referee, in consultation with the coaches, other officials, and meet committee (if one exists). Notwithstanding this consultation, the ultimate decision rests with the meet referee or meet committee.

Article 5 A swimmer shall be disqualified from an event for leaving the water before completing the race. Leaving the water is defined as being out of the water to the extent that the deck is supporting the body.

Article 6 A swimmer who leaves the water after they finish, but reenters the water without permission before the race is concluded shall be disqualified. The race is concluded when the last swimmer finishes. Reentering the water is defined as being in the water to the extent that the deck is no longer supporting the body.

### Rule 3: Team Personnel (continued)

#### Section 4 Conduct (continued)

- Article 7 A competitor who enters the water between races or events without permission shall be disqualified from their next event.
- Article 8 A competitor who enters the water during a race in which they are not entered shall be disqualified from all subsequent individual events. (This penalty does NOT apply to swimmers who unintentionally swim a race in the wrong heat or lane.) Unless unsportsmanlike conduct was exhibited, the competitor is permitted to swim disqualified in individual events, and is eligible to swim for points in relays for the remainder of the meet.
- Article 9 A swimmer who swims into another lane during a race shall be disqualified from that event. Swimming into another lane means that the body is substantially in another lane.
- Article 10 A swimmer who interferes with a competitor in another lane shall be disqualified from that event. Entering another lane after completion of your race is not a disqualification unless such action interferes with another swimmer.
- Article 11 A swimmer shall be disqualified for making substantial forward progress by: walking on the bottom, pulling on lane lines, moving along the pool wall, etc. A freestyle swimmer shall NOT be disqualified for standing on the bottom or for standing up vertically without contacting the bottom of the pool unless substantial forward progress is made. Backstroke, breaststroke, and butterfly swimmers shall be disqualified for standing on the bottom or for standing up vertically without contacting the bottom of the pool because this violates stroke position requirements.
- Article 12 Swimmers shall be disqualified for engaging in unsafe conduct during a race.
- Article 13 The only penalty for missing an event is that the swimmer shall not have a time or place for that event. Unless the meet committee or meet referee determines that mitigating circumstances prevailed, a swimmer who misses an event shall NOT be allowed to re-swim the event.
- Article 14 A swimmer or relay team shall be disqualified for failing to make an honest effort in any race. Determination of an honest effort shall be made by the meet referee, in consultation with the coaches, other officials, and meet committee (if one exists). Notwithstanding this consultation, the ultimate decision rests with the meet referee or meet committee.
- Article 15 Entry cards should include the swimmer(s) name(s), the team name, and the event name and number. There is no penalty if the cards are incomplete, inaccurate, or not delivered.

#### Section 5 Disabled Swimmers

- Article 1 The State Board may make reasonable accommodations for disabled competitors. Such accommodations shall not fundamentally alter the sport, shall not give the swimmer an unfair advantage, shall not put other swimmers at an unfair advantage, and shall maintain safety for all competitors.

### Rule 4: Officials and Their Duties

#### Section 1 Philosophy of Officiating

- Article 1 The goal of officiating in the CSSCSA is to promote aquatic competition under our rules. This means that CSSCSA swimmers are expected to learn to adhere to these rules, both in and out of the water. This means that CSSCSA officials desire to conduct competition in a way which allows the swimmers to complete fairly, under the rules we have adopted. Our goal is fair and legal competition.
- Article 2 Officials will call violations rules when there is clear evidence of a violation. Call what you see and don't call what you think you see. If in doubt, it is legal.
- Article 3 The goal is for officials to provide the same amount of attention to each lane. For example, in a 5-lane pool, it would be unfair for 1 official to watch lanes 1-3 and a 2<sup>nd</sup> official to watch lanes 3-5.
- Article 4 In an irregularly shaped pool (for example: L-Shaped), the movement of officials on each side of the pool should match as much as possible.

## Rule 4: Officials and Their Duties (continued)

### Section 1 Philosophy of Officiating (continued)

- Article 5 Officials should try to position themselves to get a clear view of the swimmer(s) to be judged. For example, starts, turns, relay takeoffs and finishes should be judged from the end of the pool when possible.
- Article 6 All officials should have a whistle, writing implement and be appropriately attired. It is recommended that officials dress uniformly.
- Article 7 Officials will exhibit professional and impartial conduct. For example:
- Officials should not use electronic devices not designed for the meet.
  - When legal swimmers are within their jurisdiction, an official's attention should be focused on the swimmers.
  - Officials should refrain from cheering for individuals or teams during races.
  - Officials should normally maintain a positive and calm tone when interacting with swimmers, coaches, and spectators.
- Article 8 Video equipment shall not be used to verify decisions made during the meet.

### Section 2 Meet Committee

- Article 1 At non-standard meets (such as relay meets, pentathlons, odd events meets, developmental meets, invitational's, league championships, etc.) there shall be a meet committee.
- Article 2 The meet committee shall make decisions on matters not specifically covered by the rules; set aside the application of a rule when obvious unfairness would result; and make final interpretations of the rules. Decisions of the meet committee are final. Generally, the meet referee makes final decisions on swimming event issues such as stroke issues; the meet committee makes final decisions on other issues. The meet committee consists of 3 or more voting members, chosen by the meet referee in consultation with the meet director and state board members (if available). The meet referee serves ex officio as a non-voting member of the meet committee.
- Article 3 Any protests shall be presented to the meet director or meet referee in writing within 30 minutes after the results of the event in question are posted. The protest will be acted upon by the meet committee or by the meet referee if there is no meet committee. A valid protest may only be submitted by a member of the coaching staff.

### Section 3 Meet Referee

- Article 1 The meet referee is the head official. At all meets, the referee shall supervise the other officials (including resolving disagreements or overruling other officials); make final decisions on swimming event issues (such as stroke issues); and prohibit activities (such as the use of artificial noisemakers) which may inhibit fair competition.
- At standard meets, the referee shall also make decisions on matters not specifically covered by the rules; set aside the application of a rule when obvious unfairness would result; and make final interpretations of the rules. The decisions of the referee are final. At non-standard meets, the referee shall confer with the meet committee in these circumstances.
- Article 2 The meet referee may assume other official positions (such as deck referee, starter, stroke and turn judge, etc.) during the entire meet or during parts thereof.

### Section 4 Deck Referee

- Article 1 The deck referee shall be stationed on the side of the pool opposite the starter. The deck referee shall:
- assist the starter in carrying out the provisions of a fair start;
  - confer with the starter prior to declaring false starts;

### Section 5 Starter

- Article 1 The starter shall:
- carry out the provisions of a fair start;
  - during a freestyle event of 400 yards/meters or more, discharge a sounding device when the lead swimmer has 2 lengths plus approximately 5 yards/meters remaining to swim in the race. The Deck Referee or another Official may perform this responsibility.

## Rule 4: Officials and Their Duties (continued)

### Section 6 Stroke and Turn Judges

Article 1 Stroke and turn judges shall:

- a) from the start of the race, examine the strokes and turns from end wall to end wall, of the competitors assigned to their lanes in the half of the pool nearest the side from which they are observing, or the turns in all lanes, if appropriate.
- b) signal by raising 1 hand overhead with open palm immediately upon discovering a violation of the legal swimming stroke, kick, body position, turn, or finish. Officials shall continue to watch the remainder of the race. The official shall not indicate a lane number with a hand.
- c) Written documentation is required for all disqualifications. Write "DQ," the reason, initial, and clearly identify the swimmer or relay team involved. This information should be written on the timer sheet, entry card, or other medium as is appropriate for the meet. When possible, the official should explain the violation to the disqualified swimmer or coach. When meets are being expedited (as with flyovers), this notification may not be possible.

### Section 7 Relay Takeoff Judges

Article 1 Relay takeoff judges shall judge the legality of relay takeoffs in their assigned lanes, which are normally the lanes in the half of the pool nearest the side from which they are observing. A particular relay takeoff judge will usually have several lanes to simultaneously judge.

Article 2 At most meets, there will be 2 relay takeoff judges, with 1 assigned to each side of the pool to judge takeoffs in that half of the pool. In pools with an odd number of lanes, the meet referee shall decide beforehand which judge is responsible for the extra (middle) lane. The relay takeoff judge shall signal by raising 1 hand overhead immediately upon discovering an early takeoff.

Article 3 At championship meets, wherever possible, there should be 4 relay takeoff judges, 2 on each side of the pool, each pair judging takeoffs on their side of the pool. A takeoff is legal unless both judges in the pair agree that it was illegal. After the last swimmer in the heat has entered the water, the judges in each pair shall consult with each other. If both agree that any particular takeoff(s) during the heat were illegal, they shall both raise their hands to indicate the disqualification(s). When this dual confirmation system is used, takeoff judges shall NOT raise 1 hand immediately upon discovering an early takeoff.

Article 4 The system described in Article 3 may be used at other meets, if sufficient qualified personnel are available.

### Section 8 Place Pickers

Article 1 The number and duties of place pickers shall be determined in accordance with the judging procedure operative for the meet.

### Section 9 Timers

Article 1 The number and duties of timers who shall act officially in timing competition shall be determined in accordance with the timing procedure operative for the meet. In meets where only manual timing is used to determine official times, there shall be a minimum of 2 timers per lane – 3 are recommended. **A head timer may be designated to coordinate timer activities.**

Article 2 Timers must maintain focus on the races at hand. They should not use electronic devices not designed for the meet. They must write down full backup times, even when races are started quickly.

Article 3 An individual timer shall not operate two devices of the same type in any one race. For example, a timer cannot operate two stopwatches or two buttons. A timer is allowed to operate two devices of different types, for example a stopwatch and a button, in the same race.

**Article 4 It is strongly advised that at least one backup timer be available for all races. The backup timer shall start a manual watch each race, and shall be ready to substitute for a regular lane timer if there is a malfunction. The backup timer may or may not be the head timer.**

### Section 10 Time/Place Coordinator

Article 1 The time/place coordinator shall review the primary, secondary, and tertiary times, as well as any other relevant information pertaining to a race. If there appears to be a possible discrepancy, the time/place coordinator shall gather all relevant information and report to the meet referee and/or meet committee. Coaches have recourse to bring possible discrepancies or relevant information to the time/place coordinator. The meet referee and/or meet committee shall make final decisions about any disputed places or times.

## Rule 5: Meet Management

### Section 1 Lane and Heat Assignments

- Article 1 Meet management may determine the maximum number of permissible entries by individuals and teams.
- Article 2 Meet management may determine procedures for initial seeding and heating of swimmers. In preheated meets, meet management may determine procedures for reheating.
- Article 3 Meet management may permit exhibition swimming.
- Article 4 Exhibition swimming is not permitted at the state championship meet.
- Article 5 Lane assignments shall be made in descending order of seeded positions according to lanes as follows:

Lane No.	1	2	3	4	5	6	7	8	9	10
5 Lane Pool	5	3	1	2	4					
6 Lane Pool	5	3	1	2	4	6				
7 Lane Pool	7	5	3	1	2	4	6			
8 Lane Pool	7	5	3	1	2	4	6	8		
9 Lane Pool	9	7	5	3	1	2	4	6	8	
10 Lane Pool	9	7	5	3	1	2	4	6	8	10

- Article 6 There shall be a minimum of 3 competitors or relay teams seeded per heat unless there are only 1 or 2 entries in an event.
- Article 7 The last heat should seeded as a full heat, unless the requirement specified in Article 6 prevents it.
- Article 8 In timed final events, fastest seeded swimmers shall be placed as a group in the fastest heat, the next fastest seeded swimmers as a group in the next to last heat, and so forth as in the following pattern.

HEAT NO.	LANE NO.					
	1	2	3	4	5	6
1		32	30	31		
2	29	27	25	26	28	
3	23	21	19	20	22	24
4	17	15	13	14	16	18
5	11	9	7	8	10	12
6	5	3	1	2	4	6

- Article 9 To expedite meets, events may be combined by gender and age group. At league championship meets and the summer club championship meet, combined events are not permitted.

## Rule 6: Timing and Judging

### Section 1 Official Time

- Article 1 The purpose of a timing system is to determine the official time of each competitor. The official time shall be recorded to the hundredth of a second.
- Article 2 When using timing devices that readout to the thousandth of a second, the last decimal place shall be dropped so that the official time reads in hundredths. When using timing devices that readout to the tenth of a second, a zero shall be added to the time in the hundredths position so that the official time reads in hundredths.
- Article 3 When there is a possible time discrepancy, the time/place coordinator shall evaluate all relevant information to determine the official time of the swimmer. Times achieved at different levels of technology should not be averaged. In any disputed situations, the meet referee or meet committee shall make final decisions.

## Rule 6: Timing and Judging (continued)

### Section 2 Manual Timing

- Article 1 When timing a race, each timer shall start the watch instantly at the flash/sound of the starting device and stop the watch at the instant the contestant being timed touches the finish end.
- Article 2 The official time, when 3 watches operate properly, is the time of the middle watch. If 2 watches record the same time, that time is official. If only 2 watches operate properly, the official time is the average of the 2 times truncated to the next faster hundredth (for example, times of 42.32 and 42.35 average to 42.335, which would be recorded as 42.33). If only one watch operates properly, that time shall be official.
- Article 3 Timers shall read their watches independently. One of the lane timers shall record the times for manual watches in an appropriate manner, which may include indicating the official watch time for the lane.

### Section 3 Semiautomatic Timing

- Article 1 When semiautomatic timing is used, it is mandatory that at least one manual watch be used in every lane in every race. Backup timers shall start the watch instantly at the flash/sound of the starting device and stop the watch at the instant the contestant being timed touches the finish wall. This secondary time is usually not official, except possibly when 6 - 1 - 3 is invoked.
- Article 2 In this article, we are assuming that either there is no automatic timing or that it has failed.
- When one semiautomatic timing device is operative, its time is official.
  - When two semiautomatic timing devices are operative, the average of their times truncated to the next faster hundredth is official.
  - When three semiautomatic timing devices are operative, the official time is the middle time.

### Section 4 Automatic Timing

- Article 1 When automatic timing equipment is used, it yields the primary time. A semiautomatic timing device yields the secondary time. A manual watch yields the tertiary time. The secondary and tertiary times are referred to as backup times. When all times are deemed to be accurate, the primary time has priority over the secondary time, which has priority over the tertiary time.
- Article 2 When automatic timing is used, it is mandatory that at least one manual watch be used in every lane in every race. Backup timers shall start the watch instantly at the flash/sound of the starting device and stop the watch at the instant the contestant being timed touches the finish wall (not necessarily the touch pad).
- Article 3 When automatic timing equipment is used in a race, its primary time (in hundredths) is usually (but not always) the official time. Situations may occur which could invalidate the primary time. Such situations include, but are not limited to, the following: the automatic system may malfunction in a particular race and/or lane; a swimmer may contact but fail to activate the touch pad; a swimmer may contact the finish wall but not the touch pad; someone else may inadvertently activate a finish; etc. In such situations, the secondary or tertiary time may become the official time. For competitors whose primary time is deemed to be accurate, the primary time shall be the official time.
- Article 4 When there is a possible discrepancy among the primary, secondary, or tertiary times (especially if there is a difference of more than .30 of a second), the time/place coordinator shall evaluate all relevant information to determine the official time of the swimmer. Times achieved at different levels of technology should not be averaged. In any disputed situation, the meet referee or meet committee shall make final decisions. Refer to 4-9-1.

### Section 5 Placing

- Article 1 In most meets, placing is by time only. One or two place picker(s) may still be assigned to provide backup information. The place picker(s) shall independently determine and list the order of finish of swimmers in all lanes. Although it will not necessarily be used, this information may be considered by the time/place coordinator when time discrepancies or similar problems occur. These place picks do NOT supplant official times or official places as determined by official times unless the meet referee determines that an egregious problem exists. This information is not used to pick places in close races.

## Rule 6: Timing and Judging (continued)

### Section 5 Placing (continued)

- Article 2 Modified Ballot Computation – (the following procedure can only be used in meets where events are restricted to one heat):
- a) Two place pickers, one on each side of the pool at the finish wall, shall independently determine and list the order of finish of swimmers in all lanes.
  - b) If the decisions of both place pickers agree, that order of finish is official regardless of times.
  - c) If the decisions of the place pickers differ, the order of finish of each swimmer is determined by adding the numerical value of the place given that swimmer by each judge and the numerical value of the official time. The swimmer having the lowest total is the winner. If 2 or more swimmers have identical totals, the result is a tie.

### Section 6 Split Times

- Article 1 Split times (including leadoff times) from either relays or individual events shall not be used to meet any time standards.

### Section 7 Timers Meeting

- Article 1 The meet referee or designated official should lead a timers meeting to cover the expectations for all timers. Agenda items for the meeting may include: ensure timers know how to start/stop their watches, start/stop watches with their index finger, start watch from light/flash on starter, stop watch when any part of the swimmer touches the finish, write all times legibly, write times even if there is a disqualification, call for a backup timer if there is an issue with their watch and signal the starter if not ready for the start.

## Rule 7: Scoring

### Section 1 Places and Points

- Article 1 Meet management (or league rules) shall determine the point scoring system for each meet.
- Article 2 Individuals and relay teams must complete an event to be eligible to place and score points. A competitor who is disqualified from an event shall not be eligible to score points in that event.
- Article 3 In case of a tie by 2 or more competitors for any place scoring in an event, the points for all places involved in the tie shall be divided equally among the tying competitors.

### Section 2 Team Scoring

- Article 1 The winning team is the team which has accumulated the greatest number of points at the end of the scheduled events.
- Article 2 A tie shall be declared when teams accumulate the same number of points at the end of the scheduled events.
- Article 3 When a meet is suspended due to weather or other unforeseen circumstances, it may be resumed from the point of suspension. Resumed meets start from the point of suspension with the score and entries the same as they were at the time the meet was suspended.



## Rule 8: Swimming Events

### Section 1 Starts

#### Article 1 Forward start:

- a) To set the event, the starter may announce the event and/or heat. For example: "11-12 Girls" or "Heat 2, 11-12 Girls"
- b) The starter should whistle and use the command "Step Up".
- c) Swimmers should promptly step up on the block and assume a ready position with at least one foot at or very near the front of the block. The ready position for swimmers who choose to use a deck start is at least one foot on or very near the edge of the pool. The starter, deck referee or other officials should prompt swimmers who are in an illegal position to correct their position.
- d) The starter announces the event. For example: "50 Meter Butterfly"
- e) When conditions are optimal, the starter shall use the command "Take Your Mark."
- f) Swimmers shall promptly assume a stationary position with feet in the ready position. Again, an official may have to prompt swimmers who are in illegal positions to correct their position.
- g) When swimmers are stationary and conditions are optimal, the starter shall activate the starting device.
- h) Flyover starts are permissible when circumstances warrant. Even when flyover starts are utilized, swimmers are not penalized for exiting the water before the next race starts. As in other situations, swimmers must not reenter the water without permission under any circumstances.

Note that variations of this procedure may be necessary in certain circumstances. For example, the command "Timers Ready" should be used by the starter after announcing the event when timers are located at the opposite end of the pool. The deck referee and/or starter may need to make other announcements as circumstances warrant.

With prior permission of the deck referee or starter, swimmers may start in the water. After the whistle and/or command "step up," such swimmers shall enter the water. After the command "take your mark," such swimmers shall have at least one hand in contact with the pool end wall and be in a stationary position. A backstroke start is not permitted.

When relay swimmers other than the leadoff desire to start in the water, other coaches shall be made aware of the situation if possible. Such swimmers shall step in the water any time after their immediately preceding teammate has started swimming. After entering, they must remain in contact with the pool end wall until the preceding swimmer has touched the end wall and concluded that leg of the relay. Once the swimmer has established contact with the end wall, if they clearly lose contact with the end wall before the preceding swimmer shall have finished, then it shall be an illegal early takeoff.

#### Article 2 Backstroke start:

- a) To set the event, the starter may announce the event and/or heat. For example: "11-12 Boys" or "Heat 2, 11-12 Boys"
- b) The starter should whistle and use the command "Step In".
- c) Swimmers shall promptly enter the water safely and grasp the starting end. A swimmer who dives into the water or who otherwise enters the water unsafely shall be disqualified from the event. Such swimmer may still swim disqualified, unless unsportsmanlike conduct was displayed.
- d) Swimmers shall take their ready position with both hands grasping the starting block or pool end wall and both feet contacting the pool end wall. The swimmer's feet, including toes, shall not be above or curling over the lip of the gutter or pool edge. Standing in or on the gutter is not permitted. The deck referee, starter, or other officials should prompt swimmers who are in an illegal position to correct their position.
- e) The starter announces the event. For example: "50 Meter Backstroke"
- f) When swimmers are in position and conditions are optimal, the starter shall use the command "Take Your Mark."
- g) Swimmers shall promptly assume a stationary position with the same restrictions as section 8-1-2-d. Again, an official may have to prompt swimmers who are in illegal positions to correct their position.
- h) When swimmers are stationary and conditions are optimal, the starter shall activate the starting device.

Note that variations of this procedure may be necessary in certain circumstances. For example, the command "Timers Ready" should be used by the starter after announcing the event when timers are located at the opposite end of the pool. The deck referee and/or starter may need to make other announcements as circumstances warrant.

## Rule 8: Swimming Events (continued)

### Section 1 Starts (continued)

- Article 3 Subject to the discretion of the deck referee and starter, a false start occurs when both the deck referee and starter concur that a swimmer:
- unnecessarily delays in reporting for the start, or in assuming a starting position;
  - leaves the mark or falls into the water before the starting signal;
  - does not remain stationary immediately prior to the start. Other swimmers may be released by the starters command such as "stand up." A previously stationary competitor who enters the water in reaction to the command such as "stand up" should NOT be charged with a false start. A previously non-stationary competitor who enters the water should be charged with a false start.
  - Swimmers shall not be charged with a false start if the deck referee and/or starter feel that mitigating circumstances prevailed.
- Article 4 In the forward start, swimmers may stand up or step off the starting platform after the command "stand up," but they shall not unnecessarily enter the water nor delay a new start.
- Article 5 In the backstroke start, swimmers may release from the starting position after the command "stand up," but they may not leave the starting area nor unnecessarily delay a new start.
- Article 6 When a possible false start occurs before the starting signal is given (for example, a swimmer falls in the water before the starter says "Take your mark"), the deck referee and starter shall confer prior to starting the race as to whether a false start(s) shall be charged.
- When a possible false start occurs as the starting signal is given (for example, a swimmer leaves before the horn), the deck referee and starter shall usually allow the race to proceed without recall. They shall confer during or after the race as to whether a false start(s) shall be charged.
- If either the deck referee or the starter activate a recall device inadvertently, the race shall be recalled. They shall confer during or after the race as to whether a false start(s) shall be charged.
- If either the deck referee or the starter feel that a race has been started unfairly, either one may activate a recall device and the race shall be recalled. They shall confer prior to restarting the race as to whether a false start(s) shall be charged.
- Note that in all of these situations, false start(s) may or may not be charged, depending on the circumstances.
- Article 7 Swimmers who false start are disqualified but are allowed to swim if they so choose. Times obtained under these conditions do not count for any time standards.
- Article 8 Swimmers may use a towel on the starting blocks or edge/end of pool if its use doesn't disrupt or delay the meet unnecessarily. Towels used at the end of the pool shall be removed after the start to allow for clear view of the turns and/or finish.

## Rule 8: Swimming Events (continued)

### Section 2 Form of Individual Events

#### Article 1 The Backstroke:

- a) The backstroke start shall be used. After the starting signal, the swimmer's feet, including the toes, shall not be above or curling over the lip of the gutter or pool edge. Standing in or on the gutter is not permitted. Such disqualification shall not be considered a false start.
- b) The body shall remain on the back to the degree the upper shoulder does not turn over beyond vertical except when executing a turn.
- c) Any stroke is permitted.
- d) Any kick is permitted.
- e) The swimmer may be completely submerged at any time during the race including the start, turn, and finish. However, during each length, the swimmer's head must break the water surface at least once before reaching the far backstroke flags. After surfacing, the swimmer may re-submerge.
- f) 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, the swimmer's upper shoulder may (but is not required to) rotate past vertical toward the breast before the touch is completed, provided such rotation is accompanied by an initiation of the turning action or continuation into the wall whereupon any manner of touch is permitted, including a touch on front without a flip turn. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull. After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted. The swimmer shall assume a position on the back immediately after the feet have left the wall. If during the turning action, the swimmer fails to contact the end wall, the swimmer may scull backwards on the back into the wall. However, the swimmer may not return to a position on the breast before touching the end wall.
- g) The finish requires completion of the required distance and contact with the finish end by any part of the swimmer. The swimmer must finish on the back to the degree that the upper shoulder does not rotate beyond vertical.

#### Article 2 The Breaststroke:

- a) The forward start shall be used.
- b) The body shall remain substantially on the breast except while executing a turn.
- c) On the start or turn, the swimmer may take one arm-stroke beyond the hipline followed by one leg kick (or one leg kick followed by one arm pull) while underwater. The head must break the surface prior to the arms beginning the recovery part of the second arm-stroke which is the forward movement of the hands. Thereafter, (1) hands shall not be brought back beyond the hipline, (2) 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 prior to the turn or finish. After the start and after each turn, a swimmer may take one downward dolphin kick. This downward dolphin kick may take place before, during or after the first arm pull, but it may not take place after the first breaststroke kick. That is, once the swimmer has performed a breaststroke kick, a later downward dolphin kick is illegal during that length. Note: in the above, "head" refers to the head or swim cap on the head.
- d) A swimmer shall be disqualified for doing two arm pulls without an intervening leg kick or two leg kicks without an intervening arm pull. That is, each stroke cycle consists of one arm pull followed by one leg kick. A length may begin with either an arm pull or leg kick (a length may begin with an incomplete cycle), provided all other breaststroke rules are followed. A length may end with either an arm pull or leg kick (a length may end with an incomplete cycle).
- e) The stroke requires that the arms move simultaneously, without any alternating movements. Both hands shall be pushed forward from the breast simultaneously on, above, or under the surface of the water. An elbow, in its entirety, may not be brought out of the water. Both hands shall recover simultaneously on or under the surface of the water. Over-water (butterfly) stroking of the arms is not permitted.
- f) The kick requires the 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 approximately the same horizontal plane. No scissor, flutter, or downward dolphin kick (developed from a flexing and extending of the knee or hip) is permitted, except as noted in 8-2-2-c above.
- 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 hands need not show a visible separation. If one hand is placed on top of the other, or if the fingers are intertwined, the turn is legal. Immediately after the feet leave the wall, the shoulders shall be at or past the vertical. In addition, prior to the first arm pull, the legal body position (body substantially on the breast) shall be regained.
- 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, while the body remains substantially on the breast.

## Rule 8: Swimming Events (continued)

### Section 2 Form of Individual Events (continued)

- Article 3 The Butterfly:
- a) The forward start shall be used.
  - b) The body shall remain substantially on the breast except while executing a turn.
  - c) The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water (some part of each elbow must recover over the water).
  - d) The kick requires that both legs and feet move up and down simultaneously (dolphin kick). Scissors, alternating up and down (flutter kick), and breaststroke sweeping movements of the legs are not permitted. In addition, one or both feet may not be turned substantially outwards during the kick.
  - e) The swimmer may be completely submerged after the start, during the turn, and after each turn. During each length, the swimmer's head must break the water surface before reaching the far backstroke flags.
  - f) The turn requires a simultaneous touch with two hands, not necessarily on the same plane after which any manner of turn is permitted. The hands need not show a visible separation. If one hand is placed on top of the other, or if the fingers are intertwined, the turn is legal. Immediately after the feet leave the wall, the shoulders shall be at or past the vertical. In addition, prior to the first arm pull, the legal body position (body substantially on the breast) shall be regained.
  - 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, while the body remains substantially on the breast.

- Article 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. See Rule 3 Section 4 Article 11 and Rule 3 Section 4 Article 13 for clarification about swimming styles and honest effort. During each length, the swimmer's head must break the water surface before reaching the far backstroke flags.
  - c) The turn requires that some part of the swimmer's body contact the end wall. A swimmer who misses the end wall and goes back and touches before beginning to swim the next length shall not be disqualified. A swimmer who misses the end wall and begins swimming the next length shall be disqualified.
  - d) The finish requires completion of the required distance and contact with the finish end by any part of the swimmer.
  - e) A time swum in a freestyle race may be used only as a freestyle time, regardless of the stroke(s) used.

- Article 5 Coordination Note:  
Only breaststroke has coordination requirements regarding the arms and the legs. Coordination refers to the fact that an arm pull must be followed by a leg kick. It does not refer to coordination between the right and left sides of the body. Swimmers could legally swim freestyle, backstroke, and butterfly with:
- a) only the appropriate arm strokes,
  - b) only the appropriate leg kicks,
  - c) any combination of appropriate arm strokes and appropriate leg kicks.

Turn Note: Actions taken by the swimmer while on the wall which would usually result in disqualification are usually legal. "On the wall" refers to the time between a legal ending to a length of the pool and the legal start of the succeeding length. For example, a swimmer might remove goggles with one arm or stand up and would not be penalized.

- Article 6 Individual Medley:  
The individual medley begins with the forward start. Competitors shall swim butterfly for the first quarter of the required distance of the completed race, backstroke for the second quarter, breaststroke for the third quarter and any style other than a legal butterfly, a legal backstroke or a legal breaststroke for the last quarter. Competitors shall adhere during each quarter of the race to all rules governing the stroke being swum.

During the fourth quarter of the race, any competitor who clearly swims one or more complete legal strokes (arms and legs) of legal butterfly, backstroke, or breaststroke shall be disqualified. Any competitor who sustains legal armstrokes or leg kicks of butterfly, backstroke, or breaststroke shall be disqualified. A competitor who pushes off on the back after the beginning or turn during the fourth quarter of the race but who turns over to the front or side before any propulsive movements of the arms or legs shall NOT be disqualified.

Transitions at the end of the first three quarters of the race (fly to back, back to breast, and breast to any other stroke) are considered finishes, not turns. For example, in transitioning from back to breast, a swimmer who does a front flip turn without first touching on the back would be disqualified.

## Rule 8: Swimming Events (continued)

### Section 2 Form of Individual Events (continued)

- Article 7 The Finish:
- a) When automatic timing equipment is used in a meet, swimmers must contact the finish wall (not necessarily the touch pad) in order to have finished the race. Timers shall stop their backup timing devices accordingly. In cases where the swimmers fail to contact or activate the touch pad, secondary or tertiary times may be used as the official time.
  - b) If a touch pad becomes displaced, swimmers shall finish the race when they contact the finish wall. Timers shall stop their backup timing devices accordingly.

### Section 3 Relay Events

- Article 1 The medley relay is swum by a team of 4 competitors, each swimming one quarter of the required distance of the race. The first shall use the backstroke start and swim backstroke; the second shall swim breaststroke; the third, butterfly; and the fourth shall swim any style other than a legal butterfly, a legal backstroke or a legal breaststroke. Each swimmer shall adhere to the position, stroke, kick, turn, and finish rules governing the stroke being swum.
- During the fourth quarter of the race, any competitor who clearly swims one or more complete legal strokes (arms and legs) of legal butterfly, backstroke, or breaststroke shall be disqualified. Any competitor who sustains legal armstrokes or leg kicks of butterfly, backstroke, or breaststroke shall be disqualified. A competitor who pushes off on the back after the turn during the fourth quarter of the race but who turns over to the front or side before any propulsive movements of the arms or legs shall NOT be disqualified.
- Article 2 All other relay events shall be swum in accordance with all rules governing the strokes involved. In the backstroke relay events, all takeoffs except the initial start shall be from a forward start. Upon contact with the water, the swimmer must promptly assume a position on the back. It is permissible to initiate an arm pull in the prone position, but only if the swimmer promptly turns to the back. Note that the swimmer cannot be in a sustained prone position, whether above, on, or below the water surface.
- Article 3 The first swimmer of a relay team, once called to the starting platform by the deck referee or starter, shall not change his/her swimming order in the relay event with any teammate.
- Article 4 On the takeoff, the second, third, and fourth swimmers on a relay team may be in motion before the previous swimmer finishes. The swimmers shall remain in contact with the starting platform/pool deck until the previous swimmer has finished. However, moving from the back of the starting platform to the front is permitted provided the swimmer is on the starting platform and does not initiate the action from the pool deck. On starts from the deck, the second, third and fourth swimmers must remain in contact with the deck until the previous swimmer has finished.
- Article 5 The first 3 members of relay teams shall leave the water by the finish end of their lane after finishing their quarter of the race. This is to be completed before the body of the succeeding swimmer, in its entirety, has passed the turn end backstroke flags on the second succeeding length. If swimmers are swimming only one length of the pool, then the first and second swimmers must leave the water before the body of the second succeeding swimmer, in its entirety, has passed the far-end backstroke flags on the second succeeding length. If any swimmer except the last swimmer in a relay continues to swim after their leg has finished, the relay team shall be disqualified.
- Article 6 Relay teams may swim exhibition in certain circumstances, such as: a team with 3 or fewer swimmers; a team in which one or more swimmers swim more than one leg; a team in which one or more members are of a different gender or a different age group. This is normally done when a team does not have enough eligible swimmers to swim a legal relay. Such teams are NOT eligible to place or score. The entry card or entry form shall be clearly marked "DQ" or "EX" or the non-scoring status shall be otherwise clearly indicated. This article does **not** apply at the state meet or at other meets where the meet information states that exhibition relays are not permitted.
- Article 7 In any particular relay event, a swimmer may swim only one leg for one relay team, unless the team is swimming exhibition as described in Article 7 above. For example, a swimmer cannot swim the first leg for team A and the third leg for team B.
- Article 8 At some meets, coaches may be asked to provide relay names prior to the meet as a courtesy. Nonetheless, coaches may make changes in relay swimmers from among eligible swimmers at that meet, provided the changes take place before the event has begun.

## Rule 8: Swimming Events (continued)

### Section 3 Relay Events (continued)

#### Penalties for Relay Violations:

1. For a violation by an individual member of the relay team, the relay team is disqualified from that event.
2. For a relay swimmer reentering the water without permission before the entire race is finished, the swimmer's relay team is disqualified from the event.
3. For a non-participating team member entering the water during a relay, refer to Rule 3, Section 4, Article 8 for the appropriate penalty.