

Swimming
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ARTICLE 101 Individual Strokes and Relays

The CKSC, Inc. follows the rules set forth by USA swimming in regards to the technical rules of individual strokes and relays except as specifically contradicted herein.

101.1 STARTS

.1 Equipment – A loudspeaker start system conforming to 103.16, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers for forward and backstroke starts, shall be the preferred starting device.

.2 The Start

- A. At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.
- B. When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.

- C. On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal.
- D. When a swimmer does not respond promptly to the command "take your mark," the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.

.3 False Starts

- A. Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks.
- B. If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.
- C. If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
- D. A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.
- E. A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.
- F. Declared false start: swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete will be disqualified.

.4 Deliberate Delay or Misconduct

- A. The Starter shall report a swimmer to the Referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, willful disobedience or misconduct.
- B. The Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat.
- C. Such disqualification shall not be charged as a false start.

101.2 BREASTSTROKE

.1 Start –The forward start shall be used.

.2 Stroke – After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

- .3 **Kick** – After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. A scissors, alternating or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- .4 **Turns and Finish** – At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

101.3 BUTTERFLY

- .1 **Start** – The forward start shall be used.
- .2 **Stroke** – After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.
- .3 **Kick** – All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- .4 **Turns** – At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- .5 **Finish** – At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

101.4 BACKSTROKE

- .1 **Start** – The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

- .2 **Stroke** – The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.
- .3 **Turns** – Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- .4 **Finish** – Upon the finish of the race, the swimmer must touch the wall while on the back.

101.5 FREESTYLE

- .1 **Start** – The forward start shall be used.
- .2 **Stroke** – In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.
- .3 **Turns** – Upon completion of each length the swimmer must touch the wall.
- .4 **Finish** – The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

101.6 RELAYS

- .1 **Freestyle Relay** – Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- .2 **Medley Relay** – Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.
- .3 **Rules Pertaining to Relay Races**
 - A. No swimmer shall swim more than one leg in any relay event.
 - B. When automatic relay take-off judging is used, each swimmer must touch the touch plate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
 - C. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
 - D. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
 - E. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.

- F. In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- G. In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

101.7 EXCEPTIONS

- .1 **Starts:** The use of whistle starts at dual meets is optional. Whistle start are encouraged, however, as they will be used at the Conference Championship Meet.
- .2 **Backstroke turn:** The swimmer may glide or kick into the wall in a non-continuous turning motion but only one arm pull is permitted.
- .3 **Backstroke starts:** a towel may not be placed in the gutter for backstroke starts or turns. Use of swimmer's legs is not allowed for start of backstroke
- .4 **15 meter mark (16.4 yards):** This rule may only be enforced if there is an adequate marker to indicate 15 m. for both swimmer and official.

ARTICLE 102

CONDUCT AND OFFICIATING OF ALL COMPETITION

102.1 ORDER OF EVENTS

Boys	Event Name	Girls
1	8 & Under 1 mtr Diving	2
3	9-10 1 mtr Diving	4
5	11-12 1 mtr Diving	6
7	13-14 1 mtr Diving	8
9	15 & Over 1 mtr Diving	10
11	8 & Under 100 Medley Relay	12
13	10 & Under 100 Medley Relay	14
15	13 & Under 200 Medley Relay	16
17	Open 200 Medley Relay	18
19	6 & Under 25 Freestyle	20
21	7-8 25 Freestyle	22
23	9-10 25 Freestyle	24
25	11-12 50 Freestyle	26
27	13-14 50 Freestyle	28
29	15 & Over 50 Freestyle	30
31	6 & Under 25 Backstroke	32
33	7-8 25 Backstroke	34
35	9-10 25 Backstroke	36
37	11-12 50 Backstroke	38
39	13-14 50 Backstroke	40
41	15 & Over 50 Backstroke	42

43	8 & Under	25 Butterfly	44
45	9-10	25 Butterfly	46
47	11-12	50 Butterfly	48
49	13-14	50 Butterfly	50
51	15 & Over	50 Butterfly	52
53	8 & Under	25 Breaststroke	54
55	9-10	25 Breaststroke	56
57	11-12	50 Breaststroke	58
59	13-14	50 Breaststroke	60
61	15 & Over	50 Breaststroke	62
63	8 & Under	100 Free Relay	64
65	10 & Under	100 Free Relay	66
67	13 & Under	200 Free Relay	68
69	Open	200 Free Relay	70

102.2 ENTRIES – GENERAL RULES

A uniform time for dual meets is as follows. Home team is responsible for calling the visiting team if there is any change in time and it must be accepted mutually by both teams.

Diving	2:00 Home Team warm-up 2:30 Visiting Team warm-up 3:00 <i>Diving Competition begins</i>
Swimming	4:30 Home Team warm-up 5:00 Visiting Team warm-up 5:30 <i>Swimming Competition begins</i>

Diving ribbons shall be distributed following the diving competition.

.1 Dual Meets – Swimming

- A. In a 6-lane pool, a team may enter three (3) swimmers/relays and three (3) divers per event. In an 8-lane pool, a team may enter four (4) swimmers/relays and four (4) divers per event. In a 5-lane pool, a team may enter two (2) swimmers/relays and three (3) divers per event.
- B. The following pre-meet process for meets shall be used:
 - i. The visiting team will send their Team Manager Entry File to the Home Team the Monday before the meet by 6:00 PM with both DIVING & SWIMMING entries.
 - ii. Using the Meet Manager Template, the Home team will import the entries for its own team and those of the Visiting Team. (see Hy-Tek users Manual for further instructions)
 - iii. The Home Team will then seed the meet. (see Hy-Tek users Manual for further instructions) After seeding the meet, The Home Team will create a preliminary Meet Program to send to the Visiting Team by 12:00pm on the Tuesday prior to the meet.
 - iv. The Visiting team should email scratches and changes to the Home team. After changes are made, the Home team prints meet programs for both team's workers.

The Home team prints the labels for the yellow sheets and prepares them for all lanes.

- C. Each swimming participant, in each age group, is allowed no more than five (5) 'live' events, and one (1) exhibition event. If a swimmer participates in more than five (5) 'live' events, then the Conference President/Meet Director is to disqualify on that swimmer's last 'live' event and rescore the meet.
 - i. For example, a participant may compete in three (3) individual swimming events, the medley relay, and the free relay. The other swimming event must be designated as exhibition.
 - ii. For example, a participant may compete in four (4) individual swimming events, and one of the two relays. The other swimming event must be designated as exhibition.
- D. 6 & U participants may compete in individual events marked 8 & U but not events marked as 7-8.
- E. In the scoring heat of individual events, all lanes will be designated 'live'.
- F. A dual meet is considered a complete meet at the end of the freestyle events (i.e. Diving, Medley Relays, and Freestyle).
- G. A dual dive meet is considered complete after the 10&U have completed 2 dives and the 11 & over's have completed 3 dives.
- H. There will be unlimited number of Freestyle and Backstroke heats. Home and Visiting team coaches will determine the number of Butterfly and Breaststroke heats prior to the meet.

.2 Tri-Meets – Swimming

- A. All rules follow DUAL MEET with the following exceptions:
 - i. Each team is allowed TWO (2) official scoring entries for any of the individual events, and only one (1) official scoring entry for the Freestyle and Medley Relays. This is true for 6 or 8-lane pools. In the scoring heat of individual events, only 6 lanes shall be used and all will be designated as 'live'.

.3 Conference Meet – Swimming

- A. To participate in the Conference Championships, a swimmer or diver must compete in at least two (2) dual meets. Clarification: For swimmers to be eligible, they must have participated in swimming events of both meets.
- B. Each team is allowed to enter as many individuals per event as desired; however, only one (1) medley relay and one (1) freestyle relay.
- C. Each participant in each age group is allowed NO MORE than FIVE (5) swimming events, and a sixth event provided that it is diving.
- D. 6 & U participants may compete in individual events marked as 8 & U but not marked as 7-8.
- E. Coaches are responsible for entering their swimmers and divers. Deadline for conference meet entries: entries are to be emailed by 6:00 p.m. on the Friday prior to the last dual meet.
 - A. All entries must be submitted by email using Team Manager by Hy-Tek. Birth dates of swimmers/divers must be included in the entry file.

- B. Additional entries will be accepted until Monday at no cost. After Monday's meeting, there is a late fee of \$10 per swimmer.
- F. A swimmer shall not be penalized if he/she misses an event at the Conference Meet.
- G. Swimming and Diving Formats:

Four-Day Format:

- (a) Sunday Diving – all age groups
- (b) Monday Swimming – 10 & Under; preliminaries
- (c) Tuesday Swimming – 11 – Over; preliminaries
- (d) Wednesday Swimming – Swimming Finals (all ages)

Three-Day Format:

- (a) Monday Diving: 11-Over Swimming: 10-under; preliminaries
- (b) Tuesday Diving: 10 – under Swimming: 11-over; preliminaries
- (c) Wednesday Swimming Finals (all ages)

102.3 SCRATCH PROCEDURES

- .1 For dual meets and the Conference Championship Meet, the participant or his/her coach may scratch an event.
- .2 For the Conference Championships, all scratches should be made at the entry verification meeting so that the meet may be seeded properly.
- .3 At the Conference Championships, a participant or his coach has 30 minutes from the time that his preliminary results are announced to scratch for the finals.
- .4 All protests and changes in preliminary results at Conference must be brought to the Meet Director's attention within 60 minutes of the results being posted and prior to the event officially being closed. If the results are not posted in a timely manner due to weather or circumstances beyond the control of the Meet Director, teams will be given until 7:30 p.m. that same evening or 30 minutes from an electronic message to all teams (whichever is the longest) to protest or inquire about results. Once the event is closed, no changes will be made.
- .5 For diving, all scratches must be made 15 minutes before the start of each event so that diving sheets can be pulled and the order announced.

102.4 RELAYS

.1 Dual Meets

- A. Each team may enter more than one relay; all relays entered are 'live'. If one team's A and B relays come in first and second, they will receive first place points, and the opposing team coming in third will receive second place points. The non-winning team always gets second place points if they have a legal relay in the event.
- B. First and last names shall be listed on the back of the yellow sheets.
- C. There is no limit to the number of eligible participants who may compete on a relay.

.2 Conference Championships

- A. Each team is allowed one (1) medley relay and one (1) freestyle relay per relay event.
- B. First and last name of the competing relay team members, their ages, and the relay order shall be listed on the relay card. All swimmers who are eligible can participate on relays.
- C. A swimmer may swim a total of five (5) events.

- D. After a relay card has been turned in at the scorer's table, no changes may be made.
- E. Relay cards are to be completed at the conference meet and turned in to the scorer's table when the call for relay cards is made.
- F. Relays conducted as preliminaries and finals shall be seeded and conducted in the same manner as individual events.

102.5 LANE ASSIGNMENTS – SEEDING

.1 Dual Meets

- A. The visiting team has the right to choose either odd or even numbered lanes for 'live' heats, with both teams alternating lanes.
- B. Each team shall place their three (3) or (4) official scoring individual entries into the first heat of the event. All subsequent heats are to be designated as exhibition.

.2 Conference Championships

- A. In order to assure seeded positions, the best competitive times of all entries must be submitted. These times shall be assembled (listed) by the meet committee with the slowest swimmer first and the fastest swimmer last. Swimmers with no submitted times shall be considered the slowest and shall be placed at the beginning of the list. Swimmers shall be placed in heats according to submitted times as follows.
 - i. Fewer than three heats:
 - a. If one heat, it may be seeded as a final heat and swum only during the final session at the Referee's discretion.
 - b. If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next fastest in the first heat, etc.
 - ii. Three heats:
 - a. The fastest swimmer shall be placed in the third heat, next fastest in the second heat, next fastest in the first heat. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, the sixth in the first heat, etc.
 - iii. Four heats or more:
 - a. The last three heats of an event shall be seeded in accordance with b above. The heat preceding the last three heats shall consist of the next fastest swimmers; the heat preceding the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in descending order of submitted times within each that, in accordance with the pattern outlined in Article.
 - iv. Exception:
 - a. When there are two or more heats of an event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.
 - b. **Swim-offs:** A swim-off is considered to be part of the total preliminary process of qualifying for the finals. If there is a tie for eighth and/or for sixteenth, then those individuals involved must participate in a swim-off to determine the disputed place or places.

The official time for the swimmers involved shall be the time set in the original preliminary heat. This elimination may be held at any time set by the Referee but not more than 45 minutes after the last heat of any event in which any one of these swimmers is competing in that session. In the case of a disqualification in a swim-off, the swimmer so disqualified is regulated to the lowest qualifying position for which he is competing. Disqualification in a swim-off for a qualifying position in the championship finals shall not eliminate a swimmer from eligibility to compete in the accompanying consolation finals. If a disqualification leaves a vacancy for the full complement of finalists, swim-offs shall be continued among the disqualified swimmers until a full complement of finalists is assured. It is the swimmer's responsibility to acquaint himself with all information pertaining to swim-offs.

- c. **Finals:** In finals, the times to be considered are those times made in the preliminary heats. If any qualifying swimmers have the same time, their respective lanes shall be determined by draw. Lane assignments shall be made in descending order of qualifying times according to lanes as indicated in Figure 1 above.

102.6 AWARDS

.1 Dual and Tri-Meets

- A. The home team is to provide all the ribbons. For each event, the number of awards that are to be given out is determined by the coach of the home team and shall be based on the awards budget given to him/her by the club. All 6 & U should receive a ribbon if they finish 25 yards or meters.
- B. Diving ribbons need to be given to divers directly after the diving portion of the meet. The Home Team should see that ribbons are there for diving competition.

.2 Conference Meet

- A. When two or more swimmers or divers tie for any place, duplicate awards shall be given to each of such tied participants. In such cases no awards shall be given to the place or places immediately following the tied position. Thus, if two tie for first, no award for second; if three tie for first, no award for second place or third place, etc.
- B. The following awards are purchased by the conference:
 - i. Individual Awards
 - a. Medals 1st - 8th
 - b. Ribbons 9th - 16th
 - c. Heat Winner Awards - presented to everyone who wins a preliminary heat
 - ii. Overall Team Awards
 - a. "Overall Trophies" (includes A and B teams and is based on swimming and diving scores combined: Award 5 trophies: 1st - 5th.) These awards are to alternate in size as follows: 1A - 1B - 2A - 2B - 3A - 3B - 4A - 5A

- b. "B" Division Award 3 trophies: 1st – 3rd.
- iii. Diving Awards
 - a. 'A' Division: Award 3 trophies 1st – 3rd based on overall scoring.
 - b. 'B' Division Award 2 trophies 1st – 2nd
- iv. Swimming Team Awards:
 - a. "A Division: Award 3 trophies: 1st – 3rd based on overall scoring.
 - b. "B" Division: Award 1st – 2nd
- v. **Individual High Point:** These are given to the swimmer and/or diver who score the most individual points in his age group. It is to be decided by the top three (3) individual scores only, although a swimmer can still compete in four (4) individual events. A second place runner-up trophy shall also be awarded, as determined by the same conditions for the winner.
- vi. **Age Group High Point Trophies:** These are given to the team age group that scores the most points, swimming and diving combined.
- vii. **Sportsmanship Award:** This award goes to the team that exhibits the best overall sportsmanship throughout the season. It is voted on by the coaches and is a secret ballot vote, set up by the conference president. All teams are eligible, and the vote will take place at the conclusion of the second day of swimming at the conference meet. There will be only one vote by each team's coach. The conference President will only vote to break a tie.
- viii. **Diving Sportsmanship Award:** This award goes to the team that exhibits the best sportsmanship at dive meets throughout the season. It is voted on by the head dive coach from each team and is a secret ballot vote. The conference President will only vote to break a tie. All teams are eligible and the vote will take place at the conclusion of the diving portion of Conference.

102.7 SCORING

.1 Dual Meets

- A. Only the first three (3) places score. One team may not sweep an event (i.e., receive first, second and third place points). A team must have a swimmer or diver in an event in order to receive the third place point.
- B. Scoring shall be as follows:
 - i. Individual events: 5-3-1-0
 - ii. Relays: 7-2, no sweep.
- C. Scorer's Table Process
 - i. The meet will be set up in Meet Manager by the home team prior to the meet start.
 - ii. The dive meet score will not be considered official until results are entered and scored in the computer
 - iii. The 'Data Organizer'
 - a. Receives the Entry and the Place Judges' sheets from the runner.
 - b. Places the Entry Cards in heat and Lane order (i.e. Heat 1, Lane 1; Heat 1, Lane 2, etc).
 - c. Receives and holds the DQs until the Computer operator is ready to enter.
 - iv. The Computer Operators

- a. There will be 2 computer operators, 2 from each team. One operator will read the times from the yellow cards; one operator will enter them in the computer. When a timing system is used, both teams must be involved in scoring the meet.
 - b. Next, the results of the heat are compared to the Place judges' sheets for the 'live' heat and makes appropriate adjustments. Judge's decision should be used to fix the order of finish so it agrees with the place judge's sheets.
 - c. As DQs are received, they should be entered into the results.
- v. Scoring Process
 - a. Yellow cards should be sorted by team after entered in the computer by the 'Sorter'.
 - b. The decisions of the place judge have precedence over the time listed on the yellow cards or timing system times.
 - c. Disqualification slips should be kept with the corresponding yellow sheet.
 - d. Athletes may be added to a meet at any time. They do not have to be entered in the computer in order to compete in an event. However, they must have a yellow card with their information prior to the start of the heat.
 - e. Swimmers may not be moved in the computer from an exhibition heat to a 'live' heat in unless their yellow card indicates them being a first heat swimmer and has been changed prior to the beginning of their heat.
 - f. Meet results must be sent via email to the conference Meet Director by noon the Thursday following the meet.

.2 Tri-Meets

- A. See Article 102.2 and 102.4 for entry requirements.
- B. There is no limit to the number of swimmers per team in exhibition heats.
- C. Scoring shall be as follows:
 - i. Individual events: 7-5-4-3-2-1
 - ii. Relays: 8-5-2 (each team may score only once)

.3 Conference Championships

- A. Scoring is limited to the top sixteen (16) finishers in both the "A" and "B" division scoring and the overall scoring. This rule applies if the conference meet is held in an eight (8) lane pool. Separate scores are kept for the "B" division and for "A" and "B" divisions combined (called "overall scoring").
- B. The "A" and "B" divisions shall be determined by the order of finish in overall team scoring at the conference meet. The number of "A" teams depends on the total number of teams in the conference. The "A" division shall either be one-half of the total number of teams (an even number of teams) or one team greater than the "B" division (an odd number of teams).
- C. Scoring shall be as follows:
 - i. Finals: 20-17-16-15-14-13-12-11
 - ii. Consolations: 9-7-6-5-4-3-2-1

- iii. Individual event point values shall be doubled for relays.
- D. **Ties:** Where two or more participants tie for any place in any event, the point credited to such place or places, if any next in order shall be equally divided between such participants; i.e., if two tie for first place, the points to be credited to first place and the points to be credited to second place shall be added and divided in half with each participant receiving half. The next place to be awarded would be third place. If three tie for first, the first, second and third place points shall be added and divided into thirds, etc.
- E. **Disqualifications:** When a relay team or individual is disqualified, the following places will move up accordingly, and the points awarded to conform to the new places. Consolation finalists may not receive championship final placing. Alternates may not receive consolation placing.

102.8 POSTPONEMENT OR CANCELLATION

.1 Dual/Tri-Meets

- A. Safety is of utmost importance; if bad weather conditions occur, remember that a dual meet may be rescheduled.
- B. In a six-meet season, if one of the first four (4) scheduled meets is cancelled because of bad weather conditions, the meet must be rescheduled. In a five-meet season, if one of the first three (3) scheduled meets is cancelled because of bad weather conditions, the meet must be rescheduled. If any of the remaining meets is cancelled because of bad weather conditions, the coaches may reschedule by mutual consent, or they may exchange their entries for that meet and send them to the conference president within one week of the scheduled meet.
- C. Cancellation or postponement due to inclement weather must follow the below:
 - i. If diving cannot be completed by 6:00 p.m., it will be postponed.
 - ii. If swimming cannot BEGIN by 7:00 p.m., it will be postponed.
 - iii. These times may only be changed by the approval of both COACHES. Any team that leaves the facility prior to these times will be considered a forfeit and their times/swimmers will not count toward the 2 meet requirement for Conference.
- D. It is strongly suggested that a cancelled meet be rescheduled the following Monday. Any other date agreed upon by both teams must be reported to the Conference President within 24 hours.
- E. A decision to cancel or postpone shall be final.
- F. All teams must have a two-day (48-hour) advanced notice upon cancellation. Otherwise, if the cancelling team does not give adequate notice, they must encumber any losses of the opposing team. This rule excludes weather conditions.

102.9 DISQUALIFICATIONS

.1 Disqualifications can be made only by the official within whose jurisdiction the infraction has been committed.

.2 The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his coach and inform him or her as to the reason for the disqualification.

- .3 A swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the Referee.
- .4 A swimmer must start and finish the race in his assigned lane.
- .5 Standing on the bottom during a freestyle race will not disqualify a swimmer, but he must not leave the pool or walk or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.
- .6 Obstructing another swimmer by swimming across or otherwise interfering will disqualify the offender, subject to the discretion of the Referee.
- .7 Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be barred from the next individual event in which he is entered on that day or the next meet day, whichever is first.
- .8 Dipping goggles in the water or splashing water on the competitor's face or body prior to his next event is not considered to be entering the pool unless the Referee finds that such action is interfering with the competition.
- .9 Should a foul endanger the chance of success of a participant, the Referee may allow him to swim/dive in the next round, or should the foul occur in the final, he may order it to be competed again.
- .10 No swimmer is permitted to wear or use any device or substance to help his speed or buoyancy during a race. We have adopted USA swimming's rules regarding swimwear requirements. Goggles can be worn and rubdown oil applied (if not considered excessive by the Referee).
- .11 The time and/or place achieved by any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event.
- .12 Grasping lane dividers to assist forward motion is not permitted.
- .13 For relay disqualifications, refer to 101.6.3.

102.10 PROTESTS

.1 Dual Meets

- A. Protests are to be made to the Meet Referee (or starter, if they are the same), or head judge, not to the scorer's table.
- B. If an incident comes to the Administration's attention and they feel or are asked to take the complaint to the Code of Conduct Jury, the Jury can recommend sanctions. It will then be brought back to the coaches with the recommendations. Coaches will vote to enforce recommendations.

.2 Conference Championships

A. Protests against the judgment decisions of Starters and Stroke & Turn Judges shall be considered by the Meet Referee and the Referee's decision should stand. Protests against the decisions of the Meet Referee must be brought before the Meet Jury (or Meet Appeals/Protest Committee) consisting of the Meet Director and Conference coaches to comprise an odd number of members. The Referee in question (Swimming or Diving) is an ex-officio member of the Meet Jury. Protests shall be filed in writing within 90 minutes of the completion of the session in question.

i. Procedure:

- a. Jury convenes and listens to the complaint.
- b. The person initiating the complaint is excused.
- c. Jury confers with the Referee (Swimming or Diving) if necessary.
- d. Jury discusses complaint and makes a decision.
- e. The Meet Director notifies the person initiating the complaint and the Referee of the decision.
- f. The Referee implements the decision.
- g. The Jury's decision is final.

102.11 OFFICIALS

All officials acting in the capacity of Referee, Starter, or Stroke and/or Turn Judge at a swimming meet shall be certified in such position by the CKSC, Inc prior to being assigned to officiate in that capacity. Individuals holding current USA swimming officiating credentials shall be approved in these positions without being certified by CKSC, Inc.

.1 Dual or Tri-Meets

A. The home team is responsible for providing the following officials:

- i. **Meet Referee** - shall have full authority over all officials and shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet; shall also disqualify participants or any violations of the rules that he personally observes by raising one hand overhead with open palm. If he/she does not make such a signal, there shall be no disqualification. He has the authority to override a finish judge's decision. In the case of a tie, the Referee shall break it. The Meet Referee and the Starter may be the same person, but the home team shall let the visiting team know in advance.
- ii. **Starter** - is responsible for providing a fair start for all swimmers involved. Shall notify the swimmers of the distance, the event, and on relays that all but the last swimmer must leave the pool immediately upon completion of their leg. Directs the swimmers to "take your mark," at which time they must immediately respond by assuming a starting position with at least one foot at the front edge of the block, platform, or pool. (Swimmers shall remain motionless immediately before the starting signal is given.) The starter and the Meet Referee may be the same person, but the home team shall let the visiting team know in advance.
- iii. **Stroke & Turn Judge (1)** - Shall operate on both sides of the pool, preferably walking abreast of the swimmers during all strokes except freestyle; shall ensure that all rules relating to the style of swimming designated for the event are being observed; shall ensure that when turning or finishing the swimmer complies with

said rules applicable to the stroke used; and shall report any violations to the Referee on signed slips of paper detailing the event, the heat number, the lane number, the swimmer's name, and the infraction.

- iv. **Finish Judge** (2 - one provided by each team) - is responsible for determining the order of finish of every heat of every event. The home team judge is to call out the order of finish with the away team's judge confirming the placements. In addition to the finish judges, there will be 6 - 8 ribbon judges that will also verify their particular place. Home team hands out places 1, 3, 5, etc. and the away team hands out 2, 4, 6, etc. There should also be a person to record the finish as called out by the home team finish judge. Finish recorder sheets will be provided to each club.
 - v. **Finish Recorder** (1) - Is responsible for recording the finishes as called out by the Finish Judge. Most teams use a person who records the finish places on a dry erase board.
 - vi. **Ribbon Judge** (2-4 depending on number of lanes) - Are responsible for handing out ribbons as determined by the finish judge.
 - vii. **Score Keeper** (1) - Is responsible for recording the official score throughout the course of the entire meet.
 - viii. **Timers** - Are responsible for timing each event accurately and recording the time on the appropriate entry card. The number of timers required depends on the number of lanes in the pool (i.e., if the pool has 8 lanes, both teams provide two to four timers depending on the number of lanes).
 - ix. **Diving Judges** (2-3) - The home team is to provide 1 of 2 or 2 of 3 or 3 of 5 diving judges, depending on the number of judges that the coaches wish to have. If 5 judges are used, the high and low scores are thrown out and only the three middle scores are used. If two judges are used, the final score will be multiplied by 1.5. It is the diving judges responsibility to fairly assess the ability of each dive that each of the divers perform.
 - x. **Diving Referee** (1) - A diving referee must be established before each meet. It is his/her responsibility to check diving sheets for proper order, call balks, and call fail dives.
 - xi. **Additional Materials and Responsibilities**
 - a. Stop watches
 - b. Pencils or pens
 - c. Yellow pads
 - d. Awards
 - e. Disqualification forms
 - f. Diving forms
 - g. Meet Referee shall decide who will judge the relay starts.
 - h. Contact the visiting team about the details of the meet.
 - i. Sending the final results to the conference Meet Director by Thursday following the meet by noon.
- B. The Visiting Team is responsible for the following officials:
- i. **Stroke and Turn Judge** (1) - b. **Finish judge** (1) – Is responsible for verifying the finishes as called out by the finish judge provided by the HOME team.

- ii. **Ribbon Judge** (2-4 depending on the number of lanes in the pool) - Are responsible for handing out ribbons as determined by the finish judge.
- iii. **Score Keeper** (1) - See 102.11
- iv. **Timers** - See 102.11
- v. **Diving Judges** (1-2) - The visiting team is to provide 1 of 2 or 1 of 3 or 2 of 5 diving judges, depending on the number of judges that the coaches wish to have. If 5 judges are used, the high and low scores are thrown out and the three middle are used. If 2 judges are used the final score will be multiplied by 1.5. It is the diving judges' responsibility to fairly assess the ability of each dive that each of the divers perform by following the CKSC, Inc. judge's scale.
- vi. **Additional Materials and Responsibilities.**
 - a. Stop Watches
 - b. Pencils or pens

.2 Conference Championships

- A. All teams will be responsible for providing timers, finish judges, table workers, diving judges, scorers, officials, etc. The number needed from each team will be determined a few weeks before the meet by the Conference Meet Director. Coaches should make sure that all of their workers can be counted on to be present at their assigned time. In order to judge stroke and turn at the conference meet, the judge must have attended a CKSC, Inc. judging clinic and judged two (2) dual meets during the season and/or be a USA Swimming Official. Only diving coaches are allowed to be diving judges at the conference meet. The following is a list of the officials that will be necessary at a minimum to run the conference meet:
 - i. **Meet Referee** (1) - See 102.11.
 - ii. **Starter** (1) - See 102.11.
 - iii. **Stroke and Turn Judge** (6) - See 102.11
 - iv. **Timing System Operator and Computer Operator** (4) - Has the responsibility of operating the automatic timing system and making sure that it is fully operational.
 - v. **Diving Director** - Is responsible for organizing all of the diving workers and judges. Will announce the deadline for turning in diving forms. Shall collect all of the diving forms and check them to make sure that they are correct. If not correct, they may be given back to the coach for the correction, as long as the deadline has not passed. Once deadline has passed, no correction may be made.
 - vi. **Diving Referee** (2) - A diving referee for each board used will call fail dives and balks.
 - vii. **Announcer** (2) - The swimming announcer and the diving announcer shall announce all of the swimming/diving events, preliminary events, final results, as well as various general announcements that the Meet Director deems necessary. One person may announce both swimming and diving.
 - viii. **Clerk of Course** (2) - Is responsible for getting all of the swimmers in every heat of every event to the blocks at the appropriate time. There are to be no late entries. Deck seeding is permitted.

102.12 AUTOMATIC OFFICIATING EQUIPMENT – CONFERENCE CHAMPIONSHIPS

.1 No swimmer must ever be required to re-swim a race due to equipment failure that results in unrecorded or inaccurate time or place results. Automatic and manual electronic equipment shall be backed up by any available equipment and/or human officials.

- A. Timing Accuracy - Timing is to be recorded to the hundredths of a second. Any digits representing thousandths shall be dropped with no rounding off. Identical times to the hundredth shall be ties with swim-offs as required to determine qualifiers or alternates for consolation or final heats.
- B. Equipment Location - The automatic equipment operators shall not have an obstructed view of the finish of the course.
- C. Secondary Equipment - it is required that the secondary system have three (3) timers and one (1) recorder per lane. The recorder shall also push the automatic equipment's backup button.
- D. Comparison and Ranking Procedures
 - i. **Placement and Ranking** - When completely automated or three (3) button manual electronic equipment is used as the primary timing, the placement and ranking of the swimmers shall be by integration of official times. The decision of human judges shall not be used for placement.
 - ii. **Primary** - All primary times which are free of malfunctions shall be the official times.
 - iii. **Secondary** - If there exists a time difference of .3 seconds or more (after correcting for a system timing error as described below, if required) between the primary and secondary (or backup) time in a given lane, a potential malfunction exists. If this potential malfunction is confirmed by other data, such as other watches or buttons in that lane or visual observation by equipment operators or placement data by officials, the official lane time is the secondary time (after applying any system timing errors).
 - iv. **Secondary System Timing Error** - Is the simple average of the valid time difference between the primary and the secondary times of the individual swimmers in a given heat. Any digits past the hundredth are dropped with no rounding-off. This average is used to add (or subtract if appropriate) from the secondary time of a swimmer not having a valid primary time to find that swimmer's official time. This time is then used for ranking and placing.
 - v. **Primary System Timing Error** - When, through a start or other malfunction, the primary system has a systematic error affecting the times of all lanes (but the relative order of finish is accurate), the determination of this error is made by comparison with accurate timing information (usually the lane manual watch times). This comparison and determination is done in the same manner as in the secondary system error calculations. The primary time for all swimmers is determined by adding (or subtracting if appropriate) this system error to the time of each swimmer in the heat. This calculation preserves the order of finish, the relative time of each swimmer in the heat, and the accurate times of the full heat, in order that integration and comparison with swimmers in other heats results in fair placement for all swimmers.

102.13 SMOKING AND ALCOHOL

.1 Smoking and drinking of alcoholic beverages behind the starting blocks is prohibited. Timers, judges, and meet workers may not smoke or drink while working the meet. Workers who are clearly intoxicated will be removed from their position and the incident will be reviewed by the code of conduct jury.

- A. NOTE: Some teams do not permit alcoholic beverages on deck. Please check with team coach about their club rules when visiting.

102.14 DUAL MEET SCHEDULING

.1 The Conference Meet Director shall set the conference schedule prior to the first meeting of the season. The schedule shall be determined randomly, using the following guidelines:

- A. Each B team (as determined by order of finish the prior year) shall swim at least two A teams.
- B. If there is an even number of dual meets, each team should have an equal number of home and away meets.
- C. If there is an odd number of dual meets, each team should have an alternate number of home and away meets each year. For example, if Team A had 4 home meets in Year 1, it would have 3 home meets in Year 2.
- D. If there is an even number of teams, every team will swim a full schedule (no byes).
- E. If there are an odd number of teams, some teams will have a bye. The teams having a bye in Year 1 should not be given a bye in Year 2, etc.
- F. If a team has a bye, it may attempt to schedule a tri-meet with two other teams. In the event that the team cannot schedule a tri-meet, it may have an intra-squad meet or schedule a meet out of conference. The intra-squad meet or an out-of conference meet will count as a regular meet, and any swimmer who participates in that meet will get credit for a meet.

ARTICLE 103 FACILITIES STANDARDS

103.1 RACING/DIVING COURSE DIMENSIONS

.1 Dual Meets

- A. **Swimming** - Member teams may utilize the facility at their disposal.
- B. **Dual Meets/Diving** - All boards shall be one meter above the water level. The springboard shall be 20 inches wide and 16 feet long and covered with an adequate nonskid material.

.2 Conference Meet

- A. The competition pool shall be 25 meters (82 feet and 1/4 inch) or 25 yards (75 feet) in length.
- B. The competition pool shall be either six (6) or eight (8) lanes wide.
- C. The competition pool shall have some type of line on the bottom of the pool in the middle of all racing lanes.
- D. The diving facility shall have two (2) one-meter diving boards. Each board shall have a mechanically adjustable fulcrum

103.2 FLOATING LANE DIVIDERS - Floating lane dividers separating the racing lanes shall extend the full length of the course and shall be attached at each end wall for all dual meets and the conference.

103.3 BACKSTROKE FLAGS - Each team shall have backstroke flags at both ends of the pool for all dual meets. The location of the flags shall be 5 meters (16 feet 5 inches) from each end of the course, 1.8 meters (5 feet 11 inches) above the water surface. Backstroke flags shall also be used at the conference meet. The flags should be tightly tied in place in order to avoid movement by the wind.

103.4 STARTING PLATFORMS - Having starting blocks at dual meets is up to the individual clubs. The conference championships will be regulation starting blocks with the following information applying:

.1 **Height** - The front edge of the starting platform shall be no less than 0.50 meters (1 foot 8 inches) nor more than 0.75 meters (2 feet 5 and 1/2 inches) NOTE: The pool depth where there is diving shall be a minimum of 3-1/2 feet and the blocks shall be no higher than 19 inches above the surface of the water.

.2 **Front Edge** - The front edge of the starting platform shall be flush with the face of the end walls.

.3 **Top Surface** - The top surface of the starting platform shall be not less than 0.50 by 0.50 meters (1 foot 8 inches square) and shall slope not more than 10 degrees from the horizontal. The entire surface of the platform shall be faced with permanent non-slip material.

.4 **Backstroke Starting Grips** - Starting platforms shall be equipped with firm starting grips located between 0.3 meters (12 inches) and 0.6 meters (24 inches) above water surface. The front edge of the grips shall be parallel to and flush with the face of the end wall.

.5 **Lane Numbers** - Starting platforms shall be clearly marked with lane numbers visible to competitors and officials.

.6 A swimmer may choose not to use the starting platform in both dual meets and at the conference championship.

103.5 15-METER MARKERS - Each team will provide some means of indicating the 15 meter mark to swimmers. This may be done by a colored buoy on the lane line or a distinctive marker on the lane lines. The 15 meter marks should be marked from both ends of the pool.

103.6 PARKING - Each club is responsible for how parking is to be set up for their dual meets. The host team for the conference meet determines how parking is to be set up and if any parking fees are to be charged.

ARTICLE 104 RULES FOR CONFERENCE RECORDS

104.1 CONFERENCE RECORDS

.1 Records may only be established in 25 meter or 25 yard pools and shall conform to the recognized distance, stroke, and other current effective governing regulations of the Central Kentucky Swim Conference (CKSC), Inc.

.2 Record times may be official only if automatic equipment has been used and shall be recorded to the hundredth of a second (two decimal places).

.3 Only times achieved at the Conference Championships shall be recorded as conference records.

.4 Only diving scores achieved at the Conference Diving Championships shall be recorded as conference records.

PART TWO

ADMINISTRATIVE REGULATIONS OF COMPETITION

ARTICLE 201 PROGRAM

201.1 ELIGIBILITY

.1 The eligibility of participants for a particular age group will be determined by his date of birth in his respective age group.

.2 For a participant to be eligible to compete, he must have completed his senior year in the current year or be younger. The age of the swimmer on June 1 is the age at which he or she shall compete the entire summer. Participants will not be permitted to compete in any age group except their own. Any coach who deliberately swims someone out of his or her age group will forfeit the meet, and his/or her team will not be allowed to compete in the championship meet. Although in certain cases a participant can be used on a relay of an older age group, a participant is only allowed to compete in one medley relay and one freestyle relay per meet (a participant can only compete in 5 "live" events and 1 exhibition event in dual meets).

.3 Participants must compete in their respective age groups.

.4 The first meet of competition establishes a swimmer's or a diver's team affiliation for the entire summer.

.5 Any swimmer or diver must be a member in good standing at the time of competition of their respective club. After the first two meets, a roster will be submitted directly to the club manager, club president, or party responsible for team membership. This person will verify and sign that each participant is a member in good standing. The verification is due to the CKSC, Inc. Meet Director prior to the third meet.

.6 Houseguests may participate as exhibition only – i.e. not in a 'live' heat.

201.2 CODE OF CONDUCT

.1 Code of Conduct Jury

A. A special jury will be selected by the coaches (one vote per team) and administrators at the first meeting of the year. The jury will be comprised of 5 coaches and 2 administrative officers. Per Article 102.10, the administration will submit the violation IN WRITING to the head of the jury (coach member with the highest votes). The jury will hear from both teams and determine what, if any, sanctions will be brought forth to the team or individual committing the violation. Any administrator, official, or athlete in violation of CKSC, Inc. rules may be banned from future participation.

.2 Conduct of all Participants

- A. It is expected that conduct by coaches, team members and spectators during all events, meets, meetings and matters be consistent with CKSC, Inc. goals of both swimming and diving skills and respect for all participants.
- B. No team personnel/competitor shall act in an unsportsmanlike manner. This includes any act the referee deems unsportsmanlike, including, but not limited to, the following:
 - i. Making insulting or derogatory remarks, gestures, or acts including taunting.
 - ii. Trying to influence or showing disgust with official's decisions.
 - iii. Interfering with meet officials in the performance of their duties.
 - iv. No team personnel/official/competitor shall use any form of alcohol product, or tobacco product, from the time they arrive at the competition site until they leave following completion of their duties or completion of the meet.
- C. When a spectator(s) becomes unruly or interferes with the orderly progress of the meet, the referee shall suspend the meet until the individual(s) leaves the premises.
- D. Any person or persons considered by the referee to be exhibiting unsportsmanlike behavior may be disqualified from any or all events in which that contestant(s) has or will participate for the meet. Further consideration of disciplinary action, including ejection from the meet, shall be at the discretion of the referee.

.3 Conduct of Coaches

- A. It is the duty of coaches, in addition to training their teams, to attempt to develop in their swimmers, a true love of the sport, and a spirit of good sportsmanship.
- B. During the course of a meet, only coaches shall be permitted to discuss a decision with the referee.
- C. This discussion must be carried on in a proper and civil manner. Coaches should not impede any meet official.

.4 Conduct of Athletes

- A. Obscene language and/or the use of alcoholic beverages or tobacco by an athlete or coach during a meet will not be tolerated under any circumstances. A violation of this rule will result in permanent expulsion from all future meets.
- B. Any athlete discovered competing under an assumed name or in an illegal age group will be suspended from the Conference for such time as determined by the Code of Conduct Jury.
- C. Any athlete competing in a meet while not a member of the club he or she is representing, or in violation of the eligibility requirements listed in Section 201.1, will be suspended from further competition in the Association for a period of one (1) year.
- D. If it can be determined that he or she was competing illegally with knowledge of his or her Coach, the meet will be declared a forfeit as well as any past meets in which the swimmer or diver participated. Any further action against a Coach/club will be determined by the Board of Directors.