

Northwest Ohio YMCA Swim League Rules

(revised September 2008)

Rule #1.

All teams will be scheduled to swim teams in the Northwest Ohio League.

Rule #2.

All teams shall adhere to the Rules that Govern YMCA Competitive Sports, Technical Assistance Paper, and the Black Book. These can be found on the website.

<http://toledoymcaswimming.usswim.net/NWOhioYMCASwimLeague.htm>

Rule #3.

Teams will be divided into the following age groups.

8 & Under Girls, 8 & Under Boys, 9 - 10 Girls, 9 - 10 Boys, 11 - 12 Girls, 11 - 12 Boys,
13 - 14 Girls, 13 - 14 Boys, 15 - 18 Girls, 15 - 18 Boys

Separate age group standings and scoring will be based on these age groups.

Rule #4.

Scoring for dual meets will be as follows:

<u>Place</u>	<u>Individual Events</u>	<u>Relay Events</u>
1st place -	5 points	10 points
2nd place -	3 points	6 points
3rd place -	2 points	-
4th place -	1 point	-

Scoring for tri meets will be as follows

<u>Place</u>	<u>Individual Events</u>	<u>Relay Events</u>
1st place -	9 points	11 points
2nd place -	4 points	4 points
3rd place -	3 points	-
4th place -	2 points	-
5 th place-	1 point	-

No age group may score more than two places per event.

Clarification:

Points will not be awarded for more than two places per team in an individual event, and one place per team in relay events. In the case that one team carries more than 2 places in an individual event, and more than one place in a relay event, the additional points will be forfeited, and not awarded to the other team.

Team scores will be based on one point per age-group, with a total of ten points per meet.

Rule #5.

A swimmer's age for the winter season will be determined as of the first day of December.

Rule #6.

In dual meets, swimmers may swim up age groups or back to their own age group, provided the swimmer does not swim the same series of events twice in one meet. At Championship meets, swimmers may swim up one age group only, in relays only.

Rule #7.

Combination of events permissible in duals meets only if there is an agreement is made by **both Head coaches**. No changes in the line-up once the first event has started, unless agreed upon by both coaches. Line-up must be turned in to the scorers table at least fifteen minutes before the start of the meet.

Rule #8.

Officiating: The USA Swimming rules shall be followed, except when superseded by a NWOSC rule.

Rule #8A.

USA Swimming rule for no false start for dual meets, invitationals, and championships with dual confirmations will be followed.

Rule #9.

Participating teams will be responsible for at least two certified officials. (if available) The meet referee may act as starter, and stroke and turn judge combined, if necessary.

Rule #10.

Any changes in the league schedule must be worked out between the teams involved. When a meet is changed for any reason, it must be reported to the league swim coordinator within seven days allotted before a forfeit is charged. Any team which fails to show up for a meet automatically forfeits the meet. Any changes of a meet must be mutually agreed upon by all associations involved. This includes postponements and schedule changes.

Rule #11.

Should a meet require rescheduling, it must be swum at least one week prior to the league championships, or both teams involved will be credited with a loss, unless permission is received by the league coordinator.

Rule #12.

NWOSC shall be represented on the Great Lakes Zone Competitive Swimming Committee by two league representatives. One will be the League Competitive Aquatics Coordinator, the other appointed by the President of the NWO Directors Society.

Rule #13.

The order of events shall alternate girls and boys events for league uniformity, and shall be numbered as follows: (see attached sheet.)

Rule #14.

To be eligible for NWOSC Championship Meets, a swimmer must compete in three YMCA interassociation swim meets. A YMCA Interassociation meet must be either a closed YMCA Dual Meet, or a YMCA Invitational.

To be eligible for National Championship Meets, a swimmer must compete in three YMCA interassociation swim meets, plus a National YMCA sanctioned meet, such as The League Championship, Sectional Championship, or YMCA Zone Championship.

Rule #15.

Each team will be responsible to keep, (for your own records) a copy of meet results. The association's director, responsible for swim team, will take direct responsibility to be sure that all NWOSC, Zone, and National submitted times are authentic, and that proof of submitted items are available for verification.

Rule #16.

Open events shall include all events swum in nationals and zones that are not swum in league competition. (prior arrangement between Head coaches) These events shall be for time only and no score shall be awarded for these events. Only those trying to make national or zone cut-off times in these events should participate in them. If there are no swimmers in open events, they shall be dropped from that meet.

Rule #17.

Swimmers may enter a maximum of five events, with no restrictions on relays.

Rule #18.

When automatic timing devices are used at meets, time discrepancies will be solved by using the USA Swimming rule governing this subject.

Rule #19.

The YMCA director responsible for swim team is responsible to get the coaches name and address to the league coordinator by the pre-season meeting of the directors and coaches.

Rule #20.

A complete swim team roster for the current season must be sent to the league coordinator prior to the first dual meet and by the January Championship Meeting. Changes and additions can be made up to the entry deadline as long as swimmers are still eligible to compete.

Rule #21.

A team may enter up to five relay teams, but only one relay team per age group, per team, may score points at the League Finals Championship Meet, and all relays will receive their respective awards. All second, third, fourth, and fifth relay points will be eliminated, and no team's first relay will be moved up.

Rule #22.

2008 Championship Series Format

Sectional Championship Meets: Saturday, March 7, 2009

Sectional Meet #1 - East Toledo YMCA

Sectional Meet #2 - Wapakoneta YMCA

Sectional meet assignments will be announced at the January 2009 meeting.

Only 12 & Under swimmers will participate at the Sectional Championships. 13 & Over swimmers will not participate in Sectionals, and will be entered in the League Finals Championship Meet without a qualifying meet.

All 12 & Under team members are eligible for the Sectional Championship Meet. There are no qualifying requirements, provided that they are current YMCA members and have competed in a minimum of three YMCA inter-association meets during the current season.

League Finals Championship Meet: Saturday & Sunday, March 14-15, 2009

The Saturday and Sunday following the Sectional Championship Meet

All qualifying swimmers and relay teams compete at Lima YMCA

Qualifying for the League Finals Championship Meet:

Individual Events:

The top (five individuals 10 lane pool) (4 individuals 8 lane pool,) in each event from each of the two Sectional Championship meets will automatically qualify for the League Finals Championship Meet. The next (ten, 10 lane pool) (8, 8 lane pool) fastest individuals in each event from the combined results of the two Sectional meets will qualify, for a total of (20 in 10 lane pool) (16 in 8 lane pool) swimmers in each individual event at the League Finals Championship Meet.

Relay Events:

The top two relay teams in each event from each of the two Sectional Championship meets will automatically qualify for the League Finals Championship Meet. The next six fastest relay teams in each event from the combined results of the two Sectional meets will qualify, for a total of ten relay teams in each relay event at the League Finals Championship Meet.

Entry Fees:

For 12 & Unders: \$15 per swimmer at the Sectional Championship Meet only.

For 13 & Over: \$15 per swimmer at the League Finals Championship Meet for swimmers not entered in the Sectional Championship Meet.

The entry fees will be combined, and the costs for awards for sectionals and finals will be subtracted from this total. The remaining fees will be divided by the number of swimmers participating in sectionals, plus the number of swimmers participating in finals (total of 13 & Up and 12 & Under qualifiers.) The hosting teams will get that amount times the number of swimmers they had participating at their meet.

Entries:

All championship entries and fees will be sent to the League Championship Meet entry chairperson no later than 10 days before the sectional championship meet. Fees will be distributed to the host sites.

Meet Information:

All teams will receive meet information from the League Championship Meet entry chairperson. The host teams must have their site information to the entry chair five weeks before the League Championship Meet Series.

The League Championship Meet entry chairperson for sectional and league championships must have all entry information for championships to the coaches and directors one month prior to the first day of league championships.

Scoring:

The Sectional Championship Meet will not be scored.

Twice the number of lanes at the host site will be scored for League Final Championships. (An eight lane pool will be scored to sixteen places)

USA Swimming scoring will be used.

Awards:

Sectional Championship Meet:

Team trophies will not be awarded.

Individual events will receive ribbons for first through twelfth place.

Relay events will receive ribbons for first through twelfth place.

League Finals Championship Meet:

Individual events will receive medals for 1st - 3rd place, and ribbons 4th - 8th place. (8 lane pool) 4-10 in a ten lane pool.

Relay events will receive medals for 1st - 3rd place, and ribbons 4th - 8th place. (8 lane pool) 4-10 in a ten lane pool

Team Awards:

The teams in the league will be divided into three divisions by the league coordinator with the approval from two other directors, which will be chosen annually at the fall meeting. The divisions will be: Small teams (division III), Medium teams (division II), and Large teams (division I), based on the number of swimmers submitted on the January Roster.

No Team trophies will be awarded.

Non-Scoring Events:

- All non-scoring events will be deck-seeded.
- Open events will be available for all ages.
- 11 - 12 non-scoring events (100's Back, Breast, and Fly, and the 200 IM) will be offered at the sectional championship meet. All 11-12's, competing at Sectionals in these events, will automatically "qualify" for finals.
- 11 - 12 non-scoring events can be entered at Finals without having to swim at sectionals to qualify. Entries must be submitted with the Championship Final Meet Entry.
- Open events will not be offered at the Sectional Championship Meet.
- All open events, and 11-12 100's stroke, and 200 IM, will be offered at the League Finals Championship Meet.
- Entries for open events can be submitted with the team entry for championships, and those swimmers will be entered in the meet.
- Deck Entries will not be accepted at Sectional Championships or Final Championships.

Rule #23.

USS and High School information should not be included in YMCA Competitive information and schedules.

Rule #24.

There are no limits to the number of swimmers a team may enter per event, and all swimmers are eligible to score points for the team.

Rule #25.

Swimming pools with starting ends with less than the national YMCA recommended five feet of water must adjust their pool to conduct YMCA competitive swim meets.

Rule #26.

For all ages, individual events will be started in water depths of five feet or more. All 8 & under relays shall have the second and fourth swimmers start in the water. This rule governs NWOSC dual meets, invitationals, and championship meets. The correct starting procedure for in-water relay starts is as follows: A swimmer starting in the water must have at least one hand and both feet in contact with the starting wall. No pushing off of the bottom of the pool. The swimmer may be in motion when the preceding teammate finishes his or her leg of the race, however, the swimmer must have some part of their body in contact with the starting wall when the teammate finishes.

Rule#27.

A USS club swimmer may not compete in YMCA competitive Swimming unless the local YMCA is USS. A YMCA swimmer may not represent a USS club in open competition unless this club is a YMCA and a USS club. A USS unattached swimmer may compete in YMCA competitive swimming or in open competition. These rules need to be followed to compete in YMCA league (dual meets and championships), zone, and national events. Any swimmer or team who violates this rule will be suspended at the YMCA league, zone, and national competitions. This rule applies to both summer and winter swim seasons.

Rule #28.

All Northwest Ohio YMCA swim team coaches must have their entry cards and score sheets ready for the clerk of course and scorers table at least fifteen minutes prior to the start of all dual meets.

Rule #29.

Northwest Ohio YMCA League teams (meet hosts) are responsible to contact the visiting teams one week prior to their scheduled meet by either phone, fax, or mail. This contact person should be the director in charge of swim team, or swim team coach if need be. All communications if done by coaches contacts will go through the YMCA directors in charge of swim team. (See competitive swimming agreement.)

Rule #30.

There shall be at least six dual meets and one championship meet series for the Northwest Ohio YMCA League. These meets will be scheduled prior to any invitational scheduling. The dates of the league dual meets shall be announced at the May swim league season review & summer season meeting. At that time the league teams shall bid on their league invitational dates.

“What Constitutes a Swim Meet”

- Minimum of six swimmers per team.
 - Must have a minimum of two teams, which must compete at the same pool at the same time. (Fax and telephone meets are not permitted.)
 - Must have at least six events, one of which must be a four person, same sex relay.
 - Both teams must participate in all six events.
 - Each team must have a certified coach present.
- Two current YMCA officials, one of which must be a Level II Official.
Results of the meet must be recorded and signed by the meet referee.

Admitting New Teams into The Northwest Ohio Swim League

“If a team from outside the geographic YMCA league area wishes to participate in the Northwest Ohio Swim League, it must be agreed upon by the YMCA of the USA, as well as the participating associations in the Northwest Ohio Swim League, by majority vote present at a meeting.”

Northwest Ohio YMCA Swim League Clerk of Course Guidelines

- The coaches and parents should show respect for the clerk of course workers.
- The clerk of course workers should show respect for the coaches and parents.
- It is important to communicate to the visiting team's coach what the Clerk of Course process will be prior to the start of the meet.
- Entry cards should be turned in, with the score sheets, at least 15 minutes, before the start of the meet.
- Entry cards should identify, the event #, event name, swimmers name and team, and indicate which swimmers are fastest, with either swimmer's best time, or designating swimmers A, B, C, etc.
- Events should only be combined if both coaches agree.
- If boys and girls events are combined, an empty lane should be between the girls and boys when possible.
- Events on call need to be announced to the swimmers.
- The clerk of course is responsible for seeding the swimmers in heats and lanes.
- Fastest swimmers are seeded in the middle of the pool. Slowest heats swim first.

	Lane 1	lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1	6A	5B	4A	4B	5A	6B
Heat 2	3A	2B	1A	1B	2A	3B

Team A's fastest swimmers are in the middle of the pool.
The slowest heat swims first.

- A clerk of course worker should lead the swimmers to the pool and the blocks from the clerk of course area.
- Runners should take cards to the other end of the pool when timing 25's.
- Older and more experienced swimmers will be required to pick up their card at the clerk of course, but not necessarily required to sit in line before their event. These swimmers are then responsible for getting to the block on their own.
- Absent swimmers should be reported to the clerk of course if a card for that swimmer has been turned in.
- Changes to the meet line-up must be agreed on by both coaches, and made as soon as possible before the start of the meet.