

Sean

EASTERN MASS. YMCA SWIM LEAGUE

COMPETITIVE

SWIM TEAM

RULE BOOK

2006 - 2007

SECTION A -- ORDER OF EVENTS

1. Eastern Mass. YMCA District Dual & Championship Meets

	<u>Boys</u>	<u>Girls</u>
a.	<u>Class A</u>	
	1. 160/200 yd. Medley Relay	Same as boys
	2. 200 yd. Freestyle	“ “
	3. 160/200 yd. Individual Medley	“ “
	4. 60/50 yd. Freestyle	“ “
	5. 100 yd. Butterfly	“ “
	6. 100 yd. Freestyle	“ “
	7. 500 yd. Freestyle	“ “
	8. 100 yd. Backstroke	“ “
	9. 100 yd. Breastroke	“ “
	10. 400 yd. Freestyle Relay	“ “
b.	<u>Class B</u>	
	1. 160/200 yd. Medley Relay	“ “
	2. 200 yd. Freestyle	“ “
	3. 160/200 yd. Individual Medley	“ “
	4. 60/50 yd. Freestyle	“ “
	5. 100 yd. Butterfly	“ “
	6. 100 yd. Freestyle	“ “
	7. 500 yd. Freestyle	“ “
	8. 100 yd. Backstroke	“ “
	9. 100 yd. Breastroke	“ “
	10. 160/200 yd. Freestyle Relay	“ “
c.	<u>Class C</u>	
	1. 160/200 yd. Medley Relay	“ “
	2. 200 yd. Freestyle	“ “
	3. 160/200 yd. Individual Medley	“ “
	4. 40/50 yd. Freestyle	“ “
	5. 40/50 yd. Butterfly	“ “
	6. 100 yd. Freestyle	“ “
	7. 40/50 yd. Backstroke	“ “
	8. 40/50 yd. Breastroke	“ “
	9. 160/200 yd. Freestyle Relay	“ “
d.	<u>Class D</u>	
	1. 160/200 yd. Medley Relay	“ “
	2. 80/100 yd. Individual Medley	“ “
	3. 40/50 yd. Freestyle	“ “
	4. 40/50 yd. Butterfly	“ “
	5. 100 yd. Freestyle	“ “
	6. 40/50 yd. Backstroke	“ “
	7. 40/50 yd. Breastroke	“ “
	8. 160/200 yd. Freestyle Relay	“ “

- e. Class E
- | | |
|---------------------------------|--------------|
| 1. 80/100 yd. Medley Relay | Same as boys |
| 2. 80/100 yd. Individual Medley | “ “ |
| 3. 20/25 yd. Freestyle | “ “ |
| 4. 20/25 yd. Butterfly | “ “ |
| 5. 40/50 yd. Freestyle | “ “ |
| 6. 20/25 yd. Backstroke | “ “ |
| 7. 20/25 yd. Breaststroke | “ “ |
| 8. 80/100 yd. Freestyle Relay | “ “ |

SECTION B - AGE GROUPS

Note: A swimmer's age as of December 1st of the current season determines each swimmer's age group.

Class A	15 – 17 or still in high school
Class B	13 – 14
Class C	11 – 12
Class D	9 – 10
Class E	8 & under

A swimmer is eligible to compete through the age of 17, or 18 if he/she is completing the twelfth grade for the first time.

SECTION C – RECORDS

1. Separate records will be kept for Boys and Girls Leagues, including 8 & under events. These may be established at either a dual meet or a Championship meet.
2. Records will be recognized for three distances:
 - a. 20 yd. pools
 - b. 25 yd. pools
 - c. 25 meter pools
3. Application for a new record should be made on the proper form and sent to the Records Chairman immediately following the meet in which said time was made. (Three timers and a gun/strobe start are required.) This applies to Dual Meets, Championships and Relay Carnivals.

SECTION D – RULES

1. GENERAL

a. Eligibility

1. Open to any swimmer in the Eastern Mass. YMCA Cluster from a YMCA holding an eligibility certificate.
2. Competitors must be members of their YMCA for 30 days before competing for that YMCA in dual meets. A swimmer may not be entered in a YMCA meet during this period of time. For Districts, New England's and National eligibility, competitors must be members of their YMCA's for 90 days.
3. A swimmer can only compete for his/her YMCA in swimming competition between October 1st and May 31st of any given competitive year. High School, Junior High School and Prep School meets are exempt from this rule. I.E. – YMCA's with USA charters are covered for both YMCA and USA competition. If a YMCA is not a

registered club and any of that YMCA's swimmers compete for and represent a separate USA club, those swimmers are in violation of this rule and are ineligible for any further YMCA competition. Previous dual meet and championship meet performances are disqualified and meet scores for the affected classes will be forfeited.

4. A swimmer wishing to transfer from one YMCA to another is eligible to represent the new YMCA upon written agreement of the Executive Director's of each Association, approving such a transfer.
 5. Any swimmer who is a resident of a prep school is not eligible to compete in the Eastern Mass. YMCA League or cluster championships unless approved by the Swim League Committee. Only swimmers who have previously competed for a local YMCA may apply.
- b. Adult Supervision
All teams shall be accompanied by an adult representative at all times.
- c. Meet Rules
All meets shall be run in accordance with Interscholastic NCAA Rules as modified by the Eastern Mass. Cluster Rules Committee.

2. DUAL MEETS

- a. Unethical Behavior
If throughout the course of the dual meet season, a team believes that unethical and non-YMCA values behavior on the part of the opposing team has taken place, this must be reported immediately in writing to the League Coordinator. If such an incident is verified, the League Coordinator may take action against the offending team in one or more of the following manners:
1. Suspend Coach(es)
 2. Forfeit dual meet or points therein
 3. Take any other action deemed necessary
- b. Events
1. Order of events – see Section A.
 2. Class E, D, C, B and A events shall be alternated, starting with Class E.
 3. In all classes the maximum number of events for an individual is:
Class A, B, C, C, E: 3 events, one of which must be a relay
(2 individual, 1 relay; 1 individual, 2 relays)
 4. Each team may enter three individual swimmers in a 6/8 lane pool and two relays in any pool in any event. In an 8-lane pool the outside lanes may be used for unofficial swimmers. Only two of the swimmers from each team and one relay may score in the event.
 5. Any swimmer swimming up a class must compete in that class for the entire meet.
- c. Meet Lineups Lane Assignments: Visitors – Odd lanes; Home – Even lanes
1. Both coaches must have a lineup prepared before the meet time and must present such to the meet clerk one half hour before the meet is to begin.
 2. Once the meet begins – no changes or additions may be made to the meet lineup sheets.
 3. There will be one official meet sheet for each class of swimmers competing. Unofficial entries in any class (i.e. – additional heats, etc.) are to be recorded on a separate sheet, preferably a different color, and may not be listed on the official sheets.
- d. Scoring
1. Individual events 5, 3, 1, 0 points
 2. Relay events 7, 0 points

- e. Meet Results
 - 1. Final scores in each class should be reported by both teams and sent by postcard as directed by the coordinator.
 - 2. Home team score sheet is official and must be signed by both coaches – carbon given to visitors.
- f. Officiating
 - 1. Across the board finish judging will take precedence over timing – unless electronic timing is used. Lane or place judging is optional
 - 2. Home team should provide all stopwatches at each meet. The Host team should provide a starting device – strobe or starting gun.
- g. Meet Arrangements
 - 1. It is the responsibility of the Host team to contact the Visiting Team and work out details at least four (4) days prior to the meet.
 - 2. If a visiting team arrives at the Host YMCA later than ½ hour after the listed pool time without calling in advance, the Visiting team will forfeit the meet.
 - 3. Backstroke flags are required for all dual meets. Host teams not complying will forfeit these events.
- h. Cancellations and Forfeitures
 - 1. If due to inclement weather a swim meet is to be cancelled, it is the visitor's responsibility to notify the Host team of the cancellation and the Host's responsibility to reschedule the meet, giving the greatest latitude of choice to the Visiting team. Notification of rescheduling should be made as soon as possible to the Visiting team. In the event a Host team remains open for a meet and the Visiting team cancels out, this is to be called a cancellation and not a forfeiture, providing the Visiting team deems travel to be dangerous. A letter signed by the Executive Director should be forwarded by the Visiting coach stating the above circumstances and the Host team will then notify the swim league coordinator of the results. A forfeiture is to be recorded for not complying with the above on a team level.
 - 2. If a team cancels out for any reason other than weather, it is up to the team canceling to reschedule that meet. If for some reason a mutually acceptable date cannot be arrived at, then the team originally canceling will forfeit.
 - 3. Failure to swim any of the scheduled meets prior to the last day before the District Championships will result in forfeiture by both teams for the classes concerned.
 - 4. Reporting should be by postcard, stating forfeiture or cancellation, and at a future date a notation should be sent giving the rescheduled meet results.
 - 5. Notification time should be at least three hours prior to a meet for both the Host and Visiting team.

DISTRICT CHAMPIONSHIPS

- a. Events
 - 1. Swimming will be conducted according to the Order of Events (See Section A).
 - 2. The maximum number of events for an individual is:
All Classes -- 3 individual events and 2 relays.
- b. Eligibility
 - 1. A swimmer may compete in his age group only.
 - 2. To be eligible for District Championships, competitors must have been present and/or swum in three dual meets during the current season, in addition to making the cut-off time for an event.

c. Awards

1. Identical awards to be made to all finalists, including relay members.
2. Team award – Class meet winner and district meet winners.
3. Consolation ribbons for seventh through twelfth places.

d. Scoring

1. Individual events: 8 lanes (20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 points)
2. Relay events: 8 lanes (30.34,32,30,28,26,24,22,18,14,12,10,8,6,4,2 points)

e. Officiating

1. Electronic timing will be used with 8 backup manual timers included. Eight additional hand timers will also be used.

f. Entries

1. Teams may enter as many swimmers that qualify in an event. Only four may score.
2. No competitors may be entered in more than the maximum number of events.
3. The closing date of entries for all Championships refers to the date entries must be received. All entries mailed after the deadline are **VOID**.
4. Entry fees in check form must accompany entry sheets unless circumstances are such that a late payment must be made (subject to the approval of the Meet Director). All fees must be paid in order for swimmers to compete.
5. No refunds will be made on events not swum.
6. A minimum charge of \$10.00 per team will be made for Championship meet entries.