CNY-YMCA SWIM LEAGUE RULES

2014-2015

I. TEAM REGISTRATION

A. A preliminary roster of names, birthdates, and sex must be sent to the Commissioner for each team entered, emailed with acceptance from the Commissioner or postmarked prior to October 16 of each year.

B. A $150.00 registration fee each team must also accompany the roster and be addressed to:

**Norwich Family YMCA**

**Attn: Swim League Commissioner**

**68-70 N. Broad Street**

**Norwich, NY 13815**

There will be a penalty fee of $50.00 for late registrants. Monies will be used to pay up to $300 total to cover District, State or National Meet expenses incurred by the Commissioner. Expenses are defined as motel, food and transportation. In order to improve the League, extra monies will be used to help finance coaches and officials clinics.

C. Each Executive Director must return the official statement to the Commissioner certifying that all swimmers are YMCA members, with each roster and all additions.

D. Names of new swimmers must be sent to the Commissioner via email or postmarked 24 hours prior to their first competition. Failure to do so will involve disqualification of that swimmer from all events for each meet that he or she remains unregistered for. No phone calls will be accepted. All rosters and any additions must be submitted on official roster forms. No additions will be accepted otherwise. Deadline for roster additions is January 2 of any year. **Anyone registered after that date will not be eligible for district championships.**

E. Eligibility certificates shall be obtained by each "Y" having swim teams. These certificates are necessary for participation in "Y" championship meets.

F. In the event that a new team wishes admittance to the League, a vote by the League will be necessary.

II. SWIMMER ELIGIBILITY

A. Only full-privileged members of the YMCA will be allowed to swim in the CNY-YMCA Swim League.

B. Swimmers swimming competitively for a senior high school may swim in dual meets in the CNY-YMCA League. Scholastic swimmers must comply with all rules of the CNY-YMCA Swim League.

C. All swimmers must abide by current USAS swimming rules.

D. Any YMCA swimmer must practice at least once every week with the YMCA team with which they are rostered to participate in dual meets or the League District Championships. This is to ensure that the integrity of the YMCA program and philosophy in competitive sports is upheld.

III. MINIMUM CRITERIA FOR SWIM MEETS

A. Pool and facilities

1. USAS standards for necessary equipment will be strictly adhered to, Reference USAS Article 103.

2. Water should be clean and reasonably clear, and sanitary in accordance with New York State Health Laws.

3. Any variations must be approved in writing by the Commissioner prior to each meet. In addition, visiting teams should be warned as to the nature of the problem at least 48 hours before the meet.

B. Judges, Timers and Officials

1. The home team will arrange for all necessary officials.

2. There should be at least two (2) officials running each meet, One certified official must be assigned referee duties. The other should perform as starter or stroke and turn judge. All officials must be registered and approved by the Commissioner. This does not include timers, score keepers, announcers or other "non-judging" officials.

3. A minimum of one timer per lane with one alternate is required. It is recommended, however, that two (2) timers be present per lane. (Three timers are necessary for records to be officially recognized).

IV. PARTICIPATION AND AGE GROUPS

A. Official age divisions are E, D, C, B and A age groups. If a team eliminates one of the age groups which they are registered to have or they are unable to swim, they will automatically forfeit that age group.

1. Age groups:

E - 8 and under

D - 10 and under

C - 11 and 12

B - 13 and 14

A - 15 through 19 or in high school

All ages are determined as of December 1. A swimmer's age on that day will be his age through the season.

B. The USAS Rule Book shall be followed except as follows:

1. Twenty and 25 yard events depending upon the pool.

2. Individual medley for Classes E and D.

3. A swimmer may swim up to the next age group in dual meets.

a. *Allow swim-ups for relays. When a relay has a swim up, points are awarded to the oldest participant age group. Maximum swim-up of one age group*

1. *Allow swim-ups in individual events as a non-scoring swim. Maximum swim-up of one age group.*
2. *Swim-up swimmers in individual events will be entered as exhibition in Hy-tek.*

4. If the USAS guide is unavailable by the first dual meet of the league season, last year’s USAS rules will be used.

5. Unofficial relays or swimmers in individual events may be added if there is an open lane assigned to the team who wants to place an unofficial entry, and if both head coaches are in accordance. All swimmers who are swimming officially must swim together at one time. Unofficial swimmers can, if there is room, swim in that heat.

V. SCORING

A. During the regular season each swimmer may enter in only four (4) scoring/nonscoring events- 3 individual maximum. This allows 3-1 and 2-2 (individuals-relays).

B. Scoring will be: 1st -5 pts; 2nd -3 pts; and 3rd -1 pt. for dual meets. No team will be allowed more than two places in scoring.

C. *Relays score 1st -7 pts; 2nd -3 pts. No team will be allowed to sweep the relays.*

D. Meet results must be sent to the Commissioner via email by the home team without delay. **Failure to do so results in forfeiture by the home team. Results must be postmarked no later than Tuesday following a Saturday meet.**

F. **Both line-ups must be submitted independently to the home team score keeper at 6:00pm the Thursday before the meet. No changes may be made after line-up is submitted except due to an emergency. Any changes must be approved by the opposing coach.**

G. Results of all meets will be posted by separate age groups on a regular basis. The top 16 times for each age group will also be published regularly.

H. The scoring to determine age group winners for each division will be as follows:

Forfeit -0 points

Lose -I point

Tie -2 points

Win -3 points

This scoring system is designed to encourage teams to make up any meets they miss. Any end of the season ties will be broken by point spread of home and away meets of the teams in question.

VI. DISTRICT SWIM MEET

A. Swimmers must swim THREE dual meets to be eligible for Districts.

B. The Central New York District Boys' and Girls' Swimming Meet Rules will follow League rules with the following exceptions:

1. No swimming up another age group except that 'E' swimmers may swim up in D Event for relays.

2. Any details of operational procedures for Districts, the Commissioner and Meet Director will decide. Time Trials for National events will be offered at District Championships. Swimmers must make a qualifying time in order to swim.

3. An “A” and “B” medley relay and “A” and “B” free relay per age group may be entered from each YMCA for the District Meet with only the “A” relay being able to score. A 200 Yd Open Free Relay will be swum as a non-scoring event if the relay team makes the qualifying time..

4. Separate trophies will be given for each age group and class.

5. Swimmers may compete in three (3) individual events and (1) relay or (2) individual and (2) relays. Entry fees will be determined by the host team and the commissioner.

VII. ORDER OF EVENTS

A. Events will be as follows and run in the following order:

**Please see Appendix A for most recent Event List**

VIII. GENERAL PROCEDURES

A. Swim coaches, or an authorized delegate in his/her absence, must communicate with each other prior to a swim meet. Failure of the home team to contact the visiting team as to changes in meet starting time or location will result in a two-point penalty in League standing for the home team.

B. No team will be penalized for foul weather tardiness or postponement; however, the meet must be made up on or before the first possible scheduled make-up date for the League. Make-up dates will be listed in the overall League schedule, In the event of a crisis, the following will be implemented:

1. Teams completing the entire dual meet season are rewarded,

2. Teams unable to complete the dual meet season are given an equitable opportunity to gain League status from meets they have participated in.

3. Divisional League dual meet champions will be determined by assessing each team who has failed to swim the required schedule with 0 points for the missed portion of their schedule, Total accumulated points earned throughout the season will be divided by the number of meets each class was scheduled to participate in.

C. Any complaints or protests regarding variations from the League rule should be made in writing and sent to the Commissioner postmarked no later than Tuesday following the Saturday meet in question.

1. Urgent protests may be phoned in for more immediate action. They must, however be followed up with a letter/email.

2. All protests will be published along with the Commissioner's ruling and interpretations, to contesting teams only.

D. Score sheets should not be signed until all parties are positive that they are accurate. If errors are unable to be corrected or if there is a need for a rules interpretation, all sheets should be sent unsigned to the Commissioner with a letter explaining the problem. This is the responsibility of the home team.

E. No phone calls will be accepted by the Commissioner unless from the listed coach or YMCA staff professional concerning official swim League business.

F. All State rulings currently in force regarding eligibility for State and National Swim Championships will be strictly adhered to by the Central New York swim league. However the judgment of its commissioner to recognize special circumstances (i.e., paper meets, double dual meets, etc.) which would give all members of the CNY League equal opportunity to complete the League schedule.

G. All new teams admitted to the CNY-YMCA League will be evaluated the following year by the Commissioner and the CNY•YMCA League members at the annual fall organizational meeting as to their continued membership. At that time, those teams with a participating membership of less than 30 shall be required to justify continued membership in the CNY-YMCA League during the ensuing swim year.

Revised: September 1992, September 1993

Retyped: September, 1995

Revised: August 2010, Spring 2012, Fall 2013

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| --- | --- | --- | --- |
| **Class** | **Girls** | **Stroke** | **Boys** |
| E | 1 | 100 medley relay | 2 |
| D | 3 | 200 medley relay | 4 |
| C | 5 | 200 medley relay | 6 |
| B | 7 | 200 medley relay | 8 |
| A | 9 | 200 medley relay | 10 |
| E | 11 | 100 free | 12 |
| D | 13 | 200 free | 14 |
| C | 15 | 200 free | 16 |
| B | 17 | 200 free | 18 |
| A | 19 | 200 free | 20 |
| E | 21 | 100 IM | 22 |
| D | 23 | 100 IM | 24 |
| C | 25 | 200 IM | 26 |
| B | 27 | 200 IM | 28 |
| A | 29 | 200 IM | 30 |
| E | 31 | 25 freee | 32 |
| D | 33 | 50 free | 34 |
| C | 35 | 50 free | 36 |
| B | 37 | 50 free | 38 |
| A | 39 | 50 free | 40 |
| E | 41 | 25 butterfly | 42 |
| D | 43 | 50 butterfly | 44 |
| C | 45 | 50 butterfly | 46 |
| B | 47 | 100 butterfly | 48 |
| A | 49 | 100 butterfly | 50 |
| E | 51 | 50 free | 52 |
| D | 53 | 100 free | 54 |
| C | 55 | 100 free | 56 |
| B | 57 | 100 free | 58 |
| A | 59 | 100 free | 60 |
| B | 61 | 500 free | 62 |
| **Class** | **Girls** | **Stroke** | **Boys** |
| A | 63 | 500 free | 64 |
| E | 65 | 25 back | 66 |
| D | 67 | 50 back | 68 |
| C | 69 | 50 back | 70 |
| B | 71 | 100 back | 72 |
| A | 73 | 100 back | 74 |
| E | 75 | 25 breast | 76 |
| D | 77 | 50 breast | 78 |
| C | 79 | 50 breast | 80 |
| B | 81 | 100 breast | 82 |
| A | 83 | 100 breast | 84 |
| E | 85 | 100 free relay | 86 |
| D | 87 | 200 free relay | 88 |
| C | 89 | 200 free relay | 90 |
| B | 91 | 200 free relay | 92 |
| A | 93 | 400 free relay | 94 |

**Appendix**