**2017 CONFERENCE RULES**

Approved Sept 2016

**PURPOSE:** Walnut Creek Swim Conference’s purpose is to establish, organize and hold meets for summer recreational competitive swimming within its membership.

**MEMBERSHIP:** The team membership shall be limited to ten teams. Any change in the number of members or vacancies to be filled shall be decided by a majority vote of all members of the Board of Directors at its sole discretion, but considering the following criteria:

* The team shall be operating a pool within 5 miles of the Walnut Creek City limits.

1. The team will be recreational.
2. The team will be able to provide access to a pool with no less than 6 viable lanes for competition with current Conference members exempted (grandfathered).
3. The team shall have a single roster of eligible swimmers and shall not divide the swimmers into tiers.

**BOARD OF DIRECTORS:** Each team member Club shall appoint one representative to serve on the Board of Directors. Each team member Club shall have only one vote on any issue put before the Board. A quorum shall consist of a simple majority of representatives. A simple majority of those present shall decide issues, but not rule changes. Rule changes shall be decided by majority vote of all members of the Board of Directors. Written notice of proposed rule changes must be given to all members of the Board of Directors one month prior to a vote on those changes.

**OFFICERS:** The officers shall be President (who shall also serve as Conference Meet Director), and Vice‑President (who shall be "in training" for President of next year's Conference), in addition to six additional positions. The offices shall rotate every two years according to the schedule on page 10 under Rotation of Team Jobs.

**MEETINGS:** The frequency of regular Conference meetings shall be once every month during March, April, May, June, July, Septemor OR October AND on any other date the President so requests. There will also be Board meetings with coaches, team representatives and Stroke & Turn officials prior to the Conference Meet.

**FINANCES:** Each year, the Conference Board will prepare a budget estimating revenues and expenses and the sources of revenues. The board will manage the budget prudently and have the authority to seek additional revenues from the conference teams, should it become necessary. No refund will be made to withdrawing members. If the Conference is dissolved, the remaining funds will be equally distributed to members.

**SWIMMER ELIBIBILITY:** Recreational swimmers may swim the the Walnut Creek Swim Conference.

Recreational swimmers are NOT year-round swimmers and do not participate in programs that operate on a year round basis. Swimmers who want to pursue a more serious swimming career are encouraged to join a year-round team in the area.

Programs offering year round swimming options especially between **December 1, 2016 and April 10, 2017** (even if they are voluntary) may bring the entire programi including their particpants under scrutiny and elligibility review.

Recreational swim teams may not begin training earlier than the **2nd Monday in April – April 10, 2017.**

* Recreational swimmers are expected to take a break during the off-season (December 1, 2016- April 10, 2017) from all organized swimming activities.
* Swimmers’ participation in organized swimming lessons/clinics may not exceed 15 hours in total or 45 minutes for any given session during the off-season (whether in or out of the water).
* Programs may not offer more than 15 hours of lessons/clinics through the team by team coaches or at team facilities (whether in or out of the water).
* Private, one on one lessons provided by individual coaches do not count toward a 15 hour limit but DO count toward individual swimmers’ maximum of 15 hours during the off season.
* The focus and intent of all off-season lessons/clinics should be on technical stroke improvement/instruction and not on aerobic triaining/conditioning.
* Programs and coaches who provide swimmers with written workouts with the expectation that the swimmers complete these workouts will jeopardize eligibility.
* Participating in water polor or synchronized swimming pgorams where the primary focus of the work is swim conditioning will jeopardize eligibilty. It is understood that being in the water for either of these activities invoces some swimming, howere there is a clear line between water polo/synchronized swimming drills/garmes/competition and straight swim training.
* Programs, coaches and swimmers/swimmers’ failibites are expected to track specific attendance in any off-season lessons/clinics (dates, times, locations and coaches).
* Swimmers (other than high school and college swimmers ) may not compete as members of a year-round swim team or train with a a year-round swim team after December 1, 2016 and until August 13, 2017.
* High school and college swimmers who are members of their scholastic teams may continue to train with a year round swim team until February 13th. High School and college swimmers may not swim in USA meets from December 1, 2016 until August 13, 2017.
* Swimmers assisting with the coaching of participating treams may compete, provided they mee all other elligibily rules and are bona fide members of the team they represent.
* Any protest of swimmer’s eligibilty to participate in the WCSC must be submitted in writing and signed by the head coach to the WCSC board.

One Time Swimmer Exception

The Walnut Creek Swim conference allows swimmers a one-time exemption to train with and compete for a USA Swim team from January 1st through the last day of competition of the Far Western Short Course Championship swim meet (usually the last weekend in March or the first weekend in April) of that same calendar year.

This applies to those swimmers that will be competing in the 10-14 age groups for the same calendar year’s WCSC swim season. (i.e. a swimmer who is 14 years old through this exemption period but turns 15 before June 15th of the same calendar year would not be eligible.) These swimmers may not have previously trained with or competed for a USA swim team during any period of time from January 1st through August 15th.

Swimmers that elect to exercise this one-time exemption will retain their WCSC eligibility for that calendar year swim season but **will not be eligible for the Walnut Creek Swim Club All City Meet, the Lafayette City Meet, or the LMYA County Meet.**

In addition, the Walnut Creek Swim Conference cannot guarantee eligibility/entry for any dual meet or invitational meet outside of our conference. The Exemption will be considered “used” for any swimmer that continues to train with a USA Swim team during the period regardless of the length of time (i.e. one day or 3 months).

Please note this exemption is intended to allow swimmers who are seriously interested in swimming year round a “one-time” opportunity to try USA Swimming for up to 6 or 7 months to see if that type of program is right for the swimmer without having to give up their WCSC team if it is not. It is not intended to be used for additional training opportunity for swimmers competing in the WCSC with no serious interest in swimming for a USA Swim team.

The WCSC Board suggests that any swimmer considering using this onetime exemption have a meeting with the swimmer, parents, WCSC team coach and USA team coach to discuss what is best for the swimmer.

This excemption does not permit or allow any WCSC member club to organize and/or offer any workout during this Exemption Period. This addendum precludes any WCSC member club from organizing their own (or jointly organizing) USA Swim Club to offer training for their member swimmers. As with all WCSC Rules and Regulations, it is the responsibility of the WCSC member club coaching staff and the WCSC families to make sure all swimmer eligibility rules are complied with.

**DUAL MEET OPERATIONAL RULES**

1. **MAXIMUM NUMBER OF SWIMMERS:** Each team may bring a maximum of 200 eligble swimmers to a dual meet.
2. **BASIC SWIMMER SKILL:** All swimmers must be able to swim 25 yds. unassisted by a coach in the water and uninterrupted. No person other than the swimmer should be in the lane with the swimmer.
3. **SWIMMER AGE:** Age for the current swim season is determined by the age of the swimmer as of June 15th.
4. **MEET START TIMES:** Saturday meets will start at 8:30 AM or 9:00 AM and Wednesday night meets will start at 5:00 – 6:00 PM, as agreed to by both teams.
5. **NUMBER OF EVENTS:** In DUAL meets, swimmers may enter two individual events, two relays and the I.M.
6. **MIXED RELAYS:** Mixed relays must have at least one member of each gender. Six & under is the only age group swimming mixed relays, unless otherwise agreed upon before the meet.
7. **INDIVIDUAL MEDLEY:** There will be one heat of I.M.'s per age group and gender at dual meets, unless other arrangements are made in advance by the teams involved. Teams should make every effort to keep IM within the meet.
8. **SWIMMING UP AN AGE GROUP:** A swimmer may swim up ONE AGE GROUP ONLY for any event. However, if a swimmer swims up for an individual event, s/he must swim up for all events entered at that meet.
   1. EXCEPTION: A swimmer may swim up one age group for relay events and still swim individual events in his/her normal age group. However, if a swimmer swims up for a relay, s/he cannot swim in a relay in his/her normal age group at that meet. Relay teams may have no more than two swimmers swimming up. A swimmer must swim BOTH Medley Relay and Freestyle Relay in the same age group at a single meet.
9. **COMPLIMENTARY SWIMMERS (Dual Meets):** A swimmer or a relay may swim a complimentary race (“comp”) if the coaches and the hosting team desk agree, prior to the start of a meet.
10. **SIX & UNDER EVENTS:** Six & under events will be held in all strokes, except I.M.
11. **STROKE & TURN:**
12. Each team will provide one stroke and turn judge per meet.
13. Annually, all Stroke and Turn judges should attend the Conference provided mandatory Stroke and Turn Clinic, annually. They must attend training for the year in which they are serving as a Stroke and Turn judge. A team may choose to have a Head Stroke and Turn judge attend the training, and then conduct a review training for returning judges. However, all NEW Stroke and Turn judges are required to attend the actual training.
14. All Stroke and Turn judges will wear white shirts, carry clipboards and DQ slips at all dual meets. The objective is to be able to identify the Stroke and Turn judges on the sides of the pool deck.
15. **SWIMMER DISQUALIFICATION POLICY:** The Walnut Creek Swim Conference shall use the County DQ Policy which calls for strict adherence to the rules by all swimmers 7 years of age and older. Until the Walnut Creek City Meet, 6 & unders will be judged more “loosely,” at the discretion of both teams’ Stroke and Turn judges, with warning DQs issued to allow swimmers to improve their strokes. After the Walnut Creek City Meet, 6 & unders will be judged following a 70/30 rule; i.e., the swimmer must swim 100% correct at least 70% of the time. At dual meets, where there is typically one S&T per side of the pool, two infractions per jurisdiction are allowed, a third resulting in disqualification. This policy applies throughout the season.
16. **ORDER OF EVENTS:** Medley Relay, IM, Free, Breaststroke, Backstroke, Butterfly, Free Relay.
17. **DIVING INTO THE POOL RULE:** As it relates to pool depth for starts and starting blocks, race starts at WCSC Conference Dual Meets shall be generally conducted in accordance with USA Swimming Rules. Such rules are interpreted and implemented by the following restrictions:
    1. Starts for Swimmers 9 & Over shall be conducted in the deep end of all pools.
    2. Swimmers may only dive from starting blocks that are anchored to the pool deck or bulkhead so as to remain stable at all times.
    3. If the water depth in a pool at the starting end is approximately 4 feet or more (measured at a point 3 feet 3 ½ inches for the pool edge) the starting block may be up to 30 inches in height measured from the surface of the water.
    4. If the water depth is more than approximately 3 ½ feet, but less than approximately 4 feet (measured at a point 3 feet 3 ½ inches for the pool edge), swimmers shall start from the pool deck.
    5. No blocks will be used in the shallow end of the pool, regardless of the pool depth.
    6. All teams will provide a non-slip surface at the shallow end of the pool, to be determined by each team.
    7. In all cases not described above, swimmers shall start from the water.
18. **BEFORE THE START OF THE MEET - PROCEDURES:** All officials (including Starter, Stroke & Turn officials and other team representatives, as desired) shall meet prior to the start of the swim meet to confirm the duties and procedures of the Stroke & Turn judges and Starter, to assure a uniform procedure by both teams.
19. **RACE STARTS:** The start command shall be "Take your mark," with the gun/beeper sound to follow.
20. **INDIVIDUAL EVENT FALSE STARTS:** A swimmer will not be disqualified for falling into the pool at the start of a race. A swimmer will be warned about leaving the blocks early, but will not be disqualified for it. If a swimmer falls into the pool for a second time in the same race, he/she will be disqualified.
21. **RELAY STARTS:** Except for the #1 swimmer, the leaving swimmer may start his/her dive at any time, but some part of his/her foot must still be touching the block/deck when the incoming swimmer touches the wall. The # 1 swimmer must hold his/her start until the beeper sounds to start the race.
22. **FLY-OVER STARTS**: All teams will use fly-over starts for ages 9 and up in all strokes, except for backstroke, at all dual meets.
23. **RACE TIMING INSTRUCTIONS:** 
    1. If all three times are different, use the middle time.
    2. If two of the three times are the same to the hundredths place, use that time.
    3. If only two of the three times are available, the average of two times shall be used.
    4. If a manual stopwatch is the only time available, it is used.
24. **SCORING OF DUAL MEETS:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1st Place | 2nd Place | 3rd place | 4th place |
| Individual Events | 5 | 3 | 1 | 0 |
| Relay Events | 7` | 3 | 2 | 1 |

1. **SNACK SHACKS:**  Visiting teams will be reminded that home teams use their snack shack to provide revenue to the team. Visitors should refrain from bringing large, organized food preparations and should be encouraged to support the home team snack shack.
2. **CLEAN-UP:**  Visiting teams are responsible for cleaning up their team area(s) prior to leaving the pool.

**TEAM RESPONSIBILITIES FOR DUAL MEETS**

**HOME TEAM:**

1. Furnish lane ropes.

2. Furnish backstroke flags, posted five yards from each end of the pool.

3. Furnish backstroke stops for 8 & under age groups.

4. Email letters to visiting teams 2 months prior to the start of the meet with home meet details.

5. Personnel:

1. Sufficient number of Timers, Recorders and Desk Workers
2. Starter(s)
3. Runner(s)
4. One Stroke & Turn position (maximum 2 people per meet)
5. Announcer (optional)

6. Provide visiting team with a list of required personnel for the meet

7. Provide training to visiting team personnel on their jobs.

8. Provide electronic and manual stopwatches for all lanes, as needed.

9. Supply recorder slips to each lane for each event identifying:

1. Name and Gender
2. Team Designation (home or visitor)
3. Event
4. Heat Number and Lane Number
5. Places to write three swim times

10. Supply USS Swimming disqualification (DQ) slips for all Stroke & Turn Judges.

11. Score the meet and provide visiting team with a copy of their swimmers’ individual times.

12. Passes should be provided for all coaches to have a free lunch/dinner (maximum = 10 coaches/team). This would include head, assistant and junior coaches. Coaches’ meal tickets will be provided at each dual meet.

13. Hospitality: Furnish water for the Stroke and Turn judges, timers and recorders.

**VISITING TEAM:**

1. Personnel as specified by the home team:

1. Sufficient number of Timers, Recorders and Desk Workers.
2. One Stroke & Turn position (maximum 2 people per meet).

2. Responsible to provide necessary back-up for unexpected job vacancies.

**DUAL MEET DESK AND DATA EXCHANGE GUIDELINES**

The Conference Meet team Desk Manager (person responsible for meet data entry and Hy-Tek management) is responsible for coordinating the Desk Managers of the other teams annually. This person will collect and distribute Desk Managers’ contact information and will form a user group to review these Conference guidelines annually, make changes and to share information on related issues.

1. All WCSC teams will maintain the same swim order for all dual meets: Medley Relay, Individual Medley, Freestyle, Breaststroke, Backstroke, Butterfly, and Freestyle Relay.
2. If necessary, the coaches from both teams will agree, in advance, to schedule the meet differently from this order, before the meet occurs. The Home Team will determine whether adjustments are appropriate and/or desired during the meet. Both teams should make every effort to keep IM in the meet. IM should be dropped, only after either/both relays have been dropped and the meet has been optimized. All swimmers will have the opportunity to swim two (2) individual strokes at a dual meet. Whenever possible, all scheduled events will be completed. Only fully completed events will be scored.
3. All WCSC teams will maintain their swimmer information in Hy-Tek’s Team Manager software application (TM) or Team Unify and run their meets in Hy-Tek’s Meet Manager software application (MM). All teams will upgrade to Meet Manager 5.0 before the start of the 2016 season.
4. The home dual meet Desk Manager is responsible for contacting the visiting team’s Desk Manager. The home team will send a MM Events file to the visiting team along with any particular requirements for their pool, approximately one (1) week prior to the meet.
5. Swimmer Data:

Swimmers entries will be submitted with times. A code of NT will be used if the swimmer does not have a previously recorded time.

Team rosters will be submitted to the home team.

1. Team name abbreviations:

LS=Larkey, WST=Woodlands, IVST=Indian Valley, WHO=Walnut Heights, RMST=Rudgear Meadows, REST=Rudgear Estates, DPST= Dewing Park & WCSC=Walnut Creek

1. Meet Seeding:

Heat and lane seeding will be at the preference of the home team. Avoid having a heat with a single swimmer – reassign previous heat swimmers to that heat.

1. The visiting team will send the swimmer data to the home team by:
   1. Tuesday – Noon for a Wednesday night meet
   2. Thursday – 9:00 PM for a Saturday morning meet
2. The home team will send the seeded meet back up to the visiting team by:
   1. Tuesday – 10:00 PM for a Wednesday night meet
   2. Friday – 2:00 PM for a Saturday morning meet
3. Day of meet/deck changes:

Changes to swimmers and swimmer strokes will be accepted at the discretion of the home team coach and desk staff. Additional “comp” swims will be decided at each meet by the coach and desk staff and will be added where there is a space available.

1. The home team will send the visiting team a MM Back up of the meet as soon as possible after the end of the meet. The visiting team can request the back up at the meet also.

**CONFERENCE MEET ADMINISTRATIVE RULES**

1. All swimmer entries for the 2016 Conference Meet are due by the date designated by the Desk Personnel and the Conference Board. Once swimmer entries have been submitted, no changes will be allowed, including corrections of errors in stroke designation or swimmer times. Exceptions may be made if the swimmer was entered as the wrong gender, the wrong age-group or if the error was due to a mistake that was out of control of the swimmer or coach, in which case the Conference Board will review the problem and render a decision. In any decision, the Conference Representative whose team entry is in question will abstain from voting.

2. If a swimmer is entered in more than three (3) individual events (including IM), s/he shall be struck out of the event in which s/he is most highly ranked and where s/he is most likely to win. S/he can then swim the three remaining events.

3. No refunds will be made for swimmers who are scratched or who are no shows.

4. Swimmers who miss an individual event race are still eligible to swim their subsequently scheduled events.

5. Malicious mischief by a swimmer may result in disqualification from the meet and from any events in which s/he has already competed. Malicious mischief shall be construed to mean:

a. Destruction and/or vandalism of property.

b. Behavior that endangers the safety and welfare of swimmers and/or spectators.

c. Behavior disrespectful to officials (including profanity and/or obscene gestures).

6. Clerk of the Course - All swimmers must check-in at the appropriate desk (boys or girls) prior to entering the Clerk area when a Clerk volunteer will then seat them. Swimmers must remain in their seats until they are asked to proceed to the pool deck. No Parents, siblings, or friends may accompany the swimmers. Only one coach per team is allowed in the Clerk area.

a. Trials

* + If a swimmer arrives after the heat sheet has been sent to the Deck Referee, the Clerk of the Course may attempt to insert the swimmer into the race provided the swimmer’s heat has not passed through the last designated pool deck holding area. The process of inserting any late swimmer cannot disrupt the running of the meet.
  + If a swimmer misses his/her event due to meet procedure problems, as determined by the Meet Director, the swimmer will be placed into a later heat in one of the following methods: scratched slot, first heat of the next event, or a solo swim.
  + If a swimmer misses an event due to his/her own fault, the coaches’ fault or the parents’ fault, there is no recourse.

1. Finals
   * All finals swimmers must check in by name, heat, and lane, and then be seated by a Clerk Volunteer. Once seated, the swimmer must remain in his/her seat or the swimmer will be considered not checked in and will be replaced by an alternate swimmer. If any swimmer is missing from the championship heat, the fastest swimmer in the consolation heat will be moved up. Open lanes in the consolation heat will then be filled by the posted alternates. THE FINALS HEAT WILL BE HELD OPEN UNTIL THE CONSOLATION HEAT IS ABOUT TO BE RELEASED. WHEN THE HEAT IS ‘RELEASED’, THE ROW OF SWIMMERS IS ASKED TO STAND AND MOVE FROM THEIR SEATS TO THE NEXT HOLDING AREA. ONCE A HEAT IS RELEASED, THE EVENT SWIMMERS WILL NOT CHANGE.

**CONFERENCE MEET PROCESS – DAY OF THE MEET**

1. A coaches' meeting will be held prior to the start of the meet.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **POSITION** | | 2015-2016 | 2017-2018 | 2019-2020 | 2021-2022 | 2023-2024 | 2025-2026 | 2027-2028 |
| President | Meet Director | WCSC | RMST | WHO | IVST | DPST | REST | WST |
| Vice President | Set Up - Take Down | RMST | WHO | IVST | DPST | REST | WST | LS |
| Treasurer | Awards | WHO | IVST | DPST | REST | WST | LS | WCSC |
| Secretary | Clerk of Course | IVST | DPST | REST | WST | LS | WCSC | RMST |
| Member | Desk | DPST | REST | WST | LS | WCSC | RMST | WHO |
| Member | Program | REST | WST | LS | WCSC | RMST | WHO | IVST |
| Member | Vendor Manager | WST | LS | WCSC | RMST | WHO | IVST | DPST |
| Member | Hospitality & Insurance | LS | WCSC | RMST | WHO | IVST | DPST | REST |

1. At the Conference Meet, the Stroke & Turn Judges must check in and check out with the Meet Director. If a disqualification is made, the Stroke & Turn judge who made the call must remain in the pool area for 30 minutes following both morning and afternoon sessions to discuss any protest of a disqualification with the Meet Director and the Referee. All protests will be decided on the day of the meet.
2. Coaches and/or managers will discuss responsible behavior with their swimmers before the Conference Meet.

**CONFERENCE TEAM JOBS**

Each Conference team will assume a job according to the following schedule – jobs will rotate every 2 years.

**CONFERENCE MEET OPERATIONAL RULES**

1. **SWIMMER'S ELIGIBILITY FOR CONFERENCE MEET:** **Individual swimmers must swim in at least two dual meets during the season - one of the meets must be a conference dual meet** - to be eligible for the Conference Meet. Entries for the Conference Meet must be submitted with the best time achieved during meets in the current year. All individual swimmers must meet the recreational swimmer eligibility (page 2).
2. **NUMBER OF EVENTS:** Swimmers may enter three (3) individual events and two (2) relays. The IM will be considered as an individual event. Each team will enter 4 IM swimmers per gender/age group.
3. **COMPLIMENTARY EVENTS/SWIMMERS:** All requests for complimentary events/competitors must be made in writing to the Conference Desk Manager by the Monday preceding the conference meet. The Conference Desk Manager and Conference Meet Director may allow complimentary swimmers when there are extenuating circumstances.
4. **MIXED RELAYS:** Mixed relays must have at least one member of each gender. Six & Under Swimmers are the only age group swimming mixed relays.
5. **SWIMMING UP:** A swimmer may swim up ONE AGE GROUP ONLY for any event. However, if a swimmer swims up for an individual event, s/he must swim up for all individual events entered at the meet.
6. **EXCEPTION:** A swimmer may swim up one age group for relay events and still swim individual events in his/her normal age group. However, if a swimmer swims up for a relay, he/she cannot swim in a relay in his/her normal age group. Relay teams may have no more than two swimmers swimming up.
7. **DIVING RULE:** As it relates to pool depth for starts and starting blocks, race starts at WCSC Conference Dual and Championship Meets shall be generally conducted in accordance with USA Swimming Rules. Such rules are interpreted and implemented by the following restrictions:
   1. Starts for Swimmers 9 & Over shall be conducted in the deep end of all pools.
   2. Swimmers may only dive from starting blocks that are anchored to the pool deck or bulkhead so as to remain stable at all times.
   3. If the water depth in a pool at the starting end is approximately 4 feet or more (measured at a point 3 feet 3 ½ inches for the pool edge) the starting block may be up to 30 inches in height measured from the surface of the water.
   4. If the water depth is more than approximately 3 ½ feet, but less than approximately 4 feet (measured at a point 3 feet 3 ½ inches for the pool edge), swimmers shall start from the pool deck.
   5. No blocks will be used in the shallow end of the pool, regardless of the pool depth.
   6. In all cases not described above, swimmers shall start from the water.
8. **STARTS:** The start command shall be "Take your mark," with the gun/beeper sound to follow.
9. **FALSE START:**
   * 1. The USA Swimming "No False Start" rule shall be followed. Per USA Rule 103.8.6:
        1. 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/deck shall be relieved from their starting positions with the “stand up” command and may step off the blocks.
        2. 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, in accordance with Rule 102.13.2
        3. 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.
        4. 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.
        5. 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.

B. Notwithstanding the above, any swimmer will be allowed to complete his/her race, regardless of the disqualification. A swimmer will not be removed from the race for a false start.

1. **RELAY STARTS:** Except for the #1 swimmer, the leaving swimmer may start his/her dive at any time, but some part of his/her foot must still be touching the block/deck when the incoming swimmer touches the wall. The # 1 swimmer must hold his/her start until the beeper sounds to start the race.
2. **DISPUTES:** Current USA Short Course Swimming Rules will be used as a guide with agreement among all clubs on the interpretation and application before the next season on any disputed items.
3. **TIMING/RECORDING INSTRUCTIONS:** 
   1. If all three times are different, use the middle time.
   2. If two of the three times are the same to the hundredths place, use that time.
   3. If only two of the three times are available, the average of two times shall be used.
4. **SCORING OF CONFERENCE MEET:**
   1. Individual Events based on 10 lanes:
      1. Championship Heat – 24 21 20 19 18 17 16 15 13
      2. Consolation Heat – 11 9 8 7 6 5 4 3 2 1
      3. CRITERIA: The Championship heat shall consist of the swimmers with the 10 best times in the trials. A swimmer in the Championship heat who is not disqualified will finish no lower than 10th place. The Consolation heat shall consist of the swimmers with the 11th-20th best times in the trials. The fastest time in the Consolation heat shall be awarded 9th place.
   2. Relay Events (A) – 40 34 32 30 28 26 24 22
   3. Relay Events (B) – 8 7 6 5 4 3 2 1
   4. In case of ties, add together the points for the places involved and divide by the number involved in the tie.
   5. The IM event will be a timed final only.
5. **DISQUALIFICATION POLICY:** The Walnut Creek Swim Conference shall use the County DQ Policy which calls for strict adherence to the rules by all swimmers 7 years of age and older. Six and unders will be judged following a 70/30 rule; i.e. the swimmer must swim 100% correct at least 70% of the time. Where two S&T judges are used per lane, such as at Conference Meet, the 70/30 rule allows for one infraction (i.e. flutter kick, one-hand touch, etc.) per stroke & turn jurisdiction. A second infraction at any jurisdiction would result in disqualification.
6. **RAIDS:** At the beginning of each season, the Conference Board will hold a meeting with all coaches to reinforce the reasoning of why raids are not acceptable. Positive spirit expressions are welcomed and should be of a non-malicious intent. Teams must visit other teams during the daylight hours, preferably, during practice times. If raiding occurs and damage is done, the responsible person(s) shall compensate the raided pool for any damages. If a police report is filed and individual Conference swimmers are determined to be responsible, the swimmers named will be disqualified from participating in the Conference Meet. The Conference President is to be notified if a police report is filed.
7. **CONFERENCE TEAM SPIRIT:** Positive expressions of spirit are encouraged, but there will not be a competition for an award.

**APPROVED SWIMWEAR (DUAL and CONFERENCE MEETS):**

The Walnut Creek Swim Conference will follow the USA Swimming Rules Guidelines for approved swimwear. The USA Swimming House of Delegates, at its September 2009 meeting, adopted new rules regarding swimwear which limited swimsuits used for competitive purposes to those swimsuits which are in compliance with specifications established by FINA, the international governing body for the sport of swimming. A full description of the rules can be found at USASwimming.org (under “ABOUT”, Rules & Regulations).

A description of legal swimwear for 2017 follows ~

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck, or extend past the shoulders or below the knee;

2. Material used for swimsuits can be only textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene; and

3. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.

**Two Suit Rule**

USA Swimming has determined that the use of more than one suit during a race is prohibited. This restriction applies to all types, models, and makes of swimsuits, not just so-called “technical swimsuits.”

Per USA swimming, this rule is not intended to apply to athletic supporters or modesty type wear.

**Exemption**

An exemption to Article 102.9.1 may be granted, on a case by case basis, to a swimmer who:

1. Based upon the swimmer’s stated religious beliefs, is required to wear a suit that covers more of the swimmer’s body than is permitted under this Rule; or

2 . Whose medical condition requires more of the swimmer’s body to be covered than permitted under this Rule.

This exemption does not extend to the use of any swimwear that has ever been promoted by its manufacturer as providing a performance advantage, or has otherwise been described as providing a technological advantage.

**A Word about the County Meet**

The swimsuit guidelines established for the 2017 Conference Meet are the same as those that will be enforced at the 2017 County Meet.

**CONTRA COSTA COUNTY CHAMPIONSHIP SWIM MEET ELIGIBILITY:**

* Recreational swimmers may swim in the County Championship Swim Meet, either attached (representing a team) or unattached.
* Attached—Attached are those swimmers who are members of a Recreational team. If he/she is representing a team, he/she must have swum with this team only for the course of the summer and must have participated in at least three meets with them during the summer. If a swimmer moves his residence during the summer, he may swim with another team in his local vicinity with written approval in advance.
* Unattached – Unattached swimmers are those individual swimmers not affiliated with a team, but who still meet all other eligibility requirements.
* Participation in various clinics and lesson programs, will not jeopardize eligibility, provided the total hours of participation does not exceed 15 hours between December 31st and the beginning of the recreational season.
* Recreational swim teams may not begin training earlier than the second Monday in April 10, 2017.
* Swimmers (other than high school and college swimmers) may not compete as members of a USA team or train with a USA team between December 31, 2016 and August 13, 2017. Any swimmers that compete or train with a USA team during this time MAY NOT compete in the 2017 Contra Costa County Championship Swim Meet.
* High school and college swimmers who are members of their scholastic teams may continue to train with a USA team until February 14th. High School and college swimmers may swim in USA meets unattached until February 14th.
* Individual swimmers must meet the minimum qualifying times as sent to teams in the information packet. Qualifying times change from year to year. A participant’s qualifying time must have been from a recorded result in a recreational meet held during the summer. Team time trials and intra-squad meet times are not acceptable.