

Chapel Hill Summer Swim League Bylaws 2014

PHILOSOPHY:

The purpose of the Chapel Hill Summer Swim League is to sponsor organized age group swimming competition during the summer for teams comprised of swimmers from the league's member clubs.

It is the philosophy of the CHSSL to allow maximum participation in swimming competition in an environment that encourages and teaches:

- 1. Improvement of swimming skills in an enjoyable atmosphere**
- 2. Understanding that healthy competition is fun and that good sportsmanship is emphasized**
- 3. Contact, team spirit, and friendship among swimmers of all skill levels.**

The guiding principle of the league is that the best interests of the swimmers competing are paramount. Officials in all CHSSL sanctioned meets should be knowledgeable about the Chapel Hill Summer Swim League Bylaws. While CHSSL generally applies USS guidelines and rules, **it is the league's philosophy that these swim meets are held for the children, first for fun and second to determine a winner. Winning should always be secondary to good sportsmanship.** The best interest of the swimmers involved is the top priority.

PURPOSE:

The purpose of this document is as follows:

- 1. To provide guidance** to parents, league officers, and coaches for the consistent administration of league-sanctioned swim activities;
- 2. To ensure that the philosophy of the league is understood and applied** in every situation where there is not specific guidance in the rules; and
- 3. To provide a reference for rules** to be followed in judging and scoring swimming events conducted as part of league-sanctioned meets.

I. TEAM MEMBERSHIP

The CHSSL needs a strong membership base to remain viable. New clubs should be readily accepted into the CHSSL, and current member clubs should encourage and facilitate the organization of new clubs. The following guidelines will apply to club membership in the CHSSL.

- A. MEMBERS will remain in good standing as long as:
 - 1. dues and fees to the CHSSL are current, or if not, their non-current status has received the prior approval of the board
 - 2. no violations of league rules or changes in the club status have occurred which causes the club's membership in the CHSSL to be suspended or revoked.
 - 3. members have (or have access to) a pool capable of hosting a meet
- B. VOTING ON MEMBERSHIP. Acceptance of new members, or a change in status of current, including, but not limited to, revocation of membership and mergers or division of current members in CHHSL, will be by a majority vote of the parent representatives on the board.

II. SWIMMERS

- A. ELIGIBILITY - To be eligible to participate in swimming meets as a CHSSL team member, each swimmer must conform to all eligibility rules below.
 - 1. To be eligible to participate in CHSSL sponsored swimming meets a swimmer must be an unrestricted member of an individual club affiliated with the CHSSL. If a club wishes to have swimmers with restricted membership eligible to swim in CHSSL-sponsored swimming meets they must receive prior approval from the CHHSL board. In considering these requests the board will attempt to balance any concerns regarding recruiting of swimmers with the desirability of greater access to the CHSSL. This by-law does not apply to teams sponsored by public swimming pools (i.e. the Chapel Hill Community Center, etc.), but only to teams sponsored by private clubs.
 - 2. To be eligible, a swimmer must declare membership in one of the clubs _____ teams participating in the CHSSL. A swimmer declares membership on _____ a team by paying dues to belong to a specific team, or by swimming for _____ that team in dual meet competition. Membership on more than one CHSSL team is not permitted, even if the swimmer is a member of more than one club.
 - 3. To remain eligible once membership in a club team is declared, the

- swimmer must remain with that club for the entire summer unless:
- a. The child's family changes club membership, a request for change of team is brought up before the CHSSL Board, and the request is approved; or
 - b. Any other special case develops which is brought up before the Board for special consideration, and the change is approved.
4. Until Board approval for a team change is granted, the swimmer is not eligible to swim for scoring purposes for the new team in either dual meets or in the Championship Meet.

B. AGE GROUPS

1. Age groups shall be, 6 and under, 7-8, 9-10, 11-12, 13-14, and 15-18.
2. Any eligible swimmer may swim in the age group which corresponds to his/her age as of June 1 of that year. In any meet, a swimmer may swim events in only one age group, except as allowed by section IVA, 3e and in certain events designated as 8&U, 10&U, etc. to which his age corresponds.

C. USS/NCS, YMCA, HIGH SCHOOL, AND COLLEGIATE SWIMMERS

1. All otherwise eligible swimmers may swim in their natural age group, regardless of registered swimming times posted during the previous winter season, or their competitive status in the scholastic or other organized swimming programs.
2. All swimmers wearing swim caps during a meet must wear either their CHSSL team cap or a plain cap (however, a violation of this provision shall not be a disqualifying infraction).

D. COACH ELIGIBILITY

1. Swim team coaches at the individual club pools are eligible to participate and score points for that club in individual events and relays in the CHSSL sponsored swimming meets for their teams, only if they fully meet all league eligibility requirements as stated in the bylaws. Eligibility shall include full unrestricted membership to their club and in all cases, a coach must be 18 years of age or younger before June 1 of the summer swim season.

E. LIFEGUARD ELIGIBILITY

1. Regardless of the policies of the individual clubs, employment as a lifeguard does not confer eligibility to participate in CHSSL swimming meets. CHSSL does not recognize employment as conferring an unrestricted membership.

III. STROKE and TURN / DISQUALIFICATIONS

- A. STROKE AND TURN see attachment #1 for stroke and turn judging criteria.

B. Stroke and turn judges officiating at any meet must have been certified by the CHSSL. The league will provide a stroke and turn clinic each year prior to the start of the season.

C. DISQUALIFICATIONS

1. All disqualifications will be documented by the official stroke and turn judges on the appropriate DQ slips – see attachment #2.
2. DQ slips will be written in duplicate. One copy will go to the scorers; one copy will be given at the meet to the coach of the offending swimmer.

IV. DUAL MEETS

A. EVENTS

1. Shall be conducted according to the Order Of Events in Schedule One.
2. Exhibition swims are prohibited
3. Relays
 - a. One heat per age group
 - b. Boys and girls races shall be swum simultaneously if possible.
 - c. So as to allow more swimmers to participate in relay events at every meet, mixed relays can be swum as boys relays if the following conditions are met.
 - d. Mixed relays shall be swum officially only in the absence of four qualified boys in that age group. If a team has four boys entered in individual events in the meet, that team may not enter a mixed relay for scoring in the meet. Exceptions must be brought to the host meet director for approval.
 - e. All mixed relays must have at least one boy who qualifies for that particular age group.
 - f. If a team has four qualified swimmers in an age/sex group, these are the swimmers to be used for the relay. Only when a team does not have four qualified swimmers in a given age group can they move a swimmer up from a lower age group to fill out the relay. No stair stepping (example: robbing from the 13-14 group to fill 15-18 group and moving 11-12 to the 13-14 group) will be allowed.
 - g. Each club may enter two official relays only.
 - h. Mixed relays are to be scored as boys relays.
4. Individual Events
 - a. Each individual swimmer shall be allowed to swim a maximum of three individual events and two relays (*one free and one medley*). If possible each swimmer shall be entered in a minimum of two events including relays in each dual meet. If a swimmer swims more than three individual events he or she will be disqualified from the meet.

- b. Events swum outside of a swimmer's age group count toward that swimmer's maximum allowed events. Exhibition swims do not count as such.
 - c. A swimmer may only swim one individual event per stroke. For example, a swimmer age 10 and under may swim the 25 meter freestyle or 50 meter freestyle, but not both.
5. Every effort should be made to minimize the number of heats.
 6. Heats will be arranged fastest to slowest.
 7. Even numbered lanes shall be assigned to the home team and odd numbered lanes shall be assigned to the visiting team for all dual meets, however, the Clerk of the Course shall have discretion to combine heats and/or events into single heats as he/she sees fit in the interest of time.

B. TIME

1. All meets will be swum according to the schedule set by the CHSSL board prior to the swim season, unless changed by prior agreement between coaches, and confirmed two days in advance of the meet.
2. Warm-ups will be held from 4:00 to 5:00 p.m.
3. Meet begins at 5:00 p.m.
4. Day or time may only be changed when:
 - a. All teams agree to a rescheduling ahead of time.
 - b. The meet is rained out and a rain date is set.

C. EARLY TERMINATION/RESCHEDULING OF A DUAL MEET

1. In the case of inclement weather (i.e. lightning, thunder, etc.) the host coach is responsible for removing all swimmers from the water to wait for a break in the weather. The pool manager, in consultation with the parent representatives of the two teams, will jointly decide if the meet should be called on account of weather. Every effort will be made to delay rather than cancel the meet. If the meet is called for weather it will be rescheduled in accordance with the rules below.
2. If a dual meet has completed Event 44 and the meet is called off for any reason, a winner must be declared based on the score at that point in that meet.
3. If a dual meet is called off for any reason prior to the completion of Event 44,
 - a. The meet shall be rescheduled and
 - b. Competition shall resume at the point of termination and
 - c. The rescheduled meet will be held at a mutually available time jointly agreed upon by at least one parent rep from each team.
4. If a rescheduling is not possible for a dual meet called before Event 44, no winner will be declared.

V. CHAMPIONSHIP MEET

- A. Eligibility - any swimmer who meets regular season requirements and has swum in two CHSSL regular meets.
1. Exceptions must be approved by a majority of the coaches at the time of the seeding.
 2. Substitution of one swimmer for another in a given event is permitted **only after** receiving permission from the Meet Referee/ Meet Director, and approval must be received **prior to the start of the session**. It is the responsibility of the team's Head Coach to communicate the necessary changes. Additional swimmers may be deck entered **only at the discretion** of the Meet Referee/ Meet Director.
 3. In the event that a dual meet is cancelled or postponed due to bad weather, such meet will count toward the Championship Meet eligibility requirement for all swimmers who were present and actually swam or were otherwise ready to swim in such meet, regardless of whether such meet is rescheduled, and any times swum in a meet that is terminated early due to bad weather will count for purposes of seeding for the Championship Meet.
 4. Six and under are allowed to participate in the 8 and under 25 breast and 25 fly events in the championship meet if they have successfully and legally completed the event during the dual meet season.
- B. ORDER OF EVENTS - Events shall be conducted according to the Championship Order of Events that will be determined by the CHSSL annually.
- C. ENTRY LIMITS – Each club may enter only one relay per event to swim for points.
- D. ENTRY TIMES - Entry times must have been achieved in dual meet competition during the regular swim season. Entry times must be in meters, or converted from yards in accordance by multiplying the yard time by the conversion factor 1.11 (Meet Manager default). This factor is to be used for all age groups and events. A swimmer may be entered into an event for the Championship Meet with a No Time (NT), EXCEPT as required in Section V. Championship Meet, A. Eligibility, 4.
- E. MAXIMUM AND MINIMUM ENTRIES - shall be the same as the regular season.
- F. SEEDING - All entries shall be seeded by the CHSSL Board representative prior to the meet.
- G. RULES - All other regular season rules shall apply for this meet.
- H. HOST TEAM ORDER - When a new team is added, it will be inserted at the end of the rotation.

<u>Team</u>	<u>Year</u>
Southern Village / Governors Club	2014
Hollow Rock / Stone Ridge / Plex	2015
The Farm / Meadowmont	2016
Country Club / Ridgewood	2017

Tennis Club	2018
Heritage Hills/Homestead Aquatics Center	2019
Hillsborough SportsPlex	2020
Exchange/Sunset Creek	2021

VI. SCORING

A. DUAL MEETS

1. Individual events- places shall be scored as 5 points for 1st place, 3 points for 2nd place, and 1 point for 3rd place.
2. Sweep – If either team sweeps an event by taking 1st, 2nd, and 3rd places, that team shall receive 8 points and the remaining point be awarded to the opposing team unless:
 - a. the opposing team did not enter a swimmer in the event, or
 - b. all swimmers entered by the opposing team were disqualified.
 Under either of these circumstances, the 9th point is not awarded.
3. Relay events – No team shall receive points for more than one relay in each relay event. Places shall be scored as 7 points for 1st place and 2 points to the opposing team unless:
 1. the opposing team did not enter a relay team in the event, or
 2. all teams entered by the opposing team were disqualified.
 Under either of these circumstances, the 2 points are not awarded.
4. Scores shall be announced at the discretion of the coaches involved.
5. Three timers per lane will be used. The middle time will be the official time. If only two times are recorded the average of the two times will be the official time.

B. CHAMPIONSHIP MEET

1. If touch pads are used, there will be two manual backup timers per lane. Touch pad timing will prevail in determining winners, if the system has functioned properly.
2. As of 2013, points will be scored using the Meet Manager defaults which are as follows:

Individual	Place	Points	Relay	Place	Points
	1 st	20		1 st	40
	2 nd	17		2 nd	34
	3 rd	16		3 rd	32
	4 th	15		4 th	30
	5 th	14		5 th	28
	6 th	13		6 th	26

11/2013

	7 th	12		7 th	24
	8 th	11		8 th	22
	9 th	9			
	10 th	7			
	11 th	6			
	12 th	5			
	13 th	4			
	14 th	3			
	15 th	2			
	16 th	1			

VII. AWARDS

- A. **RIBBONS** - CHSSL ribbons shall be used only for league meets and shall be awarded as follows:
1. Individual events – ribbons shall be awarded for 1st through 6th places in dual meets, and 1st through 16th places in the Championship Meet.
Ribbons are awarded on the basis of actual finish order, regardless of the assignment of points scored in an event.
 2. Relays – In all dual meets each member of the 1st through 4th place relay teams will receive a ribbon. In the Championship meet, each member of the 1st through 8th place 12 and under relay teams will receive a ribbon; each member of the 1st through 3rd place 13 and up relay teams will receive a ribbon.
- B. **CHAMPIONSHIP MEET PLAQUE** – There will be a rotating team plaque awarded to the winner of the Championship Meet each year. The plaque is kept for one year then re-awarded.
- C. **DUAL MEET CHAMPIONSHIP PLAQUES** – There will be rotating team plaques for the boy’s team dual meet champion and the girl’s team dual meet champion each year. The plaques will be kept for one year then re-awarded. The boys and girls dual meet champions shall be determined based on the respective league dual meet season win/loss records of each boys and girls team. In the event of a tie based on win/loss record, the champion will be determined based on head to head competition between the tied teams. In the event that the teams tied in their head to head competition, co-dual meet champions will be named.
- D. **MEDALS** - Medals will be awarded for record breakers in the Championship Meet.
- E. **PLAQUES** - Plaques will be awarded for both boys and girls team age group high point winners. Point scores are determined by adding all points for each age group for each team.

VIII. OFFICIALS AND EQUIPMENT

- A. PERSONNEL - Each Club will provide for dual meets:
 - 1. Home Club: 2 timers per lane; visiting club 1 timer per lane
 - 2. 1 stroke judge
 - 3. 3 scorers
 - 4. 2 runners
 - 5. 3 ribbon writers
 - 6. 1 starter from home team
 - 7. 2 Clerk of Course officials
- B. CHAMPIONSHIP MEET PERSONNEL - Each Club will provide officials for the Championship Meet as determined by the Championship Chairperson.
- C. EQUIPMENT
 - 1. Each club will provide:
 - a. watches for the clubs timers
 - b. entry cards accurately filled out for each swimmer
 - c. place ribbons and participant for own swimmers
 - 2. Home clubs will provide:
 - a. power horn or speaker
 - b. refreshments for meet workers and coaches
 - c. score sheets

IX. FEES

- A. RIBBONS - Ribbons and printing fees will be approved by the Board and then equally divided among the league member clubs.
- B. FEES - All fees will be paid by each league member to the league Treasurer by the date set by the board. As of 2013, a fee of \$5/swimmer on the team roster will be assessed to each team.
- C. ADDITIONAL FEES - Any additional fees must be considered and approved by the board.

X. ADMINISTRATION

- A. BOARD REPRESENTATION - The CHSSL Board will consist of one or two representatives from each member team. Ex-officio non-voting members may be appointed by the president with approval of the board.
- B. VOTING - Each fee-paying team will have two votes. Unless otherwise noted, to be binding, votes must be majority votes of a quorum of the Board.
- C. QUORUM - A meeting quorum is defined as at least two thirds of the member teams represented and attendance by at least one elected officer. In the absence of an officer, a *pro tempore* presiding officer will be elected.
- D. REQUIRED NOTICE OF MEETINGS - At least four days advance notice to all Board members is required before a meeting may be scheduled and held. Notice may be by mail, email or phone.
- E. MEETINGS. The schedule below is a guideline for scheduling regular meetings.

- 1. Jan/Feb Parents Administrative issues
 - Mar/April Parents Administrative issues
 - May Parents/Coaches Swim season matters
 - June Parents/Coaches Swim season matters
 - July Parents/Coaches Swim season matters
 - July Parents/Coaches Championship Meet seed meeting
 - September Parents Proposed changes for next season
 - October Parents Administrative Issues
- F. EMERGENCY MEETINGS - Emergency meeting (those without a four day advance notice) may be called by a three-quarters majority of all Board Members. A quorum must be present for all binding votes at emergency Board meetings.
- G. TIE VOTES - In all cases of a tie, the presiding officer will be given a tie breaking vote.
- H. ELECTION OF OFFICERS - Prior to the beginning of each season, the CHSSL will elect a Secretary and Treasurer by majority vote. The President is a parent representative from the host team of the championship meet of the previous swim season. The Vice President is a parent representative from the current year host team of the championship meet.
- I. PRESENTATION OF GRIEVANCES - Grievances shall be presented to the President of the CHSSL Board, who then may bring the matter to the Board if he/she deems it necessary. Any disciplinary action must be by a majority decision of the Board.
- J. GOVERNING RULES. In all situations not specifically covered or excepted by the rules of the CHSSL, the CHSSL will observe current USS Short Course Age Group swimming rules.
- K. TELEPHONE/EMAIL SURVEY. Swimmer eligibility, team changes and other variances may be decided by a telephone/email poll of a majority of the Board.
- L. DUTIES OF OFFICERS
- 1. President
 - a. Presides over all meetings and arbitrate disagreements.
 - b. Schedules and provides official notification of meetings.
 - c. Updates Championship Meet Records for the previous season and changes as necessary. He/she also adds new age group winners.
 - d. Encourages local media to cover CHSSL events.
 - 2. Vice President
 - a. Presides over meetings in the President's absence.
 - b. Hosts the Championship Heat Sheet seeding meeting
 - 3. Treasurer
 - a. Collects all monies and pay all debts for the CHSSL.
 - 4. Secretary
 - a. Takes minutes of all meetings

- b. Provides copies of all minutes and other necessary materials to each Board member.
- c. Keeps an official copy of the names and addresses and phone numbers of all Board members.
- d. Keeps an official copy of the CHSSL rules with all amendments.
- e. Keeps an official copy of all dual meet results of the current season
- f. Orders and distributes swim cards, score sheets and DQ slips to the teams.
- g. Orders and distributes the regular season Dual Meet and Championship Meet ribbons for the season

Chapel Hill Summer Swim League
Stroke and Turn Judging
June, 2006

All stroke and turn officials are recommended to attend a S&T clinic held prior to the start of the season.

All new officials and returning officials that have not worked the previous season must attend the clinic. After attending the S&T clinic, it is expected that new officials apprentice with an experienced S&T official for one meet prior to officiating independently.

1. Freestyle

a) Start - The forward start shall be used.

b) Stroke – In an event designated freestyle the swimmer may swim any style, except that in a medley relay or 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 of the water.

c) Turns - Upon completion of each length the swimmer must touch the wall.

d) Finish - The swimmer shall have finished the race when any part of his/her person touches the wall after completing the prescribed distance.

2. Backstroke

a) 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. Toes may be above the water line but standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before the start.

b) Stroke - The swimmer shall push off on his/her 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 each turn. By that point, the head must have broken the surface of the water.

c) Turns - Upon completion of each length, some part of the swimmer must touch the wall. During the turn, the shoulders may turn past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. The swimmer must have returned to a position on the back upon leaving the wall.

d) Finish – Upon the finish of the race, the swimmer must touch the wall while on the back.

3. Breaststroke

a) Start - The forward start shall be used.

b) Stroke - From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. The swimmer 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. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

c) Kick - After the start and after each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous. The feet must be turned outward during the propulsive part of the kick movement. A scissors, flutter, or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.

d) Turns - At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface. 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 any part of the last complete or incomplete cycle preceding the touch. 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 and the form prescribed in (b) above must be attained from the beginning of the first arm stroke.

e) 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. 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 any part of the last complete or incomplete stroke cycle preceding the touch.

4. Butterfly

a) Start - The forward start shall be used.

b) 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 him/her to the surface. It shall be permissible for the 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.

c) Kick - All up and down movement of the legs and feet must be simultaneous. The position of the legs or feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kick movement is not permitted.

d) 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.

e) Finish - At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, over, or below the water surface.

5. Individual Medley – The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

a) Start – The forward start shall be used.

b) Stroke – The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

c) Turns – Intermediate turns within each stroke shall conform to the turn rules for that stroke. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

Butterfly to backstroke – the swimmer must touch as prescribed above. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at

or past the vertical toward the back when the swimmer leaves the wall.

Backstroke to breaststroke – the swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed

armstroke form must be attained prior to the first arm pull.

Breaststroke to freestyle – the swimmer must touch as described above. Once a legal touch has been made, the swimmer may turn in any manner.

d) Finish – The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

False Starts

- a) After the command "Take your mark" and before the starting sound, the starter may release the swimmers from the starting position with the command "Stand up". This allows each swimmer in the forward start to move away from the front edge of the starting platform and, if desired, to step off the platform. In the backstroke start, each swimmer is also released from the starting position but must remain in the start area.
- b) After the command "Take your mark", all swimmers entering the water or otherwise leaving their marks, before the starting sound or before being released from the starting position, shall be charged with a false start. All other swimmers must be released immediately from the starting position by the starter.
- c) Swimmers entering the water or otherwise leaving their marks, in reaction to the command "Stand up", subject to the discretion of the referee and/or starter, shall not be charged with a false start.
- d) When the starting sound has been given and an unfair advantage has been obtained by one or more swimmers, all swimmers shall be recalled at once with a pistol shot and/or electronic sound device by the starter, recall starter or referee. The starter, recall starter and/or referee then shall indicate the swimmer(s), if any, to be charged with a false start.
Swimmers not obtaining an unfair advantage, even though they have entered the water, shall not be charged with a false start.
- e) In championship meets, dual confirmation is required to confirm a false start. A swimmer may be charged with a false start only if the violation is observed and confirmed by at least two of the following officials: starter, recall starter, referee. Dual confirmation of false starts is recommended for non-championship meets whenever there are an adequate number of officials.
- f) In the Chapel Hill Summer Swim League the first false start will be charged to field. Any subsequent false start shall be charged to the swimmer or swimmers who, in the judgment of the starter, committed the false start and this shall result in immediate disqualification.

Relays

- a) 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.
- b) Medley relay- Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously 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.
- c) Other rules pertaining to relays
 1. No swimmer shall swim more than one leg in any relay event. Additionally, no swimmer may participate in more than *one free* and *one medley* relay during each meet.
 2. 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 shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.

Relay takeoffs

Each succeeding swimmer (i.e. swimmer 2, swimmer 3 and swimmer 4) shall take off using a forward dive from a starting position having at least one foot in contact with the front edge of the starting platform. All momentum for the start must be generated after the swimmer steps onto the platform. The swimmer may be in motion when the preceding swimmer finishes; however, if the swimmer leaves the starting mark before the previous swimmer on his or her relay team finishes a leg of the race, that relay team shall be disqualified.

Relay Takeoffs (100 yd relays)

Swimmers starting from the shallow end of the pool (depth less than 4 feet) shall start in the water. A diving start will not be allowed. The swimmer must start with one hand on the wall. If the swimmer leaves the starting mark before the previous swimmer on his/her relay team finishes a leg of the race, that relay team shall be disqualified.

The above rules are the normal USS swimming stroke and turn regulations. This Board has chosen to modify these rules with regard to specific age group requirements. The modifications are listed below. Coaches are asked to teach swimmers of all age groups to compete using the normal rules. The following guidelines are to be distributed to each team for use by the officials during meets.

Common infractions that apply to ALL age groups:

- 1) relay takeoff infractions
- 2) wrong stroke
- 3) failure to finish race independently.
- 4) push off on bottom of pool or pulling on lane rope to advantage
- 5) failure to touch wall on a turn

Remember: Disqualification for false starts on individual events and at the start of relay events is the responsibility of the starter – not the stroke judge. The starter is responsible for the judging the relay takeoffs from the start end of the pool.

Swimmer ages 6 and under

- 1) The 6 and under can turn to their breast during the backstroke to check wall location but must return to their back and complete the race on their back.
- 2) During all 6 and under events, the swimmer can hang on lane rope for rest or adjusting goggles. However, they cannot pull on the lane rope to advance themselves.

Swimmer ages 10 & under

Do not DQ for poor/illegal flip turns on 50 Back for this age group unless more than one freestyle stroke is taken after turning over onto the breast. We do not want to penalize these swimmers for trying to do this difficult turn.

Swimmer 11 and up

No exceptions to the stroke and turn rules.

Reminder: Judges must see an infraction to disqualify a swimmer. Other observers may not “report” illegal swims for disqualification. If you do not see an infraction or you are not completely confident that an infraction has occurred – do not disqualify the swimmer. These modifications to the normal Stroke and Turn rules were discussed and approved by the coaches of the CHSSL for the 2010 swim season. The coaches and the CHSSL Board ask that these standards be enforced at each swim meet to that we can assure each child an equal opportunity to succeed at every meet. With the exception of flexibility on backstroke flip turns, we ask that the standard Stroke and Turn rules be enforced for swimmers age 6 and older.

Additional USS Rule Clarifications:

1. A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. Except for relay take-off judges when dual confirmation relay take-off judging is used, the Referee, stroke, turn, or relay take-off judge, upon observing an infraction, shall immediately raise one hand overhead. If the official does not do so, there shall be no disqualification.
2. A swimmer must start and finish in the same lane.
3. Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.

4. Dipping goggles in the water or splashing water on the competitors face or body prior to an event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.
5. No swimmer is permitted to wear or use any device or substance to help his/her speed, pace or buoyancy during a race. Goggles may be worn and rubdown oil applied if not considered excessive by the Referee.
6. Grasping lane dividers to assist forward motion is not permitted.