

**NORTHEAST IOWA SWIM CONFERENCE RULES AND REGULATIONS - Revised 6-9-2018**  
**GENERAL ORGANIZATIONAL RULES**

**Team Participation:**

Calmar	Decorah	Manchester	Sumner	Waukon
Cresco	Elkader / Strawberry Point	Monona / Postville		West Union

**Team Vote:** Each team will have one vote pertaining to Conference matters; majority vote rules.  
In case of a tie, the Conference Secretary will have the deciding vote.

**Conference Dues:** \$150.00 payable to the Northeast Iowa Swim Conference  
316 3<sup>rd</sup> Ave E, Cresco IA 52136

**The week a meet is held:** HOST team only get a copy of meet results to Conference Coordinator  
FAX the meet result to 563-547-1020 or email [fitnesscenter@cityofcresco.com](mailto:fitnesscenter@cityofcresco.com)

**Dates to Remember:** **July 1:** Send your team roster (**first and last name, sex, age group and birth date**).  
**July 11:** Conference entries due to hosting team.  
**July 13:** Final date to submit dual meet standings for conference records –  
make notation at top of 1<sup>st</sup> page with event numbers that need to be identified  
**July 14:** Conference Meet in Sumner

**GENERAL MEET RULES - DUAL AND CONFERENCE MEETS**

**Age Groups**

8 & under; 9-10; 11-12; 13-14; 15 & over.

A swimmer shall participate in his/her age group according to his age on June 1st. The 15 & over is for all high school students including seniors who have turned 19 before June 1<sup>st</sup>, this is not for returning college students.

A swimmer may swim UP in age group, but NOT DOWN. A swimmer who swims UP in age group for an event may also swim in his/her own age group in an event of another stroke. A swimmer may swim in his/her own age group or swim UP in age group to qualify his time for a Conference record. He/she may not hold a record in an age group above the age group he/she belongs to. If a team permits an illegal swimmer to swim, that team will forfeit all points, ribbons or medals that swimmer may have earned (including relays). Coaches are allowed to swim in relays to fill a spot but must be marked exhibition on the card unless they qualify in an age group.

Swimmers should be able to swim unassisted if at all possible; if assistant is in the water, then the card will be marked by the coach, timer, or stroke judge, "DQ".

**Timers**

Official time will be kept by stopwatch. However, each team is requested to use a **Placement Judge** at their home meets to ensure the proper placement of swimmers in case of a very close race, difference in reaction time of timers, failure of a stopwatch, etc., (A stroke judge or starter may also be designated as a placement judge.)

**Coaches**

Coaches cannot simultaneously coach and be Starters, Stroke Judges, Placement Judges, etc. at meets. If coaching their only job is to coach at meets. If it is absolutely necessary that a coach act as an official at a meet, then they are not coaching also, the opposing coach should be made aware of this fact - this situation should be treated as the exception to the rule, not the norm. Coaches are asked not to interfere with the starter, time keepers, or stroke judges during a meet. If a coach questions a call of any official during the meet, they may bring it to the attention of the opposing coach during the meet and then discuss it after the meet has been completed.

**Stroke Judges**

Each team (the visiting team as well as the home team) **must have a stroke judge** available to work each meet. Each team should also try to provide a turn judge to help with making correct calls, especially in an area that is hard to see from the stroke judge chair. Stroke Judges are expected to know all the current Rules for Swimming the Strokes and the modifications as set forth by the Conference in the Conference Rules. DQ slips should be placed separate from the box of ribbons for easy access by the coaches only (could just be set beside and then placed on top in the box once the meet has concluded).

## DUAL MEETS

**Time:** 4:30 p.m. Warm-ups --- 5:00 p.m. start time.

**Elec. Entries:** Electronic entries must be submitted by 6pm the day prior to the meet. Changes are allowed up until the beginning of the meet. If the visiting team knows of the changes earlier, then a call to the entries person can be made to help alleviate a bunch of changes at the last minute. No changes will be allowed after the start of the meet except in relays when a swimmer is missing/gets sick. In this case, a substitute (swimmer not already in a like relay) can be used at any time. The coach will be responsible for making the appropriate ribbon changes when this change happens. Remember, this is the exception, not the norm.

**Seeding:** The home team and visiting team will use alternate lanes. The system will seed the entrants appropriately based on seed times and place in lane assignments. If individual swimmers have no seed time for the electronic entries, please give them an estimate seed time. If a relay has no seed time then add the individual times and use that for an estimate seed time.

**Scoring:** Relays 6-4-0 Individual Events 5-3-2

**Participation** Each swimmer may swim three (3) individual events and two (2) relays. Teams may enter unlimited swimmers in freestyle and backstroke, while all other individual events see list of team allowances at home meets. All non-assisted swimmers at dual meets are eligible for scoring and receiving ribbons. Mixed relays are allowed and swum as a boys' event. This relay must have at least two (2) boys in it. This relay team can score for their team, but they cannot break conference records. It's your team's decision about your own team records.

**Awards:** Ribbons will be furnished by the home team for the first three places in individual events for 11 and older events and for the first six places for 10 and under events, and for the first two places in relay events. All 8 and under swimmers, including those disqualified, will receive a "participation ribbon" if that swimmer does not get one of the placing ribbons.

**Weather:** In case of rain, a meet is considered a completed meet after 39 events have been swum. If a meet is rained out before Event #39 and rescheduled, each team may re-write their entry cards for the events to be swam at a later date using whatever team members they have available for that date.

## **CONFERENCE MEET - Saturday, July 14** **(Rain date –Sunday, July 15)**

- Location:** This year's Conference Meet will be held in Sumner, with the meet location to move each year thereafter in the following order: Decorah, Calmar, Monona, Cresco, Manchester, West Union, Waukon, Elkader and Sumner,  
Each team can have **three coaches** poolside (inside the fence – depending on the pool) during the Conference Meet.
- Scoring:** Relays and Individual Events will be equal scoring: 10-8-7-6-5-4-3-2-1
- Time:** **9:00 a.m. – 9:45 Warm-ups – specific team times will be listed in conference letter.**  
**9:30 a.m. - Coaches meeting.**  
**10:00 a.m. - Meet begins (on time with any luck at all!).**  
Warm-ups will be approximately 15 minutes for each team.
- Events:** The medals and ribbons will be announced, presented, and recognized halfway and at the end of the meet (location to be defined with instructions from the host team). Participants receiving these awards will be responsible for it, don't lose it, and get it to your parent or the like.
- Participation** Each team may enter one (1) swimmer per individual event and one (1) entry per relay Mixed relays will be allowed but the relay must have at least two (2) boys in it. The relay will be swum and scored as a boys' event. This relay team can score for their team, but they cannot break conference records.
- For Points:** Swimmers participating in the Conference Swim-Off must have competed in at least two Conference dual meets during the season and have established a time in one individual event.
- Seeding:** Each participant's best time will be entered on the entry card by their coach. "Best time" is defined as the swimmers best time in a **25 yard pool (times will be converted to meters if needed)**. When the electronic entry system is being used: then entry sheets must be emailed to the program coordinator (address forthcoming) by Wednesday, July 19<sup>th</sup> by 4:00pm. Last minute changes can be emailed ASAP or be made at the computer table prior to 9:00am. No late entries will be accepted after the meet has started. There will be two (2) heats per event with not less than four/five swimmers in the fastest heat. The second heat will be designated the fastest heat. Outside lanes shall not be used in designated pools.
- Meet Awards:** Medals will be awarded for first, second and third place finishers and ribbons will be awarded for fourth through ninth places; therefore, anyone swimming in the Conference Meet will win either a medal or ribbon. All swimmers will receive a "participation ribbon" if that swimmer is disqualified.  
Monetary prizes will NOT be awarded at the Conference Meet.
- Workers:** Each team is expected to furnish at least five worker positions for the Conference Meet. Assignments will be emailed to teams about **June 30<sup>th</sup>** so you can organize for it.
- Sportsmanship:** Every effort should be made by Participants, Coaches, Judges, Parents and Spectators to follow a code of conduct to treat all people with Respect, Honesty, Fairness, and Dignity.
- Ethics:** Unethical behavior, breaking the rules and violence, in any form, by Student Athletes, Coaches, and Judges will not be tolerated in swim team meets or practice.

## **RULES FOR SWIMMING THE STROKES (and other miscellaneous things!)**

**Starts:** The official start for each event will be: "Take your mark!" (NOISE!)  
(whether it be from a gun, horn or whistle).

**Handicapped Swimmers:** Handicapped swimmers are encouraged to participate in all Conference meets. Current U.S. Swimming and Iowa Swimming, Inc. rules permit certain modifications to facilitate their participation. Please advise coaches and stroke judges if a handicapped child is participating for your team.

**Disqualifications:** A handicapped swimmer will not be disqualified if doing a stroke to the best of his/her ability, as permitted by their handicap.

All swimmers (including coaches for relays) shall adhere to the following rules. Any variance from the Rules for Swimming the Strokes shall merit disqualification.

1. A swimmer must start and finish the race in his assigned lane.
2. Having the complete body out of his/her lane while swimming shall merit disqualification, along with interference with another swimmer.
3. Should a foul endanger the chance of success of a swimmer, the Starter may allow him to swim in the next round, or should the foul occur in the final, he may order it re-swum.
4. When the Stroke Judge disqualifies a swimmer they must write a DQ slip with as much information as possible to help the swimmer make corrections. These slips will be clipped/stapled to the event card and placed in front or clipped to the ribbon box.
5. This will allow the coaches to quickly read the reasons for the disqualification. Coaches please talk to the stroke judge between races to clarify the information.

### **PLEASE NOTE:**

1. Any swimmer who acts in an unsportsmanlike or unsafe manner during a swim meet may be considered for appropriate action or penalty by any observing official at a meet.
2. Standing on the bottom during a race shall not disqualify a swimmer, but he must not leave the pool, or walk, or spring from the bottom. Likewise, if a swimmer is in water over his head and cannot touch the bottom of the pool, he may hold onto the lane divider (or side of the pool), but he must not use any forward motion while in contact with either the lane divider or the side of the pool.

## **STARTS AND FINISHES**

**Forward Start** – swimmers shall assume any position with at least one foot at the front edge of the starting platform or pool deck. Upon the starting command, "Take your mark," swimmers shall promptly assume a motionless position with their foot/feet at the front edge of the platform or pool deck. When all swimmers are motionless, the starter shall activate a starting device. **Note:** With referee/starter permission, a swimmer may start in the water. The swimmer must be motionless and have at least one hand in contact with the starting platform or end wall. A backstroke start is not permitted.

**Backstroke Start** – swimmers shall face the starting end with both hands grasping any part of the starting platform or pool end wall in their assigned lane and with both feet in contact with the wall of the starting end. Upon the starter's command, "Take your mark," swimmers may assume any motionless position (**except the standing position**) which does not remove them completely from the water (depending on water depth), toes cannot curl over the edge, toes must be under the water. When all swimmers are motionless, the starter shall activate a starting device.

**False Start** - subject to the discretion of the referee/starter, a false start occurs when a swimmer:

- Unnecessarily delays in reporting for the start, or in assuming a starting position
- Leaves the mark before the starting signal
- Does not remain motionless immediately prior to the start. Other swimmers are to be released by the starter's command, "Stand up".

In the forward start, swimmers may stand up or step off the starting platform after the command "Stand up", but they shall not unnecessarily enter the water nor delay a new start.

In the backstroke start, swimmers may release from the starting position after the command "Stand up", but they shall not leave the starting area nor unnecessarily delay a new start.

When one or more swimmers have obtained an unfair advantage at the start, all swimmers shall be recalled immediately by a pistol shot or other sounding device or a recall rope.

To finish the race, the swimmer shall contact the finish end in the manner prescribed. When automatic timing/judging equipment is used, the swimmer must contact the touch pad to finish the race.

**Penalty for Two False Starts** - The swimmer or relay team is disqualified from the event upon their second false start in the same event.

## **FORM OF INDIVIDUAL STROKES**

### **Backstroke**

- a. The backstroke start shall be used.
- b. The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plain except when executing a flip turn.
- c. Feet and toes must be under the water on the start.
- d. Any stroke is permitted.
- e. Any kick is permitted.
- f. The swimmer may be completely submerged during the turn or for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, the head must have broken the surface of the water.
- g. The turn requires that some of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed provided such rotation is accompanied by an initiation of the turning action or continuation into the wall.

The initiation of the turning action shall be accomplished by a single-arm, or in the absence of such pulls, by a downward, underwater movement of the head.

After the initiation of the turning action, no additional arm pulls may be started, however, kicking and gliding actions are permitted. The swimmer shall assume a position on the back before the feet leave the wall.

- h. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end by any part of the swimmer. The swimmer's shoulder shall not go past vertical on the body roll when reaching for the wall.

## **The Breaststroke**

- a. The forward start shall be used.
- b. The body shall remain on the breast except while executing a turn.
- c. On the start or turn, one arm stroke beyond the hipline and one dolphin kick followed by one breaststroke kick may be made while the swimmer is underwater. The head must break the water surface prior to the arms beginning the recovery part of the second arm stroke which is the forward movement of the hands. Thereafter
  - hands shall not be brought back beyond the hipline,
  - some portion of the head must break the water surface sometime during each stroke cycle (one arm pull followed by one leg kick) except arm pull to the turn or finish with no kick (no extra kick allowed).
- d. There shall be no sculling with the hand at the end of the first arm stroke following the start or turn.
- e. The stroke requires both hands be pushed forward from the breast simultaneously on, above or under the surface of the water. Elbows must remain under the water (butterfly recovery is not permitted).
- f. The kick requires the feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous and in the same horizontal plane. No scissors, flutter, or downward butterfly kick (developed from a flexing and extending of the knee) is permitted.
- g. The turn requires a simultaneous touch with two hands, not necessarily on the same plane after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull.
- h. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end with both hands simultaneously, not necessarily on the same plane.

## **The Butterfly**

- a. The forward start shall be used.
- b. The body shall remain on the breast with both shoulders in the horizontal plane, except while executing a turn.
- c. The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water. No sculling of the hands at the beginning or end of the pull.
- d. The kick requires that both legs and feet move up and down simultaneously in the vertical plan. Scissors, breaststroke and alternating up and down movements of the legs are not permitted.
- e. The turn requires a simultaneous touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull.
- f. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, the head must have broken the surface of the water.
- g. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end with both hands simultaneously, not necessarily in the same plane, and shoulders horizontal.

## **The Freestyle**

- a. The forward start or backstroke start can be used.
- b. Any body position, stroke and kick is permitted and any combination of styles may be used.
- c. The turn requires that some part of the swimmer's body contact the end wall.
- d. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, the head must have broken the surface of the water.
- e. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or the finish end by any part of the swimmer.

## **The Individual Medley**

The individual medley begins with the forward start. Competitors shall swim the butterfly for the first quarter of the required distance of the complete race, the backstroke for the second quarter (must finish on the back), the breaststroke for the third quarter and any stroke other than backstroke, breaststroke or butterfly for the last quarter. Competitors shall adhere during each quarter of the race to the position, stroke, kick and turn rules governing the stroke being swum.

## **RELAY EVENTS**

Every effort will be made to make full boy relays. **During Dual Meets** mixed sex relays will be allowed for those swimmers that are extra in the age groups in the boys relay events. **Minimum two boys.**

### **Medley Relay**

The medley relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race. The first shall use the backstroke start and swim backstroke; the second shall swim breaststroke; the third, butterfly; and the fourth shall swim any stroke other than backstroke, breaststroke, or butterfly. Each swimmer shall adhere to the position, stroke, kick, turn and finish rules governing the stroke being swum.

### **Freestyle Relay**

The freestyle relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race in any style, adhering to the turn and finish rules of the freestyle event. The first swimmer of the relay team must use the forward start.

All other relay events shall be swum in accordance with all rules governing the strokes involved. In the backstroke relay events, all takeoffs except the initial start shall be from the forward start, after which the swimmers are permitted one immediate arm pull in the prone position prior to turning over on their backs.

The first swimmer of a relay team, once called to the starting platform by the referee, shall not change his/her swimming order in the relay event with any teammate.

On the takeoff, the second, third and fourth swimmers on a relay team may be in motion before the previous swimmer finishes. The swimmers shall remain in contact with the starting platform/pool deck until the previous swimmer has finished. However, moving from the back of the starting platform to the front is permitted provided the swimmer is on the starting platform and does not initiate the action from the pool deck.

**Note:** On starts from the deck, the second, third and fourth swimmers must use the forward start, except the body may be in motion but no intentional movement of the feet is permitted.

On starts from the water, one hand must be in contact with the wall when the previous swimmer makes contact at their finish.

The first three swimmers of a relay team must contact the finish end at the end of his/her leg.

The first three members of relay teams shall leave the water by the finish end of their lane promptly after finishing their quarter of the race.

For a violation by an individual member of the relay team, the relay team is disqualified from the event.

For a nonparticipating team member entering the water during the race, the team(s) is disqualified from the event and that individual is disqualified from further competition.

# NORTHEAST IOWA SWIM CONFERENCE

## ORDER OF EVENTS

### Boys Events

1. 8 & Under 100 Yd. Medley Relay
3. 9-10 200 Yd. Medley Relay
5. 11-12 200 Yd. Medley Relay
7. 13-14 200 Yd. Medley Relay
9. 15-18 200 Yd. Medley Relay
  
11. 8 & Under 25 Yd. Freestyle
13. 9-10 50 Yd. Freestyle
15. 11-12 50 Yd. Freestyle
17. 13-14 50 Yd. Freestyle
19. 15-18 50 Yd. Freestyle
  
21. 9-10 100 Yd. Individual Medley
23. 11-12 100 Yd. Individual Medley
25. 13-14 200 Yd. Individual Medley
27. 15-18 200 Yd. Individual Medley
  
29. 8 & Under 25 Yd. Butterfly
31. 9-10 50 Yd. Butterfly
33. 11-12 50 Yd. Butterfly
35. 13-14 50 Yd. Butterfly
37. 15-18 50 Yd. Butterfly
  
39. 8 & Under 25 Yd. Backstroke
41. 9-10 50 Yd. Backstroke
43. 11-12 50 Yd. Backstroke
45. 13-14 50 Yd. Backstroke
47. 15-18 50 Yd. Backstroke
  
49. 8 & Under 50 Yd. Freestyle
51. 9-10 100 Yd. Freestyle
53. 11-12 100 Yd. Freestyle
55. 13-14 100 Yd. Freestyle
57. 15-18 100 Yd. Freestyle
  
59. 8 & Under 25 Yd. Breaststroke
61. 9-10 50 Yd. Breaststroke
63. 11-12 50 Yd. Breaststroke
65. 13-14 50 Yd. Breaststroke
67. 15-18 50 Yd. Breaststroke
  
69. 8 & Under 100 Yd. Free Relay
71. 9-10 200 Yd. Free Relay
73. 11-12 200 Yd. Free Relay
75. 13-14 200 Yd. Free Relay
77. 15-18 200 Yd. Free Relay

### Girls Events

2. 8 & Under 100 Yd. Medley Relay
4. 9-10 200 Yd. Medley Relay
6. 11-12 200 Yd. Medley Relay
8. 13-14 200 Yd. Medley Relay
10. 15-18 200 Yd. Medley Relay
  
12. 8 & Under 25 Yd. Freestyle
14. 9-10 50 Yd. Freestyle
16. 11-12 50 Yd. Freestyle
18. 13-14 50 Yd. Freestyle
20. 15-18 50 Yd. Freestyle
  
22. 9-10 100 Yd. Individual Medley
24. 11-12 100 Yd. Individual Medley
26. 13-14 200 Yd. Individual Medley
28. 15-18 200 Yd. Individual Medley
  
30. 8 & Under 25 Yd. Butterfly
32. 9-10 50 Yd. Butterfly
34. 11-12 50 Yd. Butterfly
36. 13-14 50 Yd. Butterfly
38. 15-18 50 Yd. Butterfly
  
40. 8 & Under 25 Yd. Backstroke
42. 9-10 50 Yd. Backstroke
44. 11-12 50 Yd. Backstroke
46. 13-14 50 Yd. Backstroke
48. 15-18 50 Yd. Backstroke
  
50. 8 & Under 50 Yd. Freestyle
52. 9-10 100 Yd. Freestyle
54. 11-12 100 Yd. Freestyle
56. 13-14 100 Yd. Freestyle
58. 15-18 100 Yd. Freestyle
  
60. 8 & Under 25 Yd. Breaststroke
62. 9-10 50 Yd. Breaststroke
64. 11-12 50 Yd. Breaststroke
66. 13-14 50 Yd. Breaststroke
68. 15-18 50 Yd. Breaststroke
  
70. 8 & Under 100 Yd. Free Relay
72. 9-10 200 Yd. Free Relay
74. 11-12 200 Yd. Free Relay
76. 13-14 200 Yd. Free Relay
78. 15-18 200 Yd. Free Relay