

TRIDENT SWIM CONFERENCE

Rules & Regulations

ver. 2022 Season

I. General

- A. The organization shall be called The Trident Swimming Conference
- B. Participating organizations are:
 1. Meadows Swim Club (6 lanes)
 2. Oakhurst Swim Club (6 lanes)
 3. Orchard Brook Swim Club (6 lanes)
 4. Stonebridge Swim Club (6 lanes)
 5. Hinswood Clubhouse and Pool (4 lanes)
 6. Oakhurst North (6 lanes)
- C. The conference shall be governed by a Board of Directors, which will consist of one voting representative from each participating organization.
- D. The season shall consist of a schedule of dual meets and a conference championship meet.
 1. The dates of the meets and the events to be conducted shall be agreed upon by the Board of Directors. This group shall meet by May 10th for this purpose if so desired.
- E. The Board of Directors will establish all rules and regulations.
- F. The swimming conference shall follow the guidelines established in attached Trident Conference Team Responsibilities.
- G. Each team will be responsible for reimbursing the conference for the cost of their swimmer's conference awards.
- H. All money generated for or during conference (i.e. T-shirt sales, heat sheets, concessions, etc.) will be pooled together to pay all expenses/losses from Conference.

II. Swimming Rules

- A. Eligibility
 1. A swimmer must be a full paying member of the team he/she is representing.
 2. A swimmer's age classification shall be determined by his or her age on June 1st of the swim year.
 3. Any non-club member on club payroll or paid by check is considered a staff member and therefore is ineligible to compete in swim meets unless approved by majority vote of board prior to each swim season.
- B. A participant may enter a maximum of four swimming events per meet. The four swimming events must include at least one relay; no one may enter four individual events.
- C. Contestants may move up in age at any time during the meet without penalty of having to remain there. In moving up, a swimmer may not repeat a stroke or relay in subsequent age groups.
- D. A team may enter as many participants as the pool accommodates. Pools with 5 lanes will be considered 4-lane pool, leaving 5th lane free.
- E. Lane assignments are to be as follows:
 1. For clubs with six lanes, the home team will swim in lanes 2, 4 and 6. The visiting team will swim in lanes 1, 3 and 5.
 2. For clubs with four lanes, the home team will have lanes 2 and 4. The visiting team will swim in lanes 1 and 3.
- F. Exhibitions: Each team will determine a list of exhibition heats for their home meets to be submitted to the Conference Coordinator by a date in early June determined by the Board. The Conference Coordinator will make this list available to all conference teams. Total meet exhibition heats may not exceed 20. Additional exhibition heats, up to 20, will be allowed by prior agreement of both coaches (Rule IV-C). Refer to attached Order of Swim Events.
- G. USA Swimming Stroke and Turn Rules will govern the meets, except in case of false starts where the rule will be one false start allowed per competitor, with disqualification occurring on the second false start. The USA suit regulations will also be adhered to.
- H. Time Schedule of Dual Meets
 1. For a scheduled weekday meet-The meet will begin at 6:30 pm. Warm-ups for the home team will be from 5:45-6:00 pm and the visiting team will warm-up from 6:00-6:15 pm.
 2. For a scheduled Saturday meet-The meet will begin at 8:30 am. Warm-ups for the home team will be from 8:00-8:15 am and the visiting team from 8:15-8:30 am.
- I. Officials
 1. Officials for dual meets should be selected from certified judges from both teams entered.

2. Definition of Certified is as follows: attend an instructional course by a Certified judge. This must be renewed every year to keep the certified title.
3. Each year every pool must send at least one representative to a class. This class will be set up by the representative that is in charge of Officials at the Conference meet as set by the attached Trident Conference Team Responsibilities. This class will be taught by sanctioned USA Swimming certified stroke and turn judge and will be held before the first meet of the year.
4. Any newly certified stroke and turn judge should be assigned to work with an experienced judge for the first two meets.
5. Each team shall, prior to the first dual meet each year, supply to the team in charge of officials a complete list of certified judges from their team.

J. Dual Meet Responsibilities

1. Timers-3 per lane (2 home team, 1 visiting team)
2. Back up timers-1 per meet (home team)
3. Runners-2 per meet (1 home team, 1 visiting team)
4. Scorer/Clerk-2 per meet (1 scorer and 1 clerk home team)
5. Ribbon writer-2 per meet (1 home team, 1 visiting team)
6. Certified Stroke judges-2 per meet (1 from each team)
7. Starter-1 per meet (home team)

K. Official Meets

1. All meets completed on scheduled days are official meets.
2. If adverse weather conditions occur during the meet, the following rule is in effect after the maximum of one half-hour delay. According to the regular order of events, if the meet must be called before the beginning of the first event of the second half of the meet, the meet must be rescheduled. If the meet is called after the beginning of the first event of the second half, the meet is declared an official meet and the winner is determined by the total points scored at that time. Rescheduled dual meets start from scratch.
3. All postponed meets must be made up as soon as possible, preferably on the next Saturday make up date. Reschedule dates and time agreements are at the discretion of the Trident representative for the participating teams.
4. If a dual meet is cancelled due to "special circumstances" and cannot be rescheduled, the Trident Conference board must approve the participating swimmers eligibility by an email vote. This decision cannot be made by individual representatives.
5. Teams are allowed to compete in a maximum of ten (10) official meets per season. This meet total includes all intrasquad meets with a maximum of two (2) intrasquad meets.
6. Official meets, including intrasquad meets, may only be held on dates during the regular season where a team has no regularly scheduled meet (bye date). Additionally, official meets must be held at a Trident Conference member pool using Trident Conference rules and officials. All intrasquad meets will count as Home meets.

L. Disqualification Standards

1. For 8 & Under only, there will be no disqualifications for the first four meets of the season. Warning of violations by swimmers will be given to the coaches in a STANDARDIZED DQ card identifying the violated stroke and/or turn rule.
2. Disqualifications of 8 & Under will occur at the fifth scheduled dual meet and all subsequent dual meets of the season.
3. A swimmer that exhibits physical or mental handicap will not be disqualified in a dual meet. It is the coaches responsibility to notify the meet referee of these exceptions prior to the start of the meet.
4. No electronic devices may be used to argue results or rulings made by the official.
5. All challenges to any result or ruling must be made during the official 30 minute scratch period for each event.
6. Only coaches can challenge a result or ruling.
7. All challenges must be given to the Meet Referee who will make the final decision.

M. Pool Depth Requirements

1. Due to the new minimum depth diving rule in 2004, all pools must be at or above 4 feet in depth for swimmers to do dive starts. If pool end does not meet minimum depth requirement then the starts will follow the protocol set forth by the USA Swimming Handbook.

N. Start of Season: No team shall begin practice before the first Tuesday after Memorial Day.

III. Scoring and Awards for Dual Meets

- A. In order to score points in an event, a team must enter a swimmer who legally must complete the race.
- B. Individual event points awarded: (No points awarded to exhibition events.)
 1. 1st place – 5 points

2. 2nd place – 3 points
3. 3rd place – 1 point
- C. Relay events points awarded
 1. 1st place – 7 points
 2. 2nd place – 2 points
- D. No team may score all possible points in any event. They may, however, win all three ribbons (2 ribbons for a relay). In the event of a sweep in an individual event, the team securing all three places scores 8 points, and the opponent is awarded 1 point. In the event of a relay sweep, the team securing all places scores 7 points, and the opponent is awarded 2 points.
- E. Ribbons will be awarded according to the following guidelines:
 1. For swimmers 14 years of age and under:
 1. Individual events-1st through 6th place (in pools with 5 lanes or less, 1st through 4th place will be awarded)
 2. Relay events 1st and 2nd place
 3. Ribbons will be awarded to Exhibition events, but carry no point value.
 2. For swimmers 15 years and up no ribbons at dual meets.
- F. Dual Meet Scoring Procedures
 1. The scorer for each team is responsible for recording the complete results for both teams in Meet Manager. Upon completion of the meet, the official score must be printed and signed by a conference representative or head coach from each team. The home team is responsible for retaining these reports and making them available at the Conference Championship Meet. The home team is responsible for forwarding these results, via email, to the Conference Technical Meet Manager representative.
 2. It is the responsibility of the home team to keep the original lane cards for all meets. These cards must be available at the Conference Championship Meet.
 3. Three times are used from the timers in determining a score. The middle time is used as the score. If only two times are recorded, the 2 are averaged. If the middle time reflects a tie, the average of the 3 times will be used. If the average is the same for both swimmers, the result will be entered as a tie.
- G. Younger swimmers are allowed to “swim up” in the older age groups, relays or individual events.
- H. Two divisions consisting of four teams each will be determined by the Board of Directors.

IV. Order of Events

A. Age Group Order

1. 8 & Under Girls
2. 8 & Under Boys
3. 9-10 Girls
4. 9-10 Boys
5. 11-12 Girls
6. 11-12 Boys
7. 13-14 Girls
8. 13-14 Boys
9. 15-18 Girls
10. 15-18 Boys

B. Event Numbers

- | | |
|----------------------|-----------------------------|
| 1. Medley Relay | 1-10 |
| 2. Freestyle | 11-20 |
| 3. Individual Medley | 23-30 (No IM for 8 & Under) |
| 4. Breaststroke | 31-40 |
| 5. Backstroke | 41-50 |
| 6. Butterfly | 51-60 |
| 7. Freestyle Relay | 61-70 |

- C. For each dual meet, a Host Team coach must contact a Visiting Team coach by 12:00 noon on the day prior to the meet to set the final exhibition schedule. If no contact is achieved prior to the deadline, then the exhibition schedule for the meet defaults to the conference rule as stated above.

V. Swimming Distances

- | | |
|---------------|---|
| A. 10 & Under | 25 yd individual events, 100 yd relays. |
| B. 9 & up | 100 yd Individual Medley |
| C. 11 & up | 50 yd individual events, 200 yd relays |

VI. Coaches' Responsibilities

- A. Results should be given to visiting team immediately following the meet.
- B. Have stopwatch on each lane.

- C. Behavior of coaches should be of the highest caliber. Disagreements should be settled away from the swimmers.
- D. In the case of any dispute, a coaches' meeting should be held before the next meet.
- E. Under no circumstances can coaches change the rules.
- F. A meeting should be arranged in order to confirm the details for arranging the Championship meet.
- G. Coaches are responsible for turning in rosters of all swimmers to the club responsible for paperwork by the date of the third dual meet. These rosters shall include each swimmer's name, address and date of birth. Swimmers may be added to the roster at any time. However, a team eligibility sheet must be turned in to the paperwork team by 6:00 pm on the Wednesday prior to the Championship meet. These eligibility sheets will include the dates of those dual meets in which each swimmer participated. Championship meet lineups must be turned in one week prior to the Championship meet, or sooner if requested by club responsible for Paperwork.
- H. Coaches are also responsible for bringing the season's meet results and all lane cards from home meets with them on the morning of the Championship meet.

VII. Championship Meet

- A. Each swimmer may be entered in a maximum of 5 events, consisting of a maximum of 3 individual events and 2 relays. Swimmers may only swim a total of 4 events. Swimming in a Preliminary event counts towards the maximum 4 events allowed even if they do not swim that event in Finals.
- B. In case of a "scratch", a coach may substitute a swimmer who is not swimming in that event and not exceeding his/her quota of events. This must take place at Championship scratch meeting. However, a coach may not scratch a swimmer from one event to put him in another event.
- C. To be eligible for the Conference Championship meet a swimmer must have competed in at least 3 official conference meets (refer to Section II, Rule K for definition of a meet). Of the 3 conference meets, at least one must be an away meet and only one can be an intrasquad meet.
- D. Relay teams are allowed for swimmers and two alternates only. If alternates are not listed, you forfeit your right to use them. Listing a swimmer as an alternate will count towards the swimmer's meet quota.
- E. The Conference will provide a plaque for the highest scoring team at the Championship meet. See 1. Awards, under Team Responsibilities for Individual and Relay Championship awards.
- F. In the event of bad weather during outdoor conference Championship, the meet will be completed the next day (when possible). Do not start from scratch.
- G. Swimmers must adhere to current USS suit regulations.
- H. For Location of the Championship meet refer to attached Team Rotation Duties.
- I. Swim-offs will not be entered into the computer system. Two watches will time each swimmer competing in a swim-off. The Meet Referee and Starter will act as Finish Judges to determine the winner of the swim-off.
- J. A ten (10) minute break will follow the completion of event #50. During this break, the pool WILL NOT be open for warm-ups.
- K. Medley Relay swimmers must be turned into the scorers table within 30 minutes after the end of the preliminary heats session. These four swimmers must have been on the original list of 6 swimmers submitted for this event prior to the start of the meet.
- L. Free Relay swimmers must be turned into the scorers table within 30 minutes after the end of the preliminary heats session. Changes will be allowed for this relay prior to the start of event #50. These four swimmers must have been on the original list of 6 swimmers submitted for this event prior to the start of the meet.
- M. Scoring in the Championship Meet will be as follows:

Relay Events:

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
18	14	12	10	8	6	4	2

Individual Events:

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
9	7	6	5	4	3	2	1

- N. All eligible Trident swimmers aged 13 & Up may swim at the Gold Conference meet.
- O. For the 8 & Under, 9-10 and 11-12 age groups, each team may enter a maximum of 3 swimmers per individual event for prelims and 1 team per relay event in finals. For the 13-14 and 15-18 age groups, each team may enter an unlimited number of swimmers per individual event for prelims and only 1 team per relay event in finals. A maximum of 3 swimmers per team are eligible to advance to finals regardless of age group.

VIII. Rule Enforcement

- A. Any team found in violation of any Trident Conference rules will forfeit team awards and standings for dual meet contests and championship meets if agreed upon by the majority of the board.
- B. Any swimmer found in violation of any Trident Conference rules will forfeit individual and relay awards and standings for dual meet contests and championship meets if agreed upon by the majority of the board.
- C. If any team suspects another team of any infractions (eligibility or other), an attempt should be made to resolve the issue between the two teams. It is the discretion of the team rep to bring the matter before the entire Board for resolution.
- D. Any team found to be in serious or repeat violation of conference rules may be expelled from the conference by a two-third vote of the remaining conference members.

IX. Standing Rules

- A. The rules entered into this Article, if any, will lapse after one season. They must:
 - 1. Be passed into this Article by majority vote of the Board
 - 2. Pertain to the operation of dual meets or the Championship meet.
 - 3. Be dated upon entry.
- B. For year-to-year continuity purposes after lapsing, these rules will be entered into an attachment kept at the end of these Rules and Regulations.

4/23/2008:

All pools will be equally represented by officials at the Championship meet. First to serve will be certified USA officials, then past USA officials whose certificates have lapsed, then Trident certified officials with at least two summers of dual meet experience.

Trident Conference Team Responsibilities

Each team accepts the following responsibilities for an undetermined term.

1. **Awards and Programs - Hinswood**

- a. Determine number and type needed per team for season dual meets and place order.
- b. Determine number and type needed per team for conference meet and place order.
- c. Contact Host Pool to determine space available to process awards.
- d. Unpack and set up awards before finals.
- e. Provide team boxes, if needed, to carry awards.
- f. Organize and supervise needed workers.
- g. Assume responsibility for subs.
- h. Make restitution for shortages directly to appropriate team.
- i. Trident Conference will pay award supplier for the Gold Championship meet awards. All teams participating in said meet will reimburse Trident Conference for their share of awards no later than Sept. 1st of each season.
- j. Programs:
 - i. Sell advertising for programs
 - ii. Copy and collate program heat sheets for the conference meet.
 - iii. Copy and collate finals heat sheets, if necessary.
 - iv. Coordinate with team responsible for T Shirts sales to sell programs. Provide sales people as necessary.
 - v. Report bookwork and net proceeds of sales to the Board.
- k. Proceeds:
 - i. Submit check or cash for net proceeds to the Trident Conference account.

2. **Bullpen-Orchard Brook**

- a. Contact Host Pool to determine site and availability of seating.
 - i. If in a gym, reserve thirty feet by three tiers of bleachers for seating.
- b. Send teams their assigned stations and station descriptions prior to Championship meet.
 - i. Two volunteers from each team per session
- c. Meet with volunteers prior to the start of each session and explain all jobs.
- d. Supervise bullpen area.
- e. Assume responsibilities for subs.
- f. Secure extra bullhorns for calling events in team area (unless P.A. system optional)

3. **Host Pool-Meadows**

- a. Secure a pool for the conference meet.
 - i. Report cost of the facility to the Board.
- b. Make arrangements for team areas.
- c. Secure announcer and P.A. system.
- d. Appoint a treasurer to account for net profit/loss incurred during meet operations. (Oakhurst)

- i. Accept checks or cash for net proceeds from the sale of T Shirts, Programs, Concessions and commissions from Vendors, etc.
 - ii. Accept receipts from teams for various expenses incurred to operate the meet (i.e. Carpet runners, Meet officials, etc.)
 - 1. Receipts must be provided at least one week prior to annual critique meeting.
 - iii. In the event of a net loss in one of the above areas, write a check to the team/s for the amount of the loss before calculating distribution of profits to the conference.
 - iv. Report net profit/loss to the Board during the fall critique meeting.
 - 1. Distribute profits equally
 - 2. If necessary, charge losses equally.
- 4. **Officials, Timers and Runners-Oakhurst**
 - a. Host certification class/s to certify dual meet officials (Section II, Paragraph I, 4.)
 - b. Secure necessary officials for conference meet.
 - i. Meet referee, starter, stroke and turn judges, runners.
 - ii. Determine appropriate method of payment, if any; submit bill to the Host Pool's designated treasurer.
 - c. Send confirmation letter to those contacted.
 - d. Provide hospitality to officials, timers, and runners.
 - e. Notify teams of volunteer timer requirements, and the times they must report.
 - i. Timers meeting, start of meet, break duration, etc.
 - ii. Supervise timers.
 - iii. Be responsible for backups and substitutes.
- 5. **Technical Meet Manager- Oakhurst/Meadows**
 - a. Collect lineup and seed time information from each team for Championship meet.
 - b. Generate heat sheets.
 - c. Provide a clerk of course and a head scorer.
 - d. Post results from prelims, if necessary, and finals.
 - e. Determine entrants to final, if necessary.
 - f. Provide each team with final results.
 - g. Provide Awards team with final results.
 - h. More than 1 team representative at scorers during the Championship meet.
 - i. Conduct scratch meeting at the conclusion of Silver meet.
- 6. **T Shirts-Oakhurst North**
 - a. Conference Championship T shirts:
 - i. Secure bids from vendors.
 - ii. Decide on vendor and design and report to Board.
 - iii. Provide vendor with contact information for each team.
 - iv. Set up a table to sell T Shirts and Programs.
 - v. Report proceeds to the Board.
 - vi. Submit check or cash for net proceeds of sales to the Board.
- 7. **Trident Conference Coordinator - Meadows**
 - a. Host the organizational board meeting in Spring for upcoming season. (Zoom)
 - b. Update Rules and Regulations as mandated by the Board. (Oakhurst North)
 - c. Organize a schedule of meets for the season. (Stonebridge)
 - d. Send out preliminary paperwork for the conference meet. (Meadows)
 - e. Host the end of season critique meeting in the Fall. (Zoom)
 - f. Supply minutes of each board meeting to all designated representatives. (Orchard Brook)
 - g. Manage and report on the Trident Conference account. (Oakhurst)
- 8. **Concessions-Oakhurst North**
 - a. Provide Concessions to be sold during the conference meet.
 - b. Provide and staff concession stand.
 - c. Notify teams of volunteer requirements, and the times they must report.
 - d. Provide lunch to officials and coaches.
 - e. Report proceeds to the Board.
 - i. Submit check or cash for net proceeds to the Trident Conference account.

AMENDMENTS AND CHANGES TO RULES

- **2022**
 - Article II, J 3-4: changed the following Dual Meet Responsibilities - 1 Runner from the home team instead of 2; the scorer from the visiting team optional; 1 Ribbon Writer from the home team instead of 2

- Article VII, C: changed eligibility for Conference Championship to read “To be eligible for the Conference Championship meet a swimmer must have competed in at least 3 official conference meets (refer to Section II, Rule K for definition of a meet). Of the 3 conference meets, at least one must be an away meet and only one can be an intrasquad meet.”
- Article VII, N: added “All eligible Trident swimmers aged 13 & Up may swim at the Gold Conference meet.”
- Article VII, O: added “For the 8 & Under, 9-10 and 11-12 age groups, each team may enter a maximum of 3 swimmers per individual event for prelims and 1 team per relay event in finals. For the 13-14 and 15-18 age groups, each team may enter an unlimited number of swimmers per individual event for prelims and only 1 team per relay event in finals. A maximum of 3 swimmers per team are eligible to advance to finals regardless of age group.”
- Modified the following Trident Conference Team Responsibilities:
 - changed Host Pool responsibilities from Stonebridge to Meadows
 - added Oakhurst to the treasurer responsibilities listed in Host Pool
 - changed Technical Meet Manager from Oakhurst North to Oakhurst/Meadows
 - designated Meadows as the Trident Conference Coordinator
 - changed location of Trident Conference organizational board meeting (Spring) and season critique meeting (Fall) to Zoom
 - changed “Send out preliminary paperwork for the conference meet” responsibilities from Stonebridge to Meadows
 - changed “Supply minutes of each board meeting to all designated representatives” from Stonebridge to Orchard Brook
 - changed Concessions from Oakhurst to Oakhurst North

- **2019**

- Article I, B; removed Maple Hill Recreation Corporation (4 lanes) and Raintree Bath and Tennis Club (4 lanes)
- Article III, F, 1; changed to read “The scorer for each team is responsible for recording the complete results for both teams in Meet Manager. Upon completion of the meet, the official score must be printed and signed by a conference representative or head coach from each team. The home team is responsible for retaining these reports and making them available at the Conference Championship Meet. The home team is responsible for forwarding these results, via email, to the Conference Technical Meet Manager representative.”
- Article VII, C; removed “Eleven & up swimmer times at Maple Hill (40 yards) will not be used for Conference meet seed times.”
- Article VII, D; changed to read “To be eligible for the Conference Championship meet a swimmer must have competed in at least 4 official conference meets (refer to Section II, Rule K for definition of a meet). Of the 4 conference meets, at least one must be an away meet and only one can be an intrasquad meet.”
- Modified the following Trident Conference Team Responsibilities:
 - removed Maple Hill from Bullpen
 - changed Officials, Timers and Runners from Meadows to Oakhurst
 - changed T Shirts from Orchard Brook to Oakhurst North
 - removed Maple Hill from Trident Conference Coordinator and changed the responsibilities to read
 - Host the organizational board meeting in Spring for upcoming season. (open)
 - Update Rules and Regulations as mandated by the Board. (Oakhurst North)
 - Organize a schedule of meets for the season. (Stonebridge)
 - Send out preliminary paperwork for the conference meet. (Stonebridge)
 - Host the end of season critique meeting in the Fall. (open)
 - Supply minutes of each board meeting to all designated representatives. (Stonebridge)
 - Manage and report on the Trident Conference account. (Oakhurst)

- **2014**

- Article II, K; added “5. Teams are allowed to compete in a maximum of ten (10) official meets per season. This meet total includes all intrasquad meets with a maximum of two (2) intrasquad meets.”
- Article II, K; added “6. Official meets, including intrasquad meets, may only be held on dates during the regular season where a team has no regularly scheduled meet (bye date). Additionally, official meets must be held at a Trident Conference member pool using Trident Conference rules and officials. All intrasquad meets will count as Home meets.”
- Article VII, A; changed to read “Each swimmer may be entered in a maximum of 5 events, consisting of a maximum of 3 individual events and 2 relays. Swimmers may only swim a total of 4 events. Swimming in a Preliminary event counts towards the maximum 4 events allowed even if they do not swim that event in Finals ”

- Article VII; added J. Swim-offs will not be entered into the computer system. Two watches will time each swimmer competing in a swim-off. The Meet Referee and Starter will act as finish judges to determine winner of the swim-off.
- Article VII; added K. A ten minute break will follow the completion of event #50. During this break, the pool WILL NOT be open for warm-ups.
- Article VII; added L. Medley Relay swimmers must be turned into the scorers table within 30 minutes after the end of the preliminary heats session. These four swimmers must have been on the original list of 6 swimmers submitted for this event prior to the start of the meet.
- Article VII; added M. Free Relay swimmers must be turned into the scorers table within 30 minutes after the end of the preliminary heats session. Changes will be allowed for this relay prior to the start of event #50. These four swimmers must have been on the original list of 6 swimmers submitted for this event prior to the start of the meet.
- Article VII, J; moved to N.
- **2013**
 - Article II, 1.; revised "A swimmer must be a child of a parent or legal guardian who is a full paying, bona fide member of the Club he/she is representing." To "A swimmer must be a full paying member of the team he/she is representing."
 - Article II, 1.; deleted "Exception will be voted eligible by majority vote of the Board prior to the first dual meet of the season. A list of exceptions will be submitted in writing to the Conference Coordinator for voting. The exception list must contain the following information for each proposed exception – No blanket exceptions: Swimmer's name, Swimmer's age, Swimmer's gender, Reason for exception and if the swimmer is a USA club swimmer."
- **2012**
 - Article II, L; added 4. No electronic devices may be used to argue results or rulings made by the officials
 - Article II, L; added 5. All challenges to any result or ruling must be made during the official 30 minute scratch period for each event.
 - Article II, L; added 6. Only coaches can challenge a result or ruling.
 - Article II, L; added 7. All challenges must be given to the Meet Referee who will make the final decision.
- **2011**
 - Section I, General point 9, Deleted Tanglewood as a participating organization in the Conference
 - Section II, General point 1, Changed Maple Hill to a 4 lane pool.
 - Section II, J, deleted finish judges-2 per meet (1 from each team).
 - Section III, point E, 1, changed dual meet awards only to swimmers 14 and under.
 - Section III, point E, 2, changed to "Swimmers 15 years and up no ribbons at dual meets."
 - Section VII, point 2, added "This must take place at Championship scratch meeting."
 - Section VII, point 8, added "Swimmers must adhere to current USS suit regulations."
 - Section IX, Team Responsibilities, Section 1, removed "Submit bill to and receive payment from each team for each order."
 - Section IX, Team Responsibilities, Section 1, I, added "Trident Conference will pay award supplier for Gold Championship awards. All teams participating in said meet will reimburse Trident Conference for their share of awards no later than Sept. 1st of each season."
 - Section IX, Team Responsibilities, Section 5, removed "Contact each team to secure names of scoring volunteers."
 - Section IX, Team Responsibilities, Section 5, H, added "More than 1 team representative at scorers table during the Championship meet."
 - Section IX, Team Responsibilities, Section 1, I, added "Conduct scratch meeting at the conclusion of Silver meet."
 - Section IX, Team Responsibilities, Section 6, deleted Vendors portion of responsibilities.
 - Section IX, Team Responsibilities, moved program responsibilities to Hinswood; T-Shirts to Orchard Brook; Conference Coordinator to Maple Hill; Concessions to Raintree.
- **2010**
 - Added Section I, B, point 9, Tanglewood (6 lanes)
 - Changed Section IX, Team Responsibilities Bullpen to Orchard Brook/Maple Hill and Concessions to Raintree/Tanglewood.
- **2009**
 - Changed Section I, F, from "The swimming conference shall follow the attached Team Rotation of Duties, following guidelines established in attached Trident Conference Team Responsibilities."
 - Changed Section I, G, from "The cost of all conference awards shall be shared equally among member organizations."

- Added to Section II, G, “The USA suit regulations will also be adhered to.”
- Eliminated from Section II, J, Finish Judges.
- Changed Section II, K from “All postponed meets must be made up on or before the first available rainout make-up date.”
- Added Section II, K, point 4.
- Added Section II, L, point 3.
- Added Section III, F, point 3, “If the middle time reflects a tie, the average of the three times will be used. If the average is the same for both swimmers, the result will be entered as a tie.”
- Deleted Sections III, I reading “A plaque will be given to the team from each division with the best dual meet record for the season. If two teams finish with identical records in the conference dual meets, the first tie breaker will be the head to head dual meet record, then total points head to head.”
- Amended Section VII, I from Scoring in the Championship Meet will be as follows:

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
18	14	12	10	8	6	4	2

- 2008
 - Added Article IX
 - Although not technically part of the Rules and Regulations, the Trident Conference Team Responsibilities have been updated in this year.
- 2007
 - Changed section I, C from a, to one voting.
 - Moved section I, I to VII, C and changed to: Eleven and up times at Maple Hill (40 yards) will not be used for conference meet seed times.
 - Changed II, A, second sentence: Exception by majority vote of board prior to the first meet of the season, to: Exception will be voted eligible by majority vote of the Board prior to the first dual meet of the season. And added: A list of exceptions will be submitted in writing to the Conference Coordinator for voting. The exception list must contain the following information for each proposed exception-No blanket exceptions: Swimmer’s name, Swimmer’s gender, Swimmer’s age, Reason for exception.
 - Changed II, D, second sentence, added: leaving the fifth lane free.
 - Changed II, F; Due to the inclusion of additional exhibition events in 1997, no additional exhibition heats will be allowed unless agreed upon by both coaches prior to the start of the meet. Please refer to the attached Order of Swim Events, to; Exhibitions: Each team will determine a list of exhibition heats for their home meets to be submitted to the Conference Coordinator by a date in early June determined by the Board. The Conference Coordinator will make this list available to all conference teams. Total meet exhibition heats may not exceed 20. Additional exhibition heats, up to 20, will be allowed by prior agreement of both coaches (Rule IV, C). Refer to the attached Order of Swim Events.
 - Deleted II, I sentences 2, 3, 4; The home team must supply a CERTIFIED stroke judge for each dual meet. Visiting team must supply one CERTIFIED stroke judge and finish judge. However, the home team’s certified stroke judge makes the final decision in the case of a dispute.
 - Changed II, J, 5; Ribbon writer-4 per meet (2 from each team), to; Ribbon writer-3 per meet (2 from the home team, 1 from the away team).
 - Changed II, J, 7, to include; Certified.
 - Changed II, K; Deleted: Completion of events: added: Official Meets, added: I. All meets completed on scheduled days are official meets.
 - Changed III, E, 2, c; deleted: No exhibition ribbons will be awarded; added: Additional ribbons may be awarded at the discretion of the home team.
 - Deleted III, E, 3. In pools with 5 lanes, an exhibition ribbon will be awarded for the fifth lane.
 - Moved III, E, 4; Additional ribbons...etc. (see, III,E, 2, c, above.)
 - Added III, H. Two divisions, consisting of four teams each, will be determined by the Board of Directors.
 - Added III, I. A plaque will be given to the team from each division with the best dual meet record for the season. If two teams finish with identical records in the conference dual meets, the first tie breaker will be head to head dual meet record, then total points head to head.
 - Deleted specific exhibition information in section IV, paragraphs 2 & 4.
 - Moved VII, C to D, in its entirety.
 - Moved VII, D to E, in its entirety.
 - Moved VII, E to F.
 - Moved VII,F sentences 3 & 4 to III, I (above).
 - Moved VII, F sentences 5 & 6, to G in their entirety.
 - Changed VII, F sentences 1 & 2 deleting...trophies for individual places 1st through 3rd and rosette ribbons for individual places 4th through 6th. Trophies will be rewarded for the 1st place relay teams, and rosette ribbons for 2nd and 3rd place relay teams.

- Moved VII, G to H in its entirety.
- Moved VII, H to I, and changed 1st-9, 2nd -7, 3rd-6, 4th-5, 5th-4, 6th-3, 7th-2, 8th-1, to 1st-18, 2nd-14, 3rd-12, 4th-10, 5th-8, 6th-6, 7th-4, 8th-2.
- Changed VIII, D, from two-third vote to unanimous vote.
- 2005
 - Changed Section II, Paragraph I, Sub-paragraph 1, to require certification every year
 - Added sub-paragraphs 3 and 4 to Section II, Paragraph I.
 - Modified Section IV, Paragraph B to indicate that only 8 & U freestyle and backstroke events are allowed three exhibition heats (A-C) and that heat C is for 6 & U ONLY. 9-10 events are allowed two exhibition heats (A-B)
 - Added Paragraph C the Section IV.
 - Added Paragraph G to Section VII to clarify Conference Meet scoring.
 - Added Paragraph D to Section VIII to codify rules violation consequences.
 - Modified Section II Paragraph D to indicate that any pool with 5 lanes will be considered a 4 lane pool, leaving 5th lane open.
 - Deleted Section II, Paragraph E Sub-paragraph 2
 - Added Section II, Paragraph N to require that no team shall begin practice before the first Tuesday after Memorial Day.
- 2004
 - Added Section II, M, Pool Depth Requirements.
 - Amended Section II, A; reworded to include “child of a parent or guardian who...”
 - Amended Section III, C & D; modified D to include 2 points for 2nd place, then re-ordered to become C; modified C to allow 2 points for relays, then re-ordered to become D.
 - Amended Section VII, C; reworded to include the word “official” between “4” and “dual”; added clause “(refer to Section II, Rule K for definition of a meet).”
 - Added Section VIII, Rule Enforcement.
- 2003
 - Amended Section II, A; reworded to include voting on exception.