
Walnut Creek Swim Conference

2020 CONFERENCE RULES

October 2019

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

CONFERENCE ORGANIZATIONAL RULES:

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

- The team shall be operating a pool within 5 miles of the Walnut Creek City limits.
- The team will be recreational.
- The team will be able to provide access to a pool with no less than 6 viable lanes for competition with current Conference members exempted (grandfathered).
- The team shall have a single roster of eligible swimmers and shall not divide the swimmers into different tiers.

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

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

MEETINGS: The frequency of regular Conference meetings shall be once every month during March, April, May, June, September or October and two meetings in July, as well as on any other date the President so requests. There will also be a Board meeting with coaches and team representatives prior to the Conference Meet.

FINANCES: Each year, the Conference Board will prepare a budget estimating revenues and expenses and the sources of revenues. The Board will manage the budget prudently and have the authority to seek additional revenues from the Conference teams, should it become

Walnut Creek Swim Conference

necessary. No refund will be made to withdrawing members. If the Conference is dissolved, the remaining funds will be equally distributed to members.

CONFERENCE TEAM JOBS

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

POSITION		2017-2018	2019-2020	2021-2022	2023-2024	2025-2026	2027-2028	2029-2030
President	Meet Director	RMST	WHO	IVST	DPST	REST	WST	LS
Vice Pres	Set Up-Take Down	WHO	IVST	DPST	REST	WST	LS	WCSC
Treasurer	Awards	IVST	DPST	REST	WST	LS	WCSC	RMST
Secretary	Clerk of Course	DPST	REST	WST	LS	WCSC	RMST	WHO
Member	Desk	REST	WST	LS	WCSC	RMST	WHO	IVST
Member	Program	WST	LS	WCSC	RMST	WHO	IVST	DPST
Member	Vendor Manager	LS	WCSC	RMST	WHO	IVST	DPST	REST
Member	Hospitality - Insurance	WCSC	RMST	WHO	IVST	DPST	REST	WST

SWIMMER ELIGIBILITY:

Recreational swimmers may swim in the Walnut Creek Swim Conference. The eligibility rules noted below apply to WCSC Dual and Conference Meets and to the Contra Costa County Championship Meet. Additional rules which apply to the Conference Meet and County Meet are noted under their respective sections below.

I. General Rules:

- a. Recreational swimmers are NOT year-round swimmers. Swimmers who want to pursue a more serious swimming career are encouraged to join a year-round team in the area.
- b. Swimmers (other than those in high school or college) may not compete as members of a year-round swim team or train with a year-round swim team after December 31, 2019 and until August 3, 2020.
- c. High school and college swimmers who are members of their scholastic teams may continue to train with a year-round swim team until January 26 (or the start of the high school swim season). High school and college swimmers may not swim in any meets sponsored by USA Swimming after December 31, 2019 and until August 3, 2020.
- d. Programs offering year-round swimming options especially between **January 1, 2020 and March 31, 2020** (even if they are voluntary) may bring the entire program including their participants under scrutiny and eligibility review.

Walnut Creek Swim Conference

2. Off-Season Guidelines:

- a. The last day for recreational swimmers (other than high school and college swimmers as noted above) to compete or train and still remain eligible is December 31, 2019.
- b. **Recreational swimmers are expected to take a break during the off-season (January 1, 2020 – March 31, 2020) from all organized swimming activities for a continuous period of least 4 weeks.** During this period, these swimmers may not train with any swim team or compete in any swim meets sponsored by USA Swimming or any other governing body during this period.
- c. Swim teams may not offer more than 15 hours of lessons or clinics per age group through the team, by team coaches or at team facilities (whether in or out of the water).
- d. The focus and intent of all off-season lessons/clinics should be on **technical stroke improvement/instruction and not on aerobic training/conditioning.**
- e. A swimmer's participation in organized swimming lessons/clinics may not exceed 15 hours in total or 45 minutes for any given session (whether in or out of the water).
- f. Swimmers may not participate in more than 15 hours of lessons or clinics by participating in multiple programs during this period.
- g. Private, one on one lessons provided by individual coaches do not count toward a program's 15 hour limit but DO count toward individual swimmers' maximum of 15 hours during the off season.
- h. Programs and coaches who provide swimmers with written workouts with the expectation that the swimmers complete these workouts will jeopardize eligibility.
- i. Participating in water polo or synchronized swimming programs where the primary focus of the work is swim conditioning will jeopardize eligibility. It is understood that being in the water for either of these activities involves some swimming, however there is a clear line between water polo/synchronized swimming drills/games/competitions and straight swim training.
- j. Swimmers (other than high school and college swimmers) may not compete as members of a year-round swim team or train with a year-round swim team after December 31, 2019. These swimmers **may not** compete in USA sanctioned swim meets after **December 31, 2019 and until August 3, 2020.**
- k. High school and college swimmers who are members of their scholastic teams may continue to train with a year-round swim team until **January 26, 2020.** High School and college swimmers may not swim in USA meets after **December 31, 2019 and until August 3, 2020.**
- l. Programs, coaches and swimmers/swimmers' facilities are expected to track specific attendance in any off-season lessons/clinics (dates, times, locations and coaches).

3. Swim Season:

- a. **Recreational swim teams may begin training on April 01, 2020.**
- b. Swimmers assisting with the coaching of participating teams may compete, provided they meet all other eligibility rules and are bona fide members of the team they represent.

Walnut Creek Swim Conference

4. Injury Exemption Policy:

The Conference Board will consider waiving the minimum meet requirement on an individual case basis when the following have been met, or provided that:

- a. The swimmer registered for the swim team during regular team registration periods. In the case that the swimmer is waiting to find out if they will be healthy enough to register, the team's Conference Rep should report to the Conference Board at the start of the season that there is a swimmer who may join later in the season due to injury/illness.
- b. Within two weeks of the sustained injury/illness, a note must be sent to the team's Conference Rep informing them of the nature of the injury/illness and their expected return to competition date.
- c. The request to enter a swimmer in the Conference Meet must be brought to the attention of the Conference Board prior to July 12, 2020.

This exemption does not apply to anyone who is unable to swim for any other reason, including travel, other commitments or a late decision to swim.

The Conference Board will meet and vote to consider all requests in writing before Conference Meet entries are due. It is up to the appealing team to provide all necessary documents in a timely manner for consideration.

APPROVED SWIMWEAR

The Walnut Creek Swim Conference follows the USA Swimming Rules Guidelines for approved swimwear, and the latter guidelines are written to comply with the international (FINA) Rules regarding swimsuits.

These rules apply to Dual, Conference, and County Meets.

Swimwear shall include only a swimsuit, cap, and goggles. It is not permissible to wear more than two caps. No swimmer is permitted to wear or use any device, substance or swimsuit to help his / her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, power bands, adhesive substances, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body as detailed below is not permitted unless approved by the Referee.

Only swimsuits complying with FINA swimsuit specifications may be worn. Detailed specifications can be viewed at fina.org.

Walnut Creek Swim Conference

A general description of legal swimsuits for 2019 follows:

In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces, with the exception that a swimmer may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

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

No zippers or other fastening devices (**including ties**) are allowed except for a waist tie on a brief or jammer.

For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs, verified medical conditions or other reasons deemed appropriate on a case by case basis. No exemption to this restriction will be granted for a swimsuit that will give the swimmer a competitive advantage.

Body Tape

No body tape is permitted unless approved by a Referee. Here are a few circumstances where the use of tape is generally permitted:

1. Wound closure and protection. Band Aids, smaller dressings, and "Butterfly" type are okay. No referee notification is required for these smaller items. If a dressing is exceptionally large and/or the tape to hold a dressing completely surrounds a major limb then the referee should be notified.
2. Buddy taping of the fingers and toes. Keep in mind no more than two fingers or toes can be taped together at a time. It is recommended that you always notify the referee in this case.
3. Taping of medical alert bracelets and/or religious objects. It is recommended that you always notify the referee in this case.
4. Taping of medical devices (i.e. insulin pumps, ostomy bags, etc.). It is recommended that you always notify the referee in this case.

Here are a few circumstances in which the use of tape is never permitted:

1. Any type of Elastic Therapeutic Tape
2. Any type of Kinesio Tape
3. Any other type of taping that may support the muscles, ligaments, or tendons and/or provide compression to a joint that isn't explicitly stated above as being permitted.

Walnut Creek Swim Conference

DUAL MEET RULES

OPERATIONAL RULES FOR DUAL MEETS:

- **MAXIMUM NUMBER OF SWIMMERS:** Each team may bring a maximum of 200 eligible swimmers to a dual meet.
- **BASIC SWIMMER SKILL:** All swimmers must be able to swim 25 yards unassisted by a coach in the water and uninterrupted. A coach or other designated swimmer may be in the water to ensure that the swimmer is comfortable but may not help them complete the lap.
- **SWIMMER AGE:** Age for the current swim season is determined by the age of the swimmer as of June 15th.
- **MEET START TIMES:** Saturday meets will start at 8:30 AM or 9:00 AM and Wednesday night meets will start at 5:00 – 6:00 PM, as agreed to by both teams.
- **NUMBER OF DUAL MEET EVENTS:**
 - a. Swimmers may enter two individual events, two relays and the IM.
 - b. 50 yard freestyle is an additional event for swimmers aged 15-18yo, and will be the first event swum at dual meets. Swimmers in this age group can chose to swim in both the 50 free and the 100 free at a dual meet, but they are still limited to two individual events (plus IM and relays) per meet.
- **6 & UNDER RELAYS:** Each relay team can be comprised of swimmers of the same gender or of mixed gender, at the discretion of each team for each meet. This applies to the Conference Meet and to all WCSC dual meets.
- **INDIVIDUAL MEDLEY:** There will be one heat of IM per age group and gender at dual meets, unless other arrangements are made in advance by the teams involved. Teams should make every effort to keep IM within the meet.
- **SWIMMING UP AN AGE GROUP:** A swimmer may swim up ONE AGE GROUP ONLY for any event. However, if a swimmer swims up for an individual event, s/he must swim up for all events entered at that meet.

EXCEPTION: A swimmer may swim up one age group for relay events and still swim individual events in his/her normal age group. However, if a swimmer swims up for a relay, s/he cannot swim in a relay in his/her normal age group at that meet. Relay teams may have no more than two swimmers swimming up. A swimmer must swim BOTH Medley Relay and Freestyle Relay in the same age group at a single meet.

Walnut Creek Swim Conference

- **COMPLIMENTARY SWIMMERS (Dual Meets):** A swimmer or a relay may swim a complimentary race (“comp”) if the coaches and the hosting team desk agree, prior to the start of a meet.
- **SIX & UNDER EVENTS:** Six & under events will be held in all strokes, except I.M.
- **STROKE & TURN:**
 - a. Each team will provide one Stroke and Turn Judge per meet.
 - b. Annually, all Stroke and Turn Judges should attend the Conference-provided mandatory Stroke and Turn Clinic. They must attend training for the year in which they are serving as a Stroke and Turn Judge. A team may choose to have a Head Stroke and Turn Judge attend the training, and then conduct a review training for returning judges. However, all NEW Stroke and Turn Judges are required to attend the actual training.
 - c. All Stroke and Turn Judges will wear white shirts, carry clipboards and DQ slips at all dual meets. The objective is to be able to identify the Stroke and Turn Judges on the sides of the pool deck.
- **SWIMMER DISQUALIFICATION POLICY:**
 - a. The Walnut Creek Swim Conference shall use the County DQ Policy which calls for strict adherence to the rules by all swimmers 7 years of age and older.
 - b. Until the Walnut Creek City Meet, 6 & under swimmers will be judged more “loosely,” at the discretion of both teams’ Stroke and Turn Judges, with warning DQs issued to allow swimmers to improve their strokes.
 - c. After the Walnut Creek City Meet, 6 & under swimmers will be judged following a 70/30 rule; i.e., the swimmer must swim 100% correct at least 70% of the time. At dual meets, where there is typically one S&T per side of the pool, two infractions per jurisdiction are allowed, a third resulting in disqualification.
- **ORDER OF EVENTS:** 15-18 yo 50 yard Freestyle, Medley Relay, IM, Freestyle (50 yard Freestyle for all age groups except 100 Free for 15-18yo), Breaststroke, Backstroke, Butterfly, Free Relay.
- **DIVING RULES:** As it relates to pool depth for starts and starting platforms, race starts at WCSC Conference Dual Meets shall in general be in accordance with USA Swimming Rules. Such rules are interpreted and implemented by the following restrictions:
 - a. Starts for Swimmers 9 & Over shall be conducted in the deep end of all pools.
 - b. Minimum water depth for racing starts during practice and competition shall be measured at a distance 3 feet 3-1/2 inches (1.0 meter) from the end wall.
 - c. In pools with water depth less than 4 feet (1.22 meters) at the starting end, the swimmer must start in the water and backstroke starting ledges are not permitted
 - d. In pools with water depth 4 feet (1.22 meters) or more at the starting end:

Walnut Creek Swim Conference

- i. The front edge of the starting platform shall be not higher than 30 inches (0.762 meters) above the surface of the water.
 - ii. The front edge of the starting platform shall be flush with the face of the end walls.
 - iii. The top surface of the starting platform shall be not less than 0.50 by 0.50 meters (1 ft 8 inches square) and shall slope not more than 10 degrees from the horizontal. It may have an adjustable setting back plate.
 - iv. The entire surface of the platform shall be faced with permanent non-slip material.
 - v. Starting platforms shall be clearly marked with lane numbers visible to competitors and officials.
 - vi. Starting platforms shall be anchored to the deck or bulkhead to remain stable at all times.
- **BEFORE THE START OF THE MEET - PROCEDURES:** All officials (including Starter, Stroke & Turn officials and other team representatives, as desired) shall meet prior to the start of the swim meet to confirm the duties and procedures of the Stroke & Turn Judges and Starter, to assure a uniform procedure by both teams.
 - **RACE STARTS:** The start command shall be "Take your mark," with the gun/beeper sound to follow.
 - **INDIVIDUAL EVENT FALSE STARTS:** A swimmer will not be disqualified for falling into the pool at the start of a race. A swimmer will be warned about leaving the blocks early but will not be disqualified for it. If a swimmer falls into the pool for a second time in the same race, he/she will be disqualified.
 - **RELAY STARTS:** Except for the #1 swimmer, the leaving swimmer may start his/her dive at any time, but some part of his/her foot must still be touching the block/deck when the incoming swimmer touches the wall. The # 1 swimmer must hold his/her start until the beeper sounds to start the race.
 - **FLY-OVER STARTS:** All teams will use fly-over starts for ages 9 and up in all strokes, except for backstroke, at all dual meets.
 - **RACE TIMING INSTRUCTIONS:**
 - a. If all three times are different, use the middle time.
 - b. If two of the three times are the same to the hundredths place, use that time.
 - c. If only two of the three times are available, the average of two times shall be used.
 - d. If a manual stopwatch is the only time available, it is used.

Walnut Creek Swim Conference

- **SCORING OF DUAL MEETS:**

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

- **SNACK SHACKS:** Visiting teams will be reminded that home teams use their snack shack to provide revenue to the team. Visitors should refrain from bringing large, organized food preparations and should be encouraged to support the home team snack shack.
- **MUSIC:** All music played at conference dual meets and the WCSC Championship Meet, must be "clean music." "Clean music" adheres to the RIAA/PMRC standards and disallows playing any music bearing a PAL (Parents Advisory Label) mark.
- **CLEAN-UP:** Visiting teams are responsible for cleaning up their team area(s) prior to leaving the pool.

TEAM RESPONSIBILITIES FOR DUAL MEETS

HOME TEAM:

1. Furnish lane ropes.
2. Furnish backstroke flags, posted five yards from each end of the pool.
3. Furnish backstroke stops for 8 & under age groups.
4. Email letters to visiting teams 2 months prior to the start of the meet with home meet details.
5. Personnel:
 - a. Sufficient number of Timers, Recorders and Desk Workers
 - b. Starter(s)
 - c. Runner(s)
 - d. One Stroke & Turn position (maximum 2 people per meet)
 - e. Announcer (optional)
6. Provide visiting team with a list of required personnel for the meet.
7. Provide training to visiting team personnel on their jobs.
8. Provide electronic and manual stopwatches for all lanes, as needed.

Walnut Creek Swim Conference

9. Supply recorder slips to each lane for each event identifying:
 - a. Name and Gender
 - b. Team Designation (home or visitor)
 - c. Event
 - d. Heat Number
 - e. Lane Number
 - f. Places to write three swim times
10. Supply US Swimming disqualification (DQ) slips for all Stroke & Turn Judges.
11. Score the meet and provide visiting team with a copy of their swimmers' individual times.
12. Passes should be provided for all coaches to have a free lunch/dinner (maximum = 10 coaches/team). This would include head, assistant and junior coaches. Coaches' meal tickets will be provided at each dual meet.
13. Hospitality: Furnish water for the Stroke and Turn judges, timers and recorders.

VISITING TEAM:

1. Personnel as specified by the home team:
 - a. Sufficient number of Timers, Recorders and Desk Workers
 - b. One Stroke & Turn position (maximum 2 people per meet).
2. Responsible to provide necessary backup for unexpected job vacancies.

DESK AND DATA EXCHANGE GUIDELINES FOR DUAL MEETS

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

1. All WCSC teams will maintain the same swim order for all dual meets: 15-18yo 50 yard Freestyle, Medley Relay, Individual Medley, Freestyle (including 15-18yo 100 yard Freestyle), Breaststroke, Backstroke, Butterfly, and Freestyle Relay.
2. If necessary, the coaches from both teams will agree, in advance, to schedule the meet differently from this order, before the meet occurs. The home team will determine whether adjustments are appropriate and/or desired during the meet. Both teams should make every effort to keep IM in the meet. IM should be dropped only after either/both relays have been dropped and the meet has been optimized. All swimmers will have the opportunity to swim two individual strokes at a dual meet. Whenever possible, all scheduled events will be completed. Only fully completed events will be scored.

Walnut Creek Swim Conference

Summary of process to be used by Desks for meeting Wednesday meet time cutoffs:

- Combine the Medley Relays and run them as Mixed Medley Relays.
- Combine the Free Relays and run them as Mixed Free Relays.
- Drop the Free Relays entirely.
- Drop the Medley Relays entirely.
- Drop the IM.

3. All WCSC teams will maintain their swimmer information in Hy-Tek's Team Manager software application (TM) or Team Unify and run their meets in Hy-Tek's Meet Manager software application (MM). All teams use Meet Manager 6 in 2020.
4. The home team's dual meet Desk Manager is responsible for contacting the visiting team's Desk Manager. The home team will send a MM Events file to the visiting team along with any particular requirements for their pool, approximately one week prior to the meet.
5. Swimmer Data:
Swimmers entries will be submitted with times. A code of NT will be used if the swimmer does not have a previously recorded time.

Team rosters will be submitted to the home team.

6. Team name abbreviations:
LS=Larkey, WST=Woodlands, IVST=Indian Valley, WHO=Walnut Heights,
RMST=Rudgear Meadows, REST=Rudgear Estates, DPST= Dewing Park &
WCSC=Walnut Creek
7. Meet Seeding:
Heat and lane seeding will be at the preference of the home team. Avoid having a heat with a single swimmer – reassign previous heat swimmers to that heat.
8. The visiting team will send the swimmer data to the home team by:
 - a. Tuesday – Noon for a Wednesday night meet
 - b. Thursday – 9:00 PM for a Saturday morning meet
9. The home team will send the seeded meet back up to the visiting team by:
 - a. Tuesday – 10:00 PM for a Wednesday night meet
 - b. Friday – 2:00 PM for a Saturday morning meet
10. Day of meet/deck changes:
Changes to swimmers and swimmer strokes will be accepted at the discretion of the home team coach and desk staff. Additional "comp" swims will be decided at each meet by the coach and desk staff and will be added where there is a space available.

Walnut Creek Swim Conference

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

CONFERENCE MEET RULES

ADMINISTRATIVE RULES FOR THE CONFERENCE MEET:

- 1) All swimmer entries for the 2020 Conference Meet are due by the date designated by the Desk Personnel and the Conference Board. Once swimmer entries have been submitted, no changes will be allowed, including corrections of errors in stroke designation or swimmer times. Exceptions may be made if the swimmer was entered as the wrong gender, the wrong age-group or if the error was due to a mistake that was out of the control of the swimmer or coach, in which case the Conference Board will review the problem and render a decision. In any decision, the Conference Representative whose team entry is in question will abstain from voting.
- 2) If a swimmer is entered in more than three individual events (including IM), s/he shall be struck out of the event in which s/he is most highly ranked and where s/he is most likely to win. S/he can then swim the three remaining events.
- 3) No refunds will be made for swimmers who are scratched or who are no shows.
- 4) Swimmers who miss an individual event race are still eligible to swim their subsequently scheduled events.
- 5) Malicious mischief by a swimmer may result in disqualification from the meet and from any events in which s/he has already competed. Malicious mischief shall be construed to mean:
 - A) Destruction and/or vandalism of property.
 - B) Behavior that endangers the safety and welfare of swimmers or spectators.
 - C) Behavior disrespectful to officials (including profanity or obscene gestures).
- 6) Clerk of the Course - All swimmers must check-in at the appropriate desk (boys or girls) prior to entering the Clerk area. A Clerk volunteer will then seat them. Swimmers must remain in their seats until they are asked to proceed to the pool deck. No parents, siblings, or friends may accompany the swimmers. Only one coach per team is allowed in the Clerk area.
 - A) Preliminary Events
 - If a swimmer arrives after the heat sheet has been sent to the Deck Referee, the Clerk of the Course may attempt to insert the swimmer into the race provided the swimmer's heat

Walnut Creek Swim Conference

has not passed through the last designated pool deck holding area. The process of inserting any late swimmer cannot disrupt the running of the meet.

- If a swimmer misses his/her event due to meet procedure problems, as determined by the Meet Director, the swimmer will be placed into a later heat in one of the following methods: scratched slot, first heat of the next event, or a solo swim.
- If a swimmer misses an event due to his/her own fault, the coaches' fault or the parents' fault, there is no recourse.

B) Finals

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

CONFERENCE MEET PROCESS – DAY OF THE MEET

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

OPERATIONAL RULES FOR THE CONFERENCE MEET

1. **SWIMMER'S ELIGIBILITY FOR CONFERENCE MEET: Individual swimmers must swim in at least two dual meets during the season - one of the meets must be a Conference dual meet** - to be eligible for the Conference Meet. This requirement may be waived at the discretion of the Conference Board if a swimmer has been limited by injury or illness (see Exemption Policy, page 3). Entries for the Conference Meet must be submitted with the best time achieved during meets in the current year from the

Walnut Creek Swim Conference

second Saturday in May onwards. All individual swimmers must meet the recreational swimmer eligibility rules (page 2).

2. NUMBER OF EVENTS:

- a. Swimmers may enter three individual events and two relays. The IM will be considered as an individual event.
- b. Each team will enter no more than five IM swimmers per gender/age group with the exception of the 15-18 age group, for which the number of entries is not limited.
- c. Swimmers in the 15-18 age group will still be able to enter only three individual events (plus relays), but they will have their choice among 50 Free, 100 Free, 100 Breast, 100 Back, 100 Fly, and 100 IM. They can swim in both freestyle events if they chose to. The 15-18yo 50 Free will be held on the second day, with the Preliminary being the first event of the morning (prior to 7-8yo IM) and the Final the first event of the afternoon session.

3. **COMPLIMENTARY EVENTS/SWIMMERS:** All requests for complimentary events/competitors must be made in writing to the Conference Desk Manager by the Monday preceding the Conference Meet. The Conference Desk Manager and Conference Meet Director may allow complimentary swimmers when there are extenuating circumstances.
4. **MIXED RELAYS:** There are no longer any gender restrictions on the 6 and under relays. 6 and under relay teams will ideally be comprised of each team's top eight 6 and under swimmers.
5. **SWIMMING UP:** A swimmer may swim up ONE AGE GROUP ONLY for any event. However, if a swimmer swims up for an individual event, s/he must swim up for all individual events entered at the meet.
6. **EXCEPTION:** A swimmer may swim up one age group for relay events and still swim individual events in his/her normal age group. However, if a swimmer swims up for a relay, he/she cannot swim in a relay in his/her normal age group. Relay teams may have no more than two swimmers swimming up.
7. **DIVING RULE:** As it relates to pool depth for starts and starting blocks, race starts at WCSC Conference Dual and Championship Meets shall generally be conducted in accordance with USA Swimming Rules. Such rules are interpreted and implemented by the following restrictions:
 - a. Starts for Swimmers 9 & Over shall be conducted in the deep end of all pools.
 - b. Minimum water depth for racing starts during practice and competition shall be measured at a distance 3 feet 3-1/2 inches (1.0 meter) from the end wall.
 - c. In pools with water depth less than 4 feet (1.22 meters) at the starting end, the swimmer must start in the water and backstroke starting ledges are not permitted.
 - d. In pools with water depth 4 feet (1.22 meters) or more at the starting end:

Walnut Creek Swim Conference

- i. The front edge of the starting platform shall be not higher than 30 inches (0.762 meters) above the surface of the water.
 - ii. The front edge of the starting platform shall be flush with the face of the end walls.
 - iii. The top surface of the starting platform shall be not less than 0.50 by 0.50 meters (1 ft 8 inches square) and shall slope not more than 10 degrees from the horizontal. It may have an adjustable setting back plate.
 - iv. The entire surface of the platform shall be faced with permanent non-slip material.
 - v. Starting platforms shall be clearly marked with lane numbers visible to competitors and officials.
 - vi. Starting platforms shall be anchored to the deck or bulkhead to remain stable at all times.
8. **STARTS:** The start command shall be "Take your mark," with the gun/beeper sound to follow.
9. **FALSE START:** The USA Swimming "No False Start" rule shall be followed.
 - a. Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks/deck shall be relieved from their starting positions with the "stand up" command and may step off the blocks.
 - b. If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.
 - c. If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.
 - d. A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "Stand Up" command.
 - e. A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.
- B. Notwithstanding the above, any swimmer will be allowed to complete his/her race, regardless of the disqualification. A swimmer will not be removed from the race for a false start.
10. **RELAY STARTS:** Except for the #1 swimmer, the leaving swimmer may start his/her dive at any time, but some part of his/her foot must still be touching the block/deck when

Walnut Creek Swim Conference

the incoming swimmer touches the wall. The # 1 swimmer must hold his/her start until the beeper sounds to start the race.

11. **DISPUTES:** Current USA Short Course Swimming Rules will be used as a guide with agreement among all clubs on the interpretation and application before the next season on any disputed items

12. **TIMING/RECORDING INSTRUCTIONS:**

- a. If all three times are different, use the middle time.
- b. If two of the three times are the same to the hundredths place, use that time.
- c. If only two of the three times are available, the average of two times shall be used.

13. **SCORING OF CONFERENCE MEET:**

- a. Individual Events based on 10 lanes:
 - i. Championship Heat – 24 21 20 19 18 17 16 15 14 13
 - ii. Consolation Heat – 11 9 8 7 6 5 4 3 2 1
 - iii. CRITERIA: The Championship heat shall consist of the swimmers with the 10 best times in the trials. A swimmer in the Championship heat who is not disqualified will finish no lower than 10th place. The Consolation heat shall consist of the swimmers with the 11th-20th best times in the trials. The fastest time in the Consolation heat shall be awarded 11th place.
- b. Relay Events (A) – 40 34 32 30 28 26 24 22
- c. Relay Events (B) - 8 7 6 5 4 3 2 1
- d. In case of ties, add together the points for the places involved and divide by the number involved in the tie.
- e. The IM event will be a timed final only.

14. **DISQUALIFICATION POLICY:** The Walnut Creek Swim Conference shall use the County DQ Policy which calls for strict adherence to the rules by all swimmers 7 years of age and older. Six and unders will be judged following a 70/30 rule; i.e. the swimmer must swim 100% correct at least 70% of the time. Where two S&T Judges are used per lane, such as at Conference Meet, the 70/30 rule allows for one infraction (i.e. flutter

Walnut Creek Swim Conference

kick, one-hand touch, etc.) per stroke & turn jurisdiction. A second infraction at any jurisdiction would result in disqualification.

15. **RAIDS:** At the beginning of each season, the Conference Board will hold a meeting with all coaches to reinforce the reasoning of why raids are not acceptable. Positive spirit expressions are welcomed and should be of a non-malicious intent. Teams must visit other teams during the daylight hours, preferably, during practice times. If raiding occurs and damage is done, the responsible person(s) shall compensate the raided pool for any damages. If a police report is filed and individual Conference swimmers are determined to be responsible, the swimmers named will be disqualified from participating in the Conference Meet. The Conference President is to be notified if a police report is filed.
16. **CONFERENCE TEAM SPIRIT:** Positive expressions of spirit are encouraged, but there will not be a competition for an award.

CONTRA COSTA COUNTY CHAMPIONSHIP MEET ELIGIBILITY:

Recreational swimmers may swim in the County Championship Swim Meet.

- For recreational swimmers to swim in the County Championship Swim Meet, they must be members of one of the invited recreational teams. They must have swum with this team only for the course of the season and must have participated in at least three meets with them during the summer. If a swimmer moves their residence during the summer, they may swim with another team in their local vicinity with written approval in advance.
- There is no complimentary, exhibition, or unattached swimming at the County Meet.
- **General eligibility rules are the same as are detailed on page 2.**
- **Qualifying Times:** Individual swimmers must meet the minimum qualifying times as sent to teams in the information packet. Qualifying times change from year to year. A participant's qualifying time must have been from a recorded result in a recreational meet held during the 2019 recreational swim season. Team time trials and intra-squad meet times are not acceptable.