

NORTHERN WESTCHESTER SWIMMING CONFERENCE, INC.  
<http://nwsc.usswim.net>

*CONSTITUTION*

Amended & Updated July 2017

**ARTICLE I – NAME**

The name of the organization shall be the Northern Westchester Swimming Conference, Incorporated. {NWSC, Inc.}

**ARTICLE II – ORGANIZATION**

The NWSC, Inc. shall be divided into five (5) divisions. {I, II, III, IV, V}  
The number of divisions will be variable based on as near an equal grouping as possible, given the total number of teams in the League.

**ARTICLE III – OBJECTIVES**

The aims and objectives of this organization are as follows:

- To unite those agencies with common interests in summer competitive swimming and diving.
- To foster and maintain the highest standard of ethics.
- To stimulate and promote a widening interest in summer swimming and diving on a local and regional basis.
- To function in such a manner that will further the interest of summer competitive swimming and diving.
- To promote summer swimming and diving within the framework of the philosophies of the participating agencies.

**ARTICLE IV – MEMBERSHIP**

- The membership in this organization shall be limited to agencies and their representatives meeting the required herein.
- The Annual Dues shall be arrived at after the adoption of the Annual Budget. Assessments will be pro-rated on services rendered by the organization to each member and assessments notice shall be sent to each member following the March meeting.
- Annual dues will be payable two {2} weeks prior to the first official meet of the season. Any team not paid at this point will be notified by the Treasurer and are subject to forfeiture of all meets until dues are paid.
- The membership in the organization shall be limited to thirty agencies not effecting current members. USA Swimming Teams are not permitted.

## **ARTICLE V – OFFICES**

- The offices of the NWSC, Inc. shall be: President, Vice President, Corresponding Secretary, Recording Secretary and Treasurer.
- There shall be an Executive Committee consisting of: NWSC Officers, Immediate Past President, Officials Liaison (non-voting) and Duly Elected Chairman of each division (beginning in May & ending August 31<sup>st</sup>).
- Nominees for all offices must be members in good standings.

## **ARTICLE VI – COMMITTEES**

- The President shall appoint for his term of office the standing committees as provided in the By-Laws.
- Special Committees may also be appointed in a like manner when deemed necessary.

# *BY-LAWS*

Amended & Updated July 2017

## **ARTICLE I – MANAGEMENT**

- The management of this organization shall be vested in the Executive Committee.
- The officers shall be elected with terms beginning in January: (May 17, 2004)
  1. Even Years: President, Corresponding Secretary, Treasurer
  2. Odd Years: Vice President & Recording Secretary
- The Official's Liaison shall be appointed every two years (even years).
- The Executive Committee will fill any vacant post with a bona fide member until January.
- All meetings shall follow Roberts Rules of Order, providing they are in keeping with the By-Laws. The sequence of doing business being:
  1. Roll Call
  2. Reading of Minutes
  3. Report of Officers
  4. Report of Committees
  5. Unfinished Business
  6. New Business
  7. Adjournment
- Minutes of Meetings are emailed to all email addresses on file with the Corresponding Secretary, and can be found on the website. **[northernwestchestersc.com](http://northernwestchestersc.com)**.  
(*changed to new site: May 2016*)
- The email address of the NWSC is: [nwscmail@aol.com](mailto:nwscmail@aol.com)
- The mailing address is: PO Box 25 Pleasantville, NY 10570 (*changed to new address: June 2012*)

## **ARTICLE II – ELECTIONS**

- A slate of nominees shall be presented at the **March** meeting and balloting shall take place. Nominations will be accepted from the floor.

## **ARTICLE III – EXECUTIVE COMMITTEE**

- **PRESIDENT** – shall preside at all regular, special and Executive Committee meetings. The President shall appoint standing and special committees and represent the organization on matters of vital interest to the membership.
- **VICE PRESIDENT** – shall preside at meetings at which the President is absent, serve as coordinator of committees, assist the President when called upon and succeed to the Presidency if a vacancy should occur prior to the January meeting.
- **CORRESPONDING SECRETARY** - shall send notices of meetings.
- **RECORDING SECRETARY** – shall be the legal custodian of all records and take minutes of all general, special and Executive Committee meetings.
- **TREASURER** – shall receive and disburse all moneys of the organization with the approval of the Executive Committee or by their direction. The Treasurer shall make a periodic accounting of receipts and expenditures. All accounts shall be checked at the end of each fiscal year.
- **DIVISION CHAIRPERSON** – shall be responsible for: handling all minor grievances within their division; run the divisional championship swim meet; submit an original copy of the championship swim meet results to the President at the All Star Swim Meet; serve on the Rules & Procedures Committee, beginning in May & ending August 31<sup>st</sup>. (March 23, 2010)
- **OFFICIALS LIASION** – shall be responsible for: assigning officials, notifying the Executive Committee in changes of meets, inform the league of rule changes or interpretations and instructing officials on the rules of the Constitution. This is a non-voting position.

## **ARTICLE IV – MEMBERSHIP**

- **REGULAR MEMBER** - shall be the official representative from the member club. This person shall be eligible to vote and hold office. Each club must have a representative or alternate representative. *1 vote per club.* (January 18, 2001)
- **ALTERNATE MEMBER** – shall have the privileges of voting in the absence of the clubs designated representative.
- **ASSOCIATE MEMBER** – can be awarded to either past regular members or to a person who has made an outstanding contribution to the work of the League, by a majority vote at a regular meeting. This person shall be able to vote and hold office.

## **ARTICLE V – MEETINGS**

- Regular Business meetings shall be scheduled during the off season as follows:
  1. **Third Monday or Tuesday in March (July 27, 2017)**
  2. June Clinic - by availability of site
  3. Final (wrap-up) meeting of the season shall be held immediately following the All Star Diving Meet.
- Meetings of the Executive Committee shall be held in January/February, and at the discretion of the President.
- Special meetings of the membership or Executive Committee may be called by the President with concurrence of the Executive Committee.
- A quorum for all meetings shall have a minimum of 50% of its constituted membership. (March 19, 2001)

## **ARTICLE VI – AFFILIATION**

- Any agency desiring to affiliate, must petition the Executive Committee in January via email, outlining the nature of the organization (public or private) and have an interest in common with those already participating. After review, the application will be presented to the entire membership at the March meeting and must have 2/3 approval of those present. An interested agency must be located in Northern Westchester County and cannot be a year 'round competitive swim team.
- Any agency can be expelled, after review and 2/3 approval of the Executive Committee, and be presented to the entire membership at a regular or special meeting and must have approval of 2/3 of those present.
- All 3 regular business meetings are mandatory. Clubs not attending will be charged \$50 per meeting for failure to attend. This will be paid with the following years dues. (May 23, 2016)

## **ARTICLE VII – COMMITTEES**

- Standing Committees shall be:
  1. Awards
  2. Championships
  3. Public Relations and Publicity
  4. Rules and Procedures
  5. Schedules
- The Chairman of each Standing Committee shall be chosen from among the Executive Committee. Each committee shall be responsible to the Executive Committee and must have prior approval, from the Executive Committee, before they incur financial obligations.
- The Vice President serves as coordinator of committees.

## **ARTICLE VIII – AMENDMENTS**

- Amendments must be submitted in writing and presented at any regular meeting. The Constitution, By-Laws and Official Swimming Rules can only be amended by 50% of the membership present at any meeting and the majority of votes of those present at that meeting, for approval. (March 19, 2001)

## **ARTICLE IX – RULES**

### **A. Association Rules**

- The NWSC, Inc. will swim and dive all events under the National Federation Swimming and Diving Rules, published by the National Federation of State High School Associations, with amendments adopted by the NWSC, Inc. Rules and Procedures Committee. New Amendments shall be recorded in the minutes of the meeting in which they are announced.

### **B. Swimmer & Diver Affiliation/Eligibility**

- All swimmers and divers participating in the NWSC, Inc. must be bonafide dues paying members of either a municipal swimming pool or a private club. (May 23, 2016)
- PENALTIES FOR VIOLATIONS:
  - A. For violation of any eligibility rule, all points scored and records achieved by the ineligible athlete will be forfeited.
- Requests for any exceptions to the affiliation rules must be presented in writing to and receive approval from the Rules and Procedures Committee prior to any athlete's participation.
- NWSC, Inc. athletes (families) may compete for ONE (1) NWSC town or club team only. Athletes MAY compete for a team outside of the NWSC, provided they are dues paying members to both teams. Any exceptions to this rule must receive prior approval from the NWSC Rules and Procedures Committee prior to any athletes' participation. USA swimming is permitted. (May 20, 2008)
- Athletes employed as lifeguards or other summer employment may only compete for the NWSC team appropriate to their municipality of residence or the club at which they are bonafide dues paying members. If neither is applicable, requests must be made to the Rules and Procedures Committee.
- Athletes will not be permitted to wear team logos on swim suits or caps other than their NWSC affiliated member team. (page 20 - NFHS Section 3 UNIFORMS)
  - A. For violation of the team logo rule, all points scored, by the athlete who is displaying the inappropriate attire, will be forfeited.

### C. **Age Group Eligibility (May 21, 2007)**

- The eligibility of an athlete for a particular age group will be determined by his/her birth date and sex. Age of athlete on July 1 of that year (exception: for swimmers & divers registered prior to the 2007 season, the June 1 date will remain in effect), shall govern for the entire NWSC summer season including all championship meets. NWSC meets will be conducted as age group competition for both boys and girls and will consist of the following five age groups:

8 & Under    10 & Under    12 & Under    14 & Under    18 & Under

### D. **Proof Of Age**

- The Rules and Procedures Committee is empowered to request proof of age of any athlete at any time during the season.

### E. **Rosters**

- It is the responsibility of each head coach to submit a completed team roster to the appointed Executive Committee member, ONE WEEK prior to the first league/division meet. It is also the responsibility of each head coach to see that this roster is kept up to date. Rosters shall be open for inspection by NWSC head coaches, upon request.
- **ALL NWSC TEAMS:** – shall include *in alphabetical order*, the following information: (May 23, 2016)
  1. Athletes last name
  2. Athletes first name
  3. Sex
  4. Date of Birth
  5. Age
    - for returning athletes the age on June 1
    - for new athletes the age on July 1
  6. Registered prior to 2007 season

- |   |
|---|
| <ul style="list-style-type: none"><li>☼ Preferred format is Excel. Handwritten rosters will not be accepted. A sample of each roster (municipal pool &amp; private club) can be found on website.</li><li>☼ Any new athletes registration must be reported to the designated Executive Committee member TWO DAYS prior to that athlete's participation in any league/division competition. (This includes B Meets).</li></ul> |
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### F. **Swimming/Diving Out Of Age Groupings**

- It is permissible for a coach to enter a swimmer or diver in an event that is in an age group HIGHER than that in which he or she is registered. For example a 10 year old may swim in a 12 & under event or may dive in an 18 & under diving event. However, at no time may a swimmer or diver participate in an event that is a LOWER age group than that in which he or she is registered.

- In the event a swimmer is found to have been swimming/diving **BELOW** his/her correct age group, all points scored will be forfeited, the meet will be rescored and that athlete will be ineligible in the next league/division competition.

#### G. **Officiating**

- All League/Division, Championship and Invitational meets are to be conducted by a Certified Official assigned by the Officials' Liaison. This official will have authority over the entire meet. The official is responsible for the following:
  1. Calling the Home Team's Representative and/or Head Coach at least one day prior to the meet to confirm their attendance. (March 25, 2008)
  2. Arriving on time and dress in appropriate apparel. (White shirt and shorts/pants)
  3. Make sure the host team has all equipment/supplies needed for the meet.
  4. Review diving sheets.
  5. Signing the official score sheet at the conclusion of the meet.
  6. Submitting protests to the League President & Officials' Liaison.
- Officials will be docked 50% of their meet fee for late arrival (5:15pm for afternoon meets and 8:45am for morning meets). Extenuating circumstances will be reviewed by the Board. (March 25, 2008)
- In the event an official does not arrive, the meet may be officiated by a person agreeable to both league representatives. The fee that would have been paid to him/her will be returned to the effected pool club(s). (July 31, 2008)
- TIMETABLE FOR OFFICIALS: official must arrive at 5pm for weekday dual meets and 8:30am for weekend dual meets. (July 28, 2005)
- If the official arrives at a dual meet that was previously cancelled, and the official was not notified, the host team must pay a \$15.00 travel fee, to each official, as a courtesy.

#### H. **Protests**

- All protests must be submitted **IN WRITING**, from the head coach, to the meet referee from the meet in question, within 24 hours. It will be the official's responsibility to see that the protest is delivered to the League President **FIRST**, & then the Officials' Liaison. In the event a protest involves an official, the head coach must submit the protest directly to, **IN WRITING**, the President first and then to the Official's Liaison.
- Final settlement of all protests will be the responsibility of the Rules and Procedures Committee and their decision is final.

## **I. Postponement/Cancellation**

- Meets should only be cancelled/postponed in the event of thunder & lightning or mechanical problems. It is up to the discretion of the Pool Director whether or not a meet should be postponed or cancelled. (June 20, 2000)
- A dual or championship meet which is called off because of inclement weather will be continued from the point of interruption on the next date. The meet scoring will continue from the point of interruption. Eligibility of the athletes will be determined on the date the meet began.
- If a meet is stopped during the diving competition, the rescheduled meet will begin with the next dive. If a diver cannot make the rescheduled meet, they will be disqualified. (August 12, 1996)

THE MAKE-UP DATE FOR TUESDAY MEETS IS THURSDAY. THE MAKE-UP DATE FOR SATURDAY MEETS IS THE NEXT TUESDAY, IF AVAILABLE, OR NEXT THURSDAY.

## **J. Taunting/Unsportsmanlike Conduct**

- No team personnel (coaches, managers, lap counters and participating or nonparticipating competitors), shall act in an unsportsmanlike manner, including but not limited to: using inappropriate language, making insults or derogatory remarks, gestures or acts including taunting or bullying; trying to influence or show disgust with officials' decisions; interfering with meet officials in the performance of their duties.
- The NFHS disapproves of any form of taunting which is intended to embarrass, ridicule or demean others under any circumstances on the basis of relative ability, race, religion, gender or national origin.
- Team personnel shall be disqualified from further participation for unsportsmanlike conduct. For excessive unsportsmanlike conduct, team personnel may be ejected from the competition area.
- WHEN A SPECTATOR(S) BECOMES UNRULY OR INTEFERES WITH THE ORDERLY PROGRESS OF THE MEET, THE REFEREE SHALL SUSPEND THE MEET UNTIL THE MEET MANAGEMENT REMOVES THE INDIVIDUAL(S) FROM THE PREMISES.



## **ARTICLE X – ADMINISTERING SWIMMING & DIVING DUAL MEETS**

### **A. Warm-Up & Start Times**

- Tuesday & Thursday Meets: Diving warm-up 4:30pm. Swimming warm-up 5:00pm. Meet starts at 5:30pm with diving. (July 28, 2005)
- Saturday Meets: Diving warm-up 8:00am. Swimming warm-up 8:30am. Meet starts at 9:00am with diving. (July 28, 2005)

Failure to comply with the approved NWSC schedule, dates and times will result in a forfeit.

All meets must be held on the day they are scheduled.

When a change is necessary, it must be reported to and approved by the President and Official's Liaison.

### **B. Order of Events**

#### DIVING:

13 & under

18 & under

SWIMMING: (event order is read from left to right)

#### **Backstroke & Breaststroke**

8 & under 25 yards/meters girls  
10 & under 50 yards/meters girls  
12 & under 50 yards/meters girls  
14 & under 50 yards/meters girls  
18 & under 100 yards/meters girls

8 & under 25 yards/meters boys  
10 & under 50 yards/meters boys  
12 & under 50 yards/meters boys  
14 & under 50 yards/meters boys  
18 & under 100 yards/meters girls

#### **Butterfly**

8 & under 25 yards/meters girls  
10 & under 25 yards/meters girls  
12 & under 50 yards/meters girls  
14 & under 50 yards/meters girls  
18 & under 50 yards/meters girls

8 & under 25 yards/meters boys  
10 & under 25 yards/meters boys  
12 & under 50 yards/meters boys  
14 & under 50 yards/meters boys  
18 & under 50 yards/meters girls

#### **Freestyle (NS = non scoring)** 6 & under free is scored (July 31, 2014)

6 & under 25 yards/meters girls  
6 & under 25 yards/meters boys  
8 & under 25 yards/meters girls  
8 & under 25 yards/meters boys  
10 & under 50 yards/meters girls  
10 & under 50 yards/meters boys  
12 & under 50 yards/meters girls  
12 & under 50 yards/meters boys  
14 & under 100 yards/meters girls  
18 & under 100 yards/meters girls

6 & under 25 yards/meters girls **NS**  
6 & under 25 yards/meters boys **NS**  
8 & under 25 yards/meters girls **NS**  
8 & under 25 yards/meters boys **NS**  
10 & under 50 yards/meters girls **NS**  
10 & under 50 yards/meters boys **NS**  
12 & under 50 yards/meters girls **NS**  
12 & under 50 yards/meters boys **NS**  
14 & under 100 yards/meters boys  
18 & under 100 yards/meters boys

**Non scoring freestyle heats** of 6, 8, 10 and 12 & under freestyle will be run whether or not both teams have entries. Extra heats count as an entry. Notification shall be given to the official prior to the start of the meet. Non-scoring heats will be run as the second heat of the event. (May 17, 2004, July 29, 2010 & July 31, 2014)

## **Relays** (July 27, 2017)

10 & under girls 200 yards/meters freestyle      10 & under boys 200 yards/meters freestyle  
14 & under girls 200 yards/meters freestyle      14 & under boys 200 yards/meters freestyle  
18 & under coed freestyle relay - 2 males & 2 females

- **FALSE START RULE:** Each swimmer is allowed one false start. (March 27, 2007; May 17, 2011; July 27, 2017)
- **DUAL MEET PROTEST COMMITTEE:** shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during a meet. Judgment calls are not subject to review. The decision of the meet committee is final. *Committee Members:* 1 Coach per team, 1 Team Representative and the Meet Official. (January 18, 2001)

## C. **Dives – required/optional & rules**

- A 101A, 101B or 101C dive will be the required dive for all contestants and must be done as the first dive of the event in Dual Meets/Champs/All Stars. (July 26, 2007)
- Each contestant may select three optional dives; however, of the total of four dives by each contestant, three groups must be represented.
- The required dive may not be used as one of the optional dives.
- An optional dive group may be repeated, but not the optional dive.
- All optional dives must be listed in the official NFHS Handbook.
- Once a diver is on the board, coaches cannot say anything to the diver, or the diver will be disqualified. (July 28, 2005)
- A diver shall make a sincere attempt to perform a dive. Penalty: disqualification.
- A diver is DQ'd and shall perform no further dives if he/she fails 2 dives.

## D. **Diving Entries/Sheets**

- A team may enter up to 3 divers per age group to correspond with the number of lanes the pool has. (July 29, 2004). TO CLARIFY: a 4 lane pool may only enter 2 divers per gender, per age group, yet a 6 lane pool can dive 3 divers per gender, per age group.
- When both teams have a diving program/divers, diving is considered an event in dual meets.
- If a team does not have a diving program and the opposing team does, diving is allowed (provided there is a diving board). **DIVING DOES NOT COUNT AS AN EVENT AND POINTS ARE NOT SCORED.** (July 27, 2017) Divers are therefore eligible to compete in 3 individual and 1 relays swim events.
- Diving Sheets must be handed to the official 15 minutes before the start of the meet. (July 28, 2005). Exhibition divers MUST be determined at this time.
- A diver may participate in a max of 4 events, (diving and/or swimming) one of which must be a relay. {3 individual events and one relay OR 2 individual events and 2 relays}. (July 28, 2005)

- Once a diver has been entered in an event and the diving sheet has been handed into the official, only those athletes whose name is on the diving sheet can and must dive in the event. Last minute changes are not allowed, once the diving sheet has been handed in.

#### **E. Swimming Events: Number of Team Entries Per Event**

- Eight Lane Pool: In a dual meet, each team is allowed to enter a max of 4 individual swimmers per event. In relays, each team may enter up to 4 relays.
- Six Lane Pool: In a dual meet, each team will be allowed to enter a max of 3 individual swimmers per event. In relays, each team may enter up to 3 relays.
- Four Lane Pool: In a dual meet, each team will be allowed to enter a max of 2 individual swimmers per event. In relays, each team may enter up to 2 relays.

#### **F. Swimming Events: Number of Events Per Swimmer**

- A swimmer may participate in a max of 4 events, one of which must be a relay. {3 individual events/one relay OR 2 individual events/2 relays}. (July 28, 2005)
- Once a swimmer has been entered in an event and the lane entry card has been handed into the timer, only those athletes whose name is on the card can and must swim the event. Last minute changes are not allowed, once the swimmer steps up on the block.

#### **G. Lane Assignments**

- The visiting team shall have its choice of lanes – odd or even. This choice applies to all swimming and diving events of the meet.

#### **H. Scoring** (July 31, 2008)

- The point scoring shall be 5-3-2-1 for individual events and 8-4-2 for relays.
- Only 2 places may score per team, unless there is a sweep - no matter what the size of the pool. No sweeps in the relay events or diving.
- A sweep is scored when the opposing team fails to enter a contestant in the event. No sweep in relays. A disqualification counts as an entry.
- 6 & under freestyle is a scored event (July 31, 2014)
- The numerical score for a dual meet that is forfeited is 12-0.
- If a team decides to stop scoring, the opposing team receives the first and second place points, provided they have the required number of entries and there are no disqualifications.
- Swimmers receive the proper award (ribbon) corresponding to their order of finish.
- **A team that scores 289 points (267 when there is no diving) shall be declared the winner. It is strongly suggested that teams be considerate and not run up the score. (July 27, 2017)**

#### **I. Lane Entry Cards & Score Sheets**

- Only NWSC, Inc. approved lane entry cards and score sheets are to be used at dual meets. (Template can be found on website)

- Individual Events - names (first and last), must be **clearly printed** on each lane card. Cards that are not legible will be voided. Once a swimmer has been entered in an event and the lane entry card has been handed into the timer, only those athletes whose name is on the card can and must swim the event. Last minute changes are not allowed, once the swimmers step up on the block.
- Relays – first and last names of all swimmers must be listed. If a swimmer is not listed, the penalty is disqualification. (March 27, 2006)

#### J. **Host Team Responsibilities**

- The host team is responsible for providing the following:
  1. LIFEGUARDS
  2. score sheets and pencils for both teams
  3. clipboards, pencils and lane entry cards for each lane
  4. a runner to bring the lane cards to the scorers table
  5. backstroke flags at each end of the pool
  6. three sets of diving flash cards
  7. calculator or diving calculator
  8. PA system
  9. 1/2 timers with watches per lane
  10. one scorer, one ribbon writer and one diving judge

**The scorers table must be set up and all items listed above must be available 30 minutes prior to the start of the diving competition.**

#### K. **Visiting Team Responsibilities**

- The visiting team is responsible for: 1 or 2 timers **with watches** AND one scorer, one ribbon writer and one diving judge (if applicable)

#### L. **Reporting Dual Meet Results**

- It is the responsibility of the host team to report dual meet result to: President of the Conference; and Web Master.

#### M. **Dual Meet Results – Determining Champions Per Division**

- The team with the best dual meet record is determined to be the Division Champions. (Dual Meet Champions)
- Only dual meets within a division count towards the dual meet record (for Division {Dual Meet} Champs title) – no crossover meets. (August 9, 1999)
- If there is a tie, the head to head competition will determine which team is the dual meet champion and/or moves up or down. (May 23, 2006)
- If head-to-head results cannot determine who moves up or down in the division with ties of 3 or more, then the Swimming Championships will determine the results. (July 26, 2007)

#### **N. Awards**

Host pools are required to provide 1<sup>st</sup> thru 4<sup>th</sup> place awards (ribbons). 5<sup>th</sup> & 6<sup>th</sup> place awards are at the discretion of the host pool but are greatly appreciated by the athletes. (August 2, 2001)

- Each Member Club will receive a "perpetual" plaque to display the following inscribed plates: placing @ Diving Championships; placing @ Swimming Championships and (if appropriate) a Dual Meet Champion plate. (March 13, 2003)

#### **O. ATHLETES WITH DISABILITIES (July 18, 2013 BOD & August 1, 2013)**

- The USA Swimming Officials' Guidelines for swimmers with disabilities have been adopted. These guidelines are in the USA Swimming Rulebook, which can be found at: <http://www.usaswimming.org>. Click on "ABOUT" at the top of the home page, then scroll to "RULES & REGULATIONS," then scroll to "USA Swimming Rulebook." Click on that and a PDF copy will come up. (Article 105).

## **ARTICLE XI – B MEETS SWIMMING**

- SWIMMING: 4:30 warm-up; 5:00pm start

PURPOSE:	To give novice and intermediate swimmers an incentive to improve.  To give novice and intermediate swimmers an opportunity to compete at their level.  To build and expand all NWSC, Inc. teams and the sport of swimming.
RULES:	The rules will be the same as the regular adopted conference rules except where amended for "B" competition: <ul style="list-style-type: none"><li>- All swimmers are entitled to swim</li><li>- No score will be kept</li><li>- <b>Swimmers must compete unaided</b> (exception: a swimmer with a disability)</li></ul>
ELIGIBILITY:	A contestant may not be entered in a "B" Meet if he/she has won a 1 <sup>st</sup> or 2 <sup>nd</sup> place in ANY EVENT in an "A" meet, (excluding relays). (May 20, 2002)
STARTER:	The host team must supply a person to start each race.
EVENTS:	The events will be the same as regular dual meets with the following exceptions: <ul style="list-style-type: none"><li>- There will be no relays</li><li>- There will be no 18 &amp; under events (<b>unless a swimmer needs to qualify for a championship meet</b>)</li><li>- 14 &amp; unders will swim 50 yards/meters for all events</li><li>- No limit on number of heats per event</li><li>- Children may swim in any number of events</li></ul>
TIMERS:	One per lane is suggested, but not mandatory
AWARDS:	Ribbons are to be awarded to all places per heat
CANCELLATIONS:	Reschedule at the convenience of the host pool, if possible.

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## **ARTICLE XI – B MEETS DIVING**

- 4:30pm warm-up; 5:00pm start

PURPOSE:	To give novice and intermediate divers an incentive to improve.  To give novice and intermediate divers an opportunity to compete at their level.  To build and expand all NWSC, Inc. teams and the sport of diving.
RULES:	First concern must be the safety of the diver. Coaches are expected to use good common sense when entering a diver.  No limit on amount of divers entered per team, per age group.  No moving divers up; divers must compete in proper age group.  Schedule team competition as evenly as possible.  2 or 3 teams per meet, depending on team size.  Scoring – YES. Scoring done by coaches  Coaches are NOT allowed on the diving board to assist divers.  Diving sheets are to be filled out and scores are to be recorded on sheets as done in "A" meets.  Give divers a second chance on fail dives; no points penalized.
EVENTS:	Divers are required to perform two (2) <u>dives</u> from two (2) different categories. <b>NO JUMPS!</b>  Age groups can be either: 13 & under/14 thru 18 OR 8, 10, 12, 14, 18 & under.
ELIGIBILITY:	Divers must be an eligible member of the diving team.  Divers cannot have placed in an "A" meet. {1st, 2 <sup>nd</sup> or 3rd}.  Divers must be competent in at least two (2) <u>dives</u> – <b>NO JUMPS.</b>
AWARDS:	Ribbons are to be awarded for all places, 1st thru 6th if necessary.
CANCELLATIONS:	Reschedule at the convenience of the host pool, if possible.

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## **ARTICLE XII – ADMINISTERING CHAMPIONSHIP MEETS**

- **SECTION 1** – The Championship events and scope shall be presented by the Championship Committee no later than July 1.
- **SECTION II** – The Committee shall be composed of at least one representative from each division selected by the President with the Vice President as Chairman.
- **SECTION III** – An athlete must compete in two (scoring) sanctioned league meets to be eligible for the Division Championships. Exceptions may be approved by the Rules and Procedures Committee. “B” meets are considered sanctioned meets. (August 2, 2012)
- **SECTION IV** – Clubs hosting a Championship Meet will receive packets at the June meeting.

## **ARTICLE XIII – DIVING CHAMPIONSHIPS** 5:00pm warm-up 5:45pm start

- ENTRIES:
  1. Each Club may enter one (1) diver per age group.
  2. One diver cannot dive in both age groups.
  3. A 101A, 101B or 101C dive will be the required dive and must be done as the first dive of the event.
  
- RULES/REQUIREMENTS:
  1. A diver may compete in the Diving Championships and may also swim in two (2) individual events and a relay in the Swim Championships. (March 18, 1991)
  2. Each team must provide a diving judge (with scorecard) & scorekeeper
  3. Each host team must provide the original copy of the championship meet results to the League President, at the All Star Diving Meet. (May 15, 2012)
  
- ORDER OF EVENTS:

13 & under girls	18 & under girls
13 & under boys	18 & under boys



**ARTICLE XIV – SWIMMING CHAMPIONSHIPS** 8:30am warm-up 9:00am start

▪ **ENTRIES:**

- 1. Each Club may enter one (1) person per event.
- 2. Each Club may enter one (1) relay per event.
- 3. The maximum number of events a contestant can enter is three (3), one of which must be a relay, and thus one may enter three (3) relays.

▪ **RULES/REQUIREMENTS:**

- 1. Each host team must provide the original copy of the championship meet results to the League President, at the All Star Swimming Meet. (May 15, 2012)
- 2. Each team must provide 3 timers with working watches, a scorekeeper & ribbon writer.

ORDER OF EVENTS: **RELAY EVENTS** for the Championship Meet differ from those in Dual Meets.

***Medley Relays***

10 and under girls - 200 yards/meters  
14 and under girls - 200 yards/meters

10 and under boys - yards/meters  
14 and under boys - yards/meters

***Individual Events***

**Backstroke**

8 & under girls 25 yards/meters  
10 & under girls 50 yards/meters  
12 & under girls 50 yards/meters  
14 & under girls 50 yards/meters  
18 & under girls 100 yards/meters

8 & under boys 25 yards/meters  
10 & under boys 50 yards/meters  
12 & under boys 50 yards/meters  
14 & under boys 50 yards/meters  
18 & under boys 100 yards/meters

**Breaststroke**

8 & under girls 25 yards/meters  
10 & under girls 50 yards/meters  
12 & under girls 50 yards/meters  
14 & under girls 50 yards/meters  
18 & under girls 100 yards/meters

8 & under boys 25 yards/meters  
10 & under boys 50 yards/meters  
12 & under boys 50 yards/meters  
14 & under boys 50 yards/meters  
18 & under boys 100 yards/meters

**Butterfly**

8 & under girls 25 yards/meters  
10 & under girls 25 yards/meters  
12 & under girls 50 yards/meters  
14 & under girls 50 yards/meters  
18 & under girls 50 yards/meters

8 & under boys 25 yards/meters  
10 & under boys 25 yards/meters  
12 & under boys 50 yards/meters  
14 & under boys 50 yards/meters  
18 & under boys 50 yards/meters

**Freestyle**

6 & under girls 25 yards/meters  
8 & under girls 25 yards/meters  
10 & under girls 50 yards/meters  
12 & under girls 50 yards/meters  
14 & under girls 100 yards/meters  
18 & under girls 100 yards/meters

6 & under boys 25 yards/meters  
8 & under boys 25 yards/meters  
10 & under boys 50 yards/meters  
12 & under boys 50 yards/meters  
14 & under boys 100 yards/meters  
18 & under boys 100 yards/meters

***Freestyle Relays***

8 and under girls - 100 yards/meters  
12 and under girls - 200 yards/meters  
18 and under girls - 200 yards/meters

8 and under boys - 100 yards/meters  
12 and under boys - 200 yards/meters  
18 and under boys - 200 yards/meters

- **CHAMPIONSHIP MEET PROTEST COMMITTEE:** shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during a meet. Judgment calls are not subject to review. The decision of the meet committee is final. *Committee Members:* 1 Coach per team, the Division Chairperson and the Meet Referee. (January 18, 2001)

## **ARTICLE XV – ALL STAR MEETS**

- **ELIGIBILITY:** (July 28, 1991)
  1. Individual swimmer, diver or relay team must have finished 1<sup>st</sup> in the Divisional Championship Meet. If a 1<sup>st</sup> place finisher cannot attend the meet, then the 2<sup>nd</sup> place winner will be eligible to compete.
  2. Coaches are responsible for notifying the divisional chairperson if an athlete cannot compete in the all star meet.
  3. Every effort should be made to insure that all events have a full compliment of athletes.
  
- **AWARDS:** (July 28, 1991)
  1. Each athlete will receive a t-shirt.
  2. Individual & eligible relay athletes who break an All Star Meet record will receive a medal.

### **A. DIVING – 5:00pm warm-up & 5:45pm start**

- **EVENTS:**

13 & under girls	18 & under girls
13 & under boys	18 & under boys

A 101A, 101B or 101C dive will be the required dive and must be done as the first dive of the event.

**The Wrap-Up Meeting will be held immediate following the All Star Diving Meet**

## **B. SWIMMING – 8:30am warm-up & 9:00am start**

- RULES: (March 18, 1991)
  1. Relay teams which are lacking four members from the same team may fill in with members from other clubs within the same division; however, such composite teams are ineligible to set records.
  
- REQUIREMENTS: (July 22, 1996)
  1. Teams placing 1st, 2nd or 3rd at the Championship Meet must supply one timer for the All Star Meet.
  2. Coaches are to pick up colored coded lane cards at the Divisional Swimming Championship Meet, filled them out and bring them for use at the All Star Meet.

The 8 & under freestyle relays will be swum as the first two events of the All Star Meet.  
All other relays/individual events will be run in the order as in the Championship Meet.  
(June 17, 2002)

### ORDER OF EVENTS:

#### ***Freestyle Relays***

8 and under girls - 100 yards/meters

8 and under boys 100 yards/meters

#### ***Medley Relays***

10 and under girls - 200 yards/meters

10 and under boys - 200 yards/meters

14 and under girls - 200 yards/meters

14 and under boys - 200 yards/meters

#### ***Individual Events***

##### **Backstroke**

8 & under girls 25 yards/meters

8 & under boys 25 yards/meters

10 & under girls 50 yards/meters

10 & under boys 50 yards/meters

12 & under girls 50 yards/meters

12 & under boys 50 yards/meters

14 & under girls 50 yards/meters

14 & under boys 50 yards/meters

18 & under girls 100 yards/meters

18 & under boys 100 yards/meters

##### **Breaststroke**

8 & under girls 25 yards/meters

8 & under boys 25 yards/meters

10 & under girls 50 yards/meters

10 & under boys 50 yards/meters

12 & under girls 50 yards/meters

12 & under boys 50 yards/meters

14 & under girls 50 yards/meters

14 & under boys 50 yards/meters

18 & under girls 100 yards/meters

18 & under boys 100 yards/meters

**Butterfly**

8 & under girls 25 yards/meters  
10 & under girls 25 yards/meters  
12 & under girls 50 yards/meters  
14 & under girls 50 yards/meters  
18 & under girls 50 yards/meters

8 & under boys 25 yards/meters  
10 & under boys 25 yards/meters  
12 & under boys 50 yards/meters  
14 & under boys 50 yards/meters  
18 & under boys 50 yards/meters

**Freestyle**

6 & under girls 25 yards/meters  
8 & under girls 25 yards/meters  
10 & under girls 50 yards/meters  
12 & under girls 50 yards/meters  
14 & under girls 100 yards/meters  
18 & under girls 100 yards/meters

6 & under boys 25 yards/meters  
8 & under boys 25 yards/meters  
10 & under boys 50 yards/meters  
12 & under boys 50 yards/meters  
14 & under boys 100 yards/meters  
18 & under boys 100 yards/meters

***Freestyle Relays***

12 and under girls - 200 yards/meters  
18 and under girls - 200 yards/meters

12 and under boys - 200 yards/meters  
18 and under boys - 200 yards/meters