

# **NORTHWEST SWIM**

## **CIRCUIT**

## **BY-LAWS**

### **PREAMBLE**

The Northwest Swim Circuit was formed for the benefit of the swimmers. The objectives of this association shall be to help young swimmers in the northwest Austin area develop: physical fitness, self discipline, self confidence, proficiency in competitive swimming strokes, a determination to do one's best, good sportsmanship, and to provide an enjoyable summer activity for all of its members.

VERSION DATE: March 10, 2010

## Amendment History

2001-APR-11

Changes made to allow the Board to modify and/or combine the DQ and Warning slips as necessary. Correct typo in section 10.5.

2003-MAR

- 12.1.5 Removed specific award requirements
- 12.1.6 Removed specific award requirements
- 12.1.7 Removed specific award requirements
- 12.2.3 Clarified Invitational eligibility and deleted reference to Invitational Relays

2003-May

- 2.1.4 Changed to reflect the latest wording for compliance to 501 (c) (3)
- 6.1 Included text to define the Official Season Start Date; to clarify age and time frame for swimming with non-NWSC teams; and to clarify length of time regarding a violation of this section.
- 6.3 Removed reference to lack of 6 and under butterfly.
- 8.5 Conduct of Meets Section 8.5 updated as authorized in April 9, 2003 meeting. Changes made at recommendation of Ad Hoc committee to modify the Number of Heats section.
- 8.12.1 Removed specific award requirements
- 8.12.2 Removed specific award requirements
- 13 Protest Section 13 updated as authorized in May 14, 2003 meeting. Section replaced.

2003-June

- 8.13 Removed reference to boys and girls alternating the swim order on odd and even years
- 5.0 Replaced Conference Fees section with new NWSC Financing Section
- ALL Replaced reference to 85 events to 87 events to reflect newly added 6-under Butterfly.

2004 - August

2.4.2	Added requirement for bid process for Divisional Meets.
3.1.1	– Formatting change to clarify and changed wording to "...responsibilities include..."
3.1.11	
3.1.2	Added additional responsibility to Vice President role to include preparing the Invitational Qualifying times.
3.1.3	Added additional responsibility to include corresponding with the IRS.
3.1.5	Changed wording from "mail" to "provide" copies of minutes and added additional responsibility of maintaining a contact list.
7.11.1	Changed wording from "required" to "minimum"
7.15.4	Clarified the procedure for rounding.
8.4	Changed wording to reflect change to swimming heats from slowest to fastest.
12.1.3	Clarification of relay seeding.
Appendix E	Added most current version of disqualification slip

2005 – July

- 1.0 Corrects typo
- 3.1.2 Corrects section numbers being referred to
- 4.3 Corrects section number being referred to
- 7.4.4 Adds comment regarding in water starts
- 7.11.1 Adds comment regarding in water starts
- 7.11.5 Adds comment regarding in water starts

2006 – April

- 6.5 Added 6.5

2006 – June

- 6.1 Changed the decision time for club swimmers transitioning to summer league

- 2006 – Dec
- 4.1 Changed computer rep attendance requirement to “as requested”.
  - 6.5, 7.3 Corrected spelling.
  - 7.8.2 Changed training requirements to “an Officials meeting” instead of the Circuit Officials meeting. Also affects Sections 7.10, 7.11 and 7.12
  - 7.8.4 Removed “by raising hands”.
  - 7.16.4 Editorial change from “7:45” to “15 minutes prior to scheduled meet start”.
  - 12.0 Removed provision for 6&under post season meet. Left to discretion of board.
  - 12.1.2 Changed “one” exception to “the only” exception.
  - 12.1.11 Allowed trophies to be given to all high-point winners.
- 2007 – March
- 8.3 Added provisions for meets to be re-scheduled in the event of inclement weather.
- 2008 – January
- 1.0 Removed the definition of “Heat Limit” because it contradicts Section 8.5 and is not needed.
  - 12.1.2 Divisionals -- Clarified that times are to be used from the current season.
  - 12.1.3 Divisionals -- Clarified that times are to be used from the current season.
  - 12.2.3 Invitationals -- Clarified that times are to be used from the current season.
  - 12.2.4 Invitationals -- Clarified that times are to be used from the current season.
- 2008 – May
- 1.0, 2.0 Removed extra line breaks.
  - 7.12, 8.7, 9.1 10.1 Added requirement for the visiting team to provide a Head Timer.
- 2009- March
- Changed page numbering throughout the document to reflect accurate page count starting with page 1 using “page X of Y” format
  - Modified the front page to include a version date and included a version date in the footer
  - Corrected typos and formatting inconsistencies throughout
  - TOC updated to include subsections of 8.12
  - 2.1.1 Member Clubs: Clarified voting at the NWSC Executive Board for two or more Member teams managed by the same Executive Swim Board
  - 2.1.2 Provisional Clubs: Clarified voting at the NWSC Executive Board for two or more Provisional teams managed by the same Executive Swim Board
  - 3.1 Modified the Awards Director Title to read “Dual Season Awards Director” and added the position “Post Season Awards Director”
  - 8.15. Northwest Swim Circuit Code of Conduct section added along with Appendix F
  - Appendix A updated to add the Steiner Stars Blue team as a Provisional Team
- 2009 – April
- Modified the version date from March 31, 2009, to April 12, 2009
  - 3.1 Added a paragraph to reference the overall NWSC timeline added as Appendix G
  - 3.1.4 The Awards Director title was changed to read “Dual Season Awards Director” and the Post seasonal awards responsibilities were deleted
  - 3.1.5 A new section was added for the title of “Post Season Awards Director” with responsibilities outlined. The remaining sections were renumbered based on this addition
  - Appendix G added depicting the overall NWSC Season Timeline
- 2010 – February Added 7.12.14 – Technology. Allows for the introduction of new technology

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## 1.0 TERMINOLOGY

The following are definitions of standard terminology used throughout these By-laws.

**AAU** - Amateur Athletic Union of US, Inc.

**Disqualification Form (DQ Form)** - A form used to disqualify a swimmer due to an infraction.

**Event** - One of the 87 numbered events represented in the "Event" column of Appendix B.

**Event Grouping** - One of the eight event groupings represented in the "EVENT GROUPING" column of Appendix B.

**Individual Event** - Any one of the 87 numbered events represented in the "EVENT" column of Appendix B in which an individual swimmer competes.

**NWSC** - The Northwest Swim Circuit.

**Executive Board** - The governing body of the NWSC comprised of the elected circuit representatives from each Member Swim Club.

**Official Meet Director** - All meets shall be officiated by an Official Meet Director. The Home Team Meet Director shall be the Official Meet Director for all regular season Dual Meets. The Post Season Meet Director of the Executive Board shall be the Official Meet Director for the Invitational Meet. The Championship Committee shall designate the Official Meet Director(s) for each of the Divisional Meets.

**Official Time** - Any time swum legally at a regularly scheduled Dual Meet, any Open Competition or Championship Meet declared an official meet by the Open Competition Committee. These times are recorded and reported in the Swim Club's best time records.

**Pool** - That portion of the pool used for swimming competition, as defined by the lane lines for each lane, including an additional 15' to each outside lane's boundary. Both Meet Directors will define and agree before the meet, where the limits of the competition pool will be and where swimmers may dip their goggles, caps, etc. without becoming a distracting/intrusive swimmer.

**Relay Event** - Any one of the 87 numbered events represented in the "EVENT" column of Appendix B in which more than one swimmer competes as a relay team.

**Swim Club or Club** - The organization that encompasses all persons associated with the recognized organization including, but not limited to, the swimmers, the swimmer's parent/guardian, coaches, assistant coaches, board members, and other team officials.

**Swim Season** - The period of time encompassing all competition sanctioned by the Northwest Swim Circuit Executive Board. This includes all dual meets, exhibition meets and post seasonal meets.

**Swim Team or Team** - The competitive portion of a swim club; a swim club may have more than one competitive Swim Team.

**Swim-Up** - A swimmer in his/her respective age group may compete in an individual event or relay in an older age group, but the swimmer is still limited to a maximum of 3 individual events and 2 relays.

**Time Standards** - The target qualifying times for entry into individual events under the "qualifying" Post Seasonal Championship meet format

**Warning Form** - A form used to warn a swimmer of a possible infraction.

## **2.0 THE CONFERENCE**

### **2.1 Definitions**

The conference name shall be "NORTHWEST SWIM CIRCUIT" (NWSC). The NWSC shall consist of three types of swim clubs or organizations: 1) Member Clubs, 2) Provisional Clubs, and 3) Exhibition Clubs.

#### **2.1.1 Member Clubs**

Member Clubs are those swim clubs or organizations fully recognized as active and competing members of the NWSC. Member Clubs may take part in all approved NWSC competition with the opportunity to score points for both the team and individual swimmers.

Each Member Club shall appoint at least one (preferably two) representative(s) to the Executive Board. These representatives, or an alternate team official, shall attend all Executive Board meetings. Each Member Club shall participate equally on the governing body of the NWSC, the Executive Board, having one vote in all matters brought before the Executive Board. In those instances where two or more Member Clubs and/or Provisional Clubs or any combination thereof, are run by the same Executive Board, such teams shall collectively have only one vote in all matters brought before the NWSC Executive Board.

The Member Clubs in the NWSC are shown in Appendix A.

#### **2.1.2 Provisional Clubs**

The primary purpose of a provisional club is to allow that club to fully prepare and establish their organization to compete effectively as a Member club within the NWSC. Provisional Clubs are those swim clubs or organizations participating under the By-laws and as a member team of the NWSC. Provisional Clubs may take part in all approved NWSC competitions with the opportunity to score points for both the team and individual team members. Provisional Clubs and/or individual swimmers of the Provisional Club shall not be allowed to participate in any Post Seasonal Meets.

Each Provisional Club shall appoint one representative to attend all Executive Board meetings, having one vote in all matters brought before the Executive Board, as long as they are in good standing as a participating organization within the NWSC. In those instances where two or more clubs (e.g. one Member Club and one Provisional Clubs) are run by the same Executive Board, such teams shall collectively have only one vote in all matters brought before the NWSC Executive Board.

The Provisional Clubs in the NWSC are shown in Appendix A.

#### **2.1.3 Exhibition Clubs**

The primary purpose of an Exhibition Club is to allow nonmember teams to compete informally with Member Clubs and Provisional Clubs as fully insured members of the NWSC, in part to determine the viability of the Exhibition Club as a potential Provisional Club in the NWSC.

Exhibition Clubs are not allowed to take part in any approved NWSC competitions unless otherwise approved by a majority vote of the Executive Board quorum. Exhibition Clubs and/or individual swimmers of the Exhibition Clubs shall not be allowed to participate in any Post Seasonal Meets. Exhibition Clubs shall be allowed to participate in exhibition competition with other members (Member Clubs, Provisional Clubs and other Exhibition Clubs) of the NWSC as agreed to by those Exhibition Clubs may have a club representative attend the Executive Board meetings by invitation of a Member Club's representative and approval of the PRESIDENT of the Executive Board.

Exhibition Clubs shall not have an official representative to the Executive Board and shall not be allowed to vote on matters before the Executive Board.

The Exhibition Clubs in the NWSC are shown in Appendix A.

#### **2.1.4 501 ( c ) ( 3 ) Compliance**

Purpose: The Association is organized exclusively for charitable, religious, educational, and scientific purposes, including, for such purposes, the making of distributions to organizations that qualify as exempt organizations under section 501(c)(3) of the Internal Revenue Code, or corresponding section of any future federal tax code.

Fiscal Conduct: No part of the net earnings of the Association shall inure to the benefit of, or be distributable to its members, trustees, officers, or other private persons, except that the organization shall be authorized and empowered to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the purposes set forth in the purpose clause hereof. No substantial part of the activities of the organization shall be the carrying on of propaganda, or otherwise attempting to influence legislation, and the organization shall not participate in, or intervene in (including the publishing or distribution of statements) any political campaign on behalf of any candidate for public office. Notwithstanding any other provision of this document, the organization shall not carry on any other activities not permitted to be carried on (a) by an organization exempt from federal income tax under section 501(c)(3) of the Internal Revenue Code, or corresponding section of any future federal tax code, or (b) by an organization, contributions to which are deductible under section 170 (c)(2) of the Internal Revenue Code, or corresponding section of any future federal tax code.

Dissolution Clause: Upon the dissolution of the Association, assets shall be distributed for one or more exempt purposes within the meaning of section 501(c)(3) of the Internal Revenue Code, or corresponding section of any future federal tax code, or shall be distributed to the federal government, or to a state or local government, for a public purpose. Any such assets not disposed of shall be disposed of by the Court of Common Pleas of the county in which the principal office of the organization is then located, exclusively for such purposes or to such organization or organizations, as said Court shall determine, which are organized and operated exclusively for such purposes.

## **2.2 Compliance With Rules**

All Swim Clubs or organizations (Member Clubs, Provisional Clubs and Exhibition Clubs) competing formally or informally in the NWSC shall comply with all rules, sanctions and insurance's identified as required by the Executive Board.

## **2.3 Application for Membership**

All applications for Member Club status to the NWSC shall be made formally, in writing, to the President or Vice President of the Executive Board.

### **2.3.1 Member Club Application**

A Provisional Club may apply for Member Club status to the NWSC upon completion of their first season as a provisional member of the NWSC.

The Executive Board may waive a swim team's Provisional Club status prior to the start of the swim season, by a majority vote of the Executive Board quorum. The President of the Executive Board shall be responsible for communicating the Executive Board's decision to the applying team.

An Exhibition Club may apply for Member Club status in the NWSC upon the completion of their first season as an Exhibition Club by a majority vote of the Executive Board quorum agreeing to waive the need for a full season as a Provisional Club.

### **2.3.2 Provisional Club Application**

Applications for Provisional Club status shall be accompanied by a written recommendation from the Member Club sponsoring the applying swim team. Previous Exhibition Club status is not a requirement for Provisional Club status in the NWSC.

### **2.3.3 Exhibition Club Application**

Applications for Exhibition Club status in the NWSC shall formally be made in writing, to the PRESIDENT or Vice President of the Executive Board.

## **2.4 Establishment of Divisions**

The NWSC shall be divided into two or more divisions based upon the total size of the circuit with the number of clubs in each division being as equal as possible. The number of divisions and the make up of each division shall be determined by Executive Board based on the Championship Meet Format being used.

There are two types of Post Seasonal Meets within the NWSC - the Divisional Meet and/or the Invitational Meet. There are two formats that may be used for the NWSC Post Seasonal Meets - an "Open" Meet Format or a "Qualifying" Meet Format - Sec 12.2.1.

#### **2.4.1 Dual Meet Scheduling (also Sec. 7.0)**

The Executive Board shall use the post seasonal divisional meet as a guideline to scheduling the Regular Season Dual Meets. Every effort will be to schedule those swim teams within a division to compete against the other teams within their division once during the regular season. Whenever possible, intra-divisional and inter-divisional competition shall be scheduled on alternate weekends throughout the season. The Executive Board shall attempt to alternate host teams in dual meets when teams are scheduled in successive seasons.

#### **2.4.2 Divisional Meet (also Sec. 12.1)**

In seasons when the Divisional Meet is being used, the Executive Board shall divide the NWSC swim clubs and/or swim teams into divisions based on the following criteria - Divisions shall be limited to three or four swim teams in size. Swim clubs with more than one swim team competing during the regular season shall have their swim teams placed into different divisions and shall compete in their respective Divisional Meet.

Consideration shall be made for swim team size, swim team location, swim team strength, overall division size, and the pool selected for each Divisional Meet. Consideration shall be made for each swim team's finish from the preceding swim season. Consideration shall be given to special requests from the individual swim clubs. The make up of each division shall be determined by a majority vote of the Executive Board quorum no later than February 1 of each swim season.

#### **2.4.3 Invitational Meet (also Sec 12.2)**

In seasons when the Invitational Meet is being used and points are going to be awarded, the Executive Board may divide the NWSC into two or more divisions based on the following criteria; the swim club's finish from the preceding swim season - either the swim club's finish at its respective Divisional Meet, if the Divisional Meet was used, or the swim club's finish at the Invitational Meet, if the Invitational Meet was used, - shall be used as the guideline for placing swim clubs into appropriate divisions. In the event a swim club has more than one swim team competing during the regular season, only the swim club will be placed into a division for the Invitational Meet.

In the event of a tie for team standings for the regular season, the tie will be broken by the result of their head-to-head competition during the regular season. In the event the two teams did not compete against each other, the tie will be broken by determining which team had the greater number of wins during the preceding season. In the event there is still a tie, division placement will be determined by a majority vote of the Executive Board quorum.

Consideration shall be given to specific requests from the individual swim clubs.

## **3.0 CONFERENCE OFFICIAL**

### **3.1 Executive Board**

The Executive Board of the NWSC shall consist of all swim club delegates who shall hold the following offices:

PRESIDENT,  
VICE PRESIDENT,  
TREASURER,  
DUAL SEASON AWARDS DIRECTOR,  
POST SEASON AWARDS DIRECTOR,  
SECRETARY,  
DUAL MEET DIRECTOR,  
ASSOCIATE DUAL MEET DIRECTOR,

POST SEASON MEET DIRECTOR,  
ASSOCIATE POST SEASON MEET DIRECTOR,  
T-SHIRT DIRECTOR,  
BY-LAWS DIRECTOR

EXECUTIVE BOARD MEETINGS shall be scheduled monthly, and the dates of scheduled meetings shall be decided on at the October meeting. Additional meetings may be called by the President, if required, by giving 48 hour notice to all member clubs. To conduct an official meeting a quorum must be present. One-half of all member clubs must be present to constitute a quorum, and issues shall be decided by simple majority vote; except any change to the by-laws shall require three-fourths of all member clubs to be present to constitute a quorum and a two-thirds majority is required for passage.

The Executive Board shall conduct its business according to the Season Timeline as delineated in Appendix G. The timeline reflects the season schedule as set forth in the various sections of the By-Laws. In those cases where a By-Law section is referenced in the table, the schedule is fixed and shall be followed as stated. In those cases where no By-law section is stated and is marked with an asterisk (\*), the timeline is meant to be a suggested guideline only for ensuring certain required tasks are completed prior to the season start (e.g. timing of placing the T-shirt order, ribbon order etc.)

### **3.1.1 President**

Responsibilities of the President include:

- Presiding over all business meetings of the circuit and shall have all powers normally delegated to such an office.
- Signing checks in the absence of the Treasurer
- Chairing the initial Computer Committee meeting (Sec 4.1)

### **3.1.2 Vice President**

Responsibilities of the Vice President include:

- Conducting business for the circuit as requested by the President
- Acting as the President in his/her absence.
- Conducting any investigations that may be needed as the result of formal protests (Sec 13.2.1.1 and Sec 13.2.2.1)
- Chairing the Open Competition Committee (Sec 4.2.)
- Preparing the Invitational Qualifying times for review and acceptance by the Executive Board

### **3.1.3 Treasurer**

Responsibilities of the Treasurer include:

- Care for and record all expenditures and assessments.
- Executing all authorized NWSC disbursements and these disbursements only.
- Report on the NWSC finances at each Executive Board meeting
- Prepare a budget and issue an end-of season financial statement to the members of the Executive Board and Swim Club Presidents.
- Prepare and file any and all required correspondence and forms with the Internal Revenue Service in a timely manner.

### **3.1.4 Dual Season Awards Director**

Responsibilities of the Dual Season Awards Director include:

- Ordering and distributing all awards for Dual Meets and the Post Seasonal Meets.
- Reporting the beginning and ending ribbon counts at the end of the season.

### **3.1.5 Post Season Awards Director**

Responsibilities of the Post Season Awards Director include:

- Ordering and distributing all awards for the Post Seasonal Meets.
- Reporting the beginning and ending ribbon, medal and/or trophy counts at the end of the season.

### **3.1.6 Secretary**

Responsibilities of the Secretary include:

- Record the minutes of each Executive Board meeting and provide copies of the minutes to each Executive Board Member and Swim Club President no later than 10 days following the Executive Board meeting.
- Maintain an updated contact list for the NWSC Board

### **3.1.7 Dual Meet Director**

Responsibilities of the Dual Meet Director include:

- Organizing and scheduling the Dual Meets.
- Coordinate pre-season official's clinics and provide teams with all necessary forms prior to the start of the season for the conduct of the dual meets.
- Chair the Coaches Committee (Sec 4.4)

### **3.1.8 Associate Dual Meet Director**

Responsibilities of the Associate Dual Meet Director include:

- Assist the Dual Meet Director as requested.

This position may be held in addition to another position.

### **3.1.9 Post Season Meet Director**

Responsibilities of the Post Season Meet Director include:

- Act as the ruling authority for the Divisional Meets and coordinate meet activities with the appointed meet directors for each Divisional Meet (Sec 2.4.2 and Sec 12.1)
- Act as the ruling authority and meet director for the Invitational Meet (Sec 2.4.3 and Sec 12.2)
- Chair the Championship Committee (Sec. 4.3)
- Coordinate all activities that are related to the Post Seasonal Meets (Sec. 12.0)
- Delegate duties as necessary to the Associate Post Season Meet Director and the other members of the Championship Committee.

### **3.1.10 Associate Post Season Meet Director**

Responsibilities of the Associate Post Season Meet Director include:

- Assist the Post Season Meet Director as requested.
- Preside over and coordinate all activities that relate to the 6-and-Under Post Seasonal Meet under the guidance of the Championship Committee
- Serve as the meet's director, if the NWSC decides to have the 6-and-Under Post Seasonal Meet.

This position may be held in addition to another position.

### **3.1.11 T-shirt Director**

Responsibilities of the T-shirt Director include:

- Taking the approved NWSC design, producing, distributing, handling financial transactions for the NWSC T-shirt.

This position may be responsible for other promotional NWSC items in lieu of a T- Shirt.

### **3.1.12 By-laws Director**

Responsibilities of the By-laws Director include:

- Maintain an up-to-date copy of the NWSC By-laws, and any other governing documents
- Provide each swim club's President, Circuit Representative, Meet Director and Official Coach a copy.

### **3.2 Selection and Term of Office**

Each Executive Board Officer shall be a representative of a Member Club, in accordance with the individual swim club's By-laws. It is each Member Club's responsibility to have a representative attend scheduled NWSC Executive Board Meetings.

Executive Board Officers shall be elected by simple majority vote of Executive Board Members no later than October 1st of each year.

Each Executive Board Officer shall serve a one year term beginning October 1st of each year. New Executive Board Officers shall be elected each year. An Executive Board Member shall serve no more than two consecutive years in the same office. There is no limitation on the number of consecutive terms in which an Executive Board Member may serve on the Executive Board, other than those imposed by the individual swim clubs. Each Executive Board Member shall serve as an officer or co-officer on the Executive Board.

### **3.3 Incomplete Term**

If any Executive Board Member is unable to complete his or her term, that Member's Club shall designate a replacement representative for the remainder of the original representative's term. If the Executive Board Member to be replaced was the Vice-president, Treasurer or Secretary, the President shall determine if it is in the best interest of the NWSC to have the new member assume the responsibilities of the replaced member. If not, the President may appoint another officer to assume those responsibilities and appoint the new member to replace that officer.

If the Executive Board Member to be replaced was the President, the Vice- President shall assume the office of President; the replacement member to the vacant Vice-president office shall then be filled using the guidelines prescribed in this section.

### **3.4 Advisory Board Members**

The Executive Board has the authority to name Advisory Board members to accommodate roles where advisory input is desired in fulfilling the Executive Board's responsibilities. These Advisory Board members need not be a member of the NWSC, but must be deemed to have expertise in matters affecting the NWSC. Advisory members will not have voting privileges in any matter before the Executive Board (with the exception that an appointee to an Advisory position is also a member of the Executive Board, in which case all normal Executive Board privileges apply to that member).

Advisory Board positions not defined in the Conference Committee (4.0) section of these Bylaws will automatically expire at the end of the swim season and may be re-appointed for the next season by the incoming Executive Board as needed.

## **4.0 CONFERENCE COMMITTEES**

### **4.1 Computer Committee**

The Computer Committee shall be responsible for defining standards and guidelines for NWSC and team record keeping and information reporting. The Computer Committee shall consist of one representative from each Member Club, ideally an individual with knowledge of the swim club's information requirements as well as good general computer knowledge. The Computer Committee representative shall be selected by the individual swim club and identified to the Executive Board by the first Board meeting in October each year.

The initial Computer Committee meeting, shall be called and chaired by the President of the Executive Board. During this meeting, the Computer Committee chairperson shall be selected/elected by the members of the Computer Committee. The Computer Committee chairperson does not have to be a duly elected computer committee representative from one of the member clubs.

The remaining Computer Committee meetings shall be scheduled and coordinated by the Computer Committee Chairperson. The Computer Committee shall meet as directed by the chairperson until the end of the swim season.

The Computer Committee Chairperson shall report to each regularly scheduled Executive Board meeting as requested and may make recommendations to the Executive Board on behalf of the committee, but may not vote on any issues before the Executive Board. The Computer Committee Chairperson does not have to be a duly elected computer committee representative from one of the member clubs.

The Computer Committee Chairperson will be a permanent Advisory board position as defined in Section 3.4 of these Bylaws. The Computer Committee Chairperson will report to each regularly scheduled Executive Board meeting and may make recommendations to the Executive Board on behalf of the committee.

## **4.2 Open Competition Committee (Optional)**

The Open Competition Committee is to assist in the organization, coordination and facilitation of alternative swimming competition outside of the regular season Dual Meet and Post Seasonal Meet structure.

The Open Competition Committee shall insure that all open competition meets are conducted in a manner consistent with the spirit of the NWSC By-laws and AAU Insurance guidelines.

The Open Competition Committee shall be chaired by the Vice-president of the Executive Board.

The Open Competition Committee shall have one representative from each Member Club wishing to participate in open competition meets. These representatives shall be identified to the Open Competition Committee chairperson by the initial meeting, to be scheduled no later than May 1 of each swim season.

The Open Competition Committee shall meet as necessary throughout the swim season. The committee chairperson will be responsible for scheduling and coordinating all committee meetings.

## **4.3 Championship Committee (Optional)**

The Championship Committee is to organize and coordinate the Post Seasonal Meet competition as specified in Sec. 12.0.

The Championship Committee shall insure that all Post Seasonal Meets are conducted in accordance with the NWSC By-laws and AAU Insurance guidelines.

The Championship Committee shall be chaired by the Post Seasonal Meet Director of the Executive Board and be responsible for scheduling and coordinating all committee meetings. The Championship Competition Committee shall meet as necessary throughout the swim season.

The Championship Committee membership will depend on the championship type being used -

When the Divisional Meet Format is being used, the membership shall also include the Meet Directors from each Member Club as identified to the Championship Committee chairperson by May 15 of each swim season.

When the Invitational Meet is being used, the membership will include the Associate Post Seasonal Meet Director from the Executive Board.

## **4.4 Coaches Committee**

The Coaches Committee is to review the rules for Strokes, Starts, Turns, and Finishes (Section I 1) and report to the Executive board, for further dissemination to the member clubs, any changes from previous years in the rules before May 1<sup>st</sup> each year.

The Coaches Committee shall be chaired by the Dual Meet Director of the Executive Board and be responsible for scheduling and coordinating all Coaches Committee meetings.

The Coaches Committee membership shall include the Official Head Coach or coaching representative from each Member Club. Each Member Club shall be responsible for identifying their representative to the Coaches Committee chairperson no later than April 1<sup>st</sup> each year.

The Coaches Committee shall meet as necessary before May 1<sup>st</sup> of each year to review and discuss the Strokes, Starts, Turns, and Finishes.

The Coaches Committee may meet again during the swim season, prior to the Post Seasonal Meets at the request of the Coaches Committee chairperson to review and discuss the rules governing the post season meets.

## **5.0 NWSC Financing**

### **5.1 Budget**

The NWSC Treasurer shall provide to the NWSC Board an end of year budgetary report and a proposed annual budget in preparing the upcoming NWSC budget. The proposed budget shall be approved by a majority vote of the Executive Board quorum no later than March 1<sup>st</sup>

### **5.2 Income**

Annual fees shall be set by the Executive Board and assessed to each Member club by March 1<sup>st</sup> and shall be paid by the Member Clubs to the NWSC Treasury by May 15<sup>th</sup> of the swim season, or as directed by the Executive Board. Other forms of income and additional assessments to Member Clubs may be made if approved by a majority vote of the Executive Board quorum.

### **5.2 Expenses**

The Income shall be used for operating expenses and any other budgeted NWSC expenses associated with Regular Season Meets or Post Seasonal Meets. Any non-budgeted expense shall be pad if approved by a majority vote of the Executive Board quorum. Approved expenses shall be submitted to the NWSC Treasurer no later than September 15<sup>th</sup>.

## **6.0 SWIMMER ELIGIBILITY**

### **6.1 General Eligibility**

Swimmers shall be in good standing with any team in the NWSC. The Executive Board may require that swimmers join other organizations to ensure that all swimmers in the NWSC are insured. The swimmers age on May 1<sup>st</sup> of the current swim season shall determine the age group in which the swimmer may compete for that season.

Swimmers may begin practice with any Member Club no earlier than the Official Season Start Date, which should be set by the Executive Board no later than the annual November meeting of the Executive Board, provided that all eligibility requirements are met. Swimmers 12 years or younger on May 1<sup>st</sup> may practice or compete concurrently with other organized swim clubs/swim organizations no later than 12:01 a.m. on the Monday before the first scheduled dual meet. After that time and through the duration of the swim season (ending with the post Seasonal Meet), swimmers competing in age groups 6 and Under, 7-8, 9-10, and 11-12 are not allowed to practice with any other organization or compete in a swim meet outside the NWSC. Swim camps are permitted. Any swimmer violating this rule shall be assumed to have resigned from the Member Club and is no longer eligible to practice with any Member Club nor to compete in a NWSC swim meet for the remainder of the season.

### **6.2 Eligibility Exceptions**

Any NWSC Member Club may submit a written request to the President of the Executive Board to allow a swimmer, that has practiced with another organization or competed in a swim meet outside the NWSC after the cutoff date (one week prior to the first scheduled dual meet), to join the NWSC Member Club. The swimmer may not practice or compete with the NWSC Member Club until the executive Board has approved the request.

The Executive Board shall be required to rule on the request within five (5) calendar days of the receipt of the request.

### **6.3 Age Group Eligibility and Swimming Up**

All age groups are defined as being open to swimmers of that age group or younger. If a 12 and under swimmer participates in a club outside the NWSC and swims up into the 13-14 age group, then that swimmer shall be classified as 13-14 for all individual and relay events for the entire regular and post season, otherwise, if a swimmer swims in an age group older than his/her own, then that swimmer shall swim in that age group for each individual event in which he/she shall compete in that meet. Two exceptions to this exist:

A swimmer may "swim-up" in an older age group in an event grouping (stroke and/or distance) which is not offered at his/her age group (i.e., the Individual Medley is not offered in the 7-8 age group or the Long Freestyle which is not offered in the 6-and-Under age group), then the swimmer is not required to compete in the older age group for other individual events. A swimmer may "swim up" for a relay and then return to his or her own age group for the individual events. The swimmer may not swim on two different age levels in relay events, with one exception: 6-and-under swimmers may compete in the 6-and-under free relay and the appropriate 7 & 8 medley relay.

A swimmer that swims each of his/her individual events in an older age group may return to his or her age group to swim the relay events.

Except as previously noted for 6 & Unders, in relay events swimmers may only "swim up" to complete a relay team. For example, if a team has 4 or less swimmers in an age group at that meet, only one relay team may be entered in that age group. Purpose: To prevent teams from creating extra relay teams in older groups for the sole purpose of gaining points.

### **6.4 Member Club Eligibility Restrictions**

Each Member Club may establish guidelines for their Club's swimmer eligibility based on such considerations as club size, geographic boundaries, age group distribution, etc.

### **6.5 Swim/Coach Restrictions**

Any swimmer that receives compensation in the form of a scholarship, a waiver of swim fees, or any other monetary device, and the swimmer acts as a coach for his or her team will be deemed to be ineligible to compete at NWSC events unless they satisfy all the following conditions:

- (1) Pay the same fees as other team members
- (2) Join AAU as a coach and swimmer
- (3) Has competed for the team in question in a minimum of 2 meets per season for the past three consecutive seasons
- (4) Follow registration rules for their team
- (5) Follow swimmer eligibility rules as stated in the NWSC by-laws

## **7.0 DUAL MEETS**

The NWSC dual meet schedule shall be set by February 1 each year by the Executive Board.

### **7.1 Overview**

The Dual Meet section of the By-laws was developed to assist each team in preparing for the season; it offers a standard approach to preparing for and conducting meets. It is intended to provide instructions for (a) the training of volunteers and (b) the conduct of a dual meet. This Section is based on a combination of hints from several years of experience and should provide a practical format for preparation for and conduct of meets.

All judges, meet officials, and coaches are charged with the responsibility of conducting themselves on the highest level of integrity and by their words and actions to demonstrate the virtues of clean competition and good sportsmanship consistent with the preamble of these By-laws.

All judges and meet officials (excluding runners) shall be at least 18 years of age. Volunteers are the heart of the Northwest Swim Circuit operations. They enable the league to conduct swim meets which require complex coordination among hundreds of swimmers and workers with minimal problems or conflicts. This section provides a description of the responsibilities of the volunteers who fill the following positions:

- Home Meet Director
- Visiting Meet Director
- Official Coach
- Announcer
- Starter
- False Start Technician
- Stroke Judge
- Exchange Judge
- Head Timer and Lane Timers
- Ready Bench
- Runner
- Ribbons and Scoring
- Age Group Parents

This section is intended to provide the persons responsible for these areas a guide for recruiting and training a staff of volunteers for the upcoming season. It also provides the Home and Visiting Meet Directors a checklist for ensuring consistency and awareness among the volunteers. The Meet Directors should select specific key points in each job description to reinforce with the workers prior to the start of a meet. The job descriptions contained in this section should be copied and made available to the volunteer workers of that area.

## **7.2 Judges & Head Timer Clinic**

There shall be one or more JUDGES & HEAD TIMERS CLINIC prior to the first dual meet for the following the following meet officials –

- MEET DIRECTORS
- OFFICIAL COACHES
- STROKE JUDGES
- EXCHANGE JUDGES
- HEAD TIMERS

These clinics shall be organized, scheduled, and coordinated by the DUAL MEET DIRECTOR of the Executive Board.

Only those attending one of the JUDGES & HEAD TIMERS Clinics shall be allowed to officiate in the capacities during the season. The Executive board must approve any exception to this rule. EACH SWIM CLUB MUST ASSURE THAT IT WILL BE ABLE TO PROVIDE AN ADEQUATE NUMBER OF OFFICIALS FOR EACH OF ITS SCHEDULED MEETS.

Below is the suggested outline of items to be covered at the Judges and Head Timer Clinic;

- STROKES
  - Freestyle
  - Butterfly
  - Breaststroke
  - Backstroke
  - Individual Medley
  - Relays
- DQ Form (See Appendix E)
- Timer Procedures
  - Pre Meet Briefings
  - Acknowledging Starter

Recording Times  
Verifying Swimmer Matches Event Card  
Back-up Timer

### **7.3 NWSC Officials Clinic**

There shall be one or more STARTERS CLINIC prior to the first Dual Meet. The Executive board must approve any exception to this rule. EACH SWIM CLUB MUST ASSURE THAT IT WILL BE ABLE TO PROVIDE AN ADEQUATE NUMBER OF STARTERS FOR EACH OF ITS SCHEDULED MEETS.

Below is the suggested outline of items covered at the Starters Clinic;

- Meet Pacing
- Starts
- Forward (Butterfly, Breaststroke, Freestyle)
- Backstroke
- Relays
- False Starts
- Consistency
- Practice Starts

### **7.4 Home Meet Director**

#### **7.4.1 Number Required**

One HOME MEET DIRECTOR is required for each home meet. It is recommended that meet directors be current or past circuit representatives, and/or very experienced officials, or team board members. In addition, it is suggested each team have more than one meet director each swim season.

#### **7.4.2 Certification**

All MEET DIRECTORS must attend a circuit Official's Clinic each year.

#### **7.4.3 Involvement in Pre-Meet Negotiations**

The HOME MEET DIRECTOR must be involved in any negotiations regarding exceptions to a normal meet. Such requests must be detailed (i.e., precisely describe the specific exception, such as the event numbers) and must be negotiated by Tuesday prior to the meet to allow both teams adequate time to prepare.

#### **7.4.4 Review of Pool Facilities**

The HOME MEET DIRECTOR shall review the condition of the pool, support facilities, equipment, and supplies prior to the beginning of the meet and see that any necessary corrective action is taken. See Sections 9.6 and 9.7. In pools with water depth less than 4 feet at the starting end, the swimmers must start from in the water.

#### **7.4.5 Responsibilities (Home Meet Officials)**

The HOME MEET DIRECTOR must ensure that all officials are aware of their responsibilities prior to the start of each meet. The HOME MEET DIRECTOR shall use the NWSC By-laws to assist him/her in reviewing any special instructions to ensure consistency at the meet.

#### **7.4.6 Schedule Coordination/Heat Sheets**

The HOME MEET DIRECTOR shall coordinate the necessary scheduling with the meet officials to begin the meet at the scheduled start time. The HOME MEET DIRECTOR shall insure the accuracy and verify the official heat sheet is at the scorer's table by the start time.

#### **7.4.7 Progress During The Meet**

The HOME MEET DIRECTOR shall conduct meets in accordance with these By-laws and be in complete charge of the meet, adjudicate all disputes, and have the final word in all matters, subject to a written protest as provided herein.

The HOME MEET DIRECTOR shall observe the progress of the meet to ensure a smooth integration of activities. During both halves of the meet, the HOME MEET DIRECTOR shall visit the scoring table to review timer performance. The HOME MEET DIRECTOR shall periodically check with various officials and take action to help, or if necessary, replace an official who is ineffective.

The HOME MEET DIRECTOR shall make a written report to the Vice- President of the Executive Board on any DISQUALIFICATIONS not involving the swimming of an event or on any unsportsmanlike conduct considered detrimental to the conduct of the meet.

#### **7.4.8 Discipline of Meet Official(s)**

A judge may be replaced by agreement of both Meet Directors, but only after the Meet Directors attempt to correct the situation in a conference which includes all judges. In such cases, the Meet Directors shall submit a written report to the Circuit Dual Meet Director.

#### **7.4.9 Postponement/Cancellation Due to Weather**

The HOME MEET DIRECTOR shall make the final judgment on postponement or cancellation of a scheduled meet due to inclement weather. Such decisions shall be communicated to the visiting team Meet Director as soon as possible.

Some guidelines for making a decision before a meet has started include:

Texas weather is unpredictable, especially early in the morning. It may be best to attempt to delay the meet for an hour rather than canceling it immediately. If the conditions involve only a light mist, you could have both teams show up on time, which allows for an earlier start if the conditions do clear up. This alternative becomes more feasible if your pool provides a warm, covered facility to keep participants out of the rain.

Remember, the parents and swimmers were going to spend their whole morning at the meet, so attempting to conduct the meet is generally the best ground rule. If, however, the meet cannot start by 9:30 or the conditions include severe weather (i.e., lightning, heavy rains or heavy winds), please do not jeopardize the safety of anyone.

In the event of cancellation or delay the Visiting Meet Director should be called by the Home Meet Director no later than 6:30 AM. The visiting team must have adequate time to notify their families before they drive to the meet for warm-ups.

Some guidelines for making a decision after a meet has started include:

Upon first notice of any severe conditions (i.e., lightning, heavy rains, or heavy winds) begin to take actions to suspend activities and minimize risks to both the swimmers and parents. This would probably involve at least a temporary interruption of the meet. If the conditions involve only rain, then the decision becomes more difficult. Certainly any heavy rain dictates an interruption of activities. Do not underestimate the importance of quickly delaying a meet in even a light mist; an unnecessary delay will result in wet, cold swimmers and parents as well as destruction of the paperwork needed to run the meet. Your actions in this case rely partially on the facilities at your pool. Above all else, get out and sample the worst conditions, your judgment must reflect those conditions (e.g. do not stay indoors with part of the people while others are out in the rain). Remember, this is a fun circuit! Let your judgments reflect this.

#### **7.4.10 Protests During a Meet**

For protests, refer to Section 13.0.

### **7.5 Visiting Meet Director**

#### **7.5.1 Number Required**

One VISITING MEET DIRECTOR is required for each away meet. It is recommended that each team have more than one meet director each year.

### **7.5.2 Certification**

All VISITING MEET DIRECTORS must attend a Circuit Official's Clinic each year.

### **7.5.3 Involvement in Pre-Meet Negotiations**

The VISITING MEET DIRECTOR shall be involved in all negotiations with the Home Meet Director in preparing for the Dual Meet. Such requests must be detailed (i.e., precisely describe the specific exception, such as the event numbers) and must be negotiated by Tuesday prior to the meet to allow both teams adequate time to prepare.

### **7.5.4 Responsibilities (Visiting Meet Officials)**

The VISITING MEET DIRECTOR shall assist the Home Meet Director and act as liaison to the visiting team. The VISITING MEET DIRECTOR must ensure that all visiting team officials are properly trained and aware of their duties prior to the start of the meet. The VISITING MEET DIRECTOR shall use the NWSC By-laws to assist him/her in reviewing any special instructions to ensure consistency at the meet.

### **7.5.5 Accessibility to Home Meet Director**

The VISITING MEET DIRECTOR shall be properly identified to the Home Meet Director. He or she shall make themselves readily accessible to the Home meet Director for discussions about meet issues and to facilitate requests to the visiting team.

### **7.5.6 Schedule Coordination/Heat Sheets**

The Home Meet Director shall assist the necessary scheduling with the meet officials to begin the meet at the scheduled start time. The VISITING MEET DIRECTOR shall insure the accuracy and verify the visiting team's Official Heat Sheet is at the scorers table by the start time.

### **7.5.7 Discipline of Meet Official(s)**

See section 7.4.8

### **7.5.8 Protests During a Meet**

For protests, refer to Section 13.0.

## **7.6 OFFICIAL COACHES**

### **7.6.1 Number Required**

A minimum of one (1) OFFICIAL COACH per team is required for each home and away meet

### **7.6.2 Certification**

OFFICIAL COACHES must be registered with and insured by the same governing body with which the circuit and all teams are registered and insured. Proof of insurance of the OFFICIAL COACHES must be provided to the Executive Board upon request. Prior to conducting the first team practice, OFFICIAL COACHES must obtain Coaching Certification as required by said governing body. Prior to the first dual meet, all OFFICIAL COACHES should attend one of the circuit's Official's Clinics.

### **7.6.3 Coaching Responsibilities**

Each team is required to have at least one OFFICIAL COACH present at all times during a team practices and/or during official competition.

The OFFICIAL COACH is responsible for instructing the swimmers on his or her team in the proper stroke technique as described in Section 11.0. The COACH shall teach swimmers to be attentive and to take their marks quickly at the direction of the official starter.

#### **7.6.4 Emphasizing Good Sportsmanship**

The OFFICIAL COACH is responsible for counseling all swimmers to exhibit sportsmanship-like conduct at all meets in the spirit of the NWSC By-laws. The OFFICIAL COACH shall exhibit good sportsmanship at all NWSC events.

#### **7.6.5 Communications With the Meet Director**

The OFFICIAL COACH is responsible for communicating special requests dealing with the execution of an upcoming dual meet to his/her meet director early enough so the meet director can negotiate these requests with the opposing teams' meet director. Resolution of such requests need to be finalized by the Thursday prior to the dual meet so that both teams have fair opportunity to prepare.

#### **7.6.6 Preparing the Heat Worksheets**

The OFFICIAL COACH is responsible for preparing a set of heat worksheets prior to the meet as to allow the preparation of the official heat sheet for the scorers tables and event cards for the age group parents.

### **7.7 Announcer**

#### **7.7.1 Number Required**

An ANNOUNCER is required for all home meets. It is recommended that each team have 2-3 trained ANNOUNCERS.

#### **7.7.2 Certification**

ANNOUNCERS are not required to attend circuit training. It is the responsibility of the home team to train their own.

#### **7.7.3 Setting Up the Broadcast System**

The Home Meet Director shall review the following schedule with the ANNOUNCER prior to the start of each meet.

The ANNOUNCER must arrive early for each home meet to setup the broadcast system, become familiar with the schedule and announce the flow of activities which lead up to the start of the meet.

#### **7.7.4 Welcoming Swimmers and Parents**

The ANNOUNCER shall welcome the arriving parents and swimmers and direct them to their areas.

#### **7.7.5 Pre-Meet Responsibilities**

Assuming an 8:00 AM start time, the ANNOUNCER shall announce the following schedule at 6:50 and repeat the applicable portions every 5-10 minutes:

	<u>8:00 Start</u>	<u>7:30 Start</u>
Host team warm-ups	6:50-7:20	6:20-6:50
Visiting team warm-ups	7:25-7:55	6:55-7:25
All judges to the meeting area	7:40	7:10
All timers to the meeting area	7:45	7:15
All first shift workers to their posts	7:50	7:20
First call for events 1, 2 & 3 to the ready bench	7:50	7:20
Final call for events 1, 2 & 3 to the ready bench	7:55	7:25
First call for events 4 & 5 to the ready bench	7:55	7:25
Start of event 1	8:00	7:30

For other meet start times the Home Meet Director will adjust the schedule accordingly.

#### **7.7.6 Calling Each Event**

The ANNOUNCER shall be responsible for calling the event number, age group, sex, and event name so that all swimmers will know when to report to the ready bench. The ANNOUNCER shall announce the "first" and later the "final call" for each age group pair of events in coordination with the flow of the ready bench. The ANNOUNCER should anticipate the timing based on the number of swimmers, the stroke, the number of lengths to be swum, and the age of the swimmers.

#### **7.7.7 Announcing of Meet Scores**

The ANNOUNCER shall provide the meet score at the end of each stroke set in accordance with the By-laws and upon mutual agreement of the Visiting Meet Director and the Home Meet Director.

#### **7.7.8 Assisting the Starter During the Meet**

The ANNOUNCER shall coordinate with the starter to: (a) avoid announcing during the start of a race (b) call for quiet from the spectators at the start of a race if the noise level becomes excessive.

#### **7.7.9 Posting of Event/Heat Numbers**

The ANNOUNCER may be asked to post the event and heat numbers for the current race.

#### **7.7.10 Paging Requests in Emergencies**

The ANNOUNCER may be asked to page individuals in case of emergencies and officials in case of problems. The remainder of the ANNOUNCER'S job is left to the creativity (subject to good taste) of the individual.

### **7.8 Starter**

#### **7.8.1 Number Required**

A STARTER is required for all events in a dual meet. One STARTER is required for each half of a dual meet. The STARTER should not be changed unnecessarily during either half of the meet.

#### **7.8.2 Certification**

All STARTERS must attend an Official's Clinic every year. Any new STARTER should be given an opportunity to learn the job prior to a circuit meet (e.g. during practice or in a fun meet).

#### **7.8.3 Announcing Each Event**

The STARTER shall begin each event by advising the swimmers, judges and timers of the event number, heat number, event name and, if appropriate, the order of strokes. The STARTER shall refer to the swimmers by gender when appropriate. In the case of mixed heats, "swimmers" is appropriate.

Swimmers are to be standing on the deck until the STARTER announces "SWIMMERS ON THE BLOCKS" or "SWIMMERS ENTER THE WATER" as appropriate. Swimmers are to be standing behind the front edge of the block (or away from the pool edge if the swimmer is not going to use the blocks).

#### **7.8.4 Verifying Readiness of Meet Officials**

The STARTER shall ask "JUDGES AND TIMERS, ARE YOU READY?" The STARTER shall not proceed until all officials and timers signal their readiness.

#### **7.8.5 Whistle/Tone Generator**

The STARTER shall use a loud, clear whistle or tone generator to start all events.

#### **7.8.6 Starting the Event**

The STARTER shall start each event with the announcement "SWIMMERS TAKE YOUR MARKS", then pause to make sure that all swimmers come down together and are motionless, and then give a blast of his/her whistle or tone generator. Rolling starts are not permitted on initial starts. If one or more of the swimmers does not take their marks or become motionless quickly, the STARTER shall instruct all swimmers to stand up, instruct the unprepared swimmer and restart the race. Repeated failure of a swimmer to take their mark is grounds for a false-start.

### **7.8.7 False Starts**

The STARTER shall be the sole judge for determining FALSE-STARTS and all FALSE-STARTS shall be restarted.

The False-Start Technician (Sec 7.8) shall be responsible for promptly dropping the false start rope into the water whenever the Starter signals a false start.

### **7.8.8 In the Event of a False Start**

Once the Starter has given the command "swimmers take your marks" and is letting the field come down together to a motionless position awaiting the starting signal, the Starter, in his opinion, detects any motion by a swimmer to obtain an unfair advantage over the rest of the field, the starter shall recall the field and the Starter shall charge the field with a FALSE START.

If the STARTER detects a false-start, he or she shall signal the false-start technician, judges, timers, and swimmers by a series of blasts on the whistle or tone generator. Based on this signal, the false-start technician will drop the false-start line to stop any swimmers who do not hear the signal. The STARTER should remind the timers to clear their watches.

### **7.8.9 False Start, Charged to the Swimmer**

A swimmer can be charged with a false-start by the STARTER, if the STARTER observed the violation.

### **7.8.10 Disqualification/False Start**

The first false-start of a race is charged to the field. ONLY ONE FALSE START SHALL BE ALLOWED PER HEAT. Any swimmer false starting after one false start has been charged to the field SHALL BE DISQUALIFIED and the remaining field shall be recalled and restarted.

## **7.9 False-Start Technician**

### **7.9.1 Number Required**

One or two FALSE-START TECHNICIANS should be trained and available to each team.

### **7.9.2 Certification**

FALSE-START TECHNICIANS are not required to attend a circuit official's clinic. It is the responsibility of each team to train their own.

### **7.9.3 Preparing False Start Rope**

Prior to the start of the meet a length of rope should be stretched across the swimmer lanes approximately 10 yards from the starting blocks. This rope should be attached about 5 feet above the water surface. The rope should be attached so that it can not inadvertently fall into the pool, but should be attached in such a manner that it can be purposely triggered to fall into the pool and hinder a swimmer.

### **7.9.4 Responsibility During the Meet**

The FALSE-START TECHNICIAN shall be responsible for promptly dropping the False-Start rope into the water whenever the Official Starter signals a False-Start.

## **7.10 Stroke Judges**

### **7.10.1 Number Required**

A minimum of 2 STROKE JUDGES per shift per team are required for all individual events in each home and away meet. It is recommended that each team maintain a staff of 4 to 6 certified STROKE JUDGES.

### **7.10.2 Certification**

All STROKE JUDGES must attend an Official's Clinic each year. Each meet director is provided a list of circuit certified STROKE JUDGES for the current year.

### **7.10.3 Conduct Toward Swimmers/Team**

All STROKE JUDGES are reminded to refrain from displaying partiality to any team or swimmer while they are "on the deck" and to be attentive to their assigned responsibilities while each race is in progress. It is appropriate and in the spirit of the circuit to encourage all swimmers, especially those struggling to finish. If a STROKE JUDGE is aware of a conflict which would interfere with their ability to maintain the necessary attention to their responsibilities, the STROKE JUDGE should request that the starter wait until the STROKE JUDGE is replaced.

### **7.10.4 Working with Other Judges**

STROKE JUDGES shall work together in pairs on each side of the pool, with one member of each pair being from each team. The Stroke Judging area shall be consistent on each side of the pool. If a permanent obstruction limits the judging area on one side of the pool, the judging area on the other side of the pool shall be equally limited.

### **7.10.5 Responsibilities During the Meet**

STROKE JUDGES shall have sole responsibility to observe strokes, turns and finishes to determine that they comply with the circuit requirements as described in Section 11.0 of the NWSC Bylaws. STROKE JUDGES shall only have authority to rule on their side of the pool.

### **7.10.6 Disqualification (Warning)**

Both STROKE JUDGES in a pair must agree on a disqualification. If there is any doubt or disagreement between STROKE JUDGES regarding an infraction there shall be no disqualification. If a STROKE JUDGE recognizes that he or she was not in position to make a call, it is up to the discretion of that STROKE JUDGE to defer the decision solely to the other STROKE JUDGE in that pair. When only one STROKE JUDGE rules that an infraction has occurred, the STROKE JUDGES shall issue a Warning Form to the scoring table indicating what infraction was witnessed by the one STROKE JUDGE. A warning does not impact the swimmer's time or finish. A Warning Form as described in Section 7.17.2 will be given to the runner for delivery to the Ribbons and Scoring table. It will subsequently be given to the swimmer's coach so that he/she can evaluate that swimmer to determine if the stroke correction is needed.

### **7.10.7 Disqualification**

If an infraction by a swimmer is witnessed by both STROKE JUDGES and both STROKE JUDGES are in agreement concerning the infraction, it is so marked with both STROKE JUDGES' initials appearing on a Disqualification Form as described in Section 7.17.1, which shall be attached to the entry card at the scoring table. The official coach is responsible for informing the disqualified swimmer of the infraction.

## **7.11 Exchange Judges**

### **7.11.1 Number Required**

The minimum number of EXCHANGE JUDGES shall be determined as follows:

Pool Size	Relay Distance	
	100	200
4 Lane	4	2
6 Lane	8	4
8 Lane	8	4

The requirements for a four (4) lane pool call for a minimum of a pair of EXCHANGE JUDGES, one from each team, at each end of the pool when the exchanges will take place at both ends. In the case of a 200 event, where the exchange takes place at one end only, a minimum of two EXCHANGE JUDGES is needed.

The requirements for a six (6) and eight (8) lane pool call for a minimum of a pair of EXCHANGE JUDGES, one from each team, to be positioned at each corner of the pool. Relays requiring an exchange at each end of the pool will require the presence of at least eight (8) EXCHANGE JUDGES. In the case of a 200 relay event, where the exchange will take place at one end only, a minimum of four (4) EXCHANGE JUDGES is needed.

If in water starts are necessary for relays, 2 additional exchange judges may be added.

### **7.11.2 Certification**

All EXCHANGE JUDGES must attend an Official's Clinic each year. Meet Directors are provided with a list of circuit certified EXCHANGE JUDGES for the current year.

### **7.11.3 Conduct Toward Swimmers/Team**

All EXCHANGE JUDGES are reminded to refrain from displaying partiality to any team or swimmer while they are "on the deck" and to be attentive to their assigned responsibilities while each race is in progress. It is appropriate and in the spirit of the circuit to encourage all swimmers, especially those struggling to finish. If an EXCHANGE JUDGE is aware of a conflict which would interfere with their ability to maintain the necessary attention to their responsibilities, the EXCHANGE JUDGE should request that the starter wait until the EXCHANGE JUDGE is replaced.

### **7.11.4 Working with Other Judges**

EXCHANGE JUDGES are required for all relay events and shall work together in pairs on each side of the pool with one EXCHANGE JUDGE from each team being positioned at each corner of the pool.

### **7.11.5 Responsibility to Observe Exchanges**

EXCHANGE JUDGES shall have sole responsibility to observe relay exchanges to determine that they comply with the circuit requirements as described in Section 11.0 of the NWSC By-laws. EXCHANGE JUDGES shall only have authority to rule on infractions on their side of the pool.

EXCHANGE JUDGES shall be responsible for observing all relay exchanges only; they are not responsible for judging legal strokes, turns, or finishes.

In relay races involving in-the-water starts, the team of a swimmer who has lost contact with the end wall of the course before his/her preceding teammate touches the wall, shall be disqualified unless the swimmer in default returns to the original starting point at the wall.

### **7.11.6 Responsibility for Designated Lanes**

The EXCHANGE JUDGES located at one end of the pool of a four lane pool shall have sole authority to report relay exchange infractions (i.e., swimmer left too early, swimmer did not get out soon enough, swimmer reentered the water) for all lanes at their end of the pool. At six and eight lane pools, one EXCHANGE JUDGE from each team shall be assigned to each corner to report relay exchange infractions.

### **7.11.7 Disqualification (Warning)**

Both EXCHANGE JUDGES in a pair must agree on a disqualification. If there is any doubt or disagreement regarding an infraction then there will be no disqualification. If an EXCHANGE JUDGE recognizes that he or she was not in position to make a call, it is up to the discretion of that judge to defer the decision solely to the other EXCHANGE JUDGE in that pair. When only one EXCHANGE JUDGE rules that an infraction has occurred, the EXCHANGE JUDGES shall issue a warning to the swimmer. A warning does not impact the relay's time or finish. A warning will be evidenced on a Warning Form in the manner described in Section 7.17.2. The Warning Form will subsequently be given to the swimmer's coach so that he/she can evaluate that swimmer to determine if the exchange correction is needed.

### **7.11.8 Disqualification**

In cases of disqualification, EXCHANGE JUDGES shall complete a Disqualification Form as described in Section 7.17.1. The official coach is responsible for informing the disqualified swimmer of the infraction.

## **7.12 HEAD TIMER and LANE TIMERS**

### **7.12.1 Number Required**

A minimum of 1 1/2 LANE TIMERS per lane per shift per team are required for each home and away meet. For four lane pools, 6 LANE TIMERS are needed per shift; for six lane pools, 9 LANE TIMERS are needed per shift; for 8 lane pools, 12 LANE TIMERS are needed per shift. It is recommended that each team have enough LANE TIMERS for two shifts at each meet and that 10-25 TIMERS be recruited and trained for each year.

A minimum of 1 HEAD TIMER per shift per team are required for each home and away meet.

### **7.12.2 Certification**

The HEAD TIMER must attend an Official's Clinic each year. LANE TIMERS are not required to attend circuit training.

### **7.12.3 Head Timer Backup Watches**

In assigning LANE TIMERS to lanes, the HEAD TIMER shall, wherever possible, avoid having all three timers in any given lane associated with the same club. The HEAD TIMER shall organize and thoroughly brief the LANE TIMERS on their duties prior to the meet, and shall be in charge of the LANE TIMERS throughout the meet, with authority to remove and replace any LANE TIMER, with the approval of the Home Meet Director.

The HEAD TIMER shall run two watches for use as backups during each heat of each event should a LANE TIMER'S watch malfunction.

### **7.12.4 Responsibilities During the Meet**

The LANE TIMERS shall keep an accurate time recording of the swimmer in their assigned lane. The LANE TIMERS should ask the swimmer's name at the conclusion of the event and verify the name on the event card is correct. The LANE TIMERS shall record the complete times from all three stop watches on the event card at the end of the event.

### **7.12.5 Resetting the Watches**

TIMERS will clear their watches before each race (or restart).

### **7.12.6 Verify Event Cards**

TIMERS will verify the event card is for the correct event, heat, and lane.

### **7.12.7 Acknowledging the Starter**

TIMERS will raise their arm when they are ready (before the start of each race, in response to the starter's question "Timers ready?").

### **7.12.8 Accuracy at the Start of the Heat**

TIMERS are to listen carefully to the starter's instructions and press the start button on the sound of the starter's whistle or tone generator.

### **7.12.9 Verify Start of Watch**

TIMERS are to verify their watch has started. In the event a LANE TIMER'S watch is not operating properly, or the LANE TIMER failed to start the watch accurately at the starting signal, the LANE TIMER shall immediately signal the HEAD

TIMER, so that a backup watch can be used. In the event a time is not available the LANE TIMER should so indicate on the event card.

#### **7.12.10 Accuracy at the End of the Heat**

TIMERS shall press the stop button as the swimmer (or final swimmer in the case of relays) touches the wall or starting block. The TIMER should stop the watch when any part of the swimmer's body touches the wall above or below the water's surface. The stroke judge will determine if the touch was legal.

#### **7.12.11 Filling Out the Event Card**

The LANE TIMERS should also verify that the event card is correct for that lane, swimmer, and event. LANE TIMERS shall record the times from each watch assigned to their lane in the same order, on the event cards, throughout their shift.

#### **7.12.12 Recording DQ Infractions**

If a false start infraction resulting in a DQ is called by the Starter, the TIMER will write "DQ" on the event card. Always record the time, if the swimmer swims, regardless of any infraction. DQ Forms shall be filled out by the Stroke Judges.

#### **7.12.13 Responsibility to the Runner**

The LANE TIMERS shall pass the event cards to the Runners when complete, and the Ribbons and Scoring table will determine the order of finish from the times entered on the event cards.

#### **7.12.14 Technology.**

In an age of rapid advancements in technology, devices will we made available that may streamline the operation of a swim meet. Should a team decide to introduce a new device for use in a NWSC swim meet, the fact that the device is not specifically named in the by-laws should not alone prohibit its use. Further, it is the spirit of this by-law to encourage the introduction of new time saving devices.

### **7.13 Ready Bench**

#### **7.13.1 Number Required**

A minimum of 3 READY BENCH workers per team per shift are required for each home and away meet. It is recommended that each team recruit and train 4-8 READY BENCH workers for the year.

#### **7.13.2 Certification**

READY BENCH workers are not required to participate in circuit training. It is the responsibility of each team to train their own READY BENCH workers.

#### **7.13.3 Organization of Swimmers/Heat**

READY BENCH workers are responsible for organizing the swimmers into heats before the start of each event. Swimmers must arrive at the READY BENCH with an event card for that event. READY BENCH workers should stage swimmers such that one group moves to the "on deck area" (behind the blocks) as the group from that area moves to the blocks. This is especially important when the second group may be required to stand on the starting blocks (e.g. in the backstroke).

#### **7.13.4 Valid Event Card**

Verify each swimmer or relay team has a valid event card (i.e., with their name and the correct event, heat, and lane) for the event being staged.

#### **7.13.5 Verify Official Heat Sheets**

Check their copy of the official heat sheet to verify that all swimmers that appear on the list are present. Notify the age group parents of any missing swimmers and notify the meet director(s) of any swimmers not on the official heat sheet.

### **7.13.6 Arranging Swimmers/Addressing Changes**

Arrange the swimmers from both teams into individual heats. During this process the READY BENCH workers may reassign a swimmer to an earlier heat if there is an open lane and a remaining swimmer is not left to swim alone in the previously assigned heat. Such changes should only be initiated when they will result in fewer heats.

### **7.13.7 Combining Heats**

If there are very few swimmers in two events (e.g. in the older age groups) then the READY BENCH workers may combine the swimmers into a single race. Swimmers in the same event should be assigned adjacent lanes if at all possible.

### **7.13.8 Event Card Changes**

When reassigning swimmers to different heats and/or lanes the event cards for those swimmers must be changed as follows:

Cross out the original heat and/or lane numbers on the event cards such that the original numbers can still be read by the ribbon and scoring workers.

Use a red pencil to write in the new heat and/or lane numbers so that the runners, timers, etc. can read them.

## **7.14 Runner**

### **7.14.1 Number Required**

A minimum of 2 RUNNERS per shift are required for most events at each meet. It is the responsibility of the home team to provide all RUNNERS. It is recommended that each team recruit and train 3-6 RUNNERS.

### **7.14.2 Certification**

RUNNERS are not required to attend circuit training. It is the responsibility of the home team to train their RUNNERS.

### **7.14.3 Responsibilities Before the Heat**

RUNNERS are responsible for obtaining the event cards for each single length (i.e., 25 yards) race from the swimmers as they approach the starting blocks. These cards must then be delivered to the timers.

### **7.14.4 Responsibilities After the Heat**

RUNNERS are responsible for picking-up completed event cards and DQ forms. These cards are to be delivered to the scoring table.

## **7.15 RIBBONS AND SCORING**

### **7.15.1 Number Required**

A minimum of 3 RIBBONS AND SCORING workers per team per shift are required for each home and away meet. One scorer on each team shall be identified as the lead scorer for each meet. It is recommended that each team recruit and train 5-10 RIBBONS AND SCORING workers per year.

### **7.15.2 Certification**

RIBBONS AND SCORING workers are not required to attend circuit training. It is the responsibility of each team to train their own RIBBONS AND SCORING workers.

### **7.15.3 Verification of Official Heat Sheet**

Lead scorers are responsible for verifying that the official heat sheet has been turned in at the ribbons and scoring table by the start of the meet.

### **7.15.4 Volunteer Responsibilities**

RIBBONS AND SCORING volunteers shall receive and organize the event cards which are delivered to the scoring table by the runners. If a time is not available, it should be so marked on the card. The median of the three times entered shall be the official time. If one time is one (1.0) or more seconds higher or lower than the other two, it will be thrown out, and the remaining times will be averaged to determine the official time.

When averaging times, the digits representing thousandths shall be dropped with no rounding.

RIBBONS AND SCORING shall identify the official time for each swimmer in an event and determine the official order of finish, according to the official times.

### **7.15.5 Organizing the Event Cards/Scoring**

RIBBONS AND SCORING shall determine the official finish of each event.

Once the swimmer's official time has been determined, it is written on the event card. If an event card has a DQ form attached, RIBBONS AND SCORING will verify the DQ forms for proper initialing, and organize them with the event cards into heats. Each team's event cards and DQ forms are returned after the meet. The completed cards are then used to enter the swimmer's time into the computer. The computer automatically assigns the lowest time FIRST PLACE; the second lowest time is assigned SECOND PLACE; etc.

Any event card without times or that have a DQ form attached are not given an official place. The cards are then sorted by team and returned to the teams with any DQ forms attached. The home team is responsible for entering data into the computer and must insure that the entry of swimmer names, finish times, and other data is accurate and complete. Representatives from both the home and visiting teams should assist in verifying the computer data during the meet. At the end of the meet, each team will receive a computer diskette of their meet entries and results.

The event cards are the primary official record for Post Seasonal Meet eligibility and seeding times and must be retained by each team until the end of the current season

### **7.15.6 Dual Meet Scoring Rules**

See Section 8.13.

RIBBONS AND SCORING shall keep an accurate count of the team points as the meet progresses, post official results, and be responsible for completing ribbons accurately.

## **7.16 Age Group Parents**

### **7.16.1 Number Required**

Six to twelve (one or two parents per age group) per team are required for each home and away meet.

### **7.16.2 Certification**

Age Group Parents are not required to attend a circuit official's clinic. It is the responsibility of each team to train their own.

### **7.16.3 Event Card Distribution**

Age Group Parents are responsible for distributing event cards to the swimmers at the time the Announcer calls "First Call" for their event. The Age Group Parents should receive all event cards for their age group prior to the start of the

meet. Age Group Parents should listen to the announcer and begin locating their swimmers about 2 events prior to their next number.

#### **7.16.4 Coordinating with Ready Bench-**

The Age Group Parents for the youngest ages (6 & under and 7-8) are critical to the timely start of the meet. About 15 minutes prior to scheduled meet start, the Age Group Parents for these age groups should begin organizing their swimmers. The younger swimmers should be escorted to the ready bench for each event to avoid them getting lost or losing their card.

### **7.17 Forms**

#### **7.17.1 Disqualification Form**

The board shall approve a Disqualification Form for the purpose of documenting a disqualification of a swimmer by a judge(s) of a specific event. An example of a Disqualification Form should be documented in Appendix E of this document.

#### **7.17.2 Warning Form**

The board shall approve a Warning Form for the purpose of documenting a warning by a judge (a) of specific event. An example of a Warning Form should be documented in Appendix E of this document.

#### **7.17.3 Combined Forms**

The Disqualification Form described in Section 7.16.1 and the Warning Form Described in Section 6.16.2 may be implemented as separate forms, or as a combined form.

## **8.0 CONDUCT OF MEETS**

### **8.1 Starting Time**

All meets shall begin at 8:00 am on the Saturday prescribed in the schedule, but may begin earlier if the Meet Directors from both swim teams involved mutually agree to the new starting time at least 72 hours prior to the start of the meet. The Home Meet Director may authorize a reasonable delay in starting the meet.

Meets shall begin only after each team has submitted its official heat sheet to the official scoring table. Once submitted, no changes shall be made to the official heat sheet without approval of both Meet Directors.

No swimmer shall swim in an event unless his/her name appears on an event card and the official heat sheet for that event. A swimmer appearing as a primary or alternate entry on a relay team is also considered an alternate entry on all other relay teams entered in that event from the same swim team.

### **8.2 Warm Up Time**

Each team shall be allowed 30 minutes of warm-up time. The home team shall warm-up first and be out of the water 40 minutes prior to the meet start time. The visiting team shall begin warm-up 35 minutes prior to the start of the meet and shall be clear of the pool 5 minutes prior to that time. Deviations to this warm-up schedule due to weather or other complications may be permitted by the Home Meet Director.

### **8.3 Stoppage of a Meet**

If a meet is stopped by the Home Meet Director for any reason (i.e. inclement weather), and cannot be restarted within one hour, the meet is declared at an end. The score at that time shall determine the meet winner if 1/2 or more of the events have been completed. If less than 1/2 events of the meet have been completed, the meet shall not have a declared winner. Un-swum events in canceled meets will count toward eligibility to compete in the Post Seasonal Meets.

Un-swum or incomplete meets due to weather may be rescheduled and event results allowed as official times provided the following requirements are met:

1. Both teams agree to participate.
2. Meet must be completed and results submitted no later than the Monday prior to the Divisional meet.
3. The meet must follow the format and rules of the NWSC (relays are optional).

## **8.4 Lane Assignments**

Visiting teams shall swim in odd numbered lanes. Home teams shall swim in even numbered lanes.

Where multiple heats are scheduled for an event, swimmers will be seeded from slowest to fastest.

## **8.5 Number of Heats**

There must be a minimum of 174 heats for 6 and 8 lane pools, and 261 heats for 4 lane pools offered to be swum at each Dual Meet. Home teams must secure access to their pool with sufficient time to run the minimum number of heats.

The Home Meet director has final say as to the total number of heats his team can accommodate beyond the minimum. The need to limit the number of heats must be made known to the visiting Meet Director 72 hours before the start of the meet. Every effort should be made to place the maximum number of swimmers in the pool as is possible at each meet.

Additional heats can be added to any event with the agreement of both Meet Directors. In situations of disagreement, either meet Director can invoke the following ordered criteria:

1. Add heats in events where there is at least one swimmer from each team.
2. Add competitive heats where the maximum number of visiting swimmers will swim.
3. When adding heats with swimmers from only one team or the other, alternate teams, starting with the visiting team heat first, then the home team, until the maximum number of heats is reached or all swimmers are entered.

All swimmers in all heats shall compete for points and ribbons.

## **8.6 Swimmer Entries**

A swimmer may compete in a maximum of three individual events and two relays in meets. Age Group Eligibility and Swimming Up shall be in accordance with the guidelines set forth in Sec 6.3.

## **8.7 Required Officials**

For Dual Meets, the home team shall provide:

- The Home Meet Director
- The Official Starter
- The Announcer
- An Official Coach
- A Head Timer with 2 stopwatches
- Lane timers with stopwatches (6 for 4 lanes; 9 for 6 lanes; 12 for 8 lanes)
- Exchange Judges (4 during relays)
- Stroke Judges (1 for each side of the pool)
- Ribbons and Scoring Officials
- A False-Start Technician
- Ready bench personnel
- Runners
- Adequate free drinks for all properly identified workers

For Dual Meets, the visiting team shall provide:

- The designated Visiting Meet Director
- An Official Coach
- A Head Timer with 2 stopwatches
- Lane Timers with stopwatches (6 for 4 lanes; 9 for 6 lanes; 12 for 8 lanes)

- Exchange Judges (4 during relays)
- Stroke Judges (1 for each side of the pool)
- Ribbons and Scoring Officials
- Ready bench workers

## **8.8 Starting Blocks**

If STARTING BLOCKS are provided, they should be used in such a manner that they offer no advantage or disadvantage to any swimmer or relay team. At the option of the Home Meet Director, STARTING BLOCKS may be moved out of position for events which have finishes and or turns at the same end of the pool as the blocks. All lanes must be handled in the same way. If the STARTING BLOCKS remain in place during the competition, they shall be considered as part of the wall for turns and finishes.

## **8.9 Equipment Requirements**

The home team shall also provide lane ropes, a false-start rope, and backstroke flags (which are to be placed approximately 6 feet above the water across all lanes and 5 yards from each end of the pool). Backstroke flag lines shall be set tightly enough to minimize sag and wind movement.

## **8.10 Spectators**

Provisions shall be made by the home team to keep spectators a reasonable distance from the pool so that Meet Officials can perform their duties. (It is recommended that each team utilize several team parents to help control swimmers and spectators in this regard).

## **8.11 Intrusive Swimmer**

From the time a heat is called to the starting blocks until that heat has finished swimming, the "pool" will belong to that heat only. Any other individual who enters the "pool" during this time will be considered an INTRUSIVE SWIMMER. If the INTRUSIVE SWIMMER interferes in his/her team's lane, the swimmer heated for that lane shall be disqualified. If the intrusive swimmer interferes in another team's lane, the intrusive team's fastest swimmer for that heat shall be disqualified.

This rule will not apply if water entry is to save a swimmer in obvious danger.

## **8.12 Scoring and Awards**

All swimmers entered in an event shall compete for team points and awards. Order of finish in Dual Meets shall be on the basis of official times of all swimmers in all heats, except those swimmers who have been disqualified. Where the times of three official stop watches have been recorded for a swimmer, the middle time shall be the official time unless one time is off by more than one second from the middle time, in which case it shall not be considered. Where only two official times are recorded in that lane, the Scorer shall average the times to obtain the official time. Where only one official time is recorded, that time shall be the official time. The official event results shall be posted as soon as possible at a place accessible to both teams. The points shall be awarded and the meet scored as part of the criteria for future Divisional seedings.

The score shall be announced following each event grouping only if both Meet Directors agree to the score being announced prior to the start of the competition. If the Meet Directors agree the score shall not be announced, the Home Meet Director shall inform the Announcer and the Scoring Table. In such cases, the points for each event shall be recorded, but the final score shall not totaled until the last event has been completed. In regular season dual meets, points and ribbons shall be awarded on the following basis -

### **8.12.1 Individual Events**

Awards of a type approved by the Executive Board shall be provided for each of the following places, and points shall be awarded as indicated:

1st - 4 points

2nd - 2 points  
3rd - 1 point  
4th -  
5th -  
6th -  
7th -  
8th -  
9th -  
10th -

### **8.12.2 Relay Events**

Awards of a type approved by the Executive Board shall be provided for each of the following places, and points shall be awarded as indicated:

1st - 5 points and Ribbons shall be awarded  
2nd - 3 points and Ribbons shall be awarded  
3rd - 1 point and Ribbons shall be awarded

No more than two relay teams from any team shall be awarded points in a relay event.

### **8.12.3 Personal Best Times**

Swim clubs shall provide recognition by awarding NWSC Personal Best-Time ribbons or similar awards to each swimmer achieving a personal best time. Each club may, at its own discretion, require a certain minimum amount of improvement in times before a ribbon is awarded.

### **8.12.4 Ties**

For a two-way tie, the points for the place for which the swimmers are tied and the next lower place points shall be added together; divided by 2 in determining the total of points to be awarded each swimmer.

Each swimmer receives a ribbon for the tied place and the next lower place ribbon shall not be awarded.

### **8.12.5 Disqualifications**

Disqualified swimmers shall be awarded last place and will receive no team points, official time, or awards in that event.

## **8.13 Order of Events**

All the events listed in APPENDIX B, and only these events, shall be swum at each meet in the order listed.

Pool lengths are usually not exactly 25 yards or 25 meters in the NWSC; therefore a "25" shall be considered to be one pool length, a "50" two pool lengths etc. - see APPENDIX C for pool conversion factors.

## **8.14 Protests**

Any protests shall be conducted in accordance with the guidelines set forth in Section 13.0.

## **8.15 Northwest Swim Circuit Code of Conduct**

The Northwest Swim Circuit was formed with the objective of helping young swimmers to develop: physical fitness, self discipline, self confidence, proficiency in competitive swimming strokes, a determination to do one's best and good sportsmanship. The expectation of the Executive Board is participants will exhibit the highest standards of sportsmanship at all times while participating in all NWSC and member club affiliated events. Every participant, including swimmers, coaches, officials, board members, parents and spectators, has a responsibility to behave in a respectable manner and to comply with and support the Code of Conduct, see Appendix F. Each team will be responsible for collecting signed Code of Conduct forms at the start of each season and maintaining these files throughout the season.

## **9.0 PREPARATIONS FOR HOME TEAMS**

### **9.1 Home Meet Director/Volunteer Groups**

The Home Meet Director shall contact each volunteer group by the Thursday prior to the meet to confirm that all necessary volunteers have agreed to serve. Details to be worked out include:

- Equipment Setup
- Announcer (1-2)
- Starter (1-2)
- Exchange Judges (2-4)
- Stroke Judges (2-4)
- False-Start Technician (1)
- Head Timer (1)
- Timers with Watches (6-12)
- Runners (2-3)
- Ready Bench (2-3)
- Ribbons & Scoring (3)
- Age Group Parents

The numbers indicated above apply to a shift. Adequate volunteers for two shifts are required.

### **9.2 Home Meet Director/Head Coach**

The coach and the meet director should discuss the upcoming meet by Tuesday to ensure any special requests can be accommodated.

### **9.3 Head Coach Prepares Heat Worksheets**

The coach should prepare a set of heat worksheets for the upcoming meet by Thursday to allow for the preparation of the official heat sheet and event cards.

### **9.4 Head Coach/Official Heat Sheets**

By Saturday morning, the official heat sheet must be prepared ten minutes prior to the meet. This may be done by any of a wide variety of volunteers but it is essential that the work be checked carefully because the heat sheet officially governs who may swim in what events. Additional copies of the heat sheet will be required by the starter, announcer, ready bench, the ribbons and scoring's table, as well as the coaches.

### **9.5 Preparing Event Cards**

By Friday, individual event cards must be prepared from the worksheets for each swimmer and each relay team in each event. These cards shall also be checked to ensure they match the official heat sheet.

A sample Event Card is shown in Appendix D.

### **9.6 Final Check (Equipment and Supplies)**

The following equipment and supplies are provided at the dual meet by the home team:

- Starter's whistle or tone generator (with backup), and public address system
- First Aid Kit
- Official DQ forms (for both teams)
- Official ribbons (for both teams, include extras for ties)
- Small clip boards (12-15, enough for all timers & pairs of judges)
- 9 stop watches for 6 lane pools, 6 for 4 lanes, 12 for 8 lanes (plus 2 backups)
- Sharpened pencils (minimum of 20, including 3 red pencils, enough for all workers on both teams)

Drinks (minimum of 10 oz. glass/worker for both teams for each 1.5 hours worked)  
Name tags (for all home team workers)

## **9.7 Final Check (Meet Facilities)**

The meet facilities should be checked to ensure that all equipment is in good working condition.

Pool area:

- Clean, chemically balanced water
- Lane lines between all lanes and along the edge for odd shaped areas (e.g. diving wells)
- Starting Blocks (Offering no advantage to either team)
- Back stroke flags (6 feet above the water, 15 feet from each end and strung tightly enough to not significantly vary)
- False-start line (strung high enough to clear all strokes)

Ready bench area:

- 3-4 rows of benches or chairs (width based on the number of lanes in your pool)

Announcer area:

- Public address system which can be heard in the pool and swimmer areas

Ribbons and Scoring

- Protected tables and 6-8 chairs

Special considerations should be given to provide adequate and reasonable accommodations for the visiting team's swimmer, workers, and spectators.

## **10.0 PREPARATIONS FOR THE VISITING TEAM**

### **10.1 Visiting Meet Director/Volunteer Groups**

The Visiting Meet Director shall contact each volunteer group by the Thursday prior to the meet to confirm that all necessary volunteers have agreed to serve. This includes:

- Exchange Judges (2-4)
- Stroke Judges (2-4)
- Head Timer (1)
- Timers with Watches (6-12)
- Ready Bench (2-3)
- Ribbons and Scoring (3)
- Age Group Parents

The numbers indicated above apply to a shift. Adequate volunteers for two shifts will be needed.

### **10.2 Visiting Meet Director/Head Coach**

The coach and the visiting meet director should discuss the upcoming meet by Tuesday to ensure any special requests can be accommodated.

### **10.3 Head Coach Prepares Heat Worksheets**

The coach should prepare a set of heat worksheets by Thursday for the upcoming meet to allow for the preparation of the official heat sheet and event cards.

### **10.4 Head Coach/Official Heat Sheets**

By Saturday morning, the official heat sheet must be prepared ten minutes prior to the meet. This may be done by any of a wide variety of volunteers but it is essential that the work be checked carefully because the heat sheet officially governs who may swim in what events. Additional copies of the heat sheet will be required by the starter, announcer, ready bench, the ribbons and scoring's table, as well as the coaches.

## **10.5 Preparing Event Cards**

By Friday, individual event cards must be prepared from the worksheets for each swimmer and each relay team in each event. These cards shall also be checked to ensure they match the official heat sheet.

A sample card is shown in Appendix D.

## **10.6 Final Check (Equipment and Supplies)**

The following equipment and supplies are to be provided at the dual meet by the visiting Team:

6-12 Stop Watches (plus 2 extras)

Name Tags for all visiting workers

## **11.0 STROKES, STARTS, TURNS, AND FINISHES**

Official Stroke Judges (see section 7.9) shall use the rules adopted by United States Swimming, Inc. to judge the validity of the strokes, turns and finishes of swimmers. Failure of the swimmer to comply with these rules shall be considered grounds for disqualification by the Official Stroke Judge for that swim in official meets.

The Coaches Committee shall review any updates to the USA Swimming rules made by USA Swimming and inform the Executive board of these updates for incorporation in to Stroke clinics (see Section 4.4).

It is the responsibility of the individual teams to acquire USA Swimming rule books (or Mini-Rulebooks) for their team if desired and assure that the rules are understood and adopted by the team and coaches.

All rules regarding the running of a meet, meet officials, preparations and conduct for meets, protests, disqualifications, etc., shall be as provided in the NWSC Bylaws.

Official stroke judges of the NWSC need not be a USA Swimming officials or trained in official USA Swimming stroke and turn judge training classes. It is the responsibility of the Dual Meet Director to see that the proper training is conducted at the Judges and Head Timer Clinic (Section 7.2).

## **12.0 POST SEASONAL MEETS**

The NWSC shall conduct Post Seasonal Meets (Divisional and/or Invitational) at the conclusion of the regular season. The type of meet (and format) depends on the availability of the facilities to accommodate such Meets.

The type and format of the Post Seasonal Meet shall be determined on a majority vote by the Executive Board quorum no later than March 1<sup>st</sup> each year.

Planning, coordination and execution of all post seasonal meets shall be the responsibility of the Championship Committee - Sec. 4.3.

### **12.1 Divisional Meet**

#### **12.1.1 Rules**

Dual Meet season rules shall apply for all Divisional Meets except those exceptions specifically stated in this Section.

#### **12.1.2 Eligibility**

To be eligible to participate in a Divisional Meet, a swimmer must meet the eligibility requirements of these By-laws and must have competed in a minimum of two Dual Meets of the current season. Entry on the Official Heat Sheet of canceled meets or events shall count toward this requirement.

Age Group Eligibility and Swimming Up shall be in accordance with the guidelines set forth in Sec 6.3.

Swimmers must have an official time in an event from the current swim season to be entered in that event. The only exception to this rule is as follows:

- a) A seed time of "555.55" may be used in all age groups to seed a relay team in either the free or medley relay events when an official time for the relay team does not exist."

### **12.1.3 Seedings**

Swimmers shall be put into progressively faster heats in events according to their best official times from the current swim season in those events. Swimmers in all heats are eligible for points, ribbons, and medals.

All Divisional Relays must follow dual meet rules. Each swimmer on a relay team must meet the Divisional Eligibility rule (sec 12.1.2). Relays will be seeded by A, B, C, D status, not by seed times, to prevent one team having all its relays in one heat. Each team may enter as many relay teams as have eligible swimmers to fill these teams.

The pool lengths and corresponding adjustment factors identified in APPENDIX C will be used to determine adjusted times.

### **12.1.4 Scoring**

In the Post Seasonal Divisional Meets, points, medals, and ribbons shall be awarded on the following basis:

### **12.1.5 Individual Events**

Awards of a type approved by the Executive Board shall be provided for each of the following places, and points shall be awarded as indicated:

- 1st - 9 points
- 2nd - 7 points
- 3rd - 6 points
- 4th - 5 points
- 5th - 4 points
- 6th - 3 points
- 7th - 2 points
- 8th - 1 point
- 9th -
- 10th -
- 11th -
- 12th -

### **12.1.6 Relay Events**

Awards of a type approved by the Executive Board shall be provided for each of the following places, and point shall be awarded as indicated:

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

### **12.1.7 Heat Ribbons**

Each swimmer winning his/her heat in an individual event and relay event shall be awarded a heat winner ribbon.

### **12.1.8 Ties**

For a two-way tie, the points for the place for which the swimmers are tied and the next lower place points shall be added together; divided by 2 in determining the total of points to be awarded each swimmer.

Each swimmer receives a ribbon for the tied place and the next lower place ribbon shall not be awarded.

### **12.1.9 Disqualifications**

Disqualified swimmers shall be awarded last place and shall receive no team points, official time or awards in that event.

### **12.1.10 Posting Results**

Posted meet results (finish order, point totals, and/or points awarded) alleged to be in error, shall be brought to the attention of the Official Meet Director by the Team Meet Director or the Swim Club's President only.

The Official Meet Director shall review the records of the event in question, to determine any evidence of an error and institute appropriate corrections. Correction of such errors must take place prior to the close of the Post Seasonal Meet and the announcement of the corrections made. The Official Meet Director shall be the final authority on such matters.

### **12.1.11 Divisional Meet Awards**

A permanent NWSC DIVISIONAL MEET TROPHY shall be awarded to the top team in each division. The PRESIDENT shall see that the trophy is suitably engraved.

The All Division Team for each Divisional Meet shall be composed of the three boys and girls in each age group who score the highest number of points in individual events.

Trophies or plaques shall be awarded to the first, second and third place high-point swimmers.

### **12.1.12 Protests**

Any protests shall be conducted in accordance with the guidelines set forth in Section 13.0.

## **12.2 INVITATIONAL MEET**

### **12.2.1 "Open" vs. "Qualifying" Formats**

There are two formats that may be used for the NWSC Invitational Meet: an "Open" Meet; or a "Qualifying" Meet.

The Executive Board shall determine the Invitational Meet Format no later than March 1 each year. The Championship Committee shall be responsible for implementing the selected format and coordinating all aspects of the Invitational Meet within the structure of these By-laws.

#### "OPEN" INVITATIONAL MEET

The Meet is open to all swimmers within the NWSC meeting the format's eligibility requirements regardless of the swimmer's official time in the individual event the swimmer is seeded.

"QUALIFYING" INVITATIONAL MEET The Meet is open to those swimmers within the NWSC meeting the format's eligibility requirements and qualifying time standards for individual events. The qualifying time standards shall be determined by the Executive Board no later than April 1<sup>st</sup>.

### **12.2.2 Rules**

Dual Meet rules (Sec 7.0) shall apply for the Invitational Meet, (and the 6-and- Under Invitational Meet, if held) with the exceptions specifically stated in this Section of the By-laws.

### **12.2.3 Eligibility**

To be eligible to participate in an Invitational Meet, a swimmer must meet the eligibility requirements of these By-Laws and must have competed in a minimum of two Dual Meets of the current regular season, unless approved by the Executive Board. Entry on the Official Heat Sheet of canceled meets or events shall count toward this requirement.

#### "OPEN" INVITATIONAL MEET

To be eligible to participate in an "Open" Invitational Meet, a swimmer must meet the eligibility requirements of these By-laws and must have competed in a minimum of two Dual Meets of the current regular season. Entry on the Official Heat Sheet of canceled meets or events shall count toward this requirement.

Swimmers must have an official time from the current season in that event to enter. Age Group Eligibility and Swimming Up shall be in accordance with the guidelines set forth in Sec 6.3.

#### "QUALIFYING" INVITATIONAL MEET

A swimmer must have at least one official time from the current season equal to or faster than the qualifying time standard set for that individual event in order to compete in the Invitational Meet. Swimmers shall compete only in the individual events for which they qualify, not to exceed three (3) individual events.

### **12.2.4 Seedings**

Swimmers shall be put into progressively faster heats in events according to their best official times from the current swim season in those events. Swimmers in all heats are eligible for points, ribbons, and medals.

The pool lengths and corresponding adjustment factors identified in APPENDIX C will be used to determine official times.

### **12.2.5 Scoring**

In the Post Seasonal Invitational Meet, no points shall be awarded. Medals and ribbons shall be awarded on the following basis:

#### **12.2.6 Individual Events**

- 1st - A GOLD MEDAL shall be awarded
- 2nd - A SILVER MEDAL shall be awarded
- 3rd - A BRONZE MEDAL shall be awarded
- all others - A Participation Ribbon shall be awarded

#### **12.2.7 Relay Events (If Included)**

- 1st - GOLD MEDALS shall be awarded

2nd - SILVER MEDALS shall be awarded  
3rd - BRONZE MEDALS shall be awarded  
All others - A Participation Ribbon shall be awarded

#### **12.2.8 Ties**

Each swimmer receives a ribbon for the tied place and the next lower place ribbon shall not be awarded.

#### **12.2.9 Disqualifications**

Disqualified swimmers shall be awarded last place and shall not receive an official time or awards in that event.

#### **12.2.10 Posting Results**

Posted meet results (official times and finish order) alleged to be in error, shall be brought to the attention of the Official Meet Director by the Team Meet Director or the Swim Club's President only.

The Official Meet Director shall review the records of the event in question, to determine any evidence of an error and institute appropriate corrections. Correction of such errors must take place prior to the close of the meet and the announcement of the corrections made. The Official Meet Director shall be the final authority on such matters.

#### **12.2.11 Invitational Meet Awards (If Team Points Are To Be Awarded)**

A perpetual NWSC INVITATIONAL MEET TROPHY shall be awarded to the top team in each division. The PRESIDENT shall see that the trophy is suitably engraved.

The All Circuit Team shall be composed of the three boys and girls in each age group who score the highest number of points in individual events. Trophies shall be awarded to the first place high-point swimmers and plaques to the second and third place high-point swimmers.

#### **12.2.12 Protests**

Any protests shall be conducted in accordance with the guidelines set forth in Section 13.0.

## **13.0 PROTESTS**

### **13.1 During a Meet**

#### **13.1.1 Raising an Issue of Protest**

A Swim Team's Meet Director, a designate of a Swim Team's Meet Director, or a NWSC Club Representative are the only persons that may raise an issue of protest and discuss matters of judgment with the Official Meet Director during the course of a meet. Any issues of protest shall be brought to the attention of Both Team's Meet Directors.

#### **13.1.2 Rulings**

The Official Meet Director shall rule on issues of protest raised under the section titled Raising an Issue of Protest after discussing the issue of protest with representatives of both teams.

The Official Meet Director may implement or overrule a judge's decision if it is not supported by these By-laws. The Official Meet Director shall be the final authority on such matters

### **13.2 After a Meet (Written Protests)**

#### **13.2.1 Clarification of Rule and No Applicable Rule**

If the By-Laws are not clear or do not cover a particular situation questioned during a meet, a swim club's board may make a written protest to the NWSC Board for a ruling that will apply only to future situations.

### **13.2.1.1 Response**

Any protest made under section 13.2.1 shall be discussed at the next NWSC Board Meeting. The Vice President shall provide a response to the team raising the protest either clarifying the rule or indicating a new rule. In the event a decision is not made by the NWSC Board at the next meeting, the Vice President of the NWSC Board shall provide a written response to the team raising the protest indicating the expected steps and a time frame for resolving the protest.

### **13.2.2 Deliberate Infractions / Gross Misconduct**

A swim club's board who considers an opposing team guilty of serious and deliberate infractions of these rules or inappropriate behavior may submit a written protest to the NWSC Board.

#### **13.2.2.1 Response**

The Vice President of the NWSC Board shall expeditiously investigate all written protests and schedule a special meeting of the NWSC Board to review such protests and determine appropriate actions. The Vice President of the NWSC Board shall preside over such meetings.

Any actions approved by the NWSC Board may include, but shall not be limited to the following: Written reprimand stating the violation and any action the Swim Club must take to insure the violation does not reoccur; immediate probation for an individual or Swim Club; immediate suspension of an individual or Swim Club; immediate and permanent disassociation of an individual or Swim Club. All actions imposed by the NWSC Board shall be reported in writing by the Vice President of the NWSC Board to the President of each Swim Club involved with the protest and/or subsequent actions. All correspondence shall restate the violation, action, effective dates, length of time and possible recourse to rescind the action, if any.

Individual awards shall not be recalled except in the cases of ineligible swimmers or serious misconduct on the part of the swimmer involved, as ruled by the NWSC Board.

## APPENDIX A - Member Clubs

Member, Provisional, and Exhibition Clubs

The Member Clubs in the NWSC are:

Anderson Mill	Barracudas
Balcones Country Club	Sharks
Block House Creek	Tidal Waves
Brushy Creek	Marlins
Cedar Park	Typhoons
Forest North	Stingrays
Georgetown	Aquadillos
Hurricanes	Hurricanes
Pflugerville	Piranhas
Round Rock	Dolphins
Steiner Ranch	Stars Red
Wells Branch	Armada

The Provisional Clubs in the NWSC for the 2009 season are:

Steiner Ranch	Stars Blue
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## APPENDIX B - Meet Events

EVENT	AGE GROUP	EVENT GROUPING	DISTANCE and STROKE
1	6 and Under	Freestyle Relay	100 Yd Mixed Free Relay
2-3	7-8	Medley Relay	100 Yd Medley Relay
4-5	9-10	Medley Relay	100 Yd Medley Relay
6-7	11-12	Medley Relay	100 Yd Medley Relay
8-9	13-14	Medley Relay	200 Yd Medley Relay
10-11	15-17	Medley Relay	200 Yd Medley Relay
12-13	6 and Under	Short Freestyle	25 Yd Freestyle
14-15	7-8	Short Freestyle	25 Yd Freestyle
16-17	9-10	Short Freestyle	25 Yd Freestyle
18-19	11-12	Short Freestyle	25 Yd Freestyle
20-21	13-14	Short Freestyle	50 Yd Freestyle
22-23	15-17	Short Freestyle	50 Yd Freestyle
24-25	10 and Under	Individual Medley	100 Yd Individual Medley
26-27	11-12	Individual Medley	100 Yd Individual Medley
28-29	13-14	Individual Medley	100 Yd Individual Medley
30-31	15-17	Individual Medley	100 Yd Individual Medley
32-33	6 and Under	Backstroke	25 Yd Backstroke
34-35	7-8	Backstroke	25 Yd Backstroke
36-37	9-10	Backstroke	25 Yd Backstroke
38-39	11-12	Backstroke	25 Yd Backstroke
40-41	13-14	Backstroke	50 Yd Backstroke
42-43	15-17	Backstroke	50 Yd Backstroke
44-45	6 and Under	Butterfly	25 Yd Breaststroke
46-47	6 and Under	Breaststroke	25 Yd Breaststroke
48-49	7-8	Breaststroke	25 Yd Breaststroke
50-51	9-10	Breaststroke	25 Yd Breaststroke
52-53	11-12	Breaststroke	25 Yd Breaststroke
54-55	13-14	Breaststroke	50 Yd Breaststroke
56-57	15-17	Breaststroke	50 Yd Breaststroke
58-59	7-8	Long Freestyle	50 Yd Freestyle
60-61	9-10	Long Freestyle	50 Yd Freestyle
52-63	11-12	Long Freestyle	50 Yd Freestyle
64-65	13-14	Long Freestyle	100 Yd Freestyle
66-67	15-17	Long Freestyle	100 Yd Freestyle
68-69	7-8	Butterfly	25 Yd Butterfly
70-71	9-10	Butterfly	25 Yd Butterfly
72-73	11-12	Butterfly	25 Yd Butterfly
74-75	13-14	Butterfly	50 Yd Butterfly
76-77	15-17	Butterfly	50 Yd Butterfly
78-79	7-8	Freestyle Relay	100 Yd Freestyle Relay
80-81	9-10	Freestyle Relay	100 Yd Freestyle Relay
82-83	11-12	Freestyle Relay	100 Yd Freestyle Relay
84-85	13-14	Freestyle Relay	200 Yd Freestyle Relay
86-87	15-17	Freestyle Relay	200 Yd Freestyle Relay

## APPENDIX C - Pool Conversion

### Pool Conversion Factors

Pool	Pool length in feet	Adjustment Factor	Number of Lanes
Anderson Mill	75.06	0.999	6
El Salido	83.00	0.904	5
Balcones Country Club	82.38	0.910	4
Block House Creek		1.000	
Brushy Creek-Creekside	81.91	0.916	6
Brushy Creek-Sendero			
Cedar Park	82.08	0.914	8
Forest North	81.59	0.919	6
Georgetown-Village	75.00	1.000	6
Georgetown-Southwestern	75.00	1.000	6
Hurricanes-Rattan Creek	82.19	0.913	8
Pflugerville	82.93	0.904	8
Round Rock	75.00	1.000	8
Steiner Ranch	81.96	0.915	6
UT Swim Center	75.00	1.000	8
Wells Branch	75.08	0.999	6

OFFICIAL TIME = STOP WATCH TIME x ADJUSTMENT FACTOR

## APPENDIX D - Event Cards

### Sample Event Card

EVENT 13 6 & U BOYS 25 FREE

HEAT: 2 LANE: 3 CLUB: FN

NAME: RAY, STING

TIMES: \_\_\_\_\_ OFFICIAL TIME: \_\_\_\_\_

\_\_\_\_\_ PLACE: \_\_\_\_\_

\_\_\_\_\_

FN at CP 05/24/98

#48

## APPENDIX E - Disqualification Form

DISQUALIFICATION (v04.06)      WARNING

EVENT \_\_\_\_\_ HEAT \_\_\_\_\_ LANE \_\_\_\_\_

Swimmer \_\_\_\_\_

### **BREASTSTROKE**

Start      Swim      Turn      Finish  
Kick: Alternating      Dolphin      Scissors  
Arms: Non-Simultaneous      Two Strokes Under  
         Pull To Hips      Over Water  
Cycle: Head Not Up      Double Pulls/Kicks  
Touch: One Hand      Non-Simultaneous  
Body: Not Toward Breast  
Other \_\_\_\_\_

### **BUTTERFLY**

Start      Swim      Turn      Finish  
Kick: Alternating      Scissors  
Arms: Non-Simultaneous      Two Strokes Under  
Touch: One Hand      Non-Simultaneous  
Body: Not Toward Breast      Past 15 Meters  
Other \_\_\_\_\_

### **BACKSTROKE**

Start: Toes      Past 15m  
Swim: Toward Breast  
Turn: Toward Breast      Non-Continuous  
         Flip Turn on IM  
Other \_\_\_\_\_

### **FREESTYLE**

Start: Past 15m  
Relay: Back Stroke      Breast Stroke      Butterfly  
Other \_\_\_\_\_

### **INDIVIDUAL MEDLEY**

Stroke Infraction (Mark Above)  
Out Of Sequence Swim  
Other \_\_\_\_\_

### **RELAYS**      DQ      Warn

Left Early Swimmer # \_\_\_\_\_  
Stroke Infraction (Mark Above) Swimmer # \_\_\_\_\_  
Changed Order: Swimmer # \_\_\_\_\_ Stroke \_\_\_\_\_  
Other \_\_\_\_\_

### **OTHER -- DQ**      Warn

Pull On Rope      Walk On Bottom  
Did Not Finish      Other \_\_\_\_\_

Judge \_\_\_\_\_      DQ

Judge \_\_\_\_\_      Warn

## APPENDIX F

### Northwest Swim Circuit Code of Conduct

The Northwest Swim Circuit was formed with the objective of helping young swimmers to develop: physical fitness, self discipline, self confidence, proficiency in competitive swimming strokes, a determination to do one’s best and good sportsmanship. The expectation of the Executive Board is participants will exhibit the highest standards of sportsmanship at all times while participating in all NWSC and member club affiliated events. Every participant, including swimmers, coaches, officials, board members, parents and spectators, has a responsibility to behave in a respectable manner and to comply with and support the Code of Conduct.

While attending and/or participating in any NWSC or member club affiliated practice or event, no individual shall:

- At any time strike, shove, threaten to strike or lay a hand upon an official, swimmer, coach or spectator.
- Engage in an abusive, verbal attack upon any official, swimmer, coach or spectator on or off the pool area.
- Use trash talk, profane, obscene or vulgar language, or gesture under any circumstances, on or off the pool area.
- Engage in an objectionable demonstration of dissent or unsportsmanlike conduct such as throwing equipment or any other forceful action.
- Refuse to abide by an officials decision

Any violation of the above policy will result in the following action at the discretion of the Home Meet Director:

First Offense – Ejection of the person(s) from the meet/event by the Meet Director

Second Offense – Suspension of the person(s) from any and all meets or events for the remainder of the current swim season

If this individual is acting in the capacity of a coach or meet official at the time of the offense then the additional sanctions will be as follows:

First Offense – Ejection of the person(s) from the meet/event by the Meet Director

Second Offense – Suspension of the person(s) from participating in an official capacity at any and all NWSC sanctioned events for the total of one year from the date of infraction.

Third Offense – Suspension of the person(s) from participating in an official capacity at any and all NWSC sanctioned events for life.

*\*Any violation will be reported in writing to the vice president of the NWSC Executive Board either by electronic or traditional mail prior to the next NWSC sanctioned event or within 30 days of infraction if occurrence is at the last sanctioned event for the swim season.*

By signing below, I do hereby certify that I have read and agree to abide by the Northwest Swim Circuit Code of Conduct.

Parent/Guardian/Coach/Official Signature	Date		Date
Parent/Guardian/Coach/Official Signature	Date		Date
			Date
		Swimmer(s) Signature(s)	Date

## APPENDIX G - Overall NWSC Season Timeline

APPENDIX G		
Overall NWSC Season Timeline		
A NWSC Season is from September 1 to August 31		
Month Activity to be Completed	Activity	Section in the By-Laws
<b>September</b>		
	Approved expense shall be submitted to the Executive Board Treasurer by no later than September 15	5.2
<b>October</b>		
	No later than October 1 the Executive Board Officers shall be selected by simple majority vote. Terms are good for one year effective October 1	3.2
	Executive Board shall determine the dates and times for standing board meetings for the duration of the Season (October to October of the following year)	3.1
<b>November</b>		
<b>December</b>		
<b>January</b>		
	The NWSC Treasure will file taxes by January or file for an extension	3.1.3
<b>February</b>		
	The Dual Meet Schedule shall be set by the Executive Board by February 1 each year	7
<b>March</b>		
	The annual budget shall be approved by the Executive Board by no later than March 1	5.1
	Annual fees to Member/Provisional Teams shall be assessed by March 1	5.2
	All Member/Provisional Clubs will provide an accurate ribbon count to the NWSC Dual Season Awards Director by about March 15	*
	The NWSC T-shirt Director shall place the circuit T-Shirt order by about March 15	*
<b>April</b>		
	The NWSC Dual Season Awards Director will place the final ribbon orders with the preferred ribbon vendor by about April 15	*
	The NWSC Post Season Awards Director shall place the final medal/trophy orders for divisionals/invitationals with the preferred medal/trophy vendor by about April 15	*
<b>May</b>		
	The NWSC Dual Meet Director will schedule the Coaches/Officials Training including Starter training by early May	3.1.6, 7.2, 7.3
	The Coaches Committee shall meet as necessary prior to May 1 of each season to discuss and review strokes, turns, starts and finishes	4.4
	Member/Provisional Clubs shall pay assessed annual fees by no later than May 15	5.2
	Circuit T-Shirt orders will be received by the NWSC T-shirt Director and distributed to Member/Provisional clubs by about May 15	*
	Ribbon orders will be received by the NWSC Dual Season Awards Director and distributed to Member/Provisional clubs by about May 15	*
<b>June</b>		
<b>July</b>		
<b>August</b>		
<p><b>*NOTE: A task delineated with an (*) asterisk is meant as a suggested target date in order to ensure the task is completed prior to the season start. All other timeline items delineated with a By-Law Section must be adhered to as per the By-Laws.</b></p>		