



Rules & Regulations 2009

| | |
|---------------------------------------|------------------------------|
| LEAGUE OBJECTIVE | 5 |
| CODE OF CONDUCT | 5 |
| RULES FOR SWIMMING COMPETITION | 6 |
| GENERAL RULES | 6 |
| CNSL STARTING RULES | 6 |
| STARTING | 6 |
| THE FORWARD START | 6 |
| DEEP END STARTS | 6 |
| THE BACK START | 7 |
| BREASTSTROKE | 7 |
| START | 7 |
| STROKE | 7 |
| KICK | 7 |
| URNS | 8 |
| FINISH | ERROR! BOOKMARK NOT DEFINED. |
| BUTTERFLY | 8 |
| START | 8 |
| STROKE | 8 |
| KICK | 8 |
| URNS | 8 |
| FINISH | 8 |
| BACKSTROKE | 9 |
| START | 9 |
| STROKE | 9 |
| URNS | 9 |
| FINISH | 9 |

| | |
|--|-----------|
| FREESTYLE | 9 |
| START | 9 |
| STROKE | 9 |
| URNS AND FINISH | 9 |
| INDIVIDUAL MEDLEY | 10 |
| START | 10 |
| STROKE | 10 |
| URNS | 10 |
| FINISH | 10 |
| RELAYS | 10 |
| FREESTYLE RELAY | 10 |
| MEDLEY RELAY | 11 |
| RULES PERTAINING TO RELAY RACES | 11 |
| CNSL SPECIFIC RULES | 11 |
| INCLEMENT WEATHER | 11 |
| VISITING TEAM ARRIVAL | 11 |
| SPECTATOR CONTROL | 11 |
| POSITIONING OF SWIMMERS | 12 |
| DELAYS OF MEETS | 12 |
| SUBMITTING OFFICIAL LINES-UPS | 12 |
| COMPETITOR ELIGIBILITY | 12 |
| PLACEMENT AND BOUNDARY LINE ADJUSTMENTS | 12 |
| RESIDENCY AS OF JUNE 1 | 12 |
| NON-RESIDENT MEMBERS | 12 |
| OVERSUBSCRIBED TEAM TO UNDER-SUBSCRIBED TEAM | 13 |
| AGE GROUP AS OF JUNE 1 | 13 |
| REGISTRATION PROCEDURES AND POLICIES | 13 |
| COACHES AS SWIMMING PARTICIPANTS | 13 |
| SIBLING RULE | 13 |
| ALL-CITY CHAMPIONSHIP MEET ELIGIBILITY | 14 |

| | |
|---|--------------------|
| <u>SWIM MEETS AND PROCEDURES</u> | 14 |
| TEAM MANAGERS PREPARATIONS | 14 |
| MOVING UP A SWIMMER | 14 |
| SWIMMER PARTICIPATION DURING MEETS | 14 |
| SWIMMERS ETIQUETTE | 15 |
| SWIMMING UNDER PROTEST | 15 |
| LIMITATIONS ON ENTRIES - DUAL MEETS | 15 |
| SUBSTITUTIONS | 15 |
| ENTRIES | 15 |
| HEATS | 15 |
| LANES AND LANE ASSIGNMENTS | 16 |
| SWIM SUIT REGULATIONS | 15 |
| DISQUALIFICATION | 16 |
| SCORING AND RIBBONS | 16 |
| TIES AND CLOSE MEETS | 17 |
| RECORDS | 17 |
| <u>OFFICIALS</u> | 17 |
| OFFICIALS AND VOLUNTEERS FOR DUAL MEETS | 17 |
| GRIEVANCE COMMITTEE | 18 |
| <u>FUTURE SEASONS</u> | 19 |
| <u>CNSL ORDER OF EVENTS</u> | 20 |
| <u>AMENDMENTS TO THE RULES AND REGULATIONS</u> | 21 |

Columbia Neighborhood Swim League Rules and Regulations Summer 2008

League Objective

The Purpose of the Columbia Neighborhood Swim League is to develop stronger, safer swimmers; provide a neighborhood athletic activity; introduce children to competitive swimming; and provide this activity in a wholesome setting.

The Columbia Neighborhood Swim League is primarily an instructional league where participants can improve their swimming abilities. The league promotes the development of strong character, positive attitudes, and a sense of responsibility. The league provides a format in which each swimmer can test his or her performance in actual competition as a part of a team in an atmosphere of fun and good sportsmanship. It is the coach's job to teach the sport of swimming and to provide an opportunity for all swimmers, regardless of their ability, to have fun and enjoy the sport.

Code of Conduct

It is the policy of the Columbia Neighborhood Swim League to promote the development of strong character, a positive attitude, and a sense of responsibility in youngsters. It is the purpose of the CNSL to achieve this goal through fair play and good sportsmanship with adult leaders providing the example. It is strictly against the policy of the CNSL for any person, either as a coach, a swimmer, a parent, or a spectator to engage in arguments, to use abusive language, to harass or make any threatening gestures towards team managers, stroke and turn judges, coaches, swimmers, or league officials or to exhibit any behavior not in concert with the general intention of this policy statement. Failure to abide by this policy will result in a warning or removal from the pool facility. Any further incidents may result in suspension and/or expulsion from the Columbia Neighborhood Swim League and/or the Columbia Neighborhood Pools.

Rules for Swimming Competition

General Rules

These rules are specifically designed for closed meets in the Columbia Neighborhood Swim League and shall govern the conduct of all swim meets scheduled, sponsored, or sanctioned by the League. Rules of USA Swimming (USS) pertaining to strokes, disqualification, duties of officials, judging, timing turns, starts, finishes, and similar technical matters shall be observed at all League meets unless modified by these rules.

CNSL Starting Rules

Starting

- A. Starts shall be by electric starting system in accordance with applicable rules of the current USS Rules and Regulations, except the “NO FALSE STARTS” rule adopted by the USA Swimming will not be used by the CNSL. Swimmers will be allowed one false start and the second false start disqualifies the swimmer.

- B. The most current US Swimming rule change regarding the position of swimmers will be adopted. Swimmers are required to only have at least one foot at the edge following the starter’s “take your mark” instruction. The swimmer may assume any position he desires as long as there is no motion prior to the start of the event. (i.e. there is no requirement to have a bent waist, grasp or touch the deck near the feet, etc.).

The Forward Start

The Starter, upon receiving clearance from the Referee (for all events except backstroke and medley relay) directs swimmers to step up to the starting area of the deck and remain there. After the Referee’s whistle, the Starter instructs the swimmers and directs them to “take your mark,” to which they must immediately respond by assuming a starting position with at least one foot at the front of the deck. Sufficient time should follow “take your mark” to enable swimmers to assume starting positions, but no swimmer shall be in motion immediately before the starting signal is given.

Deep End Starts

All racing starts for the Columbia Neighborhood Swim League will be conducted in the deep end of the pool (except for the intermediate relay swimmers in event numbers 2, 58, 59, 60, 61, and 62). In pools where there is less than a uniform four foot water depth for all lanes at the non-starting end, the second and fourth relay swimmer in events 2, 59, 60, 61 & 62 MUST perform an in-water start. The swimmer starting must not lose contact with the wall until the swimmer approaching finishes their lengths of the pool.

The Back Start

The swimmers shall line up in the water facing the starting end, with both hands placed on the edge or on the gutter. The swimmer's feet may be placed in any position on the vertical surface of the pool. Prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer must have at least one hand in contact with the wall. The swimmer's toes may be above the surface of the water, except that standing on, or curling toes over, the edge of the pool, the gutter or a skimmer is not permitted at any time. A false start may be charged to any swimmer who fails to maintain his feet and/or hands in a legal position after appropriate warning. NOTE: A swimmer who curls toes over an edge after the starting signal commits a stroke violation, not a starting violation and may only be disqualified by a Stroke & Turn official.

Breaststroke

Start

The forward start shall be used.

Stroke

After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and each turn. During each complete stroke cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Kick

After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outward during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

Turns and Finish

At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete cycle preceding the touch.

Butterfly

Start

The forward start shall be used.

Stroke

After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

Kick

All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

Turns

At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

Finish

At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above or below the water surface.

Backstroke

Start

The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start is prohibited.

Stroke

The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

Turns

Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

Finish

Upon the finish of the race, the swimmer must touch the wall while on the back.

Freestyle

Start

The forward start shall be used.

Stroke

In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

Turns

Upon completion of each length the swimmer must touch the wall.

Finish

The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

Individual Medley

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

Start

The forward start shall be used.

Stroke

The stroke for each one-fourth of the designated distance shall follow the prescribed rules for each stroke.

Turns

A. The intermediate turns within each stroke shall conform to the turn rules for that stroke.

B. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

(a) **Butterfly to backstroke** - The swimmer must perform a legal butterfly touch. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

(b) **Backstroke to breaststroke** - The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

(c) **Breaststroke to Freestyle** - The swimmer must perform a legal breaststroke touch. Once a legal touch has been made, the swimmer may turn in any manner.

Finish

The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

Relays

Freestyle Relay

Swimmers on each team swim the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

Medley Relay

Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: backstroke, breaststroke, butterfly, and freestyle. Rules pertaining to each stroke used shall govern, where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

Rules pertaining to Relay Races

- a. No swimmer shall swim more than one leg in any relay event.
- b. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- c. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
- d. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- e. In relay races, the team of a swimmer whose feet have lost touch with the deck before his/her preceding teammate touches the wall shall be disqualified.
- f. Events 1, 2, 3, 4, 57, 58, 59 and 60 must have 2 male and 2 female swimmers. All mixed relays in the All-City Championship Meet must be two male and two female.

CNSL Specific Rules

Inclement Weather

In the event a meet must be rescheduled due to weather, all meets will be held on the Sunday immediately following that Saturday at the same time and pool. Discussions to reschedule a swim meet will be made by 6:30 a.m. on the Saturday of the scheduled swim meet. Each Team Manager and/or coach will be notified of the alternative plans.

Visiting Team Arrival

Visiting teams shall report to the host pool no later than 30 minutes before the meet is scheduled to begin. Swimmers shall report immediately to the Clerk of Course and may take at least 15 minutes to warm-up before the start of the meet. Home teams shall have the first warm-up time period and visiting teams shall have the second warm-up period.

Spectator Control

Spectators shall be strictly controlled, and reasonable measures shall be taken to ensure that spectators do not interfere with officials in the performance of their duties. The official team representatives, such as coach or assistant, may consult with the Referee if necessary but shall refrain from doing so while an event is in progress.

Positioning of Swimmers

Once swimmers have been positioned at the lane by the Clerk of Course, they shall receive no physical support or guidance into the water. Any swimmer guided or assisted shall be subject to disqualification by the Referee. Actions such as allowing backstrokes swimmers to secure a handhold on teammates' ankles for starting, or placing towels on pool edges to aid starts shall not be allowed. Encouragement by swimmers shall not be construed as assistance under this rule. Coaches, parents or other swimmers may not touch or assist a swimmer into the pool after the official start. Such actions will result in a disqualification.

Delays of Meets

No event will be delayed pending the late arrival of a competitor, or to rest a competitor. The only exception is during the case of a false start.

Submitting Official Lines-ups

The official line-up (consisting of swimmer's name, age group, and event designation) must be submitted to the scorers five minutes prior to the start of the meet. No changes can be made other than lane designation within the same event and moving relay alternates into swimming positions after that time.

Competitor Eligibility

Each competitor shall reside in a Columbia neighborhood zoned New Town, or be a member of the Columbia Association with a Neighborhood Pools or Package Plan membership.

Placement and Boundary Line Adjustments

Swimmers must swim for the neighborhood in which they reside. If a swimmer lives outside of the New Town Columbia, the swimmer will be placed according to the Howard County elementary school district lines. These district lines may be adjusted to meet the needs of the CNSL team sizes. Adjustments will be reviewed and adjusted accordingly at the end of each summer by the League Supervisor.

Residency as of June 1

Each competitor shall reside in the neighborhood of the pool he represents prior to June 1 of the current season. Competitors cannot represent more than one team/pool in this League during the same season.

Non-Resident Members

Non-resident members will be placed on a CNSL swim team based on their residency within a Howard County elementary school district. Swimmers who move to a new neighborhood or district should swim for the team in their district.

Oversubscribed Team to Under-subscribed Team

If a participant wishes to have more individualized attention on a smaller under-subscribed team, that swimmer may move from an over-subscribed team and swim on the designated smaller team. The League Supervisor will individually review each case, and determine the placement of the individual. Each year the League Supervisor will determine the team that is considered the smallest for this rule. The “grandfather clause” does not apply to this rule.

Age Group as of June 1

The eligibility of a competitor to compete in a particular age group for dual meets and in the All-City Championship Meet shall be determined by the age of the swimmer on June 1. For example, if a swimmer is 8 years old June 1, but has a birthday on June 2 and turns 9, his age group for the summer is 7 - 8 year olds).

Registration Procedures and Policies

Registration for swimmers returning to the same team they swam on the previous year may complete the registration process at the Aquatics Office. These forms can also be mailed. Registration forms are available at all 23 outdoor pools, the Outdoor Pools Office, and the Swim Center. New swimmer registrations and registrations for swimmers changing teams must be sent by mail or taken to the Outdoor Pools Office. **In order to be eligible to swim in any dual meet, the registration form and check must be received by the Wednesday preceding the meet.** (Except for the first set of registration deadlines.) The final registration date is the Wednesday preceding the second to the last meet. Each team will be issued a roster of all swimmers, which will include age, sex, address, and phone number, by the Friday prior to the first official meet. A swimmer must be on the formal CNSL roster to compete in any dual meet and the All-City Championship Meet. Swimmers may not swim unofficially if their registration and payment is not received by the League Supervisor by the above deadline.

Coaches as Swimming Participants

Head Coaches and Assistant Coaches may swim and score points for their team regardless of district assignments. The coach may not swim for the team in the future if he/she no longer coaches that team. This rule does not entitle siblings of coaches to swim for that team.

Lifeguard Rule

Lifeguards must swim for the team that is their home district not the pool of employment.

Sibling Rule

Siblings (other than siblings of coaches) must swim together on the same team.

All-City Championship Meet Eligibility

- A. In order for a competitor to be eligible for the All-City Championship Meet, he/she must swim in three dual meets or two dual meets and the official time-trial meet and have been properly registered. A swimmer must swim the event registered at least once during the course of the season and have an official time in his/her age group to enter the event.
- B. Only one relay per team per event may be entered in the All-City Championship Meet. Each mixed gender relay **must** be two male and two female swimmers.
- C. Competitors' placement in various divisions for the All-City Championship Meet will be made on the basis of cutoff times published by the first official meet. No one may enter the All-City Championship Meet with a "no time" entry. A swimmer may choose two strokes and may be selected to swim in one relay at the ACCM. The coach decides all relays.

Swim Meets and Procedures

Team Managers Preparations

Approximately one week prior to the date of a dual meet, the Team Manager of the home team should contact the visiting Team Manager to work out the details for supplying officials. Unless otherwise agreed to, each team will furnish the following officials:

Host Team: Referee (who is familiar with CNSL and USS Rules and Regulations and attended the stroke and turn clinic), head timer, at least one stroke and turn judge, one sweep judge and recorder, clerk of course, head and assistant scorer, announcer, runners, half of the total timers, and the meet tub.

Visiting Team: Starter, sweep judge and recorder, two assistant scorer, assistant clerk of course, at least one stroke and turn judge, roving timer, and the meet tub.

** Note: Both teams supply their meet tubs for each meet. For the meet the two teams use both meet tubs and then return their meet materials to their respective meet tubs.*

Moving Up a Swimmer

In dual meets, competitors may compete in their own or the next higher age group. A competitor moved up to the next higher age group must compete at that level for the entire meet, including relays. There are no exceptions to this rule.

Swimmer Participation During Meets

All competitors may swim in up to two individual events and one relay per swim meet.

Swimmers Etiquette

Swimmers are encouraged to remain in the water and against the wall until the final swimmer finishes in his/her heat.

Swimming Under Protest

A swimmer may participate under protest. If the decision goes against the swimmer or if an irregularity is detected for the first time after an event has been completed, the points earned by an illegal entrant shall be canceled. As a result, the order of finish will be corrected and the meet score adjusted accordingly. Both meet and/or participant protest must be made to the League Supervisor in writing and submitted only by the Team Manager by 5:00 PM of the first working day following the event or swim meet.

Limitations on Entries - Dual Meets

- A. Coaches will turn in their line-up complete with relays and relay alternates to the scorer's table five minutes prior to the scheduled start of the meet. **NO CHANGES WILL BE PERMITTED TO THIS LINE-UP** except for lane designation.
- B. In dual meets each team may enter as many relay teams as there are lanes assigned to their team, up to a limit of one heat. All entries shall be considered as official for the purpose of scoring.
- C. Swimmers may only be entered as relay alternates in free or medley relays not both.

Substitutions

- A. Swimmers must be listed as swimmers or as an alternate for an event. Any swimmer who misses his/her first relay will be allowed to swim in two regular events, but not in the other relays.
- B. Relay alternates may switch relays in the same event, but in no case will they be allowed to appear as alternates in two relays. All movement in relays must be documented on the reverse side of the event card listing the swimmers name and the order in which they swim.

Entries

- A. Coaches must submit a preliminary line-up of swimmers for each event, individual and relays in a dual meet to the team's Clerk of Course by 12:00 p.m. Friday prior to Saturday's meet.
- B. Final line-ups complete with relay and relay alternates must be submitted to the scoring table and to the Clerk of five minutes prior to the start of the dual meet. Meets will not begin until these line-ups are submitted, and they must not change after the submittal.

Heats

The maximum number of heats per event is three for individual medley, breaststroke, and butterfly and one for relays. There is no limitation of heats in freestyle and backstroke.

Lanes and Lane Assignments

- A. Swimming lanes shall have a minimum width of five feet of unobstructed water. Wave-less lane lines or rope lane lines with floats shall separate all lanes. All lanes shall be cleared of obstruction such as diving boards, ladders, underwater steps, etc. A different colored float or pennant marker (seven feet above the water surface and 15 feet from the pool wall) shall be used to warn the swimmer of the ends of the lane.
- B. In dual meets, the host team shall use the odd numbered lanes; the visiting team shall use the even numbered lanes.

Swim Suit Regulations

- A. Swimsuits worn for all age groups defined competition shall not cover the neck, extend past the shoulder, nor past the knee.
- B. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.
- C. The Referee shall have authority to bar offenders from the competition until they comply with the rule.

C.

Formatted: Bullets and Numbering

Disqualification

- A. Disqualifications shall be governed by the rules contained in the current USS Rules and Regulations and shall be enforced at all meets by the referee.
- B. In the case of disqualification, the Stroke and Turn judge will notify the lane timer and swimmer before the start of the next event as to the reason why the swimmer was disqualified and make proper documentation.

Scoring and Ribbons

(See also meet procedures section of team manager's binder and scoring folder in the paperwork file)

- A. All dual meets will be scored as follows:
Individual Events – 5 points for 1st place, 3 points for 2nd place, 2 points 3rd place and, 1 point for 4th place
Relay Events – 5 points for 1st place and 2 points for 2nd place
Ties - Points of that place and the next lower place are divided evenly between the two teams but swimmers get duplicate ribbons.
- B. When scoring a dual meet, a team may score only two places in individual events, but ribbons will be awarded to swimmers according to place. A team must have at least two entries in an event to receive points for two places. If only one swimmer is entered, the team gets points for one place only, and the other team with two or more entries,

still receives points for just two places. Only one relay per team may score points in a relay event.

Example: If three swimmers from a home team finish first, second and third, all three swimmers are awarded ribbons, but the team scores points for just first and second places. The third place points will not be awarded. This is the block rule where one team may block the possible points earned for the other team rather than being awarded the points. If the visiting team places fourth, then the team will receive fourth place points.

- C. At least an eighth place ribbon will be awarded to each 8 & under competitor who finishes the event.
- D. Heat ribbons will be awarded to all heats except the first heat.
- E. Ribbons will be awarded to relays up to eighth place.

Ties and Close Meets

When the outcome of a swim meet is within ten points, the meet manager must re-score/re-calculate the meet for accuracy. The League Supervisor will review any meet within ten points for accuracy.

Records

- A. Each team is responsible for maintaining an up-to-date set of records.
- B. Upon the conclusion of the meet, the host team's meet manager must submit an official copy of the meet results to the League Supervisor (pink copy) and a second copy to the visiting team's Meet Manager (yellow copy). The third copy (white copy) will be used by the host team to compile official results for the Columbia Flier. Copies of the meet results to the League Supervisor and the visiting team must be submitted to the respective people immediately following the meet. Meet results to the Columbia Flier are due to the Columbia Flier by 10:00 a.m. the Monday after the swim meet.
- C. The League Supervisor will retain the official results of the All-City Championship Meet, previous All Star and Summer Classic Meets.

Officials

Officials and Volunteers for Dual Meets

- A. One referee, one starter, one head timer, two stroke and turn judges, two sweep judges, four scorers, two timers per lane, one roving timer, one clerk of course and two recorders to record as the judges call the lanes.
- B. Two sweep judges, one on each side of the pool, shall be stationed near the finish and each side shall judge the order of the finish of all swimmers. Should they both agree on all lanes that shall be the official placement regardless of times.
- C. The head timer shall assign at least two timers to each active lane. There should be one timer per team per lane. The roving timer should

be used to time the first place swimmer in each event at dual meets and to provide time for timers who miss the start of the event.

- D. The duties of the officials shall be as outlined in the applicable rule of the USS Rules and Regulations. All officials shall be especially familiar with the contents of this book
- E. Officials, all of whom must be 18 years of age or older*, for all meets sanctioned by the League shall be certified to perform their respective duties. The League shall be responsible for conducting appropriate clinics for key officials. All neighborhood teams of the League are required to have their respective officials attend all such clinics in order to insure their qualifications and competence in their respective areas. All officials must wear an appropriate uniform shirt.
**Both teams must agree to the use of timers who are under 18 years of age.*
- F. Under no circumstances are unqualified (persons without proper League sanctioned training) persons to be used as officials in any league meet. At each meet the head timer, starter, and referee are to instruct and qualify their officials.

Grievance Committee

- A. The Grievance Committee will mediate CNSL matters referred to it by the CNSL Supervisor regarding the interpretation of the rules, policies and procedures of the CNSL and to recommend solutions to solve the problem. (League size and composition matters, etc. are issues, which will be resolved by the general team manager meetings.)
- B. The Grievance Committee will be comprised of the league supervisors, two coaches, two swimmers and two team managers not involved in the grievance. If the disputed matter involves issues with meet procedures, scoring or technical rule interpretation, then the CNSL Officials Supervisor will also sit on the committee.
- C. The Grievance Committee will meet only as required to mediate specific cases during the season.
- D. At any scheduled meetings, the team manager can present any protest or grievance in writing to the committee only, and the meeting will be publicized at least one week in advance throughout the League.
- E. If any protest involves a meet, the protest, must be received in writing by the CNSL Supervisor by 5:00 p.m. on the Monday following the meet. In such a case, the Grievance Committee will meet at the earliest convenient time.
- F. Due to the Columbia Association's overriding involvement and interest in all aspect of the CNSL and the advisory nature on the Grievance Committee, the League Supervisor will make the final determination on all matters referred to the Grievance Committee.

Future Seasons

- A. Each team is permitted to have two team managers. Those two people are the only people who will receive shirts, letters, and other correspondence. It is recommended that team managers serve for a two-year term.
- B. If there are more than two people who are interested in being team manager for the next season, the whole team must vote. Prior to the All-City Championship Meet, each team will select by vote a Team Manager for the following season. Each family with swimmers on the team during the season has one vote. The majority rules.
- C. Within two months following the All-City Championship Meet, the Team Managers for both the current season and following seasons from all teams will meet to evaluate the previous season and make plans for the upcoming season.

|

CNSL Order of Events

| Event # | Age Group | Event |
|---------|-----------|-----------------------------|
| 1 | 15-18 | 200 yard Mixed Medley Relay |
| 2 | 9-10 | 100 yard Mixed Medley Relay |
| 3 | 11-12 | 200 yard Mixed Medley Relay |
| 4 | 13-14 | 200 yard Mixed Medley Relay |

| Boys | | | Girls | |
|---------|-----------|--------------------------------|---------|--|
| Event # | Age Group | Event | Event # | |
| 5 | 15-18 | 100 yard IM | 6 | |
| 7 | 9-10 | 100 yard IM | 8 | |
| 9 | 11-12 | 100 yard IM | 10 | |
| 11 | 13-14 | 100 yard IM | 12 | |
| 13 | 15-18 | 50 yard Freestyle | 14 | |
| 15 | 6 & U | 25 yard Freestyle | 16 | |
| 17 | 7-8 | 25 yard Freestyle | 18 | |
| 19 | 9-10 | 25 yard Freestyle | 20 | |
| 21 | 11-12 | 50 yard Freestyle | 22 | |
| 23 | 13-14 | 50 yard Freestyle | 24 | |
| 25 | 15-18 | 50 yard Backstroke | 26 | |
| 27 | 6 & U | 25 yard Backstroke | 28 | |
| 29 | 7-8 | 25 yard Backstroke | 30 | |
| 31 | 9-10 | 25 yard Backstroke | 32 | |
| 33 | 11-12 | 50 yard Backstroke | 34 | |
| 35 | 13-14 | 50 yard Backstroke | 36 | |
| 37 | 15-18 | 50 yard Breaststroke | 38 | |
| 39 | 8 & U | 25 yard Breaststroke | 40 | |
| 41 | 9-10 | 25 yard Breaststroke | 42 | |
| 43 | 11-12 | 50 yard Breaststroke | 44 | |
| 45 | 13-14 | 50 yard Breaststroke | 46 | |
| 47 | 15-18 | 50 yard Butterfly | 48 | |
| 49 | 8 & U | 25 yard Butterfly | 50 | |
| 51 | 9-10 | 25 yard Butterfly | 52 | |
| 53 | 11-12 | 25 yard Butterfly | 54 | |
| 55 | 13-14 | 50 yard Butterfly | 56 | |
| 57 | 15-18 | 200 yard Mixed Freestyle Relay | | |
| 58 | 6 & U | 100 yard Mixed Freestyle Relay | | |

| Boys | | | Girls | |
|---------|-----------|--------------------------------|---------|--|
| Event # | Age Group | Event | Event # | |
| 59 | 7-8 | 100 yard Freestyle Relay | 60 | |
| 61 | 9-10 | 100 yard Freestyle Relay | 62 | |
| 63 | 11-12 | 200 yard Freestyle Relay | 64 | |
| 65 | 13-14 | 200 yard Mixed Freestyle Relay | | |

Amendments to the Rules and Regulations

Due to the Columbia Association's overriding involvement and interest in the league, the CNSL Supervisor and Columbia Association Management may amend the rules and regulations during the course of the year for the good of the CNSL and Aquatics department.

Approval of Rules and Regulations

The rules and regulations that govern the Columbia Neighborhood Swim League have been reviewed and approved by the following CNSL Team Managers. The Rules and Regulations have been approved on this _____ day of _____ 2009. The 2009 CNSL Rules and Regulations are valid from the above date until the following years' rules and regulations are approved.

Signatures

CNSL Supervisor

CNSL Supervisor

Trainer of Officials

(Revised on 6/30/2009)