

East Central Illinois Swim Conference Official Rules and Procedures

Purpose

This Recreational Swim Conference will function on a semi-formal basis for the purpose of stimulating competitive interest in dual meet swimming, promoting good sportsmanship, team loyalty and sociability among swimmers and creating inner-conference relationships through the interest provided by dual meet swimming.

Meetings

The ECISC team representatives and coaches will meet 2 times annually.

In January-February the conference will vote on any recommended By-law revisions; upcoming year's meet schedule will be distributed and adjusted; Conference fees will be determined at that meeting as well.

The August meeting will include an evaluation of the season. Final votes on By-law revisions from the winter meeting will be conducted.

Coaches meeting – it is advised that coaches attend both meetings to provide input and suggestions to the conference.

Each club has two votes. A single representative from any one club may cast both votes.

Every member should send a minimum of 1 representative.

Swimmer Eligibility

All swimmers must be members of their respective teams. Age divisions are determined by the swimmers age on June 1st.

Swimmers may be a member of only 1 ECISC team.

Swimmers must be 18 years or under (June 1 is the cut-off date).

Swimmers may not participate if they swam for their college team.

A swimmer may participate if he/she is a recipient of an athletic scholarship for the upcoming year.

Coaches may swim for points if they meet the ECISC eligibility guidelines.

Age Divisions

6 and under; 8 and under; 10 and under; 12 and under; 14 and under; 18 and under.

General Rules and Limits

USA Swimming Rules shall be observed except where otherwise stated.

Swimmers may compete in three individual events and two relays.

Swimmers may swim up in individual or relay events as long as they do not compete twice in any stroke or relay. Discretion should be used in entering a swimmer in an event more than one age group above the swimmer's age.

Swimmers must participate in three meets to be eligible for the ECISC Conference meet.

Swimming in an exhibition event counts towards conference eligibility. ECISC team members should participate in at least three of their team's practices per week.

Good sports behavior is expected of all swimmers, coaches and spectators. Swimmers judged to be engaging in inappropriate conduct may be scratched from their remaining events and asked to leave the meet site by the meet director. Any coach or spectator that is judged to be engaging in improper behavior will be asked to leave the meet site by the meet head official. Communication shall be between coaches and meet officials. Parents will communicate through their team's coaches.

Required Meets

Each team is required to meet at least once officially with each of the other teams comprising the conference. These meets need to be completed before the Conference Championships. Meets shall be alternating: home one year, away the next year.

Officials

Officials must be trained through the ECISC. Training will consist of a ½ day workshop in which officials will view the USA officials training video and multiple choice test. All officials will become familiar with a standard DQ form and with the ECISC guidelines.

Dual Meets

Line ups and cards must be at the host pool by 5 p.m. on Thursday prior to the meet.

Line up changes are to be made by 8 a.m. prior to the meet at the scorer's table.

Teams are limited to 20 changes. No changes will be made after 8 a.m.

It is strongly recommended that all teams use the Meet Manager software to run meets.

Cards and the line-up must read first initial and last name in pen. It is the coaches' responsibility to write out the name of the participant, if and only if, more than one family member has the same first initial.

A team may enter only one relay per event for points. If a team swims more than one relay, the relay entered for points must be pre-designated.

In individual meets, ribbons will be awarded for all six places in individual events and for first and second places in relay events.

Boys and girls relays may be swam in the same heat. Relay teams must be single gender.

There shall be a minimum of 76 events, including medley and free relays. See official *Order of Events* sheet.

It is recommended that exhibition entries be limited to one exhibition heat per event. The coach of the home team may schedule exhibition heats whenever time and space permit. Visiting team coaches may request exhibition heats prior to 5 p.m. Thursday proceeding a Saturday meet or at least 36 hours prior to a weekday meet. The host coach shall make the final decision regarding exhibition heats to be swum if requested where time and space permit. The host coach will let the visiting coach know how many exhibition heats will be permitted by the Thursday prior to the meet.

Visiting Teams will be expected to supply one stroke and turn judge, half the timers. A bullpen helper, and one scorekeeper.

There will be a place picker for all dual meets; it should be either the starter or his/her designee.

Time of Meets

Saturday meets will begin at 8:30 a.m.

Warm-ups may not begin before 7:30 a.m. and must be completed by 8:25 a.m.

Lane Assignment

Dual meet home team lanes: 1, 3, 5

Visiting team lanes: 2, 4, 6

In a double dual meet, coaches shall decide which lanes each team should use.

Scoring for dual and double meets:

Individual events: 7, 5, 4, 3, 2 and 1

(6 and under events are scored)

Relay events: 7 and 3

Disqualification:

All ECISC teams will follow the USA Swimming rules. All teams will use the US Swimming carbonless copy DQ form. (This form is available on their website.)

Each team must provide runner(s) to watch officials and pick up DQ slips. Yellow copy goes to the team/coach; white copy goes to the scoring table.

Officials will be lenient on the 6 and under age swimmers (swimming in 6 and under events) the entire season and championship meet regarding disqualification. Swimmers (6 and under) will only be disqualified if their offense gives them a blatant competitive advantage over the other

swimmers. If they are in violation, but are gaining no competitive advantage by this violation, they will be given a warning by the officials.

Coaches, officials and parents are reminded that the purpose of disqualifications is not punishment, but fairness, coaching and instruction.

Grievances:

Grievances should be discussed prior to the end of the meet with coaches, referee and meet director. Individual parents may not file a grievance. Communication must be through the team's coach.

Conference Championship Meets

Site and Date

The Conference meet must be held at a site having at least six lanes. The site along with the date of the meet will be decided at the January meeting.

Entries

Rules regarding age are the same as those outlined for dual meets.

Swimmers may enter three individual events and two relays. A team may enter two relays per event. Only one of the two relays may score points, although both relay teams may receive the award for the place achieved.

Each club must send one check covering all entries for that particular club. Checks should be made out to the host club for the conference meet. No entries will be accepted without an enclosed check.

Entries must arrive by the specified time as explained in the conference packet distributed by the host team (should receive a minimum of three weeks prior to the meet).

Starting Blocks

Secured starting blocks will be at one end of the pool only. Novice swimmers may start from the deck level rather than from the blocks.

Timing

The electronic timing system will not be used with the 6 & under and 8 & under age groups (on 25 yard events). Times will be taken with hand held timers. In general electronic times are the official times with hand times used as back up times.

Scoring

Sixteen places will be scored. No more than 5 places per team will be scored. A swimmer who cannot earn points can receive the award for the place achieved.

Age Order

The championship meet will be split into the following age groups

Morning: 6 and under, 8 and under, 10 and under
Afternoon: 12 and under, 14 and under, 18 and under

Coaches

Coaches will be allowed near the starting blocks for 6 & under and 8 & under age groups only to give encouragement and to assist them with the line up. Coaches must not touch the novice once the starter has called an event. Coaches will be allowed only in designated areas for all other age group events.

Changes

There will be no changes other than scratches the day of the conference meet.

Team Organization

Swimmers who are in unauthorized areas will be disqualified by the meet director.

Club Responsibilities

All teams share in the responsibilities of staging the conference meet. Club responsibilities will rotate each year in the order listed below (these will be confirmed at the January meeting):

AM Bullpen

PM Bullpen

Awards

Officials

Times and Card Runners

Meet Director (Location determines – Crystal Lake, Sholem)

Conference Information

The conference host must send out conference information 3-4 weeks prior to the meet.

Qualifying Swimmers

Each swimmer must participate in at least 3 dual meets.

Financing

Total cost of awards plus operating expenses of the meet shall be determined at the January meeting. Conference fees will be determined at that meeting as well.

Fees

A \$1.50 per event per swimmer fee will be assessed to cover the meet costs. One check from each swim club must be giving to the host pool upon registration. This price will be set annually at the January meeting.

Record Keeping

The Urbana Park District will maintain a copy of the conference records.

Results

A complete set of results will be distributed to each coach within 1 week of the meet.

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