

UTAH COUNTRY CLUB SWIM & DIVE LEAGUE GENERAL SWIMMING GUIDELINES

REVISED AND EFFECTIVE AS OF SEPTEMBER 20, 2007

I. GENERAL INFORMATION

1. These Guidelines as well as the By-Laws of the League (revised and effective September 8, 2005) will be strictly enforced at all dual meets and the Conference Championship.
2. Outstanding conduct and sportsmanship by coaches, swimmers and spectators will be expected at all times.

II. DUAL MEET PREPARATION

1. All swim meets will begin immediately after diving is completed. **NOTE:** No swimmer may warm up before the diving meet is finished unless agreed upon by both diving coaches.
2. During the dual meet season, the home club will be responsible for:
 - a. Two timers per lane or one electronic timing system and one backup timer.
 - b. Two people at the scoring table.
 - c. At least one person to hand out ribbons to 6 & under swimmers.
 - d. A runner.
 - e. An announcer.
 - f. A microphone and public address system.
 - g. Starter horn.
 - h. Two officials to officiate the swim meet. (assigned by League)
 - i. Meet entries must be submitted to the host team by 1:00 p.m. on day of meet.
 - j. Providing a disk or emailing results to visiting team and conference chairperson within 48 hours of meet. Written data (DQ and lane timer sheets) will be available for inspection by coaches and/or officials upon request during the season.
3. Home team will swim in odd lanes.
4. Meets may not be cancelled for any reason other than weather and/or mechanical failure. In the event of cancellation, make up meets will be rescheduled with the agreement of the coaches and officials involved.

III. DUAL MEET RULES

1. **MOVE UP RULE:** A swimmer may move up only in relays.

- a. A swimmer may move up only one age group.
- b. A swimmer may move up in only one relay per meet.
- c. A swimmer may swim in only one free relay and one medley relay per meet.
- d. Only one swimmer may move up if there is no other swimmer of the proper age present and swimming in the meet.
- e. Note all swimmers that have been moved up on the entry.
- f. Each team can fill it's own lanes with exhibition swimmers.

2. ENTRIES:

- a. Each swimmer may be entered in a total of three individual events and two relays.
- b. Two heats of each event in 6 & under backstroke are allowed.
- c. Extra freestyle events are allowed but not to exceed three (3) heats freestyle per event.
- d. Additional heats may be added to dual meets if agreed upon by both coaches prior to day of meet entry deadline.
- e. Scoring will be to 5 places with no team scoring more than 3 places, to be decided by the times. Ribbons will be awarded for 1st, 2nd, & 3rd places. All 6 & under swimmers are given ribbons. All places receive the same color ribbon, decided upon at the beginning of the season. (Note: In 2009, 6 & under swimmers receive multi-color "Star Swimmer" ribbons.)

3. SCORING:

- a. Individual: 6 – 4 – 3 – 2 – 1
- b. Relays: 8 – 4 – 2
- c. Team: Diving and Swimming are scored together to determine dual meet winners.

3. OFFICIALS & DISPUTES:

- a. The decision of the officials is final.
- b. In case of disagreement, the starter has the final word in any dispute.

4. AWARDS:

- a. Individual Events:
 - 6 & under – ribbons for all swimmers in this age group.
 - 8 & over - ribbons for 1st, 2nd, and 3rd only.
- b. Relays:
 - Ribbons for 1st & 2nd only.
- c. Team: None.
- d. Each club prepares their own ribbons.

5. RESULTS:

All dual meet results will be compiled into the League database. From the database, meet attendance will be determined and a weekly Top 30 will be created and posted to the League web site. The host team has one week, following a dual meet, to send revised results to the League database. All results in the League database are considered accurate and final for purposes of swim conference eligibility.

6. REGISTRATION:

- a. Coaches must submit through their Club Representatives to the League a completed League Registration form for each swimmer, which must be signed by the parent and/or legal guardian, by the current season deadline. Swimmers enrolled, (registered) after the deadline must have a signed registration form before they compete in their first dual meet. Information on these forms will be verified and requirements pertaining to eligible membership will be strictly enforced as described in Article I of the League By-Laws.

**UTAH COUNTRY CLUB SWIM & DIVE LEAGUE
CONFERENCE SWIMMING CHAMPIONSHIP RULES**

REVISED AND EFFECTIVE AS OF JANUARY 14, 2009

I. ELIGIBILITY

1. To be eligible for Conference, a swimmer must have competed in at least one (1) individual, non-exhibition event in three (3) dual meets. Pending a ruling by the Ethics Committee, a swimmer may be entered as “exhibition” at Conference if his/her team does not have enough eligible swimmers to fill their three (3) allotted spots per individual event.
2. Every swimmer must be represented on a registration form and team roster which includes the number of meets each athlete has competed in. This information is to be presented at the eligibility meeting.

II. LIMITS

1. INDIVIDUAL:
 - a. Each individual swimmer will be limited to a total of 5 events – three (3) individuals and two (2) relays.
2. TEAM:

- a. Individual: Each team may enter three (3) swimmers in each individual event.
- b. Relays: Each team may enter one relay team in each relay event.
- c. 6 & Unders: Each team may enter an unlimited number of girls and boys to swim at Conference, but each individual's total must not exceed the individual limit of 3 events per swimmer.

III. MOVING UP

1. Same as for Dual Meets. A swimmer may move up only in relays.

IV. SCORING

1. Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 (Top 16)
Note: No individual high point winners at Conference.
 - a. Relays: 40-34-32-30-28-26-24-22-18 (Double individual scores)
 - b. Team: Points earned by the Swim Team only will determine Conference Champion in Swimming.

V. OFFICIALS & DISPUTES

1. League will provide for the Conference Meet: Officials, Clerk of Course, Starter, Announcer, Table Coordinator and other equipment deemed necessary. Other duties will be handled by volunteers shared jointly by member clubs.
2. Each club will be given five (5) deck pass credentials to be used by their coaches and those assisting the team.
3. Appeal Process for disputed calls by officials: If there is a disagreement about a call, the coach must fill out (in written form) a D.Q.Protest Form and return the completed form to the Table Coordinator within 15 minutes after the last event of that particular session. This protest will be reviewed by the Ethics Committee. A final decision will be rendered by this committee and an answer will be delivered to the appropriate coach by the Vice-President of the League.
4. If a swimmer misses the third call by the Clerk of Course, the rest of the swimmers in the heat will proceed to the starting area. Alternate(s) should proceed to the blocks as well when a swimmer is missing. The referee will then substitute the alternate(s) before starting the race.

VI. AWARDS

1. Individual: Awards are given for places 1 – 16. 1-8 receive medals, 9-16 receive ribbons.

- a. Neck Ribbons/Ribbon colors are as follows:
 - 1st place – blue
 - 2nd place – red
 - 3rd place – white
 - 4th place – yellow
 - 5th place – green
 - 6th place – purple
 - 7th place – orange
 - 8th place – neon green
 - 9th place – black
 - 10th place – maroon
 - 11th place – navy
 - 12th place – hunter
 - 13th place – gold
 - 14th place – raspberry
 - 15th place – teal
 - 16th place – sapphire
- b. Team: Trophies or Plaques will be given for 1st, 2nd, and 3rd places.
- c. There will be no formal awards ceremony at Conference. Winners will still be recognized, but awards will be picked up at an awards table by the team coaches.

VII. RECORDS

1. An official Utah Country Club Swim Conference record time may be achieved at the Conference Championships by an individual swimmer or a lead-off relay swimmer in an officially recognized event, only if recorded by an automatic timing system.