



MONMOUTH COUNTY SWIMMING CONFERENCE

2010 CONSTITUTION

Monmouth County Swim Team Members

**Candlewood – Hazlet – Holmdel – Howell Pointe – Marlboro –
Middletown – Strathmore – Y of Western Monmouth**

ARTICLE I:

This organization shall be known as the Monmouth County Swimming Conference.

ARTICLE II:

Section I: The aims and objectives of the conference are as follows:

1. To encourage interest in competitive swimming for all individuals.
2. To teach fundamentals, skills and techniques, rules and other factors or conditions conducive to good competitive swimming.
3. To stress team spirit, individual and team fair play, sportsmanship, character building, and other attributes conducive to good citizenship and the furtherance of athletics.
4. To stress, plan, execute and maintain all standards of physical fitness set forth by the President's Council on Physical Fitness.
5. To use as a guide the standards set forth by the latest USA Swimming & Diving Rulebook.
6. To ensure an efficient and good standing conference by high standards of sanitation and health of all related facilities and individuals.
7. To ensure an efficient and good standing conference by high standards of supervision, administration, coaching and guidance.
8. To ensure an efficient and good standing conference by the continual abiding of the primary goal of amateur athletics, the proper welfare of the competitor and the secondary goal, the team conference welfare.
9. To work closely with any other organization or business this shares in a common goal.

ARTICLE III: LEAGUE ORGANIZATION**Section I: OFFICERS AND RESPONSIBILITIES for 2010)**

1. Chairperson – Overseeing the entire league - Hazlet
2. Vice President Dual Meets and Age group awards – Monmouth Heights
3. Vice President – Championships – Holmdel
4. Secretary – Entire League – Marlboro
5. Treasurer – Entire League – Candlewood – League Banking
6. Meet Director Championships – Y of Western Monmouth – Computer Administrator for Championships.
7. Head Official – Entire League - Middletown

The officers shall be in effect for one year and rotated each year among the club membership.

MONMOUTH COUNTY SWIMMING CONFERENCE RULES & REGULATIONS

I. ENTRANCE ELIGIBILITY

- A. Each group member's facility must be covered by liability insurance.

II. SWIMMING ELIGIBILITY

- A. Any bona fide family member of the facility.
1. Includes lifeguards and paid staff actively employed from June through championships, members under a family plan or individual season member, subject to each club's Membership rules.
 2. Manager and assistant manager's children shall be eligible.
- B. Age requirements:
1. Age of swimmer is to be determined as of June 1.
 2. A swimmer's final year of eligibility shall be the season immediately following his/her high school graduation.
- C. Roster – The original roster with name, age and date-of-birth of all swimmers must be submitted in writing, to each team and the League President at the kickoff meeting, prior to the first meet. Swimmers must be listed by age group and sex (i.e. 8/U Girls, 8/U Boys). All additions to the roster must be in writing and given to all coaches and the League President two days prior to the first meet in which the swimmer will participate officially. A swimmer may **not** swim unofficially until they are officially entered on the team roster.
- D. The deadline for all official swimmers on each team's roster is by the end of the leagues 4th swim meet (July 7, 2010). Howell Pointe exempt for the 2010 season.
- E. A qualified swimmer may swim in Official Heats for only one team in the Conference per season. The decision is left up to the individual as to which club he/she shall represent. NOTE: The only exception is the legal residence changes. The points earned by the individual stays with the team.

III. POOL AND EQUIPMENT

- A. All pools are to have two sets of backstroke flags installed to USA Swimming Regulations. **However, construction irregularities may not permit pools to conform to these guidelines.**
- B. All pools are to furnish lane guides for each lane.
- C. All pools are to be sectioned off for swimmer and spectator safety.

IV. CONDUCT OF MEETS

A. The home team shall furnish a minimum of:

1. A starting horn or a .22 caliber gun with extra loud blanks and a whistle back up in emergency situations.
2. Starter and/or Referee (preferably USA/YMCA certified).
3. Stroke and Turn Judge (preferably USA/YMCA certified).
4. One across the Board Judge.
5. Two Recorders.
6. Lifeguards must be on stands at the start of warm-ups for a swim meet until the meet has completed. This is to insure the swimmers safety in the water.
7. Six timers with stop watches.
8. Each team will provide time cards for each meet. All cards are to be filled out before the meet.
9. Clipboards and pencils.
10. Finish cards.
11. Kickboard for each lane.

B. The visiting team shall furnish a minimum of:

1. Stroke and Turn Judge (preferable USA/YMCA Certified).
2. One across the Board Judge.
3. Recorder(s).
4. Six timers, six clipboards and six stop watches. When attending Holmdel & Howell Ponte Swim Club visiting teams should furnish 8 timers, 8 clipboards, and 8 stopwatches, and when attending Freehold visiting teams should furnish 7 timers, 7 clipboards, and 7 stopwatches.
5. Each team shall provide time cards or sheets for each meet. All cards to be filled out before the meet.

C. Miscellaneous:

1. Blue and Pink official cards must match meet sheet (events 1-24). Meet sheets must be handed to scorers table before the start of the meet. Relays may be changed up to relay start. Official relay card must match the meet sheet. However, names of swimmers do not have to be in the order swum in the relay.
2. All finishes will be on a timed final basis, meaning the Across the Board Judges' cards will determine the finish. Any discrepancies of the two (2) Judges' cards will be decided by the average of the two times, beginning with the place discrepancy.

3. To facilitate recording, the fastest time will be placed on the meet sheet.
4. If a club cannot furnish the required officials, the other club may assist.
5. Each club will furnish at least six stopwatches. However, the use of an electronic timing system may be used as the official timing mechanism, providing both Parent Representatives and their designate agree prior to the start of the meet. All finishes will be on a timed final basis, meaning the **Across the Board Judges' card** will determine the finish. Any discrepancies of the two (2) judges' cards will be decided by the average of the two electronic times.
6. The current USA Swimming rulebook will prevail except as otherwise noted.

7. Starting times:

	Check In	Warm ups	Officials Meeting	National Anthem	Start
Wednesday	4:30pm to 4:45pm	4:45pm	5:00pm to 5:15pm	5:25pm	5:30pm
Saturday	7:30am to 7:45am	7:45am	8:00am to 8:15am	8:25am	8:30am

- a. Visiting club to arrive thirty (30) minutes before the meet for warm-ups.

8. Cancellation of a Meet:

- a. Cancellation to be only because of weather closing by club management, or mutual consent of Referee and both Parent Representatives or their designate. The home club must notify the other club one and one half (1½) hours prior to the meet **(4:00pm Wednesday &/or 7:00am Saturday) postponement.**

- b. Inclement Weather :

The starter will run the official heat of an event then followed by the unofficial heat of the event. If inclement weather occurs before the completion of Event #14 and the meet is stopped. The meet must be rescheduled. The meet will resume at the point it is stopped.

If the inclement weather occurs after the official heat of Event #15, the meet is considered official. Age group points will be award based on the event completed when the meet is stopped. The winner will determined based on the points earned thus far in the meet.

- c. If at all possible, Saturday make-up meets will be held the following Monday. Wednesday make-up meets will be held the following day (Thursday). Rain out of make-up meets will be rescheduled with the mutual consent of both Parent Representatives and inform the VP Dual Meets & Age Group Awards.

9. Both teams shall mail and/or scan a copy via email the original meet sheets, signed by the referee or hand-deliver, to the League VP Dual Meets & Age Group Awards within 48 hours of each meet. The home team shall phone or email the meet results to the

League President within 24 hours. Meet results must include age bracket scores.
No faxes will be accepted.

10. The visiting team's Stroke and Turn Judge will judge from the lane 1 side of the pool.
11. Each team will swim every team in the League once during the season.
12. The home team will award every heat winner with a "Monmouth County Heat Winner" ribbon. The league Championship host will procure this ribbon for all clubs with the cost paid by the clubs.

V. SCORING

Scoring shall be as follows for individual events:

1 st place	8 points
2 nd place	4 points
3 rd place	3 points
4 th place	2 points
5 th place	1 point

I.M. points go to the top age group of the event - (i.e. 11/12 and 15/18).

Scoring for the relay events shall be as follows:

1 st place	10 points
2 nd place	5 points
3 rd place	3 points

Relay points shall not be tallied in age bracket results.

Only earned points will be tallied for age bracket results. (See Section IX)

When announcing the final score – the maximum score differential should be between 40-50 points for the winning team.

VI. SWIMMING STROKES AND EVENTS

- A. The swimming styles and events shall be governed by the current USA Swimming Rulebook, except where otherwise noted.
- B. **In the backstroke event, the non-continuous turn rule is NOT in effect, i.e. after passing the back stroke flags, swimmers may turn onto their stomachs take 1 single of double arm pull and then kick/glide into the wall. However, after initiating such a turn, open turns are not permitted.**

- C. All starts for the league will be "in the water" starts.
1. On the verbal command, "Take your mark," the swimmer must have one hand and one foot in contact with the starting end of the pool.
 2. At the sound of the start (horn, gun, etc.), the swimmer is free to move in any manner that is comfortable in accordance with the rules for that specific stroke.
 3. Relays shall be consistent with the USA Swimming rolling starts. Initially, the swimmer must have one hand and one foot in contact with the pool wall. As the previous swimmer approaches, the next swimmer may release hand from the wall and begin push-off, but the foot may not leave the pool wall until the previous swimmer touches the starting end of the pool.
- D. A kickboard will be used as a "buffer" between the swimmer and the wall only during a dual meet and championships in 10 & under backstroke event in order to prevent injury or fear of injury (boys and girls). However, if any swimmer requests the need for a kickboard during his or her backstroke event, in order to ensure his or her safety, the timer shall provide one. Some clubs pool management required uses of kickboards for all swimmers.
- E. Referee must meet with the officials and timers prior to the start of the meet to clarify the rules. The referee must enforce stroke and turn minimum guidelines.
- F. Coaches and assistant coaches are not eligible to be officials.

VII STROKE AND TURN MINIMUM GUIDELINES FOR DISQUALIFICATION

A. Freestyle infractions:

1. Failure to touch the wall on turns.
2. Use of the bottom of the pool or lane lines for forward propulsion.

B. Breaststroke infractions:

1. KICK: Alternating Butterfly Scissor
2. NON-SIMULTANEOUS: Arms Legs
3. NON-HORIZONTAL PLANE: Arms Legs
4. ELBOWS: Not under water
5. CYCLE: Head did not break surface of the water
6. CYCLE: Two Arm Strokes Two Leg Kicks
7. TOUCH: One Hand Non-Simultaneous
8. Shoulders not toward the breast off the wall
9. Hands beyond the hipline

C. Butterfly infractions:

1. KICK: Alternating Breaststroke Scissor
2. NON-SIMULTANEOUS: Arm Motion Leg Motion
3. More than one arm pull while underwater

4. TOUCH: One Hand Non-Simultaneous
5. Shoulders not toward the breast off the wall
6. Arms not brought forward over the water

D. Backstroke infractions:

1. Toes above the surface during the start off wall
2. NOT ON BACK: Off Wall During Swim
3. No touch at turn
4. SHOULDER PAST VERTICAL: At Turn At Finish
5. Two or more Arm Pull at the turn (when legally on the breast, past the back stroke flags)
6. Leaving the wall at the start or on the turn without the upper shoulder at or past the vertical toward the back
7. The swimmer must finish the race on his/her back

E. Individual Medley (Butterfly, Backstroke, Breast, Free):

1. All stroke infractions, above, apply
2. Exchange must be done on the finish stroke (i.e. no flip turns)
3. Stroke out of sequence

E. Relays - Freestyle and Medley (Back, Breast, Butterfly, Free):

1. Stroke Violation Kick Violation
2. Stroke Out of Sequence
3. Turn Violation
4. Early Take Off

F. General

1. False Start
2. Delay of Meet
3. Did not finish
4. Head did not break surface by 15 meters

- G. Disqualification cards or sheets must be used for all heats. **Best effort should be made** to immediately tell official heat swimmers of their infractions. Officials are to write and sign the disqualification sheet as well as write DQ on the time card. **Moreover, both official and unofficial heats must be judged.**

H. Miscellaneous

1. Should a false start occur, the race will continue and the swimmer informed of his/her infraction upon the completion of the race. Dual confirmation is not required.
2. No dual confirmation is required on turn infractions.

VIII. CONFERENCE SCHEDULE**A. Schedule of events**

Event#	Age	Event	Wednesday		Saturday	
1	12/U	100 IM	Girls		Boys	
2	12/U	100 IM	Boys		Girls	
3	13/18	100 IM	Girls		Boys	
4	13/18	100 IM	Boys		Girls	
5	8/U	25 Free	Girls		Boys	
6	8/U	25 Free	Boys		Girls	
7	10/U	25 Fly	Girls		Boys	
8	9/10	50 Free	Boys		Girls	
9	11/12	50 Fly	Girls		Boys	
10	11/12	50 Free	Boys		Girls	
10A	11-18	25 Open	Mixed		Mixed	
11	13/14	50 Fly	Girls		Boys	
12	13/14	100 Free	Boys		Girls	
13	15/18	50 Fly	Girls		Boys	
14	15/18	100 Free	Boys		Girls	
15	8/U	25 Back	Girls		Boys	
16	8/U	25 Back	Boys		Girls	
17	10/U	25 Breast	Girls		Boys	
18	9/10	50 Back	Boys		Girls	
19	11/12	50 Breast	Girls		Boys	
20	11/12	50 Back	Boys		Girls	
21	13/14	50 Breast	Girls		Boys	
22	13/14	50 Back	Boys		Girls	
23	15/18	50 Breast	Girls		Boys	
24	15/18	50 back	Boys		Girls	
25	8/U	100 Free Relay	Girls	Free	Free	Free
26	8/U	100 Free Relay	Boys	Free	Free	Free
27	9/10 (9-12)	200 Relay	Girls	Free	Boys	Free
28	9/10(9-12)	100 Relay	Boys	Medley	Girls	Medley
29	11/12(9-12)	200 Relay	Girls	Free	Boys	Free
30	11/12(9-12)	200 Relay	Boys	Medley	Girls	Medley
31	13/18	200 Relay	Girls	Free	Boys	Free
32	13/18	200 Relay	Boys	Medley	Girls	Medley

Events 7-14 and 17-24 will be swum as follows:

Wednesdays – Boys swim free and back, girls swim fly and breast.

Saturdays – Boys swim fly and breast, girls swim free and back.

- B. **Composition of Relay Events 31-32**, has to be made up of 50% from each age group that is in attendance. For example, in a 13/18 relay there must be (2) 13/14 and (2) 15/18. However, if there is only (1) 13/14 in attendance, a swimmer(s) from the 11/12 group can move up for that relay (remember **the swimmer did not have to move up the entire meet in order to be moved up for a relay**). If there is only (1) 15/18 swimmer in attendance, then a 13/14 swimmer(s) can move up to complete that relay, so there would be (1) 15/18 and (3)

- 13/14. You can have younger swimmers make up more than 50% of the relay provided that there are no older swimmers in attendance.
- C. In relay events 27 – 30, those swimming fly and breast will swim a free relay, and those swimming free and back will swim a medley relay.
 - D. Swimmers may swim up in an individual event only if his/her team has no swimmers in that age group in attendance at the meet. Such swimmer(s) must swim in those age groups the entire meet.
 - G. Official swimmers will be DQ'd when not in their assigned lanes; therefore, the swimmers will not be receiving any points for their team.
 - F. At the start of event #1, no changes in individual events may be made and relays need to be finalized by the end of Event #24
 - G. If, at the discretion of the referee, both Parent Representatives and their designate, a meet must be postponed prior to its completion, the coaches shall have the opportunity to revise their meet sheets prior to the resumption of the meet.

IX. MISCELLANEOUS

- A. First, second and third place age group plaques by gender will be given out at the championship meet. The plaques will be based on age group records for the season (exclusive of Championships). In the event of a tie, the points won by the age group at Championships will determine the place of each team group. NOTE: Only earned points will be tallied for age bracket results. (See Scoring on page 7).
- B. In a dual meet, a participant may compete in two (2) individual events, whether official or unofficial, and one (1) relay.
- C. Two official relay teams may be entered. Only 4 names are allowed per relay card in dual and championship meets. In dual summer meets, one **unofficial** heat will be allowed for each of the 8 & U girls and boys, 9/10 girls and boys, and 11/12 girls and boys' relays. Each team will have a maximum of three teams for that event.
- D. Each team may have three (3) official swimmers in an event.
- E. All swimmers must swim in their age group, except where otherwise stated.
- F. Home team will swim in odd numbered lanes; visiting team in even numbered lanes.
- G. Any swimmer removed from the roster may not be put back on the roster during the current season. Notification of removals requires a one day's notice.
- H. No cell phones are allowed on the deck.
- I. No smoking is allowed at the deck.

- J. All swimmers must be able to complete the distance by themselves. **Coaches are permitted to be in the lane to encourage swimmers for the 1st 2 meets of the season ONLY. NO TOUCHING is permitted. If the swimmer is in distress they must be removed from the pool immediately.**
- K. Use of deck managers is encouraged to keep the meet moving.
- L. Lanes should be filled in each heat so to expedite the meet.
- M. An event #/card holder should be used and located by the starter.
- N. IMs - Run the official heat for the boys and girls in the age group first then run combined boys and girls unofficial heats.
- O. All swimmers should be in the water for their 25 yard heat when the previous swimmers reach the turn back stroke flags.
- P. Eliminated the five minute break between the individual events and the relays.
- Q. **PROTESTS:**
1. On conduct of the meet – filed within thirty (30) minutes after the conclusion of the meet with the referee. Coaches are to sign the meet sheet “under protest”. Written protests are to be delivered to the League VP Dual Meets & Age Group Awards within 24 hours. Only a coach can lodge a protest. No parents can file a protest, harass the referee and officials, or otherwise disrupt the scorers’ table.
- All protests must be filed within 30 minutes of the conclusion of the meet. The League VP Dual Meets & Age Group Awards, Referee, both coaches, and a parent representative from each team shall meet to discuss the protest, within a reasonable time. If necessary, an impartial 5th party shall be present to resolve the protest.
2. On eligibility – filed within 24 hours after the conclusion of the meet with the League VP Dual Meets & Age Group Awards If the League VP Dual Meets & Age Group Awards finds that a swimmer has swum illegally, after the 48 hour rule, that swimmer’s points will be forfeited from the score. The final will then be revised to reflect said forfeiture.
- R. **Swim Suits:** Performance suits are not permitted at any of the meets (Lazers, Blue 70’s, etc.) Female swimmers are not permitted to wear any suit that covers the neck, extends past the shoulders, or below the pelvis. Male swimmers are not permitted to wear any suits that extends above the navel or below the knees.

X. LEAGUE CHAMPIONSHIP MEET

- A. The League Championship Meets will be held (on the first Wednesday, Saturday and Sunday after the last regularly scheduled meet of the season **similar to the dual meet time schedule**, The **2010 Championships (7/21/10 evening Holmdel (13 -18), 7/24/10 morning {before pool club opens} Hazlet (8 & u), and 7/25/10 Freehold (9-12)**)

- B. Individual awards: 1st through 8th place receive medals, 9th through 16th place receive ribbons. Relay awards: 1st through 6th place receive medals, 7th through 12th place receive ribbons.
- C. The individual swimmer must meet a qualifying time for an event by swimming in that event in at least one dual meet, either officially or unofficially. Qualifying times shall be taken from dual meet results.
- D. When electronic timing is not used, there will be three (3) timers per lane, and the median time will be the swimmer's official time.
- E. A seeding meeting will be held approximately one week before championships.
- F. Entry fee for each event will be announced.
- G. Swimmers may swim two (2) individual events and two (2) relays or three (3) individual events and one (1) relay.
- H. In case of a tie, two medals or ribbons will be awarded for the tied position.
- I. Relays can be changed up to the start of the first event. NOTE: Every effort will be made so a swimmer can swim their scheduled event.