

MAINE STATE YMCA SWIM LEAGUE RULES - 2004-2005

A. PHILOSOPHY

It is the philosophy of the Maine State YMCA Swim League that in order to:

- Meet accepted YMCA program objectives,
- Prepare our competitors for further swimming competition, and
- Foster in our participants a healthy outlook on life;

The League and its Teams must:

- Create a fair set of rules and enforce them firmly and consistently, and
- Seek out coaches and officials who will use every opportunity to demonstrate that fair, firm, and consistent rules are in the end better for everyone.

It is recommended that the home team provide a period of fellowship and refreshments for the swimmers of both teams (by agreement of both coaches) following each YMCA League Meet.

B. GENERAL RULES

1. The rules of the National Collegiate Athletic Association Swimming and Diving Rules shall be the Official Rules of this League with the following additions and changes.
2. The water depth at the end of the pool where any swimmer starts from a block or the deck may be no less than that recommended by the National YMCA Competitive Swimming and Diving Guidelines (currently - 5 feet). If the water depth is less than recommended, swimmers must start in the water.
3. The eligibility of any swimmer to represent a YMCA shall be determined by the National Rules That Govern YMCA Competitive Sports and by the Local YMCA Board of Directors. In order to compete in this League, a swimmer must represent only his/her local YMCA in any open competition during the current season. (Note: A swimmer may compete in open competition unattached, but may not represent any team other than his/her local YMCA). The Competitive Swimming Coordinator(s), whose decision shall be final, will rule on any case in question. The penalty for allowing an ineligible swimmer to compete for points shall be forfeiture of all points earned by the offending team in those events.
4. The Official Winter Swimming Season shall be from September 1st to April 30th. The Official Summer Swimming Season shall be from May 1st to August 31st.
5. A swimmer's age group for winter competition shall be determined by his or her age on December 1st of the current season. A Swimmer's age group for summer competition shall be determined by his or her age on the first day of the meet in question.
 - a. The 8 and Under Division shall consist of competitors age 8 and under.
 - b. The 10 and Under Division shall consist of competitors age 10 and under.
 - c. The 12 and Under Division shall consist of competitors age 12 and under.
 - d. The 14 and Under Division shall consist of competitors age 14 and under.

- e. The Senior Division shall consist of competitors who are age 12 or over but less than age 22 on the day of competition, who have not represented any scholastic institution beyond grade 12 in competitive swimming, and who have not competed in a YMCA Master's Meet.

The Competitive Swimming Coordinator(s), whose decision shall be final, will rule on any case in question. The penalty for allowing a swimmer to compete in an age group in which he or she is not eligible to compete shall be forfeiture of all points earned by the offending team in those events in the meet in question.

6. The League shall maintain records for 8 and Under, 10 and Under, 12 and Under, 14 and Under, 15 – 18 and Senior Divisions. Records shall be maintained for all events in the League Event List and for any other events in which records are kept by the National YMCA. Records may be established only in YMCA competition, sanctioned or approved in writing by the Cluster Coordinator(s) and only in the event, distance, and stroke actually contested, except that the first swimmer on a relay team may establish a record as specified in the regular NCAA Rules. The Cluster Coordinator(s) will rule on any record or performance in question.

- a. Times from 25 yard pools will be considered official.
- b. A separate set of Short Course Meter Records will be maintained for times obtained in 25 meter pools.
- c. A separate set of Long Course Records will be maintained for times obtained in 50 meter pools.

7. Amendment:

- a. Any amendment, change, addition, or deletion to the General Rules, the Winter League Meets Rules, or the Championship Meet Rules must be proposed and adopted at the Spring League Meeting, and must be adopted again at the Fall League Meeting in order to become official.
- b. . Any change, addition, or deletion to the Championship Meet Procedures and Instructions must be proposed and adopted at the Fall League Meeting in order to become official. In addition, however, the Championship Meet Committee may issue further detailed instructions, if necessary, regarding the use of the State Meet Facility.
- c. Each team in the League shall have one vote. If there is a tie vote, the league coordinator will cast one vote to break the tie.

8. Distribution:

- a. It will be the duty of the league Coordinator(s) to distribute at, or as soon as possible after, the Fall Meeting one copy of these Rules to every YMCA which has a team in the League.
- b. In addition it will be the duty of the league Coordinator(s) to distribute to each YMCA at, or ASAP following, the Fall Meeting:
 - 1 copy of the League Directory
 - 1 copy of the League Schedule
 - 1 copy of the National YMCA Rules That Govern Competitive Sports
 - 1 copy of the Rules for the YMCA National Championship
 - 1 copy of the National YMCA Competitive Swimming Rules.
 - 1 copy of the Coach of the Year Criteria.
 - 1 copy of the Outstanding Swimmer criteria.

C. It will be the duty of the League Coordinator(s) to distribute to each YMCA ASAP after the Spring Meeting: the Rule Change Proposals for the Fall Meeting, and the Schedule for the next Winter Season.

C. LEAGUE MEETS - WINTER SEASON

1. League shall consist of three Conferences as follows:

Northern

Bangor
Down East
Mt. Desert
Old Town / Orono
Piscataquis

Central

Auburn / Lewiston
Penobscot Bay
Kennebec Valley
Waldo County
Waterville

Southern

Boothbay
Bath
Casco Bay
Northern York
Portland
Sanford

A League Schedule shall be submitted by the Cluster Coordinator(s) at the Spring Meeting for a vote of acceptance. If the Schedule is not accepted and if no alternative is agreed upon, the submitted Schedule shall be the official League Schedule for the following year. The Cluster Coordinator(s) will attempt to arrange equal numbers of home and away meets, to alternate home and away meets from year to year, and to schedule each team to swim all the other teams in the same Conference and to swim some teams in the other Conferences by order of State Meet finish. Once the League Schedule is published each team must swim all scheduled meets unless the team is released by the Cluster Coordinator(s) at the Regular Fall Meeting, or the meet is canceled due to weather and/or traveling conditions.

2. Each competitor shall be allowed to compete to score in three events including relays, but shall be allowed to swim in no more than four events including exhibition events. This rule may be waived if both coaches agree, but if there is no agreement the Referee shall enforce this rule as written.

3. The host coach must call the visiting coach to discuss events, lane assignments, and any other relevant information by 5:00 PM on the Thursday before a Meet. Also, the visiting team coach must send his or her full Team Roster (from Hy- Tek Team Manager - with Dates of Birth and Genders) to the host team coach by 5:00 PM on Thursday. The visiting coach must send his or her full Meet Entry (also from Hy- Tek Team Manager - with Seed Times) to the host coach by 7:00 PM on the Friday before the Meet. The host team must e-mail the Meet Manager Back-Up to the visiting coach if requested. Changes after that time must be submitted in writing (on the form provided if there is one) to the Scorer's Table.

4. Exhibition swimmers will be allowed, but must be clearly designated by both coaches so that an Exception Report can be viewed 30 minutes before the start of the Meet. The Referee shall rule on any cases in question.

5. Any swimmer not designated as Exhibition is eligible to score. Scoring shall be as agreed upon by coaches prior to the meet consistent with the meet format, or shall be according to the Official Rules if the coaches haven't agreed.

- 6.** Every League meet must be refereed by a Certified YMCA, MSOA Level II, or USS level IV Official. If the host team does not have a Certified Official as the Referee, the visiting team will have the right to designate a Referee. The League Coordinator(s) will rule on any case in question, and failure to allow the visiting team to execute its right will cause the host team to forfeit the meet. If the host team is unable to secure a Certified Official, they shall inform the visiting coach in advance.
- 7.** In all League meets there must be electronic timing, or three watches on the first and second place swimmers and at least one watch on each of the other lanes. If either team requests three watches on every lane and can furnish watches and timers, the Referee shall allow the request and will set up the timing accordingly.
- 8.** When touchpads are used – for all 8 & under, 10 & under, and 12 & under events available touchpad times will be used unless the back-up button time is faster by .03 seconds or more, in which case the button time will be used. For all 14 & under and Senior events the NCAA rule will apply as written.
- 9.** “Awards for invitational meets will be stated in the Meet Announcement”.
- 10.** In all dual meets the host team will award YMCA ribbons to all swimmers who score. Each team may award ribbons to other swimmers as it seems fit. However, the League encourages awarding ribbons to all participants who are not disqualified. The host team is required to distribute ribbons to the visiting team within 72 hours after the end of the meet. League Ribbon colors are as follows: 1st=Blue, 2nd=Red, 3rd=Yellow, 4th=White, 5th=Pink, 6th=Green,7th=Purple, and 8th=Orange.
- 11.** The host team shall send a complete and correct set of meet results (including all splits if electronic timing is used) to the Results Chair (according to his or her instructions) and to the visiting team in Meet Manager Back up within 48 hours of the end of the meet.
- 12.** The Order of Events for all League Meets will be as listed on page 5 of these Rules and will include all listed events unless both coaches agree to an alternative format.

MAINE STATE YMCA SWIM LEAGUE
LEAGUE MEETS - STANDARD ORDER OF EVENTS

**EVENTS MAY BE SEEDER OR SEPARATED GIRL/BOY AT THE DISCRETION OF THE HOME TEAM.
 "MIXED" MEANS THAT THERE MAY BE BOYS AND GIRLS SWIMMING AT THE SAME TIME
 - BUT ALL RELAY TEAMS MUST BE 4 SWIMMERS OF THE SAME GENDER.
 SCORING AND RESULTS Will BE BY AGE GROUPS ACCORDING TO THE 88 EVENT LIST.**

No.	Gender	Age Group	Event
1	Girls	8 & U	100 Yard Medley Relay
2	Boys	8 & U	100 Yard Medley Relay
3	Girls	10 & U	200 Yard Medley Relay
4	Boys	10 & U	200 Yard Medley Relay
5	Girls	12 & U	200 Yard Medley Relay
6	Boys	12 & U	200 Yard Medley Relay
7	Girls	14 & U	200 Yard Medley Relay
8	Boys	14 & U	200 Yard Medley Relay
9	Girls	Senior	200 Yard Medley Relay
10	Boys	Senior	200 Yard Medley Relay
11	Mixed	12 & U	200 Yard Freestyle
12	Mixed	14 & U	200 Yard Freestyle
13	Mixed	Senior	200 Yard Freestyle
14	Mixed	8 & U	100 Yard Individual Medley
15	Mixed	10 & U	100 Yard Individual Medley
16	Mixed	12 & U	100 Yard Individual Medley
17	Mixed	14 & U	200 Yard Individual Medley
18	Mixed	Senior	200 Yard Individual Medley
19	Mixed	8 & U	25 Yard Freestyle
20	Mixed	10 & U	50 Yard Freestyle
21	Mixed	12 & U	50 Yard Freestyle
22	Mixed	14 & U	50 Yard Freestyle
23	Mixed	Senior	50 Yard Freestyle
24	Mixed	8 & U	25 Yard Butterfly
25	Mixed	10 & U	50 Yard Butterfly
26	Mixed	12 & U	50 Yard Butterfly
27	Mixed	14 & U	100 Yard Butterfly
28	Mixed	Senior	100 Yard Butterfly
29	Mixed	8 & U	50 Yard Freestyle
30	Mixed	10 & U	100 Yard Freestyle
31	Mixed	12 & U	100 Yard Freestyle
32	Mixed	14 & U	100 Yard Freestyle
33	Mixed	Senior	100 Yard Freestyle
34	Mixed	Senior	500 Yard Freestyle
35	Mixed	8 & U	25 Yard Backstroke
36	Mixed	10 & U	50 Yard Backstroke
37	Mixed	12 & U	50 Yard Backstroke
38	Mixed	14 & U	100 Yard Backstroke
39	Mixed	Senior	100 Yard Backstroke
40	Mixed	8 & U	25 Yard Breaststroke
41	Mixed	10 & U	50 Yard Breaststroke
42	Mixed	12 & U	50 Yard Breaststroke
43	Mixed	14 & U	100 Yard Breaststroke
44	Mixed	Senior	100 Yard Breaststroke
45	Mixed	8 & U	100 Yard Freestyle Relay
46	Mixed	10 & U	200 Yard Freestyle Relay
47	Mixed	12 & U	200 Yard Freestyle Relay
48	Mixed	14 & U	200 Yard Freestyle Relay
49	Mixed	Senior	200 Yard Freestyle Relay

MAINE STATE YMCA SWIM LEAGUE
88 EVENT LIST FOR RESULTS AND SCORING FOR REGULAR LEAGUE MEETS

<u>Event No</u> <u>For Girls</u>	<u>Event</u>	<u>Event No</u> <u>For Boys</u>
1	8 & U 100 yard Medley Relay	2
3	10 & U 200 yard Medley Relay	4
5	12 & U 200 yard Medley Relay	6
7	14 & U 200 yard Medley Relay	8
9	Senior 200 yard Medley Relay	10
11	12 & U 200 yard Freestyle	12
13	14 & U 200 yard Freestyle	14
15	Senior 200 yard Freestyle	16
17	8 & U 100 yard Ind. Medley	18
19	10 & U 100 yard Ind. Medley	20
21	12 & U 100 yard Ind. Medley	22
23	14 & U 200 yard Ind. Medley	24
25	Senior 200 yard Ind. Medley	26
27	8 & U 25 yard Freestyle	28
29	10 & U 50 yard Freestyle	30
31	12 & U 50 yard Freestyle	32
33	14 & U 50 yard Freestyle	34
35	Senior 50 yard Freestyle	36
37	8 & U 25 yard Butterfly	38
39	10 & U 50 yard Butterfly	40
41	12 & U 50 yard Butterfly	42
43	14 & U 100 yard Butterfly	44
45	Senior 100 yard Butterfly	46
47	8 & U 50 yard Freestyle	48
49	10 & U 100 yard Freestyle	50
51	12 & U 100 yard Freestyle	52
53	14 & U 100 yard Freestyle	54
55	Senior 100 yard Freestyle	56
57	Senior 500 yard Freestyle	58
59	8 & U 25 yard Backstroke	60
61	10 & U 50 yard Backstroke	62
63	12 & U 50 yard Backstroke	64
65	14 & U 100 yard Backstroke	66
67	Senior 100 yard Backstroke	68
69	8 & U 25 yard Breaststroke	70
71	10 & U 50 yard Breaststroke	72
73	12 & U 50 yard Breaststroke	74
75	14 & U 100 yard Breaststroke	76
77	Senior 100 yard Breaststroke	78
79	8 & U 100 yard Freestyle Relay	80
81	10 & U 200 yard Freestyle Relay	82
83	12 & U 200 yard Freestyle Relay	84
85	14 & U 200 yard Freestyle Relay	86
87	Senior 200 yard Freestyle Relay	88

MAINE STATE YMCA SWIM LEAGUE
STATE MEET - ORDER OF EVENTS

Event # For Girls

Event

Event # For Boys

<u>SESSION A</u>		
1	8 & U 100 Yard Medley Relay	2
3	8 & U 100 Yard Individual Medley	4
5	8 & U 25 Yard Freestyle	6
7	8 & U 25 Yard Butterfly	8
9	8 & U 50 Yard Freestyle	10
11	8 & U 25 Yard Backstroke	12
13	8 & U 25 Yard Breaststroke	14
15	8 & U 100 Yard Freestyle Relay	16
<u>SESSION B</u>		<u>SESSION C</u>
17	10 & U 200 Yard Medley Relay	26
18	10 & U 100 Yard Individual Medley	28
19	10 & U 50 Yard Freestyle	30
20	10 & U 50 Yard Butterfly	32
21	10 & U 100 Yard Freestyle	34
22	10 & U 50 Yard Backstroke	36
23	10 & U 50 Yard Breaststroke	38
24	10 & U 200 Yard Freestyle Relay	40
<u>SESSION D</u>		
42	12 & U 200 Yard Medley Relay	25
43	12 & U 200 Yard Freestyle	27
44	12 & U 100 Yard Individual Medley	29
45	12 & U 50 Yard Freestyle	31
46	12 & U 50 Yard Butterfly	33
47	12 & U 100 Yard Freestyle	35
48	12 & U 50 Yard Backstroke	37
49	12 & U 50 Yard Breaststroke	39
50	12 & U 200 Yard Freestyle Relay	41
<u>SESSION E</u>		<u>SESSION F</u>
51	Senior 200 Yard Medley Relay	70
52	14 & U 200 Yard Medley Relay	71
53	Senior 200 Yard Freestyle	72
54	14 & U 200 Yard Freestyle	73
55	Senior 200 Yard Individual Medley	74
56	14 & U 200 Yard Individual Medley	75
57	Senior 50 Yard Freestyle	76
58	14 & U 50 Yard Freestyle	77
59	Senior 100 Yard Butterfly	78
60	14 & U 100 Yard Butterfly	79
61	Senior 100 Yard Freestyle	80
62	14 & U 100 Yard Freestyle	81
63	Senior 500 Yard Freestyle	82
64	14 & U 100 Yard Backstroke	83
65	Senior 100 Yard Backstroke	84
66	14 & U 100 Yard Breaststroke	85
67	Senior 100 Yard Breaststroke	86
68	14 & U 200 Yard Freestyle Relay	87
69	Senior 200 Yard Freestyle Relay	88

D. CHAMPIONSHIP - WINTER SEASON

1. The eligibility of a team to compete in the Championship Meet will be determined by applicable State and National YMCA regulations. The Cluster Coordinator(s) will rule on any cases in question. That ruling will be final.

2. Every swimmer must swim in at least three League Meets, contested on separate dates, in the current winter season in order to be eligible to swim in the current (Winter) Championship Meet. In order to qualify as a League Meet, a meet must be on the League Schedule issued by the League Coordinator (s), or must be a make-up of one on the League Schedule, or must be approved by the Coordinator (s) by January 31. The League Coordinator(s) will rule on any cases in question. Only if a coach notifies the League Coordinators within 48 hours after the last sanctioned League Meet of the season and only in extenuating circumstances, may the League Coordinator(s) waive this rule. The Coordinator(s) decision will be final. The Coordinators will notify all coaches of all waivers before State Meet Entries are due.

3. All other problems (except eligibility questions noted above) relating to the entry process or the conduct of the meet will be decided by the Championship Meet Committee. Their decision will be final. The Championship Meet Committee in any season will consist of the Meet Director(s), the Referee(s), and the Official Starter(s) for the Championships and a Coach and an Alternate Coach who will be elected at the January Meeting. The Alternate Coach will serve if the primary Coach's team is involved. It should be noted that not all members of the Meet Committee might be present during anyone day of the Competition, and that therefore a majority vote of those in attendance will be adequate to resolve any problem arising during the competition.

4. Team Entries must be created from a Hy- Tek Windows Team Manager and must be sent as a Hy- Tek Entry File bye-mail or diskette to the Seeding Chair, as follows:

a. By February 1st - each Team must designate an Entry Contact Person who has e-mail and who must request from the Seeding Chair the State Meet Order of Events file to be imported into Windows Team Manager.

b. By Noon on Wednesday, 10 days before the State Meet - each Team's Entry File must have been received by the Seeding Chair bye-mail or diskette. If the Seeding Chair is missing an entry at the deadline, he/she will attempt to contact the Team. If he/she is not successful, the Cluster Coordinator will contact the YMCA.

c. By 6:00 PM on Thursday, 9 days before the Meet - the Seeding Chair will e-mail to each Team's Entry Contact Person an HTML file of that Team's entries as entered into the State Meet Windows Meet Manager.

d. By Noon on Friday, 8 days before the Meet - all additions and corrections to the HTML file must be received by the Seeding Chair bye-mail. These corrections and additions must be sent bye-mail message to the Seeding Chair, unless he or she directs the coach to send a full corrected entry file. No changes, additions, or corrections to the Team Entry will be allowed after this time.

e. By 6:00 PM on Friday, 8 days before the Meet - the Seeding Chair will e-mail each Team Entry Contact an HTML file of the complete Psych Sheet for the Meet.

f. By Noon on Monday, 5 days before the Meet - the Seeding Chair must have received bye-mail any corrections for typographical errors made by the Seeding Chair. He or she must also have received all protests regarding any swimmer's eligibility by this time. No other changes or corrections will be accepted at this time, and no eligibility protests will be accepted after this time.

g. By 6:00 PM on Monday, 5 days before the Meet - the Seeding Chair will e-mail an HTML file of the Revised Psych Sheet to each Team Entry Contact.

- 5.** By Friday, 8 days before the Meet - a check for the full amount of the Entry Fees due (as voted at the Fall Meeting), accompanied by the Team Data and Authorization Form must be received by the League Coordinators.
- 6.** Swimmers who are left off Entries may be added at the Coaches' Meeting on the day of the Meet, only as Non-scoring Exhibition Competitors, only in empty lanes in existing heats, and at a cost of \$15 per swimmer per event.
- 7.** Each team may enter an unlimited number of swimmers in individual events. Each swimmer may enter a maximum of three events. A team may enter swimmers as exhibition competitors in Exhibition National YMCA Qualifying Events provided: The team coach makes a request to the Meet Director, the event is swum only once, the event is not a regularly contested event for that age group in this Championship, and the team coach arranges for sufficient timers.
- 8.** The Meet Directors will have the authority to ban from the rest of the Meet any swimmer who vandalizes any part of the host facility or who disobeys rules and regulations regarding its use.
- 9.** Place judging for the Championship Meet shall be by Modified Ballot unless an automatic timing and judging system is used. All 8 and Under Events will use three buttons instead of touch pads as the primary finish. For all 10 & Under and 12 & Under Events available touch pad times will be used unless the back-up button time is faster by 0.3 seconds or more, in which case the button time will be used. For all 14 & Under and Senior Events the NCAA rule will apply as written.
- 10.** There will be no penalty for missing an event except disqualification from that event.
- 11.** All Events will be run as timed finals.
- 12.** Each team may enter unlimited relay teams in each relay event, but only the highest placing relay team may score. If a relay team places but does not score, it will receive a set of Relay Participant Ribbons. The team coach shall designate the four swimmers assigned to swim on each relay team by listing their names on the Relay Entry Card prior to the event. As many times as needed, a coach may scratch an individual event for any swimmer needed to fill out a relay, provided that one of the swimmers scheduled for that relay is not available.
- 13.** Scoring shall be for sixteen places as in the regular rules.
- 14.** Trophies will be awarded to the top eight finalists in each event. Ribbons will be awarded to ninth through sixteenth places. Heat Winner ribbons will be awarded to all Heat Winners. Each participant will receive a State Meet Participant Award.
- 15.** Team awards will be presented to the winning Girls' Team, Boys' Team, and Combined Team in each of the following Age Groups: 8 and Under, 10 and Under, 12 and Under, 14 and Under, Senior, and Over-All. In addition an award will be presented to the Runner-Up Combined Over-All Team.
- 16.** For each age group the order of events will be as listed in the State Meet Order of Events on page 7 of these Rules. Sessions E and F will be alternated each year.
- 17.** Awards will be presented at the State Meet to the Outstanding Boy and Girl Participants, and to the YMCA Coach of The Year according to criteria and details as voted at the Fall Meeting.