

Southwest Wisconsin Conference Rules

Updated May 2019

Overview

- I. Age
- II. Competition
- III. Workers / Equipment
- IV. Strokes
- V. Disqualifications
- VI. Conference and Invitational
- VII. Housekeeping

I. Age

- A. The age group will be determined as of (and including) June 1 of the current year.
- B. A swimmer may move up to any age group above them in any event.
- C. A swimmer may **NEVER** move down an age group.

II. Competition

A. Participation

1. All teams in the Southwest Wisconsin Swim Conference will be expected to participate in their scheduled swim meets (home and away).
 - a. If a conflict arises, all participating teams must be contacted in order to work out a mutually acceptable reschedule of the event

B. Sportsmanship

1. All swimmers are to remain in the pool following their race until all lanes have finished. At that time, they may exit the pool

C. Warm-Ups

1. In order to accommodate the teams that need to drive the furthest to the meet, the warm-up order will be as follows:
 - a. 4:30-4:40 – Home team

- b. 4:40-4:50 – Closest team other than the home team
 - c. 4:50-5:00 – Team with furthest drive time
2. For Invite/Conference, Warm-Ups will be in the same manner as tri/duals except two team may warm-up at the same time.

D. Relays

1. Three man relays will be allowed at all meets using the following guidelines. Any violation of these rules would cause all relays from that age group and sex to be disqualified.
- a. One 3-man relay per event (age group and sex). This would include all regular season swim meets, invite and conference.
 - i. No team may maximize the use of their members by making three man relays in order to have more relays.
 - ii. If there are nine boys in a group, there can only be two separate four-man relays. The extra boy may swim up in an older age group to fill the gaps.
 - iii. If there are eleven boys in an age group, two separate four man relays and one three man relay.
 - iv. If there are four swimmers, a three-man relay may not be used just to use a better swimmer twice.
 - v. Added 05-12-18: Intention is to follow the 4 man/3 man rules set above. Teams will enter into the dual/tri meets with the above rules, moving up swimmers to fill gaps. During the meet, if their best intentions cannot be met (i.e. swimmer did not show), they may go with 2 3-man relays in order to allow all swimmers to swim in a relay. This will not occur at invite or conference. Please remember, if all kids cannot swim in a relay or if their relay was eliminated, you may adjust their individual events.
 - b. A swimmer in a three-man relay may not swim two consecutive strokes in a row. Backstroke and breaststroke in the medley relay or two consecutive freestyles in the free relay.
2. Two man relays are not allowed.

E. Scoring

1. Dual meets
- a. Individual: 5-3-1

- b. Relays: 7-4-2
- 2. Triangular meets
 - a. Individual: 6-4-3-2-1
 - b. Relays: 8-6-4-2
- 3. Invitational and Conference meets
 - a. Individual: 16-13-12-11-10-9-7-5-4-3-2-1
 - b. Relays: 20-18-16-14-12-10-8-6-5-4-3-2
- 4. Only the first two relays of each team will score points in the relay events
 - a. The remaining relays will receive the proper medal and ribbons for their places. If a team places first, third, and sixth in a relay, they will receive points and awards for first and third, but they will only receive awards for the sixth place finish.

F. Number of Events

- 1. At Dual and Tri meets swimmers may swim in UP TO 2 relays and UP TO 3 individual events for a total of up to 5 events.
- 2. At Conference and Invite, swimmers may swim UP to 2 relays and UP to 2 individual events for a total of up to 4 events.

G. Exhibition Contestants

- 1. Exhibition contestants such as swimmers aided in their swimming by an adult cannot score, but their time will be recorded.

H. Awards

- 1. The host teams shall supply ribbons for all individual events and relays for 1st – 6th places

I. Results

- 1. Host teams shall supply a “Result” sheet of all swimmers and times for each event
- 2. All swimmers and their corresponding time shall be accounted for in the results

J. Cancellations

- 1. Call to cancel and/or reschedule regular season meets by 2:00pm the day of the event
- 2. Call to cancel and/or reschedule Invite/Conference by 6:30am the day of the event

3. If the meet needs to be delayed due to weather after the teams have arrived at host location:
 - a. Coaches meet at 1st delay to determine course of action. Possible Decisions:
 - i. Start Delay
 - ii. Discontinue Swim Meet
 - iii. Reschedule Swim Meet
 - b. Coaches meet 30 minutes after 1st call of delay. Possible Decisions:
 - i. Continue Delay
 - ii. Discontinue Swim Meet
 - iii. Reschedule Swim Meet
4. A swim meet is considered “complete” if the Backstroke events have been completed or at the discretion of the coaches.

III. Workers / Equipment

A. Equipment

1. Backstroke Flags: All pools shall have in place for swim meets backstroke flags at both ends of the pools.
 - a. These flags should be approximately 5 yards from each end of the pool.
 - b. This not only helps with turns, but also warns the swimmer of the upcoming wall so they avoid injuring their heads.

B. Lifeguards

1. A minimal of two lifeguards will be on duty for warm-ups.
2. One lifeguard will be on duty for the remainder of the meet.
 - a. Some pools may need to increase these numbers due to their regulations.

C. Starter

1. The starter will be the start/finish judge
 - a. His/Her word is final.
 - b. He/She will work in tandem with the place caller.
2. For each race, the starter will watch for the first three swimmers to touch.
 - a. If there is any question, and the times do not correspond, then switch the time around to match the actual placing.

- b. If desired, the place caller may note the lane numbers instead with the starter simply confirming this.
 - c. If unsure, this is summer recreational swimming; it is better to call a tie than give a first placed based on times.
 - i. times are not always accurate.
3. The starter will say the following commands:
- a. "Timers Ready" (Timers should lift their watch in the air to signal they are ready.)
 - b. "Swimmers Ready!" (Swimmers will step up on the starting platform)
-or-
"Swimmers in the Water!" (Swimmers will hold edge of the pool)
 - c. "Take your Marks" (Swimmers shall immediately take up a starting position with at least one foot at the front of the starting platform).
4. When all swimmers are stationary, the starter shall give the starting signal with a bullhorn / whistle / air horn.
5. If there is a false start, short quick signals with an air horn is necessary to alert the swimmers.
- a. All starters should have an air horn quickly accessible.
 - b. False starts will be called on ages 11 and over.
6. Recommendation is to make up a card for all starters to follow the above commands

D. Stroke Judge

- 1. All meets must have stroke judges.
- 2. A stroke judge should be on either side of the pool.
- 3. Stroke and turn judges will be lifeguards or a WSI certified person from the pool.
 - a. If the home pool cannot provide them, the visiting team may provide them if needed as long as they are given advanced notice to bring a qualified person to the meet.
- 4. Notice of the disqualification will be immediately brought to the swimmer's attention by the stroke judge when he/she informs the timer that the swimmer is disqualified.
 - a. Note the number of infractions a swimmer may have per age group prior to disqualification in Section V
- 5. A brief reason should be written on the card in case a reference is made to the situation later in the meet.

6. Disqualified swimmers will have a time entered on their card.

E. Timers

1. For regular season swim meets, one timer will be assigned per lane
2. At the beginning of the each meet, the starter and timers will have several “practice” sessions so that the timers are clear on the usage of their watches and both starters and timers are clear on the starting commands.
3. The timer will start the stop watch at the starter’s command
4. The timer will stop the stop watch when the swimmer touches the wall to complete the race
 - a. For Freestyle and Backstroke, stop the watch when the 1st hand touches the wall
 - b. For Butterfly and Breaststroke, stop the watch when the 2nd hand touches the wall (in the event of an incorrect two-handed touch)
5. All pools shall provide individuals such as timers or teammates to “catch” a backstroker’s head at both ends of the pool. These “head catchers” would be instructed to stay out of the timer’s way and retreat from the end of the pool as soon as their swimmer has turned
6. There must be at least one back-up timer and one place caller other than the official starter

F. Place Caller

1. All meets should have a place caller.
2. This is to ensure that times are accurate with places at every meet.
3. It also ensures that each heat has the cards correctly marked with the correct places.

IV. Strokes

A. Freestyle

1. The swimmer may do the dolphin or flutter kick during the glide phase on the entry or turn.
2. The swimmer must come to the surface by the time they have reached the midpoint of the pool.
3. No pull will be allowed until the swimmer surfaces and begins the stroke.
4. The freestyle designation means that the swimmer may do any stroke they desire, but must do that stroke for the event’s entire distance.

- a. Some part of the swimmer must touch the wall at the completion of each length and at the finish.
- b. 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 start of not more than one-half the length of the pool. By that point, the head must have broken the surface of the water.

B. Backstroke:

1. Swimmers may do a dolphin kick or flutter kick during the glide phase of the entry or turn until they surface, then they begin the flutter kick.
2. No pull will be allowed until the swimmer surfaces and begins to do the stroke.
3. The backstroke races start in the water.
 - a. Prior to the starting signal, swimmers shall line up in the water facing the starting end, with both hands holding the starting grips.
 - b. The feet, including the toes, shall be under the surface of the water. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.
4. For a back flip,
 - a. Swimmers will pivot on their right or left arm stroke,
 - b. They may then only take one stroke with the opposite arm but kick as much as necessary until they do their flip turn.
 - c. Coming out of the flip turn, they may momentarily be on their stomachs but then must be on their side or back before surfacing and beginning to backstroke.
 - d. They may do a dolphin or flutter kick before returning to the stroke.
 - e. If the swimmer turns over for a flip turn, they must complete the turn. They may not go to the back again to touch the wall.
5. Swimmers must finish the race on the back.

C. Butterfly:

1. Swimmers may do a dolphin kick during the glide phase of the entry or turn for a distance no greater than half the length of the pool, but may not pull until they surface.
2. From the beginning for the first arm strike after the start and each turn, the body shall be kept on the breast.
3. Underwater kicking on the side is allowed.

4. It is not permitted to roll onto the back at any time.
5. Both arms shall be brought forward together over the water and brought backward simultaneously throughout the race.
6. All up and down movements of the legs must be simultaneous.
7. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other.
8. A breaststroke kicking movement is not permitted.
9. At each turn and at the finish of the race, the touch shall be made simultaneously but not necessarily on the same plane, at above or below the water surface.
10. At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under water, which must bring him or her to the surface.
11. It shall be permissible for a swimmer to be completely submerged for a distance of not more than one-half the distance of the pool after the start and after each turn. By that point, the head must have broken the surface
12. The swimmer must remain on the surface until the next turn or finish.

D. Breaststroke:

1. On entry into the water or at a turn, swimmers may perform one arm pull and one leg kick combination. The combination may include one single butterfly kick and/or a single breaststroke kick.
2. From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast.
3. It is not permitted to roll onto the back at any time.
4. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating, except at the wall touch. Here they must be simultaneous, but not necessarily in the same plane.
5. The hands shall be pushed forward together from the breast on, under or over the water.
6. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish.
7. The hands shall be brought back on or under the surface of the water.
8. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

9. All movements of the legs shall be simultaneous and a scissors kick will be allowed for our conference with attempts by all to work with swimmers to master the correct kick.
10. The feet must be turned outwards during the propulsive part of the kick.
11. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.
12. At each turn and at the finish of the race, the touch shall be made with both hands simultaneously but not necessarily on the same plane at, above or below the water level.
13. The head may be submerged after the last arm pull prior the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.
14. During each complete cycle of one arm stroke and one leg kick, in that order, some part of the swimmer's head shall break the surface of the water before the hands turn inward at the widest part of the second stroke.

V. Disqualifications

- A. When disqualifications are made, it must be remembered that this is a Summer Recreational Program which allows minimal time for stroke perfection. If you are not sure do not disqualify.
- B. Infractions
 1. Walking or jumping from the bottom
 - a. No forward progress is allowed
 - b. If a swimmer is having trouble such as swallowed water in any event, they may stop and touch as long as no forward progress is made. When the problem passes, they may finish and be placed accordingly.
 - c. This holds true for all age groups.
 2. Doing the wrong stroke
 - a. Example: Doing the front crawl during the butterfly event
 - b. Combinations strokes are not allowed: Such as, butterfly with a whip or frog kick or a continual flutter kick on the butterfly.
2. Starts
 - a. A swimmer is allowed two false starts and will then be disqualified upon the third.

- b. There shall be no forward motion of the swimmer until the starter has started the race
- c. The start in freestyle, breaststroke, butterfly, and individual medley races shall be with a dive.

3. Touches, Turns, and Finishes

- a. Butterfly – Breaststroke – A swimmer must touch the wall with both hands on the wall at the same time, but not necessarily on the same plane for the butterfly and the breaststroke.
- b. Freestyle – Backstroke – In the freestyle or backstroke you must touch with one hand or one foot on a flip turn. A swimmer who turns over on their stomach for a flip turn in the backstroke must complete the flip turn.
- c. If the wall is missed on a turn, the swimmer may go back and touch using any stroke without being disqualified as long as the above rules are followed.
- d. Individual Medley - During the individual medley coming out of the backstroke and into the breaststroke is considered a turn and not a finish. A swimmer will not be disqualified for using a flip turn coming out of the backstroke during the IM

4. Lane Assignment Interference

- a. A swimmer must finish the race in the same lane in which they started.
- b. If they cross into another lane and interfere or obstruct another swimmer they will be disqualified.
 - i. If no interference occurs and they return to their lane they are not disqualified.

5. Additional Swim Gear

- a. No swimmer shall be permitted to wear any device that may aid his/her speed, buoyancy, or endurance
 - i. Examples: webbed gloves, flippers, fins, etc. during a competition.

6. Relay Events

- a. In relay events, the team of a swimmer whose feet lose touch with the starting platform before the receding teammate touches the wall shall be disqualified
- b. If the swimmer who is in default returns to the original starting point at the wall and begins again, no disqualification will take place. It shall not be necessary to return to the starting platform.

C. Age Specific

1. 8 and Under
 - a. These swimmers are allowed an unlimited number of infractions with conditions
 - b. They will be disqualified for
 - i. Taking steps on the bottom of the pool (forward motion)
 - ii. Swimming the completely wrong stroke (front crawl instead of breaststroke)
 - c. They will only be disqualified if they placed in the overall event
 - d. If the swimmers cannot make it across the pool on their own, they may be helped only at a home meet – they may not place or score
2. 9 and 10
 - a. These swimmers will be allowed two different and unique infractions before being disqualified
 - b. Example: butterfly kick the entire length of breast stroke and a one hand touch would be two infractions).
 - c. A third infraction would be required for disqualification.
3. 11 and 12
 - a. These swimmers will be disqualified after one infraction.
 - b. Remember it is a summer recreational program and even this age group will be allowed a little leeway.

VI. Conference and Invitational

- A. Each participating team will pay the host team a sum to be determined at the spring coaches meeting.
 1. Check or cash will be due on or before the day of the event
- B. Each visiting team is responsible for providing three timers and three stopwatches for the entire length of the meet.
 1. If the host team needs more they may request more.
 2. It is easiest to divide workers into shifts.
- C. Each visiting team is responsible for providing one ribbon writer for the entire length of the meet.
 1. It is easiest to divide workers into shifts.

- D. Each team will pre-register their swimmers for the invite and/or conference meet by using A, B, and C coding to set up the heats.
1. Codes will be as follows
 - A – Reserved for the top swimmer in each event from your team.
 - B – Reserved for the second best swimmer on your team.
 - C – Reserved for the rest of the swimmers.
- E. Awards / Scoring
1. Medals will be provided by the host team for first, second, and third places in every event including relays.
 2. Ribbons will be provided by the host team for fourth through twelfth place.
 3. Scoring
 - a. Individual: 16-13-12-11-10-9-7-5-4-3-2-1
 - b. Relays: 20-18-16-14-12-10-8-6-5-4-3-2
- F. Events
1. Swimmers are allowed to swim in either Two individual events AND Two relays -or- Three individual events and One relay. (Maximum of 4 total events, maximum of 3 individual events).
 2. Before swimming at conference, swimmers must have swum in 3 prior meets.
 3. Coaches who do not reach 19 years of age by June 1st (and including June 1st) of the current year are eligible to compete for their team.

VII. Housekeeping

- A. Each team in the conference is responsible for having at least one representative attend the conference meetings held in the spring and fall.
1. Spring meetings are held the third Saturday in May, in the town that will be hosting Invitational.
 2. The fall meetings are typically held the second or third Saturday in August.