



We build strong kids, strong families, strong communities.

## ***Iowa YMCA Competitive Swim Rules***

**[www.iowaymcaswimming.org](http://www.iowaymcaswimming.org)**

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**The Iowa YMCA Competitive Swimming program will strive to promote healthy competition in a dedicated effort to reach one's potential with dignity, integrity and sportsmanship. The Iowa YMCA Competitive Swimming program believes character development, focusing on the values of caring, honesty, respect and responsibility, is an essential element to this program.**

**Caring:** To love others and be sensitive to the well being of others involved in the sports program.

**Honesty:** To have integrity, making sure that one's actions match one's values through participation in the program.

**Respect:** To value the worth of every person, including oneself, one's teammates, opponents and officials.

**Responsibility:** To be accountable for one's behavior and obligations.

## **SECTION ONE - TIMELINES**

### ***2010-2011 Iowa Competitive Swim Season***

#### **August 28**

Iowa YMCA Swim Team Meeting

#### **September 10**

Team contact info due to Iowa YMCA Competitive Swim Executive Committee

#### **Early October**

Sectional Meet Bids due

#### **October 16-24**

YUSA Virtual Invitational Meet competition (swim locally – compete nationally)

[www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)

#### **November 1**

Iowa YMCA Competitive Swim Season Begins

*Swimmers must be members 90 days prior to the Sectional Swim Meet and 30 days prior to competition.*

Host teams shall send meet results to the Iowa Competitive Swim Executive Committee by the Wednesday following any meet hosted. *(Format still to be determined)*

#### **November 15**

Iowa YMCA Competitive Swim Registration and Fee Due

- \$20.00 Team registration
- Iowa swim team registration form
- Copy of Coaches Certifications (Certifications can be sent up to Sectional Meet)
- Membership report of all swimmers showing the member since date/joiners date

YUSA Team Registration and Coach Registration

- [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)
- \$30.00 fee charged when registering your coaches (this is how Deck Passes are distributed)

#### **January 14**

Written information sent by all Sectional Host Teams to all teams at their meet

#### **February 5-6**

Last eligible meet date for Iowa YMCA Sectionals

#### **February 10**

Sectional entries due by midnight to each meet host

#### **February 19 or 20**

Iowa YMCA Sectional Meet

#### **February 21**

Sectional results turned in to Iowa YMCA Competitive Swim Executive Committee

#### **February 25**

Nominations due for Iowa All Star Team (swimmer, coach/layperson)

- Suggested rule changes submitted
- Bids for Iowa YMCA State Meet

**March 5-6** – Boys & Girls Iowa YMCA State Meet (Girls on Sat/Boys on Sun)

**April 5-8** – YMCA National Short Course Championship meet – Ft. Lauderdale, FL

## **SECTION TWO – TEAM ELIGIBILITY**

The eligibility of a swimmer shall be determined by the YMCA of which they are competing so long as the YMCA/Association observes the rules of good sportsmanship and fair play as provided in the Iowa Rules that Govern and the YMCA of the USA's *Rules that Govern YMCA Competitive Sports*

The eligibility rules and regulations are as follows:

- A. Each swimmer must be a full privileged annual member of his respective YMCA.
- B. Each swimmer must be a regular member of his respective YMCA for a minimum of thirty (30) days before being considered eligible to enter any YMCA meet.**
- C. A swimmer must represent the same YMCA swim team throughout the season. Variance to this, where it may not serve the best interest of the swimmer or YMCA, must have each individual case submitted in writing to the Iowa YMCA Chairperson. The Chair may rule on such requests. The Chair may call upon the Executive Committee for review and decision, whose decision shall be final.
- D. To be eligible to participate in a Iowa YMCA Sectional Championship meet, a swimmer must have participated in at least three YMCA CLOSED meets that season. (*see section four*)

## **SECTION THREE – TECHNICAL RULES**

YMCA swim meets are conducted according to the current USA Swimming technical rules.

### *YMCA Safety Exceptions from the USA Swimming Technical Rules*

- 1. A certified lifeguard should be on duty at all times and should have the sole responsibility of guarding the pool. Coaches who hold lifeguard certification are not be considered on-duty lifeguards.
- 2. Pool depth should be at least five feet at any end of the pool where racing dives will be performed. If the pool water depth at the starting end of the pool is less than the prescribed five feet, all swimmers must start their races in the water, even if starting blocks are available.
- 3. Time Finals for all our Iowa YMCA swim meets. (A “No Show” (NS) or “Declared False Start” (DFS) will count as an event, but will NOT eliminate the swimmer from further competition.)
- 4. December 1 is the date used to determine Swimmer's Age Group for the season.

## **SECTION FOUR – ADMINISTRATIVE RULES**

*Rules that Govern YMCA Competitive Sports* shall be rules regulating and governing all closed YMCA meets, Sectional and State Championship meets. All YMCA competitive swim programs must comply with these rules. These rules are established by the National YMCA Competitive Swimming and Diving Advisory committee.

**CLOSED COMPETITION:** When YMCA teams compete only against other YMCA teams. A closed formal YMCA meet consists of: at least two teams from different YMCAs, a minimum of six swimmers from each team, at least six events with one being a four person relay (four boys or four girls, not mixed), the presence of certified coaches for each team and the presence of at least two YMCA certified officials, one of whom should be a Level II Referee. The meet shall be limited only to YMCAs.

In order for closed competitions to be recognized as National Championship Meet qualifying competitions, they must follow the same rules established for the conduct of the National Championship Meets. Failure to follow such rules and guidelines will jeopardize the qualifying times of the swimmer for purposes of entry into the YMCA National Swimming and Diving Championships.

### **Closed Meet Guidelines:**

- At least two (2) teams from different YMCA associations take part
- At least six (6) competitors from each team participate
- At least six (6) events are contested, including one four-person single-sex relay
- At least two (2) YMCA Certified officials are present for the conduct of the meet and the meet is conducted under YMCA rules. USA Swimming Certified Officials may assist with the officiating at such meets, provided that there are at least two YMCA Certified Officials, one of whom is the Referee.
- No admission may be charged for YMCA meets
- All events are timed finals

**OPEN COMPETITION:** The YMCA considers OPEN competition to be competition in which athletes representing different kinds of organizations may compete. An example is USA Swimming meets because YMCA swimmers (who are registered with USA Swimming) and non-YMCA swimmers (who are registered with USA Swimming) may compete. Also, a YMCA Meet where YMCA Teams and other local swim clubs not affiliated with a YMCA compete against each other is considered an “open” meet.

## **SECTION FIVE – EXECUTIVE COMMITTEE**

The State YMCA Competitive Swimming Executive Committee Chair and Co-Chair shall be appointed by the Iowa Alliance Executive Committee. State YMCA Competitive Swimming Executive Committee will oversee the rules and eligibility in Iowa competitive swimming.

1. The committee shall consist of:
  - Chair (*approved by Alliance*)
  - Co-Chair (*approved by Alliance*)
  - 7 representatives
2. Executive Committee shall serve from May 1-April 30
3. Terms shall be rotating three year terms so that not all members are replaced each year. A representative must “sit out” for a one year term before they can re-apply to be part of the executive committee.
  - In the event that there are no applicants for a vacancy, the Alliance, at their discretion, shall have the latitude to allow a representative to remain for one year until a qualified applicant applies.
4. A majority vote by the committee will be sufficient on all matters. This committee would be the final authority on all matters dealing with eligibility or results of any race or meet, as well as acting as the Championship Meet Committee at the State Championships.
5. The Executive Committee shall be responsible for annually reviewing the rules to ensure they are in compliance with National YMCA Competitive Swimming and Diving technical assistance paper and to ensure that they are up to date and relevant for the coming season – this shall be done after the State Championship Meet and prior to the next season. This includes but is not limited to:
  - State qualifying times
  - The number of swimmers the past season and anticipated number of sections for the upcoming season.
  - State timeline
6. Applications are taken by the Chairperson of the Executive Committee. All applications are due by March 31.

## **SECTION SIX – CERTIFICATIONS**

### **Coaches**

#### **Safety Certifications**

Iowa YMCA Competitive Swimming requires that all coaches who work with YMCA competitive swimmers be currently certified in the following areas. Coaches must hold current certifications in these areas in order to be permitted on deck at the YMCA Championship meets.

- CPR
- First Aid
- Lifeguarding or Safety Training for Swim Coaches
- Principles of YMCA Competitive Swimming and Diving

The YMCA of the USA recognizes certifications from the following organizations:

- American Red Cross
- American Heart Association
- American Safety and Health Institute
- National Safety Council
- YMCA of the USA

### **Officials**

YMCAs are required to have YMCA certified officials to officiate at home and away dual meets. For a meet to be recognized as a qualifying closed competition meet, it must be officiated by at least two YMCA certified officials, one of whom must be a Level II and will be the meet Referee.

The YMCA Swim Officials' Certification Program involves two basic levels of certification.

- Level I Certified Officials are trained to take on the roles of a stroke and turn judge, relay take off judge, timer and scorer.
- Level II Certified Officials are authorized to act as referees, starters and chief judges, in addition to any of the Level I positions.

All new officials must begin as Level I officials. To be eligible to attend the Level II clinic, an official has to have served at least one year as a YMCA Certified Level I Official and have worked at least 8 meet sessions as a certified official. All official candidates for either level must be associated with a recognized YMCA competitive swimming program. Approval of the Executive Director of the YMCA sponsoring the candidate, or his/her designee, is required for any person to take a clinic and become a YMCA Certified Swim Official.

YMCA Swim Officials certifications are valid for 3 years and individual proof of current certification must be available at all meets. Individuals re-certify by attending the appropriate YMCA Swim Official course. Re-certification also requires that the official has worked at least 12 sessions on deck as a certified official during the three-year certification period. Up to one half of the session requirement may be satisfied by working on deck as a certified official at USA swimming meets.



## **IOWA YMCA Competitive Swimming** **SPECIFICS**

### **SECTION SEVEN – AGE GROUPS**

#### *Iowa YMCA Swim Season*

An athlete will swim the current season based on the age they are on **December 1**.

Iowa YMCA Swimming shall consist of 5 age groups:

8 and Under, 9-10, 11-12, 13-14, 12 and over (cannot be over the age of 21 and/or participated on a college team).

#### *YMCA National Swim Meet*

An athlete must be at least twelve (12) years of age, and not older than twenty-one (21) years of age on the first day of the National Championship Meet. *Any student who represents or has at any time represented an educational institution beyond grade 12 in competitive swimming or diving shall be ineligible to participate in the National YMCA Swim Meet.*

### **SECTION EIGHT – DUAL MEETS**

Iowa YMCA Competitive Swim Season November 1<sup>st</sup> through the State Championship Meet.

- A. Dual Meets shall be conducted according to USA Technical Rules
- B. A swimmer is allowed to enter only 3 individual events and 2 relays in a dual meet, unless otherwise agreed upon by all participating coaches.
- C. For dual meets, a coach may move a swimmer up one age grouping (but not down). A swimmer that is moved up in age grouping may earn ribbons. 11 year olds may only swim in 13-14 not 12 and Up

#### **YMCA Dual Meets**

Dual meets can be open or closed competitions. *(see section 4 – Administrative Rules)*

## **SECTION NINE – CHAMPIONSHIP MEETS**

### **YMCA Championship Meets**

#### **Iowa YMCA Sectional Swim Meet**

1. To be eligible to participate in the Iowa YMCA Sectional Championship meet, a swimmer must have participated in at least three YMCA CLOSED meets.
2. All events are timed finals
3. Championship Meets held on Sunday mornings are required to conduct a non-denominational worship service at the start of the meet.
4. No admission may be charged for YMCA meets
5. Swimmers **MUST** swim in their age group at Championship Meets. For Relay Purposes only a swimmer may move up one age grouping (but not down). 11 year olds may only swim in 13-14 not 12 and Up.

*Championship Committee at Sectionals shall consist of:*

1. Member of the Iowa YMCA Competitive Swimming Executive Committee
2. Head Coach (1 or 2)
3. Meet Director
4. Head Referee

*Hardship Rule:*

If for any reason you can not swim in your sectional meet on the date scheduled, you may petition to the Competitive Swimming Executive Committee. **Petitions must be submitted 3 weeks prior to the championship meet to the State Executive Committee Chairperson.** Decisions will be made at least 2 weeks prior to the meet by the Executive Committee

#### **Iowa YMCA State Swim Meet**

- Qualifying for State can only happen at the Iowa Sectional Swim Meet.
  1. If a qualifying time is not met in an event at a sectional meet then the first place winner will qualify
  2. Swimmers must better or equal the State Qualifying Time (QT)
  3. Iowa YMCA State Meet is a CLOSED Competition Meet
  4. Championship meet are scored

*Championship Committee at State shall consist of:*

1. Iowa YMCA State Competitive Swimming Executive Committee
2. Head Referee

#### **National YMCA Championship Meet**

National YMCA Short Course Swimming Championship

<http://www.ymcaswimminganddiving.org/2011SC.htm>

## **SECTION TEN – AWARDS and WINNERS**

Dual Meets Awards are determined by host team

### Sectional Meet Awards

- Medals 1-6
- Ribbons 7-12
- Participation Ribbons
- Sectional Team Champion (Boys and Girls State Combined)
- Sectional Team Age Group Champion (Boys and Girls State Combined)

#### Sectional Team Scoring (12 places)

Individual Events

16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1

Relay Events

32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2

### State Meet Awards

- Medals 1-8
- Ribbons 9-16
- Participation Ribbons
- All-Star Team (Outstanding Male, Female and Coach/Layperson)
- State Team Champion (Boys and Girls State Combined)
- State Team Age Group Champion (Boys State and Girls State)

#### State Meet Scoring (16 places)

Individual Events

20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Relay Events

40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

## **SECTION ELEVEN– REPORTS/RECORDS**

Iowa YMCA Swim Team must submit the following by November 15 swim in the current season.

1. \$20.00 Fee – Payable to Iowa YMCA Competitive Swimming (*see address below*)
  - For Iowa YMCA Competitive Swimming for administrative costs
  - Iowa YMCA Swim Team Registration Form
  - Copies of Coaches Certifications (*Due by Sectionals 2011*)

Iowa Competitive Swimming mailing address:

Iowa YMCA Competitive Swimming  
c/o Waukee Family YMCA  
POB 370  
Waukee IA 50263

2. YUSA **Team** Registration [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)
  - a. No fee, just registration
3. YUSA **Coach** Registration [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)
  - a. \$30.00 YUSA registration per team
  - b. Deck Passes are issued with this fee