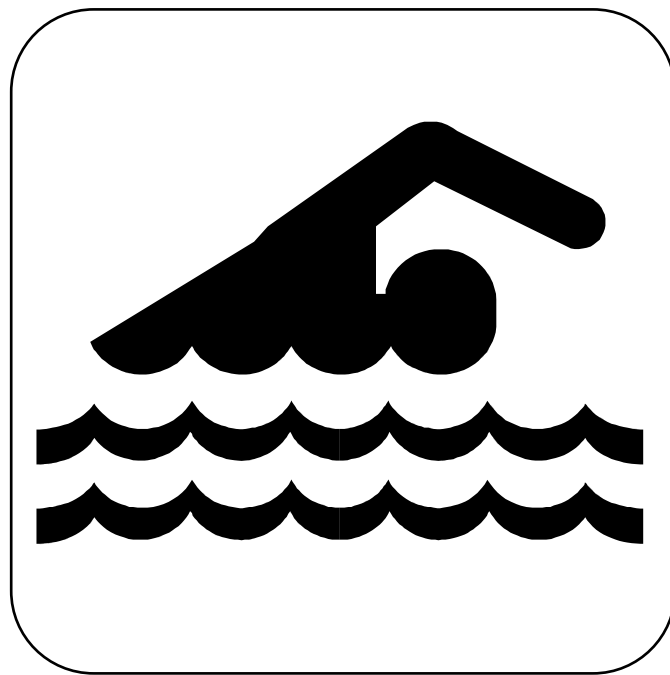


Tarheel Swimming Association



**Rules and Regulations
2011**

NOTES

Rule sections in the Table of Contents that are *italicized* are rule sections that are inserted for future development. There are no TSA rules for the current season in these sections.

Rule sections and the specific rule in the body of the rules that are shaded have been changed by the TSA Board from the previous season. Additions are in **bold** type and deletions are ~~crossed-out~~.

It is not the purpose of the Rules and Regulations of the Tarheel Swimming Association contained herein to set standards of care for the safety of the swimmer. The swimmer, the swimmer's parent(s), the swim coach, the swim club and the local public entity or pool owner should address safety considerations where events are held.

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OFFICIAL GLOSSARY

Swimming Words and Terms

Anchored (starting platform) — stable at all times without human aid.

Appreciable — sufficient in extent to be recognized.

Body — the torso, including shoulders and hips.

Calm State or Surface — normal level surface without turbulence.

Club — an organization which has been accepted for membership in the Association.

Competition — an athletic performance by an athlete, either individually or as part of a team or club.

Course — designated distance over which the competition is conducted.

Short Course — 25 yards or 25 meters.

Dual Competition — competition between two clubs.

End of Course — designated wall for racing turns and finishes.

Event — any race or series of races in a given stroke and/or distance and delineated by gender.

Final — any single race which determines final places and times in an event.

Finals — the concluding session of each day of the meet in which the final race of each event is swum.

Finalist — one who swims in a final race.

Forward Start — a forward entry facing the course.

Foul — an instance of obstruction, interference, collision, or equipment malfunction which prevents the successful completion of a race.

Heat — a division of an event in which there are too many swimmers to compete at one time.

Horizontal — parallel to the surface level of the water.

Initial Distance — that first portion of a race for which an official time may be recorded but which is not in itself a completed event.

Lane — the specific area in which the swimmer is assigned to swim; e.g., lane one.

Lane Line — continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane.

Lane Markings — the guide lines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.

Leg — (relay) the part of the relay event that is swum by a single team member.

Length — extent of the course from end to end.

Mark — (take your) starting position.

May — permissive, not mandatory.

Meet — a series of events held in one program.

Pool — the physical facility in which the competition is conducted.

Program — the order of events, including starting times.

Propulsive — having power to propel.

Race — any single swimming competition.

Registered — enrolled as an athlete member of a TSA swim team.

Scissor — use of the top of the instep of one foot and the bottom of the other in the propulsive part of the kick.

Scratch (from an event) — withdraw an entry from competition.

Seed — to distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.

Session — any portion of a meet distinctly separated from other portions by locale, time, or type of competition, e.g., preliminaries and finals; morning and afternoon or evening; Senior and Age Group, etc.

Shall — mandatory.

Simultaneously — occurring at the same time.

Split Time — time recorded from official start to completion of an initial distance within a longer event.

Still Water — water contained within four walls or landlocked which has no perceptible current or movement other than that caused by wind or by other swimmers.

Swimming Venue — the area located on the sides and ends of the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for teams and swimmers, or fenced area around outdoor pool), locker rooms, and such other areas as may be specifically designated by the host club or organization.

Suspension — deprivation of all rights of membership in TSA.

Vertical — at a right angle to the normal water level.

Wall — vertical portion of the pool, contiguous surfaces of the deck and overflow gutter, the front portion of the starting block or platform, or the touchpad at the end of the pool.

PART ONE: TECHNICAL RULES

All competitive swimming events held under TSA sanction shall be conducted in accordance with the following rules, which are designed to provide fair and equitable conditions of competition and promote uniformity in the sport so that no swimmer shall obtain unfair advantage over another.

It is not the purpose of the Rules and Regulations of the Tarheel Swimming Association contained herein to set standards of care for the safety of the swimmer. Safety considerations should be addressed by the swimmer, the swim coach, the swimmer's parents, the swim club and the local pool owner where events are held.

Article 101: Individual Strokes and Relays

101.1 Breaststroke

- .1 START — The forward start shall be used.
- .2 STROKE — ~~From the beginning of the first arm stroke after~~ **After** the start and after each turn **when the swimmer leaves the wall**, the body shall be kept on the breast. **It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous** ~~The arms shall move simultaneously~~ and in the same horizontal plane without ~~any~~ alternating movement. The hands shall be pushed forward together from the breast, on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and **for the final last** stroke at the finish ~~of the prescribed distance~~. The hands shall be brought back on or under the surface of the water. The hands shall not be brought **back** beyond the hip line, except during the first stroke after the start and each turn. **During each complete cycle, some** ~~Some~~ part of the swimmer's head shall break the surface of the water ~~at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after~~. **After** the start and **after** each turn, the swimmer may take one arm stroke completely back to the legs ~~and one leg kick while wholly submerged~~. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- .3 KICK — After the start and each turn, a single ~~downward~~ butterfly kick, **which must be** followed by a breaststroke kick, is permitted ~~after beginning~~ during or at the completion of the **first** arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned **outwards** during the propulsive part of the kick. A scissors, **alternating flutter**, or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- .4 TURNS **AND FINISH** — At each turn **and at the finish of the race**, the touch shall be made with both hands simultaneously at, above, or below the water **level surface**. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during ~~any part of~~ the last complete or incomplete cycle preceding the touch. ~~Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the form prescribed in #2 above must be attained from the beginning of the first arm stroke.~~

- .5 FINISH — At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch.

101.2 Butterfly

- .1 START — The forward start shall be used.
- .2 STROKE — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring **the swimmer** him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and brought back simultaneously.
- .3 KICK — All up and down movements of the legs and feet must be simultaneous. 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. A scissors or breaststroke kicking movement is not permitted.
- .4 TURNS — At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- .5 FINISH — At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at above, or below the water surface.

101.3 Backstroke

- .1 START — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited. ~~A backstroke starting block may not be used.~~
- .2 STROKE — ~~Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted.~~ The swimmers shall push off on ~~the~~ **his** back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it ~~is shall be~~ permissible for the swimmer to be completely submerged during the turn, **at the finish**, and for a distance of not more than 15 meters (16.4 yards) after the start and **after** each turn. By that point, the head must have broken the surface of the water.
- .3 TURNS — Upon completion of each length, some part of the swimmer must touch the wall. ~~After any part of the swimmer's head has passed the second set of backstroke flags (20 yard mark),~~ **During the turn** the shoulders may ~~turn~~ **be turned** past the vertical toward the breast, after which ~~an immediate a continuous~~ **an immediate a continuous** single arm pull or ~~an immediate a continuous~~ **continuous** simultaneous double arm pull may be used to initiate the turn. ~~After the initiation of the turning action, no additional arm pull, other than those mentioned above, may be taken; however, kicking and gliding actions are permitted. The shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.~~ **The swimmer must have returned to a position on the back upon leaving the wall.**

- .4 FINISH — Upon the finish of the race, the swimmer must touch the wall while on the back. ~~The body may be submerged at the touch.~~

101.4 Freestyle

- .1 START — The forward start shall be used.
- .2 STROKE — In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. 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 for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface.
- .3 TURNS — Upon completion of each length the swimmer must touch the wall.
- .4 FINISH — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

101.5 Six-and-Under Exceptions

In consideration of the 6-and-under age group, the following stroke variations will be acceptable:

- .1 Backstroke:
- .A Moving from the back position to a breast position during the course of a backstroke race, provided no attempt to swim in this position is made. However, arm or leg movement resulting in forward progress while on the breast will result in disqualification.
 - .B Moving the body to a breast position in reaching for the final touch in backstroke, provided neither an arm pull nor leg kick is taken. However, taking a pull or kick in that position will result in disqualification.
 - .C Some part of each foot must be in contact with the water at the start, but the feet do not need to be completely under water.
- .2 Breaststroke:
- .A The body may go off the breast provided the swimmer makes a continuous effort to correct the position.
 - .B The swimmer's arms and legs must be moving in an effort to do the stroke and kick correctly. A flutter or scissors kick will result in disqualification.
 - .C **Hands may be brought below the hip line.**
 - .D A two-hand touch will not be required.

101.6 Relays

- .1 Freestyle Relay — Four swimmers on each team, each swims one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- .2 Medley Relay — Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern were applicable. At the end of each leg, the finish rule for each stroke applies in each case.
- .3 Rules Pertaining to Relay Races:
 - .A No swimmer shall swim more than one leg in any relay event.
 - .B When automatic relay take-off judging is used, each swimmer must touch the touch plate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
 - .C In relay races, a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
 - .D Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
 - .E Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
 - .F In relay races, the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
 - .G No individual may swim the same relay event in more than one age group. Up to three swimmers may be moved up to swim in a relay in an older age group. No swimmer in any age group may be "bumped" from an A, B, or C relay team to be replaced by a moved-up younger swimmer and no swimmer may be moved up if it would result in there not being an A, B, or C relay team to compete in the swimmer's true age group composed of four swimmers in that age group. True age group swimmers must fill the initial relay positions; moved-up swimmers may only fill the balance of the lowest relay.
 - .H Moved-up swimmers must be specifically identified to the satisfaction of the opposing club's TSA representative prior to the start of the meet or, thereafter, at the time an illness, accident or expulsion from the meet causes the loss of a relay team member during the course of the meet. Once identified, a swimmer who has been moved up may not be substituted for except by agreement from the opposing club's TSA representative, or the late arrival of a true age group swimmer. Failure to identify specifically a moved-up swimmer will result in disqualification of that relay team.
 - .I Relay teams will always swim side by side in their respective innermost lanes unless events are combined, in which case side by side assignments will be maintained for each event.

Article 102: Conduct and Officiating of All Swimming Competition

102.1 Events

.1 Swimmers may participate in individual main events for their own age group only. A swimmer's age group is defined by his or her age on June 1 of the current TSA swim season. Swimmers do not change age groups during the TSA swim season. The age groups, distances, and strokes for individual main events shall be as follow, separately for boys' events and girls' events:

- .A 6 and under: 15 yards each of freestyle, backstroke and breaststroke, **unassisted. With the safety of each participant in mind, 6 and under swimmers may be assisted in subsequent heats.**
- .B 7 and 8: 1 length of the pool each of freestyle, backstroke, breaststroke and butterfly.
- .C 9 and 10: 1 length of the pool each of freestyle, backstroke, breaststroke and butterfly.
- .D 11 and 12: 2 lengths of the pool each of freestyle, backstroke, breaststroke and butterfly.
- .E 13 and 14: 2 lengths of the pool each of freestyle, backstroke, breaststroke and butterfly.
- .F 15 through 18: 2 lengths of the pool each of freestyle, backstroke, breaststroke and butterfly.

.2 Events shall be swum, alternating between boys' events and girls' events and starting with the youngest boys' age group swimming the event, in the following order:

- .A Medley Relay
- .B Freestyle
- .C Backstroke
- .D Breaststroke
- .E Butterfly
- .F Freestyle Relay

.3 Second heats in individual events will be held if there are at least two swimmers desiring to participate. ~~but may be discontinued at the discretion of the home club TSA representative. The visiting club TSA representative should be informed of any decision regarding discontinuance of the additional heats.~~ **Additional heats will be discontinued if both TSA reps agree to do so** prior to the start of the first main event of any particular stroke, to be effective with that stroke **and continuing** for the remainder of the meet. Every team is urged to hold as many heats as possible, particularly in freestyle, to afford as many children as possible the opportunity to swim. The size of the pool, the weather, the number of "heat swimmers" and the lateness of the hour are among the considerations that should go into any decision concerning cessation of additional heats.

.4 Each club may swim three persons in each individual main event, except in pools with fewer than six lanes, where only four lanes will be used. Where four lanes are used, only two persons per individual main event may swim for each club.

.5 The home club TSA representative shall be responsible for decisions regarding the combining of events, provided that at least one open lane shall exist between the events. The visiting club may agree to dispense with the requirement for an open lane between events swum together. Events should be combined in the interests of time when extra lanes are available.

102.2 Entries

- .1 Event tickets containing the names of swimmers for all main events should be provided to the clerk of course prior to the start of the meet. Substitutions may be made from within the same age group as long as the clerk of course is notified before turning the event tickets over to the recorder.
- .2 Swimmers in the 6-and-under age group may swim in up to 2 individual main events. Swimmers in all other age groups may swim in up to 3 individual main events.

102.3 Relays

- .1 There shall be a medley relay main event and a freestyle relay main event separately for boys and girls in each age group, except for 6-and-under. Participation in relays shall not be included in the number of individual main events a swimmer may enter. A swimmer may participate in one medley relay main event and one freestyle relay main event. Each swimmer in a relay will swim the same distance as swimmers in the individual main events for that age group.
- .2 Each club may swim up to three relay teams per relay main event, except in pools where only four lanes are in use. Where only four lanes are in use, up to two relay teams per relay main event may be entered by each club.
- .3 Special Relays
 - .A Adult medley and freestyle relays may be swum on a voluntary basis to create adult interest in the Masters Swimming Program. No points will be awarded for these relays. They may be swum at any time during the swim meet.
 - .B A boys' and a girls' mixed age 200 yard/meter freestyle relay may be swum on a voluntary basis. These relays will consist of five swimmers, one each from the 7 and 8, 9 and 10, 11 and 12, 13 and 14, and 15 through 18 age groups. The 10 and under swimmers will swim one length of the pool and the 11 and over swimmers will swim two lengths of the pool in any order. Rules pertaining to relay races as set forth under section 101.6. shall apply. No points will be awarded for these relays. They may be swum at any time during the swim meet.

102.4 Lane Assignments, Seeding

- .1 Coaches shall assign swimmers to lanes, always placing the faster swimmers in the centermost lanes.
- .2 The visiting club will swim in lanes two, four (and six) in pools with eight or fewer lanes. The home club will swim in lanes one, three, (and five) in pools with six or fewer lanes, and in lanes three, five, and seven in eight-lane pools. In ten-lane pools, the visiting club will swim in lanes four, six, and eight, while the home club will swim in lanes three, five, and seven.
- .3 When a club cannot fill out its assigned lanes in a second or later heat, the other club, having filled out its own lanes, may place additional swimmers in open lanes.

- .4 The visiting team will be permitted to use the pool for warm-up for the last 30 minutes prior to clearance of the pool for the start of the meet. Alternative arrangements for warm-up may be made as long as they are mutually acceptable to the TSA representatives of both teams.
- .5 During the warm-up period(s) swimmers may not dive into the pool but must enter feet first, in a cautious manner. They may not practice backstroke starts during two-way swimming. All entries must be from the starting end of the pool. Under the direct supervision of a coach, swimmers may start from the blocks or the deck and must exit at the far end of the pool. Swimmers should not be permitted on the blocks when a swimmer is in the water for a backstroke start.

102.5 Awards

- .1 The awards for individual main events shall be as follows:
 - .A First Place: a blue first place ribbon.
 - .B Second Place: a red second place ribbon.
 - .C Third Place: a white third place ribbon.
 - .D Fourth Place: a yellow fourth place ribbon.
 - .E Fifth Place: a light blue fifth place ribbon.
 - .F Sixth Place: a pink sixth place ribbon.
- .2 The awards for individual heat events shall be as follows:
 - .A First Place: a green (or color not used for main event) heat winner ribbon.
 - .B All other places: an orange (or color not used for main event) participant ribbon.
- .3 First place relay finishers will be awarded blue first place ribbons for each relay team member. Subsequent finishers up to and including sixth place will be awarded appropriately colored place ribbons for each team member.
- .4 In pools where only four lanes are used, ribbon awards will be reduced to four places.
- .5 Tied swimmers shall each receive the same color place ribbon.
- .6 If only one club has a swimmer or relay team for a main event, that event must still take place and be successfully completed for ribbons to be awarded.

102.6 Scoring

- .1 The home club is responsible for supplying the required TSA scoring sheets and disqualification slips. The standard score sheets provided by the TSA Meet Management Committee will be used in all meets.
- .2 The points to be awarded for individual main events shall be as follows:
 - .A First Place 5 points
 - .B Second Place 3 points
 - .C Third Place 1 point

- .D Fourth Place no points
- .E Fifth Place no points
- .F Sixth Place no points

- .3 First place relay finishers will be awarded 5 points. Subsequent finishers up to and including sixth place will be awarded no points.
- .4 For purposes of scoring, a disqualified swimmer or relay team will be treated as not having been entered in the event.
- .5 If only one club has a swimmer or relay team for a main event, that event must still take place and be successfully completed for points to be awarded.
- .6 In pools where only four lanes are used, scoring will remain unchanged.
- .7 When swimmers are considered to have finished in a tie, any applicable points shall be equally divided between the tied swimmers. **In individual events, a total of nine points shall be awarded if there are three or more swimmers who finish the race without being disqualified; a total of eight points shall be awarded if there are two qualified finishers; and five points shall be awarded if there is only one qualified finisher. In relay events, a total of five points shall be awarded if there is at least one relay team which finishes the race without being disqualified. Examples of how to score ties include, but are not limited to, the following scenarios:**

- .A Two swimmers tie for first place and another swimmer finishes behind them, without any other ties in the race. The first two swimmers are each awarded first-place ribbons and 4 points apiece. No second-place ribbon is awarded. The third swimmer is awarded a third-place ribbon and 1 point.
- .B Two swimmers tie for second place after another swimmer finishes ahead of them, without any other ties in the race. The first swimmer is awarded a first-place ribbon and 5 points. The next two swimmers are each awarded second-place ribbons and 2 points apiece. No third-place ribbon is awarded.
- .C Two swimmers tie for third place after two other swimmers separately finish ahead of them, without any other ties in the race. The first swimmer is awarded a first-place ribbon and 5 points. The second swimmer is awarded a second-place ribbon and 3 points. The next two swimmers are each awarded third-place ribbons and 0.5 points apiece. No fourth-place ribbon is awarded.
- .D Three swimmers tie for first place and another swimmer finishes behind them, without any other ties in the race. The first three swimmers are each awarded first-place ribbons and 3 points apiece. No second-place or third-place ribbons are awarded. The fourth swimmer is awarded a fourth-place ribbon.
- .E Two relay teams tie for first place and another relay team finishes behind them, without any other ties in the race. The first two teams are each awarded a set of first-place ribbons and 2.5 points apiece. No second-place ribbons are awarded. The third team is awarded a set of third-place ribbons.

- .8 Prior to each scheduled swim meet and/or any additional inclement weather dates, each TSA Representative shall provide the scoring table a current roster of swimmers ~~and dates of birth~~ **with their ages as of June 1.**

102.7 Change of Program and Postponement

- .1 Meets shall be held as scheduled. Failure to do so shall result in forfeiture to the home club. The final score of a forfeiture shall be announced and posted as 1-0.
- .2 Meets will start at 6:00 p.m. on their scheduled evening. The inclement weather date will be the next day, starting at 6:00 p.m.
- .3 The start of a meet may not be delayed by more than 30 minutes for reasons other than inclement weather.
- .4 It is the pool manager's responsibility to determine if the pool should be closed due to inclement weather. If the pool can be opened safely, the meet will be swum. Meets may be held in the rain, but not when there is thunder or lightning. Unless the host pool has a written policy that is more stringent, swimmers will not be allowed in the water for a minimum of 30 minutes after the last flash of lightning or clap of thunder. All meet participants, officials and spectators are encouraged to clear the pool, decks, pavilions and other non-substantial structures until the storm threat is gone.
- .5 Meet status is the responsibility of the TSA representatives. Pool managers must not communicate the status of a meet without instruction from the TSA representatives.
- .6 A meet may not be delayed or interrupted for more than 60 minutes due to inclement weather. If the meet is interrupted more than once during an evening because of inclement weather, the meet will be stopped.
- .7 If a meet is stopped due to the weather, it will be declared over, if on the originally scheduled evening, all breaststroke events have been completed, or if on the inclement weather day, all backstroke events have been completed. The winner is determined by the points accumulated at the end of the last completed stroke (all ages and all genders). If all breaststroke events have not been completed on the meet's originally scheduled day, the meet will resume on the inclement weather day (as defined in 102.7.2, above) with the event that was to be swum when the meet was halted. Unless both TSA representatives agree to the contrary prior to the start of the meet, if all backstroke events have not been completed on the inclement weather day, the meet shall be declared a tie and will not be rescheduled. Times and order of finish for swimmers who competed in any events following the last completed stroke will apply toward pool, team, and individual recognition (including triple winner recognition).
- .8 These standards must be followed unless both TSA representatives mutually and equally agree either to extend the weather postponement or to amend the inclement weather date and time.
- .9 The order of events may be changed to allow the six-and-under age group to swim prior to the Medley Relay. This change in order of events must be mutually agreed upon by both TSA representatives prior to the day of the meet. Events shall be swum alternating between boys' events and girls' events in the following order:**
 - A. Freestyle**
 - B. Backstroke**
 - C. Breaststroke**

102.8 Costume

- .1 No swimmer is permitted to wear or use any device, substance or swimsuit to help his/her speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.).

102.9 Disqualifications

- .1 In freestyle, a swimmer who missed the touch on the turn may return to the wall to complete the turn without disqualification. In backstroke, a swimmer who missed the touch on the turn may return to the wall to complete the turn without disqualification only if the swimmer's shoulders did not go beyond vertical towards the breast. To miss the wall on breaststroke or butterfly turns shall result in disqualification.
- .2 Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the bottom. Standing on the bottom during any other stroke shall result in disqualification.
- .3 A swimmer leaving his/her assigned lane unintentionally shall not be disqualified provided a reasonable effort is made to return to his/her lane, proper stroke mechanics are maintained, interference does not result, and the finish is made within the assigned lane.
- .4 Interference is defined as when one swimmer noticeably interrupts the pace or stroke of another, and shall result in disqualification.
- .5 Improper stroke, kick or touch on turns and finishes shall result in disqualification.

102.10 Protests

- .1 In the event of a dispute concerning the rules or meet management, the TSA representatives, or their alternates, are charged with jointly resolving the disagreement through the proper interpretation of the rules or by otherwise settling the dispute in accordance with the purpose of TSA as stated in Article II of the Bylaws.
- .2 Disputes over interpretation of rules or meet management will be addressed by both TSA representatives during the course of the meet as soon as possible after the alleged violation or other problem occurs. Any person, including a swimmer, coach, parent, or spectator, with a concern must address the concern with their TSA representatives.
- .3 Failure to resolve meet management problems or to agree on the interpretation of rules before the last regular event of the meet is swum shall constitute an impasse. When an impasse has been reached, the score sheets shall not be signed by the TSA representatives and the final score of the meet shall not be announced.
- .4 Announcement of the final score, after the signing of the score sheets by both TSA representatives, shall constitute the end of the meet. An impasse cannot arise after announcement of the final score, as the meet is officially ended.
- .5 An impasse may be resolved through an appeal to the Grievance Committee, which shall serve as an arbitration board. A written request for a hearing must be received by the Grievance Committee chairperson within 72 hours of the completion of the last event in the disputed meet. Failure to meet this deadline will result in an automatic end to the impasse, with the meet winner determined by the points as recorded on the night of the meet.

102.11 Officials

- .1 The home club recorder will obtain the names of competitors, place of finish, and first place time for the scorers to list and tabulate. The home club will provide runners to serve as needed. The recorder will obtain names of swimmers and their lanes for main events only. A form supplied by TSA will be used for the listing of events, contestants, times, etc. The awards table personnel and the announcer must be advised of results.

102.12 TSA Representative

- .1 During meets, TSA representatives may not serve in any other official capacity. They must always be available to address problems arising during meets.
- .2 The home club TSA representative shall be responsible for decisions regarding the combining of events.
- .3 The home club TSA representative shall be responsible for posting meet results on the TSA website within 24 hours after the conclusion of the meet.
- .4 The home TSA representative will identify a coaching area for both teams' coaches prior to the start of the meet. The coaching area excludes the area behind the starting blocks and the clerk of course area. Both coaching areas are to be as equitable as possible.
- .5 The home club TSA representative will hold a meeting of all meet officials 15 minutes before the start of the meet to review rules, idiosyncrasies of the pool and any anticipated problems. Officials should be informed of their particular areas of responsibility and be reminded to limit their activities to their assigned areas. Open discussion and agreement, between the stroke and turn judges and TSA Representatives, on the stroke and turn standards that will be applied to six-and-under swimmers must be a part of this meeting.

102.13 Starter

- .1 The starter shall be furnished by the home club.
- .2 The starter shall be in complete control of swimmers delivered to the starting blocks by the clerk of course. The judgment of the starter shall not be questioned by parents, coaches, or swimmers.
- .3 The starter should give proper commands:
 - .A For all events except backstroke and medley relay, the starter gives the command "Step up". Swimmers who desire to start from the edge of the pool may do so and shall stand next to the block. Otherwise, upon the starter's command, the swimmers shall step onto the starting block. For backstroke and medley relay events, the starter gives the command "Step in" and "Place your feet". The starter shall then give the preparatory command "Timers and judges ready."
 - .B Announce the distance and stroke or relay event.
 - .C On the starter's command "Take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the block. When all swimmers are stationary, the starter shall give the starting signal.

- .D When the swimmers are motionless, a starting device shall be used to start the event. If the primary starting device malfunctions twice during a heat, the starter will discontinue its use and start the event using a whistle. Use of the primary starting device may be resumed when the cause of the malfunction has been corrected.
 - .E The term "starting device" as referred to in subparagraph "D" shall encompass the following means with which to start the event: a starter's pistol, a whistle, a horn or other electronic starting device. Any electronic starting device must be loud enough to be heard by all swimmers.
 - .F If the starter determines that the swimmers have taken too long to become motionless, the swimmers should be released from their marks with the command "Stand".
- .4 A false start shall be charged to swimmers leaving their marks before the starting signal is given, except that it remains in the starter's discretion whether to charge a swimmer who has false started because of the action of another swimmer or the starter.
 - .5 If a swimmer should false start the race will be restarted.
 - .6 In the event of a false start, the starter shall decide when to re-swim the event.
 - .7 Any swimmer with two false starts in an event will be disqualified from that event. No replacements will be permitted for disqualified swimmers.
 - .8 A swimmer who reports to the blocks after the command "Take Your Mark" will be charged with a false start.
 - .9 A swimmer who reports to the blocks after the starting signal will be disqualified and charged with the swim. The heat will not be recalled.
 - .10 At the discretion of the Starter, and if agreed to by both TSA representatives, swimmers who swim two lengths of the pool shall remain in the water at the end of their race, close to the wall, while the next heat is started.

102.14 Judges

- .1 A swimmer participating in a meet may not serve as a Stroke and Turn Judge or Place Judge for that meet.
- .2 The home club will furnish 1st, 3rd, and, where necessary, 5th place judges.
- .3 The visiting club will furnish 2nd, 4th, and, where necessary, 6th place judges.
- .4 Two stroke judges will be provided, one from each club. They will mutually agree upon the specific pool area for which they will be responsible. Stroke judges will be positioned on opposite sides and/or ends of the pool and will be responsible for (1) stroke mechanics, (2) proper turns and touches, (3) finishing touches, and (4) relay takeoffs (unless otherwise decided by the TSA representatives prior to the start of the meet). Distinctly-colored disqualification slips will be provided by the TSA Meet Management Committee on which the stroke judge will indicate the event, heat, lane and nature of the infraction **and which must be signed or initialed by the judge**. All disqualifications are to be made at the

moment of the infraction and are to be immediately indicated by a full raising of the arm and hand. Stroke judges are also responsible for insuring that the recorder receives notice of disqualification and passes it on to the scorers.

- .5 Prior to the start of the meet, the TSA representatives will decide who will call relay takeoff starts. The number of relays in each age group and the layout of the pool should help them to determine who will have this responsibility. If they cannot reach a decision, the stroke and turn judges will be responsible for relay takeoffs. All relay takeoff disqualifications are to be made at the moment of the infraction and are to be immediately indicated by a full raising of the arm and hand. The person responsible for relay takeoff judging is also responsible for insuring that the recorder receives notice of a relay takeoff disqualification and passes it on to the scorers.
- .6 In most cases, place judges should position themselves at the side of the pool at the finish line. However, in certain instances it may be appropriate to move to the end of the pool when adjacent lanes are finishing at a tie pace.
- .7 Upon the completion of all main events, with the exception of six-and-under events, the place judges shall position themselves in the appropriate lanes based on the order of finish until the recorder has determined and recorded the order of finish.
- .8 If any of the place judges are used as relay takeoff judges, other place judges will be assigned to replace them for that event.
- .9 In case sequential place judges disagree as to the order of finish as indicated by the presence of more than one judge positioned in the same lane, swimmers will be judged to have tied.
- .10 In case of disagreement between non-sequential judges on the order of finish, the placement of the swimmers in question shall be determined by a poll of all the place judges conducted by the recorder.
- .11 The recorder shall delay the running of subsequent main events until all place finishes for the current main event have been determined and recorded.
- .12 Each club must have at least one TSA-trained Stroke and turn judge. This judge must attend at least one TSA training session each year. If a trained stroke and turn judge is not available at a dual meet, the opposing team's TSA representative must be notified and a qualified as possible volunteer solicited.
- .13 The starter, stroke and turn judges and place judges shall be aware of their jurisdiction within the pool and shall make calls and decisions only within their jurisdiction. Calls and decisions made outside their jurisdiction will not be allowed. These primary judges may hold only one judging responsibility per event.

102.15 Judging Criteria

- .1 Judging will be based on applicable stroke rules applied in a consistent and uniform manner to all age groups, with the exception of defined deviations for 6-and-under swimmers. Each judge will, however, apply common sense in recognizing normal, involuntary deviations from perfection, and will declare as causes for disqualification only clear-cut infractions of which the judge is absolutely sure and will immediately indicate by a full raising of the arm and hand. If any question exists in the judge's mind regarding an infraction, the swimmer will be given the benefit of the doubt.

- .2 Prior to the start of the meet, the two clubs may agree to make rule interpretations more lax; however, the club which wants the stronger rule interpretation shall prevail.
- .3 The prime wall of the pool shall be deemed the finish and touch plane. Abnormal abutments such as ladders, curved portions of a wall, etc. shall not be considered part of the touch/finish plane and cannot be used for those purposes.
- .4 On all six-and-under main events, no part of the catcher's body may break the plane of the 15-yard rope. Failure to comply may result in disqualification of the swimmer if, in the judgment of the stroke and turn judge, some advantage was gained.

102.16 Timing

- .1 The first place judge shall be responsible for obtaining the first place time of main events for the purpose of determining pool and team records. Order of finish shall not be determined by time. Failure to obtain a first place time shall not be cause for repeating the heat. During combined events, the second place judge, when acting as the first place judge for an event, shall be responsible for obtaining the first place time for that event.

102.17 Clerk of Course

(future)

102.18 Scorers

- .1 Club scores will be kept by two scorers, one from each club.
- .2 The scorers will insure that the disqualification slip is made available to the affected coach and swimmer for reference.

102.19 Announcer

(future)

102.20 Smoking

- .1 To protect the health and safety of swimmers, participants, and attendees, smoking will not be allowed within the pool enclosure.

102.21 Alcoholic Beverages

- .1 Drinking of alcoholic beverages will not be allowed during the meet by spectators, parents, participants, coaches and all meet volunteers.

Article 103: Facilities Standards

IMPORTANT: Swimmers, parents, coaches, and volunteers are advised that the Tarheel Swimming Association accepts no responsibility or liability for injuries resulting from accidents occurring in facilities not owned by the Tarheel Swimming Association, and strongly urges that all safety precautions be observed during any event involving TSA swimmers.

103.1 Definitions

(future)

103.2 Racing Course Dimensions

.1 Water Depth at Starting End of Pool

- .A The minimum water depth for racing starts during competition and practice shall be measured for a distance 3' 3.5" to 16' 5" from the end wall.

.2 Starting requirements and height of starting blocks shall be as follows:

- .A In pools with water depth less than 3' 6" at the starting end, the swimmer must start from the deck or from within the water.
- .B In pools with water depth 3' 6" to less than 4' at the starting end, starting platforms shall be no more than 18" above the water surface.
- .C In pools with water depth 4' or more at the starting end, starting platforms shall be no more than 30" above the water surface.

.3 Rope finish lines shall be established for 6-and-under events. All other age groups shall swim from wall to wall, regardless of pool length.

103.3 Racing Course Walls

(future)

103.4 Pool and Bulkhead Markings

.1 Lane numbering:

- .A Lanes should be numbered from right to left as the swimmers stand facing the course.
- .B Lanes shall be numbered consecutively starting with 1.
- .C Lane numbers shall clearly identify the lanes to officials stationed on each side of the course.

.2 Swim clubs are urged to have large cruciform markers painted below the water line on both end walls of each lane in their pools.

- .3 The home club may place protective coverings on the ends of the pool for the protection of swimmers, particularly during backstroke events.
- .4 A club may place towels in the water within their assigned lanes to assist in seeing the wall and to provide stability for starts and turns.

103.5 Water and Air Temperature

(future)

103.6 Ladders

(future)

103.7 Other Deck Equipment

- .1 Rope finish lines shall be established for 6-and-under events.
- .2 The 15 yard finish line for six-and-under events shall be established by measurement and permanently marked on both sides of the pool.

103.8 Lighting

(future)

103.9 Starting Platform

- .1 Starting platforms shall be stable at all times.
- .2 The top surface of the platform shall be not less than 1' 7" square and shall not slope more than 10 degrees from the horizontal. The entire surface of the platform shall be faced with permanent non-slip material.

103.10 Lane Dividers

(future)

103.11 Backstroke Flags and Lines

- .1 The home club shall be responsible for supplying backstroke markers. The backstroke markers shall be placed 5 yards from the ends of the pool and should be at least 5 feet 11 inches above the water surface.

103.12 Starting System

(future)

103.13 False Start Recall Rope

- .1 The home club may supply a false start rope with the personnel necessary for its operation. The false start rope, if used, should be strung across the pool approximately 15 yards from the starting line.

103.14 Electrical Safety

(future)

— END OF PART 1 —

PART TWO: ADMINISTRATIVE REGULATIONS OF COMPETITION

Article 201: *Classes of Competition*

201.1 *Competitive Classifications*

(future)

Article 202: Age Group Program

202.1 *Age Group Swimming Objectives*

(future)

202.2 *Eligibility*

(future)

202.3 *Program and Events*

(future)

202.4 Awards

- .1 Excepting ribbons, no prizes, such as a gift certificate, discount coupon or any other award shall be given to a swimmer in consideration of that swimmer's performance in a meet. Neither shall any favor such as food, drink, clothing article, discount coupon or any item of material value be given any swimmer unless the same or an equal favor is given each participant in the meet. Club awards can be given to swimmers based on performance and/or participation during the entire season only.
- .2 The home club is responsible for supplying the required ribbon awards.

Article 203: TSA Swimming Championships

203.1 General

TSA recognizes that many of its member clubs choose to participate in optional non-TSA invitational events such as the Greater Raleigh Championship Invitational Meet, the Greater Raleigh Junior Championship Invitational Meet, the Cary City Invitational Meet and the South Wake Invitational Meet. Because such meets are not TSA events, their rules and meet management do not fall under TSA jurisdiction.

Article 204: Coaches

204.1 Responsibilities

- .1 Coaches are responsible for the conduct of their swimmers and must maintain control over them at all times.
- .2 Coaches are responsible for insuring that swimmers remain in their designated areas during meets.
- .3 Coaches shall inform swimmers of the reason for their disqualification.
- .4 Coaches shall instruct swimmers to exit the pool after completing their race but to remain at their lane until released by an official.

204.2 Meet Conduct

- .1 Once swimmers have been placed in the control of the clerk of course, coaching by a team coach may be done only from the side of the pool. Coaching of relay starts from the starting line may be done only by a member of that relay team and not by a coach.
- .2 Coaches are expected to exhibit proper sportsmanship at all times. Display of unsportsmanlike conduct or comments will not be tolerated. The coach's TSA representative will speak to the coach one time per meet. A second display of unsportsmanlike conduct or comment will result in the coach's' removal from the property. Two removals in a season would require the coach to come before the executive board of TSA with their TSA representative.

204.3 Code of Conduct

- .1 All coaches will sign the TSA Code of Conduct stating they have read the rules of TSA and will abide by them. The TSA representative will keep the copy. (Exhibit copy in Article 502.)

Article 205: Conduct

205.1 Scoring Table

- .1 All swimmers and spectators will stay clear of the scorers' table unless performing an official duty or receiving a ribbon award.

205.2 Swimmers, Coaches, Spectators

- .1 Overt displays of unsportsmanlike conduct by parents, swimmers, coaches, guests, or any person at the swim meet, will not be tolerated. Such disturbances could warrant removal of the person or persons from the property. If, despite the efforts of both TSA representatives to halt it, the disturbance continues, the meet shall be delayed until the disturbance is

resolved to the satisfaction of both TSA representatives. The TSA representatives could order the disruptive party or parties to leave the property. A second offense requiring removal from property in a season may result in banishment from all TSA meets for the remainder of the season by the executive board of TSA. Each time an individual or individuals are asked to leave, both TSA representatives will send a letter to the TSA executive board explaining what transpired and what actions were taken. The letter should include information about the inappropriate behavior, and if possible, the individual's name and address.

- .2 Unseemly conduct on the part of parents, swimmers, or coaches, could lead to review by the Grievance Committee, which can recommend penalties up to and including expulsion of the club from TSA.

205.3 Conduct Review

- .1 A written request for a conduct review must be submitted by a TSA representative to the Grievance Committee chairperson within 72 hours of the perceived unseemly conduct.

— END OF PART 2 —

PART THREE: SWIMMER'S RIGHTS, REGISTRATION, AND ELIGIBILITY

Article 301: *Swimmer's Rights*

(future)

Article 302: *Registration*

(future)

Article 303: *Representation*

(future)

Article 304: *Eligibility*

304.1 Club Affiliation

- .1 To be a swim team member, a person must be eligible for full club privileges. Such eligibility shall be based on the payment of club dues by the person or his/her family. It shall further be based on an individual swimming under a club plan offered and publicized to the universe of a club's prospective members.
- .2 A person may swim for only one club during a season. If the swimmer has individual and family memberships in different clubs, the swimmer must swim for the club in which the family holds a membership. If the swimmer belongs to more than one club through family memberships, the swimmer is free to choose the club for which he/she will swim. The first event in which the swimmer participates will determine club membership for the entire season.
- .3 Eligible swimmers will be included on a roster by name and birth date. Each swimmer will have met the individual team's requirement for participation.

304.2 Payment of Club Dues

- .1 A club may not pay or forgive any part of the dues for a person or his/her family with the intent of enlisting that person as a swimmer or as a combined swimmer/coach or as a swimmer/club staff member. Coaches in this context shall include assistants as well as head coaches.

304.3 Coaches

- .1 A coach may not swim for the club he/she is coaching unless he/she meets all criteria for team membership. Coach, in this context, shall include assistants as well as head coaches.

— END OF PART 3 —

PART FOUR: HEARINGS AND APPEALS

Article 401: Hearings and Appeals

401.1 Grievance Committee

- .1 The Grievance Committee shall be selected each year before the first meet of the season. The Committee shall consist of one TSA Board member from each of the major club groupings and the TSA President, who shall serve as Chairperson. A quorum of at least half the members of the Grievance Committee is required before it can convene.
- .2 A timely appeal having been made, the chairperson of the Grievance Committee shall call a meeting of the committee to hear the claims of the TSA representatives at a time agreeable to both of the disputants.

401.2 Hearing Format

- .1 Up to 30 minutes for each TSA representative to present his/her side of the case in the presence of the other, starting with the TSA representative claiming to have suffered the first disadvantage during the meet. Witnesses or other evidence may be presented.
- .2 Up to 30 minutes for the Grievance Committee to ask questions of each TSA representative.
- .3 The Grievance Committee should consider the full range of resolutions available to it in its deliberations. These would include the disqualification of a swimmer, forfeiture of a meet, expulsion of a club from TSA, reprimand or warning of a club, or other appropriate sanction.
- .4 A Grievance Committee decision which results in a reversal of the meet results must be made by at least a two-thirds majority vote of the Grievance Committee members in attendance. A vote for expulsion of a club must be unanimous but can be no more than a recommendation to the full TSA Board of Directors. All other decisions require only a simple majority vote of the Grievance Committee members in attendance.
- .5 The results of Grievance Committee proceedings shall be reported to the full TSA Board of Directors.

401.3 Appeals

- .1 While a vote for expulsion of a club from TSA must be brought to the full TSA Board of Directors, no appeal of an earlier Grievance Committee decision shall be permitted.

— END OF PART 4 —

PART FIVE: MISCELLANEOUS

Article 501: TSA Clinics and Training

501.1 Clinics

- .1 Stroke, rules, meet management, and coaching clinics will be conducted by TSA officials. Attendance by appropriate representatives from each club is required.

Article 502: Determination of Division Winner

502.1 Division Championship Criteria

- .1 The team with the best in-division record shall be determined the champion of that division.
- .2 In the event of a tie, the team with the best overall record, including out-of-division meets, shall be determined the champion.

Article 503: Coaches' Code of Conduct

You as coaches are an important part of TSA. You are role models for the swimmers and should act accordingly. Coaches represent the team and the pool you coach for. Therefore, there is an obligation to display sportsmanlike conduct, through proper behavior and vocabulary. This conduct should be expected of your swimmers, parents and spectators. Also, recognizing good sportsmanship and rewarding it by applauding, praising and setting a good example for others to follow, is more important than winning. Remember that the primary intent of TSA is participation and promoting fun through summer swimming. Be modest in victory and gracious in defeat by praising the other team and by encouraging through praise your own team or swimmers for having fun. Remember that officials are volunteers. Respect their judgment and integrity at all times. If you should disagree with a decision, you may only approach your TSA representative and shall never approach the officials with any objections.

I, _____, on this ___ day of _____, 20____, have been given a set of TSA Rules. I have read them and will adhere to them.