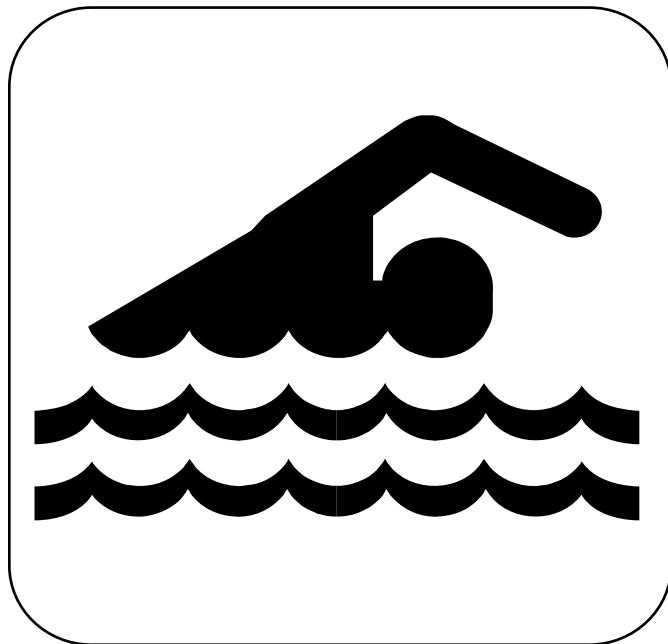




# **Tarheel Swimming Association**



**Rules and Regulations  
2024 Final v2 06MAY2024  
Clean**

## 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

<b>Anchored (starting platform)</b>	Stable at all times without human aid
<b>Appreciable</b>	Sufficient in extent to be recognized
<b>Block</b>	Platform that is anchored and used for diving and backstroke starts
<b>Body</b>	The torso, including shoulders and hips
<b>Calm State or Surface</b>	Normal level surface without turbulence
<b>Club</b>	An organization which has been accepted for membership in the Association
<b>Competition</b>	An athletic performance by an athlete, either individually or as part of a team or club
<b>Competition Category</b>	Boy or Girl; Woman or Man
<b>Course</b>	Designated distance over which the competition is conducted
<b>Dual Competition</b>	Competition between two clubs
<b>End of Course</b>	Designated wall for racing turns and finishes
<b>Event</b>	Any race or series of races in a given stroke and/or distance and delineated by gender
<b>Final</b>	Any single race which determines final places and times in an event
<b>Finals</b>	The concluding session of each day of the meet in which the final race of each event is swum
<b>Finalist</b>	One who swims in a final race
<b>Forward Start</b>	A forward entry facing the course
<b>Foul</b>	An instance of obstruction, interference, collision, or equipment malfunction which prevents the successful completion of a race
<b>Heat</b>	A division of an event in which there are too many swimmers to compete at one time
<b>Heat Sheet</b>	List of events and athletes participating in each race
<b>Horizontal</b>	Parallel to the surface level of the water
<b>Initial Distance</b>	That first portion of a race for which an official time may be recorded but which is not in itself a completed event
<b>Lane</b>	The specific area in which the swimmer is assigned to swim, e.g., lane one
<b>Lane Line</b>	Continuous floating markers attached to a line stretched from the starting end to the turning end for the purpose of separating each lane
<b>Lane Markings</b>	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
<b>Leg</b>	The part of the relay event that is swum by a single team member
<b>Length</b>	Extent of the course from end to end
<b>Mark</b>	Starting position – “Take your mark”
<b>May</b>	Permissive, not mandatory
<b>Meet</b>	A series of events held in one program
<b>Meet Maestro</b>	Web-based meet management system to be used by all member clubs of TSA and is required for reporting dual meet scores.
<b>Pool</b>	The physical facility in which the competition is conducted
<b>Program</b>	The order of events, including starting times

<b>Propulsive</b>	Having power to propel
<b>Race</b>	Any single swimming competition
<b>Registered</b>	Enrolled as an athlete member of a TSA swim team
<b>Scissor</b>	Use of the top of the instep of one foot and the bottom of the other in the propulsive part of the kick
<b>Scratch</b>	Withdraw an entry from an event or competition
<b>Seed</b>	To distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times
<b>Session</b>	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.
<b>Shall</b>	Mandatory
<b>Short Course</b>	25 yards or 25 meters
<b>Simultaneously</b>	Occurring at the same time
<b>Split Time</b>	Time recorded from official start to completion of an initial distance within a longer event
<b>Still Water</b>	Water contained within four walls or landlocked which has no perceptible current or movement other than that caused by wind or by other swimmers
<b>Swimming Venue</b>	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
<b>SwimTopia</b>	Web-based team management software to be used by all member clubs of TSA
<b>Suspension</b>	Temporary or permanent deprivation of all rights of membership in TSA
<b>Vertical</b>	At a right angle to the normal water level
<b>Wall</b>	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: SWIMMER'S ELIGIBILITY AND REGISTRATION**

## **Article 101: Eligibility**

### **101.1 Swimmer Eligibility**

- .1 An eligible swimmer is defined as a swimmer aged 18 and under as of June 1<sup>st</sup> of the current TSA swim season and a member of a TSA swim club.
  - .A A swimmer whose 19th birthday is prior to June 1 of his/her senior year of high school is eligible to swim in the 15 & Up age group as an exhibition swimmer, the summer that immediately follows their senior year of high school. This allows athletes with such a birthday to compete the summer after their senior year with their peers.
- .2 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.
  - .A TSA age groups are:
    - 6 & Under
    - 7 – 8 years old
    - 9 – 10 years old
    - 11 – 12 years old
    - 13 – 14 years old
    - 15 & Up
- .3 Eligible swimmers will be included on a roster by name, gender, and birth date. Each swimmer will have met the individual team's requirement for participation.

### **101.2 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.

### **101.3 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.

#### **101.4 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.

### **Article 102: Registration**

- .1 Each TSA Member swim club will register all their swimmers each year using their SwimTopia website. Minimum information to be entered into SwimTopia will be swimmer's name, birthdate, gender, and appropriate parental contact information.

— END OF PART 1 —

## **PART TWO: 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 201: Individual Strokes and Relays**

#### **201.1 Breaststroke**

- .1 **START** – The forward start shall be used.
- .2 **STROKE** – 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 except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. 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 without 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 stroke at the finish. 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 part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. 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, at any time prior to the first breaststroke kick, a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous without alternating movement. The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements, or downward butterfly kicks are 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. At the last stroke before the turn and at the finish, an arm stroke not followed by a leg kick is permitted. 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 the last complete or incomplete cycle preceding the touch.

## **201.2 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 to the surface. It shall be permissible for a swimmer to be completely submerged for 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 except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and brought back simultaneously under the water throughout the race.
- .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.

## **201.3 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.
- .2 **STROKE** – The swimmer shall push off on 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 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. During the turn the shoulders may be turned past the vertical toward the breast, after which a single arm pull, or a simultaneous double arm pull may be used to initiate the turn. No additional arm pulls may be started; however, kicking and gliding actions are permitted. 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.

## 201.4 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.

## 201.5 Six-and-Under Exceptions

- .1 In consideration of the 6-and-under age group, the following stroke variations will be acceptable:
- .2 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.
- .3 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.

## 201.6 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 enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: In-water starts may be accommodated.
  - .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 In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.
  - .H 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 to fill the A relay team. No swimmer in any age group may be "bumped" from an A, relay team to be replaced by a move-up younger swimmer. No swimmer may be moved up if it would result in there not being an A, 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.
  - .I No running starts.

## Article 202: Conduct of All Swimming Competition

### 202.1 Events

- .1 Swimmers may participate in individual main events for their own age group only. The age groups, distances, and strokes for individual main events shall be as follow, separately for boys' events and girls' events:
  - .A 6 & Under: 15-yards/15-meters 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 & 8: 1 length of the pool each of freestyle, backstroke, breaststroke, and butterfly.
  - .C 9 & 10: 1 length of the pool each of freestyle, backstroke, breaststroke, and butterfly.
  - .D 11 & 12: 2 lengths of the pool each of freestyle, backstroke, breaststroke, and butterfly
  - .E 13 & 14: 2 lengths of the pool each of freestyle, backstroke, breaststroke, and butterfly
  - .F 15 & Up: 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. Additional heats will be discontinued if both TSA reps agree to do so prior to the start of the first main event of any 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.

## **202.2 Entries**

- .1 Heat Sheets containing the names of swimmers for each main event must be provided to the Meet Administrator and Clerk of Course before the start of the race. Substitutions using swimmers eligible to compete in the event may be submitted if the Clerk of Course and Meet Administrator is notified, of the change prior to the start of the race by a designated meet official.
- .2 Swimmers in the 6-and-under age group may swim in up to 2 individual main events and up to 3 individual stroke events. Swimmers in all other age groups may swim in up to 3 individual main events and up to 4 individual stroke events.

## **202.3 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.
  - .A 8 & under, this will include 6 & under swimmers able to swim 25 yards/meters as determined by their team's coach.
  - .B 9 & 10
  - .C 11 & 12
  - .D 13 & 14
  - .E 15 & Up
- .2 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, except for 6 & Under swimmers who will swim 25 yards/meters in the relay events.
- .3 Each club may swim as many as three relay teams per relay main event, except in pools where only four lanes are in use. Where only four lanes are in use, a maximum of two relay teams per relay main event may be entered by each club.
- .4 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.

## **202.4 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.

## 202.5 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.

## 202.6 Scoring

- .1 Meets will be scored by time.
  - .A Timing order of finish will be determined by time, lowest to highest time in the main event. Failure to obtain time is not cause for repeating heat.
- .2 Meets will be scored using SwimTopia's Meet Maestro meet management system. Final Score for the meet will be tabulated once all event heat results (heat 1 of each event), no matter the means collected, have been entered into Meet Maestro.
- .3 Each team will have a Meet Administrator responsible for entering times into Meet Maestro.

- .A Both Meet Administrators will: enter all event heat times (unless using an automated timing system); confirm the meet score; and enter all exhibition times, if desired, into Meet Maestro immediately following the conclusion of the meet.
  - .B The home team's Meet Administrator will lock the meet in Meet Maestro and transfer the final meet results to TSA within 48-hours following the meet.
- .4 The home club is responsible for supplying the required TSA disqualification slips.
- .5 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
- .6 First place relay finishers will be awarded 5 points. Subsequent finishers up to and including sixth place will be awarded no points.
- .7 For purposes of scoring, a disqualified swimmer or relay team will be treated as not having been entered in the event.
- .8 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.
- .9 In pools where only four lanes are used, scoring will remain unchanged.
- .10 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.
- .11 After each event is completed, the runner(s) shall ensure that all disqualifications (DQ) slips from both stroke and turn judges have been submitted to the Meet Administrators for both teams. A disqualification slip submitted to the Meet Administrators after a stroke is scored will not be accepted unless the TSA representatives from both clubs agree to the disqualification and revise the score.
- .12 Times entries for scoring shall be determined as follows:
- .A If two of the three valid times agree, that shall be the time for that timing system.
  - .B If three times disagree, the time of the intermediate button or watch shall be the time for that timing system.
  - .C If only two times are available, the time shall be the average of those two buttons or the average of the two watch times. The digits representing thousandths of a second shall be dropped with no rounding.
  - .D If only one time is available, the time of that button or watch shall be the time for that timing system validated with the Order of Finish, unless that time conflicts with other information.
- .13 Order of Finish Judging shall only be used to change the results produced by ranking the Official Times if:
- .A The times obtained from properly operating timing equipment are not available.
  - .B The times and Order of Finish do not agree, and the times recorded are less than 0.3 seconds apart the race will be determined a tie.
  - .C If using a single timer, and the times and order of finishes do not agree, each team's TSA Rep will review together and determine the points for the race.

## 202.7 Meet Program, Changes, and Postponement

- .1 Meets shall be held as scheduled. Failure to do so shall result in forfeiture by the team unable to fulfill its obligation to complete an official meet. 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 that is not a legal holiday, 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. Delays within a meet, other than weather related, that do not have a bearing on the completion of scheduled races, must not last longer than 10 minutes.
- .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

## 202.8 Swimwear

- .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.).
- .2 Swimmers wearing improper swimwear will be disqualified by the Stroke & Turn judge when participating in the Main event.

## 202.9 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.
- .6 When using the forward start, a swimmer may not engage in dangerous or reckless activity, such as running, prior to the start in individual or relay events. Any such activity shall result in disqualification.
- .7 A swimmer who participates in more than the specified number of individual main events designated for his/her age shall be disqualified for the event that was in excess. If a 6 & under swims in all three main events, no score or time will be recorded for breaststroke. If a 7–18-year-old swims in all four main events, no score or time will be recorded for butterfly.
- .8 A swimmer who participates in the same relay event in more than one age group shall be disqualified for all such relays except the first one swum. Any subsequent relay teams featuring that swimmer in the same relay event will be disqualified with no score or time being recorded.

## **202.10 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 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 meet will not be locked and the results will not be transferred in Meet Maestro.
- .4 TSA reps shall agree on the results prior to announcement of the final score. Announcement of the final score, as totaled in Meet Maestro, 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.

## **202.11 Officials**

- .1 The home club Meet Administrator will obtain the names of competitors, times and place of finish to be entered into Meet Maestro for scoring. Both the home club and the visiting clubs will provide at least one runner to serve as needed. Heat Sheets from Meet Maestro will be used for the listing of events, contestants, times, etc. The awards table personnel and the announcer must be advised of results.

## **202.12 Smoking**

- .1 To protect the health and safety of swimmers, participants, and attendees, neither smoking nor vaping with e-cigarettes will not be allowed within the pool enclosure.

## **202.13 Alcoholic Beverages**

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

## **Article 203: Officiating of All Swimming Competition**

### **203.1 Announcer**

- .1 The home club will provide an announcer tasked with providing notification of upcoming events.

### **203.2 Clerk of Course**

- .1 Each club shall provide a Clerk of Course tasked with lining its swimmers up in the correct order behind the appropriate lanes. Assignments for main events are controlled by event tickets as described in 102.2.1. The Clerks of Course shall follow the lane assignment rules specified in section 102.4.

### **203.4 Meet Administrator**

- .1 Each team will provide a Meet Administrator who is responsible for entering times, unless using an automated timing system, or place into Meet Maestro for their assigned lanes.
- .2 The home Meet Administrator will ensure that the DQ slips are made available to the affected coach and swimmer for reference.
- .3 At the conclusion of the meet, both Meet Administrators and TSA Reps will review results and confirm that the final score is correct.

### **203.5 Order of Finish (OOF) Judge**

- .1 Each team will provide an Order of Finish Judge (OOF).
  - .A No one may simultaneously serve as a Timer and Order of Finish Judge.
  - .B Order of Finish Judges are required for all meets that have less than 2 timers, using identical timing equipment, per lane. Meets with 2 or more timers, using identical timing equipment, per lane may opt not to use Order of Finish only upon agreement by both TSA Reps.
  - .C There are three options for Order of Finish Judging, TSA Reps should agree to the best option for the meet.
    - .i Option 1: Both Order of Finish Judges will independently record 1st through 6th place for all main heats on Place Judge Forms printed from Meet Maestro.
    - .ii Option 2: Both Order of Finish Judges will work together to record 1<sup>st</sup> through 6<sup>th</sup> place for all main heats and record their results on a single Place Judge form.
    - .iii Option 3: No Order of Finish Judges to be used, but there must be 2 timers per lane.
- .C Home team will supply the official printed Place Judge form printed from Meet Maestro.

- .D Both Order of Finish Judges should position themselves at the side of the pool at the finish line with clear sight of all competition lanes.
- .2 The Order of Finish Judge shall be aware of their jurisdiction within the pool and shall make calls and decisions only regarding order of finish. Calls and decisions made outside their jurisdiction will not be allowed. These primary judges may hold only one judging responsibility per event.
- .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 A swimmer participating in a meet may not serve as Order of Finish Judge for that meet.

### **203.6 Runner**

- .1 Number of Runners will be determined by how the meet times are collected.
  - .A If the meet is being timed by an automated system, the home team will provide a Runner to collect the OOF sheets and DQ slips to the Meet Administrator Table.
  - .B If the meet is being timed by stopwatches, each team will supply a Runner
    - .i Away team Runner will be responsible for collecting timer sheets and delivering them to the Meet Administrators table.
    - .ii Home team Runner will be responsible for collecting the OOF sheets and DQ slips and delivering them to the Meet Administrators Table.

### **203.7 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.
  - .11 The Starter 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.

### **203.8 Stroke and Turn (S&T) Judge**

- .1 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 ensuring that the Meet Administrator receives notice of disqualification and enters it into Meet Maestro.

- .2 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 ensuring that the Meet Administrator receives notice of a relay takeoff disqualification and enters it into Meet Maestro.
- .3 Judging will be based on applicable stroke rules applied in a consistent and uniform manner to all age groups, except for 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 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.
- .4 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.
- .5 On all six-and-under main events, no part of the catcher's body may break the plane or touch the 15-yard/15-meter rope. Failure to comply will result in disqualification of the swimmer.
- .6 Each club must have at least one TSA-trained Stroke and turn judge. This judge must be certified by the league's vice president each year based on meeting basic stroke and turn training criteria or other qualified judging certifications. 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.
- .7 The Stroke and Turn 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.
- .8 A swimmer participating in a meet may not serve as Stroke and Turn Judge for that meet.

## **203.9 Timers**

- .1 One timer is required per lane; two timers per lane are preferred (6 or 12 timers for a six-lane pool; 4 or 8 timers for four-lane pools); three timers can also be used.
  - .A If using 2 or more timers, each lane will have a minimum of one timer per team, per lane unless an alternative is previously agreed upon by both TSA Reps.
  - .B If using only 1 timer per lane, home team will time odd numbered lanes and away team will time even numbered lanes.
- .2 If using an automated timing system (Time Drops, Dolphin, etc.):

- .A Home team is responsible for training away team in the proper use of the timing system device.
  - .B A stopwatch can be used along with a timing system at the discretion of each team. Lane sheets should be provided by each team to record stopwatch times.
- .3 If Timing using stopwatches:
- .A Times will be recorded on lane sheets provided to each lane timer(s) by their team.
  - .B The runner is responsible for ensuring that their timer sheets are delivered to their Meet Administration to be recorded in Meet Maestro.
  - .C If a timer records a time from an opposing swimmer, that timer's Meet Administrator will ensure those times are relayed to the opposing team's Meet Administrator.
- .4 All main events will be timed. Teams may time subsequent event heats if they choose.

### **203.10 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 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.
- .4 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.
- .5 Prior to the first meet, all TSA Reps will load their team's complete roster into their Meet Maestro account.

## Article 204: 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.

### 204.1 Definitions

*(future)*

### 204.2 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.

### 204.3 Racing Course Walls

*(future)*

### 204.4 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.

## **204.5 Water and Air Temperature**

*(future)*

## **204.6 Ladders**

*(future)*

## **204.7 6 & Under Rope Lines**

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

## **204.8 Lighting**

- .1 The home club's pool manager is responsible for ensuring adequate lighting during competition. If a pool manager is not present, the TSA representative may mutually agree to stop competition.

## **204.9 Starting Platform**

- .1 Starting platforms shall be stable and secure at all times. If this standard is not achieved to the satisfaction of both TSA Representatives, then blocks should not be used by either team.
- .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.

## **204.10 Lane Dividers**

- .1 Lane dividers or "lines" must be provided by the home club to prevent swimmer interference.
- .2 Lane dividers must run the entire length of the pool and be securely anchored on both ends.
- .3 Lanes should be equal in width.

## **204.11 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.

## **204.12 Starting System**

- .1 The home club is responsible for providing the starting system for the meet.

## **204.13 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/15-meters from the starting line.

## **204.14 Electrical Safety**

*(future)*

# **Article 205: Guidelines for Officiating Swimmers with a Disability**

## **205.1 General**

- .1 Authority – TSA Representatives have the authority to modify the rules for a swimmer with a disability. Disability is defined as a permanent physical or cognitive disability that substantially limits one or more major life activities.
- .2 Responsibilities
  - .A Swimmer – The swimmer (or the swimmer’s coach) is responsible for notifying the TSA Representatives, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required. No flotation devices should be permitted.
  - .B TSA Representative – The TSA Representatives’ responsibilities include:
    - .i Determining if the requested modifications are appropriate and can be met.
    - .ii Instructing the starter and stroke and turn judges as to the accommodations to be made for that swimmer.

— END OF PART 2 —

# **PART THREE: ADMINISTRATIVE REGULATIONS OF COMPETITION**

## **Article 301: Classes of Competition**

### **301.1 Competitive Classifications**

*(future)*

## **Article 302: Age Group Program**

### **302.1 Age Group Swimming Objectives**

*(future)*

### **302.2 Eligibility**

*(future)*

### **302.3 Program and Events**

*(future)*

### **302.4 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. 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 303: TSA Swimming Championships**

### **303.1 General**

- .1 The TSA will sponsor a TSA Championship Meet at or near the conclusion of the regular dual meet season. All TSA member clubs are invited to participate.

### **303.2 Administrative Conduct of TSA Championships**

- .1 The dates and place of the TSA Championship Meet shall be suggested by the Championship Meet Committee and voted on by the full TSA Board of Directors.
- .2 The Championship Meet Committee shall determine the format, entry fees, awards, and the order of events of the meet. If it is necessary to schedule the meet over more than one day, the committee will also assign teams to specific sessions. The committee also has the authority to choose a vendor to help run the meet.
- .3 TSA rules regarding strokes, turns, starts, and finishes shall apply, but place awards shall be determined by time instead of by place judges. An automatic timing system will be used, with appropriate backup timing available.
- .4 TSA rules regarding events shall apply, except that 6-and-under swimmers will swim a full length of the pool. There will be no exceptions to the technical rules for six-and-under swimmers.
- .5 The pool manager for the facility that TSA leases will have the final authority to suspend swimming in the event of safety issues.

### **303.3 Programs**

- .1 All events in all sessions of the meet shall be swum as timed finals with heats arranged according to entry times.

### **303.4 Entries**

- .1 Entries for TSA Championship Meets shall be as follows:
  - .A Swimmers aged 6 and under may enter no more than two individual events.
  - .B Swimmers aged 7 and up may enter no more than three individual events.
  - .C Each swimmer may enter one Medley and one Free relay. TSA rules for relay swim-ups apply.
- .2 The Championship Meet Committee shall announce the meet entry deadline before the first dual meet of the TSA season.
- .3 The Championship Meet Committee shall publicize the meet entry procedures at least four weeks prior to the entry deadline.

### **303.5 Awards**

- .1 The Championship Meet Committee will determine the type and number of awards (including team and individual high point winners) and shall publicize the details as part of the entry material sent out to each team.

### **303.6 Scoring**

- .1 The points to be awarded for individual timed finals shall be as follows:

.A 1<sup>st</sup> through 8<sup>th</sup> Place: 20, 17, 16, 15, 14, 13, 12, 11

.B 9<sup>th</sup> through 16<sup>th</sup> Place: 9, 7, 6, 5, 4, 3, 2, 1

- .2 The points to be awarded for relay timed finals shall be as follows:

.A 1st through 8th Place: 40, 34, 32, 30, 28, 26, 24, 22

.B 9th through 16th Place: 18, 14, 12, 10, 8, 6, 4, 2

## **Article 304: Coaches**

### **304.1 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 ensuring 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.
- .5 At least one coach from each team shall attend an annual coach's clinic prior to the first meet of the season. Failure to comply may result in a penalty.
- .6 At least one head coach of each team must complete SafeSport training, or the coach will be ineligible to coach during TSA dual meets until SafeSport training is completed.

### **304.2 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 designated coaching area unless otherwise assisting the clerk of course so long as this assistance does not delay the beginning of the race or otherwise interfere with the clerk's abilities to perform his/her duties. 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 always exhibit proper sportsmanship. 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.

### **304.3 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 305: Conduct**

### **305.1 Meet Administrators Table**

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

### **305.2 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.

### **305.3 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.

### **305.4 Swimmer Privacy**

- .1 No TSA Representative or club shall seek private information for swimmers of another club. Examples of private information include, but not limited to race, ethnicity, gender identity, religious affiliation, etc.

— 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 two-way tie, the winner of the head-to-head meet shall be determined the champion.
- .3 In the event of a tie involving more than two teams, or of a two-way tie that cannot be broken by the previous rules, the net point differential against division opponents 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, always respect their judgment and integrity. If you should disagree with a decision, you may only approach your TSA representative and shall never approach the officials with any objections.

We, coaches of the team \_\_\_\_\_, have read this year's TSA Rules and promise to adhere to them.

<b>Printed Name</b>	<b>Signature</b>	<b>Date</b>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

# PART SIX: EMERGENCY RULES

## Article 601: TBD [Under Development]

### 601.1 TBD [Under Development]

<b>.4V</b>	[Events] Each club will compete 3 persons in 3 designated scoring lanes (centermost lanes if possible) in the main event for scoring purposes. This applies to all pools regardless of number of lanes.		
<b>.3V</b>	[Entries] Event Tickets (pink/blues) will be used by Order of Finish Judge to record top 3 swimmers in rank order in the 3 scoring lanes. This record will be used as a backup system in the event a recorded time is either not collected or is obviously incorrect.		
<b>.6V</b>	[Lane Assignments/Seeding] Virtual Meet Seeding requires 3 scoring swimmers seeded in the “scoring” or centermost lanes, when possible, to count toward score. Remaining lanes in the first heat can be filled with heat swimmers regardless of the number of lanes.		
<b>.7 Temp</b>	[Awards] Awards are optional and at the discretion of the home team.		
<b>.2V</b>	[Scoring] In the event of a Tri Meet, or 3 teams competing, then 3 swimmers will be considered in the main event per team. Scoring points will be altered to reflect this increase in swimmers		
	<b>.A</b>	First Place:	11 points
	<b>.B</b>	Second Place:	9 points
	<b>.C</b>	Third Place:	7 points
	<b>.D</b>	Fourth Place:	5 points
	<b>.E</b>	Fifth Place:	3 points
	<b>.F</b>	Sixth Place:	1 point
<b>.2V</b>	[Change of Program] All meets are to be held in person under normal rules unless otherwise agreed upon by both TSA Reps in writing and 7 days prior to the scheduled dual meet date, or earlier.		
	<b>.A</b>	All meets are to be held in person under normal rules unless otherwise agreed upon by both TSA Reps in writing and 7 days prior to the scheduled dual meet date, or earlier.	
	<b>.B</b>	If both TSA Reps agree, in person dual meets can be scored based on Time for which new scoring rules and OOF Judges apply.	

<b>.3V</b>	[TSA Representative] All results, no matter the means collected, will be imported into Meet Maestro at the club level by each TSA Rep.	
	<b>.A</b>	Results must be entered by 9:00pm Thursday following the scheduled meet date or within 48 hours of the rescheduled meet date.
	<b>.B</b>	Visiting team TSA Rep must share results collected off site with the Home TSA Rep by 9:00pm Wednesday, or 24 hours following the scheduled meet date.
<b>.14V</b>	[Judges] Virtual meets require 1 Order of Finish Judge (OOF Judge) per team to record order of finish for 1st, 2nd, and 3rd place for designated scoring lanes. No other Place Judges will be required.	
<b>.2V</b>	[Timing] Order of finish will be determined by time. Failure to obtain time is not cause for repeating the heat. OOF Judge will provide a record of order of finish to replace any missed times. No Place Judges will be required.	
	<b>.A</b>	One timer is required for each of the 3 designated scoring lanes. All other lanes may be timed at the discretion of the Home Team
	<b>.B</b>	TEMP: If both TSA Reps agree to scour in person dual meets via times collected, 1 timer per lane is required. Main event is the only scoring heat. One OOF Judge is required per team
	<b>.C</b>	In the event OOF Judges Record is required and two OOF Judge's records do not align, a time will be recorded as final score.
<b>.4</b>	TEMP: Home team is responsible for ensuring safety COVID protocols are met.	

— END OF PART 6 —