

**Revised on
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**North Central Illinois Swim Conference (NCISC)
Rules and Regulations
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**North Central Illinois Swim Conference (NCISC)
Rules and Regulations
2010**

1. Rules/Governance

- A. The NCISC is governed by these rules and, to the extent not inconsistent with the foregoing, the current United States Swimming (USS) Rules.
- B. The NCISC governing body shall be composed of one representative from each team, McHenry's teams, I and II, will only have one vote. The current NCISC teams shall be: Antioch, Cary, Crystal Lake, DCST, Elgin YMCA, Geneva, Huntley, McGuire Aquatics, McHenry I & II, Oswego, Plum Grove, Rockford, Trails of Algonquin and Woodstock.
- C. The General Chairperson shall serve a one year term. The General Chairperson Schedule shall rotate based on alphabetical order. The General Chairperson will be represented by the following teams in upcoming years:
 - 2010 – Crystal Lake
 - 2011 – DCST
 - 2012 – Elgin YMCA
 - 2013 – Geneva
 - 2014 – Huntley
 - 2015 – McGuire Aquatics
- D. The General Chairperson has governing power over the NCISC in regards to rule interpretations.
- E. The General Chairperson at the NCISC expense shall hold an all conference USS official's clinic on or before June 1st.

2. NCISC Meetings

- A. Representation from two-thirds of the NCISC members shall constitute a quorum. Once a quorum is present, a majority of those representatives present may transact any business items other than a change in the rules and regulations. Changes in rules and regulations shall require approval of two-thirds of the representatives present.
- B. NCISC representatives shall meet on the 2nd Tuesday of November and discuss the following:
 - 1) Any proposed NCISC rule changes will be voted on during this meeting. This is the only meeting during the year in which rules can be changed. Any proposed NCISC rule changes need to be submitted in writing to the General Chairperson by October 1. The General Chairperson will mail the proposed rules changes to the NCISC members by October 15 with the date and location of the meeting.

- 2) Any team wishing to petition the conference for addition to the NCISC or any team wishing to split their team will be considered by the conference at this meeting. Teams must express these desires to the General Chairperson by October 1.
- 3) Conference Championship Meet bids will be awarded.
- 4) The conference dual meet schedule will be finalized.
- 5) Annual dues for the upcoming season will be determined (to include the cost of mailing ribbons). Fees are due by the end of February and are expected to be mailed to the Conference Treasurer. Teams not paying their dues by March 1 will be imposed a \$50 late fee and will not receive their dual meet ribbons until the dues plus the late fee have been paid.
- 6) Orders for ribbons shall be sent to the Treasurer via e-mail, voice mail or other means, and are due by the end of February. Ribbons will be mailed to each team.

3. Splitting a Team

- A. Teams wishing to split into two or more teams within the conference must petition the NCISC at the November meeting. This petition must be approved by a two-thirds vote of the members present.
- B. Each team is responsible for full team dues.
- C. Split teams will not be scheduled to swim each other in the mandatory conference schedule.

4. Conference Alignment

- A. The NCISC shall be divided into two conferences consisting of at least six teams and a maximum of nine teams. The two conferences will be called the "A" Conference and the "B" Conference. Number of teams will be split evenly between the two Conferences. If there are an odd number of teams in the conference, the "B" Conference will have one extra team.
- B. After the Conference Championship Meets, the last place finisher in the "A" Conference shall move to the "B" Conference for the next season, and the top finisher in the "B" Conference shall move to the "A" Conference for the next season.

5. Dual Meet Schedule

- A. The NCISC will distribute a six meet dual meet schedule for each conference.
- B. Special arrangements will be made, if necessary, to avoid having split teams face each other in a dual meet. Further arrangements will be made, if necessary, to avoid split teams having a home meet on the same date.

- C. The NCISC mandatory dual meet schedule will have meets scheduled on Tuesday and Thursday evenings.
- D. Teams are free to schedule additional dual NCISC meets, but the additional cost of ribbons will be at the expense of the participating teams.

6. **All Meets**

A. Swimmer's Age Group

- 1) A swimmer's age for the entire summer season shall be determined by the swimmer's age as of June 1st.
- 2) Swimmers may compete regardless of their age if they are still enrolled in high school. A swimmer may not swim more than one season immediately following his/her high school graduation.
- 3) A swimmer may swim up in age groups at all meets; however, a swimmer cannot swim the same event cluster in multiple age groups.

B. All teams must abide by the rules of the host team's facility.

C. There will be one (1) false start allowed to individuals in events for swimmer's ages 6 & younger.

D. No alcohol will be allowed on the pool deck.

E. Missed Swims – If a swimmer misses their event, there will be no penalty. The swimmer will be allowed to swim subsequent events.

7. **Dual Meets**

A. Ribbons

- 1) Individual events – Ribbons will be awarded for 1st through 3rd place.
- 2) Relay events – Ribbons will be awarded for 1st place.
- 3) The NCISC dues provide teams with ribbons for the three mandatory dual meets per season.
- 4) Teams may provide ribbons for additional places, but these ribbons are at the team's expense.

B. Scoring

- 1) Individual events will be scored 5 – 3 – 1.
- 2) Relay events will be scored 7 – 0.
- 3) In the event of an across the board sweep, the 3rd place award shall be awarded to the 3rd place finisher with the 3rd place points being awarded to the non-sweeping team.

C. The number of events a swimmer may swim at a dual meet is four. This may either be a combination of 2 relays and 2 individual events, or 1 relay and 3 individual events. Teams may vary from the above set of rules, but it must be agreed upon by both coaches at least 24 hours in advance.

D. Lanes

- 1) Pools with 6 or more lanes
 - a) The home team will have the odd numbered lanes.
 - b) The visiting teams will have the even numbered lanes.
- 2) Pools with 5 lanes
 - a) The home team will have lanes 2 & 4.
 - b) The visiting team will have lanes 1 & 3.
 - c) Lane 5 will be exhibition. The visiting team has the first option to use this lane in each event.

E. Exhibition heats will only be allowed, but only if agreed upon by both coaches at least 24 hours in advance.

F. The Starter and Referee should be notified in advance of any exhibition heats.

G. Canceling Meets

- 1) Inclement Weather - Either team may cancel a dual meet because of inclement weather.
- 2) Pool Malfunctions – In case of pool malfunction, the home team should notify the away team as soon as possible and attempt to make other arrangements.
- 3) Meets canceled because of inclement weather or pool malfunction should be made up at a mutually agreeable date. Should rescheduling be impossible, both coaches must jointly agree before a meet can be officially dropped from the schedule, and each coach must sign the other team's score sheet or lineup. Officially dropped meets count towards the conference requirement for championship meet participation.

- H. 10:00 PM Time Limit – All dual meets must be concluded by 10:00 PM. If a meet has not concluded by 10:00 PM, the meet will conclude after the stroke sequence in progress has been completed. For example, if at 10:00 PM the 9 – 10 year old breaststroke events are being swum, the meet will conclude after the 15 & up breaststroke events. Thus, the Freestyle Relay events will not be swum. Teams may vary from the above rule, but it must be agreed upon by both coaches.
- I. Officials / Meet Requirements – If teams cannot meet the requirements listed below, they must contact the other team at least 24 hours in advance or risk forfeiture of the meet.
 - 1) All Meets – The home team shall supply one stroke judge, two across-the board judges, referee, one starter, all timers. The home team is also responsible for supplying all ribbons. The visiting team shall supply one stroke judge. Both teams need to supply their own lane cards, unless the home team does not require lane cards.
 - 2) If the meet is not run on computer – Both teams must supply a scorer. Furthermore, each team must submit their written line-up to the scorer's table fifteen minutes prior to the start of the meet.

8. Conference Championship Meets

- A. To qualify for the Conference Championship meets, an individual is required to swim in at least three (3) conference dual meets and / or invitational meets. These meets may be the meets on the conference dual meet schedule, or they can be additional meets scheduled between two NCISC teams. Time trials may count for a swimmer's time, but it does not count towards a swimmer's three (3) required meets.
- B. Conference Championship Meets shall start at either 8:00 or 9:00 AM. The exact time shall be determined by the host team.
- C. Scoring at the Conference Championship meets shall be scored to 12 places as follows:
 - 1) Individual Events: 16 – 13 – 12 – 11 – 10 – 9 – 7 – 5 – 4 – 3 – 2 – 1
 - 2) Relay Events: 32 – 26 – 24 – 22 – 20 – 18 – 14 – 10 – 8 – 6 – 4 – 2
- D. All deck officials (Referee, Starter, Stroke Judge, Place Judge and Take-off Judge) need to be currently qualified officials by USA, YMCA, or IHSA.
- E. NCISC records can be set at either Conference Championship meet. If a meet is held in a meter pool, the times shall be converted to yards according to USS rules.
- F. A swimmer can be entered in a maximum of 4 events with no more than 3 of these events being individual events and no more than 2 of these events being relay events.
- G. Events – All events will be offered at the Conference Championship Meet.

H. Entries

- 1) Individual Events – Teams are allowed unlimited entries in each event.
- 2) Relay Events – Each team may enter one team per relay event.

I. Awards

- 1) All awards will be supplied by the conference.
- 2) Individual events
 - a) 1st through 6th place – Medals
 - b) 7th through 12th place – Overlay Ribbons
 - c) 13th through 18th place – Ribbons
- 3) Relay events 1st through 6th place – Medals
- 4) Team Trophies – 1st through 3rd place in combined team scoring.
- 5) Age Group High Point Trophies
 - a) 1st place trophy in each age group for each gender.
 - b) The 6 & under 25 yard Freestyle, 6 & under 25 yard Backstroke and Open 200 Free are scored in the over all team scoring, but they do not count towards the age group high point trophies.

J. Entry Fees – The host team may charge a \$2 per event entry fee and a \$6 per relay entry fee.

K. Admission Fee – The host team may charge a \$2 adult admission fee and a \$1 child, ages 12 and younger, admission fee.

L. The Meet Referee shall be an independent, paid official (\$100). A deck official shall be named in addition to the Meet Referee. All other officials shall be limited in function as stated in the USS rules.

9. NCISC Order of Events

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