

MAINE STATE YMCA SWIM LEAGUE RULES - 2012-2013

A. PHILOSOPHY

It is the philosophy of the Maine State YMCA Swim League that in order to:

- Meet accepted YMCA program objectives,
- Prepare our competitors for further swimming competition, and
- Foster in our participants a healthy outlook on life;

The League and its Teams must:

- Create a fair set of rules and enforce them firmly and consistently, and
- Seek out coaches and officials who will use every opportunity to demonstrate that fair, firm, and consistent rules are in the end better for everyone.

Recommendations:

- It is recommended that the home team provide a period of fellowship and refreshments for the swimmers of both teams (by agreement of both coaches) following each YMCA League Meet.
- The League recommends that every YMCA team make every effort to support Maine YMCA meets first.
- Each team may award ribbons to other swimmers as it seems fit.
- It is recommended that league meetings the group follow Robert's Rules of order when an impasse occurs or issue is raised at the meeting.
- Coaches are strongly encouraged to enter estimated times instead of N.T.
- Host team should re-seed meet after scratches.

B. GENERAL RULES

1. The rules of the **USA Swimming Technical rules** shall be the Official Rules of this League with the following additions and changes:
2. The water depth at the end of the pool where any swimmer starts from a block or the deck may be no less than that recommended by the National YMCA Competitive Swimming and Diving Guidelines (currently - 5 feet). If the water depth is less than recommended, swimmers must start in the water. All events must start at the starting end of the pool.
3. The eligibility of any swimmer to represent a YMCA shall be determined by the National Rules That Govern YMCA Competitive Sports and by the Local YMCA Board of Directors. The Competitive Swimming Coordinator(s), whose decision shall be final, will rule on any case in question. The penalty for allowing an ineligible swimmer to compete for points shall be forfeiture of all points earned by the offending team in those events at the meet in question.
4. The Official Winter Swimming Season shall be from September 1st to April 30th. The Summer Swimming Season shall be from May 1st to August 31st.
5. A swimmer's age group for winter competition shall be determined by his or her age on December 1st of the current season, except when meet information indicates an alternate date. A Swimmer's age group for summer competition shall be determined by his or her age on the first day of the meet in question.
 - a. The 8 and Under Division shall consist of competitors age 8 and under.
 - b. The 9 & 10 Division shall consist of competitors age 10 and under.
 - c. The 11 & 12 Division shall consist of competitors age 12 and under.
 - d. The 13 & 14 Division shall consist of competitors age 14 and under.

GENERAL RULES (cont.)

- e. The Senior Division shall consist of competitors who are age 12 or over on the 1st day of the Short Course National Championships. but less than age 22 on the day of competition, who have not represented any scholastic institution beyond grade 12 in competitive swimming, and who have not competed in a YMCA Master's Meet.
- f. Open Division is available to all eligible swimmers.
- g. Hy-Tek Meet Manager files will be provided by the league and will be the official file.

The Competitive Swimming Coordinator(s), whose decision shall be final, will rule on any case in question. The penalty for allowing a swimmer to compete in an age group in which he or she is not eligible to compete shall be forfeiture of all points earned by the offending team in those events in the meet in question.

6. The League shall maintain records for 8 and Under, 9 & 10, 11 & 12, 13 & 14, 15 – 18 and Senior Divisions. Records shall be maintained for all events in the League Event List and for any other events in which records are kept by the National YMCA. Records may be established only in YMCA competition, sanctioned or approved in writing by the Cluster Coordinator(s) and only in the event. distance, and stroke actually contested, except that the first swimmer on a relay team may establish a record as specified in the regular Rules. The Cluster Coordinator(s) will rule on any record or performance in question.

- a. Times from 25 yard pools will be considered official.
- b. A separate set of Short Course Meter Records will be maintained for times obtained in 25 meter pools.
- c. A separate set of Long Course Records will be maintained for times obtained in 50 meter pools.
- d. In order to establish a State Record, electronic or 3 stop watch timing must be used.

7. Amendment:

- a. Any amendment, change, addition. or deletion to the General Rules, the League Meets Rules, or the Championship Meet Rules must be proposed and adopted at the Spring League Meeting, and must be adopted again at the Fall League Meeting in order to become official.
- b. Each team in the League shall have one vote. If there is a tie vote, the motion fails.

8. Distribution:

- a. It will be the duty of the league Coordinator(s) to distribute at, or as soon as possible after the Fall Meeting one copy of these Rules to every YMCA which has a team in the League.
- b. In addition it will be the duty of the league Coordinator(s) to distribute to each YMCA at, or ASAP following, the Fall Meeting:
 - 1 copy of the League Directory
 - 1 copy of the League Schedule
 - 1 copy of the National YMCA Rules That Govern Competitive Sports
 - 1 copy of the Rules for the YMCA National Championship
 - 1 copy of the National YMCA Competitive Swimming Rules.
 - 1 copy of the Coach of the Year Criteria.
 - 1 copy of the YMCA Citizen criteria.
 - 1 copy of budget and finance report.
- c. It will be the duty of the League Coordinator(s) to distribute to each YMCA ASAP after the Spring Meeting: the Rule Change Proposals for the Fall Meeting, and the proposed Schedule for the next Winter Season.

GENERAL RULES (cont.)

9. Schedules will be decided at the spring meeting and Bids for closed meets will due by September 1st.

C. LEAGUE MEETS - WINTER SEASON

1. League shall consist of three Conferences as follows:

Northern

Bangor
Down East
Mt. Desert
Old Town / Orono
Piscataquis

Central

Auburn / Lewiston
Penobscot Bay
Kennebec Valley
Waldo County
Waterville

Southern

Boothbay
Bath
Casco Bay
Northern York
Portland
Sanford

Dual Meet definition: A dual meet is defined as a scored meet between 2 different Y teams that use a uniform order of events as presented by the league unless both coaches agree.

Closed Meet definition: A closed meet is a Y meet set-up between 2 or more Y teams using a non-dual meet order of events with the list of event files as provided by the league and non-scoring.

Open/Invitational Meet definition” An open/invitational meet is a Y meet with no pre-set criteria for competition and no scoring except for what is in the meet information

A Dual Meet & Closed Meet League Schedule shall be submitted by the Cluster Coordinator(s) at the Spring Meeting for a vote of acceptance. If the Schedule is not accepted and if no alternative is agreed upon, the submitted Schedule shall be the official League Schedule for the following year. The Cluster Coordinator(s) will attempt to arrange equal numbers of home and away dual meets and to alternate home and away meets from year to year by order of State Meet finish. Once the League Schedule is published each team must swim all scheduled dual meets unless the team is released by the Cluster Coordinator(s), or the meet is canceled due to weather or extenuating circumstances.

2. a. Each competitor shall be allowed to compete to score in three events including relay at dual meets. For closed meets swimmers shall be allowed to swim in no more than four events. This rule may be waived if all coaches agree, but if there is no agreement the Referee shall enforce this rule as written.

3A. Dual Meets only: The host coach must contact the visiting coach to discuss relevant information by 5:00 pm on Wednesday before the meet. The visiting coach must send his or her full Meet Entry (also from Hy-Tek Team Manager - with Seed Times) to the host coach by 9:00 PM on the Thursday before the Meet. The host team must e-mail the Meet Manager Back-Up to the visiting coach if requested. Any changes after that time must be submitted in writing at the meet by (on the form provided if there is one) or to the Scorer's Table prior to the beginning of the event or by confirmed e-mail prior to the meet.

3B. Closed Meets:

- a. All entries are due Thursday 9 pm prior to the meet to the meet director of the particular meet.
- b. All cuts will be done in this format:
 1. Sessions are limited to 4 hours (warm ups are not included)
 2. all exhibition swims are cut first
 3. 500, 1,000 & 1,650 are not included in the timeline.
 4. Host team will communicate warm up schedule to teams entered in the meet.

4. If Exhibition swims/swimmers are allowed they must be clearly designated by both coaches so that an Exception Report can be viewed 30 minutes before the start of the Meet. The Referee shall rule on any cases in question.

4.B For all disqualifications, results must have the Hy-tek DQ code identifying the DQ or the coach must receive the DQ slip.

5. For Dual Meets: Scoring shall be 6,4,3,2,1 for individual events and 8,4,2 for Relays.
6. Every League meet must be refereed by a Certified YMCA, MSOA Level II, or USS level IV Official. If the host team does not have a Certified Official as the Referee, the visiting team will have the right to designate a Referee. The League Coordinator(s) will rule on any case in question, and failure to allow the visiting team to execute its right will cause the host team to forfeit the meet. If the host team is unable to secure a Certified Official, they shall inform the visiting coach in advance.
7. In all League meets there must be electronic timing, or three watches on the first and second place swimmers and at least one watch on each of the other lanes. If either team requests three watches on every lane and can furnish watches and timers, the Referee shall allow the request and will set up the timing accordingly.
8. When touch pads are used – for all 8 & under & 10 & under events available touchpad times will be used unless the back-up button time is faster by .3 seconds or more, in which case the button time will be used. For all **12 & under**, 14 & under and Senior events the USA Swimming rule will apply as written.
9. Awards for open meets will be stated in the Meet Announcement.
10. In all dual & closed meets the host team will award YMCA ribbons to all swimmers who score/place. The host team should distribute ribbons to the visiting team within 2 weeks after the end of the meet unless extenuating circumstances arise. League Ribbon colors are as follows: 1st=Blue, 2nd=Red, 3rd=Yellow, 4th=White, 5th=Pink, 6th=Green, 7th=Purple, and 8th=Orange.
11. The host team shall send a complete and correct set of meet results (including all splits if electronic timing is used) to the Results Chair (according to his or her instructions) and to the visiting team in Meet Manager Back up within 7 days of the end of the meet. If meet results are not sent, the meet will not count for the host team, but would count for the visiting team unless there are extenuating circumstances.
- 12A. The Order of Events for all League Dual Meets will be as listed on page 5 of these Rules and will include all listed events. Scoring will be done on the 88 event format indicated on page 7.
- 12B. The Order of Events for all League Closed Meets is listed on page 6. Scoring is not required for closed meets.

MAINE STATE YMCA SWIM LEAGUE
Dual Meet - STANDARD ORDER OF EVENTS

1. 8 under girl 100 Free relay
2. 8 under boy 100 Free relay
3. 10 & Under 200 mixed medley relay
4. 12 & under 200 mixed medley relay
5. 14 & under 200 mixed medley relay
6. Senior mixed 200 medley relay
7. 8 under mixed 25 free
8. Senior mixed 200 free
9. 12 under mixed 100 IM
10. Senior mixed 200 IM
11. 8 under mixed 25 breast
12. 12 under mixed 50 free
13. Senior mixed 50 free
14. 8 under mixed 25 fly
15. 12 under mixed 50 fly
16. Senior mixed 100 fly
17. 8 under mixed 25 back
18. 12 under mixed 100 free
19. Senior mixed 100 free
20. 8 under mixed 25 100 Medley Relay
21. Senior mixed 500 free
22. 12 under mixed 50 back
23. Senior mixed 100 back
24. 12 under 50 breast
25. Senior mixed 100 breast
26. 12 under Mixed 200 Free Relay
27. Senior mixed 200 free relay

Please Note – Another word for mixed is combined. Girls and boys do not swim with in the same relay.

MAINE STATE YMCA SWIM LEAGUE
Closed Meet - STANDARD ORDER OF EVENTS – Split Session

Closed Meet Format 1

30 minute Warm up

8 & Under 100 FR
12 & under 200 FR
12 & under 100 IM
8 & Under 25 Free
12 & under 50 Bk
8 & under 25 Br
12 & under 100 Free
8 & under 25 Fly
12 & under 50 Br
8 & under 25 Back
12 & under 50 Fly
12 & under 50 Free

45 Minute Warm up

11 & 12 200 FR
Open 200 FR
11 & 12 100 Back
Open 200 IM
Open 50 Back
Open 100 Fly
Open 50 Free
Open 200 Br
11 & 12 100 IM
Open 50 Fly
11 & 12 100 Br
Open 200 Back
Open 50 Br
Open 100 Free
Open 400 MR
Up to 15 minute break
Open 500 Free

Closed Meet Format 2

30 minute Warm up

8 & under 100 MR
12 & under 200 MR
12 & under 100 Br
8 & under 25 Br
12 & under 50 Fly
8 & under 25 Bk
12 & under 50 Free
12 & under 100 Fly
8 & under 25 Fly
12 & under 50 Back
8 & under 25 Free
12 & under 50 Br
12 & under 100 Back

45 Minute Warm up

11 & 12 200 MR
Open 200 MR
11 & 12 100 Fly
Open 200 Free
Open 50 Back
Open 100 Br
Open 50 Free
Open 200 Fly
11 & 12 200 IM

Open 50 Br
11 & 12 100 Fr
Open 50 Fly
Open 100 Back
Open 400 IM
Open 400 FR
Up to 15 minute break
Open 1000/1650 Free

MAINE STATE YMCA SWIM LEAGUE
Closed Meet - STANDARD ORDER OF EVENTS – One Session

Format 1

1. 8 and under 100 Free Relay
2. 10 & under 200 Free Relay
3. 12 & under 200 Free Relay
4. Open 200 Free Relay
5. 8 & under 25 Backstroke
6. 12 & under 100 Backstroke
7. Open 200 I.M.
8. 8 & under 25 Breaststroke
9. Open 50 Backstroke
10. 12 & under 200 Free
11. 8 & under 25 Fly
12. Open 100 Free
13. Senior 200 Breaststroke
14. 12 & under 100 I.M.
15. 8 & under 25 Free
16. Open 50 Fly
17. 12 & under 100 Breaststroke
18. Senior 200 Backstroke
19. Open 50 Breaststroke
20. Open 50 Free
21. Open 400 Medley Relay
- Up to 15 minute break
22. Open 500 Free
- * Teams must provide own timers

Format 2

1. 8 and under 100 Medley Relay
2. 10 & under 200 Medley Relay
3. 12 & under 200 Medley Relay
4. Open 200 Medley Relay
5. 8 & under 25 Backstroke
6. 12 & under 100 Fly
7. Open 200 Free
8. 8 & under 25 Breaststroke
9. Open 50 Backstroke
10. Open 100 Breaststroke
- 12 8 & under 25 Free
13. Senior 200 Fly
14. Open 50 Free
15. 12 & under 100 I.M.
16. 8 & under 25 Fly
17. Open 50 Breaststroke
18. 12 & under 100 Free
19. Senior 400 I.M.
20. Open 50 Fly
21. Open 100 Back
22. *Open 400 Free Relay
- Up to 15 minute break
23. *Open 1000/1650 Free
- * Teams must provide own timers

MAINE STATE YMCA SWIM LEAGUE
88 EVENT LIST FOR RESULTS AND SCORING FOR REGULAR LEAGUE MEETS

<u>Event No</u> <u>For Girls</u>	<u>Event</u>	<u>Event No</u> <u>For Boys</u>
1	8 & U 100 yard Medley Relay	2
3	9 & 10 200 yard Medley Relay	4
5	11 & 12 200 yard Medley Relay	6
7	13 & 14 200 yard Medley Relay	8
9	Senior 200 yard Medley Relay	10
11	11 & 12 200 yard Freestyle	12
13	13 & 14 200 yard Freestyle	14
15	Senior 200 yard Freestyle	16
17	8 & U 100 yard Ind. Medley	18
19	9 & 10 100 yard Ind. Medley	20
21	11 & 12 100 yard Ind. Medley	22
23	13 & 14 200 yard Ind. Medley	24
25	Senior 200 yard Ind. Medley	26
27	8 & U 25 yard Freestyle	28
29	9 & 10 50 yard Freestyle	30
31	11 & 12 50 yard Freestyle	32
33	13 & 14 50 yard Freestyle	34
35	Senior 50 yard Freestyle	36
37	8 & U 25 yard Butterfly	38
39	9 & 10 50 yard Butterfly	40
41	11 & 12 50 yard Butterfly	42
43	13 & 14 100 yard Butterfly	44
45	Senior 100 yard Butterfly	46
47	8 & U 50 yard Freestyle	48
49	9 & 10 100 yard Freestyle	50
51	11 & 12 100 yard Freestyle	52
53	13 & 14 100 yard Freestyle	54
55	Senior 100 yard Freestyle	56
57	Senior 500 yard Freestyle	58
59	8 & U 25 yard Backstroke	60
61	9 & 10 50 yard Backstroke	62
63	11 & 12 50 yard Backstroke	64
65	13 & 14 100 yard Backstroke	66
67	Senior 100 yard Backstroke	68
69	8 & U 25 yard Breaststroke	70
71	9 & 10 50 yard Breaststroke	72
73	11 & 12 50 yard Breaststroke	74
75	13 & 14 100 yard Breaststroke	76
77	Senior 100 yard Breaststroke	78
79	8 & U 100 yard Freestyle Relay	80
81	9 & 10 200 yard Freestyle Relay	82
83	11 & 12 200 yard Freestyle Relay	84
85	13 & 14 200 yard Freestyle Relay	86
87	Senior 200 yard Freestyle Relay	88

**MAINE STATE YMCA SWIM LEAGUE
STATE MEET - ORDER OF EVENTS 2013**

Event # For Girls

Event

Event # For Boys

1	<u>SESSION 1</u>	8 & U 100 Yard Medley Relay	9	<u>SESSION 2</u>
2		8 & U 100 Yard Individual Medley	10	
3		8 & U 25 Yard Freestyle	11	
4		8 & U 25 Yard Butterfly	12	
5		8 & U 50 Yard Freestyle	13	
6		8 & U 25 Yard Backstroke	14	
7		8 & U 25 Yard Breaststroke	15	
8		8 & U 100 Yard Freestyle Relay	16	
<u>SESSION 3</u>			<u>SESSION 6 SUNDAY</u>	
17		9 & 10 200 Yard Medley Relay	54	
18		9 & 10 100 Yard Individual Medley	56	
19		9 & 10 50 Yard Freestyle	58	
20		9 & 10 50 Yard Butterfly	60	
21		9 & 10 100 Yard Freestyle	62	
22		9 & 10 50 Yard Backstroke	64	
23		9 & 10 50 Yard Breaststroke	66	
24		9 & 10 200 Yard Freestyle Relay	68	
<u>SESSION 5</u>				
44		11 & 12 200 Yard Medley Relay	53	
45		11 & 12 200 Yard Freestyle	55	
46		11 & 12 100 Yard Individual Medley	57	
47		11 & 12 50 Yard Freestyle	59	
48		11 & 12 50 Yard Butterfly	61	
49		11 & 12 100 Yard Freestyle	63	
50		11 & 12 50 Yard Backstroke	65	
51		11 & 12 50 Yard Breaststroke	67	
52		11 & 12 200 Yard Freestyle Relay	69	
<u>SESSION 7</u>			<u>SESSION 4 Saturday</u>	
70		Senior 200 Yard Medley Relay	25	
71		13 & 14 200 Yard Medley Relay	26	
72		Senior 200 Yard Freestyle	27	
73		13 & 14 200 Yard Freestyle	28	
74		Senior 200 Yard Individual Medley	29	
75		13 & 14 200 Yard Individual Medley	30	
76		Senior 50 Yard Freestyle	31	
77		13 & 14 50 Yard Freestyle	32	
78		Senior 100 Yard Butterfly	33	
79		13 & 14 100 Yard Butterfly	34	
80		Senior 100 Yard Freestyle	35	
81		13 & 14 100 Yard Freestyle	36	
82		Senior 500 Yard Freestyle	37	
82		13 & 14 100 Yard Backstroke	38	
84		Senior 100 Yard Backstroke	39	
85		13 & 14 100 Yard Breaststroke	40	
86		Senior 100 Yard Breaststroke	41	
87		13 & 14 200 Yard Freestyle Relay	42	
88		Senior 200 Yard Freestyle Relay	43	

D. CHAMPIONSHIP - WINTER SEASON

1. The eligibility of a team to compete in the Championship Meet will be determined by applicable State and National YMCA regulations. The League Coordinator(s) will rule on any cases in question. That ruling will be final.
2. Every swimmer must swim in at least three League Meets, contested on separate dates, in the current winter season in order to be eligible to swim in the current (Winter) Championship Meet. In order to qualify as a League Meet, a meet must be on the League Schedule issued by the League Coordinator (s), or must be a make-up of one on the League Schedule, or must be approved by the Coordinator (s) by **December 31**. The League Coordinator(s) will rule on any cases in question. Only if a coach notifies the League Coordinators within 48 hours after the last sanctioned League Meet of the season and only in extenuating circumstances, may the League Coordinator(s) waive this rule. The Coordinator(s) decision will be final. The Coordinators will notify all coaches of all waivers before State Meet Entries are due.
3. All other problems (except eligibility questions noted above) relating to the entry process or the conduct of the meet will be decided by the Championship Meet Committee. Their decision will be final. The Championship Meet Committee in any season will consist of the Meet Director(s), the Referee(s), and the Official Starter(s) for the Championships and a Coach and an Alternate Coach who will be elected at the January Meeting. The Alternate Coach will serve if the primary Coach's team is involved. It should be noted that not all members of the Meet Committee might be present during anyone day of the Competition, and that therefore a majority vote of those in attendance will be adequate to resolve any problem arising during the competition.
4. Any change, addition, or deletion to the Championship Meet Procedures and Instructions must be proposed and adopted at the Fall League Meeting in order to become official. In addition, however, the Championship Meet Committee may issue further detailed instructions, if necessary regarding the use of the State Meet Facility.
5. Team Entries must be created from a Hy- Tek Windows Team Manager and must be sent as a Hy- Tek Entry File by e-mail or diskette to the Seeding Chair, as follows: **(Specific date timeline is established at January meeting)**.
 - a. By February 1st - each Team must designate an Entry Contact Person who has e-mail.
 - b. By Noon on Thursday, 9 days before the State Meet - each Team's Entry File must have been received by the Seeding Chair by e-mail or diskette. If the Seeding Chair is missing an entry at the deadline, he/she will attempt to contact the Team. If he/she is not successful, the Cluster Coordinator will contact the YMCA. A \$100.00 fine will be assessed on late entries.
 - c. By 6:00 PM on Thursday, 9 days before the Meet - the Seeding Chair will e-mail to each Team's Entry Contact Person an HTML file of that Team's entries as entered into the State Meet Windows Meet Manager.
 - d. By Noon on Friday, 8 days before the Meet - all additions and corrections to the HTML file must be received by the Seeding Chair by e-mail. These corrections and additions must be sent by e-mail message to the Seeding Chair, unless he or she directs the coach to send a full corrected entry file. No changes, additions, or corrections to the Team Entry will be allowed after this time.
 - e. By 6:00 PM on Friday, 8 days before the Meet - the Seeding Chair will e-mail each Team Entry Contact an HTML file of the complete Psych Sheet for the Meet.
 - f. By Noon on Monday, 5 days before the Meet - the Seeding Chair must have received by e-mail any corrections for typographical errors made by the Seeding Chair. He or she must also have received all protests regarding any swimmer's eligibility by this time. No other changes or corrections will be accepted at this time, and no eligibility protests will be accepted after this time.
 - g. By 6:00 PM on Monday, 5 days before the Meet - the Seeding Chair will post the Revised Psych Sheet on the League's Web Site.
6. 8 days before the Meet - a check for the full amount of the Entry Fees due (as voted at the January Meeting) or payment arrangements made with league coordinator, must accompany the Team Data and Authorization Form must be received by the League Coordinators.

CHAMPIONSHIP - WINTER SEASON (cont.)

- 7.** Swimmers who are left off Entries may be added at the Coaches' Meeting on the day of the Meet, only as Non-scoring Exhibition Competitors, only in empty lanes in existing heats, and at a cost of \$15 per swimmer per event.
- 8.** Each team may enter an unlimited number of swimmers in individual events. Each swimmer may enter a maximum of three events. A team may enter swimmers as exhibition competitors in Exhibition National YMCA Qualifying Events provided: The team coach makes a request to the Meet Director, the event is swum only once, the event is not a regularly contested event and the time is close to qualifying for that age group in this Championship, relays that consist of swimmers of different ages may enter a relay for a time trial and the team coach arranges for sufficient timers.
- 9.** The Meet Directors will have the authority to ban from the rest of the Meet any swimmer who vandalizes any part of the host facility or who disobeys rules and regulations regarding its use.
- 10.** Place judging for the Championship Meet shall be by Modified Ballot unless an automatic timing and judging system is used. All 8 and Under Events will use three buttons instead of touch pads as the primary finish. For all 10 & Under and 12 & Under Events available touch pad times will be used unless the back-up button time is faster by 0.3 seconds or more, in which case the button time will be used. For all 14 & Under and Senior Events the USA Swimming rule will apply as written.
- 11.** There will be no penalty for missing an event except disqualification from that event NS will indicate a no show instead of a disqualification. Missing an event will count as an entered event but there will be no further penalty for the meet. For all disqualifications, results must have the Hy-tek DQ code identifying the DQ or the coach must receive the DQ slip.
- 12.** All Events will be run as timed finals.
- 13.** Each team may enter unlimited relay teams in each relay event, but only the highest placing relay team may score. If a relay team places but does not score, it will receive the awards for that place.. The team coach shall designate the four swimmers assigned to swim on each relay team by listing their names on the meet Entry file. As many times as needed, a coach may scratch an individual event for any swimmer needed to fill out a relay, provided that one or more of the swimmers scheduled for that relay is scratch from the meet.
- 14.** Scoring shall be for sixteen places as in the regular rules. Relays have a value of four times an individual event.
- 15.** Appropriate awards will be awarded to the top eight finalists in each event. Ribbons will be awarded to ninth through sixteenth places. Heat Winner ribbons will be awarded to all Heat Winners. Each participant will receive a State Meet Participant Award.
- 16.** Team awards will be presented to the winning Girls' Team, Boys' Team, and Combined Team in each of the following Age Groups: 8 and Under, 10 and Under, 12 and Under, 14 and Under, Senior, and Over-All. In addition an award will be presented to the Runner-Up and Combined Over-All Team.
- 17.** For each age group the order of events will be as listed in the State Meet Order of Events on page 7 of these Rules.
- 18.** Awards will be presented at the State Meet to the YMCA Citizen for a Boy and Girl participant and to the YMCA Coach of The Year according to criteria and details as voted at the Fall Meeting.

CHAMPIONSHIP - WINTER SEASON (cont.)

19 a. The recipient of the Outstanding Boy & Girl will receive a \$500.00 scholarship payable after successfully completing their first semester.

19 b. Nominations for Coach of the Year must be submitted to the League Coordinator along with their entry information. These nominations must include the reasons for why this coach has been nominated. This information must be submitted via e-mail.

20. All individual Entries at the State meet must have times.