

*Central Iowa Swim Conference
Rules & Regulations*

1. All meets will be held on Tuesday evenings starting at 6:00 p.m.
WARM-UPS AT 5:15pm for home team and 5:30pm for visiting teams
2. Dues will be payable to YMCA. Please send this to Sara Roberts, Waukee Family YMCA POB 370, Waukee IA 50263
3. All teams will follow the order of events set by the Conference Membership.
4. Backstroke flag must be provided.
5. If the home team does not run a card-less meet, they will be responsible for cards for both teams.
6. The swimmer's age for the season will be that as of June 1. A swimmer declares his/her age group in the first meet and must remain in that age group for the remainder of the summer. Swimmers may move up an age group for relays.
7. Each swimmer is allowed to swim four events, one of which must be a relay.
8. All exhibition swimmers will be allowed to swim under the following conditions: if there is an open lane and both coaches agree. Exhibition relays may mix and match only if there is not enough in one age group or gender. This is not encouraged.
9. Swimmers should be seeded by times when available.
10. Each team is to receive a copy of the results before leaving the night of the meet. All names and times shall be included on the result sheet for each event.
11. Home team will supply all people to work the regular meets.
12. Regular meets are not scored. Conference Meet is not scored.
13. Placing/Awards:
Dual and triangular meets
individuals and relays will receive ribbons through sixth place.
Championship meet
individuals and relays will receive medals 1-3rd place and ribbons 4-8th place.
Participation ribbons will not be given out
14. Please have parents available to supervise your swimmers in the waiting areas at meets and keep your areas clean.

15. Rules of swimming will be in accordance with the *USA-s blue book*.
 - A. Certified officials should be used at all times.
 - B. Disqualification slips *must* be handed out at meets as necessary. They need to be given to the swimmer or coach at the time of the infraction.
17. For the Conference Championship Meet, each team is allowed 3 entries per event.
18. Conference Championship Meet: Teams wishing to host should submit their request by April 1 to the Conference Chair. This will be voted by the league
19. Teams wishing to join our league must submit a request to the Conference Chair by April 1. The request will be reviewed and voted on by the league.
20. The Conference Chair will serve for two years. The replacement will move alphabetically to the next team.
21. ENTRIES
 - Dual/Tri Meet: Monday at NOON (for Tuesday Meet)
 - Conference Meet: Thursday at NOON (for Saturday Meet)
22. Please send confirmation of entries to the teams either by notifying them that the meet is posted on a web site or sending by email.

Changes were made April 25, 2010

